

4.2 – SPLIT-STANCE KNEELING ADDUCTOR MOBS



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve the length of the adductor magnus.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Set-up on all fours on the floor, and then put one leg directly out to the side with the knee straight. ▪ The chin should be tucked and the lower back arched.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Rock back, maintaining neutral spine and stopping short of the point where your lower back rounds. ▪ As you rock back, shift the weight on your outside foot towards your heel so your toes come up slightly.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Maintain neutral spine throughout and do not allow your back to round.