

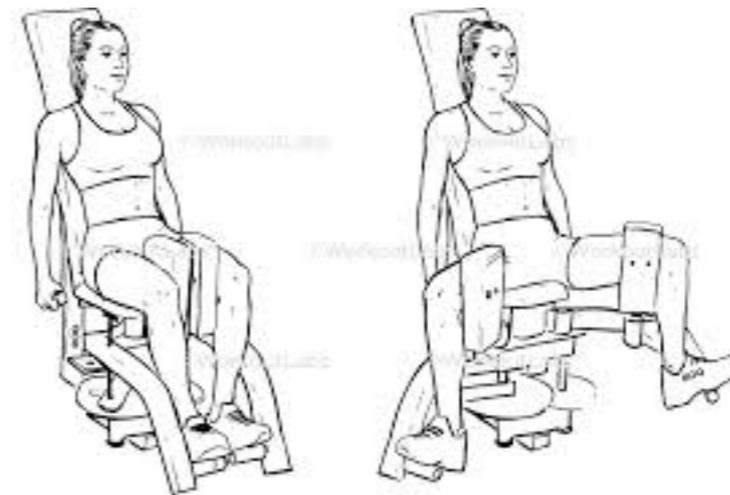
Inner (Adduction) Thigh Machine

Form: Sit in the machine, legs against the inner or outer thigh pads. Keep back straight with natural curve with abdomen braced.

Inner thigh: Position pads so that there is mild tension on your inner thigh muscles at the starting position and then squeeze your legs inward against the machine's resistance. Return to the starting position with a smooth, controlled movement. Do not use the weight to stretch your legs apart — that could cause injury.

MAKE SURE YOU KEEP TOES POINTING IN THE SAME DIRECTION OF KNEE. DO NOT LET MOMENTUM DRIVE THE MOTION.

Do it Right!
Exercises you Should Do



This exercise has often been suggested to be ineffective, nonfunctional, and one to avoid ([Paper](#), [Paper 2](#)). I say the opposite. I have used it many times when helping people with groin strains (inner thigh) and as a general conditioning tool. It strengthens and builds hard to isolate inner thigh muscles in an easy to understand manner, but building and strengthening muscles is different than losing fat or slimming your thighs. In order to make your thighs appear smaller, overall diet and weight loss is necessary. Building muscles with strength training, such as an inner thigh machine, will not necessarily change the appearance of thighs; it will however increase your strength and stability. More importantly by working both the inner and outer thigh as well as your glutes you increase stability which will help in developing core and balance ability. A scientific review from the National Strength and Conditioning Association found that hip adductor strength was one of the most common risk factors for groin injury in sport. Exercises developed to train the hip adductors directly, such as standing hip adductions with a band or cable, the Copenhagen hip adduction exercise, and the seated hip adductor machine, involve moving through larger ranges of motion than exercises such as squats, single-leg squats, and lunges were suggested to be warranted. Therefore, as with training the hamstrings through isolation as mentioned in a previous “Do It Right”, when training the adductor musculature it makes sense to incorporate such exercises designed to target the adductors as well as the adductors into a comprehensive resistance training program in order to train in ranges of motions that may not be sufficiently addressed by some compound exercises. Hölmich et al demonstrated that an 8 to 12-week active strengthening program, consisting of progressive resistive adduction and abduction exercises, balance training, abdominal strengthening and skating movements on a slide board, was effective in treating chronic groin strains. Balance/coordination exercises (focused on the muscles related to the pelvis), core stability and eccentric exercises are a part of the prevention program were suggested. A passive physical therapy program of stretching and other modalities however were ineffective in treating chronic groin strains. Groin injuries are frequently reported in soccer players. Soccer players suffering from a groin injury shows a strength deficit around the hip compared to pain free soccer players. An eight weeks of hip adduction strength training using similar exercises showed an increased eccentric hip adduction strength in soccer players ([study](#)). Therefore, athletes and anyone who conditions should include exercises that target the inner thigh. **This is considered a Novice Exercise** ([see complete list](#)).