

## INDIVIDUAL PRODUCT DETAILS

**BR7044**  
**Abductor**



### 1. Identity Card

Model	BR7044
English Name	Abductor
Primary Muscle	Gluteus Medius, Gluteus Minimus
Secondary Muscles	TFL, Upper Gluteus Maximus

#### One-line Pitch

“Achieving ultimate isolated activation of the lateral glutes through a standing multi-dimensional training logic and precise power transmission design.”

## 2. Product Overview

The **BR7044** is a premium plate-loaded trainer engineered for the gluteal complex, featuring a robust exterior and solid structure ideal for professional strength facilities, athletic performance centers, and advanced strength zones within commercial fitness clubs. This equipment utilizes a standing training modality, allowing users to perform hip abduction at various hip flexion angles to comprehensively activate the gluteus medius and minimus. The extended auxiliary handles are precision-angled to align with the natural arm path, providing stable support in both upright and leaned positions while minimizing wrist strain. The contoured, tilted calf pads match the leg's anatomy to ensure stable bracing, preventing knee shear and minimizing compensation from non-target muscles. Additionally, the oversized anti-slip footplate ensures easy access and maintains superior stability during high-intensity abduction movements, maximizing overall training performance.

### 3. Key Features



#### Ergonomic Multi-Position Handles

Extended design aligns with natural movement paths for a stable grip, effectively reducing wrist strain and enhancing control across various training postures.



#### Force-Oriented Contoured Pads

Pelvic support system and 4-position backrest adapt to different body types and hip mobilities, ensuring users maintain the optimal mechanical force path.



#### Biomechanical Load Curve Optimization

Pivot points and resistance arms are perfectly matched to hip abduction torque variations, ensuring consistent and even tension throughout the entire range of motion.



#### Stable Anti-Slip Footplate

Oversized footplate with high-performance anti-slip texture ensures absolute foot stability while enhancing the ease and safety of mounting and dismounting.

## 4. Main Parameters

Functional	Single Function
Dimensions (L × W × H)	1655x1495x1615mm 65"×59"×64"
Net Weight	168kg/370LBS
Starting weight without load	3kg/6.6LBS
Max Load Capacity	150kg/331LBS
Training handle material	stainless steel、knurling
Bearing type	linear motion bearing
Linkage mechanism	YES
Main Frame Tubing	PT50×100×2.5mm
Arm Tubing	RJ50×70×3.0m