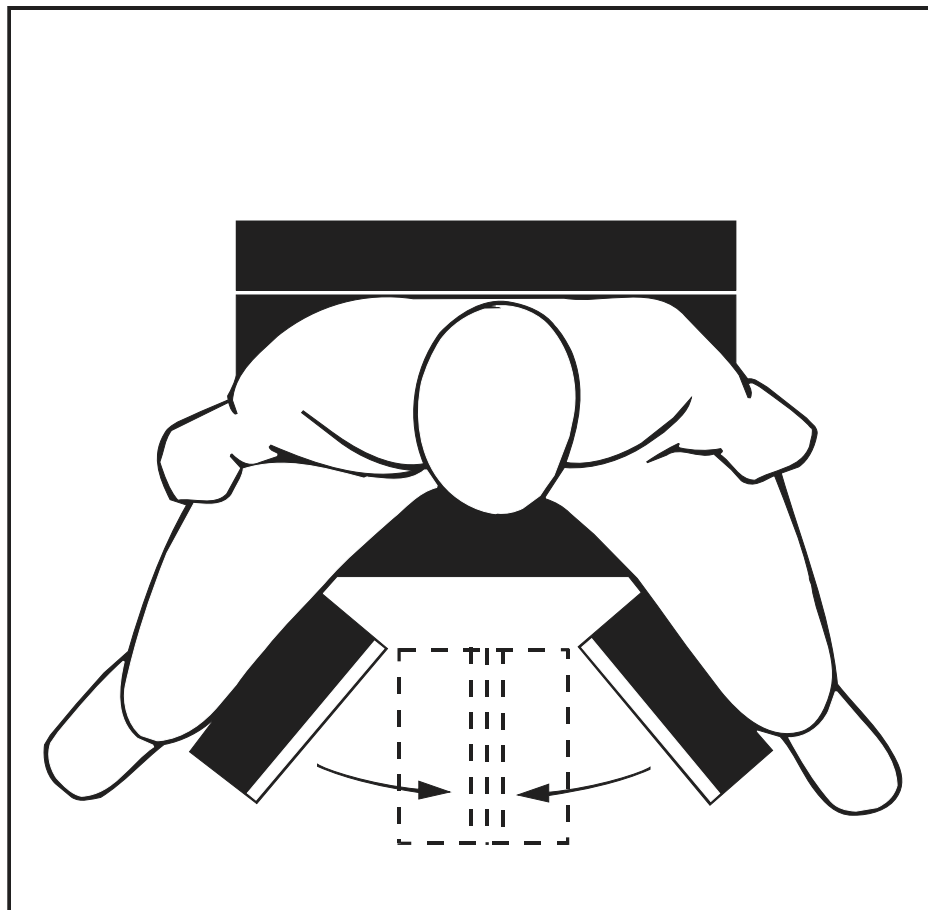


EN-Dynamic Adduction

Exercising pelvis and hip muscles



Partner for Life



Preparation:

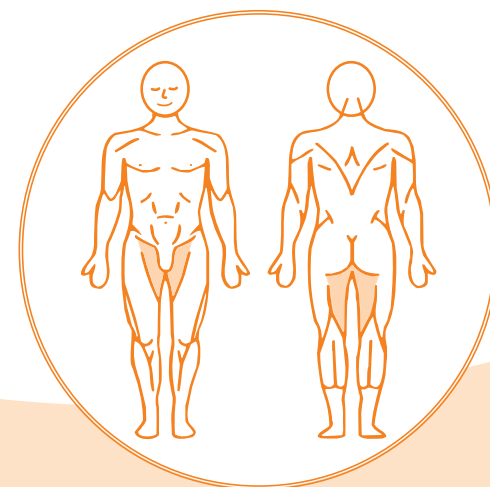
- reset the load to zero before you sit down
- sit with your back fully supported by the backrest
- adjust the foot support so your upper legs are almost horizontal
- set the range of movement using the handle on the right below your seat
- Enter your EN-Track chipcard or select the desired resistance and reset the repetition counter
- grasp the handles

Procedure:

- contract your abdominal and lower back muscles before starting the exercise
- pull your knees and thighs together in a smooth and fluent movement
- hold this position for two seconds and return to the starting position in a slow and fluent movement

Note:

- adjust the range of motion to a comfortable one so your legs don't extend too far
- control the pace and do not move too fast
- move both legs symmetrically
- reset the load to zero before you leave the unit



entrack

Passion for motion