

VR3

LAT PULLDOWN

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

FEATURES

For heavy lifting

Thigh pads are what keeps you in the seat when using more weight in the Lat Pulldown exercise. The adjustability of the thigh pads in VR3 means that users with varying leg lengths are accommodated and the machine works for veteran strength trainers as well as beginners.

Popular movement pattern

The VR3 Lat Pulldown is the traditional Lat Pulldown that most facilities want to offer their users. It offers exercise variety and appeals to those who favor a more familiar movement. It is designed to serve as a middle ground between the Pulldown and the jungle gym.

Improves form

The pulley has been carefully located at the front of the machine which encourages correct form for the Lat Pulldown movement.



SPECIFICATIONS

Product Number	12130
Dimensions L x W x H	59" x 54" x 90" (149 cm x 136 cm x 230 cm)
Standard Stack	245 lbs (111 kg)
Heavy Stack	305 lbs (138 kg)
Standard Weight	540 lbs (245 kg)
Heavy Weight	620 lbs (280 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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