

VR3

LEG EXTENSION

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

FEATURES

Matching machine to user

The patented technology adjusts the machine to the user rather than the user to the machine. Regardless of the starting position selected, the cam remains synchronized with each individual user. RLD (range limiting device) varies the leverage to maintain the correct level of force throughout the range of motion while taking into account each user's limits and abilities. Start RLD (adjustable start only) provides start positions every 10 degrees. Total RLD (adjustable start and finish) provides start and end positions every 10 degrees. VR3 offers start RLD and total RLD as optional features.

Easy to use

Innovative designs on the Leg Extension make positioning the tibia pad intuitive, virtually effortless, and results in easily accessible and easily adjustable machines. No knobs to lock – just put legs behind the pad and push.

Saves on the shins

Offset input arm allows for the tibia pad to adjust without affecting the starting angle of the knee. In combination with proper pivot location, this allows the use of a flat pad for reduced shin pressure.

Relieves hamstring tension

The angled back pad (100 degree angle between seat and back) is wider than most Leg Extension machines and is designed to relieve hamstring tension.

Adjust without getting off

The VR3 four-bar linkage intuitive seat back uses torsion spring assist to allow adjustments without requiring the user to get off the machine. Position indicators enable users to perfectly duplicate their position on the machine each time they use it.



SPECIFICATIONS

Product Number	12050 (Non-RLD) 12051 (Start RLD) 12052 (Total RLD)
Dimensions L x W x H	49" x 41" x 64" (124 cm x 104 cm x 162 cm)
Standard Stack	245 lbs (111 kg)
Heavy Stack	305 lbs (138 kg)
Standard Weight	565 lbs (257 kg)
Heavy Weight	625 lbs (284 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

MY
DESIGN
STUDIO

WORLD HEADQUARTERS
10 Trotter Drive · Medway · MA 02053 USA
T + 1.508.533.4300 · F + 1.508.533.5500
cybexintl.com

CYBEX INTERNATIONAL UK LTD
Premier House · Beveridge Lane
Bardon Hill · Coalville · LE67 1TB UK
T + 44.845.606.0228 · F + 44.845.606.0227

CYBEX PRODUCTS ARE DESIGNED
AND BUILT IN THE USA

