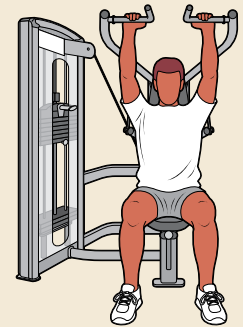
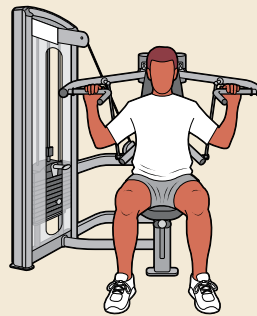


VR3 Overhead Press



Specifications

Product Number	12010
Dimensions (L x W x H)	64" x 61" x 64" (162 cm x 155 cm x 162 cm)
Weight w/ Standard Stack	530 lbs. (241 kg)
Standard Stack	165 lbs. (75 kg)
Weight w/ Heavy Stack	570 lbs. (295 kg)
Heavy Stack	205 lbs. (93 kg)



TRAIN WITH SECURITY

For new and average users, the **Dependent Movement of VR3** offers a motion that gives the feeling of security. By having both arms working together in a fixed plane, the overhead press exercise feels better controlled for a comfortable and secure training movement.


ARMS MOVE THE WAY THEY'RE SUPPOSED TO

The **converging path of motion** of VR3 Overhead Press mimics the natural way the human arms move...up and in to the center...not straight up. VR3 Overhead Press by CYBEX provides a more complete range of motion with constant torque at the shoulder.

GRABBING VERSATILITY

The VR3 offers **dual grips** – the standard barbell grip as well as neutral grip which is favorable for individuals with compromised shoulders. In addition, the grips are angled to provide a neutral wrist position.

SAFE FOR DE-CONDITIONED USERS

CYBEX overhead press is engineered to counter-balance the additional weight of the pressing arm assembly so that the user is lifting only the actual weight selected. Overhead press machines are typically extremely heavy and the take-off weight of the pressing arm assembly in addition to the weight selected is often more than deconditioned users can lift. The CYBEX Overhead Press **maximizes safety for even de-conditioned users.** 

 **CYBEX Safety Feature**

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