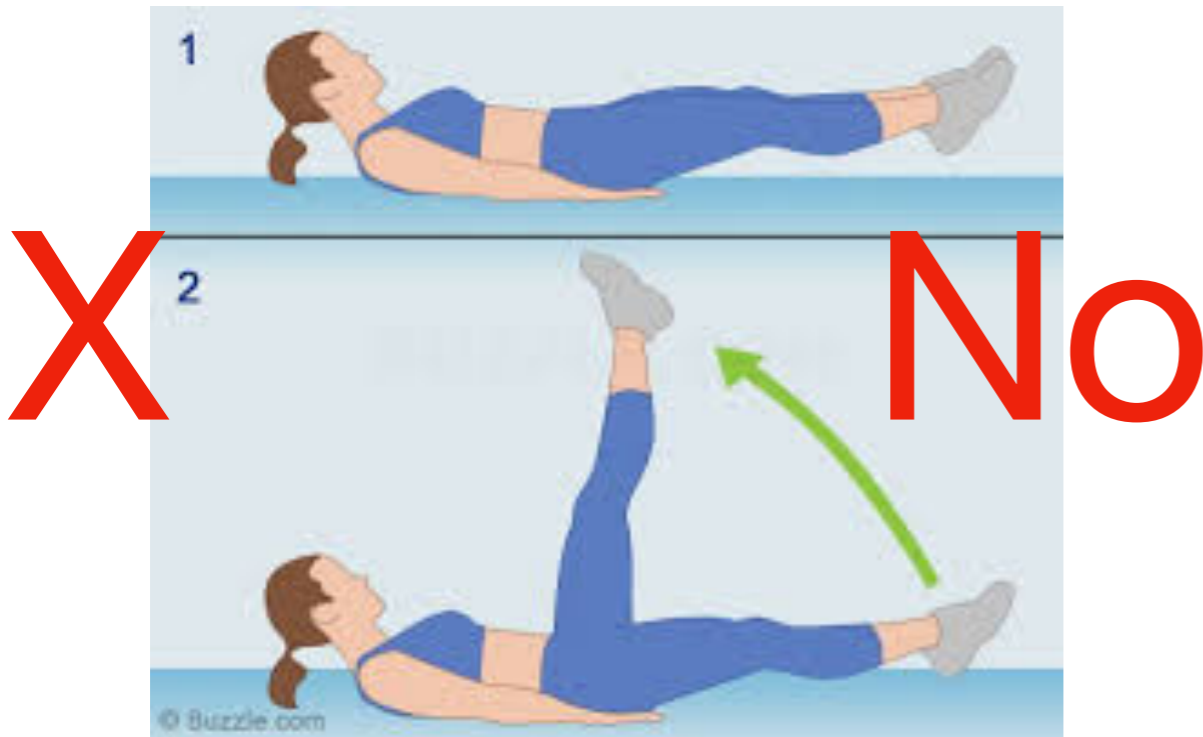


**DON'T DO THAT**  
EXERCISE AND TRAINING  
TECHNIQUES THAT YOU  
SHOULD NOT DO



This exercise impose a high level of stress on the muscles of the low back and the neck. The majority of people do not have the abdominal strength or body awareness necessary to maintain core stabilization and support both legs extended and lowered at the same time. This results in the back and neck arching (hyper extending). Therefore, as you extend and lower both legs out from the body the muscles of the low back have to work to keep the back from hyper extending, and the neck muscles are also working harder to maintain a neutral spine. I agree with this statement. If you are going to do this exercise make sure you keep the natural curve of your back and brace your core and keep neck on floor. I prefer single leg raises in a controlled fashion where abdomen is braced and low back is kept in neutral position.

Yes



**Sources: Navy Contraindicated Exercises**