

# 股関節内旋運動

あしを離すように  
持ち上げる

・足を組んで膝を閉じた状態から、  
膝を軸に内側にねじるように、足を開く



# Hip internal rotation exercise

- Lift your feet off the ground and spread them apart.

Open your legs by internally rotating your knees while keeping your feet together.

