

VR1

Row

Engineered for value. With its streamlined, space-saving design, this sturdy collection of 23 machines offers a comprehensive strength training solution regardless of your facility's size.

FEATURES

- **Train with security:** The VR1 dependent motion offers a feeling of security to new and average users. By having both arms working together in a fixed plane, the exercise feels better controlled for a comfortable and secure training movement.
- **Work more than the lats:** The VR1 overhead pivot closely matches a standard descending path of motion that trains either for row or for rear delt movements.
- **Train the whole back:** The foot bar promotes torso stabilization consistent with proper lifting technique. This means the lower back is working as a stabilizer which strengthens it at the same time. The adjustable chest pad can provide even greater stability if desired. However, the VR1 foot bars mean that unwanted pressure on the chest can be avoided.



SPECIFICATIONS

Product Number	13030
Dimensions L x W x H	46" x 47" x 76" (116 cm x 119 cm x 193 cm)
Light Stack	150 lbs (68 kg)
Standard Stack	220 lbs (100 kg)
Light Weight	423 lbs (192 kg)
Standard Weight	493 lbs (224 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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STUDIO

WORLD HEADQUARTERS

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