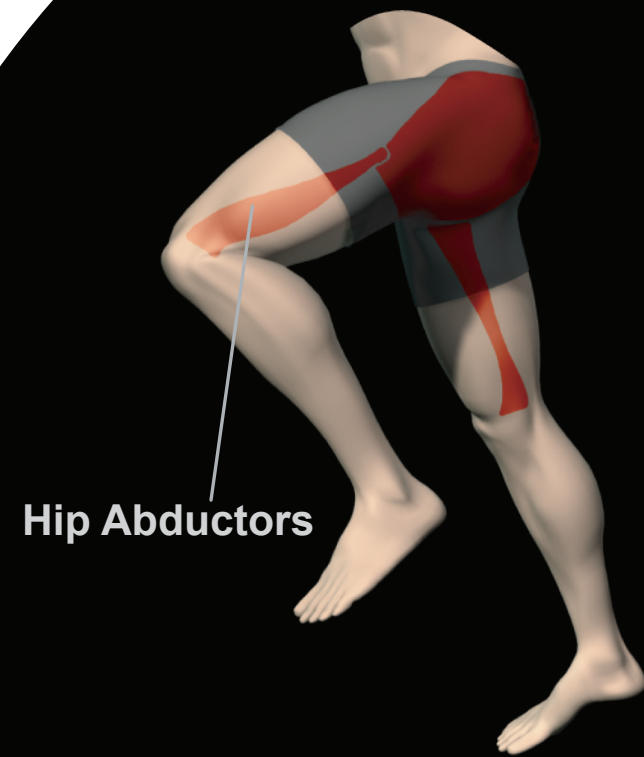


Life Fitness[®]



1. Sit down with feet on foot pegs so knees are bent 90 degrees.
2. Adjust start position with range of motion adjustment.
3. Slowly move the pads out, pushing with knees and return.

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HIP ABDUCTION