



**CYBEX®** VR3 SELECTORIZED STRENGTH

**CYBEX**traordinary

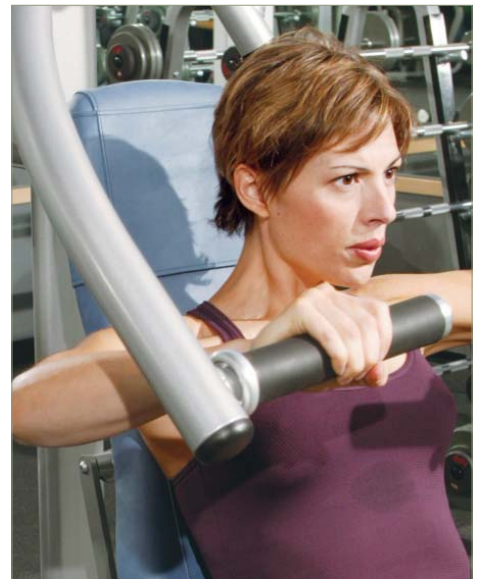
# innovation

BEHIND EVERY

# workout



It's the evolution of superior technology and a passion for fitness—a goal of CYBEX to meet the needs of fitness enthusiasts and professionals through function, performance and results. Every CYBEX concept, design and manufacturing method is backed by exhaustive research in human biomechanics and decades of heritage in sports medicine and fitness R&D—because innovation and technology cannot do it alone. CYBEX's VR3™ strength line brings the desired balance between a sleek design and unparalleled performance, delivering nothing short of an amazing user experience and workout.



CYBEX is about real people—those who make the equipment and those who use it. For us, they are one and the same. We build our own equipment with pride, knowledge and research in design, technology and service. The CYBEX logo stands for accountability. We take ownership every step of the way—from the drawing board to assembly to user experience. This commitment and constant evolution allows you to run your club at its peak with durable, trouble-free equipment and an excellent fitness experience for your members.



# perform

Form and performance — can one exist without the other? It shouldn't. The CYBEX VR3 resistance strength line exercises the theory that form and performance belong together. VR3 is a collection of machines that combine striking appearance, excellent performance, genuine comfort and accessibility — without sacrificing the goal of functionality. If you want form and performance, the VR3 line delivers both.





# ance



VR|3

# features & benefits



A

## Range Limiting Device (A)

This CYBEX patent-pending technology ensures that regardless of starting position selected, the cam is synchronized with each individual user. It matches their performance level, maintaining the integrity of force curve throughout the range of motion while taking into account their limits and abilities. Start RLD (adjustable start only) provides start positions every 10°. Total RLD (adjustable start and finish) provides start and end positions every 10°.



B

## Ergonomic Leg Pad Adjustments

These innovative designs on the Leg Extension and Seated Leg Curl make positioning the input pad intuitive and virtually effortless. This results in easily accessible machines that are adjusted with little exertion or movement.

## Fully Enclosed Weight Stacks (B)

Enclosed weight stacks help shield bystanders and users from inadvertent contact with the moving weight stack, creating a safer workout environment. The fully enclosed stacks give a sleek appearance and comply with ASTM and EN standards.



### Second Generation Twist Select Increment Weight System (D)

Patent-pending system allows user to adjust the weight 5 pounds (2.5 kg) at a time with a simple turn of the knob—nothing to slide, drop or lose. Patent-pending system is also completely balanced for drag free operation and includes integrated oiling capabilities, resulting in reduced time and mess associated with guide rod maintenance.



D

### Contoured Molded Pads

Ergonomically contoured molded pads provide better support for a variety of movements, as well as a more contemporary overall look.

### Instructional Guide (E)

High contrast three-color placards use straightforward language and pictures for easy-to-read instructions.



E

### Molded Rubber Feet

Rubber feet protect your floor and help keep your machines in place.

### Belt Drive

The belt drive provides a direct, smooth feel and virtually no drag while offering ease of maintenance by eliminating dedicated length cables.

