

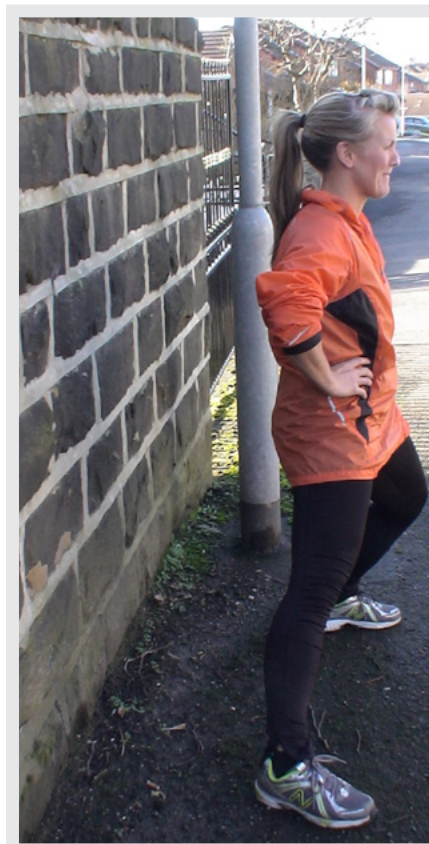
INSIDE THIGH ADDUCTORS

Ask runners to observe **POSITION OF THE FEET** and the **BACK**

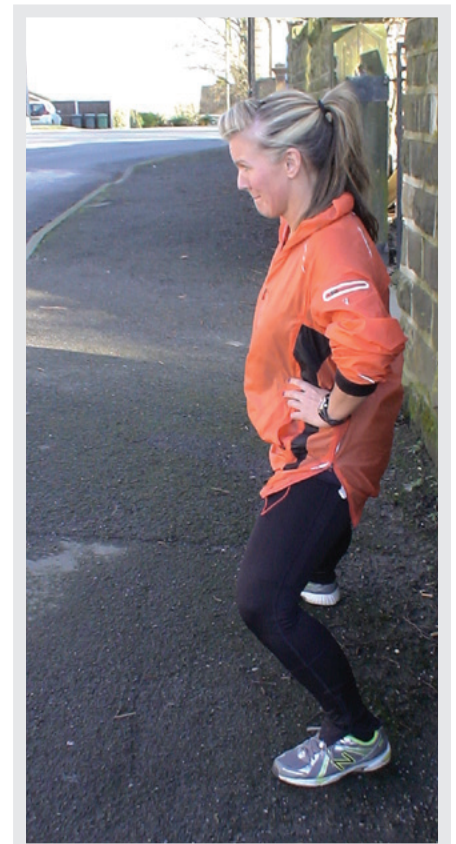
Front view



Side view



Opposite side view



1. Stand with feet a little over shoulder width apart
2. Feet face forward
3. Lean to one side, bending that knee without bending at the waist

FEEL STRETCH ON INSIDE THIGH OF STRAIGHT LEG