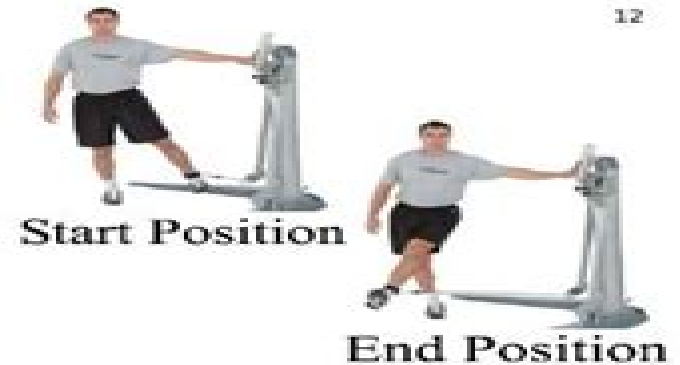


## Leg Adduction

- 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.



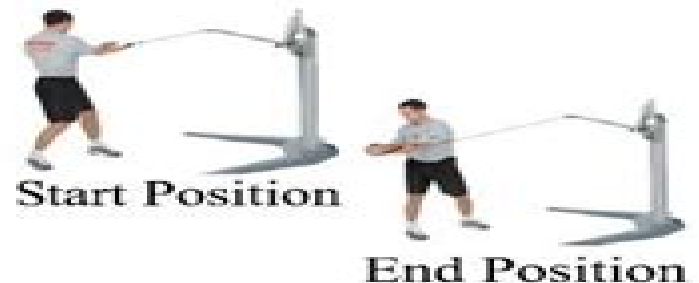
## Hip Extension

- 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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**VM Jensen**



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