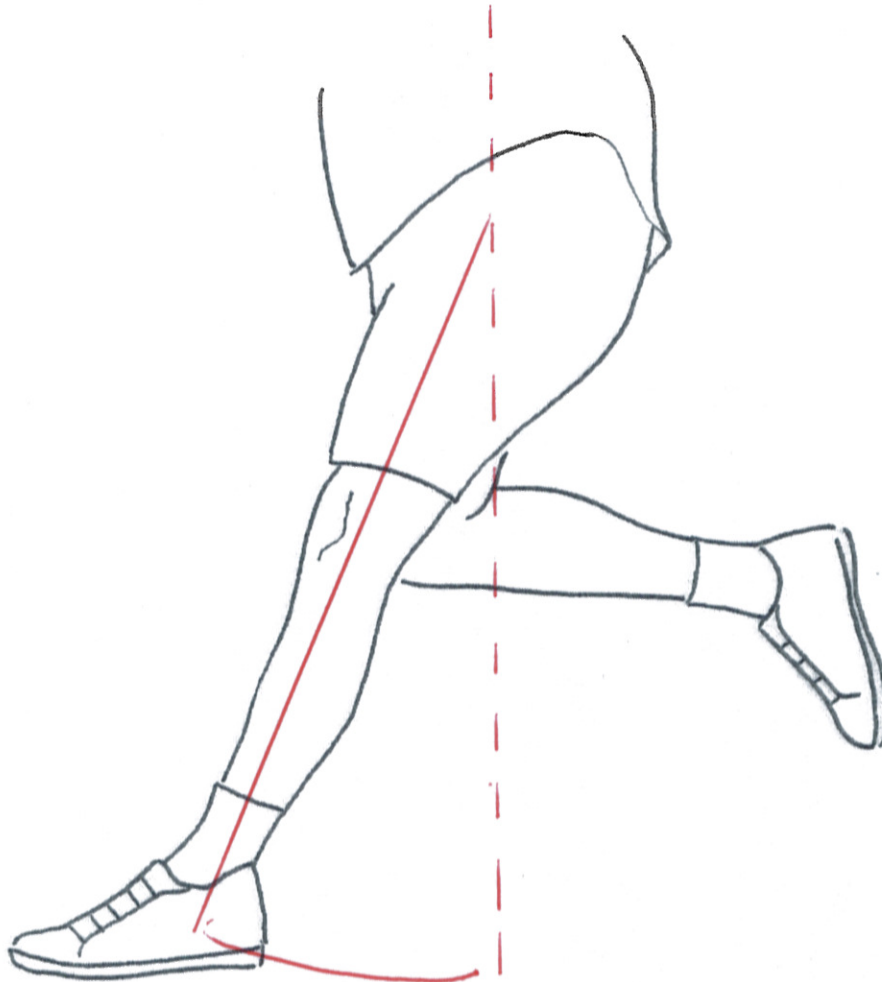


Do Not Flex Hip in Side Lifts- Bird's Eye View



Instructions: When doing the side lying leg lifts, do not allow your leg to swing forward. It is not harmful, but chances are you are already strong in this muscle group. Try to keep the sideseams in your clothing lined up, so that your shoulders, hips and ankles stay in a straight line. Think about lifting your heel to the ceiling. If you can see your foot, your leg is too far forward.

*Valley Seniors Fitness Network-(902)-538-8616 Photocopy as you wish. Illustrator- Diane Baldwin