

Adductors

Sit on the floor, keeping knees bent and feet together. Place your hands on your ankles and elbows on your thighs just above the knees. Gently apply pressure, pushing down to the floor with the elbows. Keep the spine straight and core engaged throughout.

Alternative

Standing with the legs about 2 to 2 ½ times shoulder width apart (maybe more), bend the left knee, keeping your knee and toes aligned, and lean to one side, keeping the right leg straight and foot in contact with the ground. The stretch should be felt in the inner thigh.



Glutes

Lay on the floor with your legs straight. Bend one knee with the foot still on the floor. Cross the other leg over the thigh of the bent leg. Grasp the back of the thigh of the bent leg and pull the leg towards the torso until stretch felt.

Alternative

Sitting upright on the floor, with your legs stretched out in front of you. Bend the left knee and take the left foot across your right thigh, planting it flat on the floor. Place your arms around the left knee and gently draw it across the body, keeping the foot on the floor and your body central.

