



## SFT Groin Strength

### 1 - HIP ROLLS & RISE

Perform 5-8 Reps on each side, alternating sides.

### 2 - ECCENTRIC SLIDING SPLITS

10 Reps sliding forward each leg.

10 Reps sliding side each leg.

With both variations, keep body in straight vertical column. With each repetition, try progressing a little bit further out...but only slide out as far as you can with slow control.

### 3 - 5 WAY SINGLE LEG SQUAT AND REACH

Perform 5-10 Reps on each leg.

One Rep involves reaching to all 5 points...forward, side, back corner, straight back, and curtsey. Make sure your squatting knee always tracks straight forward over the center of your supporting foot.

### 4 - HIP FLEXOR LIFT-OFF

Perform 5-10 Reps on each leg with the leg forward.

And perform 5-10 Reps on each leg with the leg out to the side.

### 5 - COPENHAGEN ADDUCTOR LIFTS

Perform 3-5 Reps on each side.

Have a partner support your top leg, or place your top leg on a bench or the seat of a chair.

### 6 - TRUNK ROTATION WITH MEDIAL PULL

Perform 4-8 Reps on each side.

Wrap your band around the outside of your supporting knee; have a partner pull your band medially...or you can tie the ends of the band around a post. As you perform the exercise, continuously push your supporting knee out into the band.

### 7 - WALL LEANS

Perform 2 Reps on each side. Each time, hold for 30 seconds.