

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.



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Tobias Bleicker



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