

Hip Adductor/Abductor Machine



Technical description:

- Professional machine for **strengthening glutes and inner thigh muscles**
- Weight plate-based resistance
- Can be adjusted to 7 different positions
- Magnetic pin
- Ergonomic, high-density foam padding

- Anti-slip handles
- Powder-coated surface
- Picture instructions on the machine
- Water bottle holder
- **Gear ratio:** 1:1
- **Tensile strength:** 1,140 kg
- **Dimensions:** L 169.5 x W 72.5 x H 145 cm
- **Weight stack weight:** 85 kg
- **Number of weight plates:** 17 x 5 kg
- **Frame profile:** 100 x 50 x 3 mm
- **Padding thickness:** 7 cm
- **Frame weight:** 115 kg
- **Total weight:** 238.5 kg
- **Max load capacity:** 180 kg
- **Category:** S (EN 20957) – suitable for commercial use