Cybex Adductor (Inner Thighs)

Inner Thighs

Sit on the seat with your back against the back rest. Place your ankles in the ankle pads. Swivel the thigh pads around so they are resting on your inner thighs. Use the knob adjustment under the seat to bring your thighs apart. Use a comfortable range of motion. Select the weight on the weight stack.

Exhale and squeeze your thighs together. Inhale as you resist the weight and return to the starting position.