

Side Leg Raises



- Lie on your side as shown and hold your abs tight.
- With your toes and belly button pointed forward, lift your top leg toward the ceiling.
- Keeping your abs tight so your back cannot arch, extend your leg back as far as you can so that it lines up with your trunk.
- Hold the position until you feel your hip fatigue OR raise your leg up and down 20 reps or until fatigued.
- Add a resistance band or ankle weight, or perform hip circles for additional challenge.