

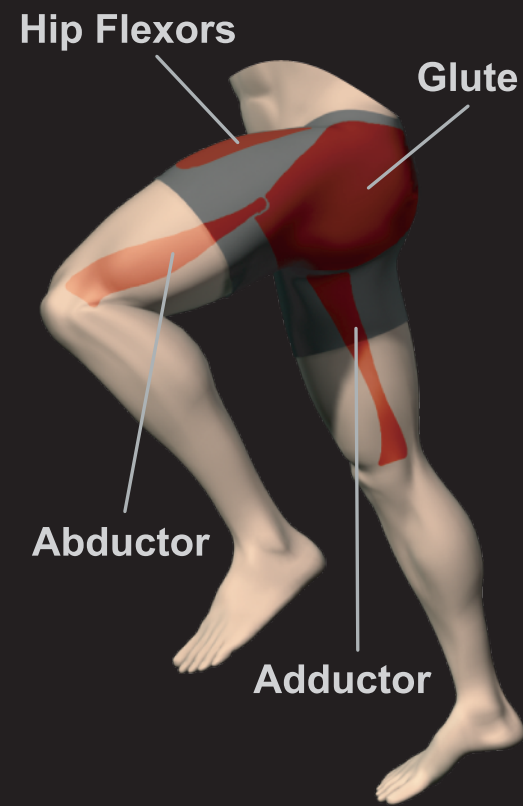
LifeFitness[®]

GLUTE

HIP FLEXOR

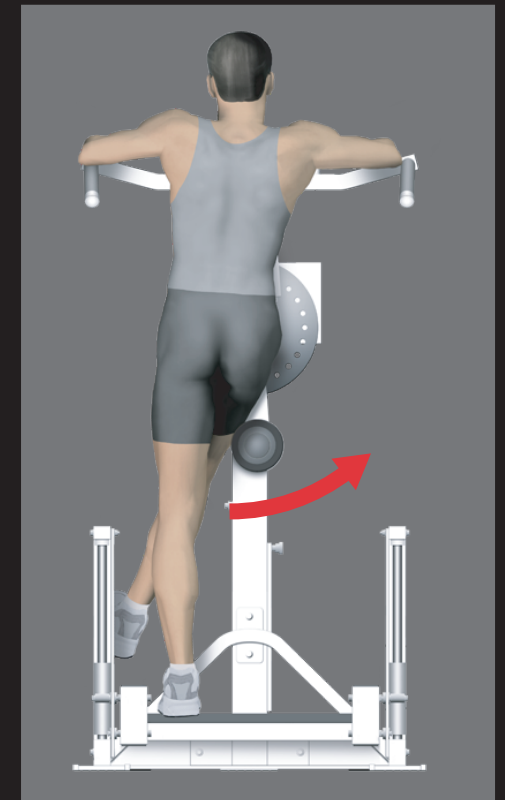
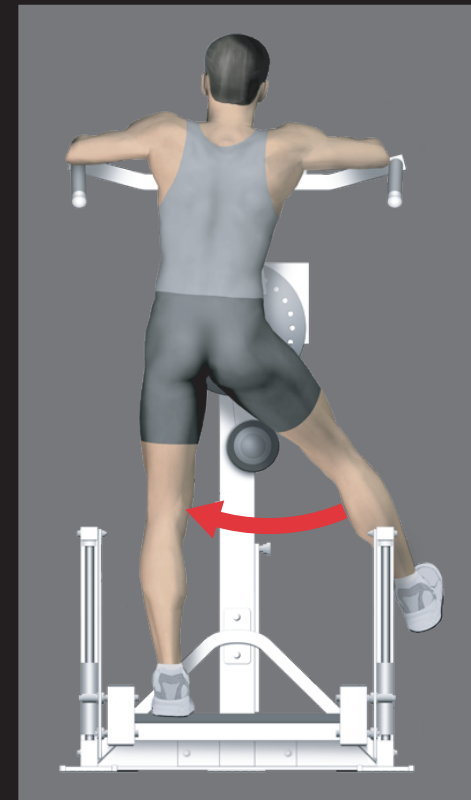
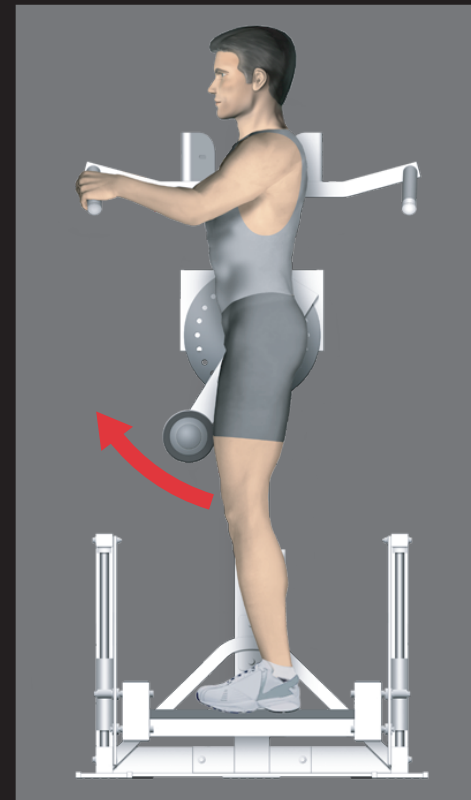
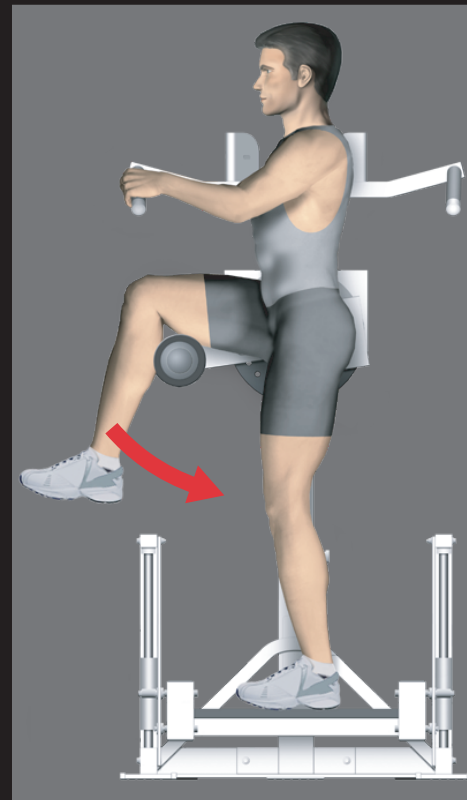
HIP ADDUCTION

HIP ABDUCTION



1. Adjust platform to align hip with axis of rotation.
2. Adjust start position for desired exercise and range of motion.
3. Stand on the platform and lightly grip handles during exercise for support.

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HIP & GLUTE