

Exercise 15. Thigh Squeeze

This exercise helps strengthen thigh muscles.

What do I need?

1 Chair

1 Soft ball or a cushion



1. Sit Tall with a straight back and neck.

Place feet hip distance apart.

Place hands by your side.

Hold a ball or cushion between your thighs.

2. Gently squeeze your thighs together.

Hold for 3 seconds before releasing.



3. Repeat the exercise 4 times.

TIP: Hold the squeeze for longer for added intensity.