

THE
5-MINUTE
THIGH WORKOUT

TRAINING THE MOST NEGLECTED LEG MUSCLE



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NOTICE

The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.

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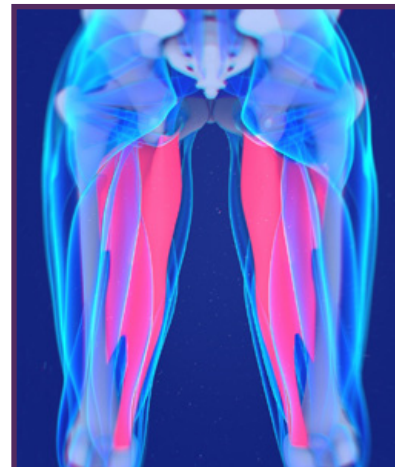
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INTRODUCTION

Great legs are about more than looking good in your favorite pair of shorts. Whether you want to show off or tune up, training your adductors (inner thighs) can have a significant impact on your health and overall fitness.

It seems a good majority of women out there (some men too) are in constant pursuit of firming up their legs (and glutes), trying to get rid of some excessive fat while increasing lower body strength.



Between the glutes and the core, there are thousands of programs designed to target these two regions of the body. However, there's a BIG problem that nearly everyone will face or is currently facing:

Your inner thighs aren't responding to your faithful training and endless number of band walks, thrusts, squats, lunges, and deadlifts and you are discouraged and frustrated.

Believe it or not, those inner thigh muscles actually have purpose.

Your adductors help you to do just about everything. They help you run, walk, go up and down stairs, sit, stand, etc. If your legs are moving, your adductors should be working. These muscles are key to keeping your lower AND upper body functioning properly, so when they are not doing their job, there can be major problems!

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UNCOMMON SOLUTION FOR COMMON PROBLEMS



Your body and everything in it has a set function. One of the main reasons why the body becomes dysfunctional and develops problems is what we do to it (or don't do) and how we do it.

A common problem I see and hear is that someone's legs feel dead, are unresponsive to growth, and/or in pain. Simply put, the adductors were never properly introduced to exercise and movement forcing that region of the body to be in a chronic state of pain or tightness.

Unfortunately, there is a good chance that you have misaligned hips, poorly conditioned, extremely tight adductors, possibly even painful when stretched. There is a more professional term for this and it's called 'inhibition' and this is

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caused by a lack of functional strength and intentional movement.

in·hi·bi·tion[1]

Noun

- The action of inhibiting, restricting, or hindering a process.
- The slowing or prevention of a process, reaction, or function by a particular substance.

Weakened & inhibited adductors can be the root cause of almost any problem associated with your lower body or lower back and can even cause some issues with your upper body. Here are some other common issues linked to weakened adductors:

- Adductor tendinitis [1]
- Diminished lower body strength & power
- IT Band Syndrome [2]
- Gluteal pain / tendinopathy [3]
- Frequent groin strain
- Patellofemoral stress syndrome [4]
- Hip and lower back pain

In order to get the body operating in its most optimal state, you have to do the exact opposite of what you're doing right now. You have to stop neglecting the adductors and get them to do what they are designed to do.

Knowing a little bit more about the anatomy of this muscle group should help you better understand the reasons why you need to train this part of the body. Next what you need to know is that damage has been done (yet reversible) to the adductors. This is because, like I just said before, it's been neglected for so long.

