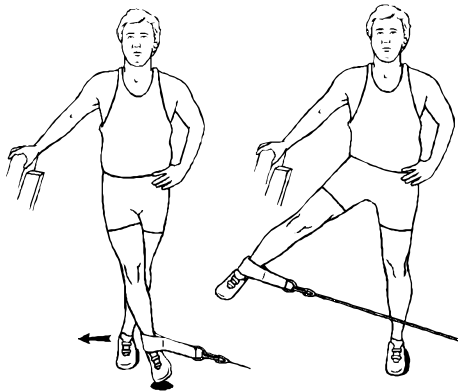


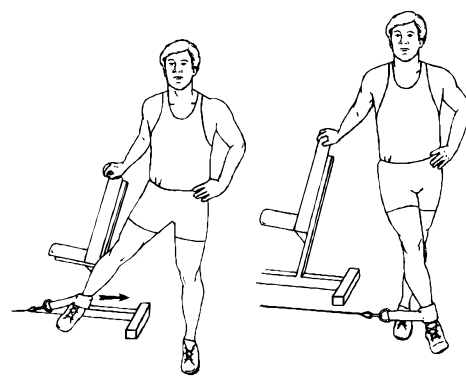
LEGS: ABDUCTORS - 3 Low Pulley Leg Abduction



Holding bench or machine for support, sweep leg outward away from body. Repeat with other leg.

Complete \_\_\_\_\_ repetitions. Do \_\_\_\_\_ sets.

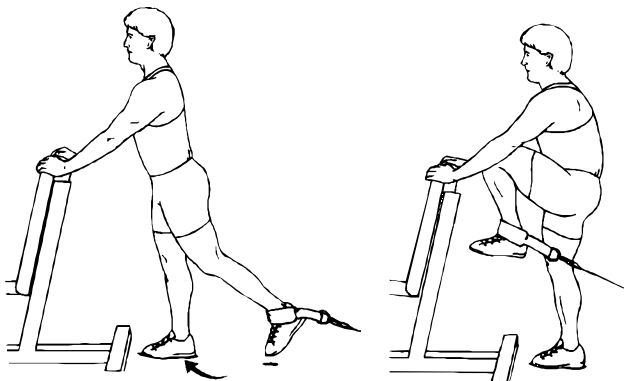
LEGS: ADDUCTORS - 3 Low Pulley Leg Adduction



Holding machine or bench for support, sweep leg inward across body. Repeat with other leg.

Complete \_\_\_\_\_ repetitions. Do \_\_\_\_\_ sets.

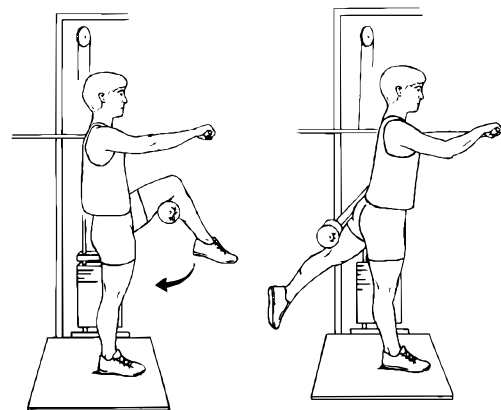
LEGS: HIP FLEXORS - 3 Standing Knee Lift



From starting position, hold back of bench and bring knee forward and up as high as possible. Repeat with other leg.

Complete \_\_\_\_\_ repetitions. Do \_\_\_\_\_ sets.

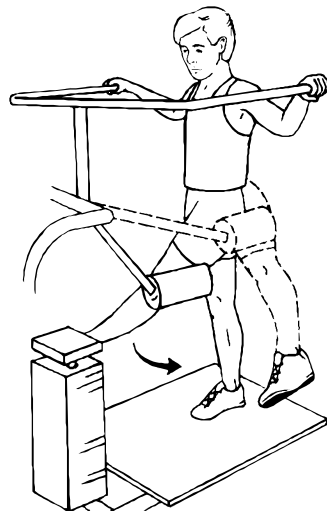
LEGS: GLUTS - 6 Standing Hip / Glut Extension



Starting with leg over pad, straighten leg backward.

Complete \_\_\_\_\_ repetitions. Do \_\_\_\_\_ sets.

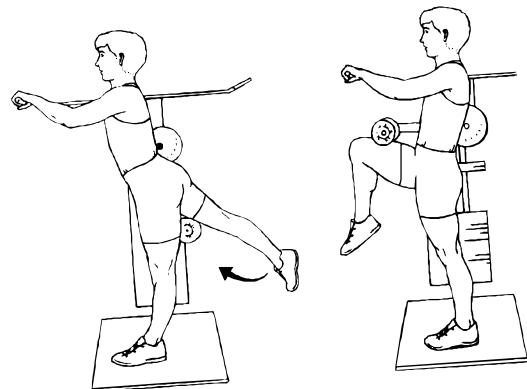
LEGS: ABDUCTORS - 1 Standing Leg Abduction



Sweep leg across body and outward as far as possible. Repeat with other leg.

Complete \_\_\_\_\_ repetitions.  
Do \_\_\_\_\_ sets.

LEGS: HIP FLEXORS - 2 Standing Knee Lift



From starting position, hold handle and bring knee forward and up as high as possible. Repeat with other leg.

Complete \_\_\_\_\_ repetitions. Do \_\_\_\_\_ sets.