

# Diverging Lat Pulldown

## VS-S33



- Independent diverging movement provides a natural path of motion
- Angled seat encourages proper user position
- Thigh pad easily adjusts to provide stability and comfort
- Incremental weight

### ADJUSTMENTS

Color coded pivots & points of adjustment	Yes
User adjustment range	Adjustable Knee Pad

### FRAME & CABLES

Frame color	Iced Silver
Cable transmission	Internally lubricated cables & fittings
Machine anchoring	Machine anchoring locations
Frame finish	Proprietary two-coat powder process

### TECH SPECS

Rep counter battery life	Approximately 3 years
Overall dimensions	155.4 x 150.1 x 187.9 cm / 61.2" x 59.1" x 74.0"
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
Rep counter	Electronic counter displays reps, exercise time and rest time & provides towel holder hook
Rear placards	Color-coded machine identification & machine specific stretching
Personal storage	Bottle holder, storage area and towel holder (Towel Holder on Rep Counter Only)
Placard color coding	Yellow (upper body)
Contoured seat	Yes

### WEIGHT STACK

Consistent stack height	Yes
Weight stack guarding	Full front and rear shields
Total stack weight	Heavy: 230 lbs (104 kg); Standard: 160 lbs (72 kg)
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)

