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.

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.
Pillow Squeeze

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 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.