

Standing Abductor, Plate Loaded

Plate Loaded Gym machines



Standing Abductor, one of Gymleco's most popular leg machines has now come in a free weight version! The Standing Abductor targets the glutes and hip abductor muscles. The muscles are located on the outside of the hips, making this exercise great for strength and stability in the hip muscles when walking and running. The resistance in this standing gym machine changes during the movement with lighter resistance at the end which enables a correct and long movement.

The leg machine has no settings, which means it is intuitive and easy for anyone to use. Just load up with weight plates, stand on the footplates with your legs against the pads, take a steady grip the rubberized handles, bend your legs, push your legs out in a controlled manner and bring them slowly back to starting position.

The foot plates in the machine are tilted backwards, which increases the focus on training the gluteus muscles. The gym machine is compact and extremely space-efficient, which means you can easily add it in your current gym. Without weights, it is also easy to move and comes completely assembled, making it easy for you to install and start using the machine.

For many years people at the gym has been creative in their workouts. The idea for this machine was born when gym members started standing back and forth on Gymleco's abductor machine. This machine was therefore born from the minds of the users and have been a succes ever since.

- Width: 54 cm
- Depth: 136,5 cm
- Height: 141,5cm
- Weight: 90 kg