

A man in a blue t-shirt is working out on a Cybex machine in a gym. He is holding the handle of the machine with both hands and is looking intently at the camera. In the background, a woman in a black tank top and light blue shorts is standing. The gym equipment is visible, including a weight stack and a red seat.

STRENGTH

MORE POWER TO YOU AND YOUR MEMBERS

 *CYBEX*[®]





FOR SOME STRENGTH IS A MEANS TO AN END

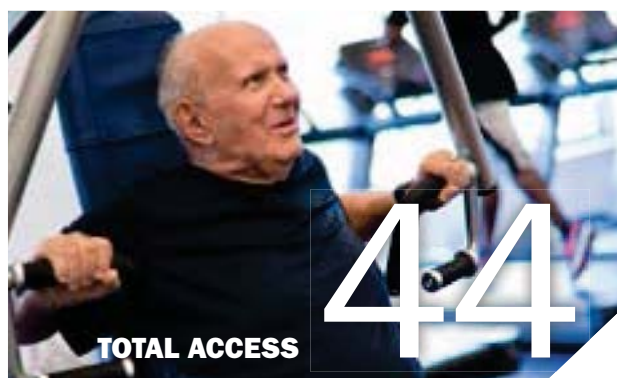
For competitive athletes, it's all about scoring the winning goal. Holding the line. Raising the bar. For most of us, increased strength and weight loss are the payoff for a disciplined workout program that is anything but routine. For a growing segment of the population, weight training is the best way to tone up, trim down, and advance in years without feeling your age. And for fitness facility owners and managers like you, strength takes on a whole new dimension. It means building a solid business by offering your members access to high-performance strength equipment that delivers exceptional results – in less time and with less stress on their bodies.

Cybex offers a comprehensive family of strength equipment to help individuals of all ages and skill levels achieve their goals, so you can achieve yours. Cybex fitness equipment is proven. In the lab. In the gym. On the field of play.

A woman with long brown hair, wearing a black sports bra, is shown in a boxing stance. She has her fists raised and is looking off to the side. The background is dark.

CYBEX **STRONG**

Cybex strength-training equipment meets the diverse needs of all your members – from hopeful beginners looking to get stronger to serious athletes determined to push themselves to the limits. Our complete collection of precision selectorized machines, revolutionary functional trainers, and quality free weights and plate loaded equipment not only sets the standard, it raises the bar.



SELECTORIZED STRENGTH

Cybex has earned a reputation as the leader in circuit strength training. Our Eagle, VR3, and VR1 selectorized strength lines combine superior technology based on scientific evidence with a passion for helping people get fit faster. Page 8.

FUNCTIONAL TRAINERS

Cybex Bravo™ Functional Training System and FT-325 integrate free-form motion and higher loading to accelerate strength gains. Learn how our FIBO-award-winning Progressive Stabilization technology is changing the way the fitness world approaches strength training. Page 24.

JUNGLE GYM/ MULTI-STATION

Cybex flexible Jungle Gym and multi-station MG-525 system give multiple exercisers the freedom to get a full-body workout – at the same time. With the Jungle Gym, you can choose the exact stations you want to create a custom solution for your club. Page 28.

FREE WEIGHTS/ PLATE LOADED/ BIG IRON

Every serious fitness facility needs premium iron. The line of Cybex free weights, racks, benches, and body weight stations integrates seamlessly with your Cybex strength and cardio equipment. Page 32.

TOTAL ACCESS

When Cybex says inclusive, we mean everybody. Our selectorized machines give those with cognitive, sensory, or physical challenges access to the same quality equipment as able-bodied users, making Cybex Total Access an excellent investment. Page 44.

WHY CYBEX? BECAUSE NO FITNESS COMPANY DOES MORE TO HELP YOU AND YOUR MEMBERS GET THERE FASTER

“THE MORE I LEARNED ABOUT CYBEX CARDIO AND STRENGTH EQUIPMENT, THE SCIENCE BEHIND IT, AND THE COMPANY’S FANATICAL COMMITMENT TO GETTING IT RIGHT, THE MORE I BECAME CONVINCED THAT IT WAS THE BEST CHOICE FOR MACCOLL.”

