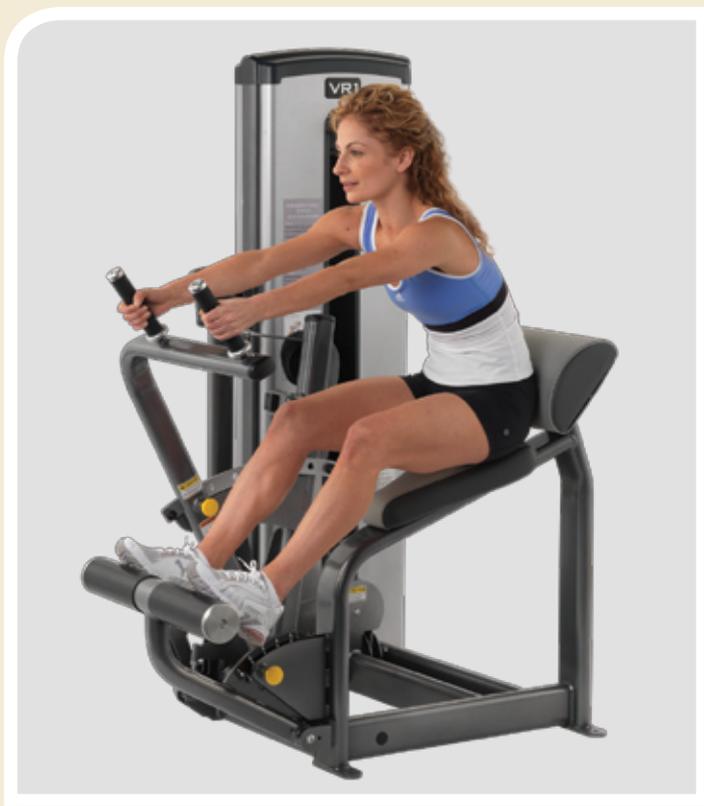
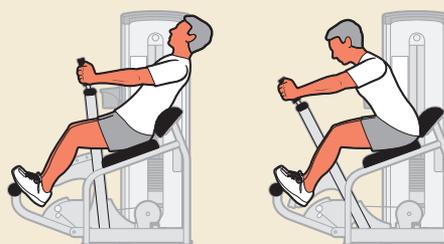


VR1 Ab/Back Extension



Specifications

Product Number	13200
Dimensions (L x W x H)	49" x 47" x 62" (123 cm x 118 cm x 157 cm)
Weight w/ Standard Stack	470 lbs. (214 kg)
Standard Stack	190 lbs. (86 kg)
Weight w/ Light Stack	410 lbs. (186 kg)
Light Stack	130 lbs. (59 kg)



SPACE/COST SAVING DUALS

For facilities that are watching their budget and operate in limited space, the VR1 Duals are the answer. An extension of the VR1 line, Duals further capitalize on the compact VR1 footprint by using multi-function mechanisms to get two exercises in one machine. These units provide exceptional flexibility and carry with them all of the same line features and benefits that VR1 provides.

DESIGNED LIKE TOP-OF-THE-LINE

Capitalizing on the effective ab pattern used in both CYBEX VR3 and Eagle (the arms are straight so the abs do all the work), the Ab/Back Extension dual machine uses the same motion in a reverse direction to train the lower back.

TO GET THAT SIX-PACK

The ab design has taken hip flexors, arms and shoulders out of the movement. The resulting exercise is **completely focused on the abdominal muscles**. It has to be experienced to be appreciated.

REDUCED BACK PAIN

Back extension exercises are often prescribed to reduce chronic back pain. The CYBEX VR1 Duals **back extension movement** loads the spine from the shoulder level promoting more complete involvement of the back extensors. The design also promotes the scapula musculature in providing their stabilizing function of the shoulder.

BETTER RANGE OF MOTION

A lumbar curved section of the **hip pad promotes full range of motion** exercise while the patent pending stabilization ensures that the hips and legs provide optimal stabilization which allows the user to focus on the exercise. In addition, there are **six start positions** as adjustable inputs for full range of motion.