

# VR1 ARM EXTENSION\*

## 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.

## ENGINEERED FOR VALUE

Cyberx is known for strength training equipment that is scientifically engineered to produce faster fitness results. We took that excellence and reduced it in size and complexity to form the VR1 line of selectorized products. This is the selectorized line that can fit the space and budget of a wide range of facilities.

## 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 tricep while keeping the arm properly positioned.

## STAYING IN PLACE

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 × W × H)	45" × 43" × 89" (114 cm × 110 cm × 226 cm)
Weight w/ Standard Stack	376 lbs (171 kg)
Standard Stack	145 lbs (66 kg)
Weight w/ Light Stack	331 lbs (150 kg)
Light Stack	100 lbs (45 kg)
Color	Available in 5 standard or a virtually unlimited variety of custom frame colors

\*Cable-based



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