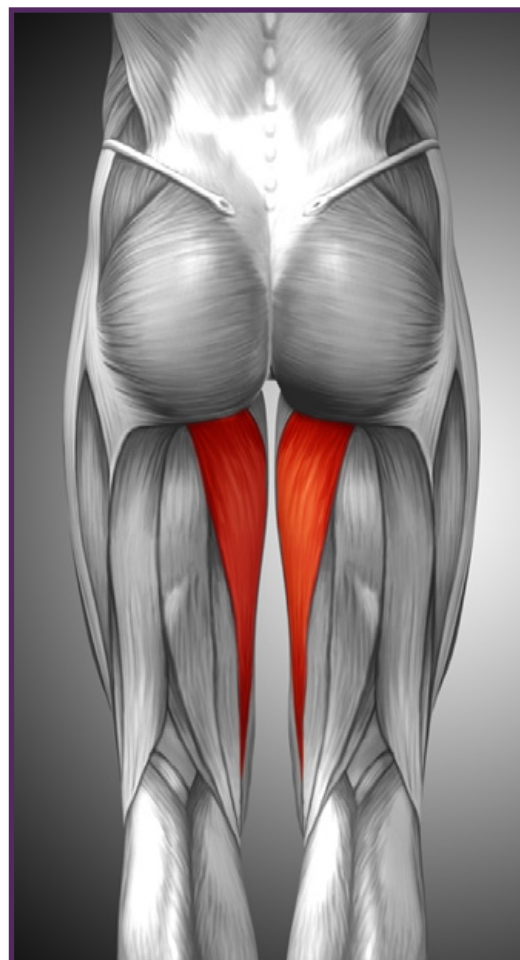


A DEEPER LOOK INTO YOUR THIGHS

The adductors are the group of five muscles. These muscles are essential for total body functional movements, athletic performance, and injury prevention. Recently they have become highly valued in the world of aesthetics, sports conditioning, and fitness and bodybuilding. These muscles are on the inside of the upper leg starting from the knee up into the hip region.

Adductor Magnus: Adductor Magnus is the largest groin muscle and is one of the two long adductor muscles (gracilis is the other). It is usually described as having two parts, hamstring and adductor parts. This might be a little confusing to fully understand but this muscle has muscle fibers that run both vertically and horizontally and allow this muscle to adduct, flex, extend and medially rotate the hip.

Adductor Longus: Adductor Longus is the middle of the three short adductor muscles. Groin strains are common injuries to this adductor muscle, which occur without a thorough warm-up or in individuals with chronically tight or weak adductor longus muscles. This muscle is primarily responsible for hip adduction and supports hip flexion.



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Adductor Brevis: Adductor Brevis is the smallest and shortest (hence the name brevis, meaning short in Latin) of the three short adductor muscles. This muscle is primarily responsible for hip adduction and supports hip flexion.

Pectineus: This is a flat, quadrangular muscle, situated at the front part of the upper and inner aspect of the thigh. The pectineus muscle is the most anterior adductor of the hip. The muscle does adduct and internally rotate the thigh but its primary function is hip flexion.

Gracilis: Your gracilis is a long, slender muscle that runs down the inside of each thigh. It crosses from the lower end of your pelvis to the top of your tibia, the larger of the two bones in your lower leg. Because it crosses multiple joints, your gracilis performs multiple actions. It is primarily a hip adductor, but also assists with knee flexion.

[\[CLICK HERE TO WATCH the Meet Your Inner Thigh Video\]](#)





UNLOCKING YOUR INNER THIGH

If you've been in the gym long enough, you'll eventually notice someone taking an extremely wide stance when performing an exercise. Initially it might seem like they are training to become a sumo wrestler or preparing for some ancient tribal dance. Even though it looks somewhat odd and slightly uncomfortable, **it has a purpose**. A rather great purpose especially for the **adductors**.

So, you've been seeing words like inhibition, alignment, activation and I know you're probably saying something like, "What does this have to do with working my thighs?"

Well, you've asked the right question because this is the biggest problem with thigh training and it's the most important element that is commonly neglected by many.

In order to combat the damage that has been done to your thighs because of sitting, poor training techniques, or injury, you have to do the opposite of what you're doing right now.

You have to stop neglecting the adductor muscle group and get them to do what they are designed to do. This is the secret behind inner thigh development and this is what will give you the results you want.

You have to do these 5 movements in order and as often as you can to begin the process of getting your thighs (and glutes) back on the right path. And yes, I included the glutes because your adductors directly affect how your glutes respond to training.



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The movements that you are about to read about are the bare minimum of what you need to do to begin the restoration process of your adductors.

The more you do this routine you'll see greater results faster than ever before. When going through this 5-exercise circuit, you do not need to be 'warmed up' as you can do this routine at any point of the day. Consider this therapy rather than a workout.

If you are in the gym and planning on training your lower body, then it's absolutely mandatory that you do this routine before you start your workout. By doing this routine before you begin exercising, your inner thighs will be firing properly and will be better prepared for the movements that you have planned.





1. DEEP SQUAT PRY



Perform 1 set of 5 five-second reps

Position yourself either in a deep squat position or in front of a large immovable object like a fence post, column, or chair. Determine a comfortable squat stance. Hip width is a great place to start. If needed, grab the immovable object with two hands and slide down into a deep squat.



