

## Versa Hip Abductor / Adductor

VS-S74

Offer your people more functionality in less space with our Versa Hip Abductor / Adductor dual station. It transitions smoothly from one exercise to the other, and clearly indicated adjustment points make it easy for virtually anyone to get comfortable and get started. It even includes a reclined position to maximise lumbar support during workouts.

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



ADJUSTMENTS	
RANGE OF MOTION ADJUSTMENT	Range of Motion adjustment
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes

FRAME & CABLES	
FRAME FINISH	Proprietary two-coat powder process
FRAME COLOR	Iced Silver
CABLE TRANSMISSION	Internally lubricated cables & fittings
MACHINE ANCHORING	Machine anchoring locations

TECH SPECS	
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
OVERALL DIMENSIONS (L X W X H)	169.6 x 159.1 x 167.1 cm / 66.8" x 62.6" x 65.8"

USER AMENITIES	
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
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	Blue (lower body)

WEIGHT STACK	
INCREMENTAL WEIGHT SYSTEM	5 lbs (2.3 kg)
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)
WEIGHT STACK GUARDING	Full front and rear shields
CONSISTENT STACK HEIGHT	Yes