

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	
CABLE TRANSMISSION	Internally lubricated cables & fittings
MACHINE ANCHORING	Machine anchoring locations
FRAME COLOR	Iced Silver
FRAME FINISH	Proprietary two-coat powder process

TECH SPECS	
REP COUNTER POWER SUPPLY	2 AA batteries
REP COUNTER BATTERY LIFE	Approximately 3 years
REP COUNTER MACHINE USAGE TRACKING	Service mode tracks total machine reps and hours of use
OVERALL DIMENSIONS	136.6 x 141.4 x 167.1 cm / 53.8" x 55.7" x 65.8"
PRODUCT WEIGHT (HEAVY STACK)	229 kg / 503 lbs.
PRODUCT WEIGHT (STANDARD STACK)	197 kg / 433 lbs.

USER AMENITIES	
REAR PLACARDS	Color-coded machine identification & machine specific stretching
FRONT PLACARDS	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements
REP COUNTER	Electronic counter displays reps, exercise time and rest time & provides towel holder hook
PERSONAL STORAGE	Bottle holder, storage area and towel holder (Towel Holder on Rep Counter Only)
PLACARD COLOR CODING	Green (core)

WEIGHT STACK	
INCREMENTAL WEIGHT SYSTEM	5 lbs (2.3 kg)
WEIGHT PLATE INCREMENTS	Heavy: 15 lbs (6.8 kg) & 10 lbs (4.5 kg), Standard: 10 lbs (4.5 kg)
WEIGHT STACK GUARDING	Full front and rear shields
TOTAL STACK WEIGHT	Heavy: 230 lbs (104 kg), Standard: 160 lbs (72 kg)
CONSISTENT STACK HEIGHT	Yes