

## how to... STRENGTHEN YOUR INNER THIGHS

To balance the look and function of your thighs, you need to pay attention to the inner thigh muscles – the adductor group. The adductors pull the legs together and help stabilise the hip and pelvic joints. Focusing on the inner thigh muscles will also assist core stability.

**+ Try this:** Lie on your back with your legs extended in the air and a magic circle (pictured) between your ankles (you can also use a ball that can be squeezed or a cushion). Exhale to draw your abdominals in and squeeze the circle. Keep your legs parallel. To increase the challenge, raise your upper torso and lower the legs.

By Sally Anderson

