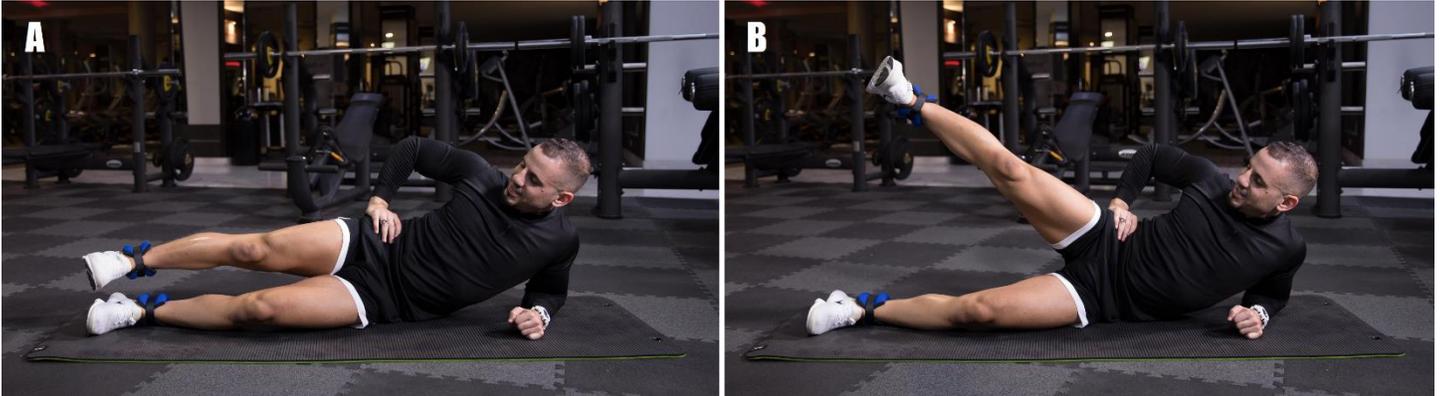


FLOOR WEIGHTED HIP ABDUCTIONS



1. Wrap an ankle weight around each one of your ankles, then lie down on your side while resting on your left elbow, with your right hand grabbing your waist. Keep your right leg fully extended and your other (left) leg slightly bent. This will be your starting position.
2. Raise/lift your right leg all the way up by flexing your right side hips & glutes muscles, with your right leg fully extended and your left leg stationary on the floor.
3. Return your right leg back down to its starting position as you keep your right side hips & glutes muscles fully engaged and under constant tension. Only your leg should be moving up and down while performing this exercise.
4. Repeat this motion for the recommended amount of repetitions.
5. Turn to your other side and perform the same motion for the same amount of repetitions with your other leg.

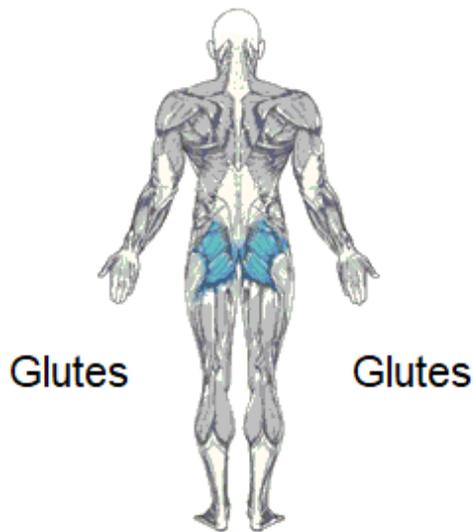
CAUTION: STOP immediately if you felt any sharp pain in your hips and/or lower back while performing this exercise.

ALTERNATIVE EXERCISES:

[Machine Hip Abductions](#) / [Floor Weighted Stiffleg Kick-backs](#) / [Bench Weighted Stiffleg Kick-Backs](#) / [Cable Hip Abductions](#)

FLOOR WEIGHTED HIP ABDUCTIONS

PRIMARY MUSCLE



A **primary muscle** is the main muscle group responsible for controlling a certain movement or the muscle group that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%100** when performing this exercise.



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