

Seated 1-Leg Hip Adduction

Equipment Needed: Floor Mat

Start at this Position:

- Sit upright on a mat and stabilize yourself by placing your hands on the mat by your hips.
- Extend your legs straight in front of you.
- Cross one leg over the other. Position your foot flat on the mat, aligned with your knee.
- Lift the foot of your extended leg approximately 1 inch above the mat and rotate your foot to make it as parallel to the floor as possible. *Refer to Figure A.*
- **Note: Some people may be able to rotate farther than others.**
- Hold this position throughout the entire exercise.
- Keep your back straight and your head aligned with your spine.

Steps to Performing the Exercise:

1. Start Position



Exhale as you slowly raise your extended leg, maintaining the position of your rotated foot.

2. Middle Position



Continue to raise your leg, concentrating on using your inner thigh.

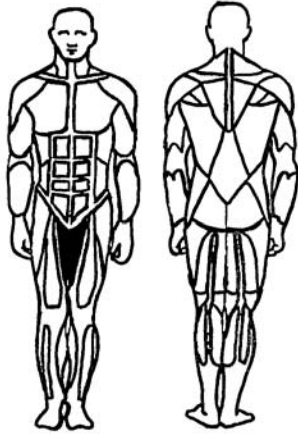
3. End Position



Continue to raise as high as possible, without leaning your body back. Hold for 1/2 a second.

Note: This is a very small range of motion.

Seated 1-Leg Hip Adduction



Region: Legs

- Primary Muscle Worked: InnerThighs

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your back straight and head aligned with your spine.
 - Keep your foot as parallel to the floor as possible.
 - Keep the foot of your crossed leg flat on the mat.
- At start position, never go higher than approximately 1 inch from the mat.
- At end position, do not lean your body back to increase the height of your raised leg.

4. Return to Middle



Inhale as you slowly return to start position.

5. Return to Start



Do not let your foot rest on the mat. Repeat the movement for the recommended number of repetitions. Duplicate the exercise for the opposite leg. For each set, perform the entire exercise for one leg first, then for the other leg.

Figure A

