

Ultra Hip Adductor

G7-S74-AS2007

The smart, comfortable design of the Ultra Hip Adductor builds strength in the inner thigh with efficient movements. An ergonomically sculpted adjustment handle makes it quick and easy to change the start position, while an adjustable reclining position offers lumbar support ideal for each user's unique body. Foot pegs and contoured knee pads provide excellent stability and support, and an integrated foot platform makes it easy to enter and exit.

Also available in [Ultra Base option G7-S74B](#).



INTELLIGENT TRAINING CONSOLE (OPTIONAL)	
PROGRESSION BASED PROGRAMMING	Yes
STORED USER SETTINGS	Yes, seat settings and Bluetooth HR
DEMO VIDEO	Yes
DUAL USER SIGN-IN	Yes
WORKOUTS	Manual, Endurance, Build, Strength, E-Lifts, Engage 360
ENGAGE 360 COMPATIBLE	Yes
EGYM COMPATIBLE	Yes
COMMUNITY 360 COMPATIBLE	Yes
WEB CONNECTIVITY	Yes
WI-FI	Yes
DISPLAY FEEDBACK	Sets, Reps, Rest Time, Total Weight Lifted
ETHERNET PORT	Yes
BLUETOOTH	Heart rate only
USER-DEFINED MULTI-LANGUAGE DISPLAY	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish
LIFT TO START	Yes
FITTOUCH TECHNOLOGY	Yes
DISPLAY TYPE	40.6 cm / 16" class capacitive touchscreen LCD
ASSET MANAGEMENT COMPATIBLE	Yes
FACILITY COMMUNICATION PORTAL/CALENDAR	No
CSAFE READY-FITLINXX CERTIFIED	No
USB PORT	No, service only
ASSEMBLED HEIGHT	147.3 cm / 58" as assembled on Ultra weight stack
POWER REQUIREMENTS	100v-240v / 50-60 Hz AC

SHIPPING WEIGHT	9.4 kg / 21 lbs.
ADJUSTMENTS	
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
USER ADJUSTMENT RANGE	3 Back pad angle positions
USER ADJUSTMENT RANGE	7 Knee pad start positions
FRAME & CABLES	
FRAME FINISH	Proprietary two-coat powder process
MACHINE ANCHORING	Independent machine hold down brackets
AVAILABLE FRAME COLORS	Iced Silver, Matte Black, Gloss Black, Lace White, Polarized Titanium
CABLE TRANSMISSION	Internally lubricated cables & fittings

TECH SPECS	
OVERALL "IN-USE" DIMENSIONS (L X W X H)	182 x 173 x 135 cm / 71.6" x 67.8" x 53"
OVERALL "STATIC" DIMENSIONS (L X W X H)	182 x 173 x 135 cm / 71.6" x 67.8" x 53"
REP COUNTER POWER SUPPLY	2 AA batteries
REP COUNTER BATTERY LIFE	Approximately 3 years
REP COUNTER MACHINE USAGE TRACKING	Service mode tracks total machine reps and hours of use
PRODUCT WEIGHT	272 kg / 600 lbs

USER AMENITIES	
PERSONAL STORAGE	Two tactile storage mats, personal device cradle and towel hook
PLACARD COLOR CODING	Blue (lower body)
REP COUNTER	Electronic counter displays reps, exercise time and rest time
FRONT PLACARDS	Muscle call outs, exercise specific stretching, start & finish exercise illustrations, proper machine adjustments, color-coded machine identification
REAR PLACARDS	Color-coded machine identification, exercise specific stretching
CONTOURED SEAT	Yes

WEIGHT STACK	
MAX TRAINING WEIGHT	93.4 kg / 207.5 lbs
TOTAL STACK WEIGHT	90 kg / 200 lbs
INCREMENTAL WEIGHT SYSTEM	1.1, 2.3, 3.4 kg / 2.5, 5, 7.5 lbs
WEIGHT PLATE INCREMENTS	4.5 kg / 10 lbs
CONSISTENT 53" STACK HEIGHT	Yes
WEIGHT STACK GUARDING	Full front and rear shields