

Foam Roller: Hip Adductors



Instructions

- The adductors of the hip consist of the Adductor Magnus, Adductor Longus, Adductor Brevis, and to a lesser extent the Obturator Externus.
- Lay perpendicular to the foam roller and place one knee over the top of it.
- Balance on your forearms and grounded leg.
- Roll from the knee to the groin along the inside of your leg.