

EXERCISE

Straight Leg Lift

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 the Straight Leg Lift. The area of the body that we're working is the trunk. Primary muscles worked are the abdominals and the hip flexors.

Once your client is in a lying position, you're going to ask them to press the small of their back towards the floor. This shortens the abdominals ready and then they draw their knees up through to 90 degrees.

Once the client is in position, we're going to ask them to straighten one leg, and then from here, take a nice big breath in, and as they exhale, slowly lower the leg to the floor. Make contact with the heel against the ground, and then draw the leg back up and through.

If your client is a little bit more coordinated, they might try and attempt to do alternating repetitions - so right and then left.

And if your client is strong enough to do so, they can do both legs at the same time - so the legs are lengthened, both working at the same time, touching the heels and back up and through.

It's just important to make sure that all throughout the movement, that we keep the small of the back towards the mat and that the pelvis is tucked towards the body.

(To Dom) And relax there.



Main Muscles Involved

- Abdominals
- Hip flexors