### Dry Grip Technology (F)

Non-absorbent gripping material provides extra security for your grip.



F

### Variable Resistance

The resistance profile of each movement has been designed into the machine, assuring that the resistance provided mirrors the body's capability throughout the range of motion.

### Pelvic Stabilization

Patent-pending adjustable foot brace allows user to “lock into” the hip pad, causing hip extensor engagement for optimal pelvic stabilization on the Abdominal and Back Extension.

### Striking Appearance (G)

Graceful curves and innovative use of materials combine for a heightened aesthetic in architecture and a dramatic presentation in your facility.



G

### Engineered for Safety

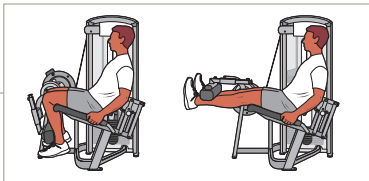
The safety of every user is essential to our success and yours. The entire VR3 line was designed to comply with ASTM and EN standards.





## LEG EXTENSION

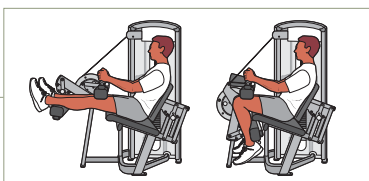
- RLD maintains integrity of force curve while providing adjustment for appropriate starting position. Available in three configurations: Start RLD, Total RLD and non-RLD. Total RLD provides locking shin pad
- Spring assisted back pad for easy adjustment
- Leg pad positioning is instinctive for user and virtually effortless
- Offset input arm provides for positioning without affecting the starting angle of the knee
- Back pad is angled 100° from seat bottom to relieve hamstring tension



7

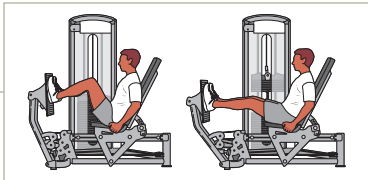
## SEATED LEG CURL

- RLD maintains integrity of force curve while providing adjustment for appropriate starting position. Available in three configurations: Start RLD, Total RLD and non-RLD
- Spring assisted back pad for easy adjustment
- Leg pad positioning is instinctive for user and virtually effortless
- Leg pad adjusts with minimal effect on the starting angle of the knee
- Back pad is angled 100° from seat bottom to relieve hamstring tension
- Thigh stabilization pad provides significantly reduced shear at the knee as compared to other methods, resulting in less stress on the posterior cruciate ligament for a safer, more effective movement



## LEG PRESS

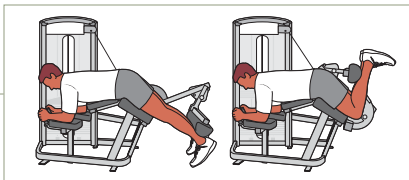
- Unique four-bar linkage orientation provides greater hip range of motion and increases hip extensor involvement by providing a descending path of motion
- The fully enclosed counterbalance system provides consistent resistance at even the lowest weight selections
- Stationary seat provides user security while the moving platform provides significantly reduced inertia allowing greater speed in training
- Seat back angle is adjustable with five positions
- An extensive range of start positions to accommodate users of all sizes
- Large footplate surface allows for a variety of foot placement positions



8

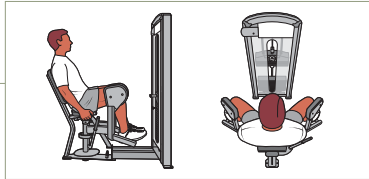
## PRONE LEG CURL

- Range Limiting Device maintains integrity of force curve while providing adjustment for appropriate starting position
- Available in three configurations: Non-RLD, Start-RLD, and Total-RLD
- Forearm pads and hip pad angle encourage a neutral spine
- Leg pad positioning is instinctive for user and virtually effortless



