

# VR1 Duals

## Abdominal/Back Extension

An extension of the VR1 line, Duals provide exceptional space-saving flexibility and offer the same line features and benefits that VR1 provides. The 9-piece line targets all key muscle groups.

### FEATURES

- **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 NX (the arms are straight so the abs do all the work), the VR1 Duals Abdominal/Back Extension uses the same motion in a reverse direction to train the lower back.
- **Focus on the target:** 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 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.



### SPECIFICATIONS

<b>Product Number</b>	13200
<b>Dimensions L x W x H</b>	49" x 47" x 62" (123 cm x 118 cm x 157 cm)
<b>Light Stack</b>	130 lbs (59 kg)
<b>Standard Stack</b>	190 lbs (86 kg)
<b>Light Weight</b>	410 lbs (186 kg)
<b>Standard Weight</b>	470 lbs (214 kg)
<b>Color</b>	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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