

Leg Press Up



- Lie on the floor with your feet resting on a chair that is close to your hips
- Extend one leg up into the air, keeping the other foot securely on the front edge of the chair
- Place your arms across your chest, or on the floor for beginners, and tighten your abdominal muscles
- Keeping the elevated leg straight, press down with the foot that is on the chair, raising your hips while tightening your hip muscles (glutes); try to touch the ceiling with your extended foot
- Return slowly to the start position, but don't allow your body to rest at the bottom; repeat
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
