**Lateral Leg Swings**

Equipment: None

**Instructions:**

1. Starting Position:
   * Stand tall and hold onto a wall or a sturdy surface for support.
2. Weight Shift:
   * Shift your weight onto your right leg, keeping your left leg relaxed.
3. Swinging Movement:
   * Swing your left leg out to the left side, keeping it straight, and then cross it in front of your body to the right.
4. Repeat:
   * Return your left leg to the starting position and repeat the movement for the desired number of repetitions.
5. Switch Sides:
   * Once you’ve completed the set with your left leg, switch to your right leg and repeat the same swinging motion.

**Tips for Lateral Leg Swing:**

* Keep your torso stationary and engage your core to maintain balance.
* Perform the movement slowly and with control, focusing on using your muscles to guide your leg.
* Breathe steadily, and with each swing, aim to achieve your full range of motion without straining.