

# outer thigh raise

**target muscles:** outer thigh and hip

## *starting position*

1. Lie on one side in a straight line.
2. Support your upper body on your forearm.
3. Place the other hand in front to steady yourself.

## *movement*

1. Keeping your top leg straight and in line with your body, raise it up. Hold for a second then return to the starting position.
2. Do the number of repetitions listed below then turn on to your other side and repeat with your other leg.

### **TIP**

Make sure you keep your leg perfectly in line with your body – don't let it rotate to the front.

**Level 1:** 10–12 reps

**Level 2:** 15–20 reps