– SHANA MCELROY, HEALTH & WELLNESS DIRECTOR
MACCOLL YMCA, LINCOLN, RHODE ISLAND, USA



THE CYBEX ADVANTAGE

Our commitment to your success goes to the heart of who we are and what we do – design, build, and support scientifically proven cardio and strength equipment that's good for your customers' bodies and your bottom line.

From serious athletes to those just trying to shed a few pounds, people who work out on Cybex reach their fitness, weight loss, and performance goals faster. While club owners and managers who choose Cybex gain a trusted partner dedicated to helping them generate business and create a lasting competitive advantage.

THE SCIENCE OF FITNESS



Every Cybex fitness product is based on scientific truths developed during extensive explorations of human physiology and biomechanics at the Cybex Research Institute. You can be sure that our cardio and strength equipment is safe, effective, and designed to help members of all skill levels achieve measurable improvements in performance.

BUILDING YOUR BUSINESS

Cybex partners with you right from the start to help you build a successful fitness business. Our solutions cover everything from architectural design and floor planning to financing equipment, training your staff, and providing ongoing branding and marketing support to help you attract new members and retain existing ones. Even customize your Cybex machines by choosing from a virtually unlimited array of frame and upholstery colors to complement your gym's décor and reinforce your brand.

BORN IN THE USA



Cybex products are designed and built in the USA to the tightest tolerances by skilled workers using premium materials. They're easy to use, simple to maintain, built to endure, and have high trade-in values, typically reselling for more than 50% of the original purchase price.

Plus, They're reliable to the core and supported by a responsive service team dedicated to keeping your Cybex fitness equipment performing at its peak.

A TRUSTED BRAND NAME

Cybex is the fitness brand athletes know by name and the preferred brand for thousands of health clubs and fitness center owners and managers. It's also used by professional athletes and sports leagues like the NFL, NBA, MLB, NHL, FIFA, and the PGA Tour. Plus, you'll find Cybex equipment at work on military bases all over the world, as well as on university and college campuses, large and small.

MAKE THE CYBEX ADVANTAGE YOURS

Cybex has been creating and delivering high-performance, science-based fitness machines and helping club owners build successful businesses for more than 40 years. Now we'd like to help do the same for you.

To find out why we should be your trusted partner, visit cybexintl.com. Put the Cybex advantage to work for you.



SELECTORIZED STRENGTH

At Cybex, we believe that strength comes from within. That's why every selectorized strength machine we create is based on a deep understanding of the human body and driven by a sincere desire to help users at every level get strong and stay fit.

No company offers a more technologically advanced, highly engineered, or precisely manufactured collection of selectorized strength equipment than Cybex.

You can pick and choose from three complementary lines of selectorized strength equipment to meet the needs of your facility, your members, and your budget. Our industry-changing Eagle, hard-working VR3, and scaled-to-fit VR1 series are all designed to work together. They're aesthetically sophisticated and easy to use – with a common user interface and a consistent look and feel. This makes it simple to equip your fitness center or health club with a balanced mix of the world's leading selectorized strength machines.



EAGLE SERIES

When it comes to selectorized strength equipment, no other line even comes close. Our premier Eagle Series is designed for facilities that want the best and users who demand the most. It's a direct by-product of our heritage in sports medicine, our exhaustive research in human biomechanics, and our uncompromising commitment to manufacturing excellence. This 20-piece collection features enclosed weight stacks and a number of advanced technologies exclusive to Cybex equipment.

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TECHNOLOGY SETS CYBEX APART

Cybex selectorized strength equipment is based on intensive biomechanical research and a rich heritage in sports medicine. Its unique patterns of motion and loading technology produce maximum load on targeted muscles and minimum stress on involved joints by mimicking what we do in the real world.



VR3 SERIES

This versatile collection is engineered to perform in a wide range of fitness facilities – from highly supervised to demanding self-serve. The VR3 Series combines a striking silhouette with rugged durability. And it's engineered to take all the punishment a commercial environment can deliver. This popular family of 23 machines provides ample evidence that you no longer need to choose between form and function. VR3 delivers both.

