

LOWER BODY STRENGTH 2:

Hip Extension

Muscles Toned: Butt (gluteals)

Technique:

Ankle weights are optional for this exercise. (Beginners should do this exercise without ankle weights.)

1. Stand about a foot behind the back of your chair.
2. Rest your hands on the top of your chair for support.
3. Slowly raise your left leg behind you as high as comfortable – without bending your knee.
4. Slowly lower your left leg to the starting position.

Repeat up to 8 to 12 times.

Then switch sides to raise your right leg behind you.

