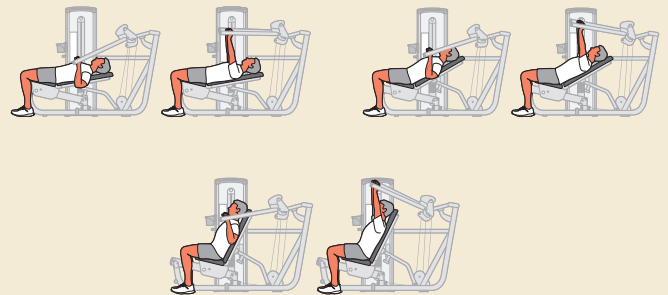


VR1 Multi-Press



Specifications

Product Number	13240
Dimensions (L x W x H)	78" x 51" x 62" (198 cm x 130 cm x 157 cm)
Weight w/ Standard Stack	482 lbs. (219 kg)
Standard Stack	220 lbs. (100 kg)
Weight w/ Light Stack	412 lbs. (187 kg)
Light Stack	150 lbs. (68 kg)



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.

SIMPLE FOR SAFETY

To ensure appropriate positioning and range of motion, the pressing arm includes **five start positions**. The **grips are angled** to ensure neutral wrist position which means less stress on the wrist for a more comfortable and safer exercise.

THREE IN ONE

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

SIMPLEST ADJUSTMENTS

The seat assembly adjusts by way of a single detent knob and provides three position choices in both the overhead and incline press movements.

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Serious about fitness.