

CYBEX[®]

VR1 SELECTORIZED STRENGTH

VR1

CYBEXceptional

SCIENCE that sculpts the HUMAN BODY

In your business, results matter. Members that get great results stay. Members that stay bring in new members. CYBEX has drawn on its expertise in exercise science and sports medicine to develop a line of strength training equipment that delivers those results – the VR1 Strength Training Line. Every piece of VR1 is scientifically engineered to move the way the human body moves, and promotes correct alignment and proper body mechanics.

That's great news for members, but VR1 was also created with your needs in mind.

VR1 is value-engineered to provide a space-saving, elegant design that lets you offer a comprehensive strength conditioning system regardless of the size of your facility. Your members get a more effective workout, and you get a line of strength training machines that fits your facility's needs.





VR1
FPO

direction of force

knee movement

knee axis

hip axis

hip movement

The unique pattern of motion in the VR1 Leg Press ensures that the direction of force is above the hip and below the knee for equal leverage and balanced contribution in producing the motion. This balance of force leads to optimal loading between hip and knee, minimizes joint stress, and maximizes the work done by the muscles. This contrasts most other leg presses which direct the force through the hip, virtually eliminating its contribution to hip extension and requiring high joint loading at the knee.

nothing less than 100% CYBEX

At other fitness companies, a lower price can mean an inferior product. That's not true at CYBEX. When we decided to build an introductory line of strength equipment, we were committed to making it better than our competitors' highest priced lines — and we did. We built VR1.

VR1 is nothing less than 100% CYBEX. This strength line is sized and priced to fit your facility's needs, and has all of the superior engineering, biomechanics, and performance characteristics you've come to expect from CYBEX.

SLIMMED DOWN

1

**CAPABILITIES THAT MAKE A BIG IMPRESSION,
BUT LEAVE A SMALL FOOTPRINT**

If you're concerned about space but still want to offer your clients superior total body strength conditioning, you need VR1 from CYBEX. Each VR1 machine combines all the capabilities users want with a smaller footprint to help maximize your space. With VR1, all the best quality strength training equipment finally fits comfortably on your facility's floor.



HASSLE FREE

2

**INTUITIVE ADJUSTMENTS
PERFECTLY MATCH USER WITH MACHINE**

The innovative design of the leg pad is just one example of VR1's intuitive adjustments. This leg pad adjustment allows positioning of the input pad that is virtually effortless.



MODERN ART

3

VR1'S SIMPLE ELEGANCE COMPLEMENTS AND ENHANCES YOUR FACILITY'S INTERIOR DESIGN

You've worked hard to build your facility's look and brand image, and we've designed VR1 with the same attention to detail. Every piece of VR1 is smooth and sleek, and has a subtle beauty that blends seamlessly with your interior design. This simple elegance, matched with an array of capabilities, makes VR1 the perfect combination of form and function in a strength training line.



features & benefits

A



Fully Enclosed Weight Stacks (A)

Enclosed weight stacks help shield bystanders and users from inadvertent contact with the moving weight stack, creating a safer workout environment. The fully enclosed stacks give a sleek appearance and comply with ASTM and EN standards.

Contoured Molded Pads (B)

Ergonomically contoured molded pads provide better support for a variety of movements, as well as a more contemporary overall look.

B



Instructional Guide (C)

High contrast three-color placards use straightforward language and pictures for easy-to-read instructions.

Variable Resistance

The resistance profile of each movement has been designed into the machine, assuring that the resistance provided mirrors the body's capability throughout the range of motion.

C



Striking Appearance (D)

Graceful curves and innovative use of materials combine for a heightened aesthetic in architecture and a dramatic presentation in your facility.

Integrated Guide Rod Lubrication

The Integrated Guide Rod Lubrication capabilities help reduce machine upkeep and keep weight stack operation smooth and quiet.

D



Engineered for Safety

The safety of every user is essential to our success and yours. The entire VR1 line was designed to comply with ASTM and EN standards.

Water Bottle and Towel Holder

VR1 has all the features your users need, plus two features they'll find especially convenient – an integrated water bottle and towel holder.

