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.

K eep legs straight. A void 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.

K eep legs straight. A void leaning.



Start Position



End Position

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. K eep abs tight.

Inward Phase: Return to start position maintaining

proper stance.





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Annelies Wilder-Smith

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