

Hip Adductor

G7-S74



- Ergonomic adjustment handle enables simple changes in start position
- Foot pegs and contoured knee pads provide user stabilization and support
- Adjustable reclining position offers customized lumbar comfort
- Integrated foot platform allows easy exit and entry
- 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	7 Knee pad start positions
User adjustment range	3 Back pad angle positions
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

TECH SPECS

Overall "static" dimensions (L x W x H)	182 x 173 x 135 cm / 71.6" x 67.8" x 53"
Overall "in-use" dimensions (L x W x H)	182 x 173 x 135 cm / 71.6" x 67.8" x 53"
Product weight	272 kg / 600 lbs
Shipping weight	323 kg / 712 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	Blue (lower body)
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

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