

Inner Thigh Stretch

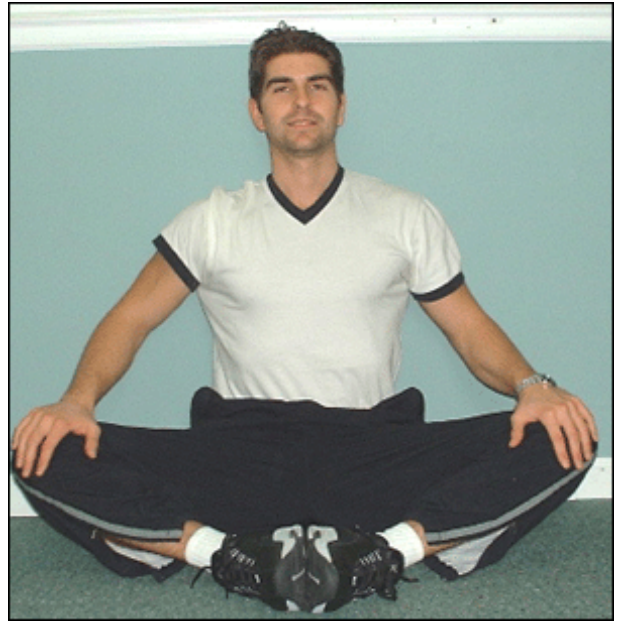
Description: Stretches the adductor muscles (inner thigh).

Before: Sit with your back supported against a wall. Place the bottoms of your feet together and pull your heels as close to you as possible.

After: Slowly push the outsides of your knees towards the floor by pushing the insides of your knees with your hands.



Before



After