

Lying Leg Raise

Raise and lower the legs without arching your back.

Three views of the movement

MAT / SUPINE / BOTH LEGS TOGETHER



01 BRACE

Rest your head. Control the lower back.

02 RAISE

Lift both legs together toward vertical.

03 LOWER

Stop before your lower back arches.

The images show example positions. Adjust depth and range to maintain control.

How to perform it

1 Set up

Lie on a mat, head and shoulders supported. Bring your legs together. Rest your arms by your sides, palms down.

2 Brace

Brace gently and tilt your pelvis slightly back to bring the lower back toward the floor. Maintain this position without forceful pressing.

3 Raise

Raise both legs together toward vertical with extended knees. Avoid momentum or bouncing the hips upward.

4 Lower

Lower slowly. Stop before your lower back starts to arch. Repeat within that range; reaching the floor is unnecessary.

Lying Leg Raise / Key points

Understand the muscles. Keep each repetition controlled.

Muscles and training purpose

PRIMARY MOVERS

Hip flexors, especially the iliopsoas, move the legs.

ASSISTING AND STABILIZING MUSCLES

Other hip flexors assist. Rectus abdominis and obliques stabilize the pelvis; quadriceps maintain extended knees.

The legs provide resistance. Lower positions demand more trunk control. Abdominal muscles mainly stabilize; use the range you can control.

FORM CHECKLIST

- Keep ribs and pelvis controlled.
- Move the legs together.
- Rest your head and shoulders.
- Stop lowering before the back arches.

COMMON ERRORS AND CORRECTIONS

- Back arching: shorten the lowering range.
- Dropping the legs: slow the descent.
- Lifting the head: relax the neck onto the mat.
- Alternating the legs: move both together.

BREATHING Exhale up. Inhale down while maintaining control.

MAKE IT EASIER Bend the knees to shorten the lever if straight legs are too difficult.

Stop if back or hip pain occurs.

REFERENCES (CLICK TO OPEN)

ExRx.net - Lying Straight Leg Raise

Barbell Logic - Lying Leg Raise: Gym Shorts

Kim & Lee (2016) - doi:10.1589/jpts.28.491

Illustrations: model demonstration | 2026.10