

The Inner Thigh and Outer Thigh machine saves floor space by offering dual hip exercises in one convenient design. Large thigh pads and foot supports provide comfort and stability throughout each movement. An integrated rep counter keeps users engaged rep after rep. Built-in storage on the top cap keeps accessories close, while a bar across the front of the weight tower assists with machine exit and entry.

## **CSD-ITOT** INNER THIGH / OUTER THIGH

- Premium beveled pads with sport stitching
- 5 lb (2 kg) increment weight
- 170 lb (77 kg) graduated weight stack
- Premium strength cables
- Integrated rep counter and time display
- Large storage tray at top of tower



**INNER** 

**OUTER** 

INNER	THIGH / OUTER THIGH SPECIFICATIONS	ltem # 16812493160
Performance	<ul> <li>170 lb (77 kg) Weight Stack</li> <li>5 lb (2 kg) Increment Weight</li> <li>10 lb (5 kg) Top Plate</li> <li>10 x 10 lb (5 kg) Plates</li> <li>4 x 15 lb (7 kg) Plates</li> <li>Pulley Ratio 1.5 x Weight Inner, 1 x Weight Outer</li> <li>Premium Strength Cables</li> <li>Premium Bevelled Edge Pads</li> <li>Sport Stitching</li> </ul>	
Convenience	<ul> <li>Rep/Time Counter (2 C Batteries required, not included)</li> <li>Start/Finish Workout Diagrams</li> <li>Storage Trays (Top of Weight Tower)</li> </ul>	
Frame	<ul> <li>Heavy Gauge Steel Frame</li> <li>Low Profile Design</li> <li>High-Quality Electrostatic Powder Cost Finish</li> <li>Fully Enclosed Weight Stack</li> <li>Max User Weight Capacity: 360 lb (163 kg)</li> </ul>	
Dimensions and Weight	<ul> <li>Setup Dimensions: 64"L x27"W x59"H, 436 lb (162L x68W)</li> <li>Shipping Dimensions &amp; Shipping Weight:</li> <li>Carton 1: 54"L x 24" W x 5"H (137L x 61W x 13H cm)</li> <li>Carton 2: 74"L x 29" W x 10"H (188L x74W x 25H cm)</li> <li>Carton 3: 62"L x22"W x45"H (158L x56W x114H cm)</li> <li>Carton 4: 25"L x9" W x 15"H (64L x23W x38H cm)</li> <li>Carton 5: 21"L x 20"W x 11"H (53L x 51W x 28H cm)</li> </ul>	N.W./G.W. 18lb (8kg)/20lb(9kg) 89lb (40kg)/100lb(46kg) 152lb(69kg)/215 lb (98 kg) 18 lb (8 kg)/20 lb (9 kg) 160lb (73kg)/185lb (84kg)
Commercial Warranty	<ul> <li>10 Years: Frame, Weight Plates, Cams, Swivel Welded Parts 5 Years: Bushings, Bearings, Shocks, Pulleys, Guide Rods 1 Year Paint and Finishes, Cables, Grips, Counter/Timer, Pull-Pin Components, Rail Wheels, Attachments, All Other Parts Not Mentioned</li> <li>6 Months Upholstery</li> <li>1 Year Labour</li> </ul>	