

VR1 ABDOMINAL

SPACE EFFICIENT DESIGN

The space-efficient design of VR1 provides a crunch-like movement.

The padded harness grips remove the arms from the movement which isolates the abs for a more targeted workout.

ENGINEERED FOR VALUE

Cybex 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.

GOING BEYOND NEUTRAL

The VR1 contoured lumbar pad promotes training through a complete range of motion. Training beyond neutral means reduced abdominal strains and is a great exercise for getting back in shape post-pregnancy.

ONE SIZE FITS ALL

The VR1 design is set to allow a wide variety of user sizes to perform correct movement without adjustment.

Specifications

Product Number	13090
Dimensions (L x W x H)	56" x 29" x 62" (142 cm x 73 cm x 157 cm)
Weight w/ Standard Stack	398 lbs (181 kg)
Standard Stack	190 lbs (86 kg)
Weight w/ Light Stack	338 lbs (154 kg)
Light Stack	130 lbs (59 kg)
Color	Available in 5 standard or a virtually unlimited variety of custom frame colors



WORLD HEADQUARTERS
10 Trotter Drive · Medway · MA 02053 USA
T +1.508.533.4300 · F +1.508.533.5500
www.cybexintl.com

CYBEX INTERNATIONAL UK LTD
Oak Tree House · Atherstone Road
Measham · Derbyshire · DE12 7EL UK
T +44.845.606.0228 · F +44.845.606.0227


www.cybexintl.com