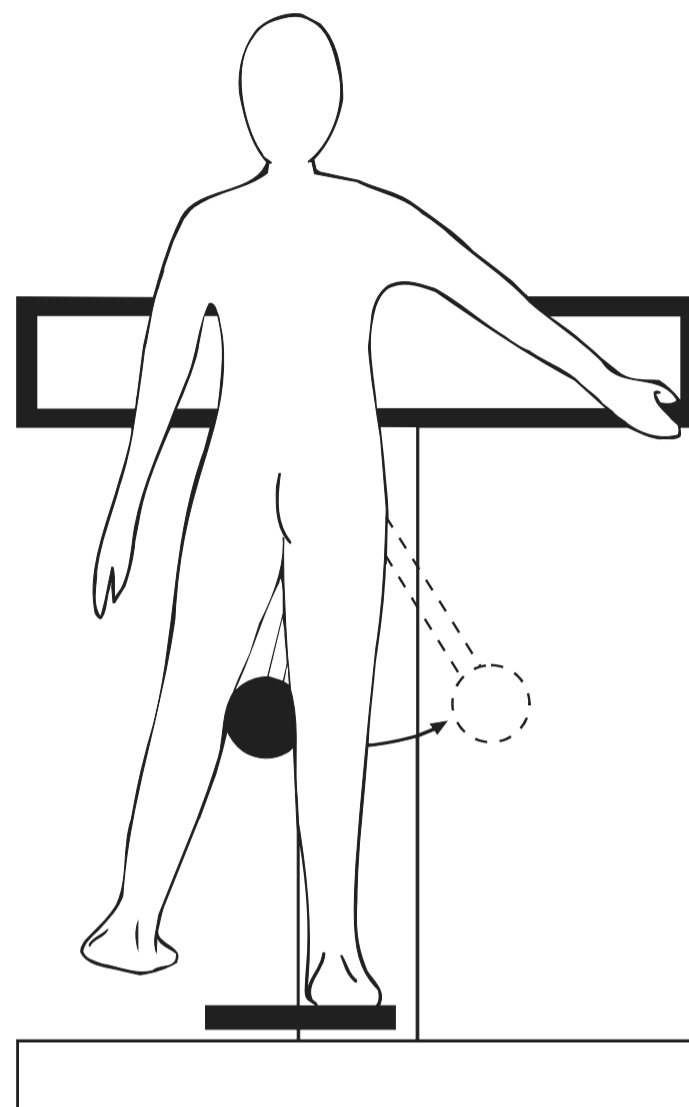
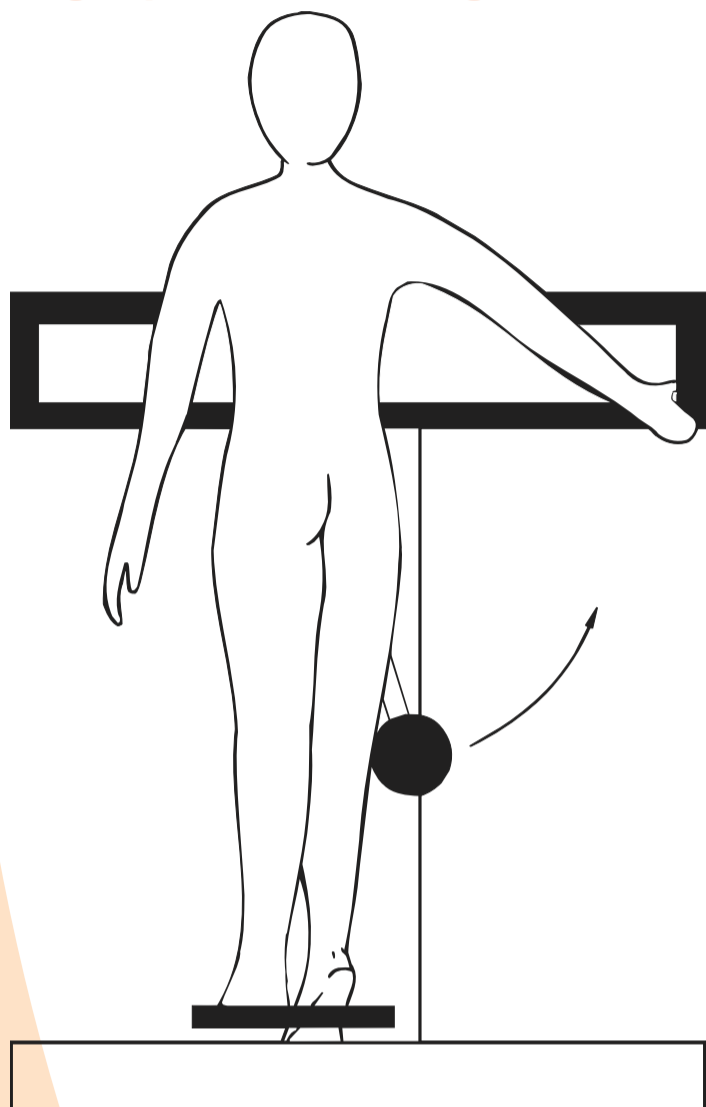


EN-Dynamic Total Hip

Exercising hip, knee and thigh muscles



Partner for Life



Preparation:

- adjust the height of the plateau so you can hold the black bar with slightly bent elbows
- position the roll at knee height
- position the roll at the inner or outer part of your knee to vary the exercise
- select the desired starting angle by pulling the black button on top of the lever arm
- Enter your EN-Track chipcard or select the desired resistance and reset the repetition counter

Procedure:

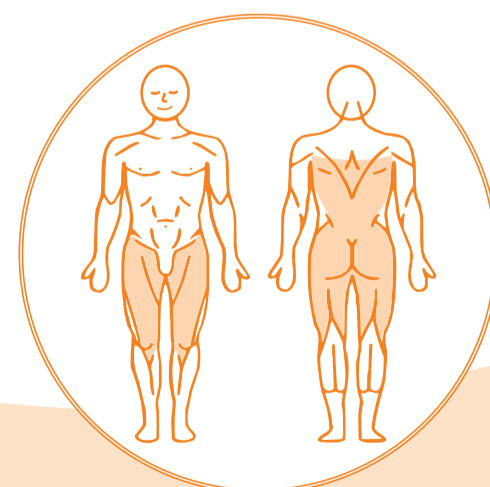
- contract abdominal and lower back muscles before starting the exercise
- make a fluent movement
- hold the position for two seconds and return to the starting position in a fluent movement
- perform the exercise with both right and left legs

Note:

- control the pace and do not move too fast
- keep the neck muscles relaxed and the shoulders down
- reset the load to zero before you leave the unit



entrack



Passion for motion