

## GLUTE MACHINE

JPL - 504

Lat pull down - dual pulley machine boasts a compact design and ergonomic handles for comfortable workouts. With customizable resistance levels, users can adjust the intensity to suit their fitness goals. Its standing position ensures optimal alignment for engaging the abductor muscles effectively. Elevate your leg training routine with the Standing Abductor, engineered to deliver outstanding functionality and results.



Scan Here  
to Access the Video

### FEATURES

- ◆ **Targeted Glute Activation:** Isolates and strengthens glutes for better tone and lower-body strength.
- ◆ **Adjustable Resistance:** Easily customizable weight stack suits all fitness levels.
- ◆ **Ergonomic Design:** Ensures proper posture, minimizing back strain and maximizing engagement.
- ◆ **Padded Support Areas**  
High-density padding provides comfort for the chest and forearms during intense glute workouts.
- ◆ **Multiple Exercise Variations**  
Allows for single-leg or alternating-leg glute exercises, adding versatility to workouts.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 48 inches / 122 cms

Width: 40 inches / 102 cms

Height: 58 inches / 147 cms

Weight: 414.9 lbs / 188.2 kg

Weight stack: 165 lbs / 75 kg

**MUSCLE WORKED:** Gluteus Maximus, Gluteus Medius, Gluteus Minimus

**COLOURS AVAILABLE:** White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.

