

VR1 BICEPS/TRICEPS

SPACE/COST SAVING DUALS

For facilities that are watching their budget and operate in limited space, the VR1 Duals are the answer. An extension of the VR1 line, Duals further capitalize on the compact VR1 footprint by using multi-function mechanisms to get two exercises in one machine. These units provide exceptional flexibility and carry with them all of the same line features and benefits that VR1 provides.

SIMPLY EFFECTIVE

The VR1 Biceps/Triceps is extraordinary in its simplicity. While the patterns are familiar to anyone who strength trains, it is the small details that make the difference. Like the 2:1 reduction, the cambered curl bar that allows for a variety of grip positions, or the back pad that provides for intuitive positioning and stabilization when performing arm extensions. **Details add up to a better machine.**

THE RIGHT RESISTANCE

The 2:1 **reduction system** of the VR1 Dual Bicep/Tricep machine provides for reduced weight stack inertia and provides a natural feel without a floating feeling. It is completely appropriate for beginners or seniors.

ENGINEERED FOR VALUE

Cyber 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.

CONVENIENT STORAGE

Convenient storage is provided for both the rotating, cambered curl bar and the individual grips used for arm extension when they are not in use.

Specifications

Product Number	13230
Dimensions (L x W x H)	52" x 43" x 89" (132 cm x 109 cm x 226 cm)
Weight w/ Standard Stack	365 lbs (166 kg)
Standard Stack	145 lbs (66 kg)
Weight w/ Light Stack	320 lbs (145 kg)
Light Stack	100 lbs (45 kg)
Color	Available in 5 standard or a virtually unlimited variety of custom frame colors



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