

INDIVIDUAL PRODUCT DETAILS

AE8020 Abductor / Adductor



1. Identity Card

型号 (Model)	AE8020
Model	AE8020
English Name	Abductor / Adductor
Primary Muscle	Gluteus Medius、Adductors
Secondary Muscles	Gluteus Maximus、Gluteus Minimus

One-line Pitch

"Maximizing floor efficiency via mirrored layout, while precisely sculpting glutes and thighs with a 3-in-1 mode and 10-position backrest."

2. Product Overview

The **AE8020** is a selectorized strength machine specifically engineered for gluteal and adductor training. Featuring precision aesthetics and compact, sculpted lines, it delivers dual efficiency in space utilization and training intensity. The equipment supports three training modes to fully activate the glutes and adductors, catering to diverse goals from body shaping to athletic performance. The thigh pad offers 8 adjustment positions to accommodate different training modes and individual range-of-motion requirements. An inclined, oversized thigh pad structure provides stable support for the lower legs and knees, minimizing compensatory movements. With a 10-position adjustable backrest, the motion path precisely aligns with the muscle fiber orientations of the gluteus maximus, medius, and minimus. Additionally, auxiliary grips on both the seat sides and the weight stack—featuring a dual-angle extended design—accommodate various heights and gripping habits, ensuring superior stability during both seated and standing exercises.

3. Key Features



3-in-1 Training Modes

Supports two motion paths and three training formats, fully covering glutes and adductors to achieve multiple training goals on one machine.



Inclined Oversized Thigh Pad Support

Ensures absolute stability for the lower legs and knees, significantly reducing compensation for pure muscle isolation.



10-Position Adjustable Backrest

Precision backrest adjustments align the motion path with specific gluteal muscle fibers, enhancing scientific accuracy and training efficiency.



Dual-Angle Extended Auxiliary Grips

Designed for various heights and grip preferences, helping users stabilize their posture across different exercises to enhance intensity and safety.

4. Main Parameters

Functional	Dual Function
Dimensions (L × W × H)	1700×832×1530mm 67"×33"×60"
Total Weight	308Kg/679lbs
Weight Stack Options	105kg/231lbs
Maximum Weight Stack	117.5kg/259lbs
Maximum body weight	150kg/331lbs
Machine pulley ratio	2:1
Main Frame Tubing	J50×150×2.5mm J50×150×3.0mm
Arm Tubing	J50×100×2.5mm