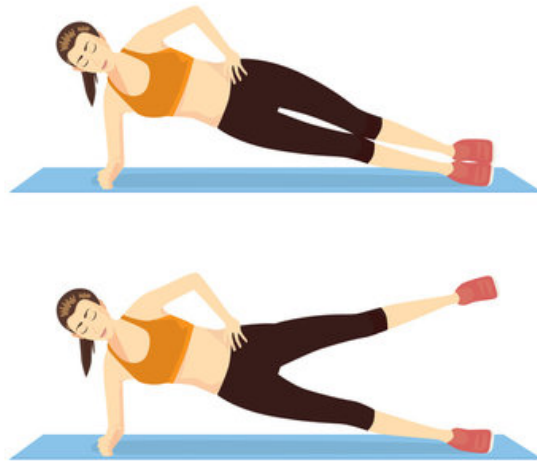


# Side Plank Hip Abduction



## Instructions:

1. Start in a modified side plank position, with your top leg extended and your bottom leg bent back with the knee on the mat.
2. Lift your top leg as high as possible and then lower it back down.
3. Repeat and then switch sides.

## Proper Form and Breathing Pattern:

- While doing the side plank hip abduction keep your core tight, so that your upper body remains stable maintain your top leg straight and keep your foot flexed. Breathe out as you lift your top leg and squeeze the outer thigh. Inhale as you slowly lower your leg back to the starting position.
- GOAL: 3 sets of 10 reps (each leg 10 times)

## Exercise Benefits

- The side plank hip abduction is a great exercise that you can do to target the outer thighs. The outer thigh muscles pull your legs away from the center of the body and play an important role in keeping your knee and hip joints stable. Doing hip abductions not only helps to strengthen and sculpt your outer thighs but can also improve your balance and stability.
- Add resistance band around thighs to challenge yourself