## HIP ABDUCTION

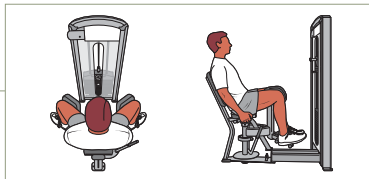
- Optimized movement specific cam creates a feel of force consistency throughout entire range of motion based on individual performance level
- Knee pads as inputs minimizes knee stress
- Weight stack serves as privacy shield
- Dual foot bars accommodate a broad range of user heights
- Start position easily adjusted from seated position



9

## HIP ADDUCTION

- Optimized movement specific cam creates a feel of force consistency throughout entire range of motion based on individual performance level
- Knee pads as inputs minimizes knee stress
- Weight stack serves as privacy shield
- Dual foot bars accommodate a broad range of user heights
- Start position easily adjusted from seated position



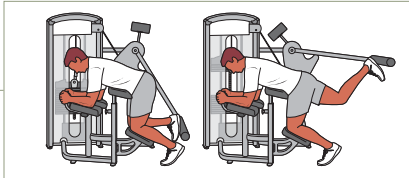






## GLUTE

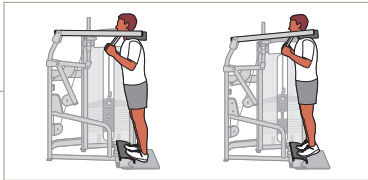
- Curvilinear path of motion encourages gluteal involvement without relying on precisely aligned hip placement
- Adjustable abdominal support adds to spinal alignment
- Unique adjustable shin support allows for optimal pad location. Positioning the knee under the hip allows proper alignment of the spine during use



11

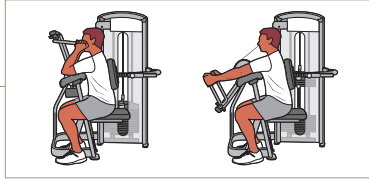
## CALF RAISE

- The shoulder pads are angled to match natural angle of shoulder
- Curved footplate allows for comfortable stretch into the start position
- Input arm adjusts for height



## ARM EXTENSION

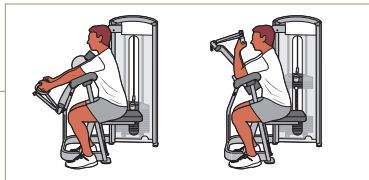
- Gas spring assisted seat for easy adjustment
- Input arm adjusts automatically to accommodate varying forearm lengths
- Adjustable, angled back pad allows for torso stability



12

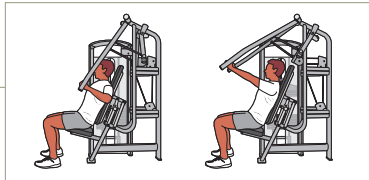
## ARM CURL

- Gas spring assisted seat for easy adjustment
- Input arm adjusts automatically to accommodate varying forearm lengths
- Rotating handles allow a variety of hand positions



## CHEST PRESS

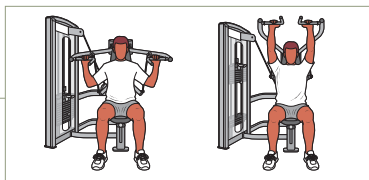
- The optimized converging pattern provides an exceptional range of motion and maintains a consistent torque at the joint for highly effective training in all user levels
- The dependent, fixed-plane movement provides a uniquely secure and comfortable feel for all user levels
- Gas spring assisted seat and spring assisted back pad for easy adjustment
- Overhead pivot provides a natural path of motion
- “Extra-sized” grips reduce pressure on the hands for greater comfort when pressing
- Innovative load transfer system creates a direct belt path, minimizing drag and optimizing user’s sense of direct connection with the weight



