Versa Converging Shoulder Press

VS-S23

- Independent converging movement provides a natural path of motion
- Dual-position hand grips allow for greater training variety
- Counterbalanced pressing arms for optimized starting resistance

ADJUSTMENTS	
User adjustment range	2 User grip positions
Color coded pivots & points of adjustment	Yes

FRAME & CABLES	
Machine anchoring	Machine anchoring locations
Cable transmission	Internally lubricated cables & fittings
Frame finish	Proprietary two-coat powder process
Frame color	Iced Silver

TECH SPECS	
Overall dimensions	171.0 x 143.7 x 203.6 cm / 67.3” x 56.6” x 80.1”
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

USER AMENITIES	
Placard color coding	Yellow (upper body)
Rear placards	Color-coded machine identification & machine specific stretching
Front placards	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements
Foot Support Kit	Foot support kit accommodates users of all sizes for additional lower body support
Contoured seat	Yes
Rep counter	Electronic counter displays reps, exercise time and rest time & provides towel holder hook

Personal storage	Bottle holder, storage area and towel holder (Towel Holder on Rep Counter Only)

WEIGHT STACK	
Total stack weight	Heavy: 230 lbs (104 kg); Standard: 160 lbs (72 kg)
Consistent stack height	Yes
Weight stack guarding	Full front and rear shields
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)