

VR3

PRONE LEG CURL

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

FEATURES

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.

Focus where it belongs

The Cybex-pioneered optimal ergonomic design creates a more comfortable exercise. The forearm pads are positioned to encourage the user to pull into the pads to a neutral spine throughout the movement reducing the possibility of hyper-extension. Using forearm pads to support the upper body allows for an open space for the users face and head promoting better gym hygiene.

Lower leg pad

Offset input arm allows for the lower leg pad to adjust with minimal effect on the starting angle of the knee. In combination with proper pivot location, this allows the use of a contoured pad for improved comfort.

Easy to use

One button. The innovative designs on the VR3 Prone Leg Curl make positioning the tibia pad an intuitive, virtually effortless, one button adjustment resulting in easily accessible and easily adjustable machines.



SPECIFICATIONS

Product Number	12140 (Non-RLD) 12141 (Start RLD) 12142 (Total RLD)
Dimensions L x W x H	77" x 39" x 64" (195 cm x 99 cm x 162 cm)
Standard Stack	165 lbs (75 kg)
Heavy Stack	205 lbs (93 kg)
Standard Weight	475 lbs (216 kg)
Heavy Weight	515 lbs (234 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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AND BUILT IN THE USA

