

VR3

CABLE COLUMN

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

FEATURES

Pinpoint the target

22 adjustable pulley positions provide maximum versatility. Obviously, the more pulley positions, the greater specificity in directing the force needed to train very targeted muscles. This product alone enables users to do almost all and any movement pattern, upper and lower body.

Wider resistance range = wider user group

2.5 lb (1 kg) minimum effective resistance when used with single handle [which is low enough for seniors and rehab applications] up to maximum effective resistance of 152.5 lbs (70 kg) [useful for the serious trainer].

High speed opportunity

2:1 resistance mode when used with both handles. Cybex also provides a 4:1 resistance mode when used with a single handle which is ideal for high speed training.

Train arms independently

The dual handles provide added training variety and allow each arm to be treated independently which is particularly useful when one arm is injured or weaker.



SPECIFICATIONS

Product Number	12220
Dimensions L x W x H	52" x 43" x 92" (132 cm x 110 cm x 233 cm)
Standard Stack	305 lbs (138 kg)
Heavy Stack	580 lbs (263 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

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CYBEX PRODUCTS ARE DESIGNED
AND BUILT IN THE USA

