

VR1

Back Extension

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

- **Focus on the target:** The Cybex-patented pelvic stabilization system utilizes an adjustable foot brace which allows the user to "lock into" the hip pad, causing hip extensor engagement for optimal pelvic stabilization.
- **Promotes lower back use:** The lumbar level axis of rotation promotes the use of the lower back (spinal erectors) as the prime movers. Starting positions provided every 10°.
- **Easy adjustment:** From small to tall without getting off the machine. The adjustable footbar accommodates user height variation and allows adjustment from the seated position.
- **Controlled lumbar extension:** Lumbar extension – but not too much. The Cybex design promotes proper and controlled movement into extension. Curved lumbar pad encourages lumbar extension/flexion while minimizing the possibility of excessive extension. Another Cybex safety design feature.
- **Optional adjustable start:** VR1 offers an Adjustable Start System (product #13101). The fixed start position is a standard and features a typical start range. Because each individual has a different range of motion, the Adjustable Start makes VR1 user-friendly to a broader audience.



SPECIFICATIONS

Product Number	13100 13101 (Adjustable Start)
Dimensions L × W × H	54" × 41" × 62" (137 cm × 104 cm × 157 cm)
Light Stack	130 lbs (59 kg)
Standard Stack	190 lbs (86 kg)
Light Weight	415 lbs (189 kg)
Standard Weight	475 lbs (216 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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