

Supine Leg Lifts

- Lie flat on the mat with the legs extended onto the mat with a rolled-up towel, blanket, or pillow under the knees. The arms are long by the sides of the body. Place a pad under the head as needed.
- With the knees slightly flexed, draw the abdominals in and up and keep the torso steady throughout the movement.

Version One: Straight Leg

- Inhale and lift the working leg up to about 45° with a slightly flexed knee (a).
- Exhale and slowly lower the leg back to the mat (b). Keep the second toe, ankle, knee, and hip in alignment.
- Keep a rolled-up towel or mat under the knees.
- Keep the knees slightly flexed or bent into a mountain shape as needed to perform the movement.
- Repeat 6 times on each leg, and work up to 10 repeats.

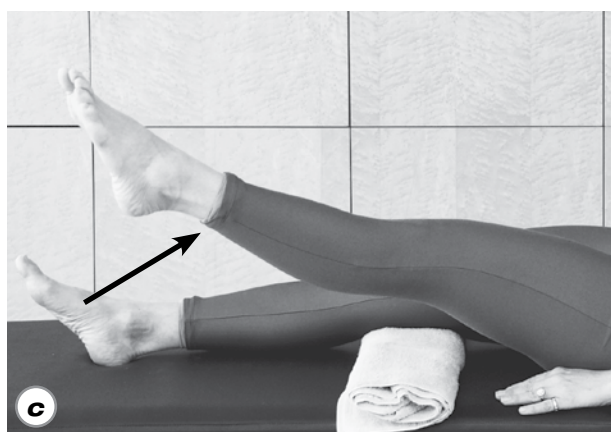
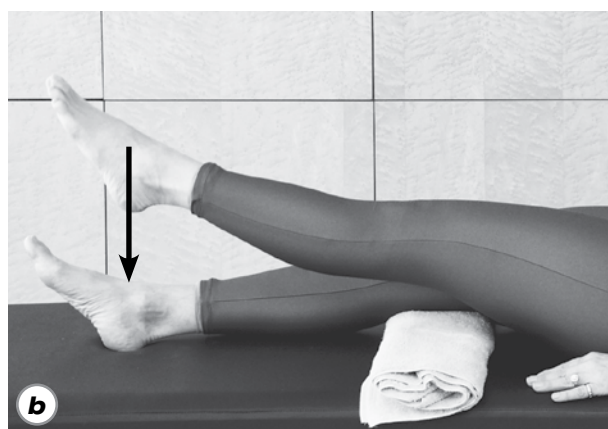


(continued)

Supine Leg Lifts *(continued)*

Version Two: Straight Leg Up, Down, Out, In

- Inhale to prepare, exhale, and lift the working leg (*a*), lower the leg (*b*), press the leg out to the side (*c*), and press the leg in (*d*). The flow is up, down, out, and in. Keep the leg parallel with no turn out and a slightly flexed knee.
- Keep a rolled-up towel or mat under the knees.
- Keep the knees slightly flexed or bent into a mountain shape as needed to perform the movement.
- Repeat 6 times per leg and work up to 10 repeats.



Version Three: Bend In, Lengthen Out

- Lift the working leg (a), bring it into tabletop position and bend the knee in toward the chest (b), extend the leg straight out toward the opposite wall (c). Keep the leg up off the mat when you extend the leg out.
- Keep a rolled-up towel or mat under the opposite knee.
- Keep the opposite knee slightly flexed or bent into a mountain shape as needed.
- Bend the knee in toward chest, keeping the tailbone long on the mat.
- For the hip, maintain 90° of hip flexion.
- Repeat 6 times per leg and work up to 10 repeats.

