

Seated Abduction w/ Ball

Purpose: Strengthening of the inner thigh.

Target Muscles: Abductors, hip flexors, oblique

Assisting Muscles: Quads, core

Equipment Needed: Mat, ball

Start: Begin seated, legs extended to the side. Bend the top leg and place the foot flat on the floor behind the bottom leg. Lengthen through the torso and neck while allowing the hand to support an upright position. Place the ball at the inner ankle of the bottom leg and stabilize the ball by using the hand to lightly support.

Lift/Lower: Engage the abdominals while lifting the leg up towards the ceiling. Move through the full range of motion, which may only be a few inches off the ground. Keep the chest lifted and spine neutral allowing the hand to move with the ball. Lower the leg to the starting position and repeat 8-12 times on the right, then do the same number of reps on the left to complete one set. Aim for 2-3 sets total.

Modification: Complete the exercise as stated above without the ball. For increased range of motion through the inner thigh lay down extended on the side completing the lift/lower portion (without the ball) of the exercise described above.



Advanced Option

To increase the intensity of this exercise, keep the leg elevated bending the knee towards the chest. Repeat 8-12 repetitions on each leg to complete the set. Aim for 2-3 sets total. This movement allows for constant contraction of the abductor, hip flexor, and oblique.