

VR3 SELECTORIZED STRENGTH

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
- Seat back angle is adjustable with five positions



PRONE LEG CURL

- Range Limiting Device (RLD) 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 EXTENSION

- Range Limiting Device (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
- Leg pad positioning is instinctive for user and virtually effortless
- Offset input arm provides for leg pad positioning without affecting the starting angle of the knee
- Back pad is angled 100° from seat bottom to relieve hamstring tension



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



SEATED LEG CURL

- Range Limiting Device (RLD) maintains integrity of force curve while providing adjustment for appropriate starting position. Available in three configurations: Start RLD, Total RLD and Non-RLD.
- Leg pad positioning is instinctive for user and virtually effortless
- 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



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



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



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
- Standard and neutral grips provide multiple grip choices
- “Extra-sized” grips reduce pressure on the hands for greater comfort when pressing



STANDING CALF

- 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



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



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
- Overhead pivot provides a natural path of motion
- “Extra-sized” grips reduce pressure on the hands for greater comfort when pressing



LAT PULLDOWN

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



VR3 SELECTORIZED STRENGTH

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



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



ARM CURL

- Gas spring assisted seat for easy adjustment
- Input arm adjusts automatically to accommodate varying forearm lengths



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



ARM EXTENSION

- Input arm adjusts automatically to accommodate varying forearm lengths
- Adjustable, angled back pad allows for torso stability



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



DIP/CHIN ASSIST

- Provides up to 112 lbs (51 kg) of assistance
- “Extra-sized” dip grips provide improved comfort
- Pull-up bar offers both bar and neutral grips for individual preference
- Foot bar easily flips up for unassisted pull-ups and dips



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
- Six starting positions provided every 10° in each direction



ABDOMINAL

- Patented 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



CABLE COLUMN

- 4:1 resistance mode when used with single handle is ideal for high speed training
- 2:1 resistance mode when used with both handles
- 2.5 lbs minimum effective resistance when used with single handle
- Maximum effective resistance of 152.5 lbs (69 kg)



BACK EXTENSION

- Patented 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
- Range Limiting Device (RLD) maintains integrity of force curve while providing adjustment for appropriate starting position. Available in three configurations: Start RLD, Total RLD and Non-RLD

