

GPL0622

Glutebuilder Plate Loaded

# 3D Multi-Abductor



Developed in partnership with Glutebuilder and exclusively available from Precor, the Glutebuilder plate loaded line is a full range of products dedicated to targeting the glutes, legs and hip muscles. The precision biomechanics create an exact motion path with smooth, constant resistance ensuring effective and efficient workouts. The multiple adjustment points allow exercisers to find the perfect fit and range of motion for each exercise.

The 3D Multi-Abductor is designed with a multi-planar 3D motion and an optimized resistance profile ensures the glutes are challenged through the entire range of motion. The adjustable seat back shifts the emphasis from the gluteus maximus to the medius muscles.



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### Multi-Seat Positions

The multi-position back pad can easily tilt to five different angles, shifting the emphasis from the gluteus maximus to the medius muscles.

### Natural Path of Motion

The unique 3D motion path replicates a natural range of motion, allowing hip abduction, external hip rotation, and hip extension. An increased range of motion and optimized resistance profile ensures the glutes are optimally challenged throughout the range of motion.

### Easy Entry and Exit

Thigh pads adjust to multiple starting positions to fully engage the muscles and accommodate entry and exit from the equipment.

### Weight Storage Horns

Two weight horns are positioned at an optimal height for easy loading and unloading of weights and provide storage for extra weight plates.



## Specifications

**Dimensions (L x W x H):** 72 x 51 x 58 in / 183 x 153 x 147 cm

**Equipment Weight:** 330 lb / 150 kg

**Max Load Weight:** 440 lb / 200 kg

**Max User Weight:** 350 lb / 159 kg

Starting Weight: 11 lb / 5 kg

**Recommended Weight Plates:** 4 x 45 lb, 2 x 35 lb, 2 x 25 lb, 2 x 10 lb

**Weight Storage Horns:** 2

**Frame and Finish:** Heavy-duty steel tubing is welded in all structural areas to withstand the most severe environments. Powder coated frame.

**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.

## Color Options\*

### Frame



Black Pearl    Gloss Metallic    Gloss White\*\*

\* Custom frame colors are available, subject to minimum order quantities and extended lead times.

\*\*Additional lead time applies.

### Upholstery



Black

### Additional Upholstery Options\*\*



Grey    Slate    American Beauty    Candy Apple    All Spice    Bucksuede



Burgundy    Royal Blue    Blue Jay    Chocolate    Hunter Green

\* Additional upholstery options may have longer lead times. Please contact a sales representative.

\* Colors may vary.

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