13

## OVERHEAD PRESS

- The optimized converging pattern provides an exceptional range of motion and maintains a consistent torque at the joint for highly effective training in all user levels
- The dependent, fixed-plane movement provides a uniquely secure and comfortable feel for all user levels
- Gas spring assisted seat and spring assisted back pad for easy adjustment
- Standard and neutral grips provide multiple grip choices
- “Extra-sized” grips reduce pressure on the hands for greater comfort when pressing
- Innovative load transfer system creates a direct belt path, minimizing drag and optimizing user’s sense of direct connection with the weight
- User range of motion is set through seat height adjustment



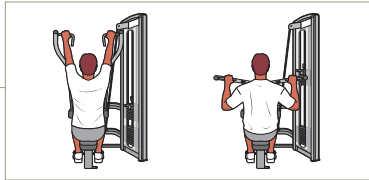






## PULLDOWN

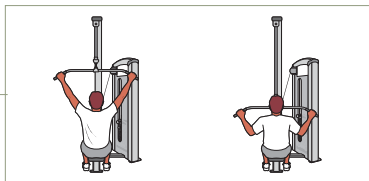
- The optimized dependent, fixed-plane diverging pattern provides a uniquely secure and comfortable feel as it maintains a consistent torque at the joint for highly effective training in all user levels
- Barbell and neutral grips provide multiple grip choices
- The innovative load transfer system creates a direct belt path, minimizing drag and optimizing user's sense of direct connection with the weight
- Adjustable thigh pads accommodate a variety of user heights



15

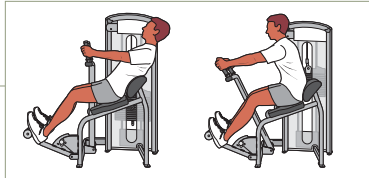
## LAT PULL

- Forward-aligned overhead pulley encourages front pulldown
- Adjustable thigh pads accommodate users of all sizes



## ABDOMINAL

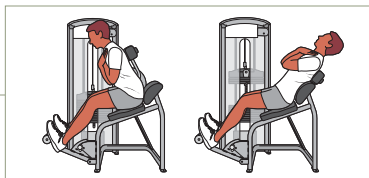
- Patent pending pelvic stabilization system with adjustable foot brace allows user to “lock into” the hip pad for optimal pelvic stabilization
- Isolates abdominal muscles and trains a more complete range of correct spinal flexion movement without adjustment
- Hip pad includes a curved lumbar section to promote full range of motion



16

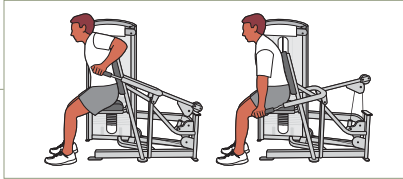
## BACK EXTENSION

- Patent pending pelvic stabilization system utilizes adjustable foot brace allowing the user to “lock into” the hip pad causing hip extensor engagement for optimal pelvic stabilization
- Contoured lumbar pad encourages comfortable spinal extension into hyperextension while isolating the spinal erectors from hip extensors
- RLD maintains integrity of force curve while providing adjustment for appropriate starting position. Available in three configurations: Start RLD, Total RLD and non-RLD



## TRICEP PRESS

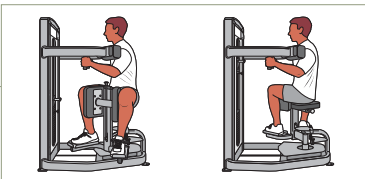
- The forward tilted back pad provides for stability without the use of a seat belt
- "Extra-sized" pressing grips provide improved comfort
- Dual grip positions accommodate user size and movement variety
- Gas spring assisted seat for easy adjustment



17

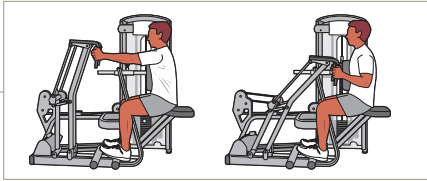
## TORSO ROTATION

- Fixed upper body maintains a stable head position and is applicable for athletic training in events where the legs are "driving"
- Hip flexed position provides optimal stabilization and spinal alignment
- Foot platforms provide excellent stabilization for all users
- Six starting positions provided every 10° in each direction
- Gas spring assisted seat for easy adjustment



