

Hip Abductor / Adductor

VS-S74



- Dual function machine saves space and increases functionality
- Reclined position for greater lumbar support
- Clearly indicated adjustments for ease of use
- Incremental weight

ADJUSTMENTS

Range of Motion Adjustment	Range of Motion adjustment
Color coded pivots & points of adjustment	Yes

FRAME & CABLES

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

TECH SPECS

Rep counter battery life	Approximately 3 years
Rep counter power supply	2 AA batteries
Rep counter machine usage tracking	Service mode tracks total machine reps and hours of use
Overall dimensions	169.6 x 159.1 x 167.1 cm / 66.8" x 62.6" x 65.8"

USER AMENITIES

Rear placards	Color-coded machine identification & machine specific stretching
Placard color coding	Blue (lower body)
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
Front placards	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements

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)