Begin the exercise lying on your back with your head an the floor throughout the performance.

- The arms are next to the body.
- Lift the legs straight up (the angle between the legs and the floor is about 30 degrees).
- Now start with scissor movements of the legs.
- Move one leg down and the other one up.
- Now alternate the position of the legs.
- Keep tension in the abdomen and lower back the whole time.
- Be careful not to get into a hollow back.

**Muscle groups:** lower and straight abs.

**Tuesday**

**All exercises from week 1 and 2 Tuesday**

**Scissor Kicks**