

## Butterfly adductor stretch

1. Sit on the floor with your legs bent and your feet together
2. Open your hips up and place the soles of your feet flat against each other, continuing to open your hips as far as they will go
3. Grasp your ankles and pull your legs in toward your body as far as they can
4. Place your elbows on your thighs and tip your torso forward, using your elbows to press your thighs closer to the floor – stop when you feel a good stretch along your inner thigh and groin
5. Hold the stretch for 30 to 60 seconds

