

Inner/Outer Thigh Press



- Sit on the edge of a non rolling chair, keeping your posture tall and your abdominal muscles tight
- With your knees over your ankles, place your hands on the outside of your knees
- Pressing inward with your hands, push your knees out against resistance
- Return to the start position and repeat the desired number of repetitions
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- For inner thigh training, place your hands, palms inward, on the inside of your knees
- Press outward with your hands while you attempt to push your knees together
- Return to the start position and repeat the desired number of repetitions

- To get the most out of your workout, try to find a resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
