



Biceps / Triceps

VST600-S401

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 sit down and start refining and enhancing their arms.



Weight Stack

Weight Plate Increments	6.8 kg / 15 lbs.
Weight Stack Guarding	Full front and rear shields
Total Stack Weight	68.2 kg / 150 lbs.
Consistent Stack Height	Yes

Adjustments

User Adjustment Range	N/A
Color-coded Pivots & Points of Adjustment	Yes

Tech Specs

Overall Dimensions	84.0 x 159.0 x 215.0 cm / 33.1" x 62.6" x 84.6"
Product Weight	214 kg / 472 lbs.

User Amenities

Instructional Placards	Muscle call outs, start and finish exercise illustrations
Contoured seat	N/A
Placard Color Coding	Yellow (upper body)

Frame & Cables

Cable Transmission	Internally lubricated cables and fittings
Machine Anchoring	4 anchoring locations
Frame Finish	Proprietary two-coat powder process
Frame Color	Matte Black