

Standing Inner Thigh

Equipment Needed: Cable Crossover, Low-Pulley, Ankle Strap

Start at this Position:

- Attach the ankle strap to your ankle. Then, attach the strap to the low-pulley.
- Standing arm's distance away, hold onto the equipment for balance and support.
- Keep your strapped ankle aligned with your shoulder.
- Stand with your back straight, head aligned with your spine, and knees slightly bent.

Steps to Performing the Exercise:

1. Start Position



Exhale as you bring your leg across your body.

2. Middle Position



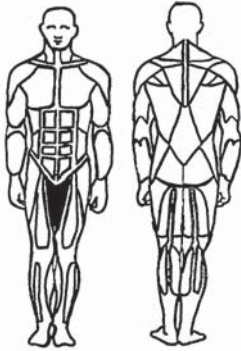
Continue to bring your leg across, maintaining a slight bend in your knee.

3. End Position



Lift as high as you can, without rotating at your hip. Hold for 1/2 a second, squeezing your inner thigh.

Standing Inner Thigh



Region: Legs

- Primary Muscle Worked: Inner Thighs

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your back straight, head aligned with your spine, and knees slightly bent.
- In the end position, never rotate your hip.
- Hold the equipment for balance and support. Do not use it to assist you in performing the exercise.
- Always stand arm's distance away from the equipment to achieve a full range of motion.
- For each set, perform the same number of repetitions on each leg.

4. Return to Middle



Inhale as you return to starting position.

5. Return to Start



Repeat the movement for the recommended number of repetitions.