

VR1 BACK EXTENSION

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 wider audience.

Specifications

Product Number	13100 - 13101 (with Adjustable Start)
Dimensions (L x W x H)	59" x 41" x 62" (151 cm x 104 cm x 157 cm)
Weight w/ Standard Stack	475 lbs (216 kg)
Standard Stack	190 lbs (86 kg)
Weight w/ Light Stack	415 lbs (189 kg)
Light Stack	130 lbs (59 kg)
Color	Available in 5 standard or a virtually unlimited variety of custom frame colors



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