**Knee Lifts**

**Equipment**: None

**Instructions:**

1. Starting Position:

* Stand tall with your feet hip-width apart, ensuring your posture is straight and your shoulders are relaxed.

1. Engage Your Core:

* Tighten your abdominal muscles to maintain stability and support your lower back.

1. Lift the Knee:

* Bring your right knee up towards your chest, aiming to touch it with your left hand. Keep the movement controlled.

1. Alternate:

* Lower your right leg and repeat the movement on the other side, bringing your left knee up to touch your right hand.

1. Maintain Alignment:

* Keep a slight bend in your supporting leg throughout the exercise. Ensure your back remains straight and avoid leaning forward.

1. Continue Alternating:

* Repeat the knee lifts for the desired number of repetitions or duration, alternating sides.

**Tips:**

* Maintain a steady breathing pattern throughout the exercise.
* Focus on controlled movements to engage your core effectively.