

LEG CIRCLE

POSITION

1. Hands on hips.
 - squeeze butt of standing leg throughout exercise.
 - keep back upright throughout exercise.
2. Take leg through circular movement (ie like a clock).
 - Start with small circles and increase circle size as improve.

NUMBER

x 10 each leg.



2a



2b



2c

Make sure:

- Throughout exercise:
 - keep back upright.
 - squeeze butt of standing leg.
 - keep hips level.
- Start with small movement and as balance improves increase movement.

It is good for:

- Stability and balance.
- Strength – abdominal and butt muscles.
- Hip joint mobility and nutrition.

Breathing:

- Breathe normally throughout the activity.