

1. Sidelying-Adduction



- Stabilize upper leg in front of body
- Lift lower leg, keep leg extended



1. Copenhagen Adduction short



- Partner stabilizes knee, around knee
- Lift lower leg and elevate body simultaneously
- Maintain alignment
- Slow tempo



1. Copenhagen Adduction long



- Partner stabilizes leg, around ankle
- Elevate leg and body simultaneously
- Maintain alignment
- Slow tempo

