

ADDUCTOR

START



- Sit on the machine and select a weight
- Place leg pads inside of your knees
- Have your legs as wide apart as comfortable
- Sit back and upright
- Shoulders back and down
- Grip the handle bars by the seat for support

MIDDLE



- As you exhale press against the pads with your knees
- Push your legs together until the pads touch
- Pause for a second or two as you feel the contraction
- Keep your upper body stationary
- Avoid fast jerking motions to prevent any injuries from occurring

END



- Inhale and slowly return to the starting position
- Repeat the recommended number of repetitions

MUSCLES TARGETED

ADDUCTORS

- Adductor muscles are located on the inside of your thigh and stretch from the inside of your knee to the bottom of your pelvis
- Adductors are responsible for moving your leg in toward the midline of your body (a movement called adduction)

NOTE

Strong adductors are important in knee and hip stability, and if they become weakened, you may find your knees are prone to dropping outward.