

VR3

LEG 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

VR3 has the traditional safe and secure feeling that is achieved by moving the footplate with the legs and keeping the body stationary. The unique Cybex four-bar linkage orientation offers greater hip range of motion and hip extensor involvement by providing a descending path of motion.

Adds to range of motion

A seat back angle with five positions is provided for comfort while emphasizing hip range of motion. An added benefit is that it accommodates users who have difficulty in folding legs back against the belly.

Large footplate

A large footplate surface allows for a variety of foot placement positions. The moving footplate provides significantly reduced inertia that provides a more natural feel to the exercise.

Safe for all users

The VR3 adjustable carriage accommodates a wide range of users by adjusting for user height and range of motion. The fully enclosed counterbalance system provides consistent resistance at even the lowest weight selections.



SPECIFICATIONS

Product Number	12040
Dimensions L x W x H	99" x 41" x 78" (252 cm x 104 cm x 198 cm)
Standard Stack	405 lbs (184 kg)
Heavy Stack	505 lbs (229 kg)
Standard Weight	845 lbs (384 kg)
Heavy Weight	945 lbs (430 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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AND BUILT IN THE USA

