

Go Series Abdominal

GO-S53

Help those just getting started strengthen and engage their core. Oversized, soft grips offer a comfortable hold while reducing stress on shoulder joints, and a contoured back pad aids in core stretching. Its space-saving design fits your facility as well as it fits your budget.

- Optional Incremental Weight (GO-IW) available for small 2.3-kg / 5-lb. weight increments.
- Large color-coded placard helps users identify muscles targeted (upper, core, lower body), as well as start/finish positions and adjustments (if applicable).
- Compact footprint, combined with a stack-to-stack design, allows for more products in a smaller space.
- Low stack height allows users and staff to easily see through a facility.
- Long oversized grips and cable motion allow use without requiring an adjustment.
- Ergonomic curved back pad comfortably provides a full range of motion.



ADJUSTMENTS	
USER ADJUSTMENT RANGE	N/A
COLOR-CODED PIVOTS & POINTS OF ADJUSTMENT	Yes

FRAME & CABLES	
AVAILABLE FRAME COLOR	Iced Silver, Matte Black, Graphite Grey, Gloss Black, Polarized Titanium, Lace White
MACHINE ANCHORING LOCATIONS	Yes
CABLE TRANSMISSION	Internally lubricated cables and fittings
FRAME FINISH	Proprietary two-coat powder process

TECH SPECS	
PRODUCT WEIGHT	150.5 kg / 332 lbs.
OVERALL DIMENSIONS	158 x 94.5 x 137 cm / 62.2" x 37.2" x 54"
MAX USER WEIGHT	159 kg / 350 lbs.
MAX "IN-USE" DIMENSIONS	158 x 94.5 x 137 cm / 62.2" x 37.2" x 54"

USER AMENITIES	
PLACARD COLOR CCODING	Green (core)
PERSONAL STORAGE	Bottle holder and storage area
FRONT PLACARDS	Muscle call outs, start and finish exercise illustrations

WEIGHT STACK	
CONSISTENT STACK HEIGHT	Yes, 137 cm / 54"
OPTIONAL INCREMENTAL WEIGHT	2.3 kg / 5 lbs.
WEIGHT STACK GUARDING	Full front and rear metal shrouds
TOTAL STACK WEIGHT	63 kg / 140 lbs.
WEIGHT PLATE INCREMENTS	4.5 kg / 10 lbs.