

HIP ABDUCTOR / ADDUCTOR

VST600-S74



MAKE A STRONG SELECTION

If your people are striving to strengthen their hips, glutes and knees, our space-efficient, selectorized hip abductor / adductor dual station is 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 strengthening their hips, glutes and knees.

ADJUSTMENTS		FRAME & CABLES		TECH SPECS	
User adjustment range	8 user start options	Frame color	Matte Black	Overall dimensions	80 × 177.5 × 170.5 cm / 31.5 × 69.9 × 67.1"
Color coded pivots & points of adjustment	Yes	Frame finish	Proprietary two-coat powder process	Product weight	233.5 kg / 514 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	Green (lower body)	Weight plate increments	6.8 kg / 15 lbs.		
Contoured seat	Yes	Consistent stack height	Yes		
		Weight stack guarding	Full front and rear shields		