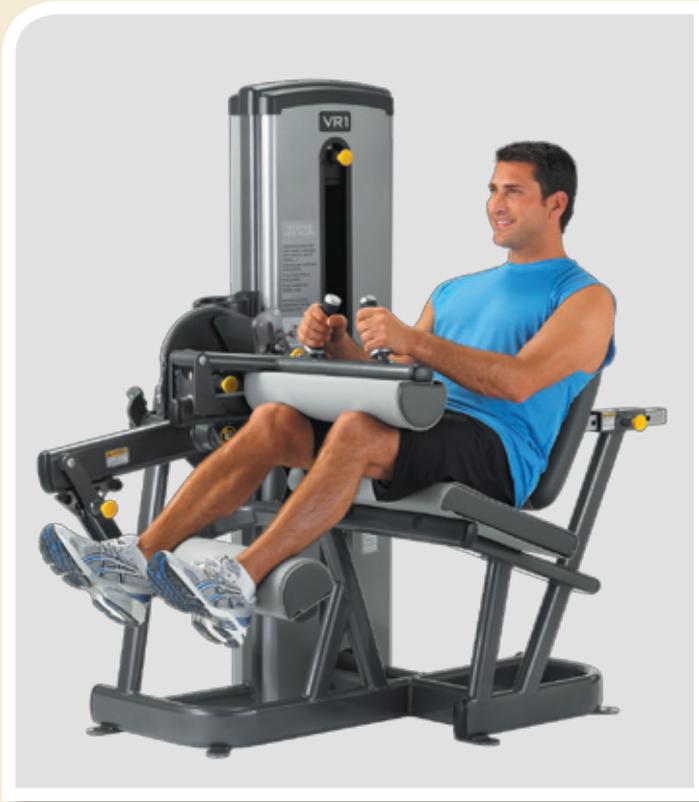


# VR1 Seated Leg Curl



## Specifications

Product Number	13060 – 13061 (with Adjustable Start)
Dimensions (L x W x H)	67" x 40" x 62" (169 cm x 100 cm x 157 cm)
Weight w/ Standard Stack	479 lbs. (218 kg)
Standard Stack	145 lbs. (66 kg)
Weight w/ Light Stack	434 lbs. (197 kg)
Light Stack	100 lbs. (45 kg)



### EASY TO USE

Innovative designs on the Seated Leg Curl machines make positioning the tibia pad intuitive, virtually effortless, and results in easily accessible and easily adjustable machines.

### LOWER LEG PAD

Offset input arm allows for the lower leg pad to adjust with minimal effect on the starting angle of the knee. In combination with proper pivot location, this allows the use of a contoured pad for improved comfort.

### RELIEVES HAMSTRING TENSION

The angled back pad (100 degree angle between seat and back) is wider than most leg extension machines and is designed to relieve hamstring tension.

### OPTIONAL ADJUSTABLE START

VR1 offers an **Adjustable Start System** [product #13061].

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.

### LESS KNEE SHEAR

The thigh stabilization method used on **CYBEX Seated Leg Curl** provides significantly reduced shear at the knee  compared to other methods.

 **CYBEX Safety Feature**

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