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VR1 13170 Glute Owner ' s Manual Remove guide rod cap and spring and set aside. Repeat steps 7D - 7F for other guide rod. Using a 3/16 " pin punch and hammer, carefully remove roll pin securing cable end to top weight connector. Page 20 Cybex VR1 13170 Glute Owner ' s Manual

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Drive the front knee forwards and ' pull ' yourself down using your front hamstring and glute.. When you reach the bottom position, push back up through the heel of the front foot. Be sure not to ' fall forwards ' at the torso.

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