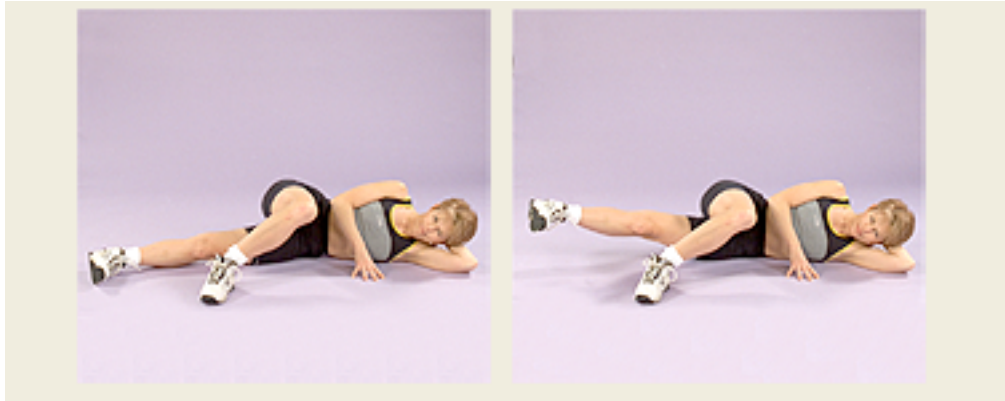


## Hip Adductor Exercise



Lying on one side, cross the top leg over the bottom leg and put your top leg's foot flat against the floor. Slowly raise the bottom leg up, keeping the toes pointing forward. Perform 2-3 sets of 7-10 reps.