



## ADVANCED TRAINING AND PERFORMANCE

### Side-lying leg lifts



#### Exercise Description

1. Find a medium to high intensity band and place the band above your knees.
2. Lay on your side with your top leg straight and bottom leg bent for comfort.
3. Keeping your hips “stacked” vertically lift your top leg up
4. Sets and reps
  - 3-4 times/week
  - 3-4 sets
  - 10-15 reps

#### The Why

This should work on hip strength. You want to use the muscle in your bottom not the front of your hip, low back or hamstrings. Building strong hips will help with running and change of direction motions.

