

Leg Lifts Arms Pre-Loaded

Attach the middle of the FMT to the high hinge of a door. Grab both handles and lay flat on your back with your head facing the door and your legs extended. Pull both handles down by your side, palms facing down, and stabilize your core. Keeping your spine stable try to lift one leg at a time, keeping the leg straight and the opposite leg down. Repeat back and forth.

