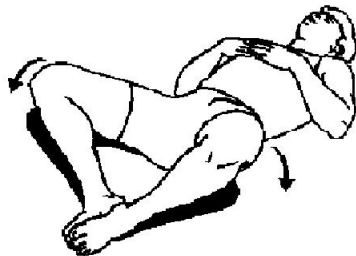


## Groin Exercises

## Putting your fitness first

### GROIN - 1 Thigh Adductors

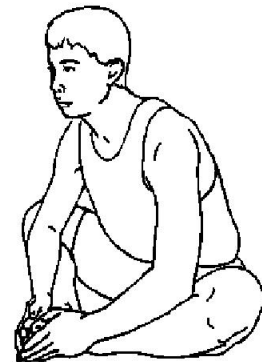


With feet together, lower knees to floor until stretch is felt. Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

### GROIN - 3 Thigh Adductors

Grasping feet with hands and bending from hips, gently pull forward until stretch is felt. Hold \_\_\_\_ seconds.

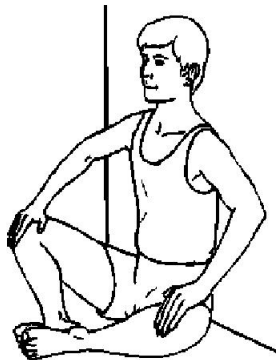


Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.

### GROIN - 2 Thigh Adductors

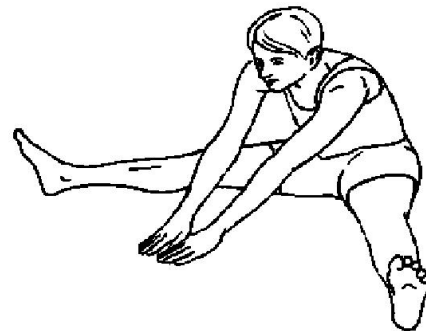
Sitting straight or with back against wall, gently push knees to floor until stretch is felt. Hold \_\_\_\_ seconds.



Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.

### GROIN - 4 Thigh Adductors



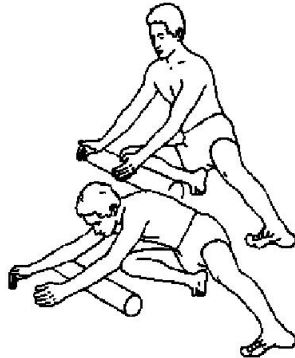
With legs apart, slide hands forward until stretch is felt. Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

### GROIN - 5 Thigh Adductors

Erect on sit bones, hands on full roller, bend one leg across in front, move other out straight to side. Roll arms, leaning trunk forward. Feel stretch in inner thighs. Hold \_\_\_\_ seconds.

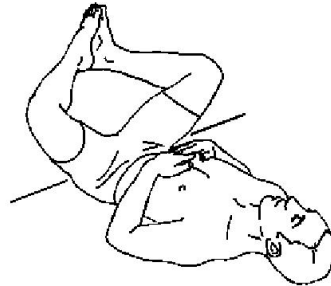
Repeat \_\_\_\_ times.  
Repeat on other side.  
Do \_\_\_\_ sessions per day.



### GROIN - 7 Thigh Adductors

Lie with buttocks 3 - 5 inches from wall. If too close, you might feel tightness in low back. Place soles of feet together, resting them against wall. Lower knees gently out to sides until a stretch is felt. Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.



### GROIN - 6 Thigh Adductors

With elbows inside knees and thumbs inside feet, gently push knees outward until stretch is felt. Hold \_\_\_\_ seconds.

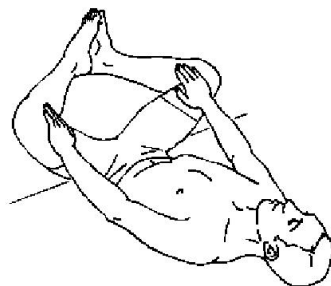
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



### GROIN - 8 Thigh Adductors

Lie with buttocks 3 - 5 inches from wall. Place soles of feet together, resting them against wall. Lower knees out to sides and gently push down on inside of thighs, increasing the stretch. Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.



## GROIN - 9 Thigh Adductors



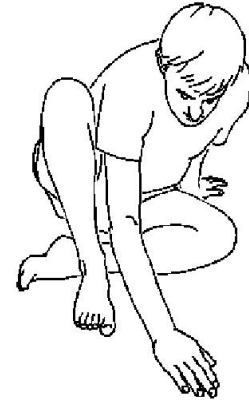
Place soles of feet together. Hold feet with one hand while that arm holds down leg on same side. Other hand on other leg below knee, gently push downward for isolation stretch to that side of groin. Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times. Repeat on other side.  
Do \_\_\_\_ sessions per day.

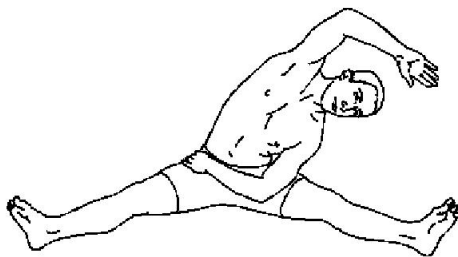
## GROIN - 11 Thigh Adductors

Sit on floor and bend one leg, placing outside on floor. Position other leg with foot flat on floor and heel against other shin. Bend torso forward. Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times.  
Repeat on other side.  
Do \_\_\_\_ sessions per day.



## GROIN - 10 Thigh Adductors



Spread legs as wide as possible. Reach one arm across body. Raise other arm over head. Reaching across head, extend torso and arm toward leg. Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times. Repeat on other side.  
Do \_\_\_\_ sessions per day.

## GROIN - 12 Thigh Adductors

Stand with one foot on stool or chair. Bend over, reaching toward floor. Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times.  
Repeat on other side.  
Do \_\_\_\_ sessions per day.

