

## Leg Adduction

**Start:** Pulley at low position.  
Place ankle belt on leg closest to equipment.  
Facing equipment rotate 90 degrees.  
Feet shoulder width apart, torso erect.  
Place hand on equipment for stability.

**Outward Phase:** Pull inside leg laterally as high as possible.  
Keep legs straight.  
Avoid leaning.

**Inward Phase:** Return to start position.



## Hip Extension

**Start:** Pulley at low position.  
Place ankle belt on leg.  
Face equipment.  
Feet shoulder width apart, torso erect.  
Place hand on equipment for stability.

**Backward Phase:** Pull belted leg back as high as possible.  
Keep legs straight.  
Avoid leaning.

**Forward Phase:** Return to start position.



## Standing Ab Rotation

**Start:** Pulley at mid position.  
Hold the grip with both hands.  
Facing equipment rotate 90 degrees.  
Feet slightly more than shoulder width apart.  
Arms at chest height, firm and slightly bent.

**Outward Phase:** Moving from torso.  
Rotate upper torso away from equipment.  
Keep abs tight.

**Inward Phase:** Return to start position maintaining proper stance.



# Performance Manual Sep

**Rachel S Tattersall**



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