VS-S42 Seated Triceps Press

MATRIX

Exercise Placards

Conveniently located and easy to read exercise placards offer a quick reference to targeted muscle groups and proper machine use. Placards also offer color references to easily identify muscle-group categories.

Color-Coded Adjustment Points

Conveniently located adjustment points are clearly marked for ease of use.

FRAME AND CABLES	
Frame finish	Proprietary two-coat powder process
Frame color	Iced silver
Cable transmission	Internally lubricated cables and fittings
Machine anchoring locations	Yes

WEIGHT STACK	
Consistent stack height	Yes
Weight stack guarding	Full front and rear shields
Total stack weight	230 lbs / 104 kg (heavy) – 160 lbs / 72.5 kg (light)
Weight plate increments	10 lbs / 4.5 kg (light) 10 lbs / 4.5 kg and 15 lbs / 6.8 kg (heavy)
Incremental weight system	5 lbs / 2.3 kg

USER AMENITIES	
Front placards	Muscle call outs, machine specific stretching, start and finish exercise illustrations, proper machine adjustment and adjustment point call outs
Rear placards	Color-coded machine identification and machine specific stretching
Placard color-coding	Yellow (upper body)
Personal storage	Bottle holder, storage area and towel holder (towel holder on rep counter only)
Contoured pads	Yes
*Rep counter	Electronic counter displays reps, exercise time and rest time & provides towel holder hook

ADJUSTMENTS	
Color-coded pivots and points of adjustment	Yes
User adjustments	5 position adjustable seat and 2 hand positions

TECH SPECS	
Overall dimensions	56"L X 39"W x 66"H (143cm L x 100cm W x 168cm H)
*Rep counter machine usage tracking	Service mode tracks total machine reps and hours of use
*Rep counter power supply	2 AA batteries
*Rep counter battery life	Approximately 3 years

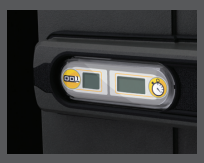
*As part of the Versa (+) package

WARRANTY	
Frame (not coatings)	10 years
Weight stacks	5 years
Pulleys	5 years
Pivot bearings	5 years
Other/any items not specified	3 years
Labor	3 years
Springs/grips/upholstery	1 year
Accessories	6 months
Air shocks	90 days

VERSA (+) PACKAGE

Action Specific Grips™

Ergonomically designed, function specific handles reduce stress on contact points to enhance comfort.



Electronic Rep Counter

Integrated system tracks repetitions, activity time, and rest time for a simplified workout experience.

Ergonomic Adjustment Handles

The ergonomic adjustment handles provide greater comfort and ease of use.

Air Shock Assisted Seat

The seat features an air shock for smoother adjustment. To prevent seat movement and increased stability, the seat also features a 4-bar linkage design.