

CABLE HIP ABDUCTORS



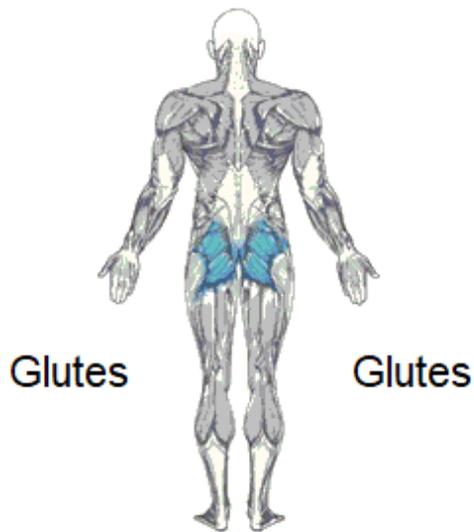
1. Stand tall just a couple of feet away with your left side facing a pulley machine or a cross cable machine. Attach your right ankle to the bottom of the pulley machine with both your legs fully extended. Make sure you stand far enough from the pulley that your right hip is kept under constant tension once you've attached your right ankle to the pulley. Now move your right foot just a couple of inches forward to give the cable room to cross freely without restriction. Use your left hand to grab on to the pulley machine to give you support, with your other right hand grabbing your waist to give you some balance. This will be your starting position.
2. While maintaining a straight & stationary posture, engage your right side hips and glutes muscles to push away with your right leg as the rest of your body remains stationary. Continue to push away until you can't push anymore. **Tip:** Make sure NOT to swing your leg while performing this exercise, but rather use a slow and controlled motion to get the best out of this exercise. Keep your knee very slightly bent when performing this exercise. The rest of your body should remain stationary throughout the entire movement.
3. Slowly bring your leg back to it's starting position while keeping your hips & glutes muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.
5. Switch sides and legs, then perform the same exact motion for the same amount of repetitions with your other leg.

CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any hips and/or lower back injury. STOP immediately if you felt any sharp pain in your hips and/or lower back. Make sure to keep both your feet flexed and pointing forward throughout the entire movement.

ALTERNATIVE EXERCISES: [Floor Weighted Hip Abductions](#) / [Machine Hip Abductions](#)

CABLE HIP ABDUCTORS

PRIMARY MUSCLE



A **primary muscle** is the main muscle group responsible for controlling a certain movement or the muscle group that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%100** when performing this exercise.



#YOUR_BEST_STARTS_HERE

www.fitnesslegacy.net