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VR1 SERIES

When space is an issue, but compromise is not an option, the Cybex VR1 Series is often the right fit. With its streamlined, space-saving design, this sturdy collection of 23 machines lets you offer members a comprehensive strength training solution regardless of your facility's size. Our VR1 Duals go one step further by including multiple exercises in one machine to further shrink the required footprint. It no longer takes a big space or budget to build big-time strength.

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EAGLE SELECTORIZED STRENGTH

LEG PRESS

- Patented articulating carriage design enables the seat back to recline through the movement allowing for 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



PRONE LEG CURL

- Range Limiting Device (RLD) maintains integrity of force curve while providing adjustment for appropriate starting position. Available in two configurations: Start RLD and Total RLD
- Forearm pads and hip pad angle encourage a neutral spine



LEG EXTENSION

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



CALF

- Four-bar linkage input provides wide arc optimal descending path of motion while precisely controlling the foot bar angle throughout the range of motion. This allows for functional “real world” loading not only at the ankle but also on the forefoot
- Seated user position directs force through hip rather than shoulders, minimizing spinal compression
- Adjustable seat position accommodates a variety of user heights and ranges of motion



SEATED LEG CURL

- Range Limiting Device (RLD) maintains integrity of force curve while providing adjustment for appropriate starting position. Available in two configurations: Start RLD and Total RLD
- Leg pad positioning is instinctive for user and virtually effortless
- Back pad is angled 100° from seat bottom to relieve hamstring tension



HIP AB/AD

- Dual cams are optimized for movement and allow for single resistance selection for both movements
- Innovative design feature allows back to be positioned in full hip extension to optimally train gluteus maximus and medius during hip abduction
- Weight stack serves as privacy shield



GLUTE

- Adjustable foot bar accommodates a broad array of user sizes
- Unique adjustable shin support allows for optimal pad location. Positioning the knee under the hip allows proper alignment of the spine during use
- Curvilinear path of motion encourages gluteal involvement without relying on precisely aligned hip placement



OVERHEAD PRESS

- Second Generation Patented Dual Axis Technology™ provides a converging path of motion, as well as the ability for the user to define their own path of motion for greater individual performance
- Independent arm motion encourages symmetrical strength development
- Standard and neutral grips provide multiple grip choices



CHEST PRESS

- Second Generation Patented Dual Axis Technology™ provides a converging path of motion, as well as the ability for the user to define their own path of motion for greater individual performance
- Overhead pivot provides a natural path of motion
- Independent arm motion encourages symmetrical strength development



LAT PULLDOWN

- Second Generation Patented Dual Axis Technology™ provides a diverging path of motion, as well as the ability for the user to define their own path of motion for greater individual performance
- Independent arm motion encourages symmetrical strength development
- Standard and neutral grips provide multiple grip choices



INCLINE PRESS

- Second Generation Patented Dual Axis Technology™ provides a converging path of motion, as well as the ability for the user to define their own path of motion for greater individual performance
- Overhead pivot provides a natural path of motion in a 30° plane
- Independent arm motion encourages symmetrical strength development



INCLINE PULL

- Second Generation Patented Dual Axis Technology™ provides a diverging path of motion, as well as the ability for the user to define their own path of motion for greater individual performance
- Independent arm motion encourages symmetrical strength development
- Unique positioning and adjustment allow for movements ranging from high pull to rear delt



EAGLE SELECTORIZED STRENGTH

ROW

- Variable resistance assures that resistance provided closely matches the body's capability throughout the range of motion
- Independent arm motion encourages symmetrical strength development
- Overhead pivot and unequal length four-bar linkage provide a near linear path of motion for consistent loading at the shoulder
- Diverging movement allows forearms to comfortably clear the body



FLY/REAR DELT

- Dual cams are optimized for the movement and allow for single resistance selection for both movements
- Horizontal and vertical grips provide multiple grip choices
- Foot brace allows for added stabilization



