

Versa Hip Abductor / Adductor

VS-S74

- Dual function machine saves space and increases functionality
- Clearly indicated adjustments for ease of use
- Reclined position for greater lumbar support



ADJUSTMENTS	
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
RANGE OF MOTION ADJUSTMENT	Range of Motion adjustment

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

TECH SPECS	
OVERALL DIMENSIONS	169.6 x 159.1 x 167.1 cm / 66.8" x 62.6" x 65.8"
REP COUNTER POWER SUPPLY	2 AA batteries
REP COUNTER BATTERY LIFE	Approximately 3 years
REP COUNTER MACHINE USAGE TRACKING	Service mode tracks total machine reps and hours of use

USER AMENITIES	
PLACARD COLOR CODING	Blue (lower body)
PERSONAL STORAGE	Bottle holder, storage area and towel holder (Towel Holder on Rep Counter Only)
REP COUNTER	Electronic counter displays reps, exercise time and rest time & provides towel holder hook
REAR PLACARDS	Color-coded machine identification & machine specific stretching
FRONT PLACARDS	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements

WEIGHT STACK	
CONSISTENT STACK HEIGHT	Yes
WEIGHT STACK GUARDING	Full front and rear shields
TOTAL STACK WEIGHT	Heavy: 230 lbs (104 kg); Standard: 160 lbs (72 kg)
INCREMENTAL WEIGHT SYSTEM	5 lbs (2.3 kg)
WEIGHT PLATE INCREMENTS	Heavy: 15 lbs (6.8 kg) & 10 lbs (4.5 kg); Standard: 10 lbs (4.5 kg)