

# ABDUCTION WITH THIGH STRAP

## STANDING EXERCISES

### START



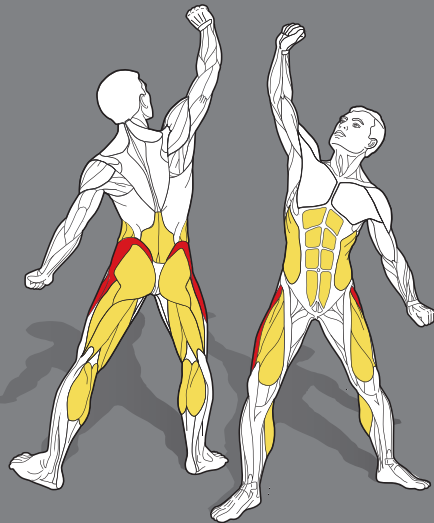
- Mid-pulley position
- Attach thigh strap to far leg
- Bring far leg across mid-line of body

### FINISH



- Extend leg across the mid-line and to the side of body

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# ADDUCTION WITH THIGH STRAP

## STANDING EXERCISES

### START



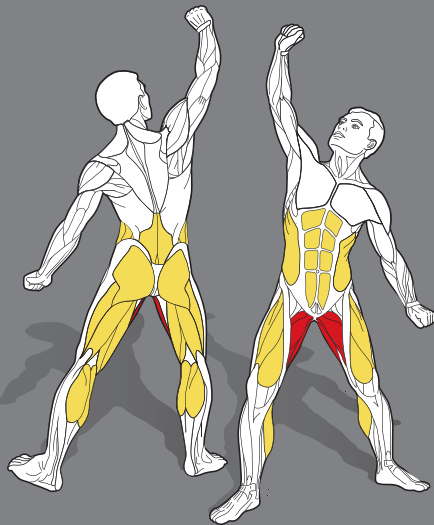
- Mid-pulley position
- Attach thigh strap to leg closest to pulley
- Extend leg toward pulley

### FINISH



- Bring extended leg across the mid-line and to the side of body

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# ABDUCTION WITH FOOT STRAP

## STANDING EXERCISES

### START



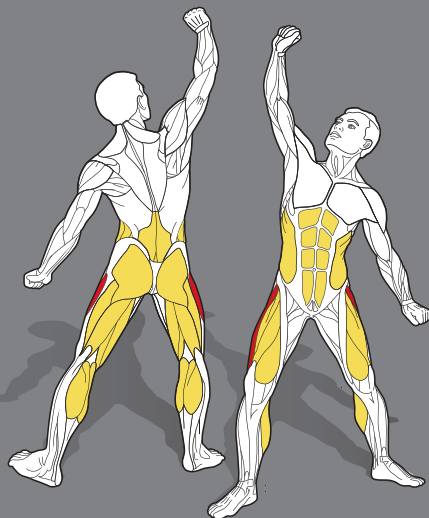
- Low-pulley position
- Attach foot strap to far leg
- Bring far leg across mid-line of body

### FINISH



- Extend leg across the mid-line and to the side of body

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# ADDUCTION WITH FOOT STRAP

## STANDING EXERCISES

### START



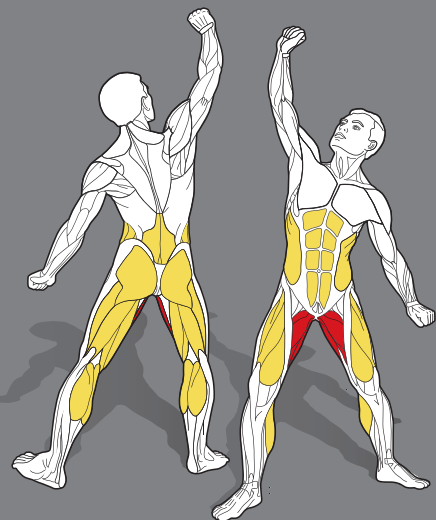
- Low-pulley position
- Attach foot strap to leg closest to pulley
- Extend leg toward pulley

### FINISH



- Bring extended leg across the mid-line and to the side of body

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
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REPS			

