Title: Cable Hip Abduction / Adduction

Primary Muscle Groups: Quadriceps

Secondary Muscle Groups:

Summary: <ul>

<li>Standing sideways with your left side facing the weight stack of a pulley machine, attach an ankle cuff to the right ankle.</li>

<li>Hold the machine for balance if you need to and slowly lift your right leg up to the right side.</li>

<li>Pause and slowly return your right leg to starting position.</li>

<li>Repeat the movement.</li>

</ul>