

## Supported or unsupported, with or without added resistance

This exercise will strengthen the muscles at the side of the hip. These muscles move your legs out to the side. They are important for stability and balance.

### Instructions:

1. Stand up tall.
2. Keeping your knee straight and toes pointing ahead, move one leg straight out to the side about 30-40cm. Lead with the heel, not toes.
3. Lower your leg to the starting position.
4. Repeat 5-10 times, then change to the other leg.
5. You can add leg weights around your ankles or use a resistance band to add resistance once you've mastered the movement.

### Tips to help you get the movement right:

Start by holding onto the back of a chair or bench for support. If you feel stable and it is safe to do, you can challenge your balance by only putting a finger or no hands on the chair.

It's important you feel the movement in the muscles on the outside of the hip, not the front.



## CONTACT US

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