# LEG EXTENSION WITH FLEXED HIP

## STANDING EXERCISES

### START



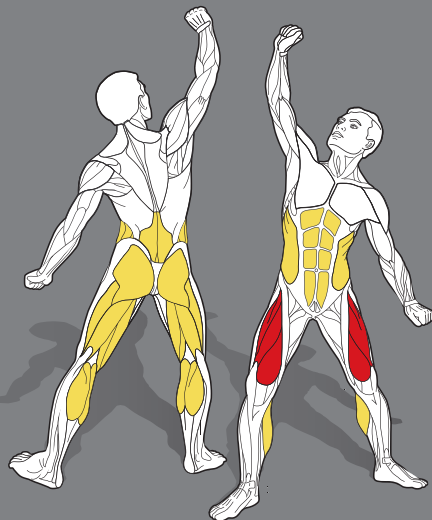
- Low-pulley position
- Face away from pulley
- Attach foot strap
- Hip at 45° angle

### FINISH



- Extend leg at knee
- Keep hip at 45° angle throughout

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

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PULLEYS			
PLATE #			
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REPS			

# LEG CURL WITH FOOT STRAP

## STANDING EXERCISES

### START



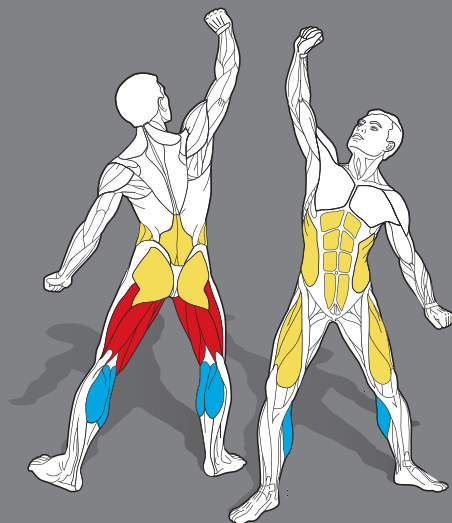
- Low-pulley position
- Face the pulley
- Attach foot strap
- Lean slightly

### FINISH



- Bend leg at knee to 90° angle

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

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PULLEYS			
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REPS			

# GLUTE KICKBACK

## STANDING EXERCISES

### START



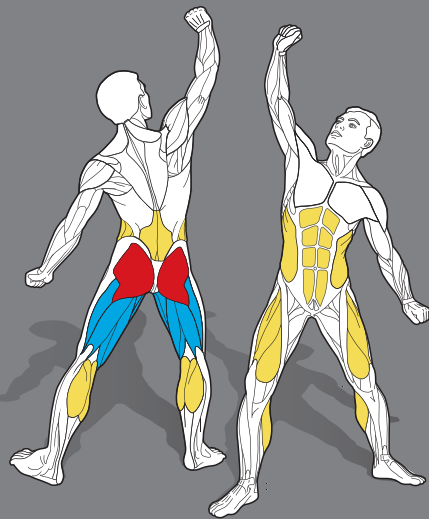
- Low-pulley position
- Face the pulley
- Attach foot strap
- Thigh at 45° angle
- Knee at 45° angle

### FINISH



- Extend leg and hip to full extension away from pulley

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

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# SQUAT WITH HANDS AT SHOULDERS

## STANDING EXERCISES

### START



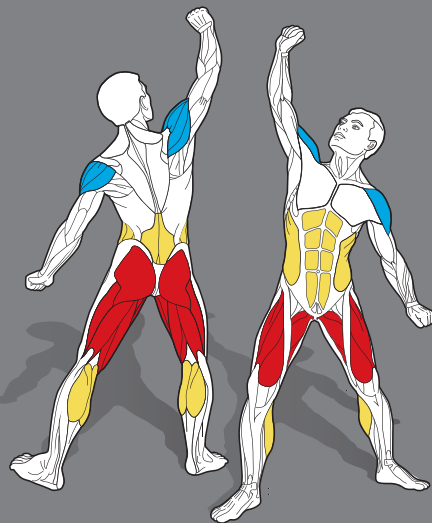
- Low-pulley position
- Feet slightly wider than shoulder width
- Slight bend in knees
- Hands in palms-up position

### FINISH



- Simultaneously bend hips and knees
- Pause when knees reach 90° angle
- Keep lower back upright throughout

