

HIP ABDUCTION - EXERCISE 1

- Adjust foot platform height A according to instructions • Select weight
- Face machine with hip joint in line with axis of rotation of machine
- Adjust roller so that it rests just above your knee • Raise leg sideways keeping your hips stable by grasping hand rail
- Repeat with other leg

HIP ADDUCTION - EXERCISE 2

- Adjust foot platform as per Exercise 1 and select weight • Raise leg lever to a comfortable start position • Stand facing machine and place your leg over leg roller • Swing leg down and across body - return smoothly
- Repeat for other leg

PowerSport

EXERCISE 1

Start

Finish



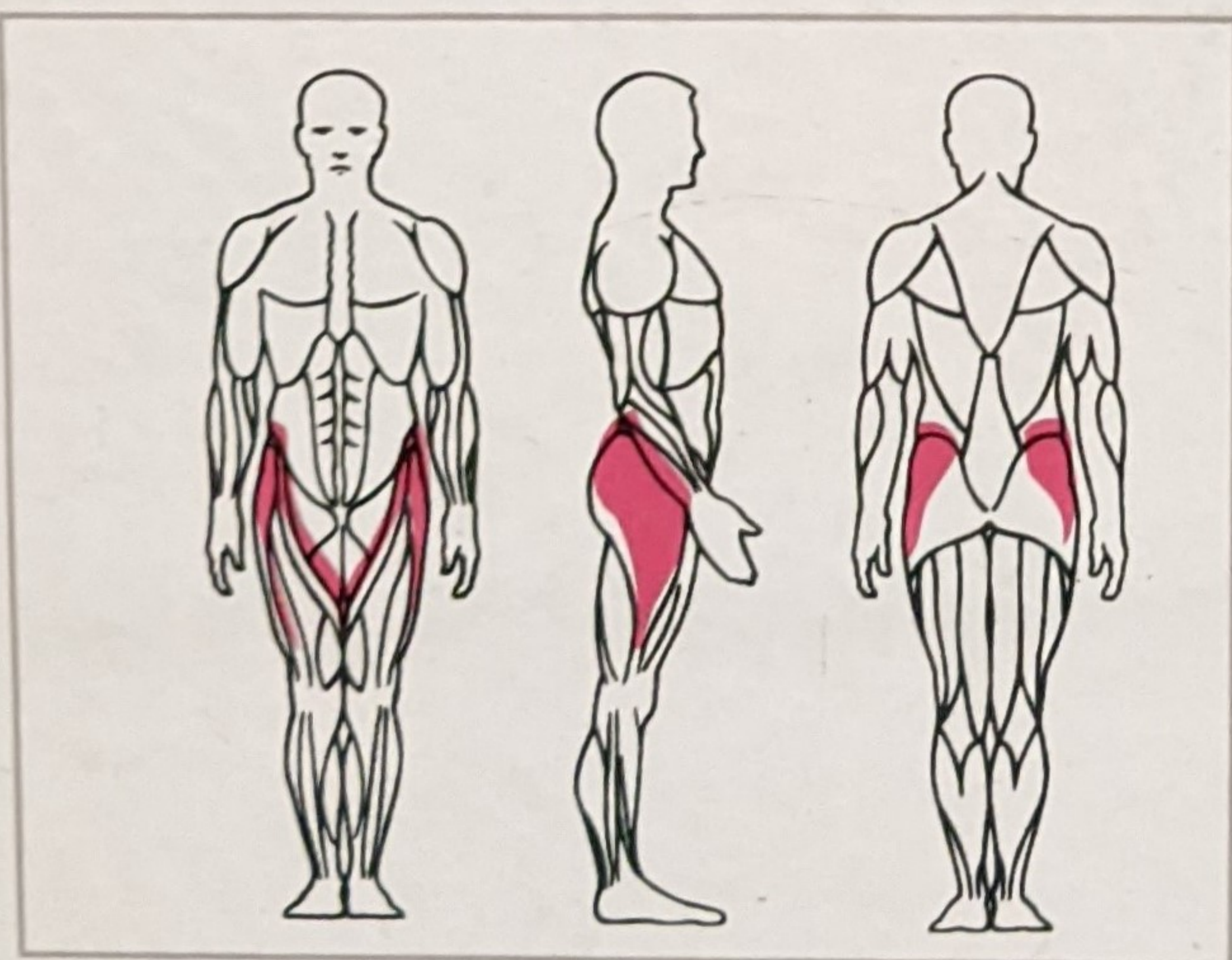
EXERCISE 2

Start

Finish



Muscles Used

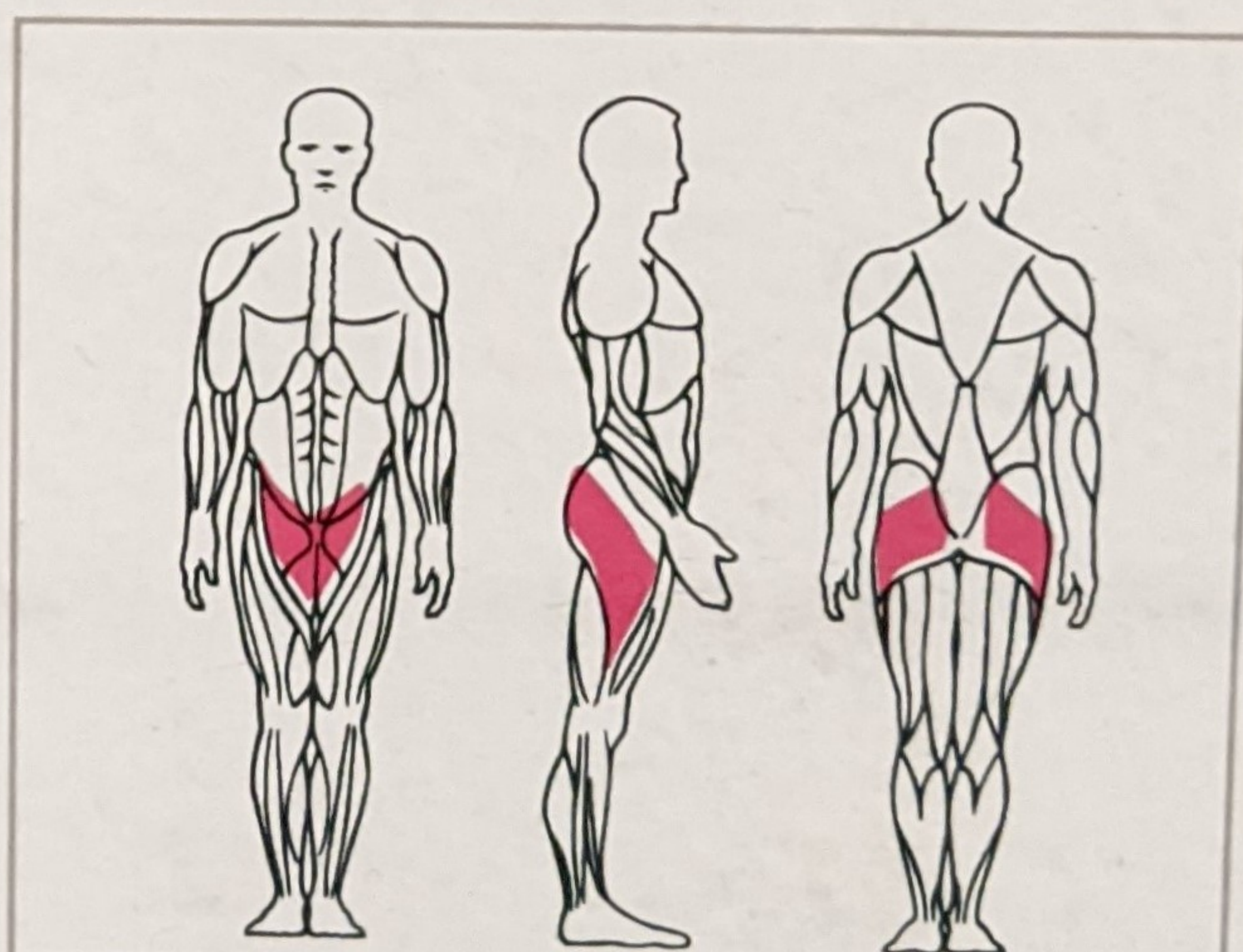


Hip Abductors/Rotators

Tensor Fascia Latae

Gluteus Medius/Minimus + Sartorius

Muscles Used



Hip Adductors/Rotators

Adductor Longus/Magnus/Brevis

Gluteus Maximus - Pectineus - Gracilis

WEIGHT NO.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
KG's	3	5	7	9	11	13	15	17	19	23	27	31	35	39	43
WEIGHT NO.	16	17	18	19											
KG's	47	51	55	59											