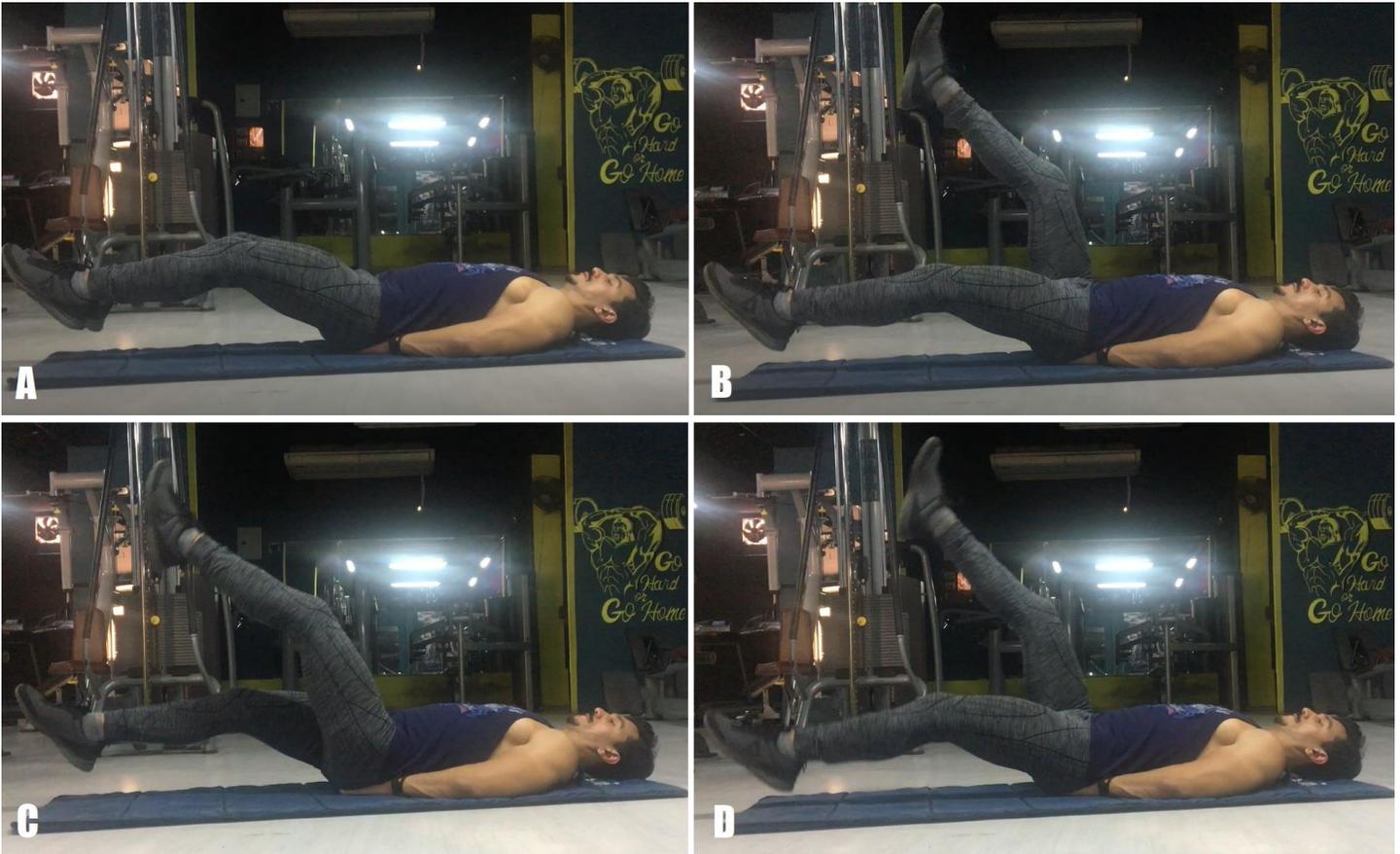


FLUTTER KICKS



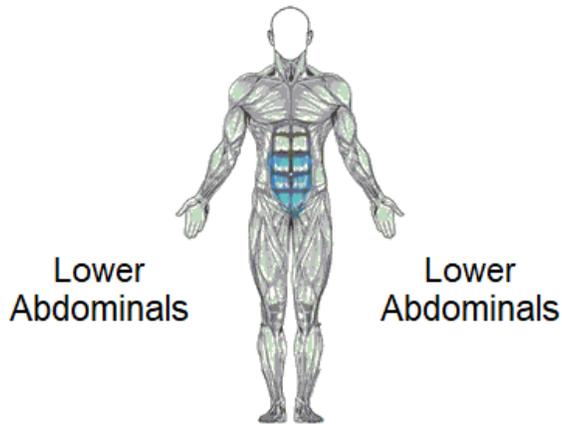
1. Lie flat on your back with your legs almost fully extended while keeping a slight bent at the knees, and while keeping your hands placed flat on the floor right next to your torso or placed under your glutes/tailbone. This will be your starting position.
2. Lift only your right leg half the way up by contracting your right side's lower abdominal muscles and your right leg's hip flexors, then bring your right leg down while simultaneously lifting your other (left) leg up by contracting your left side's lower abdominal muscles and your left leg's hip flexors.
3. Make sure to keeping your lower abdominal muscles and hip flexors fully engaged and under constant tension, while keeping a slight bent at the knees. Also make sure to keep your torso and your arms flat and stationary on the floor throughout the entire movement.
4. Continue alternating in this manner until the recommended amount of repetitions for each side have been completed.

CAUTION: STOP immediately if you felt any sharp pain in your midsection (abdominal muscles), hips and/or lower back while performing this exercise.

ALTERNATIVE EXERCISES: [Air Bike](#) / [Bench Leg Lifts](#) / [Captain's Chair Leg Lifts](#)

FLUTTER KICKS

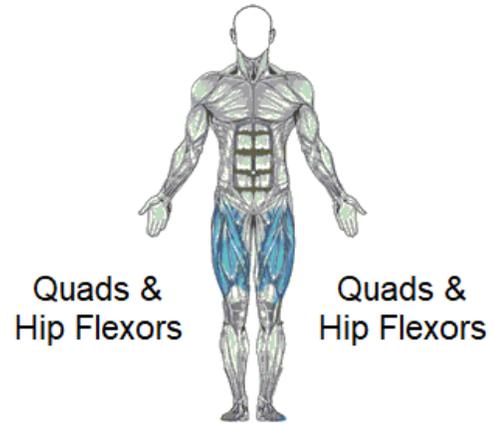
PRIMARY MUSCLE



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

SECONDARY MUSCLE



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.



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