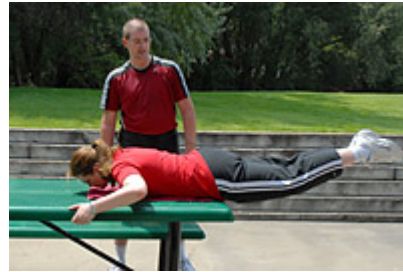


**Reverse Hyperextension**

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- Place a towel on the top of a picnic table, then place your hips right at the edge of the table (the part away from the benches)
- Hold on to the side of the picnic table with both hands so your chest is held close to the table, then slowly raise both legs up to a horizontal position or slightly higher
- Hold for a moment, then slowly lower your legs to the ground, raising them again as soon as your toes touch the ground
- Keep your abdominal muscles tight throughout and remember to breathe!
  
- To get the most out of your workout, aim for 1-3 sets of 8-12 repetitions on each side

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**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.

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