



Pro Series Plate Loaded, Standing Hip Abductor

SKU: **GG-PRO-PL-110**

Precision isolation for stronger glutes, the Pro Series Plate Loaded Standing Hip Abductor delivers smooth, controlled movement to target the gluteus maximus. Quick-load weight pins and oversized pads provide comfort and stability, while safety-focused design features keep every rep secure. Targets the gluteus maximus for strength, tone, and power Weight pins for fast, effortless plate changes Oversized, widened leg pads to suit users of all sizes High-strength engineering plastic protective covers for lasting durability Built-in limiting mechanism to ensure safe range of motion Turning point width aligned with hip joint for ...



Technical Specifications

Weight	83.9 kg	Plate Loaded	Yes
Length / Depth	172 cm		
Height	128 cm		
Width	59.5 cm		
Frame Weight	83.9 kg		
Start Weight	8.6 kg		
Loading Capacity	150 kg		

