

MACHINE HIP ADDUCTIONS



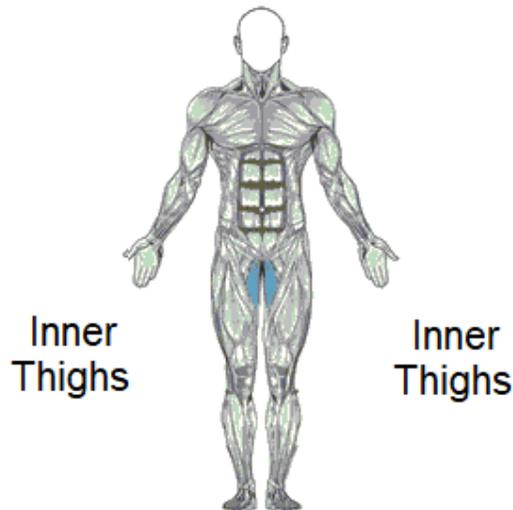
1. For this exercise you will need to use a **Hip Abductors/Adductors Machine**.
2. Choose your desired resistance to be used then sit comfortably on the machine where it's two leg pads are positioned firm against your thighs from the inside, then spread the two leg pads apart for as far as your legs can get you. Place your feet down on the machine's foot platform attached to each leg pad, and keep your feet flexed and pointing forward. Hold on to the two sidebar placed right next to your seat, and keep your torso stationary while held upright & straight. This will be your starting position.
3. Now use your inner thighs muscles to push against the two leg pads as you squeeze in your legs together all the way until the two pads meet in the middle.
4. Slowly bring your legs back to their starting position while keeping your inner thighs muscles fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.

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

ALTERNATIVE EXERCISES: [Weighted Sumo Squats](#) / [Elevated Sumo Squats](#)

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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.



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