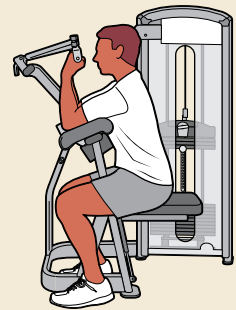
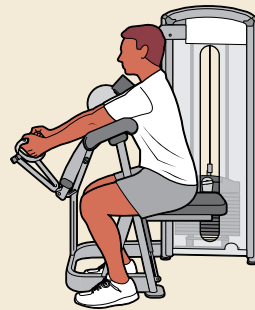


VR3 Arm Curl



Specifications

Product Number	12070
Dimensions (L x W x H)	58" x 40" x 64" (147 cm x 102 cm x 162 cm)
Weight w/ Standard Stack	425 lbs. (193 kg)
Standard Stack	165 lbs. (75 kg)
Weight w/ Heavy Stack	465 lbs. (211 kg)
Heavy Stack	205 lbs. (93 kg)



KEEPING IN LINE

VR3 user positioning for the Arm Curl provides an adjustable seat height which gets the shoulder in the right place for proper and safe lifting. The angled pad supports the full length of the upper arm to eliminate unwanted shoulder movement.

AN INSTANT FIT

The **self-adjusting forearm length** design feature automatically adjusts for the differences in forearm length of a wide variety of users. One user to the next with one less adjustment.

STABILIZATION

The VR3 chest pad provides for better **stabilization** of the torso which also aids in elbow positioning.

LIGHTEN THE LOAD

The **counter-balanced take-off weight** is a CYBEX engineering feature that counter-balances the additional weight of the pressing arm assembly so that the user is lifting only the actual weight selected.