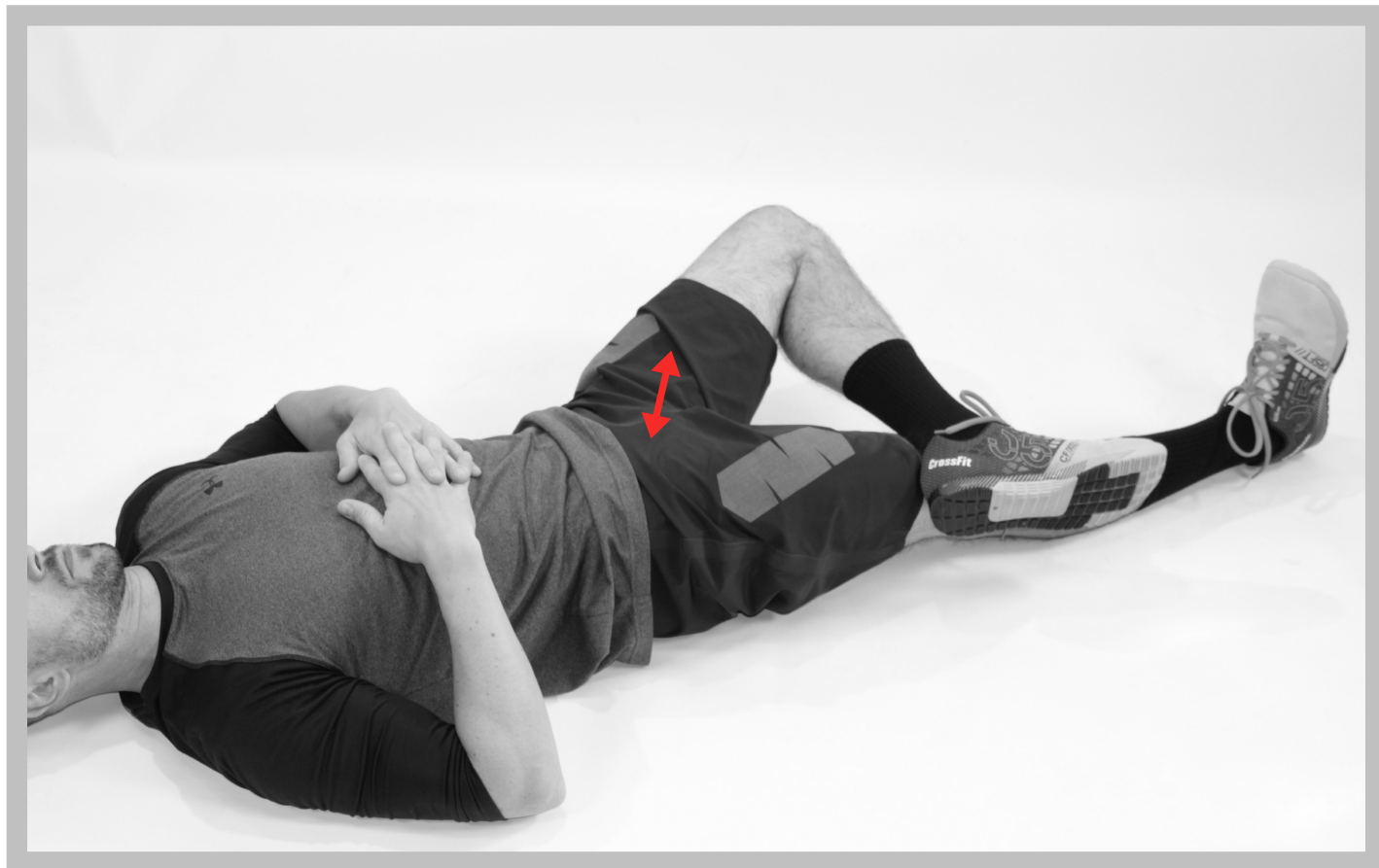


INNER THIGH (SHORT ADDUCTOR EMPHASIS)



INSTRUCTIONS

Place the ankle of the stretching leg above the opposite knee. Relax the stretching leg and allow gravity to pull the knee towards the ground. The stretch should be felt in the front and inner part of the hip of the bent leg.



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Hold Stretch: 30 seconds

Repeat: 4 - 6 times

Frequency: daily / ____x/wk