

Simple Exercises

Training for leg muscle strengthening

● Leg-raising training

- ① Sit on a chair, with knees bent.
- ② Stretch the knee of one leg to a moderate extent, keeping the ankle bent at a right angle.
- ③ Slowly raise the outstretched leg to a height of 10 cm from the floor. Hold for 5-10 seconds. Then, lower the leg slowly.
- ④ Repeat step ③ for 20 sessions. Switch to the opposite leg and repeat the same step.

