

## ABDUCTION

JPL - 166

Engineered for precise lower-body training, the Abduction Machine effectively targets the gluteus maximus along with the inner and outer thigh muscles. Its ergonomic design promotes smooth, controlled movement and consistent resistance throughout every repetition, ensuring optimal muscle engagement and safety.



Scan Here  
to Access the Video

### FEATURES

- ◆ Targets glutes and inner & outer thighs effectively
- ◆ Ergonomic design for proper posture and comfort
- ◆ Smooth, controlled motion with consistent resistance
- ◆ Adjustable settings for different users
- ◆ Sturdy build for stability and safety

### SPECIFICATIONS

#### DIMENSIONS:

Length: 72 inches/183 cms

Width: 52 inches/132cms

Height: 59 inches/150 cms

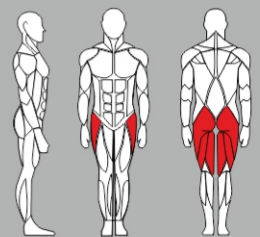
Weight: 448.6 lbs/203.5 kg

Start Weight: 14.4 kg

Max Loaded Both Side: 440 lbs/200 kg

**MUSCLE WORKED:** Glutes, Hamstrings

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



\*Plates are not included and need to be bought separately.