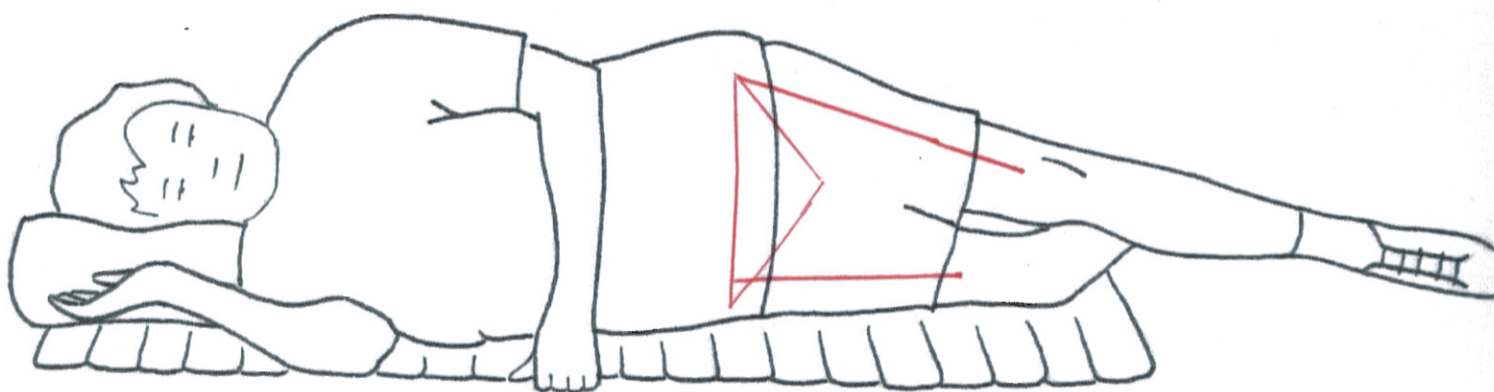
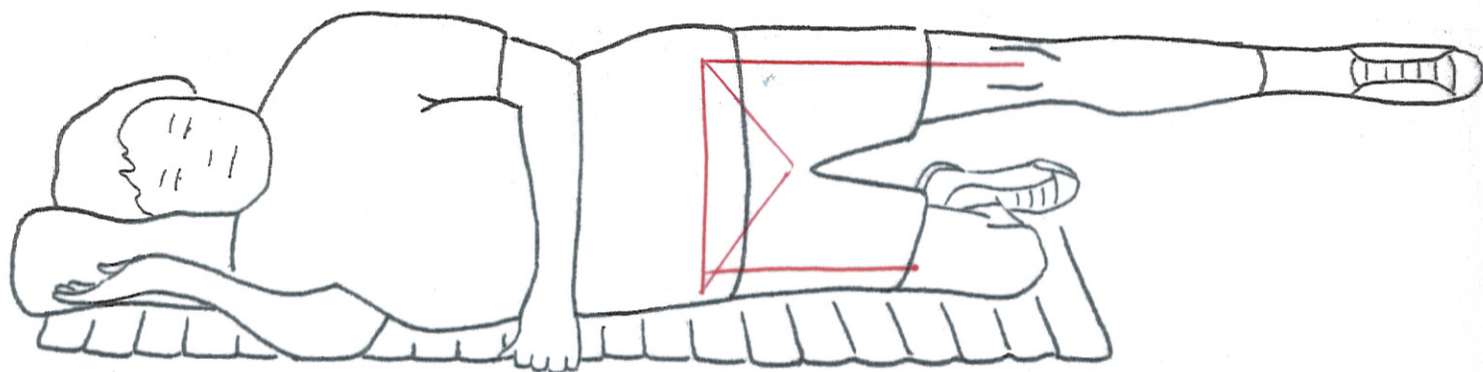


## Side Lying Leg Lifts

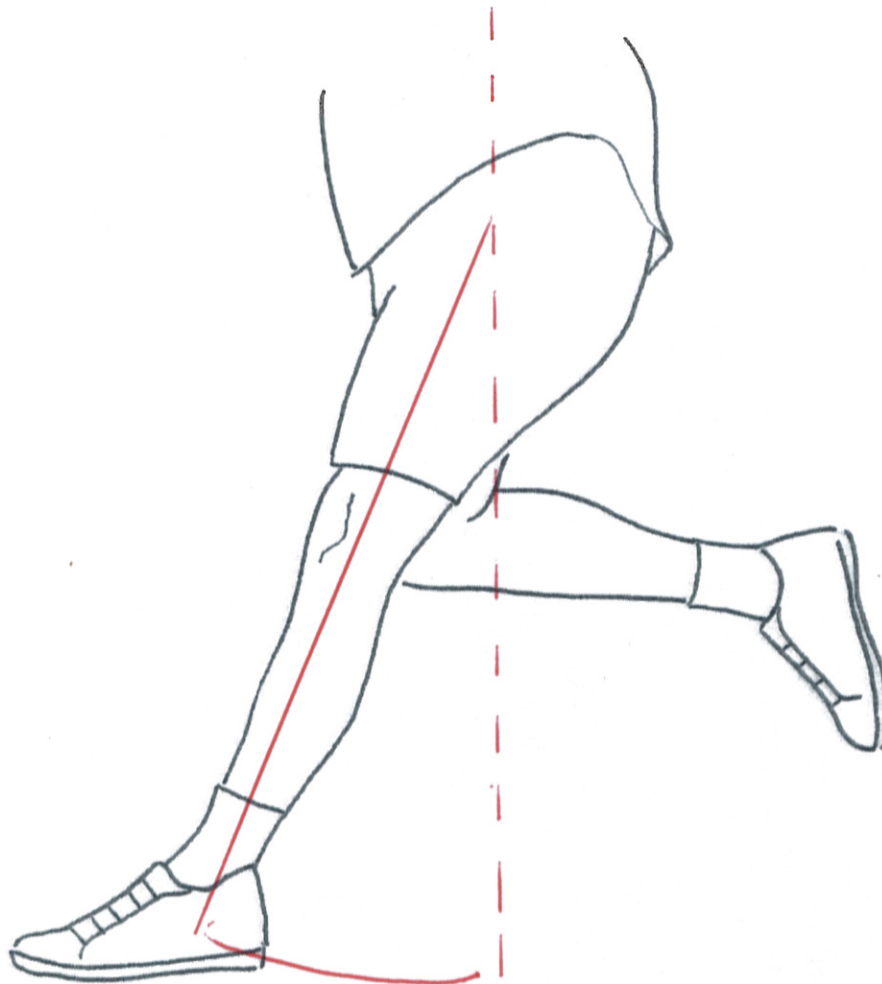


### Instructions:

Lay on your side over a firm surface. Bend both knees. You may use a pillow under your head if you are more comfortable. Straighten the top leg only. Lift the top leg toward the ceiling and pause when the leg is horizontal. Lower slowly to the floor and repeat. Do not allow the leg to swing forwards. Count the number of times you can lift before the hip muscles grow tired. Roll over and repeat on opposite side.

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

## 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