

Level 2 Strength Exercise #11: Lateral Leg Lifts

Objective: This exercise strengthens the muscles of the hip, as well as your thighs and buttocks.

How to begin:

1. Begin by standing behind a sturdy chair, with your feet slightly apart and toes facing forward.
2. Transfer your weight into your left leg, keeping a slightly bent knee, while flexing your right foot. Breathe in.
3. Breath out as you slowly begin to lift your leg out to the side. Hold for one second.
4. Slowly begin to lower your leg back down to the starting position.
5. Do ____ sets, ____ per set.
6. Repeat on the opposite side.

How to progress:

1. Try adding resistance by using ankle weights.

Goal:

Increase to: ____ sets, ____ per set.

A.



B.

