

VR3

TRICEP PRESS

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

FEATURES

Maximize the effort

Proper exercise to strengthen the triceps depends on bending elbows – and how far one's elbows can be bent depends on height and range of motion. VR3 has an adjustable seat to provide each user with the optimal positioning for their height and range of motion.

Train better

The forward tilt to the back pad keeps the user stable without the need for a belt. Being able to push into the back pad, which serves as an anchor, means users can lift more weight.

Great for seniors

Strengthening the triceps is an important exercise for the older population as it is these muscles that are called upon to rise out of a chair. VR3 Tricep Press allows dip-type motion from the seated position that provides for a stable movement that even beginners can perform.

Improved comfort

“Extra-sized” dip grips provide improved comfort. Dual grip positions accommodate user size and provide for greater variety of movements.



SPECIFICATIONS

Product Number	12180
Dimensions L x W x H	54" x 49" x 64" (136 cm x 125 cm x 162 cm)
Standard Stack	165 lbs (75 kg)
Heavy Stack	205 lbs (93 kg)
Standard Weight	455 lbs (207 kg)
Heavy Weight	495 lbs (225 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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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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