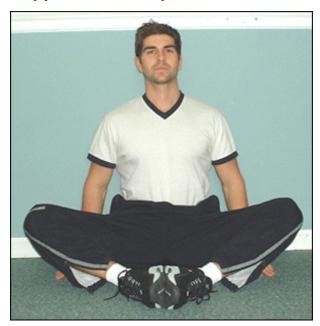


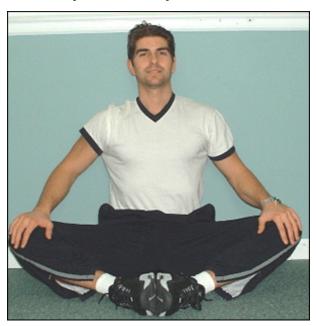
## **Inner Thigh Stretch**

**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 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

Elite Health & Fitness Training, Inc. \* Phone: (856) 216-0044 \* Fax: (856) 216-9544 3 Rhode Island Avenue, Cherry Hill NJ 08002 \* Email: CustomerService@EliteFit.com