

Versa Abdominal

VS-S53

Our Versa Abdominal station features a versatile three-position design to focus on abs, obliques and core rotation. It includes an ergonomic back pad for improved range of motion and comfort.

- 3-position design trains abdominals and obliques for added exercise variety and core rotation
- Ergonomic back pad for improved range of motion and comfort
- Incremental weight



| Adjustments                               |                                  |
|---|----------------------------------|
| Adjustable Pulley Start Position          | Adjustable Pulley Start Position |
| Color Coded Pivots & Points of Adjustment | Yes                              |

| Frame & Cables     |   |
|--------------------|---|
| Frame Color        | Iced Silver                             |
| Frame Finish       | Proprietary two-coat powder process     |
| Machine Anchoring  | Machine anchoring locations             |
| Cable Transmission | Internally lubricated cables & fittings |

| Tech Specs                         |   |
|------------------------------------|---|
| Product Weight (Standard Stack)    | 197 kg / 433 lbs.                                       |
| Product Weight (Heavy Stack)       | 229 kg / 503 lbs.                                       |
| Overall Dimensions (L x W x H)     | 136.6 x 141.4 x 167.1 cm / 53.8" x 55.7" x 65.8"        |
| Rep Counter Battery Life           | Approximately 3 years                                   |
| Rep Counter Machine Usage Tracking | Service mode tracks total machine reps and hours of use |
| Rep Counter Power Supply           | 2 AA batteries  |

| User Amenities       |  |
|----------------------|--|
| Front Placards       | Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements |
| Rear Placards        | Color-coded machine identification & machine specific stretching   |
| Placard Color Coding | Green (core)   |
| Personal Storage     | Bottle holder, storage area and towel holder (Towel Holder on Rep Counter Only)                                |
| Rep Counter          | Electronic counter displays reps, exercise time and rest time & provides towel holder hook                     |

| Weight Stack              |   |
|---------------------------|---|
| Consistent Stack Height   | Yes   |
| Total Stack Weight        | Heavy: 230 lbs (104 kg), Standard: 160 lbs (72 kg)                  |
| Weight Stack Guarding     | Full front and rear shields   |
| Weight Plate Increments   | Heavy: 15 lbs (6.8 kg) & 10 lbs (4.5 kg), Standard: 10 lbs (4.5 kg) |
| Incremental Weight System | 5 lbs (2.3 kg)  |