**Supported Knee Lifts**

**Equipment**: None

**Precautions:**

* If you have knee or hip pain, lift your knee to a comfortable height and reduce repetitions.
* Avoid leaning forward or arching your lower back—maintain a neutral spine.
* If you experience dizziness or imbalance, perform the exercise seated or near a support.

**Instructions:**

1. Starting Position:
   * Stand tall with feet hip-width apart, keeping your posture upright and shoulders relaxed.
   * Place your hands on a sturdy surface (such as a wall or chair) for support if needed.
2. Engage Your Core:
   * Tighten your abdominal muscles to maintain stability and support your lower back.
3. Lift the Knee:
   * Slowly lift your right knee toward your chest, aiming to touch it with your left hand. Keep the movement controlled.
4. Alternate Sides:
   * Lower your right leg back down with control.
   * Repeat the movement with your left knee, alternating sides.
5. Maintain Proper Alignment:
   * Keep a slight bend in your supporting leg to avoid knee strain.
   * Maintain an upright posture and avoid leaning forward.
6. Continue the Movement:
   * Repeat the knee lifts for your desired number of repetitions or duration, ensuring a smooth and steady rhythm.

**Key Tips:**

* Breathe steadily—inhale as you prepare, exhale as you lift your knee.
* Engage your core muscles throughout the exercise for better stability