## ROW

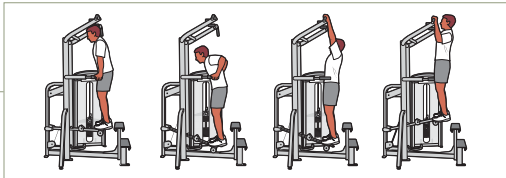
- Variable resistance assures that resistance provided closely matches the body's capability throughout the range of motion
- The optimized dependent, fixed-plane diverging pattern provides a uniquely secure and comfortable feel as it maintains a consistent torque at the joint for highly effective training in all user levels
- Foot brace promotes torso stabilization consistent with proper torque
- Adjustable chest pad provides additional stability if desired



18

## DIP/CHIN ASSIST

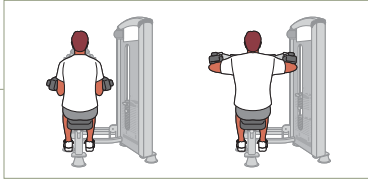
- Provides up to 112 lbs. (51 kg) of assistance
- "Extra-sized" dip grips provide improved comfort
- Dual grip positions accommodate user size and movement variety
- Pull-up bar offers both bar and neutral grips for individual preference
- Steps allow easy ingress and egress
- Foot bar easily flips up for unassisted pull-ups and dips





## LATERAL RAISE

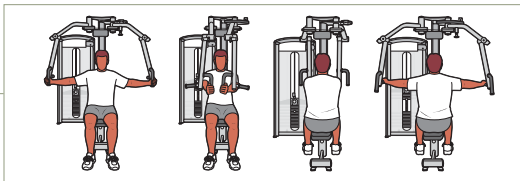
- Horizontal axis provides optimum alignment with medial deltoid
- Design encourages user to stabilize core during use and allows for targeted positioning
- Angled pads minimize external rotation during movement for better focus on deltoids by limiting external rotation
- Gas spring assisted seat for easy adjustment



19

## FLY/REAR DELT

- Floating inputs adjust for varied arm lengths
- Grips are optimized to provide hand placement variety without the need to adjust the seat
- Linked inputs allow for a single synchronized start position adjustment
- Gas spring assisted seat for easy adjustment



## CABLE COLUMN

- 22 adjustable pulley positions for maximum versatility
- Dual handles for added training variety
- 2:1 resistance mode when used with both handles
- 4:1 resistance mode when used with single handle is ideal for high speed training
- 2.5 lb minimum effective resistance when used with single handle
- Maximum effective resistance of 152.5 lbs



# MANUFACTURING excellence



**CYBEX uses unique state-of-the-art manufacturing and testing methods along with the highest quality raw materials to deliver products that exceed industry standards.**

**Vertical Integration:** CYBEX controls the manufacturing process of our products from raw materials to shipment allowing us greater control over the process. We are a multi-level vertically integrated manufacturer that utilizes the latest manufacturing technologies:

- Laser Cutting
- Pulse Robotic Welding
- CNC Custom Upholstery
- CMM (Coordinate Measurement Machine)
- Mandrel Bending
- Powder Coating
- Tube Laser Technology



**Highest Quality Raw Materials:** CYBEX purchases steel and raw materials direct from the mills to support our own specifications and chemistry. This encourages the best grade and quality of materials to work with our internal manufacturing processes. The result is the highest levels of quality.

**Progressive Build to Order Manufacturing Philosophy:** CYBEX's "Lean Manufacturing" techniques allows for the greatest control of quality, inventory and flow. This progressive philosophy gives CYBEX industry leading flexibility and the ability to exceed the quality, customization and lead-time demands of our customers.

