

# VR3 ROW

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

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 Row exercise feels better controlled for a comfortable and secure training movement.

### Arms move the way they're supposed to

The VR3 Row offers a diverging path of motion that allows the arms to follow a natural rowing motion that clears the torso. The wide range of movement engages more muscles resulting in a greater exercise effect.

### Works the lats

The VR3 Row provides a descending path of motion with an optimized diverging pattern for the arms while maintaining a near neutral wrist position. To keep the look of VR3 in a low profile package, the floor pivot with a unique, unequal length four-bar linkage provides a near linear path of motion for consistent loading at the shoulder.

### Train the whole back

Dual foot bars promote torso stabilization consistent with proper lifting technique. This means the lower back is working as a stabilizer which strengthens it at the same time. The adjustable chest pad can provide even greater stability if desired. However, the VR3 foot bars mean that unwanted pressure on the chest can be avoided (particularly of concern for women).



## SPECIFICATIONS

Product Number	12030
Dimensions L x W x H	71" x 38" x 64" (182 cm x 97 cm x 162 cm)
Standard Stack	245 lbs (111 kg)
Heavy Stack	305 lbs (138 kg)
Standard Weight	610 lbs (277 kg)
Heavy Weight	670 lbs (305 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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