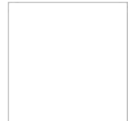


1. Sidelying-Adduction

🕒 3 x 8-16 repetitions

- Stabilise upper leg in front of body
- Lift lower leg, keep leg extended
- 3 x 8-16 repetitions



1. Copenhagen Adduction short

🕒 3 x 6-8 repetitions

- Partner stabilises knee, around knee
- Lift lower leg and elevate body simultaneously
- Maintain alignment
- Slow tempo
- 3 x 6-8 repetitions



1. Copenhagen Adduction long

🕒 3 x 6-8 repetitions

- Partner stabilises leg, around ankle
- Elevate leg and body simultaneously
- Maintain alignment
- Slow tempo
- 3 x 6-8 repetitions

