

Punching A b Rotation

Start: Pulley at mid position.
Hold the grip in one hand.
Facing equipment rotate 90 degrees.
Feet slightly more than shoulder width apart.
Hand at shoulder height with elbow up.



Start Position

Outward phase: Moving from torso.
Rotate torso away from equipment.
Punch in a slightly upward motion.



End Position

Inward Phase: Return to start position by rotating torso.

Leaning A b Rotation

Start: Pulley at high position.
Hold the grip with both hands.
Facing equipment rotate 90 degrees.
Feet slightly more than shoulder width apart.
Arms at 90 degrees with hands near shoulder closest to equipment.



Start Position

Outward Phase: Moving from torso.
Rotate upper torso away from equipment.
Hands move across body from shoulder position to opposite knee.
Keep abs tight.



End Position

Inward Phase: Return to start position maintaining proper stance.

Forward Lunge

Start: Pulley at mid to low position.
Hold the grips with hands and face away from equipment.



Start Position

Forward Phases: Take a natural step forward.
Flex the hip back.
Head forward.
Chest up.
Back flat.
Move until the knee is at 90 degrees and upper thigh is parallel to the floor.



End Position

Backward Phases: Stand up maintaining good body position.

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