

# Inward leg raises



## GOAL

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Primary: Build muscles  
Secondary: Prevent falls

## TARGET AREA

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Hip/Leg Muscles

## DESCRIPTION

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

## HOW TO

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**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

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1x10

## DIFFICULTY DESCRIPTION

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[tt:node\_exercise\_31\_difficulty\_level\_3\_description]