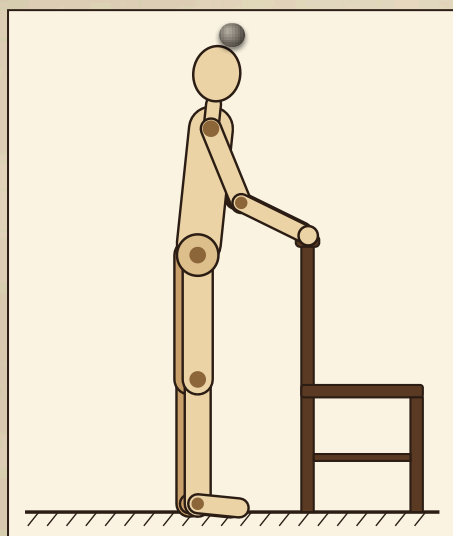


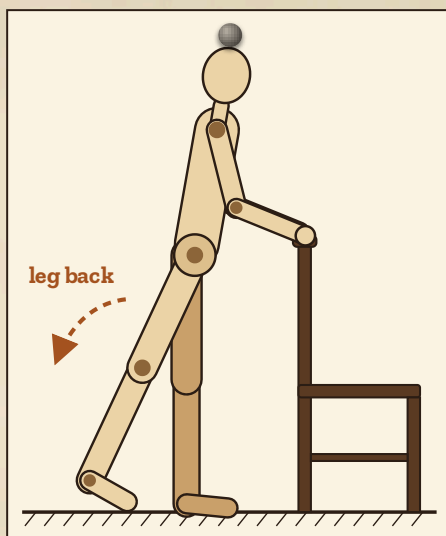


Back leg lift

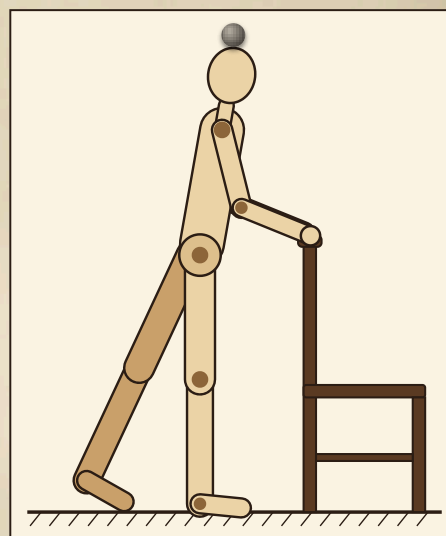
Works the big muscles in your backside that power walking, climbing stairs and getting up hills. Hold a chair and take it slow.

**1 Hold the chair**

Stand tall, feet hip-width.

**2 One leg back**

Keep it straight, don't lean.

**3 Then the other**

Squeeze, return, swap.

The beat

2 seconds back, a short squeeze, 2 seconds to return. 8 with each leg is one set. Rest a minute between sets.

How to do it

1. Stand behind a sturdy chair and hold the top of the backrest with both hands.
2. Stand tall, feet hip-width apart, with a soft bend in the standing knee.
3. Keeping it straight, take your left leg slowly back for a count of two. Don't lean forward.
4. Squeeze your backside for a moment, then bring the leg back to the start.
5. Do the same with the right leg. Keep your back straight throughout.

Make it fit you

Easier

Only take the leg back a little way. Small and slow still works.

Harder

Hold the leg back for three seconds before returning it.

Back

Move from the hip, not the lower back. If your back aches, make it smaller.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubbobncarpenter.com/training/back-leg-lift/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.