

Knee Tuck

Strength

HOW TO

- Place your hands on the handlebars with your palms facing down
- Engage your core and lift your legs
- Straighten your arms and form a bend in the hip and knees
- In a slow controlled movement raise your knees towards your chest
- Hold for a full second or more then lower them back to the starting position
- Keep strong in the shoulders as well as the core
- Repeat

