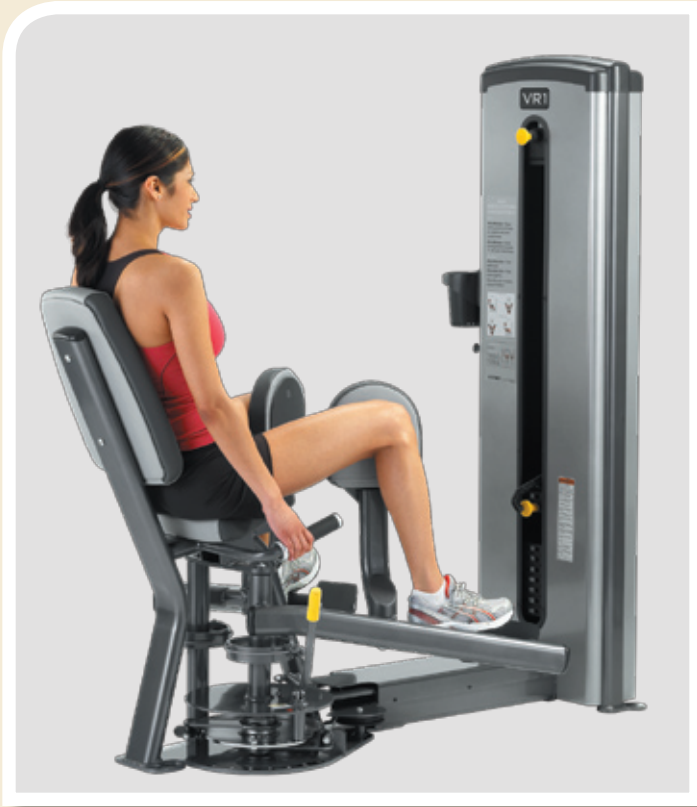
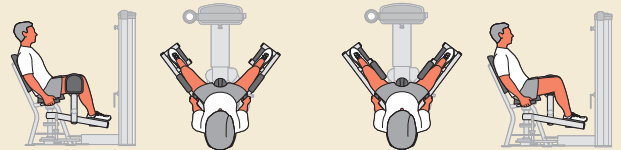


VR1 Hip Ab/Ad



Specifications

Product Number	13180
Dimensions (L x W x H)	62" x 24" x 62" (157 cm x 62 cm x 157 cm)
Weight w/ Standard Stack	460 lbs. (209 kg)
Standard Stack	145 lbs. (66 kg)
Weight w/ Light Stack	415 lbs. (189 kg)
Light Stack	100 lbs. (45 kg)



SPACE SAVING

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, particularly important to women.

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.

CYBEX Safety Feature

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