FILL IN THE ADDUCTORS AND THE SARTORIUS

The adductors tend to be considered feminine muscles, although men and women all have the same muscles. Paradoxically, the development of the adductors is aesthetically more important for men than for women.

ANATOMY AND MORPHOLOGY OF THE ADDUCTORS

Good thighs are not made up solely of good quadriceps and hamstrings. If you look at Tom Platz’s thighs, you will see that he has good quadriceps. But what makes his thighs exceptional is more the size of his adductors, which is unprecedented. Having a gaping hole between the thighs due to a lack of massive adductors not only is an aesthetic issue, but it also can cause a biomechanical dysfunction. This is why all bodybuilding champions work their adductors specifically using isolation machines. If you have a weak point, whether it is your hamstrings or your quadriceps, developing the adductors becomes even more important.

The mass of the adductors has an important role in creating impressive thighs. 1 Very developed adductors. 2 Weak adductors.
A KEY MUSCLE WHEN YOU HAVE UNDERDEVELOPED HAMSTRINGS

When you have small thighs, you can always train the quadriceps and hamstrings more. But often this is not enough to get quick results. For anatomical reasons, the hamstrings and adductors are difficult to disassociate, because the part of the hamstrings that is located closest to the inside of the leg also participates in thigh adduction. In the same way, the adductors that are closest to the inside of the leg have a similar function to the hamstrings. So by working the adductors, you are building muscle mass in the inner part of the hamstrings and you are working the entire back of the thigh in an unconventional way.

In addition to specific isolation training, we can use supersets that take advantage of the double biomechanical function common to these two muscle groups. So, after leg curls, seated or lying down, instead of resting, move immediately to an adductor machine. The reverse strategy can also be used to prefatigue the hamstring/adductor junction. Similarly, after sumo deadlifts with a wide stance to accentuate the recruitment of the adductors, move immediately to the adductor machine. You can do deadlifts with very heavy weights to potentiate the strength of the adductors.

A superset for prefatigue training is to work the adductors right before doing sumo deadlifts. In this configuration, we do not recommend using heavy weights in the deadlifts since the fatigue caused by the isolation exercise for the adductors will weaken those muscles and make them temporarily more vulnerable to injury during very intense work. We recommend using an average weight for the deadlift that allows you to do between 15 and 20 repetitions to focus on muscle burn in the adductors. Once the muscle burn gets too strong, set the bar down and squeeze your thighs together. Then, start right back so that you can use up your remaining strength.
A KEY MUSCLE WHEN YOU LACK IN QUADRICEPS

Because they are close anatomically, good adductors can divert attention away from quadriceps that are a little weak. Instead of keeping the thighs very straight, you can open the legs with your feet turned outward to highlight the adductors; this will immediately give you the appearance of having more volume in the front of thigh and hide any potential deficit in the quadriceps or outer quadriceps that are too “high.”

Basic training strategies using supersets with isolation exercises for the quadriceps are less important. There is no biomechanical advantage in following a leg extension with adductors (or vice versa), except to save time by not resting between sets. However, the most beneficial supersets combine multijoint exercises for the quadriceps like squats or leg presses using a very wide stance with an adductor exercise. After doing squats or leg presses (with a very wide stance to accentuate the recruitment of the adductors), move immediately to an adductor machine. Quadriceps exercises can be done with very heavy weights to potentiate the strength of the adductors. A prefatigue superset would be to do adductors just before squats or leg presses. In this configuration, we recommend that you do not use heavy weights in the quadriceps exercises for the same reasons we mentioned earlier.

**Note:** The limitations of this strategy are, in general, that when you have carrotlike quadriceps (thick up top and suddenly growing smaller as they go down, ending up very small and far from the knee), the adductors are also short and developed only near the top of the thigh and not at the bottom (a sprinter’s thighs). Working the adductors will create mass, especially at the top of the thigh, without filling in the gap between the thighs, lower down by the knees. In this case, you will need to play with the illusion of mass that you can get from the sartorius muscle.

THE SARTORIUS IS AN INDISPENSABLE MUSCLE FOR COMPETITIONS

The sartorius is a biarticular muscle that links the pelvis with the tibia. The fact that it has only one small tendon reduces the chance of having a short sartorius muscle. In almost all people, the sartorius is a bit longer than the femur; what varies between individuals is the size of the sartorius and thus its potential strength. The bigger it is, the more mass it can accumulate, and the more visible it can become. However, a smaller sartorius is not predisposed to hypertrophy. In this case, you have to work on its definition and its aptitude for separating the adductors from the quadriceps.

At least visually, it can partially compensate for short quadriceps or adductors. Since a well-developed sartorius is rather rare, it helps focus attention away from quadriceps that are a little weak. We will show you an exercise that allows you to work the sartorius in isolation so that you can optimize its mass and, importantly, add definition.
The sartorius is a muscle that attracts attention and occupies space. More and more champions are developing gigantic sartorius muscles.