

VR1 Duals

Biceps/Triceps

An extension of the VR1 line, Duals provide exceptional space-saving flexibility and offer the same line features and benefits that VR1 provides. The 9-piece line targets all key muscle groups.

FEATURES

- **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 Duals 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 Duals 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 de-conditioned users.
- **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)
Light Stack	100 lbs (45 kg)
Standard Stack	145 lbs (66 kg)
Light Weight	320 lbs (145 kg)
Standard Weight	365 lbs (166 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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