

Prestige VRS

Abdominal

21-piece strength line provides a premium option for facilities seeking an exceptionally versatile, user-friendly, biomechanically correct solution for “walkup and workout” users.

FEATURES

- **Patented pelvic stabilization system with adjustable foot brace:** Allows users of varying heights to “lock into” the hip pad for optimal training effect.
- **Innovative design:** Isolates abdominal muscles for a more complete range of correct spinal flexion movement.
- **Hip pad:** Includes a curved lumbar section to promote full range of motion.

USER AMENITIES



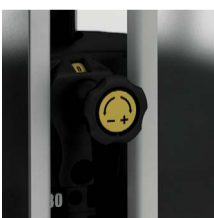
- **Placards:** Review proper set-up, movement and muscles trained. QR codes provide access to step-by-step videos demonstrating correct form and multiple exercise options.



- **Smartphone/tablet holder:** Your mobile device is safe and secure with our adjustable clip, designed for all smartphones and tablets. Simply clip in and go.



- **Water bottle/towel holder:** Keep your water and towel within arm's reach with our convenient water bottle and towel holder, standard on every Prestige machine.



- **Twist select incremental weight system:** Allows user to adjust weight quickly and simply in 5 pound increments.



SPECIFICATIONS

Product Number	21090
Dimensions L x W x H	59" x 40" x 58" (150 cm x 102 cm x 147 cm)
Standard Stack	225 lb (102 kg)
Heavy Stack	265 lb (120 kg)
Standard Weight	480 lb (218 kg)
Heavy Weight	540 lb (245 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors, 33 upholstery colors and 4 enclosure styles

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MY
DESIGN
STUDIO

WORLD HEADQUARTERS

10 Trotter Drive · Medway · MA 02053 USA
T + 1.508.533.4300 · F + 1.508.533.5500
cybexintl.com

CYBEX INTERNATIONAL UK LTD

Queen Adelaide · Ely
Cambridgeshire · CB7 4UB · UK
T + 44.1353.666.017 · F + 44.1353.666.018