

# VR1

## Chest Press

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 chest press exercise feels better controlled for a comfortable and secure training movement.
- **Familiar path of motion:** The overhead pivot on Cybex VR1 Chest Press provides a linear path of motion. This is a natural movement (barbell) path of motion, which is the familiar look and feel that users feel comfortable with. This is in contrast to the less natural and less effective descending path of many other chest presses on the market.
- **Safe never felt this good:** The unique Cybex design assures that the preset range of motion is never exceeded and the fit of the machine to user is perfect. Unlike many other Chest Press machines, Cybex VR1 does not use a footplate to properly position the arms before beginning the exercise. With VR1, the pressing arm adjusts to the comfortable start position which ensures safety is not compromised in the event muscles weaken and exercise has to end before the feet can get back to the footplate.



### SPECIFICATIONS

Product Number	13000
Dimensions L x W x H	35" x 52" x 68" (89 cm x 132 cm x 174 cm)
Light Stack	150 lbs (68 kg)
Standard Stack	220 lbs (100 kg)
Light Weight	384 lbs (175 kg)
Standard Weight	454 lbs (206 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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