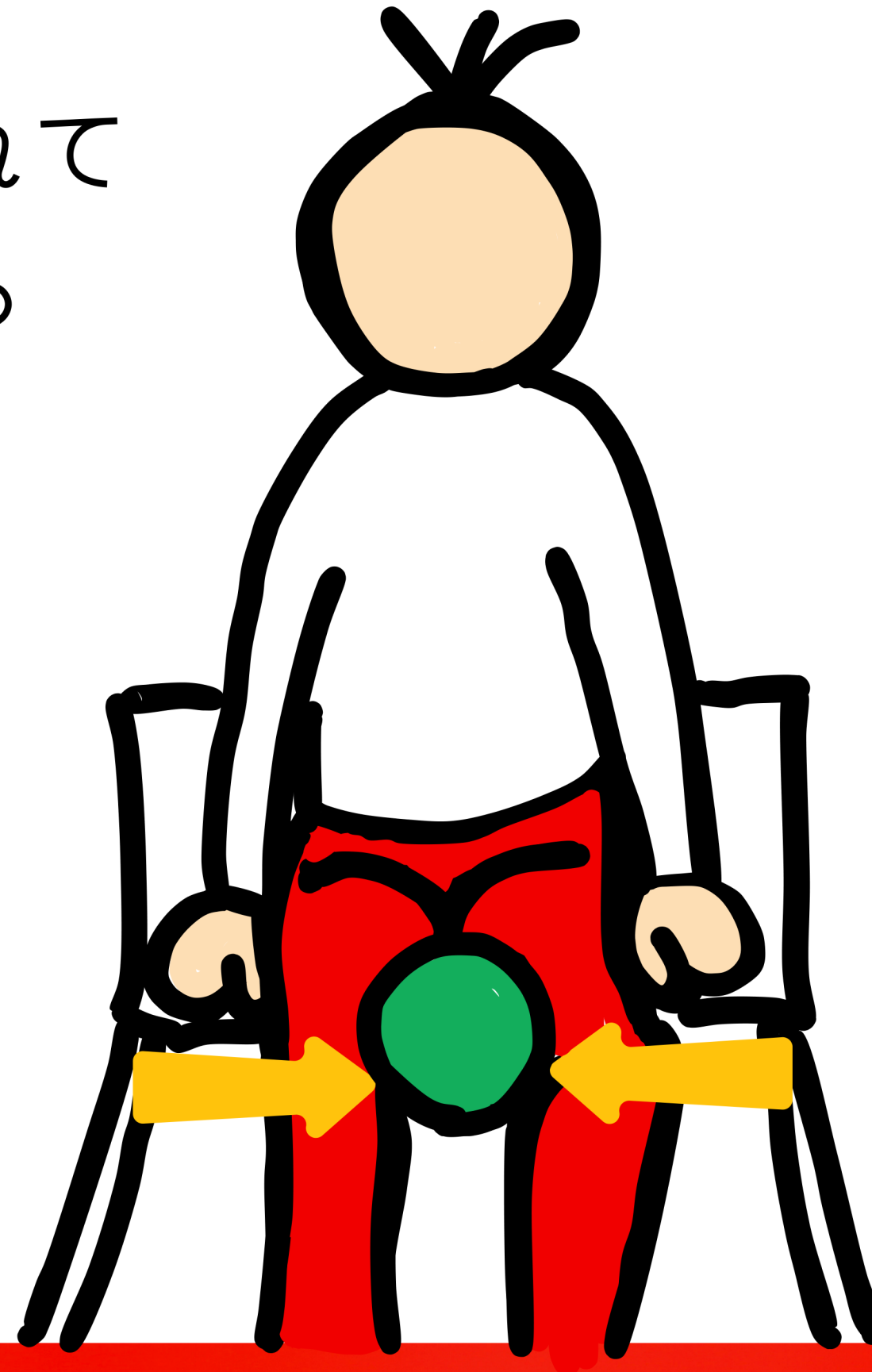


股関節内転筋運動

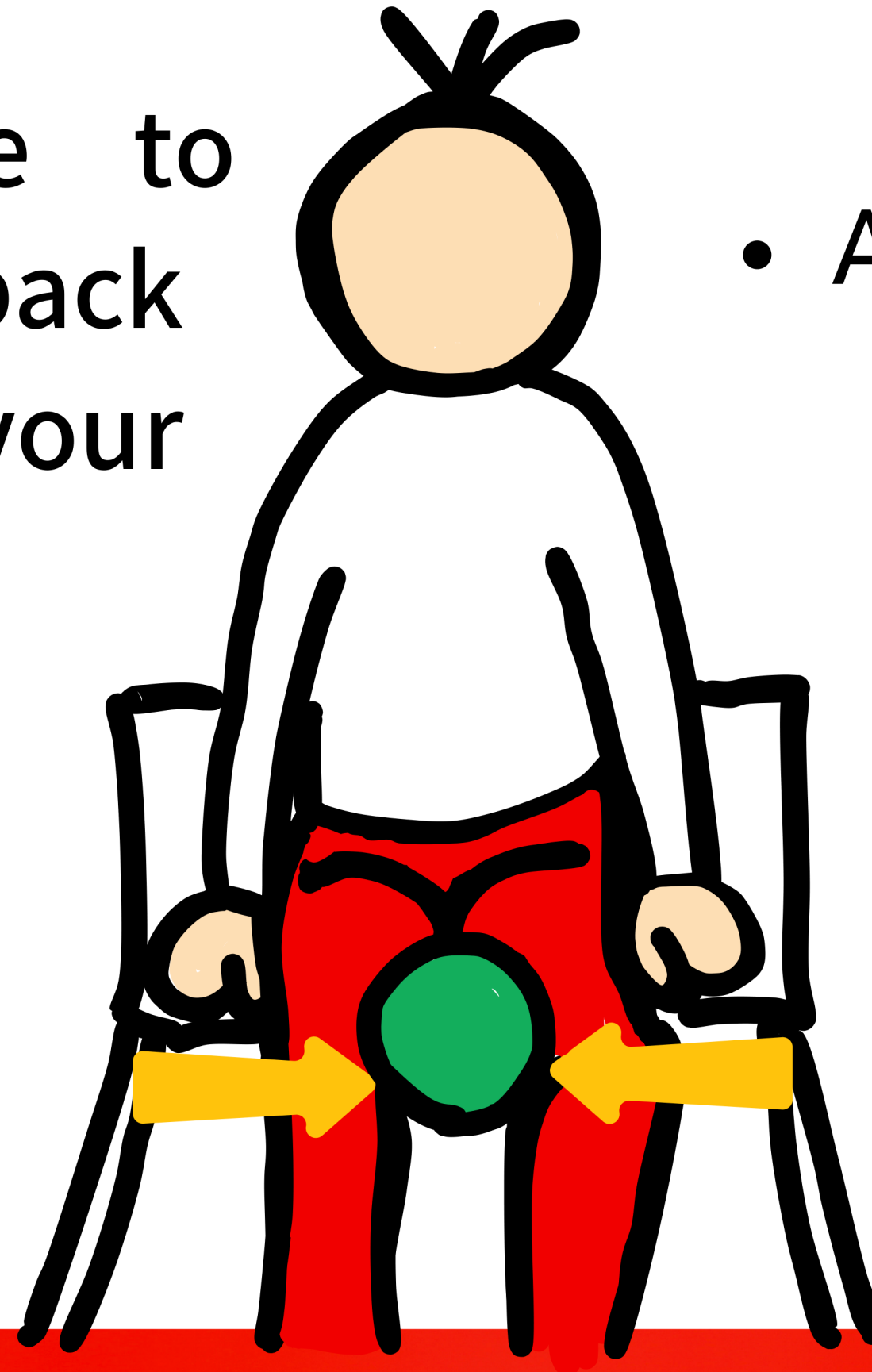
お腹にも力を入れて
姿勢を良くする



ボールを内腿に挟む
ボールをしっかり潰す

Inner thigh adductor exercise

Brace your core to protect your back and improve your performance.



- Adjust your position so that the ball is comfortable between your inner thighs.