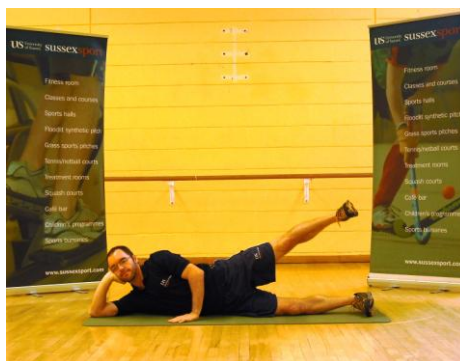

Side Leg Raises

Lying on your side, ankles, knees and hips directly above each other. Ensure the pelvis is lengthened, this reduces the muscles being recruited from the lower back. Lift the leg up in the air, 1-2 feet and return. The leg must stay directly above the leg on the floor. Perform the movement under control.

Level One – no theraband/mini band



Level Two – place a thereband/mini band around the ankles

