

VR3

OVERHEAD 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 security

For new and average users, the dependent movement of VR3 offers a motion that gives the feeling of security. By having both arms working together in a fixed plane, the Overhead 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 Overhead Press mimics the natural way the human arms move – up and in to the center – not straight up. VR3 Overhead Press by Cybex provides a more complete range of motion with constant torque at the shoulder.

Grabbing versatility

The VR3 offers dual grips – the standard barbell grip as well as neutral grip which is favorable for individuals with compromised shoulders. In addition, the grips are angled to provide a neutral wrist position.

Safe for de-conditioned users

Cybex Overhead Press is engineered to counter-balance the additional weight of the pressing arm assembly so that the user is lifting only the actual weight selected. Overhead Press machines are typically extremely heavy and the take-off weight of the pressing arm assembly in addition to the weight selected is often more than deconditioned users can lift. The Cybex Overhead Press maximizes safety for even de-conditioned users.



SPECIFICATIONS

Product Number	12010
Dimensions L x W x H	64" x 61" x 64" (162 cm x 155 cm x 162 cm)
Standard Stack	165 lbs (75 kg)
Heavy Stack	205 lbs (93 kg)
Standard Weight	530 lbs (241 kg)
Heavy Weight	570 lbs (259 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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AND BUILT IN THE USA

