Inward leg raises



GOAL

Primary: Build muscles
Secondary: Prevent falls

TARGET AREA

Hip/Leg Muscles

DESCRIPTION

This exercise helps strengthen the muscles on the inside of your thigh which help to support you as you stand and walk.

HOW TO

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

1. Keep the knee straight as you bring the leg in and across the midline of the body slowly.
2. Return to the start position and repeat 10 times.

Repeat.

REPETITIONS

1x10

DIFFICULTY DESCRIPTION

[tt:node_exercise_31_difficulty_level_3_description]