HVO Fitness Expands Its Home Hip Training Focus with HA301

The plate-loaded machine combines hip abduction and adduction for home gyms.



CA, UNITED STATES, September 30, 2026 /EINPresswire.com/ -- HVO Fitness, the strength-equipment brand of HVO Global Limited, offers the HA301 Hip Abductor/Adductor Machine for home and garage gyms where users want a dedicated station for outer-hip and inner-thigh training. The HA301 combines hip abduction and adduction in one plate-loaded machine. Its design includes six starting positions, 360-degree rotating thigh pads, a four-position backrest and extended foot supports, giving users several ways to adjust their training position without moving between separate machines.
The machine also works with both 1-inch standard plates and 2-inch Olympic plates, making it compatible with two common plate formats already found in home strength setups.

One Machine for Abduction and Adduction
Hip abduction moves the legs outward from the body's midline and is commonly used to train the outer hip area. Hip adduction brings the legs inward and places more emphasis on the inner thighs.
The HA301 handles both movements at the same station.

For a home gym, this has a practical space advantage. Users who regularly include both movements in their lower-body training do not need separate abductor and adductor machines.
The six starting positions allow the opening angle to be changed before a set. The rotating thigh pads support the transition between abduction and adduction, while the backrest and foot supports help users adjust how they sit in the machine.
Those settings are also useful when a machine is shared. Two people using the same home gym may differ in height, leg length, hip mobility or preferred range of motion. Being able to reset the starting position and body support gives each person a more repeatable setup.

Plate-Loaded Resistance in a Home Gym

The HA301 uses a plate-loaded resistance system instead of a built-in weight stack.
For home gyms that already contain a rack, bench, barbell or other plate-loaded equipment, this can simplify how resistance is managed across the room. Existing compatible plates can be used on the machine, and additional weight can be added gradually as training progresses.
Plate loading does require the user to change plates manually. A selectorized machine is faster when resistance needs to be changed frequently, but a plate-loaded setup can make sense when plates are already part of the gym.
The HA301 is therefore aimed at a fairly specific type of home training environment: a permanent strength area where hip and thigh isolation work is performed often enough to justify a dedicated machine.
That may include a garage gym, basement gym or other room where equipment remains assembled between sessions.
Before adding a machine of this type, floor space is only one measurement to consider. Users also need clearance to enter and exit the machine, load plates and make position changes. Doorways, hallways and other access points can matter during installation as well.

From General Strength Equipment to Targeted Training

Many home gyms begin with versatile equipment such as dumbbells, a bench, rack or barbell. Dedicated strength machines often become relevant later, once particular movements are being trained consistently.
The HA301 fits that stage of a home-gym setup. It does not replace squats, lunges or other lower-body exercises. Its role is more specific: providing a fixed station for repeated hip abduction and adduction training.
That narrower role also helps explain HVO Fitness as a brand.
HVO Fitness focuses on dedicated strength equipment for home gyms, garage gyms and private training spaces. Within its glute and leg equipment range, the HA301 represents that approach through targeted training, plate-loaded resistance and adjustment features intended for regular home use.

About HVO Fitness

HVO Fitness is a strength-equipment brand of HVO Global Limited. The company offers dedicated strength machines for home gyms, garage gyms and selected private fitness

environments, including equipment for targeted glute and leg training.

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