

STANDING ABDUCTOR MACHINE / 1FE096



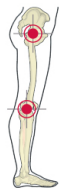
Features

- machine for training abductor and gluteus muscles

Technical Info

- large front support handles
- frontal weight pack

Movement



Exercise 1

Mono-Articular

Hip Bone

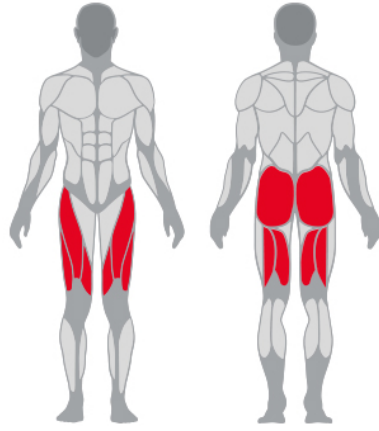
Exercise 2

Multi-Articular

Hip Bone

Knee

MUSCLES



TECHNICAL SPECIFICATIONS

Width	80 cm
Length	160 cm
Height	160 cm
Weight	230 Kg
Standard Load	100 Kg

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The accessories (dumbbells, discs and barbells) are always placed as decorum therefore not included in the machine.