



Ab / Low Back

Keystone | V-KEY-SL-531

Building a stronger core has never been easier thanks to a Keystone Ab / Low Back 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	7 user start positions
Seat Adjustment	Fixed seat
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	124 x 115 x 155 cm / 48.8" x 45.3" x 61"
Max "In-use" Dimensions	128 x 115 x 155 cm / 50.4" x 45.3" x 61"
Product Weight	196.4 kg / 433 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