

VR3

TORSO ROTATION

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

FEATURES

Low profile design

The bottom pivot design of VR3 fixes the upper body, maintaining a stable head position. This is particularly applicable for training for athletic events where the legs are “driving”. Keeping the head stationary also minimizes possible dizziness from head turning. The machine’s low profile gives it curb appeal in the gym.

Stabilized for best effect

Foot platforms provide stabilization that means the exercise can focus on the torso. The hip flexed position in VR3 provides both stabilization and assures optimal spinal alignment.

Keeping it personal

Every individual is different. With six starting positions provided every 10° in each direction, every user can select their own natural starting position.

No kneeling

Unlike some Torso Rotation machines, Cybex VR3 uses a seated position. This is important in making spinal alignment easier and generating more reproducible results. It also means the exercise is more user-friendly for seniors – important because training the obliques is an important part of keeping a strong core.



SPECIFICATIONS

Product Number	12190
Dimensions L x W x H	47" x 46" x 64" (119 cm x 117 cm x 162 cm)
Standard Stack	165 lbs (75 kg)
Heavy Stack	205 lbs (93 kg)
Standard Weight	600 lbs (273 kg)
Heavy Weight	640 lbs (291 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

