

ABDUCTOR

START



MIDDLE



END



- Sit down on the abductor machine and select an appropriate weight
- Position your legs within the pads
- Rest feet on the foot bars beneath the pads
- Set the pin on the machine so that your legs can move as close together as possible
- Grip the handles on each side
- Sit fully upright
- Abdominals engaged and spine neutral
- Your body should be stationary from the waist up
- As you exhale, slowly press against the pads with your knees as far apart as you can
- Feel the contraction for a second
- Inhale and slowly move your knees back to the starting position
- Keep the movement controlled
- Feet pointing forward on the pedals
- Remember to keep your upper body stationary to prevent injury
- Repeat for the recommended amount of repetitions

MUSCLES TARGETED

HIP ABDUCTORS

- The hip abductors (outer thigh muscles) are closely related to the core muscles and are essential for balance and athletic performance

NOTE

Using the abductor machine helps improve posture as well as strengthen and tone your thighs. The sides of the thighs are hard to exercise with regular movements, so the machine targets the area effectively.