



MATRIX

DF001-VS-S53

Versa Abdominal

- 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	
ADJUSTABLE PULLEY START POSITION	Adjustable Pulley Start Position
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes

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

TECH SPECS	
OVERALL DIMENSIONS	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	
WEIGHT STACK GUARDING	Full front and rear shields
CONSISTENT STACK HEIGHT	Yes
STANDARD: 10 LBS (4.5 KG)	Weight plate increments
INCREMENTAL WEIGHT SYSTEM	5 lbs (2.3 kg)
STANDARD: 160 LBS (72 KG)	Total stack weight