**Commitment to Quality:** As evidence of it's commitment to produce high quality products and to continually improve the customer experience, CYBEX conforms to ISO 9001:2000 standards in it's manufacturing, design and business processes.

*Top: Coordinate Measurement Machine (CMM)  
Above: Pulse Robot Welder  
Right: Sheet Laser*



# VR | 3

## SPECIFICATIONS

12050 Leg Extension (12051 Start RLD, 12052 Total RLD)  
49" (124 cm) L x 41" (104 cm) W x 64" (162 cm) H  
Weight Stack Options  
245 lb. (111 kg) Standard Stack  
305 lb. (138 kg) Heavy Stack

12060 Seated Leg Curl (12061 Start RLD, 12062 Total RLD)  
56" (142 cm) L x 39" (99 cm) W x 64" (162 cm) H  
Weight Stack Options  
165 lb. (75 kg) Standard Stack  
205 lb. (93 kg) Heavy Stack

12040 Leg Press  
99" (252 cm) L x 41" (104 cm) W x 78" (198 cm) H  
Weight Stack Options  
405 lb. (184 kg) Standard Stack  
505 lb. (229 kg) Heavy Stack

12140 Prone Leg Curl  
77" (142 cm) L x 39" (99 cm) W x 64" (162 cm) H  
Weight Stack Options  
165 lb. (75 kg) Standard Stack  
205 lb. (93 kg) Heavy Stack

12200 Hip Abduction  
56" (143 cm) L x 27" (70 cm) W x 64" (162 cm) H  
Weight Stack Options  
165 lb. (75 kg) Standard Stack  
205 lb. (93 kg) Heavy Stack

12210 Hip Adduction  
56" (143 cm) L x 27" (70 cm) W x 64" (162 cm) H  
Weight Stack Options  
165 lb. (75 kg) Standard Stack  
205 lb. (93 kg) Heavy Stack

12170 Glute  
63" (159 cm) L x 42" (105 cm) W x 64" (162 cm) H  
Weight Stack Options  
245 lb. (111 kg) Standard Stack  
305 lb. (138 kg) Heavy Stack

12120 Calf Raise  
48" (122 cm) L x 37" (94 cm) W x 68" (173 cm) H  
Weight Stack Options  
305 lbs. (138 kg) Standard Stack  
405 lbs. (184 kg) Heavy Stack

12080 Arm Extension  
49" (125 cm) L x 42" (106 cm) W x 64" (162 cm) H  
Weight Stack Options  
165 lb. (75 kg) Standard Stack  
205 lb. (93 kg) Heavy Stack

12070 Arm Curl  
58" (147 cm) L x 40" (102 cm) W x 64" (162 cm) H  
Weight Stack Options  
165 lb. (75 kg) Standard Stack  
205 lb. (93 kg) Heavy Stack

12000 Chest Press  
50" (128 cm) L x 55" (141 cm) W x 75" (191 cm) H  
Weight Stack Options  
245 lb. (111 kg) Standard Stack  
305 lb. (138 kg) Heavy Stack

12010 Overhead Press  
64" (162 cm) L x 61" (155 cm) W x 64" (162 cm) H  
Weight Stack Options  
165 lb. (75 kg) Standard Stack  
205 lb. (93 kg) Heavy Stack



# VR | 3

## SPECIFICATIONS

### 12020 Pulldown

67" (171 cm) L x 49" (124 cm) W x 78" (197 cm) H  
Weight Stack Options  
245 lb. (111 kg) Standard Stack  
305 lb. (138 kg) Heavy Stack

### 12130 Lat Pull

59" (149 cm) L x 54" (136 cm) W x 90" (230 cm) H  
Weight Stack Options  
245 lbs. (111 kg) Standard Stack  
305 lbs. (138 kg) Heavy Stack

### 12090 Abdominal

59" (150 cm) L x 40" (102 cm) W x 64" (162 cm) H  
Weight Stack Options  
245 lb. (111 kg) Standard Stack  
305 lb. (138 kg) Heavy Stack

