

Leg Reach

Strengthening Exercise



- Do the Leg Reach on your hands and knees. Keep your knees under your hips and your hands under your shoulders. Keep your spine in a neutral position, not arched or sagging. Be sure to maintain your neck's natural curve.
- Extend one leg straight back. Don't arch your back or let your head or body sag.
- Hold for 5 seconds. Return to starting position.
- Repeat this 5 times, then switch legs.