INNER THIGH
(ADDUCTOR)

Instructions:
Sit and turn the knee pads so they rest against the insides of your knees.

Adjust back pad so the inside of your knees are even with the knee pads and feet comfortably reach the foot supports.

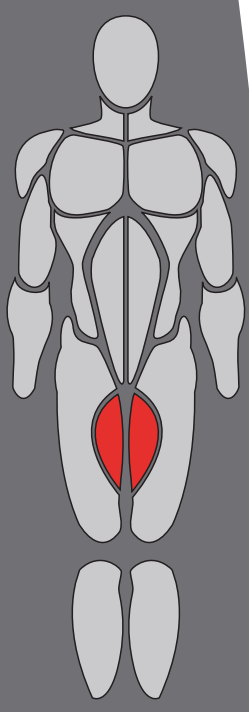
Adjust the leg pivot pop pin to set a comfortable starting position.

Insert selector pin in weight stack at desired resistance level.

Grasp stabilizer bars on either side of the seat to help hold your body during exercise.

Flex your legs inwards at a smooth, controlled rate.

Pause for a moment, then slowly return to the starting position and repeat the movement.



Muscle Group:
Adductors
(inner thigh)





OUTER THIGH
(ABDUCTOR)

Instructions:
Sit and turn the knee pads so they rest against the outsides of your knees.

Adjust the back pad so the inside of your knees are even with the knee pads and feet comfortably reach the foot supports.

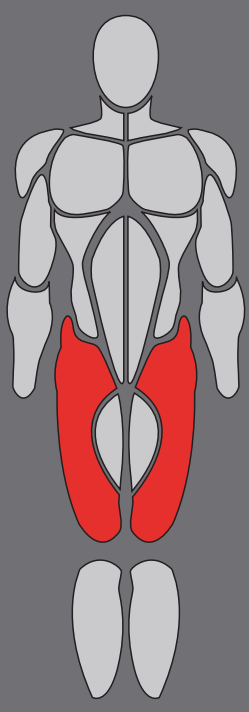
Adjust the leg pivot pop pin to set a comfortable starting position.

Insert selector pin in weight stack at desired resistance level.

Grasp stabilizer bars on either side of the seat to help hold your body during exercise.

Flex your legs outwards at a smooth, controlled rate.

Pause for a moment, then slowly return to the starting position and repeat the movement.



Muscle Groups:
Abductors
(outer thigh)





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