

# Knee Lift

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## Strengthening Exercise

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- The Knee Lift strengthens your lower abdominal muscles, helping you keep your pelvis and back stable.
- Lie on the floor with both knees bent. Put your feet flat on the floor and your arms by your sides. Tighten your abdominal muscles.
- Lift one bent knee and move it toward your upper body. Keep your abdominal muscles tight and your back flat on the floor. Hold for 10 seconds.
- Repeat 3 times. Then, switch legs.