



# PRESTIGE

STRENGTH™ | VRS

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20+ Pieces of Superior Design for Every Body.

**CYBEX®**



# Strength Training for Every Body

67%\* of all gym members consider single-station machines to be one of the most important factors when choosing a gym. Cybex offers the most complete and powerful strength training solutions in the world, helping your members do the activities they love – better, stronger, safer, longer.

\*Source: Results based on study of 1,247 total respondents. U.S. Adults 18+ (813 Active Gym Members and 434 Lapsed Gym Members) Recruitment via online panel (uSamp) and self-administered from January 10-16, 2013.

# Truly Meaningful Innovation



Building upon a heritage of scientific innovation and engineering perfection, Cybex offers the most effective strength solutions in the world. Prestige Strength VRS continues this tradition, surpassing our competition's premium strength lines with the striking aesthetics, innovative design, extreme durability, and advanced biomechanics that have distinguished Cybex for over 45 years.

# Prestige VRS

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## **UPPER BODY**

Chest Press  
Overhead Press  
Pulldown  
Row  
Arm Curl  
Arm Extension  
Triceps Press  
Lateral Raise  
Fly/Rear Delt  
Dip/Chin Assist

## **LOWER BODY**

Seated Leg Curl  
Prone Leg Curl  
Hip Abduction  
Hip Adduction  
Leg Press  
Standing Calf  
Leg Extension  
Glute

## **TRUNK & TORSO**

Abdominal  
Back Extension  
Torso Rotation





## Chest Press

- Converging path of motion allows for a more complete range of movement for unparalleled training results.
- Independent arms offer balanced strength development and bilateral reciprocal training.
- Gas-spring-assisted seat and spring-assisted back pad make it easy for users to get a natural and comfortable workout.
- Extra-sized grips reduce pressure on the hands for greater comfort when pressing.



## Overhead Press

- Converging path of motion allows for a more complete range of movement for unparalleled training results.
- Independent arms offer balanced strength development and bilateral reciprocal training.
- Gas-spring-assisted seat makes it easy for users to get a natural and comfortable workout.
- Standard and neutral grips provide multiple grip choices.
- Extra-sized grips reduce pressure on the hands for greater comfort when pressing.



## Pulldown

- Diverging path of motion invites a more complete range of movement for optimal training results.
- Independent arms offer balanced strength development and bilateral reciprocal training.
- Barbell and neutral grips provide multiple grip options.
- Adjustable thigh pad optimizes experience for different body types and strength levels.



### Row

- Diverging path of motion invites a more complete range of movement for optimal training results.
- Independent arms offer balanced strength development and bilateral reciprocal training.
- Variable resistance closely matches user's capability throughout the range of motion.
- Bottom pivot design creates a low profile look.
- Adjustable chest pad and footbar provide additional stability.
- Gas-spring-assisted seat makes it easy for users to get a natural and comfortable workout.



### Arm Curl

- Grips adjust automatically to accommodate all forearm lengths.
- Gas-spring-assisted seat makes it easy for users to get a natural and comfortable workout.



### Arm Extension

- Grips adjust automatically to accommodate all forearm lengths.
- Adjustable, angled back pad stabilizes torso.
- Gas-spring-assisted seat makes it easy for users to get a natural and comfortable workout.



## Triceps Press

- Forward tilted back pad provides stability without the use of a seat belt.
- Extra-sized grips reduce pressure on the hands for greater comfort.
- Dual grip positions accommodate various body sizes and movements.
- Gas-spring-assisted seat makes it easy for users to get a natural and comfortable workout.



## Lateral Raise

- Horizontal axis provides optimal alignment with medial deltoid.
- Design encourages users to stabilize core while also allowing for targeted positioning.
- Angled inputs minimize external rotation during movement for better focus on deltoids.
- Gas-spring-assisted seat makes it easy for users to get a natural and comfortable workout.



## Fly/Rear Delt

- Floating inputs adjust for varied arm lengths.
- Grips are optimized for hand placement variety without needing to adjust the seat.
- Gas-spring-assisted seat makes it easy for users to get a natural and comfortable workout.



## Dip/Chin Assist

- Provides up to 112 lbs. of assistance when engaged.
- Extra-sized, dual-position grips increase hand comfort, accommodate different user sizes and allow for dip movement variety.
- Pull-up bar offers both bar and neutral grips for individual preference.
- Steps allow easy on and off.
- Footbar easily flips up for unassisted pull-ups and dips.



## Seated Leg Curl

- Optional Range Limiting Device lets users choose a comfortable starting position, while ensuring the resistance profile is always optimal (available in Start, Total and non-RLD configurations).
- Spring-assisted back pad makes it easy for users to get a natural and comfortable workout.
- Angled back pad relieves hamstring tension.
- Intuitive leg pad adjustment provides for minimal impact on the starting angle of the knee.
- High stabilization pad significantly reduces knee stress as compared to other methods.
- Easy adjustments from seated position.



## Prone Leg Curl

- Optional Range Limiting Device lets users choose a comfortable starting position, while ensuring the resistance profile is always optimal (available in Start, Total and non-RLD configurations).
- Forearm pads and hip pad angle encourages proper spine alignment and minimizes back stress.
- Intuitive and virtually effortless leg pad positioning.





## Hip Abduction

- Knee pads minimize knee stress.
- Weight stack serves as privacy shield.
- Dual footbars accommodate a wide range of user heights.
- Users can easily adjust start position while seated.



