

ADDUCTOR / ABDUCTOR COMBO.

JFL - 5060

It trains inner thigh muscles and outer hip muscles by focusing on the inner and outer part of the thigh depending on the variation chosen. The Jerai Fitness Adductor/Abductor provides a maximum weight of up to 220 lbs.



Scan Here
to Access the Video

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:

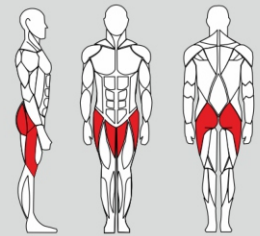
Length: 67 inches / 170 cms

Width: 36 inches / 91 cms

Height: 56 inches / 142 cms

Weight: 516 lbs / 234 kg

Weight stack: 165 lbs / 75 kg



MUSCLE WORKED: Glutes & Adductors / Abductors

COLOUR AVAILABLE: Black.