ARCFORM

Groin plan

No pain at rest doesn't mean your groin's ready to be loaded.

Goal	Build your groin up to pass all five checks, ending on ten pain-free Copenhagens.
How often	Every other day, 3 times a week, not the day before a game. Check once a week at most.
Equipment	Band, wall, bench or chair, sock on a hard floor
Warm-up	2 minutes of leg swings holding a wall, both directions, then 10 hip circles each way.

The session

1 Wall sit

3 × 30 s
building to 45 s

Back flat on the wall, slide down as far as is comfortable, fists squeezed between your knees.

2 Single-leg Romanian deadlift

3 × 8
each leg

Stand on one leg, hips square. 3 seconds down with a flat back, other leg straight behind, then stand tall.

3 Banded pulls across your body

3 × 10
each leg

Band round your ankle, anchored low at your side. Pull across your body, then 3 seconds back out.

4 Lateral lunge

3 × 8
each side

Big step to the side, sit your hips back over that foot, other leg straight. 3 seconds down, then push back.

5 Sliding side lunge

3 × 5
each side

Sock under one foot. Slide it out wide as the other knee bends, only as far as you can pull back.

6 Copenhagen

3 × 10 s
each side, to start

Side plank on your forearm, top knee on a bench or chair. Press down and lift your hips.

Too hard or too easy?

- Wall sit. Too hard: sit higher up the wall. Too easy: 45 seconds, then slide down to thighs level.
- Single-leg Romanian deadlift. Too hard: back toe on the floor. Too easy: 3 × 10, then a band.
- Banded pulls across your body. Too hard: stand nearer the anchor. Too easy: a stronger band.
- Lateral lunge. Too hard: a shorter step. Too easy: 3 × 10, then a 2-second pause at the bottom.
- Sliding side lunge. Too hard: a smaller slide. Too easy: 3 × 8, then 3 seconds out.
- Copenhagen. Too hard: bottom knee down. Too easy: 20 s holds, then dip and lift, then your ankle on it.
- Step up when every rep is pain-free two sessions running. Step down if it hurts past 2 out of 10.

The groin check

1. Press on it: firm fingers down your inner thigh from the bone, a hand's width. Feels like the other side.
2. Squeeze out wide: on your back, leg out wide, ankle against a door frame, pull in hard for 5 seconds.
3. Full stretch: lie with your legs up a wall and let them fall open for 20 seconds.
4. Band pulls across your body: 10 reps, at a band where 10 is all you have.
5. Copenhagens: top ankle on a bench or chair, dip and lift 10 times.
   No pain on all five, both sides: build sprints and turns back up. It isn't a pass to play on Saturday.