



AB / Low Back

VST600-S531

Give the people you serve a chance to get a great core workout with a space-efficient, selectorized ab / low 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.



Frame & Cables

Frame Finish	Proprietary two-coat powder process
Machine Anchoring	4 anchoring locations
Cable Transmission	Internally lubricated cables and fittings
Frame Color	Matte Black

User Amenities

Contoured seat	Yes
Placard Color Coding	Red (core)
Instructional Placards	Muscle call outs, start and finish exercise illustrations

Weight Stack

Total Stack Weight	100 kg / 220 lbs.
Weight Plate Increments	6.8 kg / 15 lbs.
Consistent Stack Height	Yes
Weight Stack Guarding	Full front and rear shields

Tech Specs

Product Weight	223 kg / 491 lbs.
Overall Dimensions	126.5 x 113.0 x 170.5 cm / 49.8" x 44.5" x 67.1"

Adjustments

Color-coded Pivots & Points of Adjustment	Yes
User Adjustment Range	5 user start options