

# VR3

## DIP/CHIN ASSIST

This popular family of 23 machines provides ample evidence that you no longer need to choose between form and function. VR3 delivers both.

### FEATURES

#### Easy access

Many dip/chin machines operate from a kneeling position, which makes them less accessible and more difficult to exit, particularly for seniors, unlike the Cybex design which operates from a standing to standing position. Steps allow easy ingress and egress.

#### Assistance: the right amount

Provides up to 112 lbs (50.8 kg) of assistance – the amount that will accommodate the typical user who aspires to perform pull-ups and dips.

#### Easy to make it harder

When users want to do dips or pull-ups without assistance, the foot bar easily flips-up to accommodate the unassisted motion.

#### Improved comfort

“Extra-sized” dip grips provide improved comfort. Dual grip positions accommodate user size and provide for greater variety of movements. The pull-up bar offers both bar and neutral grips for individual preference.



### SPECIFICATIONS

Product Number	12231
Dimensions L x W x H	62" x 55" x 98" (157 cm x 139 cm x 249 cm)
Weight Stack	305 lbs (138 kg)
Machine Weight	720 lbs (327 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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