

AB / LOW BACK

VST600-S531



MAKE A STRONG SELECTION

Give the people you serve a chance to get a great core workout with a space-efficient, selectorized ab / back dual station that's tougher than you can imagine and more comfortable than you'd expect. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to sit down and start improving their core strength.

ADJUSTMENTS		FRAME & CABLES		TECH SPECS	
User adjustment range	5 user start options	Frame color	Matte Black	Overall dimensions	126.5 x 113 x 170.5 cm / 49.8 x 44.5 x 67.1"
Color coded pivots & points of adjustment	Yes	Frame finish	Proprietary two-coat powder process	Total weight	223 kg / 491 lbs.
		Machine anchoring	4 machine anchoring locations		
		Cable transmission	Internally lubricated cables & fittings		

USER AMENITIES		WEIGHT STACK	
Instructional placard	Muscle call outs, start & finish exercise illustrations	Total stack weight	100 kg / 220 lbs.
Placard color coding	Red (core)	Weight plate increments	6.8 kg / 15 lbs.
Contoured seat	Yes	Consistent stack height	Yes
		Weight stack guarding	Full front and rear shields