

VR1 SELECTORIZED STRENGTH

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 accommodate users of varied height



GLUTE

- Wide arc curvilinear path encourages gluteal involvement without relying on axial alignment
- Adjustable abdominal support aids spinal alignment
- Optimized positioning minimizes set up



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



STANDING CALF

- Large curved foot platform allows for varied foot placement while the non-slip surface provides grip and support during the motion
- The shoulder pads are angled to match natural angle of shoulder
- Input arm adjusts for height



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



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



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



ARM CURL – CABLE BASED

- 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



LAT PULLDOWN

- Forward aligned pulley encourages correct form
- Adjustable thigh pads accommodate users of all sizes



ARM CURL – ARM BASED

- Input arm adjusts automatically to accommodate varying forearm lengths
- Hand grips are optimally positioned to minimize wrist stress
- Machine defined path is ideal for beginners and use in express circuits
- Optional gas spring seat assist
- Available with optional increment weight



ROW

- 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



ARM EXTENSION – CABLE BASED

- Intuitive pushdown positioning eliminates the need for adjustments or aligning with axis of rotation
- Back pad provides position reference and support



VR1 SELECTORIZED STRENGTH

ARM EXTENSION – ARM BASED

- Input arm adjusts automatically to accommodate varying forearm lengths
- Adjustable, angled back pad provides for torso stability
- Machine defined path is ideal for beginners and use in express circuits
- Optional gas spring seat assist
- Available with optional increment weight



ABDOMINAL

- Adjustment-free design fits all users with excellent positioning
- Contoured lumbar pad promotes training through a full range of motion
- Padded harness disperses input forces for comfort while aiding in isolating the abdominals



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



BACK EXTENSION

- Patent pending pelvic stabilization system allows the user to “lock into” the hip pad for optimal pelvic stabilization.
- Contoured lumbar pad encourages comfortable spinal extension



PULLDOWN

- Barbell and neutral grips provide multiple grip choices
- Adjustable thigh pads accommodate a variety of user heights
- Machine defined path is ideal for beginners and use in express circuits
- Available with optional increment weight

