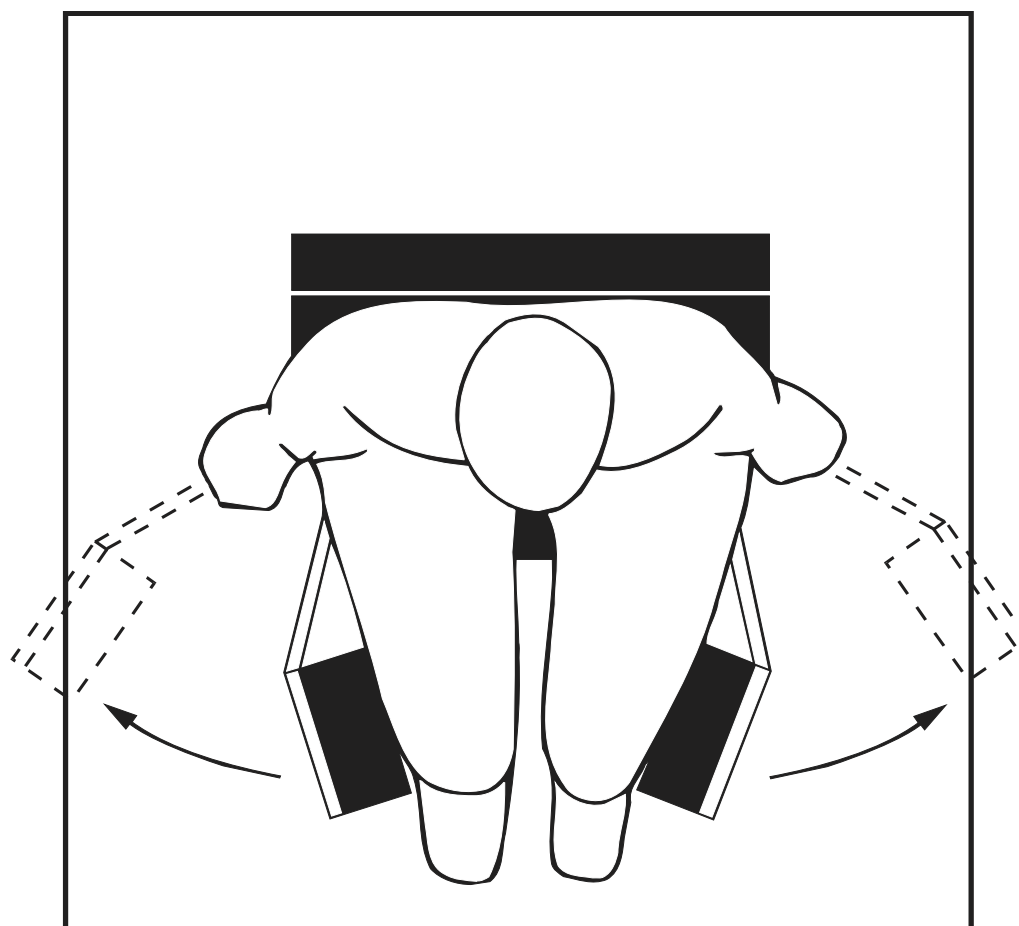


EN-Dynamic Abduction

Exercising hip and thigh muscles



Partner for Life



Preparation:

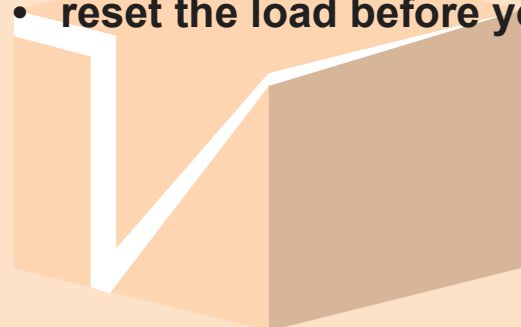
- sit with your back fully supported by the backrest
- adjust the foot support so your upper legs are almost horizontal
- Enter your EN-Track chipcard or select the desired resistance and reset the repetition counter
- grasp the handles

Procedure:

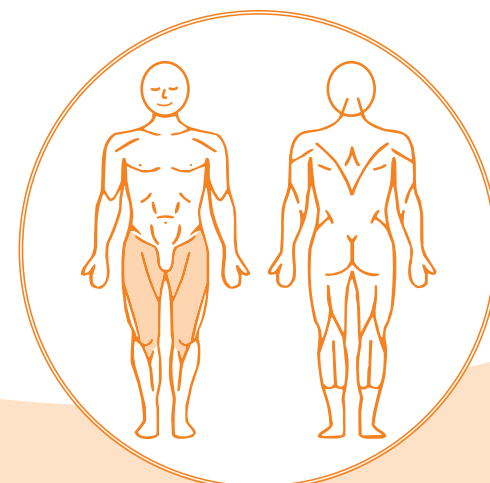
- contract your abdominal and lower back muscles before starting the exercise
- push your upper legs out in a fluent movement
- hold this position for two seconds and return to the starting position in a fluent movement

Note:

- control the pace and do not move too fast
- push with your upper legs, not with your feet
- push symmetrically with both legs
- reset the load before you leave the unit



entrack



Passion for motion