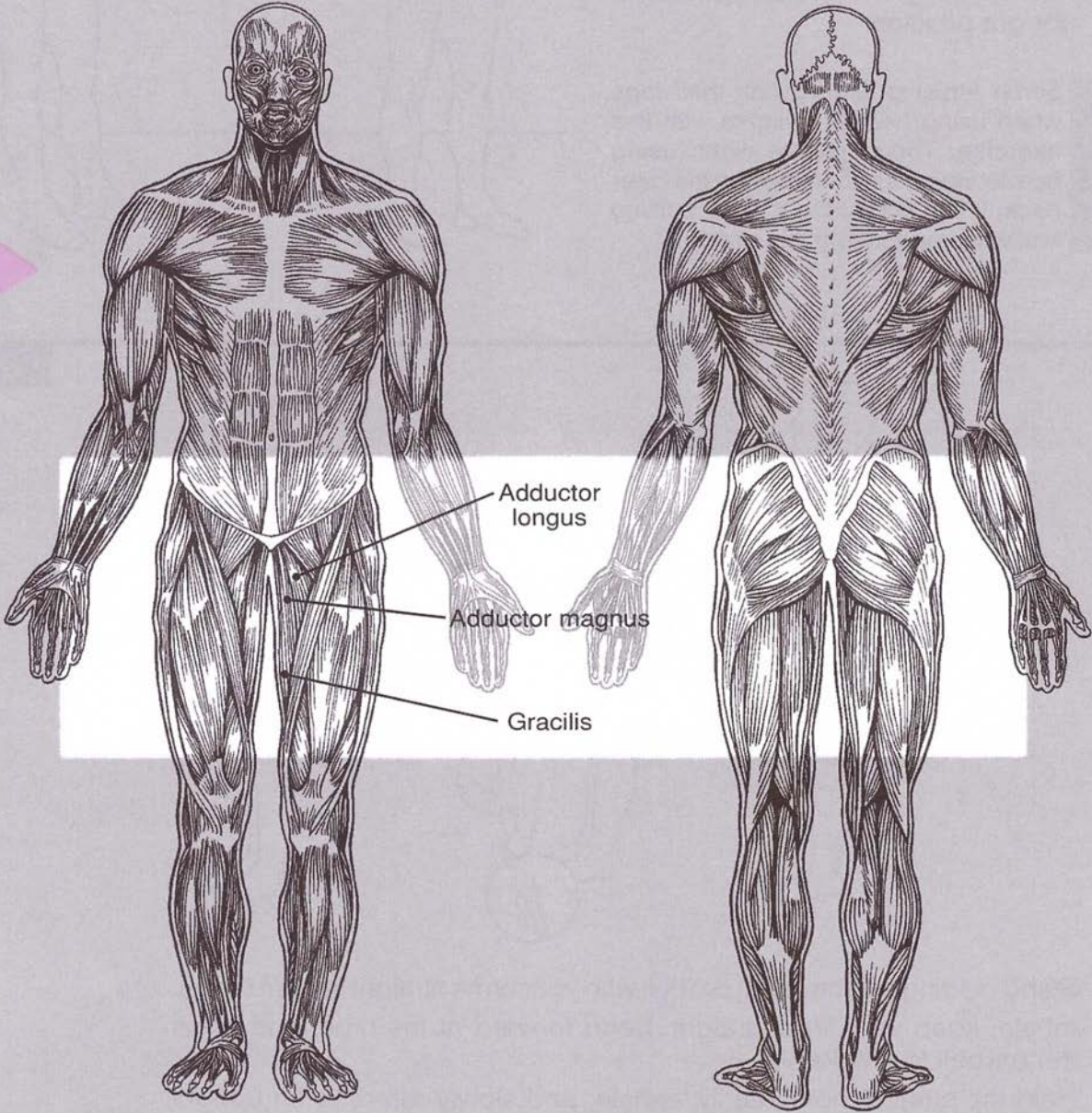


ADDUCTORS

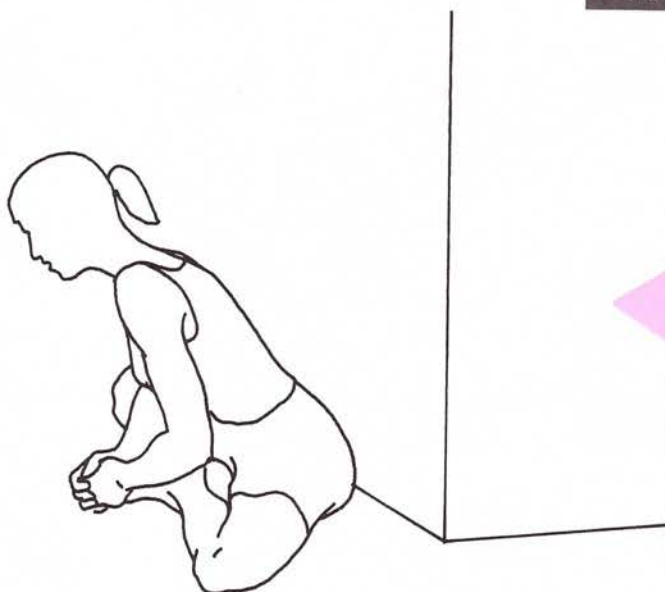


- Sit on the floor with your buttocks against a wall, your legs flexed and spread, and your heels touching each other.
- Grasp your feet or ankles and pull them as close to your groin as possible.
- Place your elbows on your inner thighs or knees, exhale, and push your legs to the floor.



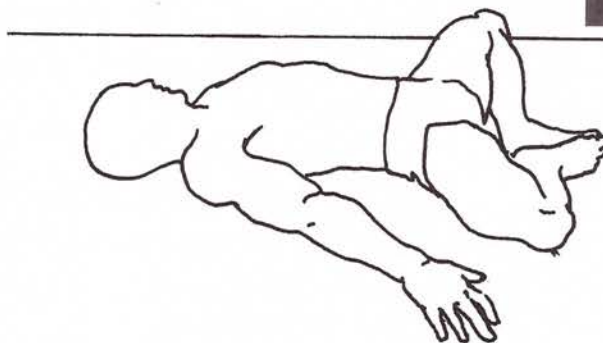
NOTE Be sure to keep your back straight when performing this exercise.

- Sit on the floor with your buttocks against a wall, your legs flexed and spread, and your heels touching each other.
- Grasp your feet or ankles and pull them as close to your groin as possible.
- Exhale and lean forward from the hips. Keep your back straight and attempt to lower your chest to the floor.



