

Donkey Kicks



1. Do this exercise to tone and strengthen your hips and glutes.
2. Instructions:
3. From a tabletop position, lift your right knee, keeping it bent as you kick upward.
4. Bring the bottom of your foot toward the ceiling.
5. Return to the starting position.
6. Perform 2–3 sets of 12–20 repetitions on each side.

Side Leg Raises



1. This exercise strengthens your glutes and thighs. To increase difficulty, place a weight on your thigh.
2. Instructions:
3. Lie on your right side with your legs stacked.
4. Raise your left leg as high as you can.
5. Pause here, then return to the starting position.
6. Do 2–3 sets of 12–15 repetitions on both sides.
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