

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

- **Auto adjusting:** The input arm adjusts automatically to accommodate varying forearm lengths.
- **Reduced wrist stress:** The hand grips are optimally positioned to minimize wrist stress.
- **Ideal for beginners and de-conditioned users:** The VR1 Arm Curl offers a machine-defined path of motion which makes it ideal for beginners, seniors and for use in express circuits.
- **Lighten the load:** The counter-balanced take-off weight is a Cybex engineered feature that counter-balances the additional weight of the pressing arm assembly so that the user is lifting only the actual weight selected.



SPECIFICATIONS

Product Number	13075
Dimensions L x W x H	50" x 42" x 62" (127 cm x 107 cm x 157 cm)
Light Stack	100 lbs (45 kg)
Standard Stack	145 lbs (66 kg)
Light Weight	329 lbs (150 kg)
Standard Weight	374 lbs (170 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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MY
DESIGN
STUDIO

WORLD HEADQUARTERS
10 Trotter Drive · Medway · MA 02053 USA
T + 1.508.533.4300 · F + 1.508.533.5500
cybexintl.com

CYBEX INTERNATIONAL, INC.
Queen Adelaide · Ely
Cambridgeshire · CB7 4UB · UK
T + 44.1353.666.017 · F + 44.1353.666.018