

## INDIVIDUAL PRODUCT DETAILS

**AE8032**  
**Rear Kick**



### 1. Identity Card

Model AE8032

English Name Rear Kick

Primary Muscle Gluteus Maximus

Secondary Muscles Hamstrings

One-line Pitch

"Maximizing floor efficiency via mirrored layout, while achieving deep glute isolation through a stable kneeling system and precise motion trajectories."

## 2. Product Overview

The **AE8032** is a selectorized strength machine specifically engineered for gluteal training. Defined by its precision aesthetics and compact, sculpted lines, it embodies the AE Series' commitment to both space efficiency and training intensity. The upright kneeling posture helps users maintain a stable pelvic position, ensuring more precise gluteal engagement and reducing unwanted compensation. The ergonomic chest pad, combined with front handles, provides solid support to prevent swaying and maintain proper body alignment. High-resilience knee pads offer stable leg support, ensuring core and pelvic stability to avoid joint compensation and enhance training focus. The motion arm trajectory accurately matches the gluteal muscle path. Combined with a 5-position arm angle adjustment and 7-position footbar adjustment, it ensures users of all heights and leg lengths can achieve precise positioning, guaranteeing an optimal range of motion and superior training results.

### 3. Key Features



#### More Natural and Scientific Posture

The upright kneeling design helps users lock the pelvis during training, significantly reducing unwanted compensation in the lumbar spine.



#### Comprehensive Stability Support System

Ergonomically designed pads combined with auxiliary handles ensure total stability during heavy training sessions.



#### Muscle-Function Aligned Motion Path

The swinging trajectory perfectly matches the natural biomechanical function of the glutes for purer engagement and higher efficiency.



#### Multi-Dimensional Precision Adjustment

A 5-position arm adjustment paired with a 7-position footbar adjustment accommodates various body types and habits for optimal force alignment.

## 4. Main Parameters

Functional	Single Function
Dimensions (L × W × H)	1513×1469×1529mm 59.6"×58"×60"
Net Weight	187KG/412lbs
Weight Stack Options	105KG/231lbs
Maximum Weight Stack	105KG/231lbs
Maximum body weight	150KG/331lbs
Machine pulley ratio	1:1
Main Frame Tubing	J50×150×3.0mm J50×100×2.5mm
Arm Tubing	J40×80×3.0mm