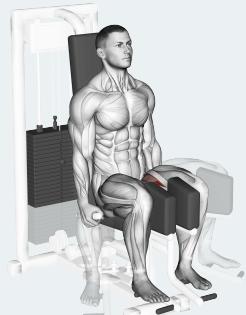
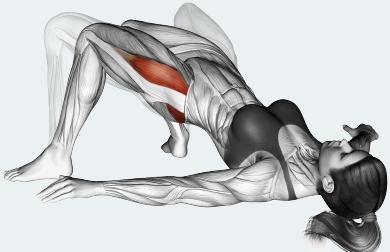


# ABDUCTORS & ADDUCTORS WORKOUT



## ② Glute Bridge Hip Abduction

- Lie face up on the floor with your knees bent and feet flat on the floor, arms are placed by your sides.
- Lift the hips off the floor by squeezing glutes until knees, hips and shoulders form a straight line. From here, abduct the knees by pushing them outward.
- Be sure not to hyperextend the back at the top, lower under control whilst keeping glutes engaged.

## ② Seated Hip Abduction

- Place feet on foot plates and outside (lateral) of knees against pads.
- Push legs outward as far as is comfortable.
- Return to start position but do not allow weights to touch between repetitions, maintain an upright torso and neutral spine.

## ① Seated Hip Adduction

- Place feet on foot plates and inside (medial) of knees against pads.
- Starting in as wide a position as flexibility will allow, bring legs together.
- Return to the starting position under control, maintain an upright torso and neutral spine.



## ① Total Hip Machine

- From a standing position, adjust the roller height to ensure it is placed on the lateral aspect of the mid thigh of one leg, with an upright torso, grip handles with both hands.
- With the leg that is pressed against the roller, push the leg outward as far as is comfortable for you.
- Return to start position but do not allow weights to touch between repetitions, maintain an upright torso and your spine should be neutral.

## ② Sumo Squat

- Set your feet approximately 6 inches outside of shoulder, toes should be facing at a 45° angle, keep core braced and eyes looking forward.
- Slowly bend at the knees and drop your hips to lower your body, keep your heel flat on the floor and ensure that your knees track in line with your toes (45°).
- At the bottom of the movement and after a slight pause, strongly push back up to the starting position.

### KEY:

FX	
FW	
BW	
ISO	
COM	