**Scissors Kicks**

**Equipment**: Yoga Mat

**Instructions:**

1. Lie on your back on a firm mat with your legs straight out in front of you.
2. Place your arms at your sides with your palms facing down.
3. Engage your core by pressing your lower back into the mat and tucking your pelvis.
4. Lift both legs off the ground about 6 to 12 inches, keeping them straight.
5. Slowly alternate your legs in a scissor-like motion, lowering one leg while lifting the other.
6. Keep your arms stationary at your sides and maintain tension in your core throughout the movement.
7. Continue alternating between legs for the desired number of repetitions.

**Key Tips:**

* Focus on Form: Keep your legs straight and avoid arching your back. Ensure your lower back stays pressed into the mat to protect your spine.
* Control the Movement: Perform the scissor motion slowly and with control to engage your core effectively and avoid momentum.
* Breathe Steadily: Inhale deeply before starting and exhale as you lower one leg. Maintaining a steady breathing pattern will help you stay focused and engaged.