

EXERCISE OF THE MONTH

Inner/Outer Leg Raise

with Keith Hutcheson

Provides lower body strengthening to improve your stamina and contact with your horse while assisting your balance and stability in the saddle. Works your

- *vestus medialis* and *lateralis*—inner and outer thigh, and
- *gluteus medius*—the broad, thick radiating muscle situated on the outer surface of the pelvis.



What You Need:

A blanket spread on the floor.

Optional: ankle weights.

Step 1: Lie on your right side on a blanket spread on the floor with your right elbow bent at a 90-degree angle supporting your upper body. Flex your ankles.

Step 2: With your legs straight, raise and lower your left leg while keeping your ankles flexed. Perform three sets of 15 repetitions, resting 30–60 seconds between sets.

Step 3: Bend your left knee and place your left foot in front of your right knee.

Step 4: While keeping your right leg straight and your ankle flexed, lift your right leg 2–3 inches off the floor and bring it back toward the floor without resting it. Do three sets of 15 repetitions, resting 30–60 seconds between sets. Roll over to your left side and repeat with both legs.

TOO EASY? Add light ankle weights.

Keith Hutcheson is the owner and fitness director of Middleburg Fitness Club in Middleburg, Virginia. He is a certified personal trainer, lifestyle and weight management consultant, and nutrition consultant and manager. For more information on fitness programs for equestrians or to find out about Keith's new DVD, *Fit2Ride*, contact him at keith@middleburgfitnessclub.com.

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Note: Consult your health care professional before starting any exercise program.