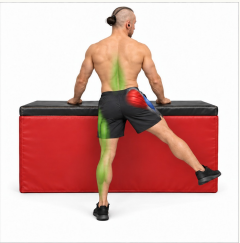
Exercise technique

Supported side leg lift

6-10 each side



START / steady stance



FINISH / small side lift

GRIP / Support hand contact

SETUP / Hold a fixed support; begin without a band.

MOVE / Move one leg a short distance sideways.

RETURN / Lower slowly; keep the pelvis level and trunk steady.

MAIN / RED
Gluteus medius and minimus lift the thigh away from the midline.

SECONDARY / BLUE
Tensor fasciae latae assists; other hip muscles coordinate the leg position.

SUPPORT / GREEN
The stance-side hip, trunk and ankle muscles steady the pelvis; hands assist balance on a fixed support.

OPTIONAL PREPARATION / BODYWEIGHT