



Selectorisised Abductor / Adductor (Outer / Inner Thigh) Machine

SKU: F-R-AAOIT

Product Images





Short Description

Target and tone your inner and outer thighs with the **Force USA Ridgeline Abductor / Adductor Machine**. This dual-purpose lower-body machine is perfect for isolating the hip abductors and adductors, offering smooth and precise movements that improve muscle strength, flexibility, and joint stability. Built for commercial gym use, the F-R-AAOIT combines ergonomic comfort, adjustability, and durability, making it an invaluable addition to any facility's equipment lineup.

Description

Why should you buy the Force USA Ridgeline Abductor / Adductor Machine from Titanium Strength?

TWO-IN-ONE HIP TRAINING MACHINE

The F-R-AAOIT delivers a complete solution for training both inner and outer thigh muscles. By simply adjusting the pads, users can switch seamlessly between abductor and adductor exercises.

ADJUSTABLE SEAT AND PADS FOR A PERFECT FIT

Customizable seat and pad adjustments allow users to achieve optimal positioning for proper alignment and maximum muscle engagement, making it suitable for all body types.

COMMERCIAL-GRADE BUILD FOR EXTREME DURABILITY

Constructed from high-tensile steel, the F-R-AAOIT is built to endure heavy use in busy gym environments. Its sleek, corrosion-resistant coating ensures longevity and professional aesthetics.

BIOMECHANICAL PRECISION FOR SMOOTH MOVEMENTS

Designed with biomechanics in mind, this machine ensures a natural range of motion and fluid operation, reducing joint stress while optimizing muscle activation.

SPACE-EFFICIENT DESIGN

The F-R-AAOIT offers maximum functionality in a space-saving footprint, making it ideal for gyms aiming to maximize their training equipment without overcrowding their space.

SPECIFICATIONS

- Usage: Full Commercial
- Assembled Dimensions: 133 cm (L) x 80 cm (W) x 133 cm (H)
- Weight Rating: 120 kg
- Max User Weight: 180 kg
- Frame Material: Heavy-duty steel with anti-corrosion powder coating

About Titanium Strength:

Leading brand in the sale of equipment and machines for strength and cardio training.

Additional Information

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| Use | Commercial |
| Colour | Black |
| Manufacturer | Force USA |
| Body Part | Legs |
| Total weight stack | 120 |
| Product Line | Ridge Series |
| Cable Ratio | 1:1 |