

VR3

CHEST PRESS

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

FEATURES

Train with confidence

Dependent movement – the VR3 dependent motion offers a feeling of security to new and average users. By having both arms working together in a fixed plane, the Chest Press exercise feels better controlled for a comfortable and secure training movement.

Arms move the way they're supposed to

The converging path of motion of VR3 Chest Press mirrors the natural way the human arms move – forward and to the center – not straight ahead. VR3 Chest Press by Cybex provides a more complete range of motion with constant torque at the shoulder.

Made to deliver

This is the commercial strength line that competes with the best others have to offer. A group of machines that combines striking appearance with rugged durability, VR3 has been engineered to take the tough punishment a heavy duty commercial environment requires. And it works for the highly supervised gyms as well as the self-serve facility.

Safe never felt this good

The unique Cybex design assures that the preset range of motion is never exceeded and the fit of the machine to user is perfect. Unlike many other Chest Press machines, Cybex VR3 does not use a foot kick plate to help the arms get into the proper position to begin exercise. With VR3, the seat back adjusts to the comfortable start position which ensures safety is not compromised in the event muscles weaken and exercise has to end before the feet can get back to the footplate. Adjusting the back pad means that tall and short users will fit perfectly as compared to machines that adjust the arm – forcing taller users into a narrow position and shorter users into wider positions than ideal.



SPECIFICATIONS

Product Number	12001
Dimensions L x W x H	50" x 55" x 75" (128 cm x 141 cm x 191 cm)
Standard Stack	245 lbs (111 kg)
Heavy Stack	305 lbs (138 kg)
Standard Weight	585 lbs (266 kg)
Heavy Weight	645 lbs (293 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

Upgrade your club with customized VR3 equipment. Visit mydesign.cybexintl.com

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CYBEX PRODUCTS ARE DESIGNED
AND BUILT IN THE USA

