Title: Lying Side Leg Lifts / Lateral Raises / Hip Abductors / Adductors

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups:

Summary: <ol>

<li>Lie on your right side on top of a yoga mat or other soft surface.</span></li>

<li>Brace your core and make sure your body is in a straight line. Keep your right hand on the ground and your left hand on your hip.</li>

<li>Slowly lift the left leg into the air, keeping it straight during the exercise.</li>

<li>Slowly lower your left leg. Complete the set then repeat with the other leg.</li>

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