

## MAGIC CIRCLE INNER THIGH EXERCISE

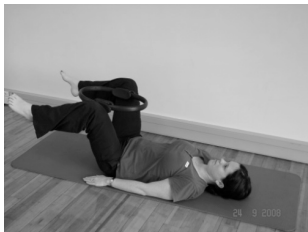


### Starting Position

- Lie on your back with your knees bent and feet hip width apart
- Place the magic circle between your knees

### Movement

- Set your pelvic floor and lower abdominal muscles then using your inner thigh muscles pulse the magic circle
- Keep tension on the magic circle
- Pulse 10 – 20 times



### Progression

- Start the exercise with your legs in a table top position
- Set your lower abdominal muscles to maintain your spine in a neutral position
- As above pulse the magic circle using your inner thigh muscles while maintaining your spine in a neutral position
- Repeat 10 – 20 times

### Notes:

- Keep tension on the circle throughout the exercise