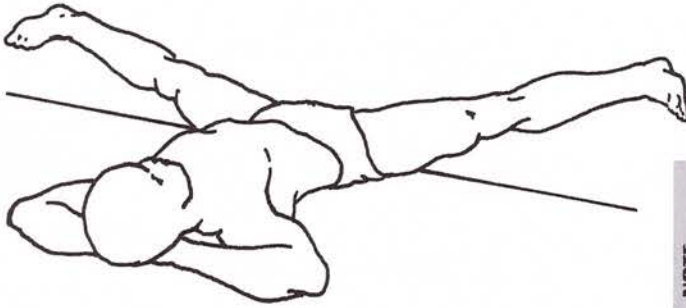
NOTE If you have tight adductors, you may find it easier to perform this stretch with your heels extended slightly forward.

- Lie on your back and flex your knees, bringing the heels and soles of your feet together as you pull them toward your buttocks.
- Exhale and spread your knees as wide as possible, keeping the soles of your feet in contact.



NOTE The stretch will feel more intense if performed on a narrow bench. Focus on moving your upper thighs outward and not your knees. Some athletes will find it useful to wrap a belt around the upper thighs or ankles.

85

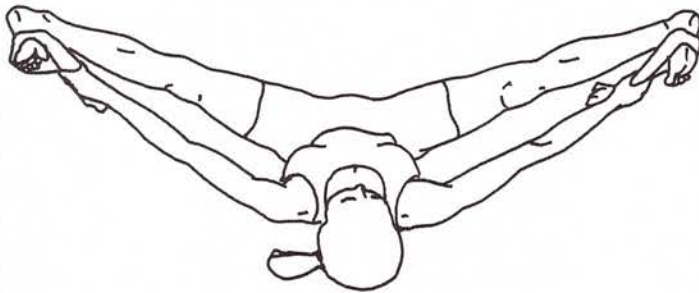


- Lie on your back with your legs raised and together and your buttocks several inches from a wall.
- Exhale and slowly spread your legs as wide as possible.

