



## Abdominal

Keystone | V-KEY-SL-53

Give dedicated training enthusiasts a simple, effective way to strengthen their abdominal muscles with a selectorized abdominal station that will fit your commercial fitness facility as well as it fits everyone you serve. From precise body positioning geometry to moisture-resistant cushioning to welded-steel frames, we designed every detail for performance, comfort and durability in tough, high-traffic fitness environments.

Product availability may vary by region. Please contact your [local office](#) for more information.



### Adjustments

|                                           |     |
|-------------------------------------------|-----|
| User Adjustment Range                     | N/A |
| Seat Adjustment                           | N/A |
| Color-coded Pivots & Points of Adjustment | Yes |

### Frame & Cables

|                    |                                           |
|--------------------|-------------------------------------------|
| Frame Color        | Matte Black                               |
| Frame Finish       | Proprietary two-coat powder process       |
| Machine Anchoring  | Yes                                       |
| Cable Transmission | Internally lubricated cables and fittings |

|                                         |                                                                                                                    |
|-----------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| Optional Kit                            |                                                                                                                    |
| Rep Counter (V-KEY-SL-RC1)              | Electronic counter displays reps and time with reset buttons                                                       |
| Incremental Weight System (V-KEY-SL-IW) | 2.3 kg / 5 lbs.                                                                                                    |
| Tech Specs                              |                                                                                                                    |
| Overall Dimensions                      | 120 x 112 x 155 cm / 47.2" x 44.1" x 61"                                                                           |
| Max "In-use" Dimensions                 | 120 x 112 x 155 cm / 47.2" x 44.1" x 61"                                                                           |
| Product Weight                          | 177.2 kg / 390.7 lbs.                                                                                              |
| User Amenities                          |                                                                                                                    |
| Contoured Seat                          | Yes                                                                                                                |
| Instructional Placards                  | Muscle call outs, start and finish exercise illustrations, proper machine movements, QR code link to how-to videos |
| Upholstery                              | Polyurethane molded foam                                                                                           |
| Personal Storage                        | Tactile storage mats, personal device cradle                                                                       |
| Foot Support                            | Yes                                                                                                                |
| Weight Stack                            |                                                                                                                    |
| Total Stack Weight                      | 73 kg / 160 lbs.                                                                                                   |
| Max Training Weight                     | 75.3 kg / 165 lbs. including incremental weight                                                                    |
| Weight Plate Increments                 | 5 kg / 10 lbs.                                                                                                     |
| Weight Stack Guarding                   | Full front and rear shields                                                                                        |
| Consistent Stack Height                 | Yes: 155 cm / 61"                                                                                                  |
| Back-to-back Configurations             | Yes                                                                                                                |