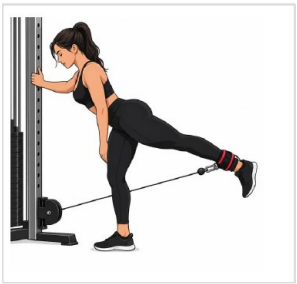
PADDED CABLE ANKLE STRAPS

ANKLE STRAPS EXERCISE MANUAL

ISOLATE. CONTROL. BUILD. TRAIN SMARTER.



2. 45° Kickback

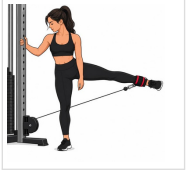
3 sets × 12–15 reps per leg



Targets: Upper glutes
- Kick back at a 45° angle away from your body.
- Keep the knee mostly straight and toes pointed down.
- Pause one second at peak contraction.

3. Standing Hip Abduction

3 sets × 15–20 reps per leg



Targets: Glute medius (outer hip)
- Stand side-on to the machine, working leg farthest away.
- Lift the leg straight out to the side without leaning over.
- Control the return — the lowering half builds the muscle too.

4. Cable Hip Adduction

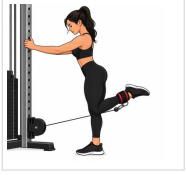
3 sets × 15–20 reps per leg



Targets: Inner thighs
- Stand side-on with the working leg closest to the machine.
- Sweep the leg across your body's midline.
- Keep your torso tall and core braced.

5. Standing Cable Hamstring Curl

3 sets × 12–15 reps per leg



Targets: Hamstrings
- Face the machine, knees side by side.
- Curl your heel toward your glute without moving your thigh.
- Slow 2-second lowering on every rep.

6. Cable Front Kick / Hip Flexion

3 sets × 12–15 reps per leg



Targets: Hip flexors, quads
- Face away from the machine.
- Drive the knee or straight leg forward and up.
- Stay tall — don't lean back as you kick.

7. Cable Donkey Kick

3 sets × 12–15 reps per leg



Targets: Glutes, hamstrings
- On all fours or hinged at the bench, cable low behind you.
- Drive your heel up toward the ceiling with a bent knee.
- Squeeze hard at the top; avoid dropping the hip.

8. Reverse Lunge with Cable Resistance

3 sets × 10–12 reps per leg



Targets: Glutes, quads
- Strap on the front (working) leg, facing away from the stack.
- Step back into a lunge, then drive through the front heel.
- The cable adds resistance through the hip as you stand.

9. Wrist-Cuff Cable Lateral Raise

3 sets × 12–15 reps per arm



Targets: Side delts
- Cuff on the wrist, cable at the lowest setting, stand side-on.
- Raise the arm out to the side to shoulder height, elbow soft.
- Grip-free cuff keeps all the tension on the delt, none on the forearm.

10. Wrist-Cuff Rear Delt Fly

3 sets × 12–15 reps per arm



Targets: Rear delts, upper back
- Cuff on the wrist, cable at chest height, arm across your body.
- Sweep the arm out and back in a wide arc, shoulder blade squeezing.
- Keep the torso still — only the arm moves.

11. Wrist-Cuff Cable Curl

3 sets × 10–12 reps per arm



Targets: Biceps
- Cuff on the wrist, palm facing up, elbow pinned to your side.
- Curl the wrist toward your shoulder without any hand fatigue.
- Great when your grip is fried after back day.

SAMPLE WEEKLY PLAN

Day 1	Glute Kickback 4×12–15, Hip Abduction 3×15–20, Hamstring Curl 3×12–15
Day 2	Rest
Day 3	45° Kickback 3×12–15, Adduction 3×15–20, Front Kick 3×12–15
Day 4	Rest
Day 5	Donkey Kick 3×12–15, Reverse Lunge 3×10–12, Abduction 2×20 burnout
Day 6–7	Rest and recover

PRO TIPS

- Light-to-moderate weight with a hard squeeze beats heavy weight with momentum on every one of these.
- Do glute work 2–3× per week, leaving at least one rest day between sessions.

- Grab a second strap and alternate legs with no rest to cut session time in half.
- If the cuff slides, re-wrap it tighter and higher above the ankle bone.
- Worn on the wrist, the cuff removes grip from the equation — perfect for isolating delts and biceps.

Safety first: Warm up before every session and progress loads gradually. Stop any exercise that causes sharp pain. This guide is general fitness information, not medical advice - consult a qualified professional if you have an injury or health condition. Inspect your gear before each use and replace it if worn or damaged.