



# CYBEXceptional

## RANGE LIMITING DEVICES

This CYBEX patent-pending technology ensures that regardless of starting position selected, the user's starting position matches the appropriate position on the cam. This ensures the torque production capability of the machine throughout the range of motion is synchronized with the force production potential of the user. On most competitive machines, to adjust alternate starting position, the input arm is adjusted with respect to the cam.

## SMART ADJUST SYSTEM

This innovative design on the Leg Extension and Seated Leg Curl makes positioning the input pad intuitive and virtually effortless.

## DEPENDENT CONVERGING AND DIVERGING MOVEMENT

The dependent movement provides a feeling of exceptional security while the pattern provides consistent loading through a complete range of motion. This provides the maximum training effect of the muscle while minimizing stress at the joint. Users of all levels will embrace the progress they make.

## EASY SEAT

Both the seat base and seat backs have position indicators to enable the user to consistently duplicate a position on the machine. Our enclosed seat base adjustment design uses gas spring assist to allow adjustments to the seat height without requiring the user to leave the machine.

## FULLY ENCLOSED WEIGHT STACKS

Enclosed weight stacks help shield bystanders and users from inadvertent contact with the moving weight stack. The fully enclosed weight stacks comply with ASTM and EN standards.

## SECOND GENERATION TWIST SELECT™ INCREMENT WEIGHT SYSTEM

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, reducing the time and mess associated with oiling guide rods.

## CHOICE OF WEIGHT STACKS

In addition to the Second Generation Twist Select™ Increment Weight System, the weight stack is available in a standard or heavy configuration. A graduated, standard sized weight stack is also available. The magnetically retained pin stays with the machine. Its handle is designed for easy gripping and effortless adjustment, eliminating the need for a push button release.

## DRY GRIP TECHNOLOGY

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

## MOLDED RUBBER FEET

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

## 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.

## INTEGRAL BEARING DESIGN

The elimination of pillow block bearings (and adjustments they require) helps to ensure that the machine will have long life and smooth operation while providing a much sleeker appearance.

## INSTRUCTIONAL GUIDE

High contrast placards use straight-forward language and pictures for easy-to-read instructions.

## BELT DRIVE

The belt drive provides for a direct feel and ease of maintenance.



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For additional information about VR3 or any of our equipment lines, or to try any of our products yourself, call 508.533.4300 or **774.324.8000** for the representative nearest you. Or visit our website, **cybexinternational.com**.

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Specifications subject to change. 9/05

# VR3

evolutionary

# VR | 3

VR3 is the latest line of resistance strength equipment from market leader, CYBEX. No compromises! The VR3 line provides genuine comfort and accessibility without compromising functionality or performance. Packed with innovative features including advanced biomechanics and a fully shrouded weight stack for safety, VR3's handsome appearance is also enhanced with unique oval tubing and sleek pads crafted for perfect support and maximum comfort. (Available in an exciting selection of contemporary colors.) Unparalleled performance and extraordinary attention to detail assures VR3 will deliver a truly memorable customer experience.

### SOLUTIONS FOR BUSINESS:

- 1.) CYBEX INSTITUTE- Education and training solutions for your staff helps ensure maximum results from your equipment and for your members.
- 2.) Custom designed financing- Beyond providing the world's finest fitness equipment, in North America, Canada and the UK we are experts at providing financing and leasing solutions.

Look for this symbol indicating exclusive CYBEX technologies.

<b>Model Number</b>	<b>12030</b>
<b>Foot Print</b>	47" (119 cm) L x 46" (117 cm) W x 64" (162 cm) H
<b>Weight Stack Options</b>	245 lb. (111 kg) Standard Stack With Twist Select 305 lb. (138 kg) Heavy Stack With Twist Select 240 lb. (109 kg) Graduated Stack

- Easy Seat base is one hand adjustable from user seated position
- Fixed upper body maintains a stable head position and is applicable for athletic training in events where the legs are "driving"
- Starting positions provided every 10°
- Foot platforms provide excellent stabilization for all users



**TORSO**

EASY SEAT

### SEATED LEG CURL

RANGE LIMITING DEVICE



EASY SEAT

<b>Model Number</b>	<b>12060 12061-Start RLD 12062-Total RLD</b>
<b>Foot Print</b>	56" (142 cm) L x 39" (99 cm) W x 64" (162 cm) H
<b>Weight Stack Options</b>	165 lb. (75 kg) Standard Stack With Twist Select 205 lb. (93 kg) Heavy Stack With Twist Select 150 lb. (68 kg) Graduated Stack

- Range Limiting Device maintains integrity of force curve while providing adjustment for appropriate starting position
  - Start RLD provides start positions every 10°
  - Total RLD provides start and end positions every 10°
- Easy Seat base is one hand adjustable from user seated position
  - Smart adjust makes positioning the leg pad intuitive and virtually effortless
  - Available without range limiting or with optional Start or Total Standard RLD
  - Offset input arm allows for leg pad adjustment without affecting the starting angle of the knee
  - Back pad is angled 100° from seat bottom to relieve hamstring tension

### CHEST PRESS

EASY SEAT



<b>Model Number</b>	<b>12000</b>
<b>Foot Print</b>	50" (128 cm) L x 55" (141 cm) W x 75" (191 cm) H
<b>Weight Stack Options</b>	245 lb. (111 kg) Standard Stack With Twist Select 305 lb. (138 kg) Heavy Stack With Twist Select 240 lb. (109 kg) Graduated Stack

- Easy Seat base and back pad is one hand adjustable from user seated position
- The dependent, converging pattern provides a uniquely stable and comfortable feel as it maintains a consistent torque at the joint for a highly effective training effect in all levels of user.
- Overhead pivot provides a natural path of motion
- "Extra-sized" grips reduce pressure on the hands for greater comfort when pressing

<b>Model Number</b>	<b>12010</b>
<b>Foot Print</b>	64" (162 cm) L x 61" (155 cm) W x 64" (162 cm) H
<b>Weight Stack Options</b>	165 lb. (75 kg) Standard Stack With Twist Select 205 lb. (93 kg) Heavy Stack With Twist Select 150 lb. (68 kg) Graduated Stack

- Easy Seat base is one hand adjustable from user seated position
- The dependent, converging pattern provides a uniquely stable and comfortable feel as it maintains a consistent torque at the joint for a highly effective training effect in all levels of user.
- User range of motion is set through seat height adjustment
- Standard and neutral grips provide multiple grip choices
- "Extra-sized" grips reduce pressure on the hands for greater comfort when pressing

### OVERHEAD PRESS

EASY SEAT



### LEG PRESS



<b>Model Number</b>	<b>12040</b>
<b>Foot Print</b>	99" (252 cm) L x 41" (104 cm) W x 78" (198 cm) H
<b>Weight Stack Options</b>	405 lb. (184 kg) Standard Stack With Twist Select 505 lb. (229 kg) Heavy Stack With Twist Select 440 lb. (200 kg) Graduated Stack

- Unique four-bar linkage design provides greater hip range of motion and hip extensor involvement
- Seat back angle is adjustable with five positions
- Large footplate surface allows for a variety of foot placement positions