059 Adduction Inner Thigh Machine



Benefits

Strengthens Inner Thighs
Targets the adductor muscles for stronger legs.

Improves Hip Stability
Supports stability and control around the hips.

Supports Pelvic Alignment
Helps maintain proper pelvic positioning and balance.

Enhances Lower-Body Movement
Improves strength and control during everyday movements.

Uses

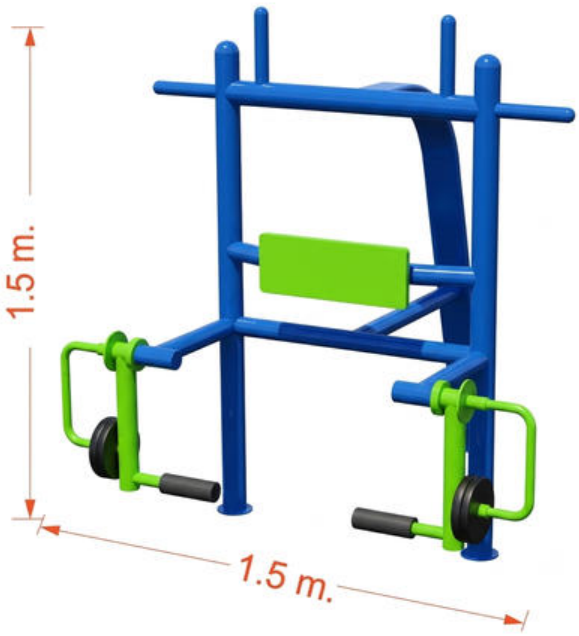
Strengthens Inner Thighs
Primarily targets the adductor muscles.

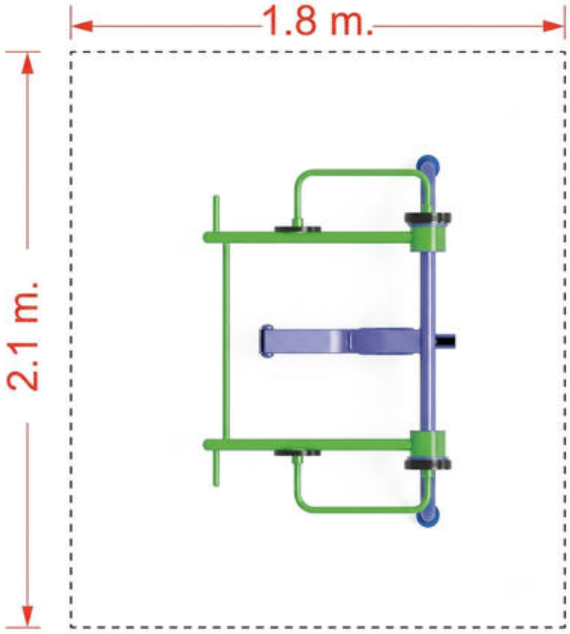
Targets Adductor Muscles
Works the adductor magnus, adductor longus, and related muscles.

Improves Hip Strength
Supports stronger and more stable hip movement.

Enhances Lower-Body Fitness
Contributes to overall leg strength and functional movement.

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Actual equipment size	Minimum recommended area	Age group	Play capacity
1.5 × 1.2 × 1.5 m	2.1 × 1.8 × 1.8 m	12 years+	1 user

Approved rate schedule
(All inclusive)

₹ 1,54,690/-

Get a quotation
mahaplaygrounds.com/059

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