CHEST PRESS

The overhead pivot provides a natural path of motion.

Dual grips provide a barbell grip to emphasize the chest, or a vertical grip to emphasize the anterior deltoid.

The barbell grips are angled to provide a neutral wrist position.

Seat adjusts to accommodate user height. Pressing arm adjusts for range of motion and user limb length.

Available with gas spring assisted seat.



OVERHEAD PRESS



Counterbalanced input provides reduced takeoff weight for deconditioned users.

Dual grips provide a barbell grip as well as neutral grip favorable for individuals with compromised shoulders.

The grips are angled to provide a neutral wrist position.

Seat adjusts to accommodate user height and range of motion.

Available with gas spring assisted seat.



ROW/REAR DELTOID

Overhead pivot closely matches path of motion for row and rear delt movements.

Dual hand grips provide vertical grips for rowing motion and horizontal hand grips for the rear delt motion.

Seat and chest pad adjust to accommodate users of varied height and limb length.

Forward foot brace aids user stabilization.

Available with gas spring assisted seat.



LAT PULL

Forward aligned pulley encourages correct form.

Adjustable thigh pads accommodate users of all sizes.



ARM EXTENSION

Intuitive pushdown positioning eliminates the need for adjustments or aligning with axis of rotation.

Back pad provides position reference and support.



ARM CURL

Intuitive design eliminates the need for aligning with axis of rotation.

Angled pad fully supports the upper arm to eliminate unwanted shoulder movement.

Seat height adjusts to accommodate user height.

Rotating cambered handle provides multiple grip positions.

Available with gas spring assisted seat.



FLY/REAR DELT

Floating inputs adjust for varied arm lengths.

Grips are optimized to provide hand placement variety without the need to adjust the seat.

Linked inputs allow for a single synchronized start position adjustment.

Available with gas spring assisted seat.



LEG PRESS

The patented design of the articulating seat and back pad provides for more complete hip extension and gluteal involvement.

Seat bottom and back adjust for range of motion and to accommodate users of varied height.



LEG EXTENSION

Floating leg pad positioning is instinctive for user and virtually effortless.

Offset input arm provides for leg pad positioning without affecting the starting angle of the knee.

Back pad is angled 100° from seat bottom to relieve hamstring tension.

Available with or without adjustable start position device.



SEATED LEG CURL

Leg pad positioning is instinctive for user and virtually effortless.

Leg pad adjusts with minimal effect on the starting angle of the knee.

Back pad is angled 100° from seat bottom to relieve hamstring tension.

Thigh stabilization pad provides significantly reduced shear at the knee as compared to other methods, resulting in less stress on the posterior cruciate ligament for a safer, more effective movement.



HIP AB/AD



Forward weight stack serves as privacy shield.

Dual foot bars accommodate a broad range of user heights.

Adjustable start position accommodates individual range of motion preference.

Dual functionality of hip abduction and hip adduction in one machine saves valuable floor space.

Low slack drive system provides immediate engagement.



GLUTE

Wide arch curvilinear path encourages gluteal involvement without relying on axial alignment.

Adjustable abdominal support aids spinal alignment.

Optimized positioning minimizes set up.

Remotely located counterbalance provides an exceptionally small footprint.

Available with gas spring assisted abdominal support.



manufacturing EXCELLENCE



CYBEX uses unique state-of-the-art manufacturing and testing methods along with the highest quality raw materials to deliver products that exceed industry standards.

Vertical Integration: CYBEX controls the manufacturing process of our products from raw materials to shipment, allowing us greater control over the process. We are a multi-level vertically integrated manufacturer that utilizes the latest manufacturing technologies:

- Laser Cutting
- Pulse Robotic Welding
- CNC Custom Upholstery
- CMM (Coordinate Measurement Machine)
- Mandrel Bending
- Powder Coating
- Tube Laser Technology

Highest Quality Raw Materials: CYBEX purchases steel and raw materials direct from the mills to support our own specifications and chemistry. This encourages the best grade and quality of materials to work with our internal manufacturing processes. The result is the highest levels of quality.

