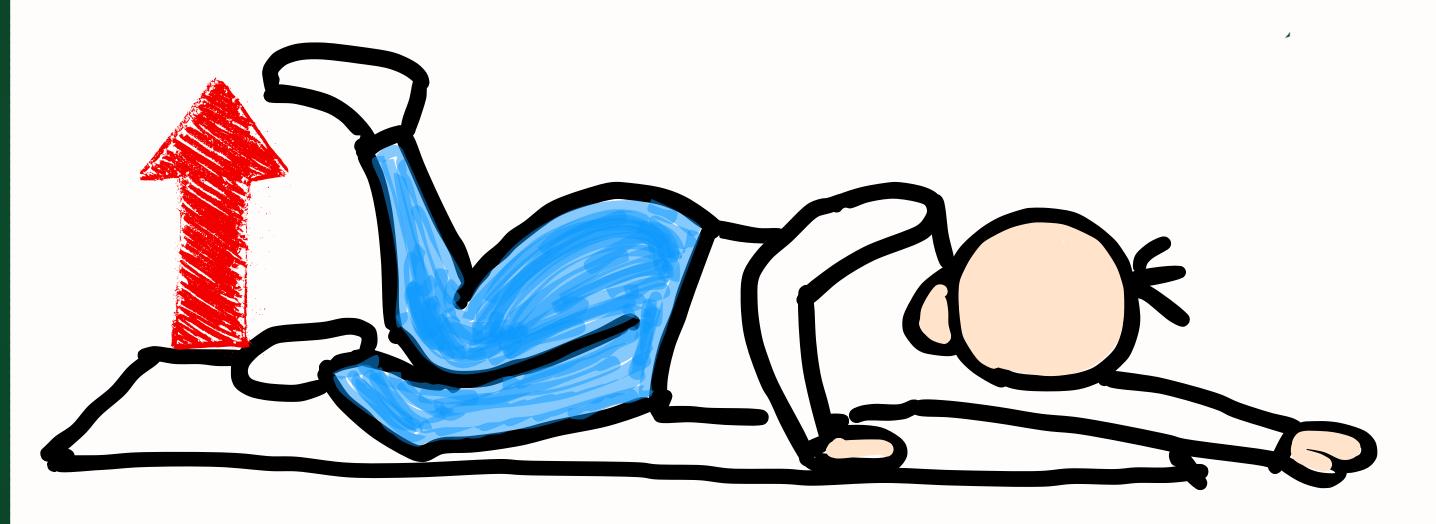
股関節內旋運動

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.

