

BICEPS / TRICEPS

VST600-S401



MAKE A STRONG SELECTION

Help your people tone and build the muscles of their arms with a space-efficient, selectorized biceps / triceps dual station that's tougher than you can imagine and more comfortable than you'd expect. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to start refining and enhancing their arms.

ADJUSTMENTS		FRAME & CABLES		TECH SPECS	
User adjustment range	N/A	Frame color	Matte Black	Overall dimensions	84 × 159 × 215 cm / 33.1 × 62.6 × 84.6"
Color coded pivots & points of adjustment	N/A	Frame finish	Proprietary two-coat powder process	Total weight	214 kg / 472 lbs.
		Machine anchoring	4 machine anchoring locations		
		Cable transmission	Internally lubricated cables & fittings		
USER AMENITIES			WEIGHT STACK		
Instructional placard	Muscle call outs, start & finish exercise illustrations		Total stack weight	68.2 kg / 150 lbs.	
Placard color coding	Yellow (upper body)		Weight plate increments	6.8 kg / 15 lbs.	
Contoured seat	N/A		Consistent stack height	Yes	
			Weight stack guarding	Full front and rear shields	