NOTE

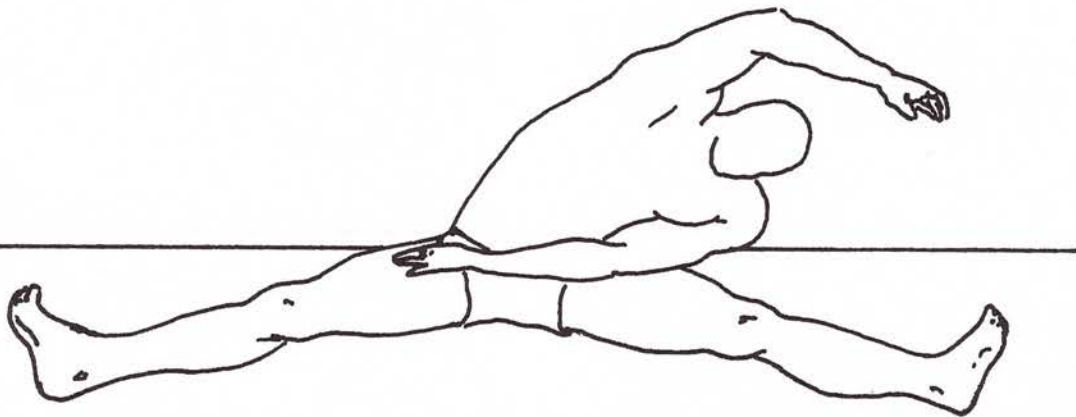
This stretch can be intensified by wearing shoes, weighted boots, or placing a small folded towel under your buttocks so your thighs are slightly above their resting position. Placing your hands on the insides of your knees can provide an additional manual stretch.

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- Lying on your back, loop a pair of straps around both feet at the instep; inhale and extend your legs upward.
- Exhale, spread your legs as wide as possible, and pull on the straps at the end of the movement.

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- Sit on the floor with your legs spread as wide as possible.
- Drop one arm and raise your other arm overhead.
- Exhale, rotate your trunk, and bend from the hip, leaning your upper torso onto your leg.

NOTE

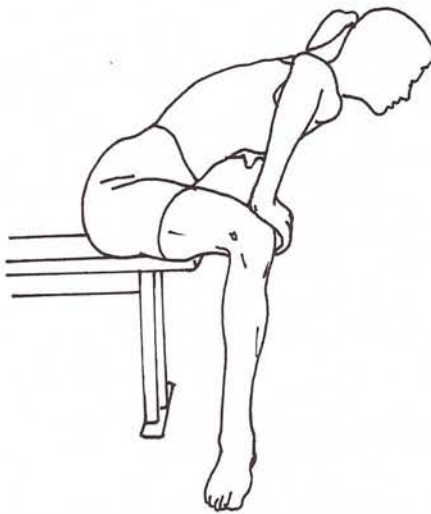
You may also feel this stretch in the lateral portion of your torso.



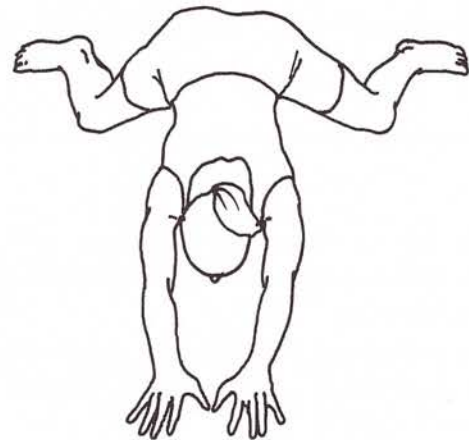
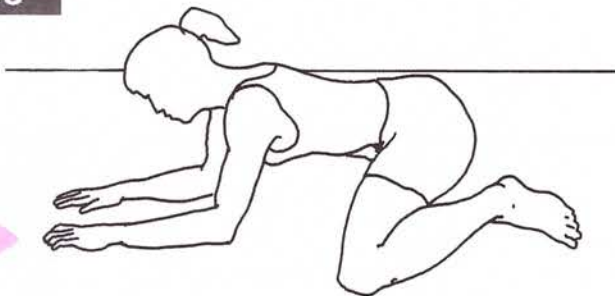
- Squat with your feet flat on the floor about 12 inches (30 centimeters) apart and your toes turned slightly outward.
- Place your elbows on your thighs, exhale, and push your legs outward with your elbows.

