

Side Lying Double Leg Lift

FORM: Lie on side, legs straight, knees together, resting head on left hand or extended arm. Place right hand flat on the ground in front of you for balance.

EXHALE: Keeping legs squeezed together, lift both legs simultaneously up into the air. Hold for 1-2 counts here. Be sure that feet are flexed and toes point forward.

INHALE: Lower to start without letting bottom leg touch ground to rest to complete one rep. Do 10 or more reps. To make it harder extend hold time. Switch sides and repeat to complete one set. This is a very small movement- you should only be lifting legs a few inches off the ground. Make it harder: Try holding in highest position for 30+ seconds instead of (or in addition to) doing repetitions. ([form](#)).

PROGRESSION: You can make it harder by splitting your legs.



Side lying double leg raises is a simple bodyweight exercise that activates several muscle groups throughout your body—including your glutes, core, hip flexors, hamstrings, and lower back muscles. It is not the same as the single side lying leg raises, which is another great exercise. It particularly works the quadratus lumborum (QL), which is a difficult muscle to isolate. The QL tends to be problematic in those with lower back issues. This is a great alternative for the side bridge. If you are unable to accomplish even the modified side plank (bridging from the knees) due to shoulder or arm pain you can perform a side lying double leg lift. Simply start by lying on your side, brace your core muscles appropriately and raise both legs off the floor together a few inches. Hold them for 8-10 seconds before relaxing down. You can make this harder by lengthening the time of hold.