

MACHINE HIP ABDUCTIONS



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 outside, with your legs bent at a 90-degree angle right in the middle. 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 glutes muscles to push against the two leg pads all the way to the outside until you can't push them anymore.
4. Slowly bring your legs back to their starting position while keeping your glutes muscles fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.

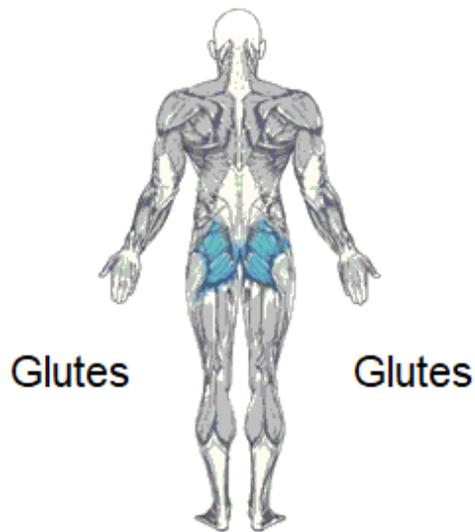
CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any hips and/or lower back injury. Make sure to keep both your feet flexed and pointing forward throughout the entire movement.

ALTERNATIVE EXERCISES:

[Floor Weighted Hip Abductions](#) / [Cable Hip Abductions](#) / [Floor Weighted Stiffleg Kick-backs](#) / [Bench Weighted Stiffleg Kick-Backs](#)

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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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