NOTE

Remember to keep your feet flat on the floor to reduce strain on your knees.



- Sit on the end of a bench with your legs spread slightly wider than hip-width apart, feet flat on the floor, and toes pointing outward at a 180-degree angle (the heels of your feet parallel and facing each other).
- Place your hands on your knees, exhale, flex from the hips, and lower your upper torso toward the floor while keeping your back extended. Use your hands to push your legs outward (abduction).

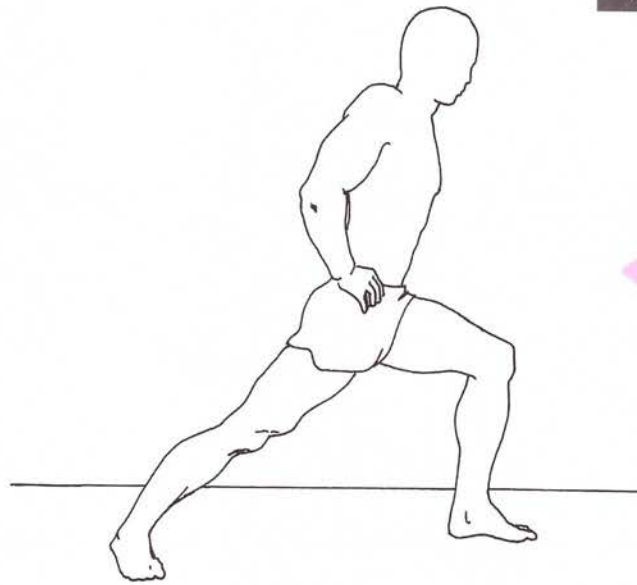


- Kneel with your toes pointing out to the sides; rest your elbows on the floor.
- Exhale, spread your knees, and lower your chest to the floor as you extend your arms parallel and forward.

NOTE

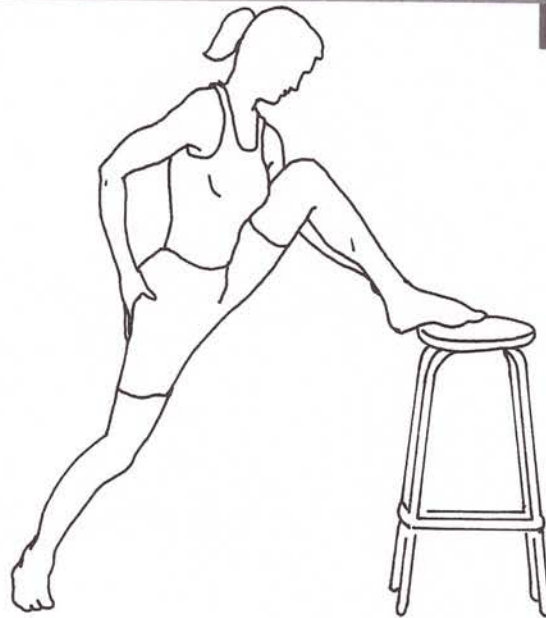
This stretch is one of the most intense for the adductors. If you are extremely pliable, you will be able to lower into a straddle split with your knees flexed.

- Stand with your legs spread about two feet (60 centimeters) apart and turn your right foot 90 degrees sideways to the right, keeping your toes and heel in line with your body.
- Place your hands on your hips, exhale, lunge forward with your left leg, and press down on your right hip.