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- Knee pads minimize knee stress.
- Weight stack serves as privacy shield.
- Dual footbars accommodate a wide range of heights.
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## Leg Press

- Unique four-bar linkage design provides greater hip range of motion and increases hip extensor involvement.
- Fully enclosed counterbalance system provides consistent resistance at even the lowest weight selections.
- Seat back has five angled positions to increase comfort and range of motion.
- Extensive range of start positions accommodates all sizes and shapes.
- Large footplate allows for a wide range of foot placements for varied training.



## Standing Calf

- Shoulder pads are angled to match natural angle of shoulder.
- Curved footplate allows for a comfortable stretch to the start position.
- Input arm adjusts for varying user heights.



## Leg Extension

- Optional Range Limiting Device lets users choose a comfortable starting position, while ensuring the resistance profile is always optimal (available in Start, Total and non-RLD configurations).
- Spring-assisted back pad makes it easy for users to get a natural and comfortable workout.
- Intuitive and virtually effortless leg pad adjustment.
- Offset input arm provides optimal positioning without affecting the starting angle of the knee.
- Angled back pad relieves hamstring tension.
- Easy adjustments from seated position.



## Glute

- Curvilinear path of motion encourages gluteal training without relying on hip alignment.
- Adjustable abdominal support and positioning the knee under the hip encourages proper spine alignment and minimizes back stress.



## Abdominal

- Patented pelvic stabilization system with adjustable foot brace allows users of varying heights to “lock into” the hip pad for optimal training effect.
- Isolates abdominal muscles for a more complete range of correct spinal flexion movement.
- Innovative design allows different users to perform correct movement without adjustment.
- Hip pad includes a curved lumbar section to promote full range of motion.



## Back Extension

- Optional Range Limiting Device lets users choose a comfortable starting position, while ensuring the resistance profile is always optimal (on Start and Total RLD versions).
- Available in three configurations: Start RLD, Total RLD and non-RLD.
- Patented pelvic stabilization system with adjustable foot brace allows users to “lock into” the hip pad for optimal training effect.
- Contoured lumbar pad encourages correct and comfortable movement into extension.



## Torso Rotation

- Bottom pivot design maintains a fixed upper body stabilizing users’ heads and is useful for training when the legs are “driving”.
- Six starting positions ensure maximal comfort.
- Hip flexed position optimizes stabilization and spinal alignment.
- Foot platforms further stabilize all different body types.
- Gas-spring-assisted seat makes it easy for users to get a natural and comfortable workout.

## PRESTIGE STRENGTH VRS FEATURES & BENEFITS



### 1. Independent arm motion (Chest, Overhead, Pulldown, Row)

Separate arm motion encourages both symmetrical strength development and training variety.

### 2. Converging/diverging movements (Chest, Overhead, Pulldown, Row)

Invite natural movement and a more complete range of motion.

### 3. Smooth and stable adjustments

Gas-spring-assisted seats and spring-assisted back pads make it easy for users to get a natural and comfortable workout. High-contrast position indicators make it easy to repeat the position with each use.

### 4. Clear and concise placards

Intuitive, easy-to-read placards illustrate proper set-up, movement and muscles trained. QR codes invite users to access the digital library to view simple, step-by-step videos demonstrating correct form to achieve the best results.

### 5. Twist select increment weight system

With a simple twist of a knob, quickly adjust the weight in 5-pound (2.5 kg) increments.

### 6. Enclosed weight stack

Smooth and quiet in operation, the fully enclosed weight stack looks sleek and shields users from contact with the moving weights.

## Durable, Yet Beautiful

Prestige Strength VRS is designed to inspire – and to last. From its low profile design and contemporary lines, to its distinctive detailing, every piece of our newest strength line is both refined and rugged.

## A Premium Experience

Four upper body pieces feature independent arm motion for balanced strength development while converging or diverging movements ensure a more complete range of motion. On all pieces of the line, intuitive and highly accessible adjustments create a distinctly comfortable workout.



### 7. Smartphone/tablet holder

Prestige Strength VRS is equipped with an adjustable clip designed to hold any mobile device.

### 8. Water bottle/towel holder

Convenient water bottle and towel holder is standard on every Prestige Strength VRS machine.

### 9. Antimicrobial grips

Non-absorbent gripping material provides extra security for users.

### 10. Brightly colored adjustment indicators

All adjustments are easy to reach and highlighted in yellow to simplify identification.

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## Range Limiting Device (RLD)

This optional feature allows users to choose a comfortable starting position and ensures that the resistance profile is always optimal, regardless of the range of motion selected – providing safe, effective results and reducing the chance of injury.

## Walk Up & Work Out

With the help of clear and concise placards, users can simply adjust the gas-spring-assisted seats, select their weight and start getting strong.

## Strength You Can Trust

Nowhere does safety matter more than in strength training. Prestige Strength VRS employs machine-defined paths of motion and optional Range Limiting Devices so users can enjoy equipment that withstands the tests of use and time.





# A Distinctive Style for a Strong Look

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Make Prestige Strength VRS uniquely your own. Completely customize your equipment by choosing from fifteen frame colors, thirty upholstery options and four enclosure choices – or provide your own design for a completely unique look. Envision the possibilities with our interactive design tool at [mydesign.cybexintl.com](http://mydesign.cybexintl.com).

**MY  
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STUDIO**

Upgrade your club with customized Cybex equipment.

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