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

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# SPLIT SQUAT/LUNGE

## STANDING EXERCISES

### START



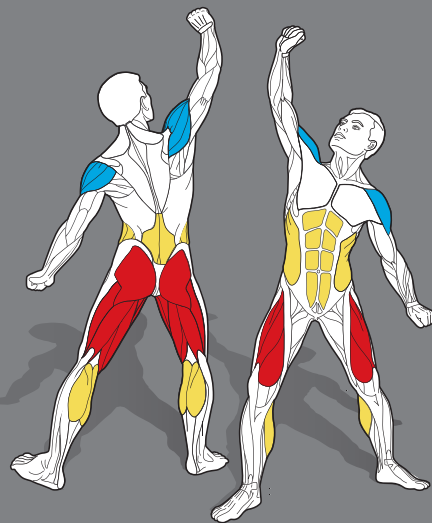
- Low-pulley position
- Split stance
- Hands shoulder width apart in palms-up position

### FINISH



- Lower self down by bending front and back knee
- Pause when front knee is near 90° angle

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

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# FORWARD WALKING LUNGE

## STANDING EXERCISES

### START



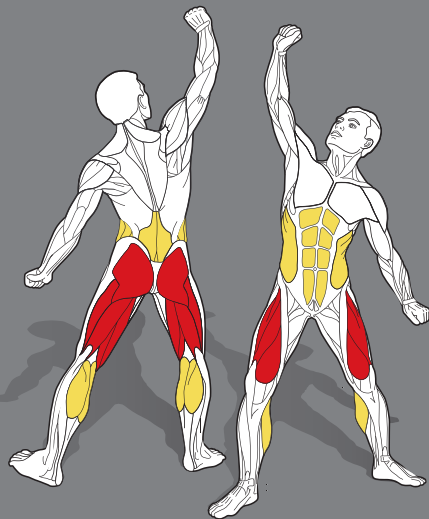
- Mid-pulley position
- Attach the thigh strap to cables
- Press hips against thigh strap bridge

### FINISH



- With hands on waist lunge forward
- Pause when knee of forward leg is at 90° angle
- Stand up and bring back foot forward
- Pause when upright and lunge forward
- Continue until end of cables' range

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

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PULLEYS			
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# LATERAL WALKING LUNGE

## STANDING EXERCISES

### START



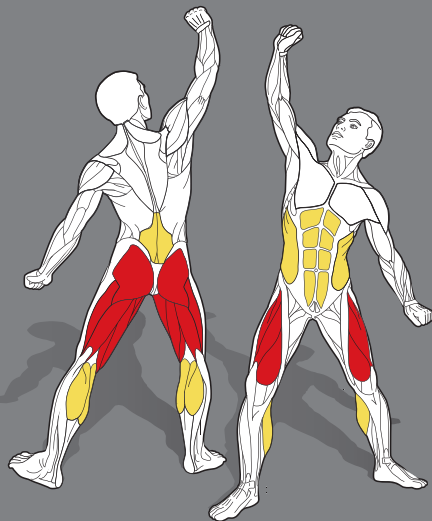
- Mid-pulley position
- Attach thigh strap to cables
- Place hip against thigh strap bridge

### FINISH



- Step away from G7
- Squat after each step
- Continue until end of cables' range
- Slowly return by repeating steps in opposite direction
- Use caution when returning

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

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# DECELERATING LUNGE

## STANDING EXERCISES

### START



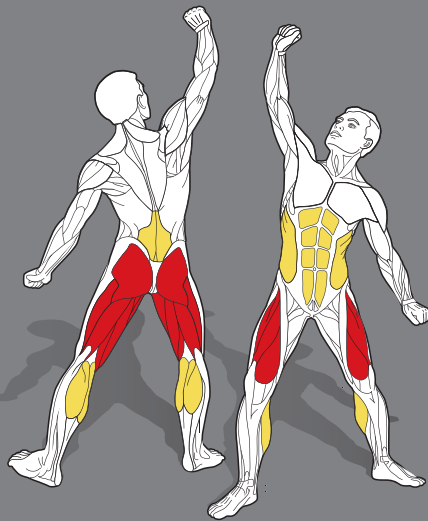
- Mid-pulley position
- Attach the thigh strap to cables
- Lower back against thigh strap bridge
- Walk back slowly until end of cables' range

### FINISH



- With hands on waist lunge forward
- Pause when knee of forward leg is at 90° angle
- Stand up and bring back foot forward
- Pause when upright and lunge forward

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