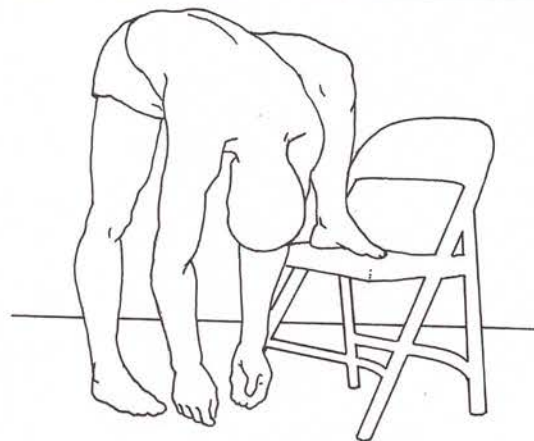


- Stand with one foot on the top surface of a sturdy chair and slide your rear leg backward while holding onto the chair for balance.
- Exhale and lean forward and downward while bending the knee of the leg resting on the chair.

NOTE If a chair is unavailable, use an elevated but sturdy surface.



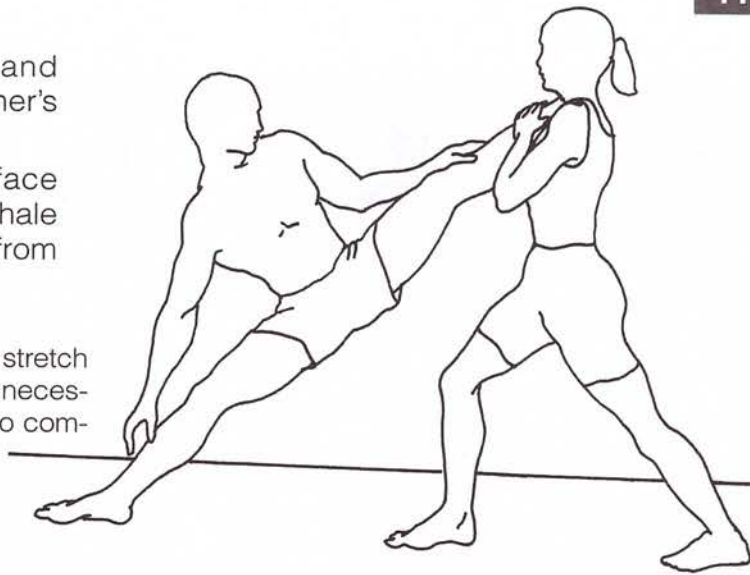
- Stand with one foot resting on the seat of a chair.
- Exhale, bend at the hip, and lower your hands toward the floor.



- Stand facing your partner and place your leg on your partner's shoulder.
- Turn your hip so your feet face away from your partner and exhale as your partner steps away from you.

NOTE

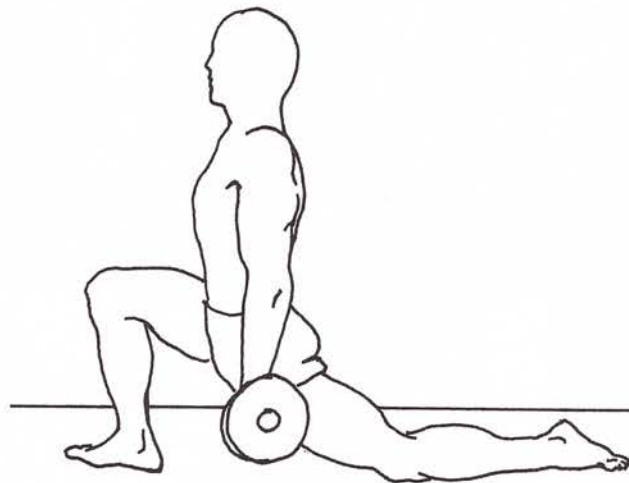
This is a very advanced partner stretch used in the martial arts; it is not necessary for most athletes. Be sure to communicate with your partner.



- Stand holding a pair of lightweight dumbbells with your legs parallel and feet shoulder-width apart.
- Step forward with one foot and lower your body until your back knee rests on the floor.
- Exhale and return to the starting position.

NOTE

Start with a light weight, and do not lift the heel of your leading foot or allow your knee to go past your toes. The angle of your flexed knee should be no greater than 90 degrees.



- Stand holding a lightweight barbell across your shoulders. Start with your legs parallel and feet shoulder-width apart.
- Step forward with one foot and lower your body until your back knee rests on the floor.
- Exhale and return to the starting position.

NOTE

Be sure the angle of your flexed knee does not exceed 90 degrees.

