Lying Inner Thigh Leg Lift

Anchor: None, body weight

Start: On your side, head propped up, bottom leg straight, top leg bent with foot on floor and next to knee.

Movement: Using the inner thigh, lift the bottom leg up straight and hold for 3-5 seconds. Return to starting position.

Tip: Try not to rock forward or back.

Diamond V’s

Anchor: None, body weight

Start: Lie on your back, hands at sides, legs up and bent at a 90 degree angle, knees wide, feet together.

Movement: Open the legs straight up and out to the side. Return to starting position.

Tip: Try not to lower the legs to the floor.
**External Inner Thigh Lift**

**Anchor:** None, body weight

**Start:** On your back, propped on the elbows, one leg bent with foot flat, the other straight out with toe turned outward.

**Movement:** Using the inner thigh, lift the straight leg up. Return to starting position.

**Tip:** Keep abs tight.

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**Adduction**

**Anchor:** Pillow between legs

**Start:** Lie on your back, knees bent, feet flat on the floor with a pillow between the knees.

**Movement:** Using your inner thighs, squeeze the pillow, lift your butt and hold for 3-5 seconds.

**Tip:** Keep abs tight.
Inner Thigh Exercise Library

**Standing Inner Thigh Cross Over**

**Anchor:** Band, low door, ankle

**Start:** Stand parallel to the door, band around ankle closest to the door.

**Movement:** Using the inner thigh, cross the leg with the band in front of the body.

**Tip:** Try not to twist the body.

**Straight Leg V Adduction**

**Anchor:** None, body weight

**Start:** Lie on your back, arms at the side, both legs straight in the air.

**Movement:** Open both legs to the side, keeping the legs straight and using the inner thigh to bring them back in.

**Tip:** Try to keep the legs straight.