

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 maximize 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 |