



Hip Abductor / Adductor

VST600-S74

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.



Weight Stack

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

Frame & Cables

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

Adjustments

Color-coded Pivots & Points of Adjustment	Yes
User Adjustment Range	8 user start options

User Amenities

Contoured seat	Yes
Instructional Placards	Muscle call outs, start and finish exercise illustrations
Placard Color Coding	Green (lower body)

Tech Specs

Product Weight	233.5 kg / 514 lbs.
Overall Dimensions	80.0 x 177.5 x 170.5 cm / 31.5" x 69.9" x 67.1"