

Leg Adduction



- Wrap the resistance band around your left leg
- If you are unstable, balance yourself by placing your right hand on a chair that is positioned perpendicular to the side of your body that is furthest from the wall
- Stand on your right leg, with your pelvis even
- Bring your left ankle in towards your right leg
- Slowly bring it back out to the side, keeping the pelvis stable with core contraction. Not allowing the iliac crest to become uneven.