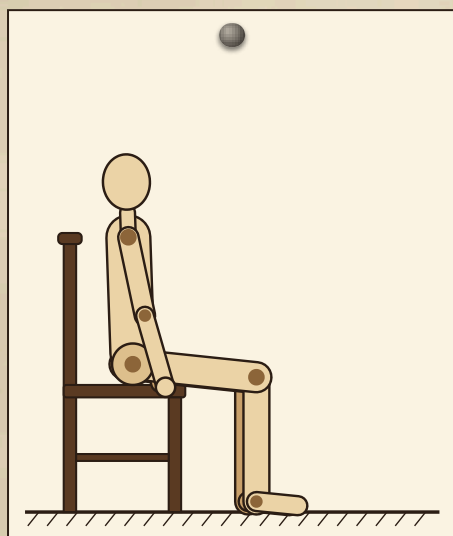


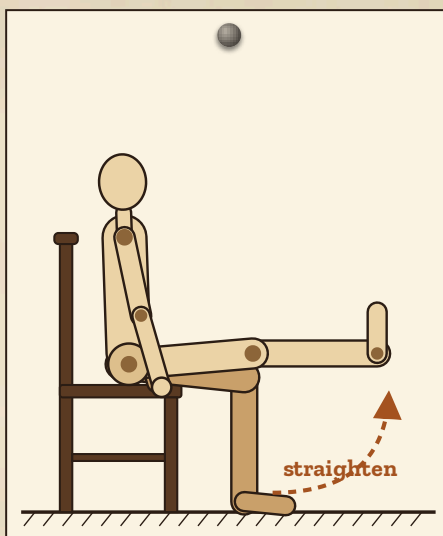


Seated leg raise

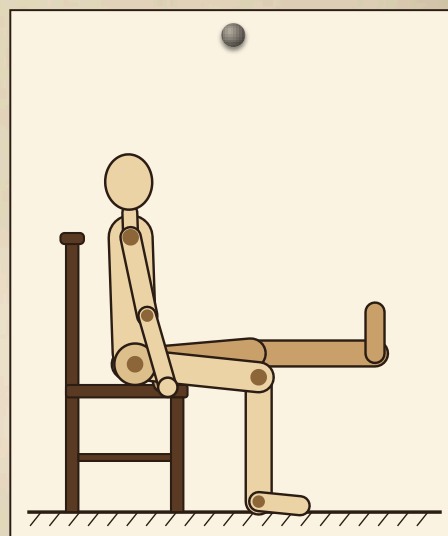
Strong thighs look after your knees and get you up the stairs. You do it sitting down, so it's a good one for tired days.

**1 Sit tall**

Feet flat, hold the sides of the seat.

**2 Straighten one leg**

Level with the seat, toes up.

**3 Then the other**

Lower slowly, swap legs.

The beat

2 seconds to straighten, a short hold with toes up, 2 seconds to lower. 8 with each leg is one set. Rest a minute between sets.

How to do it

1. Sit tall towards the front of a sturdy chair, feet flat and hip-width apart.
2. Hold the sides of the seat lightly.
3. Straighten your left leg slowly until it's level, toes pulling towards you.
4. Hold for a moment, then lower it slowly back to the floor.
5. Swap to the right leg. Keep breathing; don't hold your breath.

Make it fit you

Easier

Only straighten the leg part way, or slide your heel along the floor.

Harder

Hold the straight leg for five seconds, or lift it a little higher.

Back and knees

Sit tall rather than leaning back. Any knee or back pain, stop.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubbobncarpenter.com/training/seated-leg-raise/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.