

# Rotary Torso

## G7-S55



- Kneeling position minimizes low-back stress while stretching hip flexors
- Contoured knee pads with wear covers enhance comfort, stability and durability
- Range of motion feature with 8 different start positions add greater versatility
- Oversized handlebars accommodate a variety of users without an adjustment
- Knee pad wear cover improves upholstery performance in high contact areas
- The optional Intelligent Training Console features Endurance, Build and Strength programs to give members a guided training experience specific to their goals

### ADJUSTMENTS

User adjustment range	4 knee pad start positions on each side
Color coded pivots & points of adjustment	Yes

### FRAME & CABLES

Available frame colors	Iced Silver, Matte Black, Gloss Black, Lace White, Polarized Titanium
Frame finish	Proprietary two-coat powder process
Cable transmission	Internally lubricated cables & fittings
Machine anchoring	Independent machine hold down brackets
Integrated leveling system	Yes, top-down leveler

### TECH SPECS

Overall "static" dimensions (L x W x H)	117 x 123 x 141 cm / 45.8" x 48.2" x 55.2"
Overall "in-use" dimensions (L x W x H)	117 x 123 x 141 cm / 45.8" x 48.2" x 55.2"
Product weight	232 kg / 512 lbs
Shipping weight	269 kg / 593 lbs
Rep counter machine usage tracking	Service mode tracks total machine reps and hours of use
Rep counter battery life	Approximately 3 years
Rep counter power supply	2 AA batteries

### USER AMENITIES

Front placards	Muscle call outs, exercise specific stretching, start & finish exercise illustrations, proper machine adjustments, color-coded machine identification
Rear placards	Color-coded machine identification, exercise specific stretching
Placard color coding	Green (core)
Rep counter	Electronic counter displays reps, exercise time and rest time
Personal storage	Two tactile storage mats, personal device cradle and towel hook
Contoured seat	Yes
Knee Pad Wear Cover	Yes

## WEIGHT STACK

Total stack weight	90 kg / 200 lbs.
Weight plate increments	4.5 kg / 10 lbs
Incremental weight system	1.1, 2.3, 3.4 kg / 2.5, 5, 7.5 lbs
Max Training Weight	93.4 kg / 207.5 lbs
Consistent 53" stack height	Yes
Weight stack guarding	Full front and rear shields