

Exercise 16. Thigh Strengthener

This exercise helps to strengthen thigh muscle.

What do I need?

1 Chair



1. Sit Tall with a straight back and neck.
Place feet hip distance apart.
Place hands by your side.

2. Hold in your core.
Gently raise one knee to the sky.



3. Gently kick leg out.
Flex foot and point toes to the sky.
Lower leg and repeat on the other side.
Repeat exercise 4 times.