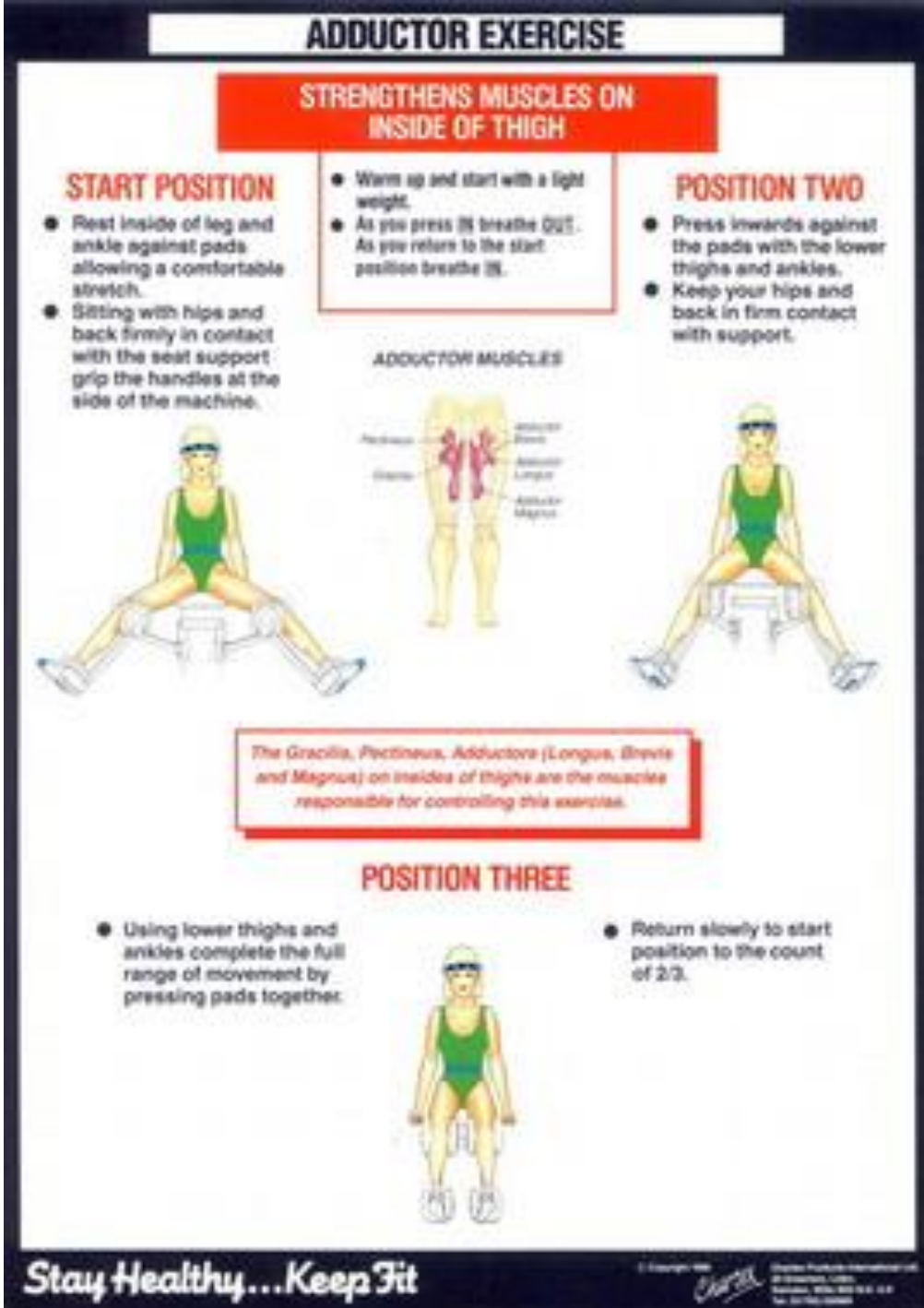


## Adductor Exercise Machines Mounted Chart– CT041

<p><b>Description</b></p>	<p>◆ The Adductor chart shows how to do the exercise as well as illustrating the major muscle groups that work during the exercise. Three positions are shown from start position to finish position and each has important instructional information to ensure the user is working the adductor muscles properly and exercising safely. This helps to reinforce coaching by the Gym Instructor. Ideal for fixing onto your training machine at home or in the gym.</p>
<p><b>Details</b></p>	<p>1. Dimension: A5 Size</p>
<p><b>Image</b></p>	 <p><b>ADDUCTOR EXERCISE</b></p> <p><b>STRENGTHENS MUSCLES ON INSIDE OF THIGH</b></p> <p><b>START POSITION</b></p> <ul style="list-style-type: none"> <li>● Rest inside of leg and ankle against pads allowing a comfortable stretch.</li> <li>● Sitting with hips and back firmly in contact with the seat support grip the handles at the side of the machine.</li> </ul> <p>● Warm up and start with a light weight. ● As you press <b>IN</b> breathe <b>OUT</b>. ● As you return to the start position breathe <b>IN</b>.</p> <p><b>POSITION TWO</b></p> <ul style="list-style-type: none"> <li>● Press inwards against the pads with the lower thighs and ankles.</li> <li>● Keep your hips and back in firm contact with support.</li> </ul> <p><b>ADDUCTOR MUSCLES</b></p> <p>The <i>Gracilis, Pectineus, Adductors (Longus, Brevis and Magnus)</i> on insides of thighs are the muscles responsible for controlling this exercise.</p> <p><b>POSITION THREE</b></p> <ul style="list-style-type: none"> <li>● Using lower thighs and ankles complete the full range of movement by pressing pads together.</li> <li>● Return slowly to start position to the count of 2/3.</li> </ul> <p><b>Stay Healthy...Keep Fit</b></p> <p><small>© Copyright 1998 Fitness Parts &amp; Products International Ltd. 10000 Woodbine Ave., Unit 10 Markham, Ont. L3R 9K7, Canada Tel: 905-709-0888</small></p>