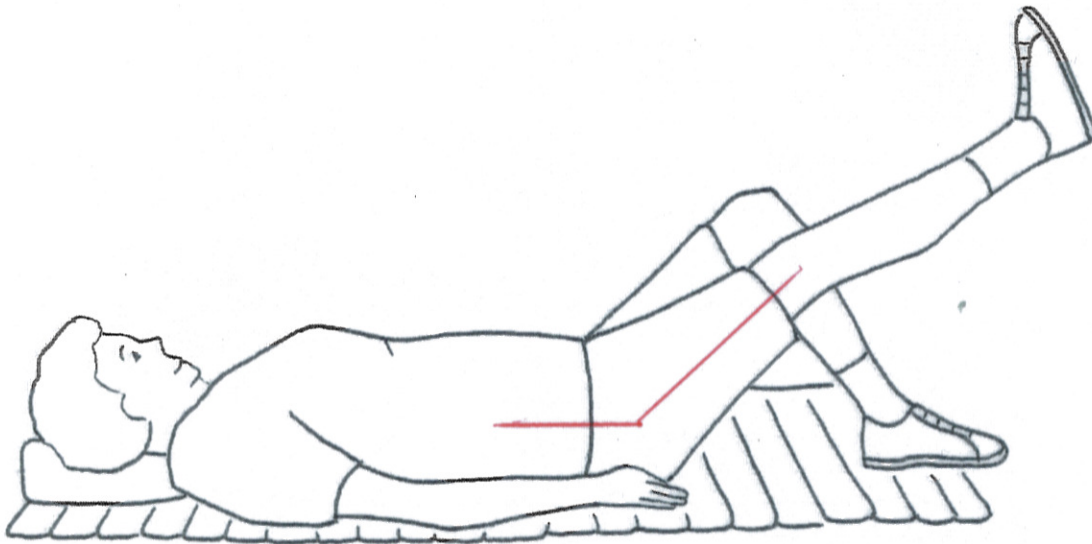
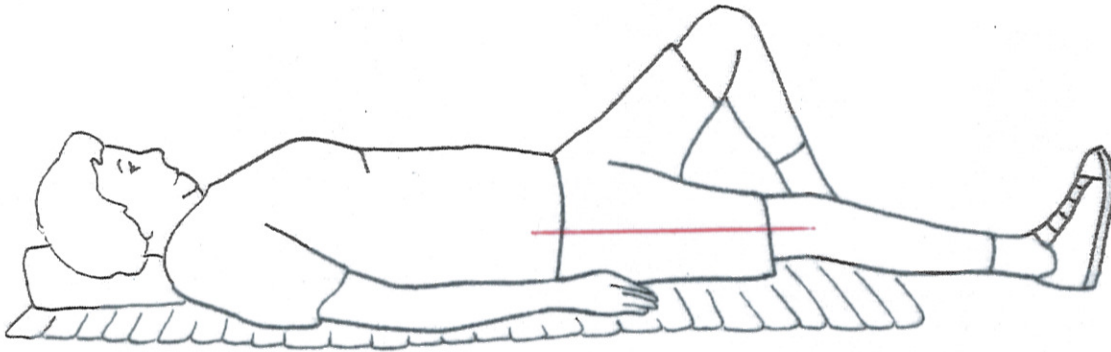


Straight Leg Raise



Instructions:

Lie on your back and bend up both knees. Straighten one leg, pull back your toes and lift the whole leg upward. When both thighs are parallel, pause and **SLOWLY LOWER** the straight leg until it contacts the floor. Note how many times you can repeat this before your muscles tire. **Work both sides to achieve equal strength.**

*Valley Seniors Fitness Network-(902)-538-8616 Photocopy as you wish. Illustrator- Diane Baldwin