

Hip Adduction (Strength)



These instructions are for your right foot. Switch sides for your left foot.

1. Lie on your right side on the floor. Keep your right leg straight. Bend your left leg and put your left foot flat on the floor behind your right knee.
2. Raise your right leg as high as you comfortably can. Hold for 5 seconds, or as directed, then lower it back down.
3. Repeat 10 times, or as instructed.
4. Switch legs and repeat.



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