

Side Lying Leg Lift



Full video instructions for this exercise can be found at: <http://ptpete.co.nz/?p=469>

Exercise Purpose:

- To strengthen your buttock (Gluteus Maximus) and side hip muscles (Gluteus Medius and Gluteus Minimus)

Key Points:

- To work the muscles on your right side, lie on your left side with your right shoulder, hip, knee, and ankle in a straight line
- Lean your body forward so your right hip is further forward than your left
- Lift your right leg up towards the ceiling about 40 cm and then slowly lower it back down again
- Breathe out as you raise up and breathe in as you come down again
- Keep the movement fluent throughout
- Don't let your right leg creep in front of your other leg throughout
- Keep the right side of your body leaning slightly forward throughout

*If you know how to then gently draw in your deep stomach muscles at the beginning of this exercise and keep them drawn in throughout