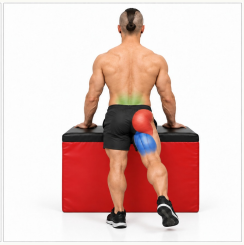
Exercise technique

Supported backward leg lift

6-10 each side



START / steady stance



FINISH / small backward lift

GRIP / Support hand contact

SETUP / Hold a fixed support; begin without bands.

MOVE / Move one leg slightly backward from the hip.

RETURN / Return gently; avoid arching the lower back.

MAIN / RED
Gluteus maximus moves the thigh backward.

SECONDARY / BLUE
Hamstrings assist hip extension.

SUPPORT / GREEN
Stance-leg hip and ankle muscles and trunk control keep the pelvis level; hands assist balance on a fixed support.

OPTIONAL PREPARATION / BODYWEIGHT