

# VR3

## GLUTE

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

### FEATURES

#### Concentrates on the butt

The curvilinear movement encourages gluteal involvement without requiring the user to align the hip joint. It also provides knee extension which is required to eliminate hamstring cramping and allow full gluteal training.

#### Reduced stress on the back

The adjustable abdominal support pad ensures that the user maintains correct posture and does not put undue stress on the back. It is also equipped with a gas spring assist for easy adjustment.

#### Easy on – easy off

The foot bar is pre-positioned to minimize set-up time for easy-on – easy-off. It also accommodates a broad array of user heights.



### SPECIFICATIONS

Product Number	12170
Dimensions L x W x H	63" x 42" x 64" (159 cm x 105 cm x 162 cm)
Standard Stack	245 lbs (111 kg)
Heavy Stack	305 lbs (138 kg)
Standard Weight	555 lbs (252 kg)
Heavy Weight	595 lbs (270 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

Upgrade your club with customized VR3 equipment. Visit [mydesign.cybexintl.com](http://mydesign.cybexintl.com)

MY  
DESIGN  
STUDIO

WORLD HEADQUARTERS  
10 Trotter Drive · Medway · MA 02053 USA  
T + 1.508.533.4300 · F + 1.508.533.5500  
[cybexintl.com](http://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

CYBEX PRODUCTS ARE DESIGNED  
AND BUILT IN THE USA

