

EXERCISE

Hangings Knee Raise

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is called a hanging knee raise. It's predominantly a midsection movement working the abdominals and hip flexors.

Once the client is ready to go into position, I'm going to ask them to step onto the box, placing their hands on the pull-up bar above at shoulder width or slightly wider than shoulder width.

Once they're ready, they're going to allow themselves to hang underneath. Make sure that they stop their swinging by keeping a little bit of tension on the abdominals. From here, the knees raise up and in towards the chest - a brief pause at the top, and then slowly lower and lengthen.

Now, it's important to note that they do this nice and slow so that they don't get any forward or backward swinging. Also, from the shoulder position, that they're not just hanging from their shoulder joints, but actually trying to keep the shoulder blades gently drawn down and back. One more for me, Dom.

Once the client is finished, they're going to stop their hang and then gently step back to the box and rest there.

Main Muscles Involved

- Abdominal muscles
- Core muscles
- Rectus abdominus & external obliques especially

