

Go Series Abdominal

GO-S53

Help those just getting started strengthen and engage their core. Oversized, soft grips offer a comfortable hold while reducing stress on shoulder joints, and a contoured back pad aids in core stretching. Its space-saving design fits your facility as well as it fits your budget.



ADJUSTMENTS	
USER ADJUSTMENT RANGE	N/A
COLOR-CODED PIVOTS & POINTS OF ADJUSTMENT	Yes

FRAME & CABLES	
AVAILABLE FRAME COLOR	Iced Silver, Matte Black, Graphite Grey, Gloss Black, Polarized Titanium, Lace White
MACHINE ANCHORING LOCATIONS	Yes
FRAME FINISH	Proprietary two-coat powder process
CABLE TRANSMISSION	Internally lubricated cables and fittings

TECH SPECS	
PRODUCT WEIGHT	150.5 kg / 332 lbs.
MAX USER WEIGHT	159 kg / 350 lbs.
MAX "IN-USE" DIMENSIONS (L X W X H)	158 x 94.5 x 137 cm / 62.2" x 37.2" x 54"
OVERALL DIMENSIONS (L X W X H)	158 x 94.5 x 137 cm / 62.2" x 37.2" x 54"

USER AMENITIES	
PLACARD COLOR CCODING	Green (core)
FRONT PLACARDS	Muscle call outs, start and finish exercise illustrations
PERSONAL STORAGE	Bottle holder and storage area

WEIGHT STACK	
CONSISTENT STACK HEIGHT	Yes, 137 cm / 54"
WEIGHT PLATE INCREMENTS	4.5 kg / 10 lbs.
TOTAL STACK WEIGHT	63 kg / 140 lbs.
OPTIONAL INCREMENTAL WEIGHT	2.3 kg / 5 lbs.
WEIGHT STACK GUARDING	Full front and rear metal shrouds