

Simple Exercises

Training for leg muscle strengthening

● Leg-raising training (advanced stage)

*After you have become familiar with the aforementioned leg-raising training, challenge yourself with the advanced stage of training.

- ① Lie on your back.
- ② Raise one leg to a 45 degree angle and hold for 10 seconds.
- ③ Bend the knee of the raised leg as far as possible and hold for 10 seconds.
- ④ Stretch the knee again and hold for 10 seconds.
- ⑤ Lower the leg.
- ⑥ Repeat steps ② through ⑤ for 20 sessions. Switch to the opposite leg and repeat the same steps.

