

1. Sidelying-Adduction

🕒 3 x 8-16 repetitions

- Purpose: Strengthen the groin muscles
- Stabilise upper leg in front of body
- Lift lower leg, keep leg extended



1. Copenhagen Adduction short

🕒 3 x 6-8 repetitions

- Purpose: To strengthen the adductor muscles
- Partner stabilises knee by holding around the knee
- Lift lower leg and elevate body simultaneously
- Maintain alignment
- Slow tempo



1. Copenhagen Adduction long

🕒 3 x 6-8 repetitions

- Purpose: To strengthen the adductor muscles
- Partner stabilises leg by holding around the ankle
- Elevate leg and body simultaneously
- Maintain alignment
- Slow tempo

