

VR1

Abdominal

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

- **Space efficient design:** The space-efficient design of VR1 provides a crunch-like movement. The padded harness grips remove the arms from the movement which isolates the abs for a more targeted workout.
- **Going beyond neutral:** The VR1 contoured lumbar pad promotes training through a complete range of motion. Training beyond neutral means reduced abdominal strains.
- **One size fits all:** The VR1 design is set to allow a wide variety of user sizes to perform correct movement without adjustment.



SPECIFICATIONS

Product Number	13090
Dimensions L x W x H	54" x 43" x 62" (136 cm x 110 cm x 157 cm)
Light Stack	130 lbs (59 kg)
Standard Stack	190 lbs (86 kg)
Light Weight	338 lbs (154 kg)
Standard Weight	398 lbs (181 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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