

## ADDUCTOR / ABDUCTOR COMBO.

JPRL - 505

The Adductor/Abductor combo machine can be used to isolate both your adductors and abductors depending on the exercise chosen. The machine features easy adjustment for range of motion.



### FEATURES

- ◆ **Dual Functionality:** Combines abduction and adduction for versatile thigh training.
- ◆ **Adjustable Positions:** Customizable seat and leg pads target specific muscles.
- ◆ **Smooth Resistance:** Precision weight stack ensures fluid and consistent motion.
- ◆ **Ergonomic Design:** Maintains proper posture for maximum engagement and minimal strain.
- ◆ **High-Density Padding:** Comfortable seat and pads enhance support during workouts.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 75 inches / 191 cms  
Width: 48 inches / 122 cms  
Height: 60 inches / 152 cms  
Weight: 537.2 lbs / 243.7 kg  
Weight stack: 220 lbs / 100 kg

**MUSCLE WORKED:** Glutes, Adductors / Abductors

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

