
Hip Adductor Stretch (Flexibility)

1. Sit on the floor. Put the soles of your feet together so your knees are pointed outward.
2. Pull your heels in toward your groin, as close as is comfortable.
3. Put your hands on your knees, and gently push them closer to the floor.
4. Hold for 30 to 60 seconds.
5. Relax and repeat 2 to 3 times.
6. Repeat this exercise 3 times a day.

