# Monthly Health Challenge - Leg Raise Challenge

Would you like to tone and strengthen the muscles in your legs? You can start with the leg raise challenge. The leg raise is the perfect exercise for the somewhat neglected lower abdominals and hip flexors. Regular performance of leg raises can help to strengthen the lower back and, therefore, reduce the risk of injuries.

How to perform the perfect leg raise:
1. Lie flat on the floor (on a mat) place your arms out to the side on the floor with your palms facing down.
2. Make sure that your head, legs and bottom are all in contact with the floor.
3. Engage your stomach muscles and grasp the sides.
4. Slowly lift your legs to a 90-degree angle, keeping your legs straight and not bending at the knees.
5. Pause for a second then slowly lower the legs back down.
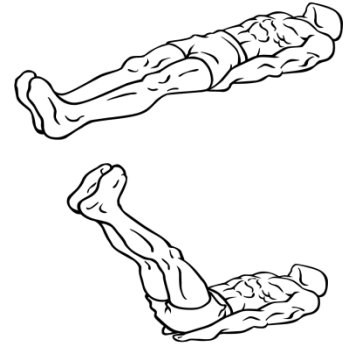
*You will need a mat to lie on for this exercise and some people who experience lower back pain may want to pop a towel under their lower back area.

*For beginners, follow the Easy Track (E), but if you're looking for a more difficult track, follow the Challenging Track (C).

1 (E) 5 (C) 10	2 (E) 5 (C) 10	3 (E) 10 (C) 20	4 (E) Rest Day (C) Rest Day	5 (E) 10 (C) 20	6 (E) 15 (C) 25	7 (E)15 (C) 25
8 (E) Rest Day (C) Rest Day	9 (E) 20 (C) 30	10 (E) 20 (C) 30	11 (E) 25 (C) 35	12 (E) Rest Day (C) Rest Day	13 (E) 25 (C) 35	14 (E) 30 (C) 40
15 (E) 30 (C) 40	16 (E) Rest Day (C) Rest Day	17 (E) 35 (C) 45	18 (E) 35 (C) 45	19 (E) 40 (C) 50	20 (E) Rest Day (C) Rest Day	21 (E) 40 (C) 50
22 (E) 45 (C) 55	23 (E) 45 (C) 55	24 (E) Rest Day (C) Rest Day	25 (E) 50 (C) 60	26 (E) 50 (C) 60	27 (E) 55 (C) 65	28 (E) Rest Day (C) Rest Day
29 (E) 55 (C) 65	30 (E) 60 (C) 70	31 (E) 60 (C) 70				

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