

## WEEK 3: Lower Abs Leg Raises with Hip Adductor Squeeze

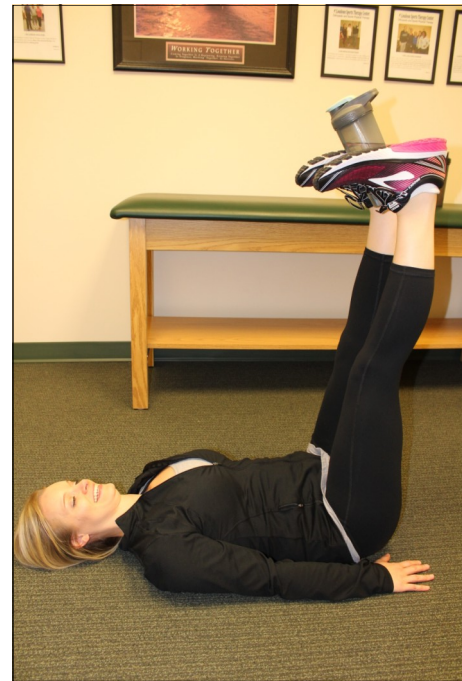
**Be sure to check with your physician or healthcare provider to make sure you're cleared to do these workouts. If you have any pain during these workouts, STOP IMMEDIATELY and contact us at 703-450-4300.**

### **Lower Abs Leg Raises with Hip Adductor Squeeze:**

- Lie on your back with your legs extended.
- Squeeze a pillow or a water bottle between your feet to activate your hip adductors (the muscles on the inside of your thighs).
- Tighten your abdominals, gently tuck your pelvis so your lower back is flat against the floor and lift your legs straight up toward the ceiling so your hips are flexed to 90 degrees.
- Keeping your legs straight and your abdominals tight, gently lower your legs toward the floor, keeping your back flat.
- Don't let your lower back arch.
- Only lower legs as far as you can without letting your lower back arch. Don't let your feet touch the floor.
- Slowly lift your legs back up toward the ceiling.

*Perform two sets of ten repetitions.*

*Perform this exercise two times a week in addition to the other moves you've learned.*



**At Loudoun Sports Therapy Center, it's our goal to help you live a healthy, active, pain free lifestyle. We want to help you achieve your goal of core strength. If you experience any pain or problems along the way, call our office at [703-450-4300](tel:703-450-4300) to schedule your FREE ASSESSMENT with one of our physical therapists.**