

STRADDLE LEVER

REPS	EXERCISE	TECHNIQUE
10	INDIVIDUAL LEG RAISES	Sit in straddle, one hand on each side of knee, lift leg up and down slowly and controlled, straight legs, pointed toes
10	LEG LIFTS	Sit in straddle, flat hands in line with knees in middle , lift both legs up slowly and controlled, straight legs, pointed toes, not rocking back to lift legs, keep chest forwards
10 EACH DIRECTION	STRADDLE SIT LEG CIRCLES	Sit in straddle, flat hands in line with knees in middle , lift both legs up and circle them forwards and backwards, straight legs, pointed toes
10	PUSH UPS	Sit in straddle, flat hands in the middle, try to push bottom off the floor, straight legs, feet stay on floor, no rocking
10	LEVER LIFTS	Sit in straddle, hands flat in the middle, push to straddle lever (bottom and legs off ground) and come down, no hold, straight legs, pointed toes, straight arms
3 HOLDS	LEVER HOLDS	Sit in straddle, hands flat in the middle, push to straddle lever (bottom, feet and legs off ground), aim to hold for 5 seconds

PIKE LEVER

REPS	EXERCISE	TECHNIQUE
10	INDIVIDUAL LEG RAISES	Sit in pike, hands on either side of knees, lift each leg slowly and lower down, controlled, straight legs, no rocking – chest stays forwards, toes pointed
10	LEG LIFTS	Sit in pike, hands on either side of knees, lift each leg slowly and lower down, controlled, straight legs, no rocking – chest stays forwards, toes pointed
10	PUSH UPS	Sit in pike, hands flat next to thighs, push bottom off the floor, legs straight, feet stay down
10	LEVER LIFTS	Sit in pike, hands flat next to thighs, push up to lever (bottom, feet and legs off floor) and lower down, no hold, straight arms and legs, pointed toes
3 HOLDS	LEVER HOLDS	Sit in pike, hands flat next to thighs, push up to lever, aim to hold for 5 seconds