

Core workout with Sam Rodman from Cornish Pirates RFC



Lying Leg Raise



Explanation

Starting position	Performing the movement	Finishing the movement
Lie down flat on your back Feet out stretched Hands by your sides	Bring your feet together If you need to support your back you can place your hands under your lower back Raise your legs up keeping them together At the top of the movement your legs should be at 90 degrees to your body	When they have reached the top slowly lower then down back to the start position

Sam's advice would be to complete the suggested repetitions below in line with your fitness level and how you feel.

Make sure you rest for 1 minute to 90 seconds between each set of exercises.

Beginners – 10 reps for 3 Sets
Intermediate – 10 reps for 3 Sets
Expert – 20 reps for 3 Sets

