

ADDUCTOR / ABDUCTOR COMBO.

JCRL - 105

Adductor/Abductor Combo offers focused training for both hip adductors and abductors in one compact unit. Its adjustable movement range allows users to set up each exercise with ease, while the supportive seated position encourages controlled and comfortable movement.



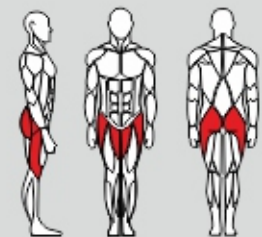
FEATURES

- ◆ **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.
- ◆ **Smart Accessory Storage:** Built-in accessory holder for shaker bottle and mobile phone.

SPECIFICATIONS

DIMENSIONS:

Length: 68 inches / 173 cms
Width: 34 inches / 86 cms
Height: 62 inches / 157 cms
Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Glutes & Adductors / Abductors

COLOURS AVAILABLE: Black.