Title: Foam Roller Inner Thigh Adductor / Adduction Stretch

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lying on the ground face down, place a foam roller next to your right leg. Bend your right knee and lift it up towards your shoulder so that it forms a 90 degree angle. Position your right inner thigh on top of the foam roller. Extend your left leg straight back.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Move your forearms beneath your shoulders. Elevate yourself while maintaining a tight core.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Using your hips, move your right thigh across the foam roller. Only move one to two inches at a time back and forth. When finished with one section, reposition the foam roller. Roll out the entire inner thigh then switch sides.</span></li>

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