

Abductor Lifts



Aim

To strengthen the outer thigh (abductors) and the buttocks (gluteals). To tone the upper leg and control cellulite.

This exercise and Adductor Lifts (page 176) will challenge your pelvic and lumbar stability, so you must be stable before you attempt them. Good preparation exercises are the Pelvic Stability Exercises (pages 73), Standing on One Leg (pages 132) and Table Top: Stages One and Two (pages 134).

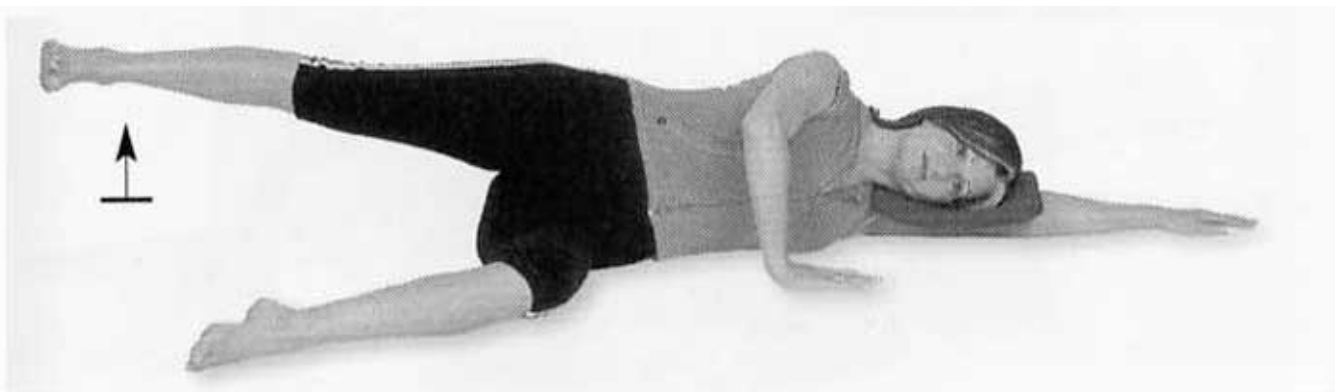
You may want to perform this exercise and the two following exercises on one side before turning to the other side.

Equipment

First practise these exercises without weights, until you are totally familiar with them and they cause you no discomfort. You may then strap leg weights of up to 1.5 kilos on each ankle. Start with the lightest weight. A cushion (optional). A small piece of foam (optional).

Starting Position

- Lie on your left side in a straight line. This is crucial, so, if you like, you can lie up against a wall to check your alignment. Don't lean against the wall!
- Remember, neutral, please.
- Your left arm is stretched out with your head resting on the arm. You may place a cushion between your ear and your arm so that the head is in line with the spine.
- Bend both legs in front of you to an angle of just under 90°.
- Put your right hand in front of your body to help support you.
- Throughout the exercise, keep lifting the waist off the floor and maintaining the length in the trunk.



Action

- 1 Zip up and hollow and stay zipped and hollowed throughout the exercise.
- 2 Straighten your top leg so that it is in a line with your hip, and raise it to about twelve centimetres off the floor. Be careful not to take it behind you!
- 3 Rotate the leg inwards slightly from the hip, the pelvis stays still, and flex the foot towards your face. You should be able to see your toes!
- 4 Breathe out as you slowly lift the leg higher to about fifteen centimetres, then breathe in and lower.
- 5 Raise and lower the leg ten times without returning it to the floor. Breath out as you raise and in as you lower.
- 6 Bend the leg and rest it on the lower leg.
- 7 Repeat on each side.

Watchpoints

- Keep zipping and hollowing so you protect the low back and prevent it from arching. Keep the waist from dropping down to the floor.
- Lengthen the heel as far away as possible from the hip – keep a long, long leg.
- Keep the rotation inward from the hip, being careful not to turn it in just from the ankle.
- Keep lifting the waist off the floor and lengthening in the body – long, long waist.
- Your pelvis should remain absolutely still. Do not allow it to roll forward or rock around.
- Don't forget to keep the upper body open, shoulder blades down into your back. Do not allow yourself to roll forward.

NOTE If you are lucky enough to lack any natural padding round your hip, you may find it uncomfortable to lie like this. If so, just put a small piece of foam underneath your hip.