ARM CURL

- Input arm adjusts automatically to accommodate varying forearm lengths
- Adjustable chest pad provides for torso stabilization allowing for consistent elbow alignment with axis of rotation
- Rotating handles allow a variety of hand positions



LATERAL RAISE

- Independent arm motion encourages symmetrical strength development
- Adjustable knee pad accommodates user heights and allows hands to come in front of the legs for a more complete range of motion
- Extended elbow position allows for lower forces at the hand resulting in less shear at the shoulder at full abduction



ARM EXTENSION

- Input arm design allows user to focus on tricep by maximizing the torque at the elbow while minimizing the torque at the shoulder
- Input arm adjusts automatically to accommodate varying forearm lengths



ABDOMINAL

- Patented pelvic stabilization system with adjustable foot brace allows user to "lock into" the hip pad, for optimal pelvic stabilization
- An innovative input design allows a wide variety of user sizes to perform correct movement without adjustment
- Hip pad includes a curved lumbar section to promote full range of motion



BACK EXTENSION

- Contoured lumbar pad encourages comfortable spinal extension into hyperextension while isolating the spinal erectors from hip extensors
- Patented pelvic stabilization system with adjustable foot brace allows user to “lock into” the hip pad, for optimal pelvic stabilization
- Range Limiting Device (RLD) maintains integrity of force curve while providing adjustment for appropriate starting position. Available in two configurations: Start RLD and Total RLD



TORSO ROTATION

- Fixed lower body allows the head to lead the trunk, mirroring many sport and functional activities
- Dual angled foot pegs provide multiple stabilization opportunities
- Starting positions provided every 10°



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 PULL

- Forward-aligned overhead pulley encourages front pulldown
- 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



VR1 SELECTORIZED STRENGTH

LEG PRESS

- The patented design of the articulating seat and back pad provides for more complete hip extension and gluteal involvement
- Seat bottom and back adjust for range of motion and accommodate users of varied height



GLUTE

- Wide arc curvilinear path encourages gluteal involvement without relying on axial alignment
- Adjustable abdominal support aids spinal alignment
- Optimized positioning minimizes set up



LEG EXTENSION

- Floating 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
- Available with or without adjustable start position device



STANDING CALF

- Large curved foot platform allows for varied foot placement while the non-slip surface provides grip and support during the motion
- The shoulder pads are angled to match natural angle of shoulder
- Input arm adjusts for height



SEATED LEG CURL

- Leg pad positioning is instinctive for user and virtually effortless
- 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



CHEST PRESS

- The overhead pivot provides a natural path of motion
- Dual grips provide a barbell grip to emphasize the chest, or a vertical grip to emphasize the anterior deltoid
- The barbell grips are angled to provide a neutral wrist position



OVERHEAD PRESS

- 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



ARM CURL – CABLE BASED

- Intuitive design eliminates the need for aligning with axis of rotation
- Angled pad fully supports the upper arm to eliminate unwanted shoulder movement
- Seat height adjusts to accommodate user height
- Rotating cambered handle provides multiple grip positions



LAT PULL

- Forward aligned pulley encourages correct form
- Adjustable thigh pads accommodate users of all sizes



ARM CURL – ARM BASED

- Input arm adjusts automatically to accommodate varying forearm lengths
- Hand grips are optimally positioned to minimize wrist stress
- Machine defined path is ideal for beginners and use in express circuits
- Optional gas spring seat assist
- Available with optional increment weight



ROW

- 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 users of varied height and limb length



ARM EXTENSION – CABLE BASED

- Intuitive pushdown positioning eliminates the need for adjustments or aligning with axis of rotation
- Back pad provides position reference and support



VR1 SELECTORIZED STRENGTH

ARM EXTENSION- ARM BASED

- Input arm adjusts automatically to accommodate varying forearm lengths
- Adjustable, angled back pad provides for torso stability
- Machine defined path is ideal for beginners and use in express circuits
- Optional gas spring seat assist
- Available with optional increment weight



ABDOMINAL

- Adjustment-free design fits all users with excellent positioning
- Contoured lumbar pad promotes training through a full range of motion
- Padded harness disperses input forces for comfort while aiding in isolating the abdominals



