

Fitness Forum: Strength and balance go hand in hand

by Copley News Service

THE MOVE: Standing hip adduction/abduction with resistance.

WORKS ON: Improving balance and strengthening the hip adductors (groin) and abductors (outside thigh and hip).

SETUP: Securely anchor an elastic band to something 6-10 inches off the floor. Loop the free end of tubing around one ankle (resistance leg). Grasp a wall or sturdy piece of furniture for balance assistance, if needed. Balance on the opposite leg (support leg). As balance improves, progress to only two fingers on the wall, to, finally, no hands. For an extra challenge, stand on a small pillow or rubber mat.

ADDUCTION: Stand fully upright with the resistance leg closest to the band's anchor. Keep both feet pointed straight ahead, and your hips as level as possible. Balance on your support leg and move the resistance leg to the side. Pull your feet together for one repetition. Reposition if the resistance is not challenging. All movements are slow and controlled.

ABDUCTION: Keep the band on the same leg, but turn 180 degrees to the band anchor. Stand on the support leg and push the resistance leg to the side. The band can be in front, or behind the support leg.

SAFETY TIP: All movements are to be slow and controlled. Use a balance aid if needed.

REPETITIONS: Three sets of 10-20 repetitions, both directions, on both legs.

GETTING HIP - To strengthen the hip abductor, an elastic band anchored 6 to 10 inches off the floor is stretched away from the body. CNS Photo by Nadia Borowski Scott.

HIP ABDUCTOR - To strengthen the hip abductor, an elastic band anchored 6 to 10 inches off the floor is stretched toward the body. CNS Photo by Nadia Borowski Scott.

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