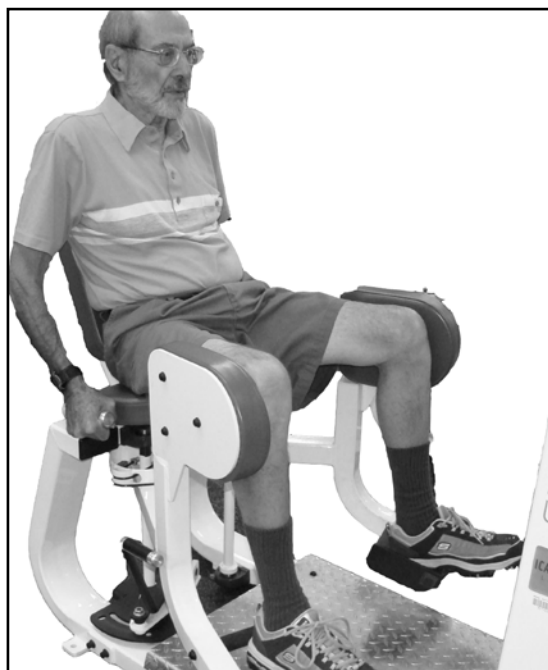


Gym Machines for Hip Muscle & Bone Strength

1. Hip Abduction Machine

- Strengthens buttocks, thighs, hip bone (femur)
- Adjustments:
 - Place position peg for leg and foot so your legs push outward, starting from neutral
 - Grip handles
- Action:
 - Push legs outward
 - Keep back straight



ALWAYS: **BREATHE OUT WITH MUSCLE EFFORT. GO SLOW**, COUNTING WITH PUSH:" 1-2-3-4", BRIEFLY HOLD, THEN RELEASE "5-6-7-8". WORK SHOULD BE **MODERATELY HARD** for 6 to 10 repetitions, **ONE SET ONLY**

2. Hip Adduction Machine

- Strengthens inner thigh, pelvic floor muscles (bladder), hip bone (femur)
- Adjustments:
 - Place position peg all the way in so you can get on machine comfortably
 - Once you are sitting, move the position peg so your legs are about 45° apart
 - Grip handles
- Action:
 - Push legs inward
 - Keep back straight

