

FreeMotion Cable Column Exercises

Standing Two Arm Wood Chop High to Low



Standing Two Arm Cable Rotation



Standing Two Arm Cable PNF Standing



Seated Stability Ball Wood Chop High to Low



Seated Stability Ball Two Arm Rotation



FreeMotion Cable Column Exercises

Seated Stability Ball Cable PNF



Stability Ball Russian Twist



Standing Pectineus - Flexion - Internal Rotation - Adduction



Standing Adductor Brevis - External Rotation - Adduction



Standing Adductor Longus - Flexion - External Rotation - Adduction



FreeMotion Cable Column Exercises

Standing Gracilis - Internal Rotation - Adduction - Slight Flexion



Standing Upper Mangus - Adduction - External/Internal Rotation



Standing Lower Mangus - Adduction - External/Internal Rotation



Standing Glute Medius - Anterior - Internal Rotation - Abduction



Standing Glute Medius - Medial - Abduction



FreeMotion Cable Column Exercises

Standing Glute Medius - Posterior - Abduction - External Rotation



Standing Glute Maximus - Iliac - External Rotation - Slight Adduction



Standing Glute Maximus - Flexion - Internal Rotation - Adduction



Standing Sacral - Extension

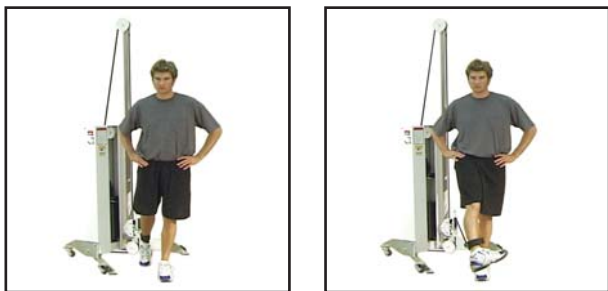


Standing Sacral - Coccygeal - Extension - Internal Rotation



FreeMotion Cable Column Exercises

Standing TFL - Flexion - Internal Rotation - Abduction



Piriformis - Supine 90 - 90 with External Rotation



Obturator - Supine 120 with External Rotation



Standing Psoas - Flexion - External Rotation



Standing Hamstring - Lateral, Knee Flexion - Internal Rotation



FreeMotion Cable Column Exercises

Standing - Lateral, Leg Curl - Internal Rotation

