

# Prestige VRS

## Lateral Raise

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

- **Horizontal axis:** Provides optimal alignment with medial deltoid.
- **Design:** Encourages users to stabilize core while also allowing for targeted positioning.
- **Angled inputs:** Minimize external rotation during movement for better focus on deltoids.

### USER AMENITIES



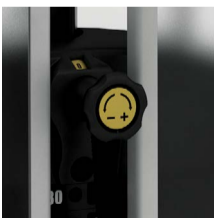
- **Placards:** Review proper set-up, movement and muscles trained. QR codes provide access to step-by-step videos demonstrating correct form and multiple exercise options.



- **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

<b>Product Number</b>	21160
<b>Dimensions</b> L × W × H	50" × 48" × 58" (127 cm × 122 cm × 162 cm)
<b>Standard Stack</b>	165 lb (75 kg)
<b>Heavy Stack</b>	205 lb (93 kg)
<b>Standard Weight</b>	485 lb (220 kg)
<b>Heavy Weight</b>	525 lb (239 kg)
<b>Color</b>	Available in 15 frame colors or a virtually unlimited variety of custom colors, 33 upholstery colors and 4 enclosure styles

Upgrade your club with customized Cybex equipment. Visit [mydesign.cybexintl.com](http://mydesign.cybexintl.com)

MY  
DESIGN  
STUDIO

#### WORLD HEADQUARTERS

10 Trotter Drive · Medway · MA 02053 USA  
T + 1.508.533.4300 · F + 1.508.533.5500  
[cybexintl.com](http://cybexintl.com)

#### CYBEX INTERNATIONAL UK LTD

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