

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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JL Elias



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Survey of Market Absorption, Regional Office Manual, September 2004 ,2004 **Field Manuals** United States. War Department,1948 CAE OXFORD AVIATION ACADEMY - FLIGHT PERFORMANCE & PLANNING 1 , *VA Catalog 1-P Publications Log 1, September, 2003* ,2004 **Index of USACERL Publications, October 1984 - September 1992** ,1992

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Air Force Manual United States. Department of the Air Force,1976 Proceedings of the First National Conference on Transit Performance, Norfolk, Virginia, September, 1977 ,1978 **Fossil Energy Update** ,1984 **Workshop on Source Emission and Ambient Air Monitoring of Mercury, September 13-14, 1999, Bloomington, MN.** ,2000 Index of Specifications and Standards ,2005 *Cumulated Index Medicus* ,1968 **Monthly Catalogue, United States Public Documents** ,1978 **Monthly Catalog of United States Government Publications** United States. Superintendent of Documents,1978 February issue includes Appendix entitled Directory of United States Government periodicals and subscription publications September issue includes List of depository libraries June and December issues include semiannual index *Index of Publications* United States. Army. Corps of Engineers,1964

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