GLUTEBUILDER® SELECTORISED

3D Multi-abductor Pro

GSL0622B



Developed in partnership with Glutebuilder and exclusively available from Precor, the Glutebuilder Selectorised line delivers targeted glute, leg and hip training equipment in a space-efficient design. The precision biomechanics guide exercisers through a precise, guided motion path designed to maximise muscle engagement and support proper joint alignment. The multiple adjustment points and integrated weight stack allow exercisers to personalise fit and resistance, creating an approachable experience focused on lower-body training.

The Selectorised 3D Multi-abductor Pro is designed to support standing, seated and lying hip abduction in one unit, offering multiple training positions within a single footprint. Its 3D motion path follows the body's natural hip mechanics to increase glute engagement and allow for a fuller range of motion. A standing variation with footplates, front support handles and an integrated hip belt provides added stability for controlled performance, while the weight stack placement helps create a more discreet training experience.








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Product features



3D BIOMECHANICS

A unique 3D arc motion path combines hip abduction, external rotation and extension to align with the natural mechanics of the hip and glute function. This movement path enhances range of motion and ensures consistent glute engagement throughout the exercise.

MULTI-POSITION TRAINING

Supports standing, seated and lying hip abduction within one unit. Oversized knee pads, footplates and front support handles enable a stable standing variation, expanding exercise options without increasing footprint.

STABILISED HIP POSITIONING

An integrated hip belt stabilises the pelvis to reduce lower-back involvement and support stronger, more controlled glute activation.

MULTIPLE ADJUSTMENT POINTS

A seven-position adjustable backrest provides targeted positioning to shift emphasis between the gluteus maximus and gluteus medius. The adjustable starting range of motion accommodates a wide range of exercisers and training preferences.

Specifications

Dimensions (L x W x H): 74 x 178 x 145 cm
Weight stack tower height: 148 cm
Product weight: 218 kg
Weight stack: 150 kg
Frame and finish: Heavy-duty steel tubing is welded in all structural areas to withstand the most demanding training environments.
Powder-coated frame.
Warranty: Visit www.precor.com for warranty terms.

Colour options*

Frame

Black Pearl
Gloss Metallic Silver
Gloss White**
Flame Red**

Upholstery

Black

Additional upholstery options**

Lite Grey
Graphite
Slate
American Beauty
Toffee Apple
All Spice
Bucksuede
Burgundy
Royal Blue
Blue Jay
Chocolate
Hunter Green

*Custom frame colours are available, subject to minimum order quantities and extended lead times.

** Additional lead time applies.

• Additional upholstery options may have longer lead times. Please contact a sales representative.
• Colours may vary.

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