### 12100 Back Extension (12101 Start RLD, 12102 Total RLD)

47" (119 cm) L x 40" (102 cm) W x 64" (162 cm) H  
Weight Stack Options  
245 lb. (111 kg) Standard Stack  
305 lb. (138 kg) Heavy Stack

### 12180 Tricep Press

54" (136 cm) L x 49" (125 cm) W x 64" (162 cm) H  
Weight Stack Options  
245 lbs. (111 kg) Standard Stack  
305 lbs. (138 kg) Heavy Stack

### 12190 Torso Rotation

47" (119 cm) L x 46" (117 cm) W x 64" (162 cm) H  
Weight Stack Options  
165 lb. (75 kg) Standard Stack  
205 lb. (93 kg) Heavy Stack

### 12030 Row

71" (182 cm) L x 38" (97 cm) W x 64" (162 cm) H  
Weight Stack Options  
245 lb. (111 kg) Standard Stack  
305 lb. (138 kg) Heavy Stack

### 12230 Dip/Chin Assist

62" (157 cm) L x 55" (139 cm) W x 97" (246 cm) H  
Weight Stack Options  
305 lbs. (138 kg) Standard Stack

### 12160 Lateral Raise

50" (127 cm) L x 48" (122 cm) W x 64" (162 cm) H  
Weight Stack Options  
165 lb. (75 kg) Standard Stack  
205 lb. (93 kg) Heavy Stack

### 12110 Fly/Rear Delt

53" (135 cm) L x 59" (150 cm) W x 74" (188 cm) H  
Weight Stack Options  
245 lb. (111 kg) Standard Stack  
305 lb. (138 kg) Heavy Stack














### 12220 Cable Column

52" (132 cm) L x 43" (110 cm) W x 92" (233 cm) H  
Weight Stack Options  
305 lbs. (138 kg) Standard Stack  
580 lbs. (263 kg) Heavy Stack





# VR | 3

## CUSTOMIZATION

### Standard Upholstery Colors

	dove grey
	charcoal
	black
	burgundy
	navy
	hunter green
	grotto
	royal blue
	azure
	crocus
	cranberry
	american beauty red
	wheat
	suede

### Standard Frame Colors

	black chrome
	platinum sparkle
	metaltone gold
	black texture
	white texture

Actual frame and upholstery colors may differ slightly from samples shown.

CYBEX individually manufactures each piece of equipment to order, providing an unmatched range of customization options. This means virtually unlimited frame and upholstery color availability to complement your facility's unique look. Whether you want your club's logo embroidered or applied on a molded decal, CYBEX is ready to combine our superior technology in customization to bring a personal touch into your facility.





**A** Abdominal   
 **B** Arm Curl   
 **C** Arm Extension   
 **D** Seated Leg Curl   
 **E** Leg Extension   
 **F** Back Extension   
 **G** Hip Adduction

Work with CYBEX to customize a VR3 line that will exceed the expectations of your facility and its members. To locate a representative nearest you, visit [www.cybexintl.com](http://www.cybexintl.com) or call 1.774.324.8000. You choose it. We make it. They love it.

**VR | 3**

# form and PERFORMANCE

Form and performance — can one exist without the other?

It shouldn't. The CYBEX VR3 resistance strength line exercises the theory that form and performance belong together. VR3 is a collection of machines that combine striking appearance, excellent performance, genuine comfort and accessibility — without sacrificing the goal of functionality. If you want form and performance, the VR3 line delivers both.

GLOBAL HEADQUARTERS

10 Trotter Drive • Medway • MA 02053 USA • T 1.508.533.4300 • F 1.508.533.5500

CYBEX INTERNATIONAL UK LTD

Oak Tree House • Atherstone Road • Measham • Derbyshire • DE12 7EL UK  
T 44.845.606.0228 • F 44.845.606.0227

