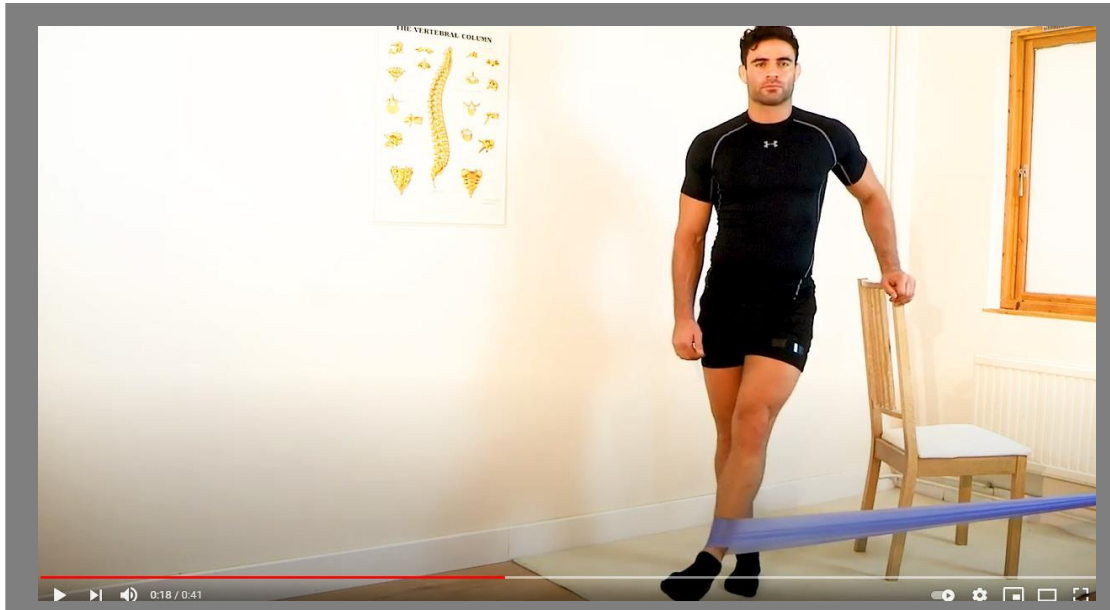


Leg adduction exercise

HIPS35C



AREAS AFFECTED

The adductor muscles
Pectineus
Gracilis
Hip joint

ADVICE

Hold onto a steady object. Attach a looped exercise band around your ankle. Stretch the band by crossing over your leg. Hold for a few seconds. Repeat.