

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)