

# Back leg raises



## GOAL

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Primary: Build muscles  
Secondary: Prevent falls

## TARGET AREA

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Spine/Core

## DESCRIPTION

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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

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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

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2x3