

## Versa Ab / Low Back

VS-S531



Designed for efficiency and versatility, our Versa Ab / Low Back station makes a great core workout accessible to virtually anyone. An angled seat and lumbar pad make use comfortable, while low handle positioning offers easy entry, easy exit and enhanced stability. Clearly indicated adjustments make use intuitive, and multi-position foot placement accommodates a variety of users.

- Clearly indicated adjustments for ease of use
- Low handle positions offer easy entry and exit
- Multi-position foot placement accommodates a variety of users
- Handle positions enhance user stability
- Angled seat and lumbar pad enhance user comfort and stability

### ADJUSTMENTS

USER ADJUSTMENT RANGE	8 user start options
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes

### FRAME & CABLES

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

### TECH SPECS

PRODUCT WEIGHT (HEAVY STACK)	263 kg / 579 lbs.
OVERALL DIMENSIONS (L X W X H)	132.2 x 131.5 x 167.1 cm / 52.1" x 51.8" x 65.8"
PRODUCT WEIGHT (STANDARD STACK)	231 kg / 509 lbs.

USER AMENITIES	
FOOT SUPPORT	Foot support accommodates users of all sizes for additional lower body support
REAR PLACARDS	Color-coded machine identification & machine specific stretching
PLACARD COLOR CODING	Green (core)
FRONT PLACARDS	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements
PERSONAL STORAGE	Bottle holder, storage area and towel holder (towel holder on rep counter only)
CONTOURED SEAT	Yes
REP COUNTER	Electronic counter displays reps, exercise time and rest time & provides towel holder hook

WEIGHT STACK	
HEAVY STACK	104 kg / 230 lbs.
STANDARD STACK	72 kg / 160 lbs.
CONSISTENT STACK HEIGHT	Yes
INCREMENTAL WEIGHT SYSTEM	5 lbs (2.3 kg)
WEIGHT STACK GUARDING	Full front and rear shields