

Adductors/Abductors

Adductor Raise 1



Exercise Description:

Adductor Raise

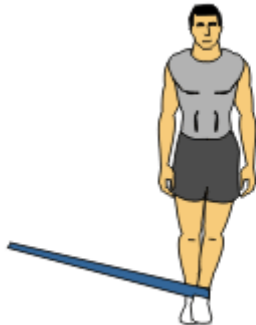
Classification:

Adductors/Abductors

Instructions:

1. Lie on your side and lean up on your elbow. Place your top foot over your lower thigh.
2. Maintaining this position and raise your lower leg keeping it straight.
3. Repeat for the required number of repetitions and then repeat with the other leg.

Hip Abduction with band



Exercise Description:

Hip Abduction with band

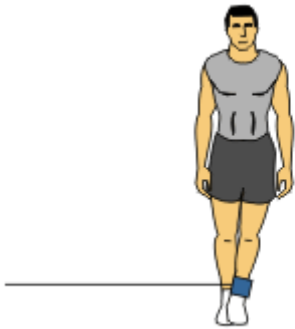
Classification:

Adductors/Abductors

Instructions:

1. Start by placing a band around your ankle and facing parallel with the band.
2. The working leg should be on the outside.
3. Maintaining your balance take your outside leg and pull it away from your body as far as your hip will allow. Keep your toes pointing straight forward throughout the movement.
4. Return to the starting position and repeat according to the required repetitions.
5. Switch legs and repeat.

Hip Abduction with cable



Exercise Description:

Hip Abduction with cable

Classification:

Adductors/Abductors

Instructions:

1. Start by placing a cable strap around your ankle and facing parallel with the cable.
2. The working leg should be on the outside.
3. Maintaining your balance take your outside leg and pull it away from your body as far as your hip will allow. Keep your toes pointing straight forward throughout the movement.
4. Return to the starting position and repeat according to the required repetitions.
5. Switch legs and repeat.

Isometric Adductor Squeeze



Exercise Description:

Isometric Adductor Squeeze

Classification:

Adductors/Abductors

Instructions:

1. Start by lying on your back with your knees bent and your feet flat on the floor.
2. Place a ball between your knees and proceed to squeeze the ball with your knees for the required time frame.
3. Relax and repeat according to required repetitions.

Sidelying scissors



Exercise Description:

Sidelying scissors

Classification:

Adductors/Abductors

Instructions:

1. Start by lying on your side and raising both legs slightly off the ground.
2. Proceed to kick your legs in opposite directions in a scissor type motion.
3. Repeat according to the required repetitions and then switch sides.

Hip Abduction with ankle tube



Exercise Description:

Hip Abduction with ankle tube

Classification:

Adductors/Abductors

Instructions:

1. Place an ankle tube around your ankles and stand with your feet shoulder width apart.
 2. Slowly extend one leg out to the side and then bring back to the starting position and repeat.
 3. Keeping your hips level repeat to the other side for the prescribed repetitions.
- Twisters with medicine ball



Exercise Description:

Twisters with medicine ball

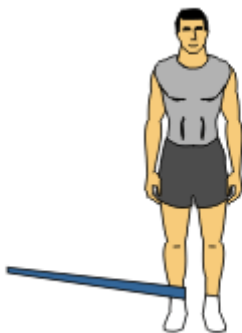
Classification:

Adductors/Abductors

Instructions:

1. Place a medicine ball in between your knees and hold.
2. While holding the medicine ball squat down and twist your knees side to side in a twisting motion.
3. Stand up and repeat the exercise for the prescribed repetitions.

Hip Adduction with Band



Exercise Description:

Hip Adduction with Band

Classification:

Adductors/Abductors

Instructions:

1. Start by standing with the working leg next to band and fixed object.
 2. Wrap the band around the working leg.
 3. Proceed to bring the working leg across the other leg and body away from the fixed point of the band.
 4. Repeat for the required repetitions and then repeat with the other side.
- Abduction machine



Exercise Description:

Abduction machine

Classification:

Adductors/Abductors

Instructions:

1. Start by sitting in machine and placing your legs on the inside of the machine arms.
2. Slowly spread your legs apart until your comfortable range of motion is reached.
3. Return to the starting position and repeat for desired repetitions.

Resisted Lateral Walks



Exercise Description:

Resisted Lateral Walks

Classification:

Adductors/Abductors

Instructions:

1. Start by placing an ankle band around your ankles.
2. Slide your leg out to the side until there is good resistance and you are still able to keep your hips level.
3. Return to the starting position and repeat for the desired repetitions.
4. Complete the same repetitions on the other side.
5. For variation you can turn this into a lateral walking motion for the desired repetitions.

Inner Thigh Ball Squeeze



Exercise Description:

Inner Thigh Ball Squeeze

Classification:

Adductors/Abductors

Instructions:

1. Lie on your back and place a stability ball between your legs and knees.
2. Squeeze the ball with your legs and hold for the recommended time.
3. Repeat for the recommended number of repetitions.

Lateral Leg Swings



Exercise Description:

Lateral Leg Swings

Classification:

Adductors/Abductors

Instructions:

1. Start by holding onto a secure object and raise your outside leg out to the side.
2. In a smooth and continuous motion swing your leg back and forth across the front of your body.
3. Swing through your full range of motion but keep your upper body stable throughout the movement.
4. Repeat for the recommended repetitions and then flip sides and repeat with the other leg.

BOSU Leg Abduction



Exercise Description:

BOSU Leg Abduction

Classification:

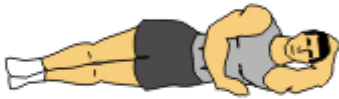
Adductors/Abductors

Instructions:

1. Stand with right foot on the top of the bubble letting left leg hang free. 2. When you feel stable, try to lift left leg off the BOSU to the side or front, keeping abs are tight and shoulders level.

3. Repeat for desired reps and then switch sides.

Lateral Leg Raise/Hip Abduction



Exercise Description:

Lateral Leg Raise/Hip Abduction

Classification:

Adductors/Abductors

Instructions:

1. Lay on your right side, resting your upper body weight on your elbow.

Using your hand for balance, lift your left leg upward as high as is comfortably possible.

2. Hold for 5 seconds and slowly lower to starting position.

3. Repeat for the recommended repetitions and repeat with the other leg.

