

Plate-Loaded Standing Hip Abduction Machine inSPORTlive Velocer



Technical description:

- Targeted training of glutes and hamstrings for maximum activation
- Plate-loaded resistance using 50 mm plates (*plates not included*)
- Durable steel frame
- High-density ergonomic padding
- **Dimensions:** 160 × 97 × 139.5 cm
- **Leg pad dimensions:** 34 × 22 × 5 cm
- **Maximum user weight:** 180 kg
- **Maximum load:** 150 kg per side (300 kg total)
- **Frame profile:** 100 × 50 × 3 mm
- **Materials:** steel, PU foam, synthetic leather, wood
- **Machine weight:** 118 kg
- **Category:** S (EN 20957) – suitable for commercial use