



Assisted Active Straight Leg Raise With Core Activation

Purpose:

This exercise improves hip hinge with core stability, and improves the lower body and leg strength.

Benefit:

Improves hip hinge mechanics to improve address posture

Instructions:

Lying on back with point of attachment above head. Grab one handle with your hand of the opposite side of the straight leg raise and loop the other handle around the foot. Pull down to floor with straight arm and hold. Then raise the straight leg high as possible while keeping it straight with opposite straight leg staying flat on floor. Both toes should be pointing up with no rolling of the hips to either side. It is important to keep your back flat. Then slowly lower straight leg and return arm to above the head to lessen the tension of the pull. To add more assistance, slide further away from the point of attachment. For added difficulty, wrap tubing around the outside of the foot to force external rotation of hip. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

Do _____ reps _____ sets on _____ side(s).

