

Preventing Women's Heart Disease Through Education



CAROL For Heart

Exercise #6: OUTER THIGH LIFT

This exercise works your upper gluteals at the hip joint, outer thigh, and lower leg by challenging balance.

The exercise:

Stand up straight, and slowly lift one foot off the floor, aiming out to the side. Do not lean your body to the side as you lift the leg; keep your torso upright and feel the muscles working only at the hip. Do 6 - 10 reps per leg.

Alaina M. Eichinger • Certified Personal Trainer • Lansdale, PA • In-home training also available
Training sessions available at the Horsham Athletic Club, Horsham, PA • 215-675-4535

For more information, visit us at: www.CarolForHeart.org