

VR3

ABDOMINAL

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

FEATURES

No competitor even comes close

A unique patented Cybex design isolates the abs in a way other machines do not. Because the design has taken hip flexors, arms, and shoulders out of the movement, the resulting exercise is completely focused on the abdominal muscles. The easy-access with no restricting pads makes the Cybex ab machine one of the most popular pieces on the gym floor.

Full range of motion

Hip pad includes a lumbar curved section to promote full range of motion exercise beginning in extension. Patent pending design allows for true spinal flexion range of motion including extension beyond neutral.

Focus on the target

Patented pelvic stabilization system utilizes adjustable foot brace which allows the user to “lock into” the hip pad, causing hip extensor engagement for optimal pelvic stabilization.

Easy to adjust

From small to tall without getting off the machine. The adjustable foot bar accommodates user height variation and allows adjustment from the seated position.



SPECIFICATIONS

Product Number	12090
Dimensions L x W x H	59" x 40" x 64" (150 cm x 102 cm x 162 cm)
Standard Stack	245 lbs (111 kg)
Heavy Stack	305 lbs (138 kg)
Standard Weight	480 lbs (218 kg)
Heavy Weight	540 lbs (245 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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CYBEX PRODUCTS ARE DESIGNED
AND BUILT IN THE USA

