

Adductor/Abductor

Model: ES-55A10YR

FEATURES

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



SPECIFICATIONS

- Net Weight:** 452lbs
- Gross Weight:** 478lbs
- Footprint (L × W × H):** 63.8" × 28.2" × 63.8"
- Weight Stack:** 175lbs