

Seated Adductor Pull Back



1. Sit in a chair with your knees at or above hip level.
2. Place a band around a post or in a door and place the other end around the back of your calf muscle.
3. Shift your left knee behind your right against the resistance of the band.
4. Keeping your left knee shifted back, press your left knee into your right hand. You should feel the muscles in your inner thigh engage.
5. Hold this position while you take 4-5 breaths in through your nose and out through your mouth.
6. Relax and repeat 4 more times.