



# Product Updates

Volume 8

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## VR3 Total Access

The VR3 Total Access Line is the second generation of Total Access product from Cybex designed to meet the Inclusive Fitness Initiative Standards. The VR3 units are accredited to Stage 2 of the IFI standard.

The VR3 Total Access line is based primarily on the standard VR3 product and is modified in accordance with the IFI standard. This means that some machines are nearly identical to their standard VR3 counterparts, while others have a look and feel of VR3 but have adapted mechanisms from the original VR Total Access pieces and the new VR1 line.

There are a couple of modifications that are used across the VR3 Total Access Line. These include:

- Placards revised to meet IF design criteria. *Please note that VR3 Total Access machines are only available with English placards.*



- Revised increment weight and weight stack labeling.



 **This bullet signifies features or details specific to the Total Access machines.**

## VR3 Total Access Leg Extension

Product Number: 14051

First day to enter orders: Available now

First shipments: Standard lead time

List Price: \$3,845 Standard Stack  
\$4,095 Heavy Stack



- Available in Start RLD configuration only.
- Revised spring-assisted back pad adjustment for easier access.
- Handles are located just below and parallel with the seat bottom for easy access.
  - Leg pad positioning is instinctive for user and virtually effortless.
  - Offset input arm provides for positioning without affecting the starting angle of the knee.
  - Counterbalanced input provides exceptionally low takeoff weight.
  - Back pad is angled 100° from seat bottom to relieve hamstring tension.

## VR3 Total Access Seated Leg Curl

Product Number: 14061

First day to enter orders: Available now

First shipments: Standard lead time

List Price:     \$3,895 Standard Stack  
                  \$4,045 Heavy Stack



- † Available in Start RLD configuration only.
- † Revised spring-assisted back pad adjustment for easier access.
- † Handles are located just below and parallel with the seat bottom for easy access.
- Leg pad positioning is instinctive for user and virtually effortless.
- Counterbalanced input provides exceptionally low takeoff weight.
- 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.

## VR3 Total Access Leg Press

Product Number: 14040

First day to enter orders: Available now

First shipments: Standard lead time

List Price:     \$5,295 Standard Stack  
                  \$5,495 Heavy Stack



- † Seat back angle is fixed.
- † Handles are located just below and parallel with the seat bottom for easy access.
- † Laser engraved seat position indicator and revised adjustment handle provide easy position identification.
- 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 exceptionally low take off weight with 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.
- An extensive range of start positions to accommodate users of all sizes.
- Large footplate surface allows for a variety of foot placement positions.

## VR3 Total Access Cable Column

Product Number: 14220

First day to enter orders: Available now

First shipments: Standard lead time

List Price: \$3,995



† Ballet bars provide added stability and position registration.

- 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.

## VR3 Total Chest Press

Product Number: 14000

First day to enter orders: Available now

First shipments: Standard lead time

List Price: \$3,895 Standard Stack  
\$4,095 Heavy Stack



† Added lower hand grips adapt start height for wheelchair users. The barbell grips are angled to provide a neutral wrist position.

† Swing away seat for wheelchair access.

- The overhead pivot provides a natural path of motion.
- Pressing arm adjusts for range of motion and user limb length.

## VR3 Total Access Overhead Press

Product Number: 14010

First day to enter orders: Available now

First shipments: Standard lead time

List Price:     \$3,795 Standard Stack  
                  \$3,895 Heavy Stack



- † Added forward hand grips adapt start height for wheelchair users.
- † Swing away seat for wheelchair access.
- Counterbalanced input provides reduced takeoff weight for deconditioned users.
- Dual grips provide a barbell grip as well as neutral grip favorable for individuals with compromised shoulders. The grips are angled to provide a neutral wrist position.

## VR3 Total Access Row/Rear Delt

Product Number: 14030

First day to enter orders: December 28

First shipments: Standard lead time

List Price:     \$3,795 Standard Stack  
                  \$3,995 Heavy Stack



- † Added lower grips to suit wheelchair or standard seated start height.
- † Swing away seat for wheelchair access.
- Overhead pivot closely matches path of motion for row and rear delt movements.
- Dual hand grips provide vertical grips for rowing motion and horizontal hand grips for the rear delt motion.
- Seat and chest pad adjust to accommodate user of varied height and limb length.
- Forward foot brace aids user stabilization.

## VR3 Total Access Lat Pull

Product Number: 14130

First day to enter orders: January 18, 2008

First shipments: Standard lead time

List Price: \$3,895 Standard Stack  
\$4,095 Heavy Stack

- † Swing away seat with for wheelchair access also includes adjustable height.
- † Start height adjustment provides nine positions.
- Forward aligned pulley encourages correct pulldown form.
- Adjustable thigh pads accommodate users of all sizes.



## VR | 3 TOTAL ACCESS

Product No.	Description	Length		Width		Height		Standard Stack		Heavy Stack		Machine Weight			
		IN.	CM	IN.	CM	IN.	CM	LBS	Kg	LBS	Kg	Standard Stack		Heavy Stack	
												LBS	Kg	LBS	Kg
<b>Lower Body</b>															
14040	Leg Press	99	252	41	104	78	198	405	184	505	229	845	384	945	430
14051	Leg Extension w/ Start RLD	49	124	41	104	64	162	245	111	305	138	565	257	625	284
14061	Seated Leg Curl w/ Start RLD	56	142	39	99	64	162	165	75	205	93	535	243	575	261
<b>Upper Body</b>															
14000	Chest Press	60	151	43	110	69	174	245	111	305	138	493	224	553	251
14010	Overhead Press	64	162	59	151	64	162	165	75	205	93	447	203	487	221
14130	Lat Pull	55	141	55	140	91	231	245	111	305	138	472	215	532	242
14030	Row	51	130	46	116	76	193	245	111	305	138	458	208	518	235
<b>Multi-Use</b>															
14220	Cable Column	52	132	43	110	92	233	305	138	-	-	580	263	-	-