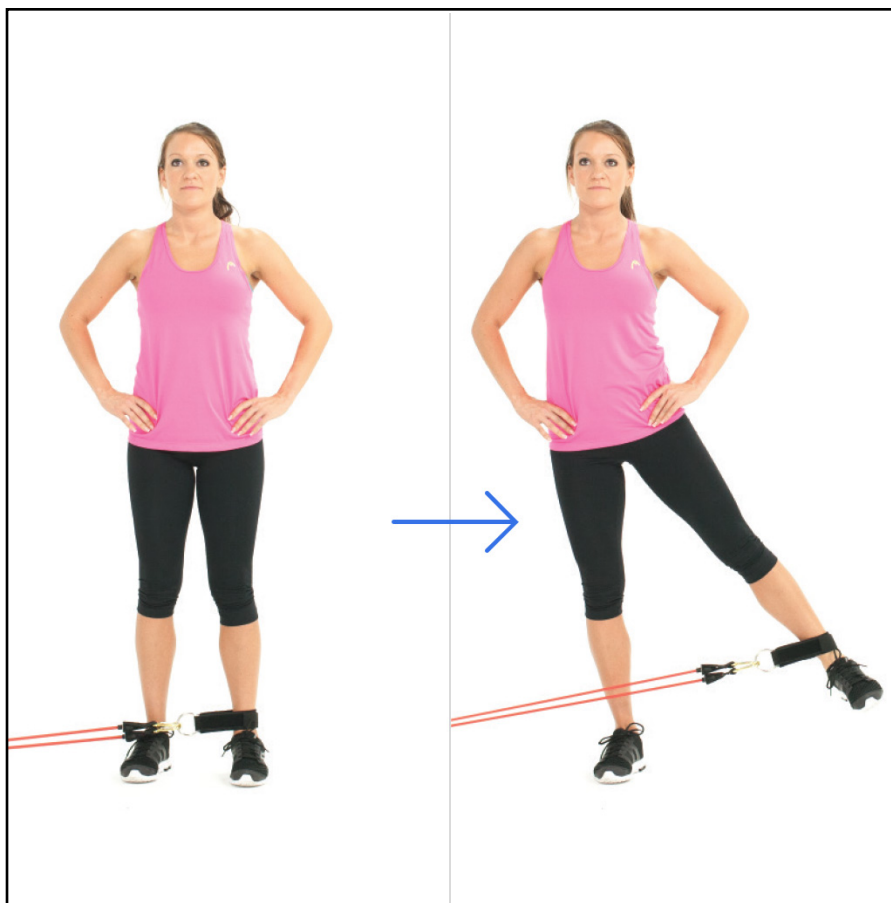


Standing Leg Abduction With Bands

Area Targeted: Outer Thigh



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=Af92PS2fZnc>

INSTRUCTIONS:

SET UP:

Anchor: Secure the elastic(s) to the door with the door anchor at the bottom of the door.

Bands: Attach both ends of the elastic to one ankle strap.

Body Positioning: Wrap the ankle strap around the ankle of your active leg. Stand 3 to 4 feet away from the door with your non-active leg closest to the door, and a couple of inches behind your active leg. Position a chair so that you can use it for stability. Keep your back straight, head straight, chest up and stomach tight.

MOVEMENT:

Pull your active leg out to the side until it creates a 45 degree angle with the floor.

POINTS TO REMEMBER:

1. Keep your active leg straight throughout the range of motion.
2. Visualize pulling the resistance from your heel.