



**HIP EXTENSION - EXERCISE 1**

- Adjust platform A according to instructions • Select weight
- Raise leg lever to horizontal or just above • Standing sideways-on place leg over lever and push down and back with your leg
- Keep hips in line with pivot by holding grab handles - return smoothly • Repeat for other leg

**HIP FLEXION - EXERCISE 2**

- Adjust foot platform as per Exercise 1 and select weight • Place leg lever in vertical down position
- Standing sideways-on place your thigh against leg lever and lift knee forwards • Keep hips in line with pivot by holding grab handles - return smoothly • Repeat for other leg

**EXERCISE 1**

**Start**

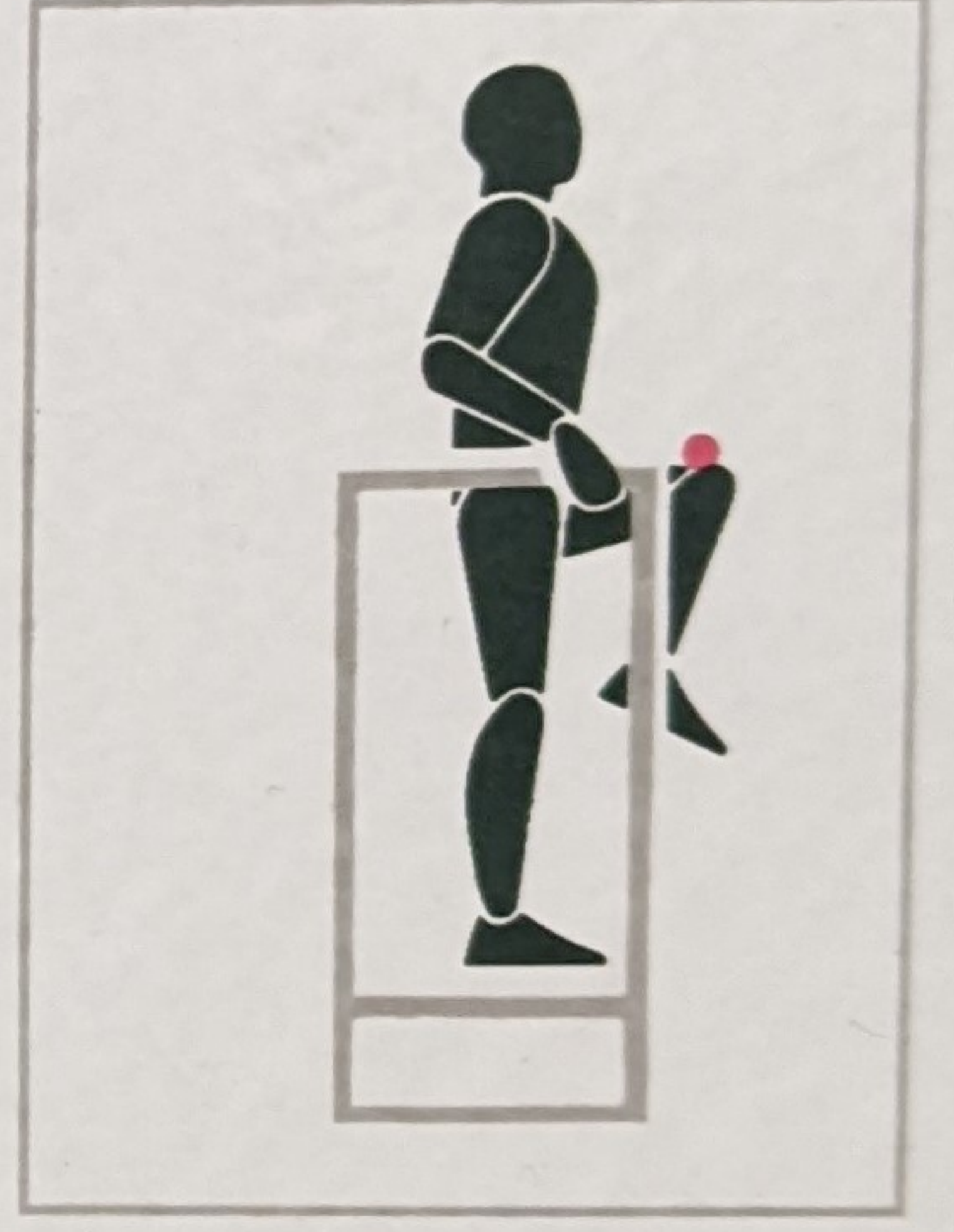
