Title: Standing Adductor / Adduction Stretch

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups: Hamstrings

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand tall with your chest up and your core tight. Your feet should be shoulder width apart. Place your hands on your hips for balance.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Step directly to the left, leaving your right foot in place. Bend the left knee and pause once the upper left thigh is parallel to the ground. Your right leg should be completely straight. Toes on both feet should be pointing straight ahead.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Hold this stretch for 20 to 40 seconds. Return to the starting position and repeat on the other side.</span></li>

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