

Level 3 Balance Exercise #11: 3-Way Hip Kick

Objective: This exercise builds strength in the hip muscles, which help maintain stability with walking, turning, and going up and down stairs.

How to begin:

1. Stand with your feet shoulder-width apart.
2. While holding onto a counter or firm surface, extend your leg forward and return to the starting position.
3. With the same leg, repeat this motion to the side, returning to the starting position again.
4. With the same leg, extend your leg back and return to the starting position.
5. Repeat on the opposite leg.

How to progress:

1. When comfortable, try not holding on to a chair or counter.

Goal:

1. Do ____ sets per leg, ____ reps each position.
2. Aim to practice this balance exercise 2-3 days per week.

A.



B.



C.