Progressive Build to Order Manufacturing Philosophy: CYBEX's highly automated manufacturing techniques allow for the greatest control of quality, inventory and flow. This progressive philosophy gives CYBEX industry-leading flexibility and the ability to exceed the quality, customization and lead-time demands of our customers.



Commitment to Quality: As evidence of its commitment to produce high quality products and to continually improve the customer experience, CYBEX conforms to ISO 9001:2000 standards in its manufacturing, design and business processes.

specifications


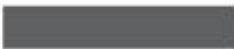












Product No.	Description	Length		Width		Height		Light Stack		Standard Stack		Machine Weight				
		IN	CM	IN	CM	IN	CM	LBS	KG	LBS	KG	Light		Standard		
												LBS	KG	LBS	KG	
Lower Body																
13040	Leg Press	62	158	38	95	77	195	200	91	295	134	510	232	605	275	
13050	Leg Extension	54	138	41	105	62	157	150	68	220	100	459	209	529	240	
13051	Leg Extension w/ Start Adj	54	138	41	105	62	157	150	68	220	100	459	209	529	240	
13060	Seated Leg Curl	67	169	40	100	62	157	100	45	145	66	434	197	479	218	
13061	Seated Leg Curl w/ Start Adj	67	169	40	100	62	157	100	45	145	66	434	197	479	218	
13180	Hip Ab/ Ad	62	157	24	62	62	157	100	45	145	66	415	189	460	209	
13170	Glute	50	127	40	101	62	157	150	68	220	100	438	199	508	231	
13120	Standing Calf	45	115	33	84	63	159	200	91	295	134	390	177	490	223	
Upper Body																
13000	Chest Press	35	89	52	132	68	174	150	68	220	100	384	175	454	206	
13010	Overhead Press	57	146	51	129	62	157	130	59	190	86	406	185	466	212	
13130	Lat Pull	60	153	43	110	89	226	150	68	220	100	427	194	497	226	
13030	Row	46	116	47	119	76	193	150	68	220	100	423	192	493	224	
13070	Arm Curl	54	138	39	100	62	157	100	45	145	66	299	136	344	156	
13080	Arm Extension	45	114	43	110	89	226	100	45	145	66	331	150	376	171	
13110	Fly / Rear Delt	55	141	50	127	74	188	150	68	220	100	331	150	496	225	
Trunk and Torso																
13090	Abdominal	54	136	29	73	62	157	130	59	190	86	338	154	398	181	
13100	Back Extension	59	151	41	104	62	157	130	59	190	86	415	184	475	216	
13101	Back Extension w/Start Adj	59	151	41	104	62	157	130	59	190	86	415	184	475	216	



FPO



VR1 customization

color & upholstery options

	dove grey
	charcoal
	black
	burgundy
	navy
	hunter green
	grotto
	royal blue
	azure
	crocus
	cranberry
	american beauty red
	wheat
	suede

	black chrome
	platinum sparkle
	metaltone gold
	black texture
	white texture

Gas Spring Assist can be added to select machines for added ease of use. These machines include:

- Chest Press
- Overhead Press
- Row / Rear Deltoid
- Arm Curl
- Fly / Rear Delt
- Glute

Weight stacks are available in standard or light configurations.

Enclosed Increment Weight System provides pull button operation of a fully enclosed half weight.

Frame and Weight Guard Colors can be chosen separately to allow the facility a distinctive appearance with contrasting colors.

Two-Tone Upholstery is also available as an option to provide distinctive appearance.

Embroidered Wear Covers are also available to further pror



Shown with Platinum Sparkle Frame and Black Chrome Weight Guards, and optional two tone upholstery with Dove Gray Tops and Charcoal Sides.

start at the top WITH VR1 FROM CYBEX

If everything you've read about VR1 leaves you thinking, "That doesn't sound like an introductory line" – you're right. Every piece of the VR1 line is 100% CYBEX, value-engineered with a space-saving, elegant design to be just the right fit for your fitness facility – and your budget. Finally, you can offer your clients complete, total body strength training with an equipment line that outperforms many of the competition's premiere products – VR1 from CYBEX.

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