

### S-114 Multi Hip

#### Specifications:

##### Dimensions:

US 61" W X 52" L X 63" H

Metric 155 cm W X 132 cm L X 160 cm H

##### Weight Stack:

US 165 lbs. total, 3-5 lb, 1-10 lb, 7-20 lb

Metric 75 kg total, 3-2 kg, 1-4 kg, 7-9 kg

##### Total Weight:

US 530 lbs.

Metric 240 kg



#### Features:

- Gas-assisted axis of rotations adjusts to 8 positions to accommodate various size trainees.
- Fixed platform for stability.
- Exercise arm adjust to 25 positions in 10 degree increments.
- Leg pad adjusts to 8 positions to accommodate various size trainees.
- Innovative cam design eliminates play in the drive system.
- Smart Strength technology offers 9 different cam profiles simply by adjusting the cam; resistance curves are altered to stimulate different muscle fibers.
- Add on weights in 5 lb increments allow the trainee to fine tune their resistance requirements.
- Roller bearings are used to guide the weight stack top plate creating a smoother motion and consistent stem alignment.
- Weight stack plates are labeled in both US customary and metric units of measure (lbs./kg)