

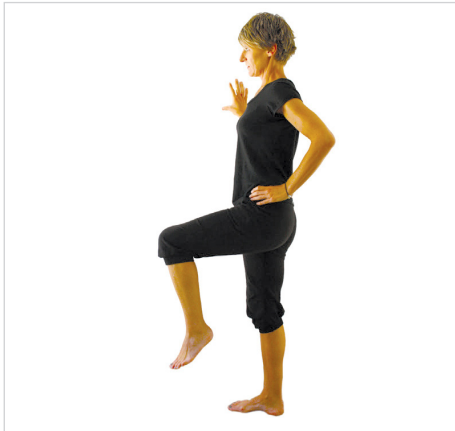
LEG CIRCLES

POSITION

1. Use wall or chair to balance (progress to no support as able).
2. Squeeze 'butt' muscles of standing leg and lift other leg to 90 degrees (Step 1).
3. Keep back upright and facing straight ahead.
4. Circle leg outwards (Step 2).

NUMBER

x 10 each leg



STEP 1



STEP 2

Make sure:

- Hips and trunk face straight ahead throughout the movement. Don't twist.
- Keep back upright throughout the movement. Don't lean forward or backward.
- Squeeze the butt muscles of the standing leg throughout the exercise.

It is good for:

- Stability and balance.
- Strength - abdominal and butt muscles.
- Hip joint mobility and nutrition

Breathing:

- Breathe in as bring leg up (Step 1).
Breathe out as circle leg outwards (Step 2).