

Taoist Adductors Exercises

Put the soles of feet together with heels a comfortable distance from groin. Now, put hands around feet and slowly pull yourself forward until you feel an easy stretch in the groin. Bend forward from hips and not from shoulders. If possible, keep elbows on outside of lower legs for stability. Hold comfortable stretch for 30-40 seconds.

Exercise 1

- 1. Sit up right on the floor with your legs flexed and straddled and heels touching each other.*
- 2. Grasp your feet or ankles and pull them as close to your buttocks as possible.*
- 3. Exhale, lean forward from the hips without to lower your chest to the floor.*
- 4. Hold the stretch and relax.*

Exercise 2

- 1. Lie flat on your back with body straight.*
- 2. Flex your knees and bring the heels and soles of your feet together as you pull them toward your buttocks.*
- 3. Exhale, and straddle your knees as wide as possible with the soles of your feet remaining in contact.*
- 4. Hold the stretch and relax.*

Exercise 3

- 1. Lie flat on your back: flex and straddle your legs with the heels and soles of your feet touching each other and resting against a wall.*
- 2. Place your hands on the upper inside portions of your legs.*
- 3. Exhale, and slowly straddle your legs as wide as possible.*
- 4. Hold the stretch and relax.*

Exercise 4

- 1. Sit upright on the floor with both legs straight.*
- 2. Straddle your legs as wide as possible.*
- 3. Exhale, rotate your trunk and extend your upper torso onto your legs.*
- 4. Concentrate on keeping both the lower back and the legs extended.*
- 5. Hold the stretch and relax.*

Exercise 5

(Move farther from the wall if you feel pressure building in your lower back.)

- 1. Lie flat on your back with your legs raised and together and your buttocks several inches from a wall.*
- 2. Exhale, and slowly straddle your legs as wide as possible.
(Wear shoes to intensify the stretch.)*
- 3. Hold the stretch and relax.*