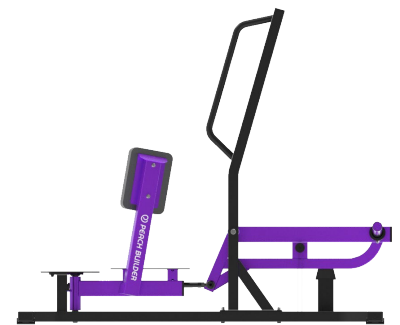
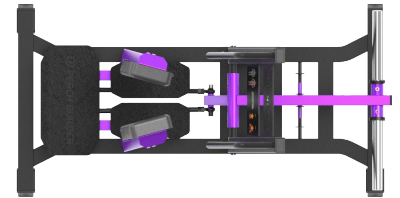


PB PLATE LOADED SERIES

PB403 - STANDING ABDUCTOR



PRODUCT OVERVIEW

The PB403 is a high-end plate-loaded strength machine designed specifically for glute and hip abduction training. Compared to seated abduction, the standing posture allows for more functional activation of the gluteus medius, gluteus minimus, and deep stabilizers, while simultaneously training balance, pelvic control, and core stability.

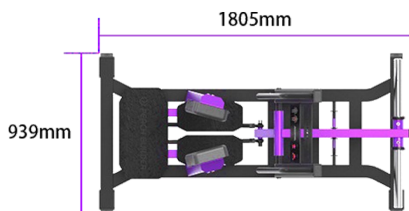
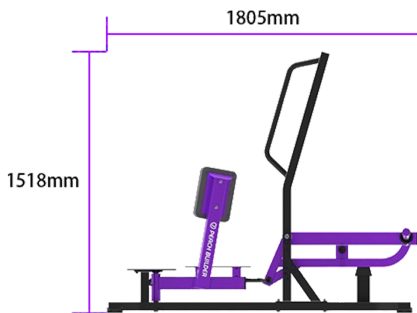
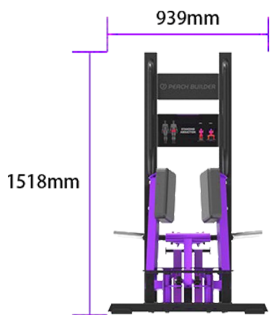
Rooted in biomechanical and kinetic-chain principles, the PB403 allows the hip to move freely through a natural abduction path, enabling smooth force transmission and precise isolation. The inward-curved high-density leg pad maintains continuous contact throughout the motion, preventing momentum and compensatory engagement from the ankle or knee.

The extended anti-slip handles ensure full-body stability across different stances, while the front-mounted resistance band pegs introduce progressive overload during the concentric phase, maximizing peak contraction and glute development. The textured anti-slip footplate provides a secure base for training, enabling safer and more efficient movement execution.

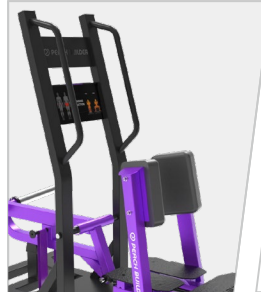
SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1805*939*1518mm
Net Weight:	128kg



Product Features



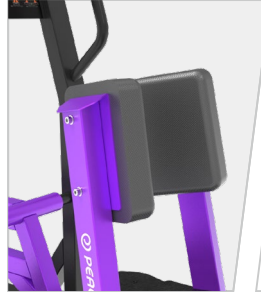
Functional Standing Design

Trains single-leg stability and glute activation for better pelvic and core control.



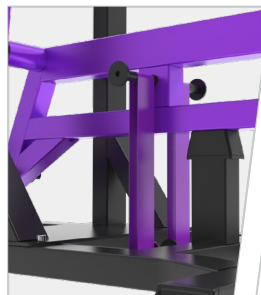
Natural Motion Path

Biomechanically optimized lever system ensures smooth and efficient hip abduction.



Contoured Leg Support

Inward-curved pads maintain leg alignment and continuous muscle engagement.



Progressive Resistance

Band pegs add end-range overload to deepen muscle contraction and tension.



Stable Support System

Anti-slip handles and footplate provide secure footing and balance during movement.