

# Adductor Stretch

## Hold each pose for at least 30 seconds

- Kneel on one knee putting foot in front of you so your knee is at 90 degrees.
- Inhale and slide your other knee out to the side and back.
- Exhale and lift your chest up. Repeat on each side.



- Sit on the floor with your knees apart and the bottom of your feet together.
- Keep your chest up and your back straight.
- Bend forward at the hips.
- Apply gentle pressure to your knees pushing them toward the floor.
- Relax and hold this for the appropriate time.

- To stretch both sides simultaneously sit with your legs straight out in front of you with your back straight.
- Slowly work your legs apart as far as they will go.
- Hold this and relax for a few seconds.
- Now as you exhale bend forward at your hips until you feel more resistance
- Be sure to keep your chest up and back straight.
- Hold this for the appropriate time.

