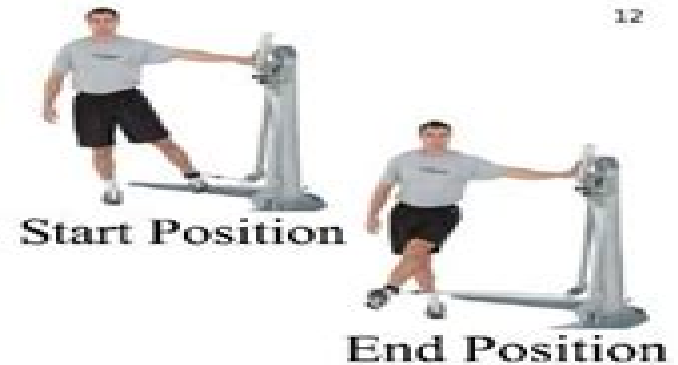


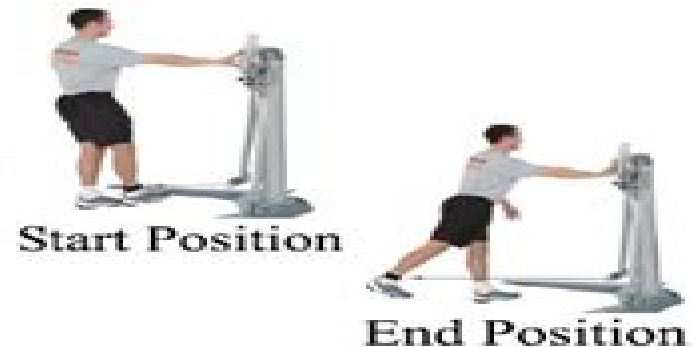
Leg Adduction

- 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.



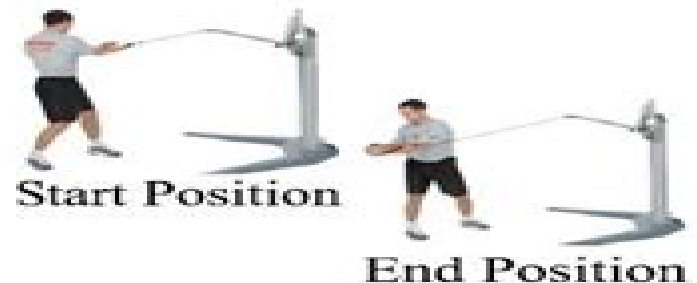
Hip Extension

- 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

Jianjun Gao



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