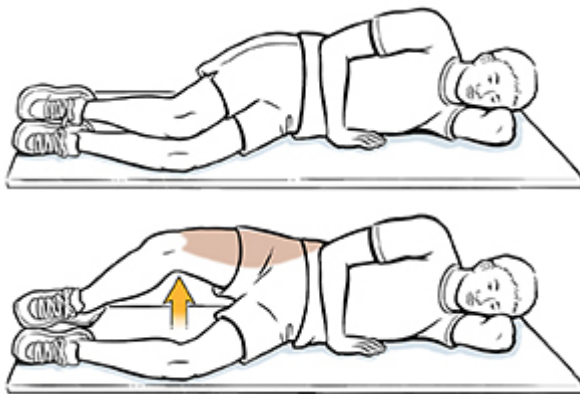


Side-Lying Hip Abduction (Strength)



1. Lie down on the floor on your side. Rest your head on your arm. Bend your legs at the knees.
2. Keep your feet together and lift your top leg up so that your knees are separated. Keep your hips steady.
3. Slowly lower your leg back down.
4. Repeat 10 times, or as instructed.
5. Switch sides if instructed.



Challenge yourself

Put an elastic band or tubing around your thighs. Raise and lower your top leg slowly and steadily.

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