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Universal Dvr Weight Resistance Guidesuzuki

For its time and place in the world of exercise, the Universal Gym equipment, which employed the

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dynamic variable resistance (DVR) system, was the best training device available. However, there were some limitations even for this advanced system. For one thing, the cam provided only a fixed pattern of adjustment.

The Universal Gym Equipment with dvr (Dynamic Variable ...

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Universal's team of designers and engineers duplicated the prescribed resistive formula and built a variable resistance lifting mechanism, the heart of the new Centurion II/DVR Leg Extension machine.

The Universal New Leg Extension Machine - For the first ...

The dynamic variable resistance (D.V.R.) exercise group increased their mean strength in the bench press exercise from 252.5 pounds to 327.0 pounds demonstrating a mean change of 74.5 lbs which was statistically significant, as well as, practical significance. Table 4 revealed the analysis of variance between the beginning and the last period.

The Effect of Dynamic Variable Resistance (DVR) on ...

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As the weight stack is being lifted into position, guide the end of the bell-crank weldment (Item 124) through the DVR bracket (Item 34) at the top of the weight stack. The tube of the bellcrank must pass under the center roller and rest on top of the screw that is inside the bracket.

ASSEMBLY INSTRUCTIONS - CENTURION 10 STATION

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