

Training Time With John & Kristen

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



NITRO PLUS
HIP ADDUCTION



Hip Adduction:

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



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

