Adductor/Abductor

ES-55A10YR



The Adductor / Abductor embodies the core principles of the Essential Strength Line—durability, smooth performance, and intuitive movement. This dual-function unit is designed to effectively target the inner and outer thigh muscles, supporting balanced lower body strength, stability, and mobility. Engineered for full-commercial environments, this machine features an easy-entry design with adjustable positioning to accommodate a wide range of users. Smooth resistance, ergonomic support, and controlled movement make it ideal for both beginner and advanced training programs.

Key Features & Specifications:

- Commercial-Grade Frame Construction: Main frame: 4.65" × 2.95" × 0.12" semi-elliptical steel tubing Functional area: 4.72" × 1.97" × 0.12" flat oval tubing Movement arms: 3.15" × 1.57" × 0.12" steel tubing Joint sections: 3.94" × 1.97" × 0.12" flat oval tubing All structural components utilize high-quality Q235 steel.

- Smooth & Durable Performance: Cable-driven system eliminates slack for smooth, consistent resistance High-strength cable system rated for up to 3,080 lbs. ensures long-term durability. CNC-machined POM pulleys with premium bearings deliver quiet, low-friction operation under heavy use Internally routed cables maintain a clean and organized machine design.

- User-Focused Design: Easy-entry setup with adjustable leg positioning for a wide range of users Oversized aluminum foot pedals and large ergonomic leg pads enhance comfort and stability during training. Designed for smooth transitions between adduction and abduction movements.

- Full Shroud Design: Durable full shrouds constructed from 0.16" thick virgin ABS for enhanced safety and a clean, modern appearance.

- Comfort-Driven Components: High-density foam padding provides long-lasting comfort and support Upholstered with furniture-grade PU leather for durability and easy maintenance.

- Net Weight: 452lb
- Gross Weight: 478lb
- Weight Stack: 175lb

DIMENSION IN INCHES

Height	Width	Length
63.8	37.4	66.5