

HIP-X™ MACHINE

PERFORM X
TRAINING SYSTEMS



HIP-X MACHINE SET-UP

- 1) Adjust the platform so the hip joint is in line with the pivot point on the Hip-X™ dial. Using the handle, lift the platform to the desired position.
- 2) The leg pad should be positioned above the knee by pulling out the pin located on the handle and sliding the pad to the correct position.
- 3) The Hip-X dial is adjusted by pulling out the pin on the wheel and placing it at the appropriate position based on the exercise and flexibility of the individual- HE/HF uses position 2-3 and AB/AD use positions 1-2. More flexible individuals will have higher positions.



HIP-EXTENSION (HE)

Face desired direction (Dial position at 2 or 3).
Place leg closest to the weight stack over the pad.
Maintain posture, drive leg back into extension.



HIP-FLEXION (HF)

Face desired direction (Dial position at 2 or 3).
Place leg closest to the weight stack behind the pad with the knee just below the pad.
Maintain posture, drive leg forward to a parallel position.



HIP ABDUCTION (AB)

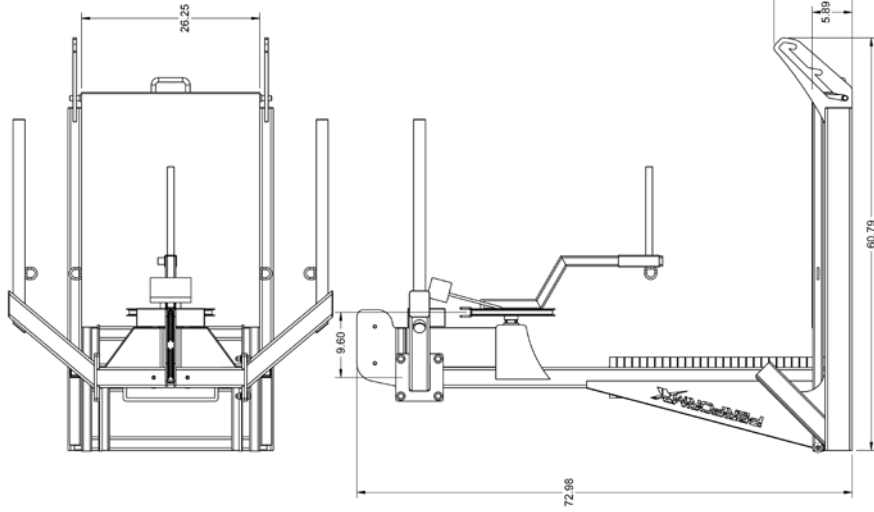
Face the weight stack (Dial position at 3).
Place outer thigh of exercising leg on pad.
While maintaining posture, push the weight away from the mid-line of the body.



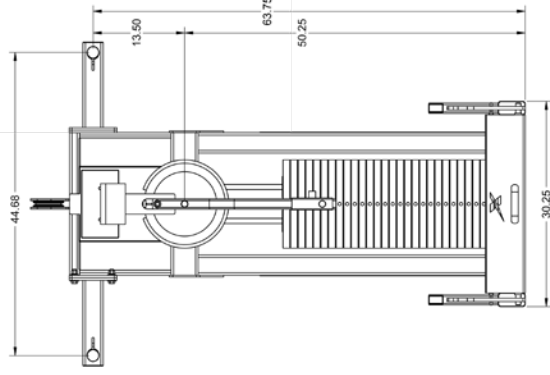
HIP ADDUCTION (AD)

Face the weight stack (Dial position at 3).
Place inner thigh of exercising leg on pad.
While maintaining posture, push the pad towards the mid-line of the body.

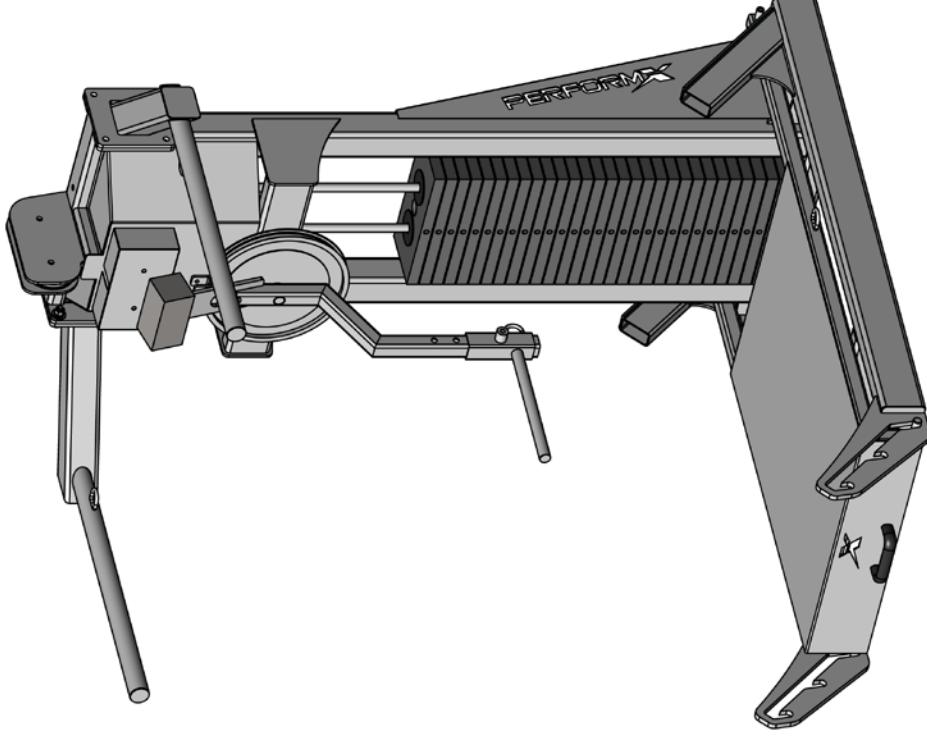
HIP-X MACHINE SPECIFICATIONS



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Physical Specifications	
Length	61"
Width	45"
Height	73"
Weight	980 lbs



HIP-X MACHINE RESISTANCE GUIDE

Resistance Color	Start Position	Finish Position
Red (Medium)	10 lbs	70 lbs
Blue (Heavy)	10 lbs	105 lbs
Gray (Ex. Heavy)	11 lbs	150 lbs
Black (Ultimate)	12.5 lbs	195 lbs