



Product Updates

Volume 2

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VR1 DUALS

The VR1 Duals are a line extension of the VR1 line that further capitalizes on the compact VR1 footprint by utilizing multi-function mechanisms. Building upon VR1 platform these units provide exceptional flexibility for fitting a facility with the most effective and compact layout that meets their needs. These new units carry with them all of the same line features and benefits that VR1 provides.

VR1 Ab / Back Extension

Product Number: 13200

First shipments: Week of April 7

This unique design capitalizes on the ab pattern used in both VR3 and Eagle and addresses the back extension by using that same pattern in the reverse direction to train the lower back.

In the abdominal movement, the design has taken hip flexors, arms, and shoulders out of the movement; the resulting exercise is completely focused on the abdominal muscles.

In the back extension movement, the design loads the spine from the shoulder level promoting more complete involvement of the back extensors and also promotes the scapula musculature in providing their stabilizing function of the shoulder.

The hip pad includes a lumbar curved section to promote full range of motion exercise while the patent pending stabilization ensures that the hips and legs provide optimal stabilization allowing the user to focus on the exercise.

The adjustable input provides six start positions for range of motion adjustment.



VR1 Biceps / Triceps

Product Number: 13230

First shipments: Week of April 7

The VR1 Biceps / Triceps is extraordinary in its simplicity. While the patterns are familiar to anyone who strength trains, it is the small details that matter.

The 2:1 reduction system provides for reduced weight stack inertia and provides a natural feel without a floating feeling.

The back pad provides for intuitive positioning and stabilization when performing arm extensions.

Convenient storage is provided for both the rotating, cambered curl bar and the individual grips used for arm extension.



VR1 Multi-Press

Product Number: 13240

First shipments: Week of April 7



The VR1 Multi-Press provides a Chest Press, Incline Press and Overhead Press in a single package.

The seat assembly adjusts by way of a single detent knob and provides three position choices in both the Overhead and Incline Press movements.

To ensure appropriate positioning and range of motion, the pressing arm includes five start positions.

The angled grips ensure a comfortable neutral wrist position for each of the movements.

VR1 Lat-Row

Product Number: 13250

First day to enter orders:

First shipments: Week of April 21

The VR1 Lat-Row is designed to go well beyond what other dual "Lat-Rows" are capable of. The unique rotating arm allows the handles to be positioned in any one of nine positions providing everything from a traditional Lat Pull to a Low Row.

The dual grips allow for independent exercise and the bearing supported pulleys track effortlessly with the user's motion.

The adjustable thigh support adjusts for user height and provides for stabilization in lat and incline pull motions, while the foot bar provides for stabilization during row movements.

Note: Since this photography we have made a few improvements including a larger foot bar and a longer seat to allow for better fore/aft positioning opportunities. These changes will be on the show unit at IHRSA.



VR1 Leg Extension / Seated Leg Curl

Product Number: 13260

First shipments: Week of May 16

The VR1 Leg Extension / Seated Leg Curl provides the feel and positioning of the single station units in the duals format. These features include:

- Leg pad positioning is instinctive for user and virtually effortless.
- Counterbalanced input provides exceptionally low takeoff weight.
- Back pad is angled 100° from seat bottom to relieve hamstring tension.
- Seven start positions provide for start position selection.
- The thigh hold-down pads provide for stabilization with less knee shear than some competitive methods.



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
13200	Ab / Back Extension	49	123	47	118	62	157	130	59	190	86	410	186	470	214
13230	Biceps / Triceps	52	132	43	109	89	226	100	45	145	66	320	145	365	166
13240	Multi-Press	78	198	51	130	62	157	150	68	220	100	412	187	482	219
13250	Lat/ Row	73	185	50	127	83	211	150	68	220	100	426	194	496	225
13260	Leg Extension/ Leg Curl	66	168	41	104	62	157	100	45	145	66	392	178	437	199