

VR1

Overhead 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 overhead press exercise feels better controlled for a comfortable and secure training movement.
- **Familiar path of motion:** The overhead pivot on Cybex VR1 Overhead 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 overhead presses on the market.
- **Grabbing versatility:** The VR1 offers dual grips – the standard barbell grip as well as neutral grip that is favorable for individuals with compromised shoulders. In addition, the grips are angled to provide a neutral wrist position.
- **Safe for de-conditioned users:** Overhead press machines are typically extremely heavy and the take-off weight of the pressing arm assembly in addition to the weight selected is often more than de-conditioned users can lift. The Cybex VR1 Overhead Press is engineered to counter-balance the additional weight so that the user is lifting only the weight selected.



SPECIFICATIONS

Product Number	13010
Dimensions L x W x H	57" x 51" x 62" (146 cm x 129 cm x 157 cm)
Light Stack	130 lbs (59 kg)
Standard Stack	190 lbs (86 kg)
Light Weight	406 lbs (185 kg)
Standard Weight	466 lbs (212 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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