#NCSCconnex Virtual Activity

**Activity:** Leg Raises and the “Superman”

**Category:** Health and Wellness

**Suggested Grade Level:** Grades 7-12

**Description:** Stay fit and improve your core strength! Leg raises strengthen your hip flexors and improve stability. The “Superman” strengthens your upper and lower back and works your glutes and hamstrings.

**Supplies:**
- A mat or soft surface

**Instructions:**

**Leg Raises:**
1. Start with your legs raised above your hips.
2. Lower them down to about 6-12 inches above the ground.
3. Do this two (2) times with fifteen (15) repetitions and repeat twice a day.

**The Superman:**
1. Lay face down with your arms stretched out in front of you, a bit more than shoulder width apart.
2. Straighten your legs out behind you, hip width apart.
3. Lift your arms and legs simultaneously. You should feel this exercise in your lower and upper back and in your glutes and hamstrings.
4. Do this two (2) times with fifteen (15) repetitions and repeat twice a day.