**Finish**



**EXERCISE 2**

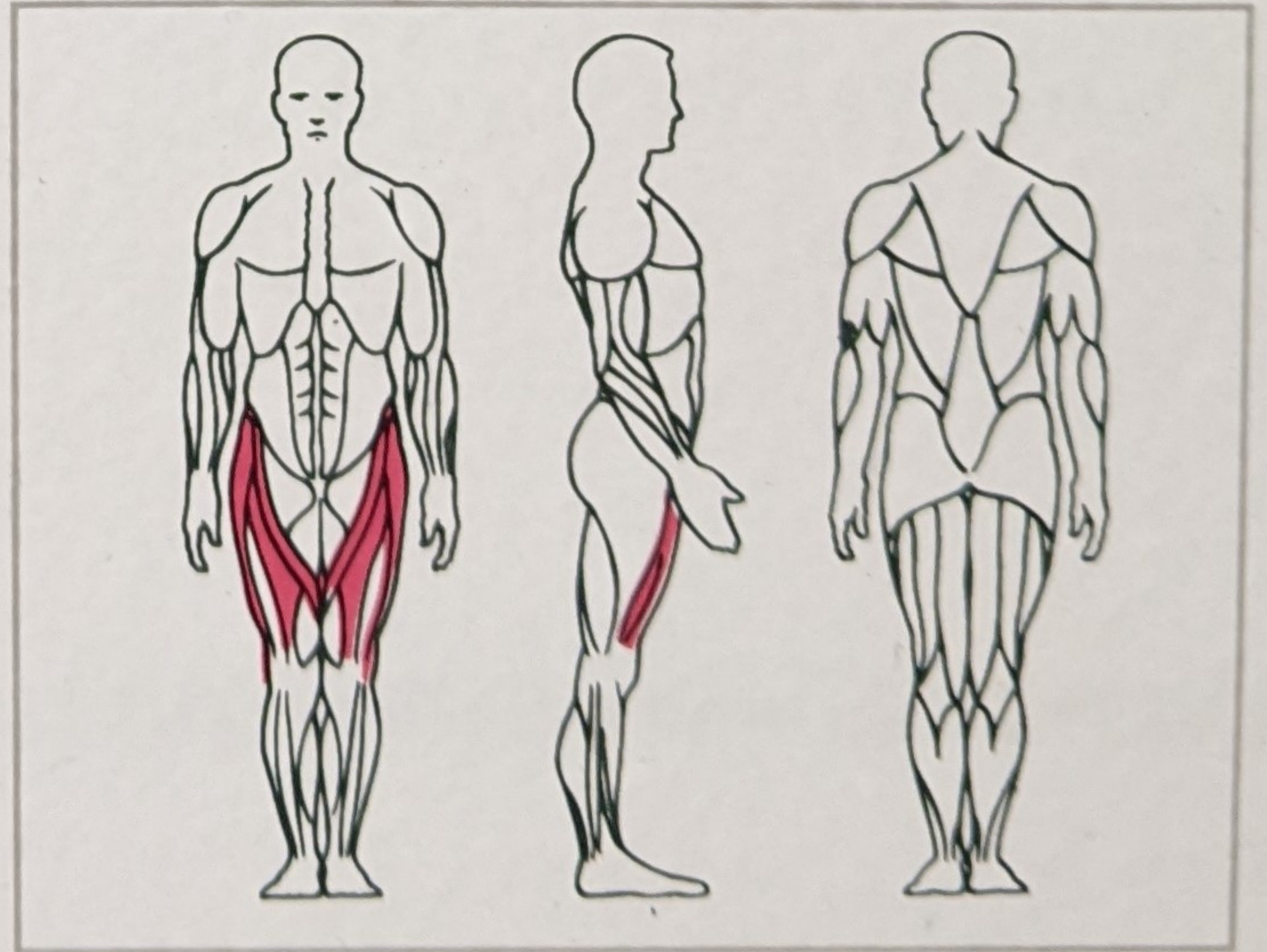
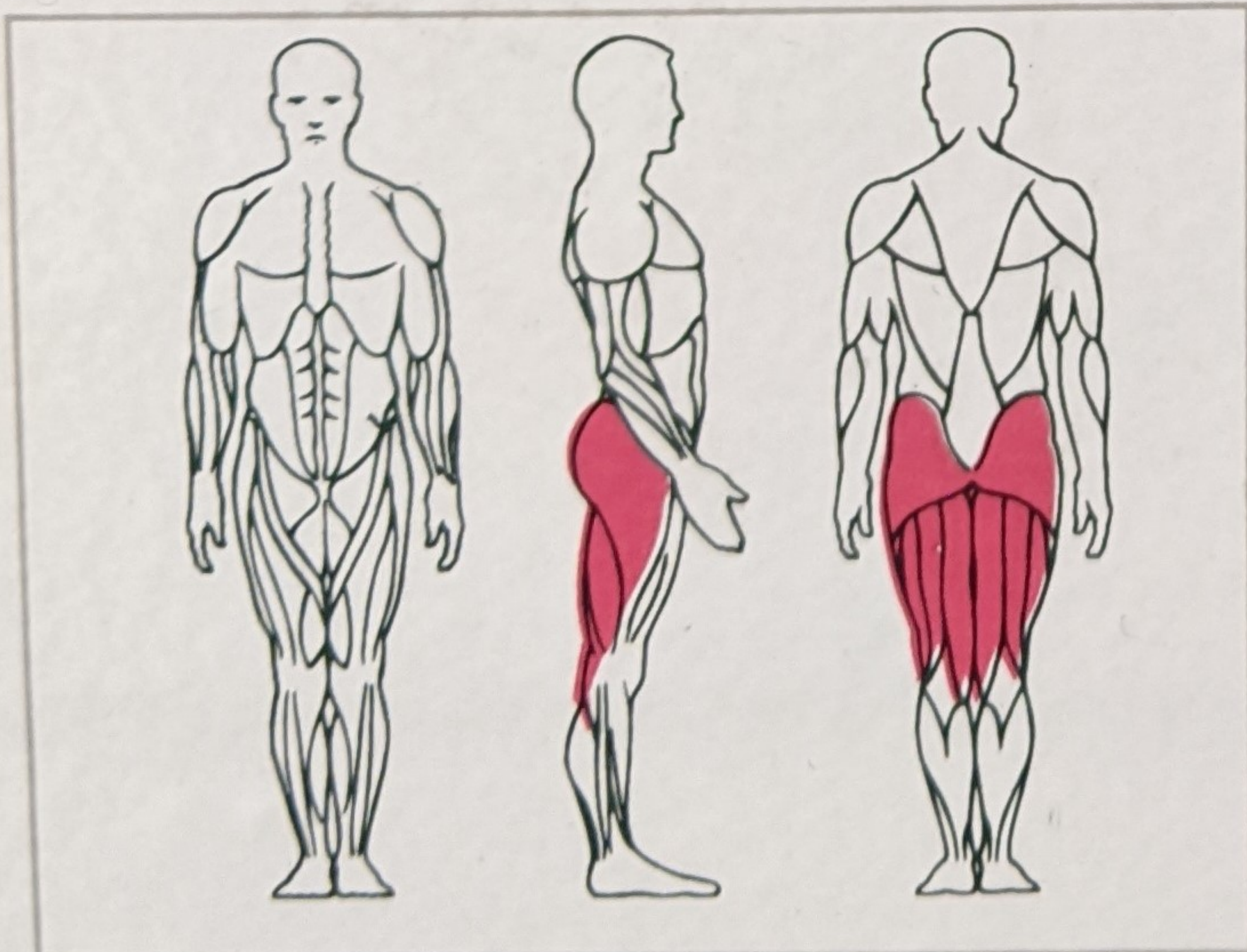
**Start**

**Finish**



**Muscles Used**

**Muscles Used**



**Hip Extensors**

Gluteus Maximus/Biceps Femoris  
Semimembranosus/Semitendinosus

**Hip Flexors**

Rectus Femoris/Iliopsoas

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