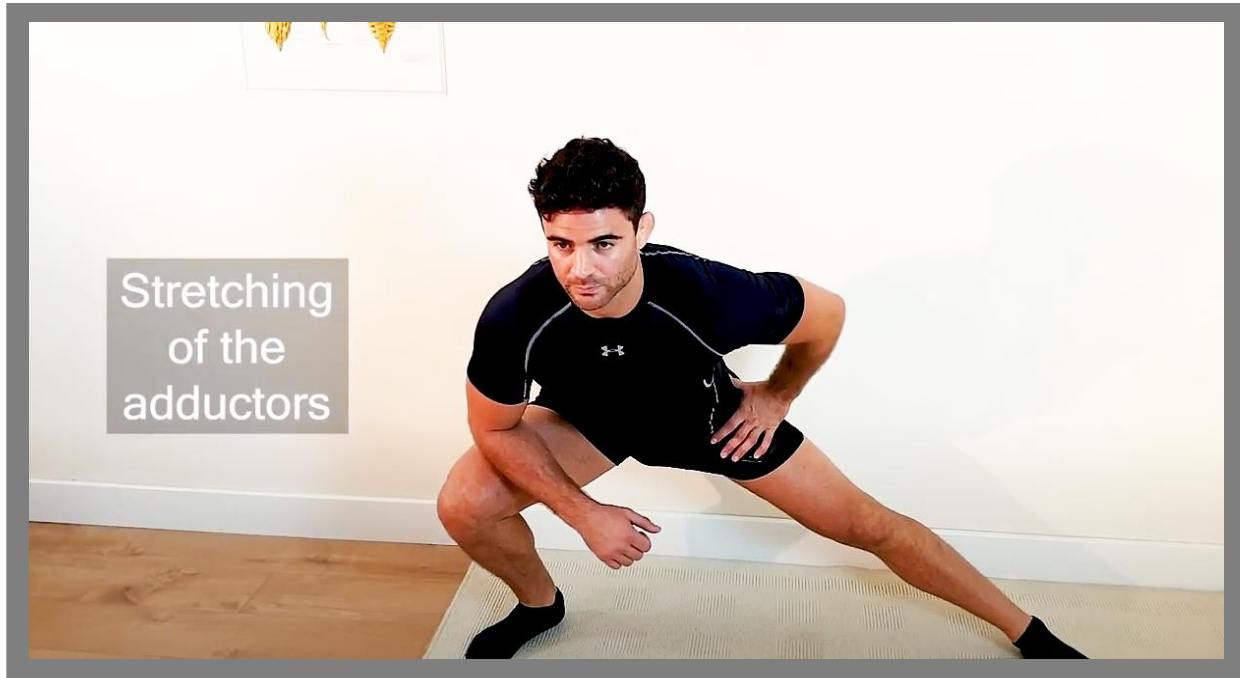


ADDUCTOR STRETCHES

LEGS42



AREAS AFFECTED

The adductors (Longus, magnus & brevis)
Gracilis, Pectineus
muscles

ADVICE

Place one leg by your side and as far away as possible. Gradually bend the other knee and deviate away from the straight leg. Place most of your weight on the bend leg. Hold and repeat.