

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

- **Self-adjusting forearm length:** One user to the next with one less adjustment. This design feature automatically adjusts for the differences in forearm length of a wide variety of users.
- **Stabilization:** VR1 offers user positioning that includes an adjustable back support and seat height adjustment that works to provide stabilization and also to accommodate variable user size. Some arm extension machines do not offer back support which can compromise alignment and is inefficient in training the triceps.
- **Ideal for beginners and de-conditioned users:** The VR1 Arm Extension offers a machine-defined path of motion which makes it ideal for beginners, seniors and for use in express circuits.



SPECIFICATIONS

Product Number	13085
Dimensions L x W x H	41" x 41" x 62" (104 cm x 104 cm x 157 cm)
Light Stack	100 lbs (45 kg)
Standard Stack	145 lbs (66 kg)
Light Weight	351 lbs (160 kg)
Standard Weight	396 lbs (180 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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