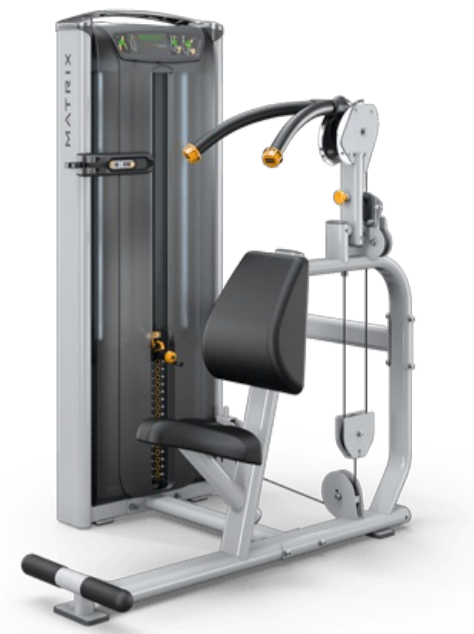


# Abdominal VS-S53



- 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

Color coded pivots & points of adjustment	Yes
Adjustable Pulley Start Position	Adjustable Pulley Start Position

## FRAME & CABLES

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

## TECH SPECS

Overall dimensions	136.6 x 141.4 x 167.1 cm / 53.8" x 55.7" x 65.8"
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, 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
Weight stack guarding	Full front and rear shields
Total stack weight	Heavy: 230 lbs (104 kg); Standard: 160 lbs (72 kg)
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)

