

VR3

ARM CURL

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

FEATURES

Keeping in line

VR3 user positioning for the arm curl provides an adjustable seat height which gets the shoulder in the right place for proper and safe lifting. The angled pad supports the full length of the upper arm to eliminate unwanted shoulder movement.

Self-adjusting forearm length

One user to the next with one less adjustment. This design feature automatically adjusts for the differences in forearm length of a wide variety of users.

Stabilization

The VR3 chest pad provides for better stabilization of the torso which also aids in elbow positioning.

Lighten the load

The counter-balanced take-off weight is a Cybex engineering feature that counter-balances the additional weight of the pressing arm assembly so that the user is lifting only the actual weight selected.



SPECIFICATIONS

Product Number	12070
Dimensions L x W x H	58" x 40" x 64" (147 cm x 102 cm x 162 cm)
Standard Stack	165 lbs (75 kg)
Heavy Stack	205 lbs (93 kg)
Standard Weight	425 lbs (193 kg)
Heavy Weight	465 lbs (211 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

