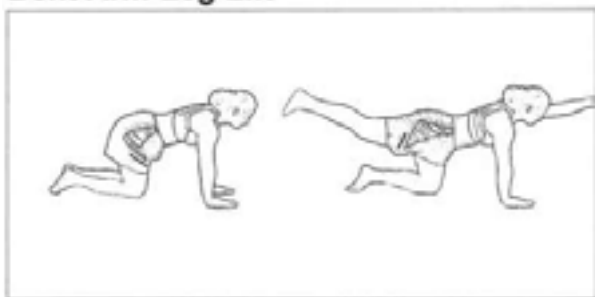




# Perfect Fit Personal Training<sup>SM</sup> & Get Fit Boot Camp<sup>SM</sup>

## Bent Arm-Leg Lift



### Key Points

1. Do not raise your leg further than parallel to the floor.
2. Do not let your leg drop, lower it in a slow, controlled manner.

### Instructions:

1. Get on your hands and knees, back straight, head facing down.
2. Raise one leg (push up and back) off the floor until your leg is straight and parallel to the floor.
3. At the same time, raise and extend the opposite arm out parallel to the floor.
4. Hold for a second and slowly lower your arm and leg to the starting position.
5. Repeat with the other leg and arm.