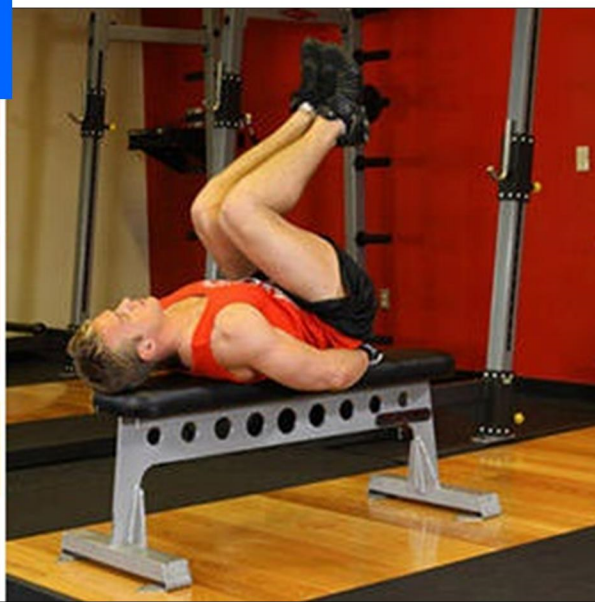


Flat Bench Leg Pull-In



Step 1: Lie down on your back on a weighted bench or exercise mat.

Step 2: You can place your hand's palms facing down under your glutes or at your sides holding on to the weighted bench. Now extend your feet straight out.

If you are performing this exercise on a mat, keep your heels lifted off of the ground by two to three inches.

You are now in the starting position.

Step 3: Exhale as you bend at the knees and pull your upper thighs in towards your midsection. Keep pulling your legs in until the knees are near your chest. Squeeze your core tight and hold this position for one to two seconds.

Step 4: Now inhale and slowly straighten your legs returning to the starting position.

Congratulations you have now completed one repetition. Complete 3 sets of 10.

Expanding Hours!

Beginning April 03, 2021, we will be Open every other Saturday from 9:00am-Noon.

Open August 7 & 21, September 4

In keeping with our COVID-19 safety practices, we will be seeing patients by appointment only, as we do during the week.

Please call for appointment availability and follow us on Facebook for the latest hours and updates!

We look forward to serving you and your families during our expanded hours.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

We are currently back to seeing routine and maintenance patients.

Please feel free to call 770.565.8151 if you have any questions about this exercise or our schedule.