

# VR3

## HIP ADDUCTION

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.

#### Reduced groin pulls

As most athletes know, balanced leg strength is important both to optimize performance and to reduce injury. The hip adduction exercise trains the inner thigh and is an excellent machine to develop balanced leg strength.

#### 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 that uses knee pads as inputs minimize stress on knees. Dual foot positions accommodate varying user heights and keep knees centered in the pad.



### SPECIFICATIONS

Product Number	12210
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](http://mydesign.cybexintl.com)

MY  
DESIGN  
STUDIO

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AND BUILT IN THE USA

