



ADDUCTOR PROGRAM












Nacho Heras



PART 1

Add Longus Mob	Piriformis Box	Adductor Mob
Exercise Notes https://youtube.com/shorts/YfupLogSzs	Exercise Notes https://youtube.com/shorts/LNr/USfyswg	Exercise Notes https://youtube.com/shorts/bjU5mskl1YY
 	 	 
Reps: 15 each leg Sets: 2 Rest between sets: 10 sec	Reps: 12 each leg Sets: 2 Rest between sets: 20 sec	Reps: 10 each side Sets: 2 Rest between sets: 10 sec
OH plate Hip Open	Kneeling hip lock	Banded hip mobility
Exercise Notes https://youtube.com/shorts/Hbp-JVpzILc	Exercise Notes https://youtube.com/shorts/pLS4Z5ZBsI	Exercise Notes https://youtu.be/jrUjme3i_vk
 	 	 
Reps: 10 each side Sets: 2 Rest between sets: 20 sec	Reps: 8 each leg Sets: 2 Rest between sets: 10 sec	Reps: 6 each leg Sets: 2 Rest between sets: 45 sec

PART 2

Adductor Ball	ISO Standing Ext Rot Pill	Adductor Ball squeeze
Exercise Notes https://youtube.com/shorts/swndUL_gUM	Exercise Notes https://youtube.com/shorts/bU5otcspNcl	Exercise Notes https://youtu.be/-YW5hh7BfDA
 	 	 
Reps: 8 each side Sets: 2 Rest between sets: 30 sec	Reps: 8 each leg Sets: 2 Rest between sets: 45 sec	Reps: 10 Sets: 2 Rest between sets: 30 sec
Adductor Level 1 ISO	Adductor Pill Wall Slide	Adductor Knee Slider
Exercise Notes https://youtu.be/oUUTzv-kwfg	Exercise Notes https://youtube.com/shorts/rzSan3-Ud4	Exercise Notes https://youtu.be/hnydsYvVIbY
 	 	 
Reps: 20sec each leg Sets: 3 Rest between sets: 20 sec	Reps: 8 each leg Sets: 2 Rest between sets: 45 sec	Reps: 6 each leg Sets: 2 Rest between sets: 45 sec

Above each picture is the video link of exercise and muscle area - click on it!



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