

VR3

BACK 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

Focus on the target

The Cybex 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.

Promotes lower back use

The lumbar level axis of rotation promotes the use of the lower back (spinal erectors) as the prime movers. Starting positions provided every 10°.

Easy adjustment

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

Controlled lumbar extension

Lumbar extension – but not too much. The Cybex design promotes proper and controlled movement into extension. Curved lumbar pad encourages lumbar extension/flexion while minimizing the possibility of excessive extension.

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.



SPECIFICATIONS

Product Number	12100 (Non-RLD) 12101 (Start RLD) 12102 (Total 1RLD)
Dimensions L x W x H	47" x 40" x 64" (119 cm x 102 cm x 162 cm)
Standard Stack	245 lbs (111 kg)
Heavy Stack	305 lbs (138 kg)
Standard Weight	550 lbs (250 kg)
Heavy Weight	610 lbs (277 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

