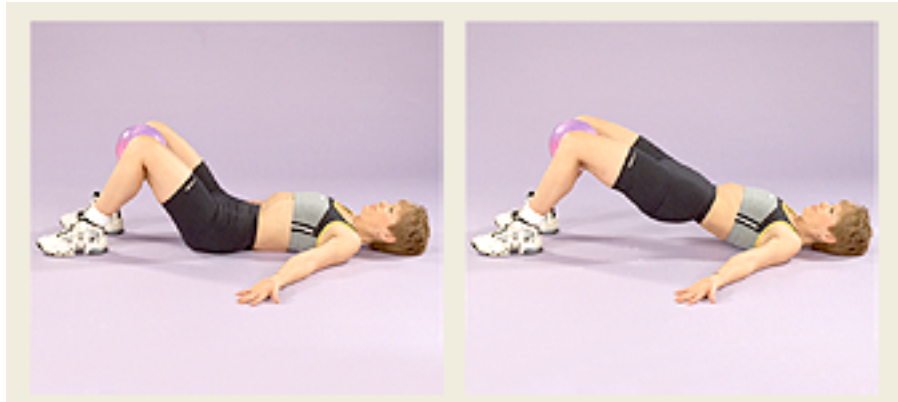


## Hip Adductor Bridge Exercise



- Lie down on your back with your knees bent and feet on the floor.
- Take a small, soft ball and hold it between your knees.
- While maintaining pressure on the ball squeeze your buttock slowly raise your pelvis off the ground. Your shoulder blades should remain on the floor.
- Hold for 5 seconds and repeat 5-10 times.
- For an additional challenge do this exercise while maintaining abdominal hollowing (see separate abdominal hollowing exercise)