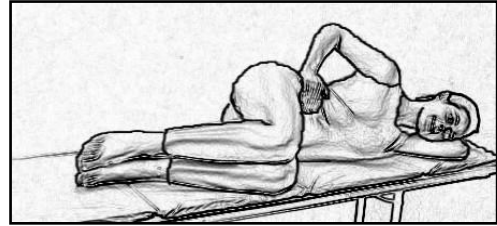


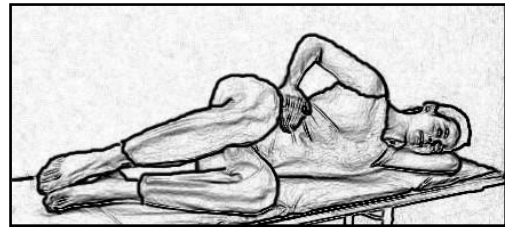
## LEG LIFTS – SIDELYING WITH THIGH (ITB) STRETCHES

**Purpose:** to strengthen your hip muscles (gluteus medeus) and stretch the outer thigh (ITB).

1. **Starting position:** KNEES BENT, PELVIS FORWARD, STOMACH FLAT, NECK AND HEAD RESTING IN NEUTRAL POSITION.

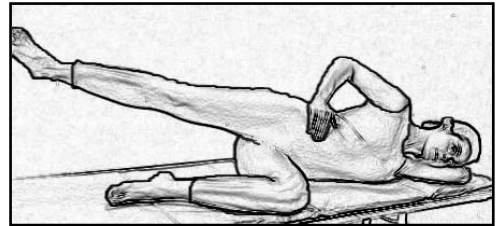


2. **“CLAM” position:** Lift top knee, KEEPING HEELS TOGETHER.



**DON'T LET THE PELVIS OR TRUNK MOVE BACKWARD!**

3. **Straighten leg in line with body** KEEPING KNEE CAP AND TOES UPWARD, HEEL DOWNWARD, PELVIS FORWARD.



4. **Keeping leg rotated upward, bring it backward and slowly lower it** for the stretch, keeping STOMACH TIGHT and PELVIS FORWARD.



5. **Return to starting position,** touching HEEL DOWN FIRST, THEN KNEE.



Relax and repeat \_\_\_\_\_ times right, \_\_\_\_\_ times left.

6. **To STRENGTHEN YOUR BUTTOCKS (gluteus medeus),**

- a. Beginning: Repeat positions 1 and 2 slowly with \_\_\_\_\_ pounds just above knee \_\_\_\_\_ times right, \_\_\_\_\_ times left.
- b. Advanced: Repeat positions 3 and 4 slowly with \_\_\_\_\_ pounds on ankle \_\_\_\_\_ times right, \_\_\_\_\_ times left.