

VR3

LATERAL RAISE

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

FEATURES

Train what you expect to

The lateral raise is a machine intended to train the medial deltoid which is exactly what Cybex does in the VR3. The location of the medial deltoid varies from person to person and most lateral raise machines are not designed to accommodate these differences. Cybex has designed the lateral raise to align the muscle with the movement so that users are training the muscle they expect to.

Easy on the shoulder

The padded arms are angled slightly to encourage a “neutral” shoulder position and to eliminate external rotation (undesirable in this movement). A floating handgrip helps locate the user’s forearm and provides consistent positioning.

Strengthens the core

VR3 uses a standard seated user position that allows even an inexperienced user to maintain a stable and consistent position throughout the movement. Also, because there is no chest pad, the core musculature is strengthened because it is forced to maintain the body’s stabilization. The gas assisted seat adjusts for user height.



SPECIFICATIONS

Product Number	12160
Dimensions L x W x H	50" x 48" x 64" (127 cm x 122 cm x 162 cm)
Standard Stack	165 lbs (75 kg)
Heavy Stack	205 lbs (93 kg)
Standard Weight	485 lbs (220 kg)
Heavy Weight	525 lbs (239 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

