



Versa Abdominal

VS-S53

Our Versa Abdominal station features a versatile three-position design to focus on abs, obliques and core rotation. It includes an ergonomic back pad for improved range of motion and comfort.

- 3-position design trains abdominals and obliques for added exercise variety and core rotation
- Ergonomic back pad for improved range of motion and comfort

Adjustments	
Color Coded Pivots & Points of Adjustment	Yes
Adjustable Pulley Start Position	Adjustable Pulley Start Position

Frame & Cables	
Frame Color	Iced Silver
Machine Anchoring	Machine anchoring locations
Cable Transmission	Internally lubricated cables & fittings
Frame Finish	Proprietary two-coat powder process

Tech Specs	
Overall Dimensions (L x W x H)	136.6 x 141.4 x 167.1 cm / 53.8" x 55.7" x 65.8"
Rep Counter Battery Life	Approximately 3 years
Rep Counter Machine Usage Tracking	Service mode tracks total machine reps and hours of use
Rep Counter Power Supply	2 AA batteries

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
Placard Color Coding	Green (core)
Rear Placards	Color-coded machine identification & machine specific stretching
Personal Storage	Bottle holder, storage area and towel holder (Towel Holder on Rep Counter Only)

Weight Stack	
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
Incremental Weight System	5 lbs (2.3 kg)