

Training Time With John & Kristen

Stanly County Family YMCA *Helping People Grow In Spirit, Mind And Body*



NITRO PLUS
HIP ABDUCTION



Hip Abduction:

1. Adjust lever on right side to set movement range that provides a moderate stretch.
2. Sit on seat and place outer thighs firmly against resistance pads.



3. Spread thighs apart evenly with hips and shoulders against seat back.
4. Pause momentarily, return slowly to starting position and repeat.

