

# VR1

## Arm Curl\*

Engineered for value. With its streamlined, space-saving design, this sturdy collection of 23 machines offers a comprehensive strength training solution regardless of your facility's size.

### FEATURES

- **Easy to use:** The intuitive design of the VR1 Arm Curl (cable-based) makes it an easy machine to use – sit down, reach over the arm pad, grab the bar, and pull. Because it is cable-based, it requires no axis of rotation alignment.
- **More variety:** A rotating cambered handle provides barbell and reverse grip positions which allows users to add an extra dimension to biceps and forearm training.
- **Stabilization:** Stabilization is enhanced with the large angled pad that supports the full length of the upper arm to eliminate unwanted shoulder movement. The seat height is adjustable which puts the shoulder in the proper position relative to the pad for safe lifting.



### SPECIFICATIONS

Product Number	13070
Dimensions L x W x H	54" x 39" x 62" (138 cm x 100 cm x 157 cm)
Light Stack	100 lbs (45 kg)
Standard Stack	145 lbs (66 kg)
Light Weight	299 lbs (136 kg)
Standard Weight	344 lbs (156 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

\*Cable Based

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**DESIGN**  
STUDIO

#### WORLD HEADQUARTERS

10 Trotter Drive · Medway · MA 02053 USA  
T + 1.508.533.4300 · F + 1.508.533.5500  
[cybexintl.com](http://cybexintl.com)

#### CYBEX INTERNATIONAL, INC.

Queen Adelaide · Ely  
Cambridgeshire · CB7 4UB · UK  
T + 44.1353.666.017 · F + 44.1353.666.018