

VR3

STANDING CALF

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

FEATURES

Comfortable positioning

VR3 uses the familiar and comfortable standing position to train calf muscles. The shoulder pads are angled to match the natural angle of the shoulder which also offers better exercise comfort.

Start right up

The adjustable input arm allows users to adjust for height. This advantage means that they can just “stand and go” as opposed to getting into a squat position to begin exercise.

Large Footplate

A large curved foot platform allows for varied foot placement while the non-slip surface provides grip and support during the motion.

Great for seniors

Strong calf muscles help maintain proper gait and are an integral part of any fall prevention regimen in seniors. The standing calf exercise is designed to strengthen calf muscles in a way that is user-friendly to older exercisers.



SPECIFICATIONS

Product Number	12120
Dimensions L x W x H	48" x 37" x 68" (122 cm x 94 cm x 173 cm)
Standard Stack	305 lbs (138 kg)
Heavy Stack	405 lbs (184 kg)
Standard Weight	590 lbs (268 kg)
Heavy Weight	690 lbs (314 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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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

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