

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.

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.

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.