

SA SELECTORIZED SERIES
SA036 - STANDING/SEATED ABDUCTION

PRODUCT OVERVIEW

The SA036 is a selectorized strength machine designed specifically for targeted glute training. Featuring a high-smoothness pulley system, it delivers a controlled, stable training experience. The equipment supports two training modes, effectively activating the gluteus maximus, medius, and minimus to meet diverse training goals—from physique enhancement to performance improvement.

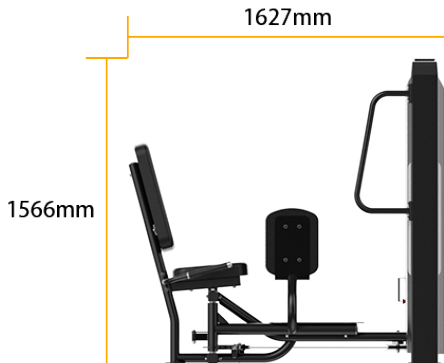
An extra-long angled handle provides stable support during standing exercises and adapts to various hip flexion angles, helping users maintain balance and focus on proper glute engagement. The wide thigh pad offers firm support for the lower leg and knee joint, minimizing compensatory movements and ensuring precise isolation of the hip joint.

The seat and backrest are ergonomically designed and precisely angled to support the natural range of motion, helping users find the optimal power path for comfortable and efficient activation. Dual side handles beside the seat further stabilize the user throughout the movement for enhanced safety and control.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1519*1357*1566mm
Total Weight:	251kg
Weight Stack:	100kg
Max Weight Stack:	125kg



Product Features



Dual Training Modes in One Machine

Supports two glute-focused movement patterns to fully engage the gluteus maximus, medius, and minimus.



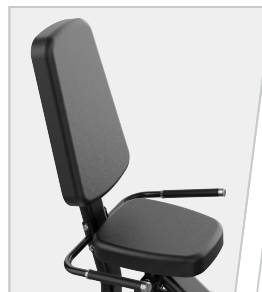
Extra-Long Angled Handles

Provides solid support during standing movements, adapting to different arm lengths and hip angles for comprehensive glute activation.



Wide Thigh Support Pad

Offers stable lower leg and knee support, reduces compensation, and ensures precise hip isolation.



Ergonomic Seat and Backrest

Designed to align with the muscle force path, enhancing comfort, posture, and training efficiency.