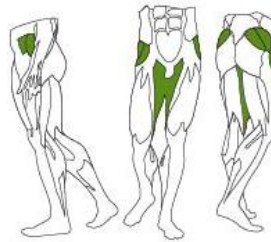


L250 – Abduction / Adduction

TR Series



muscles:
abduction (medial and minor gluteous) and adduction



Specifications	
Length	80.5 cm / 31.7"
Width	173 cm / 68.1
Height	148.5 cm / 58.5"
Weight	197 kg / 434 lbs
Weight stack	68 kg / 150 lbs

Possibility of performing a double exercise



This machine develops abduction and adduction muscles. The pads allow 360° free hold.

Angle selector with 7 different positions for each leg



Allows to choose the starting position and to choose either abduction or adduction exercise, doing wider or shorter routes with each leg.

Photovoltaic technology in strength equipment: *Optional Photovoltaic Monitor*



Our monitors provide useful information for the user:

- Didactic aim:**
Help the users to check whether the rep was
- Causes motivation:**
It encourages the users to improve the exercise
- Helps to user loyalty:**
The desire of self-improvement in repetitions, lifted weight or burned calories, promotes motivation and user loyalty to the center.

- Information provided:**
- Right repetitions completed
 - Percentage completed
 - Range of exercises in each repetition
 - Calories
 - Total weight lifted
 - Rest time between sessions