Outward leg raises



GOAL

Primary: Build muscles
Secondary: Prevent falls

TARGET AREA

Hip/Leg Muscles

DESCRIPTION

This exercise helps strengthen the hip abductors (outside of hip) which are very important for standing, walking, and balance. This exercise challenges the same group of muscles on both legs.

HOW TO

Stand up tall and hold onto to a stable surface if needed.

1. Keep the knee straight as you raise the leg out to the side of the body slowly.
2. Return to the start position.

Repeat.

REPETITIONS

4x10

DIFFICULTY DESCRIPTION

Repeat for both legs