2. INWARD SQUEEZE



Perform 1 set of 5 five-second reps

Get on your back on the ground, head and shoulders flat. Place a thick towel between your knees, make sure the towel is thick enough to where your knees are hip width apart. When set, lift your hips upward as high as they can go and squeeze your knees together hard for the recommended amount of time.

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3. LATERAL LEG SWING



Perform 1 set of 10 reps per side

To perform lateral leg swings, begin facing a wall. Place both of your hands on the wall, and lift your left foot slightly off the floor keeping your toes pointing forward. Swing your leg across your body to the right. Then, swing your leg to the left. Repeat the back-and-forth motion before doing the exercise with your right leg.

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4. SUMO SQUAT



Perform 1 set of 10 reps

Stand in a wide stance, feet pointing out about 35-45 degrees. This will be your starting position. Squat down keeping your chest and head up and your back straight. Once at the bottom, return to the starting position and repeat.



5. LATERAL LUNGE



Perform 1 set of 5 reps per side

Begin by standing with your feet shoulder width apart. Step out to the right and shift your body weight over your right leg, squatting to a 90-degree angle at the right knee. Try to sit down with your butt, keeping your back as upright as possible. Push off and bring your right leg back to center to complete one rep and then repeat this movement on the other leg, alternating every rep. Keep your weight on your heels and make sure your knees don't go over the plane of your toes.



GLUTE DEVELOPMENT & YOUR ADDUCTORS

(Butt & Thighs)

It seems like everywhere you turn these days, it's all about the glutes and how to train the glutes but did you know that your adductors might be the most important aspect to developing stronger, healthier looking glutes?

It's true. And no, I didn't expect you to know that. After years and years of extensive research on the glutes and their relationship with the pelvis, it only made sense to dig deeper into the neighboring muscles, the adductor group.

Sure, the hip flexors play a huge role in glute development and that definitely should remain a necessity in all training but so many individuals, including trained fitness professionals, miss the mark and overlook the adductors.

And the crazy part is that they directly impact the glutes, primarily the gluteus medius (the upper butt muscle).

As I discussed in the previous chapter, the inner thigh is not just a muscle, it is a complex muscle collection that is actually larger than the muscles that make up the muscles of your hamstrings.

Again, the muscles of the inner thighs are collectively 3 main adductors – adductor longus, brevis and magnus and 2 others in the group, the gracilis and the pectineus.

Where these muscles connect to the pelvis is what we need to pay attention to.

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These muscles attach on the pelvis and can easily persuade the pelvis to move and shift without much effort.

The adductor muscles have a great ability to pull and twist the pelvis if they are too tight. When this happens, your lower back muscles also get pulled and twisted and your glutes become restricted.

When the adductors are healthy, it's easier for your pelvis to move freely maintaining proper alignment allowing the glutes to do what they're designed to do. When there's an imbalance or when something is lacking (usually strength & flexibility), signals are sent to the brain to lock the adductors, preventing the muscles from firing. This forces them to go into protection mode.

When this happens, the gluteal complex becomes restricted and does not function properly. And when the glutes are restricted minimal development occurs. To exacerbate this issue, the lower back ends up taking the brunt of most glute related activity or lack thereof and that usually leads to back and/or hip pain...

Are you starting to see the parallel between inner thigh health and glute development?

If your adductors are weak and tight, your glutes cannot fully develop. Sure, they will develop but only to a certain level but if you are looking to maximize your glute development, you need to firm, strengthen and lengthen your adductors.

[If you want to take your butt training to the next level while developing beautifully toned thighs, consider adding this new program to your routine.](#)

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ABOUT THE AUTHOR

Brian Klepacki has over 16 years of experience and education in the fitness and athletic world. He holds a Master's Degree in Exercise Science and holds numerous highly recognized certifications that have set his expertise and training above most others.

Brian has learned that in order for you to achieve your max performance, a multitude of training regimes must be implemented to stimulate all systems of the body.

As a competitive triathlete and an accomplished Strength & Conditioning Specialist, Brian knows how crucial it is to sort through fact and fiction when it comes to athletic training and human performance. His philosophy is simple, **PURPOSE OVER PREFERENCE**. He is not about those big box cookie cutter workouts and he doesn't prescribe a random program that has no purpose. His logic is specific. His training has a purpose.

Brian currently resides in St. Petersburg, FL with his wife and their two boys.

He is a coach with Team Critical Bench and is the creator of the international best sellers [Unlock Your Glutes program](#), [Crunchless Core program](#) & [The Inner Thigh Solution](#).



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