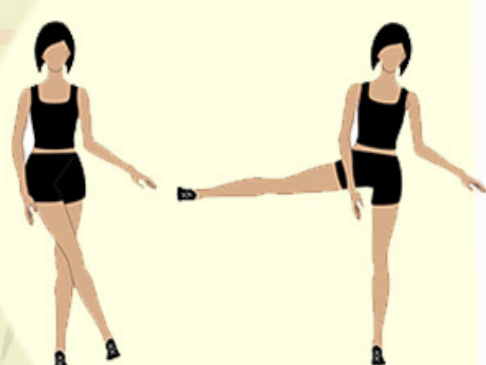




Pregnancy-Safe Hip Exercises



The **Side Leg Raise** exercise targets the muscles on the sides of your hips.

Hip Flexion (or Flexing) strengthens the muscles in your hips.



Hip Extension is an excellent exercise during pregnancy as it helps strengthen the hips.

The **Kneeling Stretch** is useful for relieving pain and relaxing the muscles in the hip area.



The **Sit Down Stretch** is a simple way to alleviate discomfort in the hips.