VERSA - Abdominal



Details

The attractive full commercial quality VERSA range from Matrix features:

- Consistent weight stack height across the range for a sleek, uniform looking fitness suite
- Action specific ergonomically designed grips
- Gas-assisted seat adjustment for smoother and easier height adjustment
- Electronic rep counter and timer to track rep numbers, rest and exercise times
- Ergonomic adjustment handles for ease of use
- Heavy weight stack providing suitable challenge for all levels of users
- Incremental weights for micro-adjustment between major plates

This Abdominal machine features:

- 3-position design trains abdominals and obliques for added exercise variety and core rotation
- Ergonomic back pad for improved range of motion and comfort
- Weight stack: 104kg (230lb)
- Incremental weight: 2.3kg (5lb)