

# Pec Fly / Rear Delt

## VS-S22



- ▶ Large oversized grips accommodate users of all sizes
- ▶ Forward-facing user position for both movements provides greater comfort and ease of use
- Wide motion for improved bio-mechanics and dual function
- Incremental weight

### ADJUSTMENTS

Color coded pivots & points of adjustment	Yes
User adjustment range	Adjustable Start Position from Front to Rear

### FRAME & CABLES

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

### TECH SPECS

Product Weight (Standard Stack)	224 kg / 492 lbs.
Product Weight (Heavy Stack)	256 kg / 542 lbs.
Overall dimensions	150.5 x 169.0 x 167.1 cm / 59.2" x 66.5" x 65.8"
Rep counter machine usage tracking	Service mode tracks total machine reps and hours of use
Rep counter battery life	Approximately 3 years
Rep counter power supply	2 AA batteries

### USER AMENITIES

Front placards	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements
Rear placards	Color-coded machine identification & 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 seat	Yes
Rep counter	Electronic counter displays reps, exercise time and rest time & provides towel holder hook

## WEIGHT STACK

Weight stack guarding	Full front and rear shields
Consistent stack height	Yes
Total stack weight	Heavy: 200 lbs (91 kg); Standard: 150 lbs (68 kg)
Weight plate increments	Heavy: 15 lbs (6.8 kg) & 10 lbs (4.5 kg); Standard: 10 lbs (4.5 kg)
Incremental weight system	5 lbs (2.3 kg)