

VR3 TRICEP PRESS

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 55+ 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.

MADE TO DELIVER

This is the commercial strength line that competes with the best others have to offer. A group of machines that combines striking appearance with rugged durability, VR3 has been engineered to take the tough punishment a heavy duty commercial environment requires. And it works for the highly supervised gyms as well as the self-serve facility.

Specifications

Product Number	12180
Dimensions (L × W × H)	54" × 49" × 64" (136 cm × 125 cm × 162 cm)
Weight w/ Standard Stack	455 lbs (207 kg) (estimated)
Standard Stack	165 lbs (75 kg)
Weight w/ Heavy Stack	495 lbs (225 kg)
Heavy Stack	205 lbs (93 kg)
Color	Available in 5 standard or a virtually unlimited variety of custom frame colors



WORLD HEADQUARTERS
10 Trotter Drive · Medway · MA 02053 USA
T +1.508.533.4300 · F +1.508.533.5500
www.cybexintl.com

CYBEX INTERNATIONAL UK LTD
Oak Tree House · Atherstone Road
Measham · Derbyshire · DE12 7EL UK
T +44.845.606.0228 · F +44.845.606.0227


www.cybexintl.com