

VR1 Duals

Hip Abduction/Adduction

An extension of the VR1 line, Duals provide exceptional space-saving flexibility and offer the same line features and benefits that VR1 provides. The 9-piece line targets all key muscle groups.

FEATURES

- **Space/cost saving duals:** One machine does the work of two. The dual function design – both abduction and adduction in one machine – saves valuable floor space.
- **Broader range of motion:** Patent-pending “slack free drive system” provides immediate engagement which broadens the range of motion because resistance begins as soon as the exercise begins. Users do not end up in a wider split than their comfort zone nor do they get part-way through the motion before weight is engaged.
- **Enhanced privacy:** Having the weight stack in the front of the machine serves as a privacy shield.
- **Correct user positioning:** Minimized knee stress results from using knee pads as inputs which also keeps knees centered in the pad. In addition to knee pads, dual foot positions accommodate varying user heights. The seated rather than standing position is a comfortable secure position for the user.



SPECIFICATIONS

Product Number	13180
Dimensions L x W x H	62" x 24" x 62" (157 cm x 62 cm x 157 cm)
Light Stack	100 lbs (45 kg)
Standard Stack	145 lbs (66 kg)
Light Weight	415 lbs (189 kg)
Standard Weight	460 lbs (209 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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