UNSupported BICYCLE BRACE

DIFFICULTY: DIFFICULT
TYPE: CONDITIONING
GOAL: BUILD CORE STRENGTH

PROCEDURE
1. Lie on your back with your knees bent and raise both feet off the surface.
2. Straighten one leg out in front of you.
3. Hold for 1 second.
4. Return your leg to the original position
5. Perform the same exercise as above with the other leg.
6. Repeat 10 times.
7. Complete 1 set once a day.