

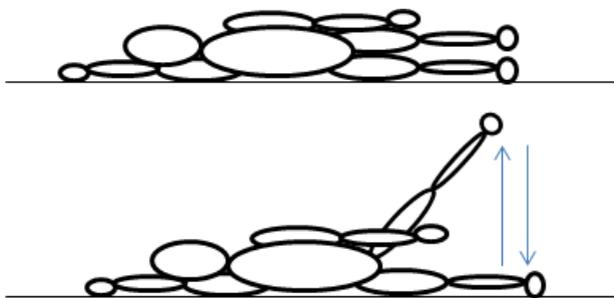
LOWER BODY STRENGTHENING ACTIVITIES

Side-Lying Leg Raises

Starting Position: Lie on one side, with legs straight and on top of each other.

Action: Lift top leg, squeezing the buttocks, then lower back down without completely relaxing any of the muscles. Repeat on the top leg; then roll onto the other side. Lying on opposite side, lift top leg and repeat the above instructions. Use weights wrapped around your ankle for added resistance.

Repetitions: Do 10 repetitions, relax and repeat 2-3 times on one leg. Then roll over and do the same repetitions on the other leg.



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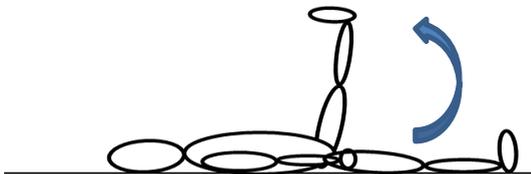
LOWER BODY STRENGTHENING ACTIVITIES

Straight Leg Raises

Starting Position: Lie on floor face up. Tighten your stomach muscles and keep your low back on the floor.

Action: Slowly lift right leg up until perpendicular to the floor; then lower back to starting position without relaxing. Switch to lift left leg up until perpendicular to the floor; then lower back to starting position without relaxing. Use ankle weights for added resistance.

Repetitions: Do 10 repetitions, relax and repeat 2-3 times with one leg. Then do the same exercise with the other leg.



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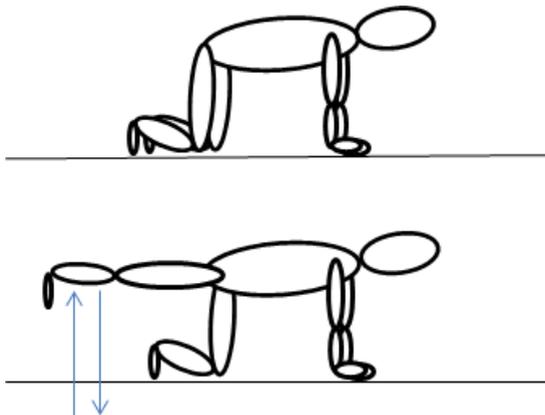
LOWER BODY STRENGTHENING ACTIVITIES

Hip Extensions

Starting Position: Balance on hands and knees, stomach muscles contracted and back flat. Eyes should be looking at the floor.

Action: Tighten stomach muscles. Straighten one leg and slowly lift up, squeezing the buttocks. Lower back down allowing toes to barely touch the floor. Repeat repetitions and sets on one side; then switch legs. Wrap-around ankle weights can be used for added resistance.

Repetitions: Do 10 repetitions, relax and repeat 2-3 times. Then switch legs, and repeat on the other side.



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LOWER BODY STRENGTHENING ACTIVITIES

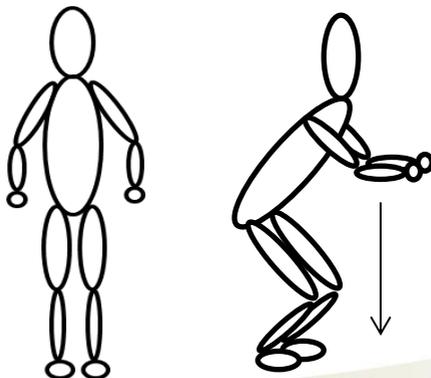
Squat

Starting Position: Start by standing with feet shoulder width apart with weight equally on both feet. Hips, knees and toes should all point straight ahead, and stomach muscles should be held tight.

Action: Bend knees and move buttocks backward as if you are going to sit in a chair. Straighten your arms in front of you and keep eyes aimed straight ahead or at a point slightly higher to help maintain balance.

Watch that knees do not move forward past toes. Focus on keeping weight over heels, back straight and chest lifted throughout the exercise.

Repetitions: Do 10 repetitions, relax and repeat 2-3 times.



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