Back leg raises



GOAL

Primary: Build muscles
Secondary: Prevent falls

TARGET AREA

Spine/Core

DESCRIPTION

This exercise targets the muscles of the buttocks (bottom) and back of the thigh. They help pull your leg back as you walk and they keep your torso from falling forward as you stand.

HOW TO

Start by standing upright

1. Gently tighten your core muscles while still being able to breathe
2. Squeeze your bottom and raise your leg behind you with a straight knee.
3. Slowly return to the start position

Repeat
Repeat on the other side

REPETITIONS

2x3