

Standing Leg Adduction With Bands

Area Targeted: Inner Thigh



INSTRUCTIONS:

SET UP:

Anchor: Secure the elastic(s) to the door with the door anchor at the bottom of the door.

Bands: Attach both ends of the elastic to one ankle strap.

Body Positioning: Wrap the ankle strap around the ankle of your active leg. Stand 3 to 4 feet away from the door with your active leg closest to the door. If needed, position a chair so that you can use it for stability. Keep your back straight, head straight, chest up and stomach tight. Start with your active leg at a 45 degree angle with the floor.

MOVEMENT:

Pull your active leg in (away from the anchor point) until your active foot is in front of your stationary foot.

POINTS TO REMEMBER:

1. Keep your active leg straight throughout the range of motion.
2. Visualize pulling the resistance from your heel.