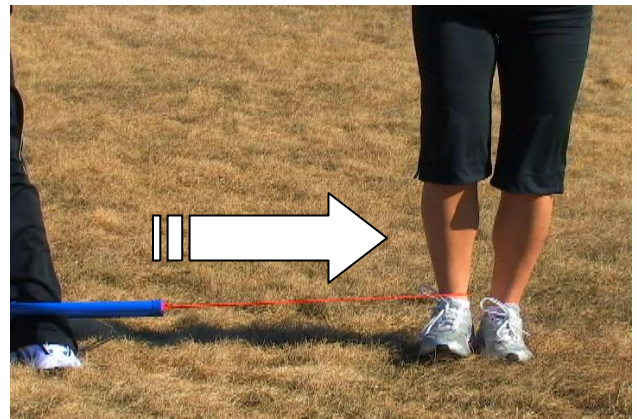


Hip Adduction

Stand with the feet shoulder width apart. Anchor the Cufline handle (under a bed leg, for example, or even have a friend hold it) and with the bands around the ankle. The starting position is with the leg out, away from you. Center your weight over the non-exercise leg for balance. Pull the exercise leg in toward you, keeping it straight.

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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 in this exercise are the adductor brevis, adductor longus, and adductor magnus.

