

# Hip Abduction

Stand with the feet shoulder-width apart. The Cuflic handle should be around one ankle and the band(s) selected around the other ankle. Keep the leg with the handle around it stable by centering your weight over it. Keeping the exercise leg straight, stretch the band(s) to the side. It is fine to hold on to something to help maintain balance.



Exercises should be done for 2 sets of 10 repetitions, 3-4 times a week.  
All routines are done standing unless noted otherwise.

The primary muscles used are the gluteus medius, the gluteus minimus, the tensor fascia latae, and the sartorius.

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## Muscles of Thigh Anterior View - Superficial Dissection



