



Hip Abduction with Balance

You're never too young to work on your balance. Use it or lose it! Having exceptional balance improves your performance in most sports. This exercise will also not only improve your balance so you don't fall and break your hip, but will also strengthen the muscles in your hip, so if you do fall, your hip will be stronger and less likely to break. You need no equipment, and can even do it while standing in line!

Starting Position and Movement:

- Start by standing on one leg. Your arms can be down, out to your sides, or on your hips. If you don't feel secure in your ability to balance to start out with, put a chair in front of you or to one side, and touch the back of it when needed. Do not lean forward and use it for support.



- Draw your navel in to engage your abs and stand tall.
- Reach the leg you're not standing on out to the side, being sure to keep your toes pointing straight ahead, so your feet stay parallel.
- Bring your leg back to the other one without letting it rest on the floor, and repeat slowly! Do 10–20 repetitions. Then switch legs.

Workout Options:

- To increase the balance difficulty, try it standing on a pillow or other unstable surface or with your eyes closed.
- Put an ankle weight on, or an elastic exercise band around your ankles to increase the resistance.