

# VR1

## Arm Extension\*

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

- **A familiar motion:** The intuitive design with pushdown positioning eliminates the need for adjustments or aligning the elbow with the axis of rotation. This is the classic exercise most users are familiar with – and a familiar motion is often one that encourages greater use.
- **Cable-based advantage:** The cable-based movement allows for near-constant load at the elbow and shoulder. This means that users can focus on the triceps while keeping the arm properly positioned.
- **Stabilization:** VR1 user positioning is enhanced by the back pad – which provides reference and support. This means that the user does not tend to lean over, promoting stricter form with less unwanted movement.



### SPECIFICATIONS

Product Number	13080
Dimensions L x W x H	45" x 43" x 89" (114 cm x 110 cm x 226 cm)
Light Stack	100 lbs (45 kg)
Standard Stack	145 lbs (66 kg)
Light Weight	331 lbs (150 kg)
Standard Weight	376 lbs (171 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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