

VR3

HIP ABDUCTION

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

FEATURES

Improved through-put

In a busy gym, having two separate machines for abduction and adduction maximizes the number of people who can work out simultaneously. VR3 offers hip abduction and hip adduction as two pieces of equipment.

Also trains the glutes

In addition to training the hip muscles, hip abduction firms the butt and is one of the gym's most popular machines for females. A reason why many facilities prefer having separate abduction and adduction machines.

Enhanced privacy

The position of the forward weight stack serves as a privacy shield, so that all users feel comfortable.

Minimized knee stress

The Cybex design uses knee pads as inputs to minimize stress on knees. Dual foot positions accommodate varying user heights and keep knees centered in the pad.



SPECIFICATIONS

Product Number	12200
Dimensions L x W x H	56" x 27" x 64" (143 cm x 70 cm x 162 cm)
Standard Stack	165 lbs (75 kg)
Heavy Stack	205 lbs (93 kg)
Standard Weight	435 lbs (198 kg)
Heavy Weight	475 lbs (216 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

MY
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

CYBEX PRODUCTS ARE DESIGNED
AND BUILT IN THE USA

