

90-90 Supported Wall Leg Lift with Alternating Resisted Arm Reach



1. Lie on your back with your feet flat on a wall (or ledge) and your knees and hips bent at a 90-degree angle. Place a resistance band around your upper back and a loop/handle in each hand. Keep your back and neck relaxed.
2. Inhale through your nose and as you exhale through your mouth, perform a pelvic tilt so that your tailbone is raised slightly off the mat. Keep your back flat on the mat. Do not press your feet flat into the wall instead dig down with your heels.
3. Pick your right leg up off the wall and straighten your right leg as you maintain the pelvic tilt with your left leg. Straighten your left arm against the resistance of the tubing as you reach towards your right leg. You should feel the muscles on the back of your left thigh and abdominals engage.
4. Maintain this position for 4-5 deep breaths, in through your nose and out through your mouth, reaching a little further with your left arm on each exhalation.
5. Relax and repeat the sequence, this time raising your left leg off the wall and reaching with your right arm against the tubing towards your left leg. You should feel the muscles on the back of your right thigh and abdominals engage.
6. Maintain this position for 4-5 deep breaths, in through your nose and out through your mouth, reaching a little further with your right arm on each exhalation.
7. Relax and repeat the sequence until you have performed 4-5 repetitions on each leg.