

# VR3

## ARM 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

#### Works for everyone

VR3 radial movement is a classic arm extension motion that is known to everyone who does strength training. The traditional movement allows users to focus on the triceps with less shoulder involvement than competitive dip-type triceps machines.

#### 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

VR3 offers user positioning that includes an adjustable back support and seat height adjustment that works to provide stabilization and also accommodates for user size. Some arm extension machines do not offer back support which can compromise alignment and is inefficient in training the tricep.



### SPECIFICATIONS

Product Number	12080
Dimensions L x W x H	49" x 42" x 64" (125 cm x 106 cm x 162 cm)
Standard Stack	165 lbs (75 kg)
Heavy Stack	205 lbs (93 kg)
Standard Weight	440 lbs (200 kg)
Heavy Weight	480 lbs (218 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](http://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](http://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

