

## Inner Thigh Leg Lift



**ANCHOR:** None, body weight

**START:** On your side, head propped up, bottom leg straight, top leg bent with foot on floor and next to knee.

**MOVEMENT:** Using the inner thigh, lift the bottom leg up straight and hold for 3-5 seconds. Return to starting position.

**TIP:** Try not to rock forward or back.

## External Inner Thigh Lift



**ANCHOR:** None, body weight

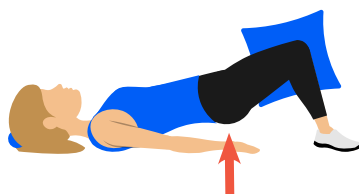
**START:** On your back, propped on the elbows, one leg bent with foot flat, the other straight out with toe turned outward.

**MOVEMENT:** Using the inner thigh, lift the straight leg up. Return to starting position.

**TIP:** Keep abs tight.

## Pillow Squeeze

---



**ANCHOR:** Pillow between legs

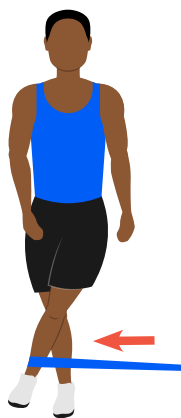
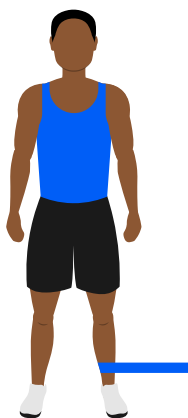
**START:** Lie on your back, knees bent, feet flat on the floor with a pillow between the knees.

**MOVEMENT:** Using your inner thighs, squeeze the pillow, lift your butt and hold for 3-5 seconds.

**TIP:** Keep abs tight.

## Standing Cross Over

---



**ANCHOR:** Band, low door, ankle

**START:** Stand parallel to the door, band around ankle closest to the door.

**MOVEMENT:** Using the inner thigh, cross the leg with the band in front of the body.

**TIP:** Try not to twist the body.