Title: Single Leg Swiss Ball Hips Raises / Leg Curls

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups:

Summary: <ol>

<li class="p1">Lie on your back with legs extended and heels resting on a swiss ball. Keep your arms flat out to the sides.</li>

<li class="p1">Squeeze your glutes and raise your right leg off the ball until it is in line with your left thigh. Push your hips up to form a straight line with your body.</li>

<li class="p1">Pull your left heel towards you and roll the ball as close to your buttocks as possible.</li>

<li class="p1">Roll the ball back to starting position, lower your right leg and alternate to the left leg.</li>

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