C.24

Stretches for Groin Muscles - Side Lunges Drill Skill Module - Lower Body Conditioning

Front View









Side View





Athlete stands sideways and steps out to one side and bends knee leaning onto that knee stretching the groin muscles on the inside of the thigh.

Repeat on the opposite side.

Do this alternating legs.

Supplies / Aids:

Video

Equipment Needed:

None Required

Notes:

