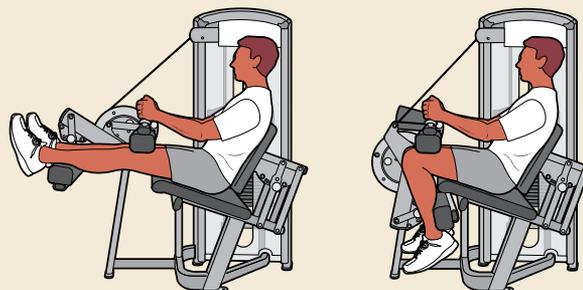


VR3 Seated Leg Curl



Specifications

Product Number	12060
Dimensions (L x W x H)	56" x 39" x 64" (142 cm x 99 cm x 162 cm)
Weight w/ Standard Stack	535 lbs. (243 kg)
Standard Stack	165 lbs. (75 kg)
Weight w/ Heavy Stack	575 lbs. (261 kg)
Heavy Stack	205 lbs. (93 kg)



MATCHING MACHINE TO USER

This CYBEX patented technology adjusts the machine to the user rather than the user to the machine. Regardless of the starting position selected, the cam remains synchronized with each individual user. RLD (Range Limiting Device) varies the leverage to maintain the correct level of force throughout the range of motion while taking into account each user's limits and abilities. Start RLD (adjustable start only) provides start positions every 10 degrees. Total RLD (adjustable start and finish) provides start and end positions every 10 degrees. VR3 offers Start RLD and Total RLD as optional features.

EASY TO USE

Innovative designs on the Seated Leg Curl machines make positioning the tibia pad intuitive, virtually effortless, and results in easily accessible and easily adjustable machines.

RELIEVES HAMSTRING TENSION

The **angled back pad** (100 degree angle between seat and back) is wider than most leg extension machines and is designed to relieve hamstring tension.

LOWER LEG PAD

Offset input arm allows for the lower leg pad to adjust with minimal effect on the starting angle of the knee. In combination with proper pivot location, this allows the use of a contoured pad for improved comfort.

ADJUST WITHOUT GETTING OFF

The VR3 **four-bar linkage** intuitive seat back uses **torsion spring assist** to allow adjustments without requiring the user to get off the machine. Position indicators enable users to perfectly duplicate their position on the machine each time they use it.

LESS KNEE SHEAR

The thigh stabilization method used on CYBEX Seated Leg Curl **provides significantly reduced shear at the knee**  compared to other methods.

 **CYBEX Safety Feature**

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