

# VR1 AB/AD

## SPACE SAVING

**One machine does the work of two. The dual function design – both abduction and adduction in one machine – saves valuable floor space.**

## ENGINEERED FOR VALUE

Cybox is known for strength training equipment that is scientifically engineered to produce faster fitness results. We took that excellence and reduced it in size and complexity to form the VR1 line of selectorized products. This is the selectorized line that can fit the space and budget of a wide range of facilities.

## 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.

## Specifications

<b>Product Number</b>	13180
<b>Dimensions (L × W × H)</b>	62" × 24" × 62" (157 cm × 62 cm × 157 cm)
<b>Weight w/ Standard Stack</b>	460 lbs (209 kg)
<b>Standard Stack</b>	145 lbs (66 kg)
<b>Weight w/ Light Stack</b>	415 lbs (189 kg)
<b>Light Stack</b>	100 lbs (45 kg)
<b>Color</b>	Available in 5 standard or a virtually unlimited variety of custom frame colors



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