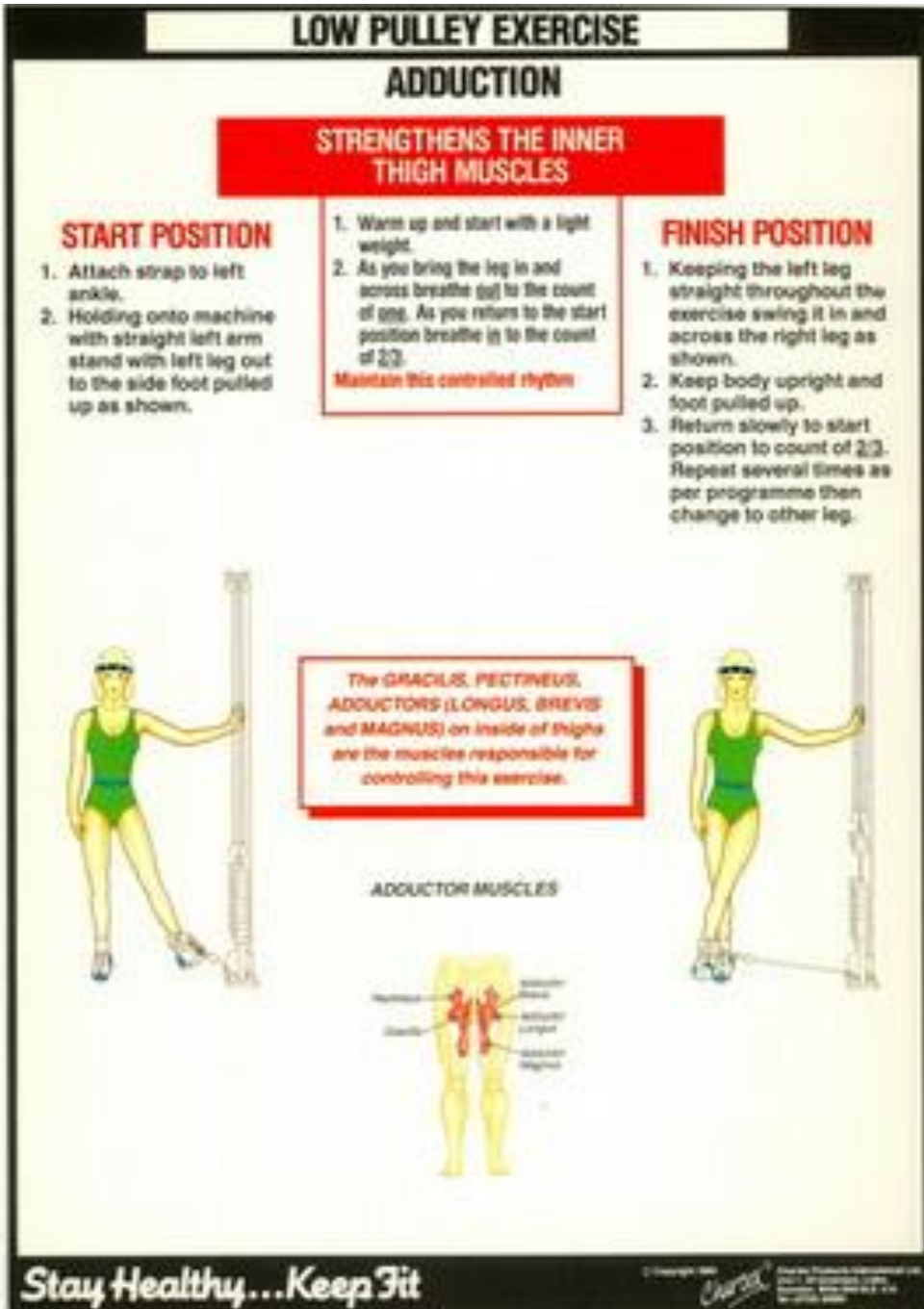


## Low Pulley Adduction Exercise Chart– CT062

**Description** ◆ This chart shows how to do the Low Pulley Adduction exercise as well as illustrating the major muscle groups that work during the exercise. The Gracilis, Pectineus, Adductors ( Longus, Brevis and Magnus ) on the inside of the thighs are the muscles responsible for controlling this exercise. Instructional information on exercise technique is given for the start and finish position together breathing advice. This helps to reinforce coaching by the Gym Instructor and the A5 size makes it ideal for fixing onto your training machine.

**Details** 1. Dimension: A5 Size

**Image**



**LOW PULLEY EXERCISE**  
**ADDUCTION**

**STRENGTHENS THE INNER THIGH MUSCLES**

**START POSITION**

1. Attach strap to left ankle.
2. Holding onto machine with straight left arm stand with left leg out to the side foot pulled up as shown.

**FINISH POSITION**

1. Keeping the left leg straight throughout the exercise swing it in and across the right leg as shown.
2. Keep body upright and foot pulled up.
3. Return slowly to start position to count of 2/3. Repeat several times as per programme then change to other leg.

**The GRACILIS, PECTINEUS, ADDUCTORS (LONGUS, BREVIS and MAGNUS) on inside of thighs are the muscles responsible for controlling this exercise.**

**ADDUCTOR MUSCLES**

*Stay Healthy...Keep Fit*