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
- Available with gas spring assisted seat



BACK EXTENSION

- Patent pending pelvic stabilization system allows the user to "lock into" the hip pad for optimal pelvic stabilization.
- Contoured lumbar pad encourages comfortable spinal extension



PULLDOWN

- Barbell and neutral grips provide multiple grip choices
- Adjustable thigh pads accommodate a variety of user heights
- Machine defined path is ideal for beginners and use in express circuits
- Available with optional increment weight



VR1 DUALS SELECTORIZED STRENGTH

HIP AB/AD

- Both abduction and adduction in one machine – saves valuable floor space
- Patent pending “Slack Free Drive System” provides immediate engagement
- Adjustable start position accommodates individual range of motion preference



MULTI-PRESS

- Provides a Chest Press, Incline Press, and Overhead Press in a single package
- Seat assembly adjusts by a single knob to provide the three movements
- Pressing arm includes five start positions to accommodate movement and individual differences
- Grips are angled to ensure a comfortable neutral wrist position for each movement



AB/BACK EXTENSION

- Isolates abdominal muscles and trains a more complete range of correct spinal flexion
- Hip pad includes a curved lumbar section to promote a full range of motion
- The complimentary motion is used in back extension. By pulling with the handles, the musculature of the upper back is also engaged promoting more complete involvement of the back extensors



LAT/ROW

- The unique rotating arm allows the handles to be positioned in any one of seven positions providing everything from a traditional Lat Pull to a Low Row
- The dual grips allow for independent exercise
- The foot support and adjustable thigh pad provide for stabilization during movements



BICEPS/TRICEPS

- Intuitive positioning eliminates the need for adjustments or aligning with axis of rotation
- Back pad provides positioning and stabilization when performing arm extensions
- The 2:1 reduction system provides for reduced weight stack inertia and natural feel without a floating feeling



LEG EXTENSION/LEG CURL

- Adjustable start positioning accommodates for individual differences in extension and flexion for full range of motion
- Back pad is angled 100° from seat bottom to relieve hamstring tension
- Adjustable tibia and back pad adjust to accommodate individual height differences



FUNCTIONAL TRAINERS

The real world does not cut you any slack. It does not lower the incline as you pedal up a mountain. Or give you a boost as you carry groceries up three flights of stairs. The real world requires a level of strength and power that calls for functional training.

Cybex Bravo Functional Training System has become the go-to choice for personal trainers and solo fitness enthusiasts alike. It combines the best of selectorized and cable-based strength training to deliver a safe, simple way to get results faster. The numbers tell the story. Bravo delivers a 221% increase in load capacity. A 184% improvement in core activation. And a 78% strength gain over freestanding cable systems. No other functional training or selectorized systems can touch Bravo's scientifically documented results.

With Cybex Bravo, your users have the power to increase core strength and workload at the same time. Its state-of-the-art, patented Progressive Stabilization technology – winner of a prestigious FIBO Award 2012 – allows them to gradually modify the amount of stabilization provided. Its Cable Adjustment system is the only one that lets users change both height and width, resulting in unlimited exercise possibilities.







Cybex won the prestigious FIBO Innovation Award 2012 for the Bravo Series' patented Progressive Stabilization.

BRAVO ALL-IN-ONE

This product changed the game in functional training by offering hundreds of exercises in a single machine. Users no longer have to make a choice between workloads high enough to build strength and freeform patterns of movement that mimic real-world applications.

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BRAVO PULL

This focused functional trainer features vertical pulley adjustments with 22 positions and overhead lat pull outlets. Its form is similar to Bravo Press, but it's dedicated to pulling movements that start from a much narrower base in front of the user.

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BRAVO PRESS

Exercisers enjoy all the advantages of Progressive Stabilization in a pressing station with 21 different positions. Angled tubing enables exercisers to adjust the width based on changes in height.

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BRAVO LIFT

Patent-pending Free Start technology correctly positions users before adding any weight – for an easier, safer, and more effective workout. The start mechanism allows for 30" of bilateral adjustment, but always returns the handle to the resting position.

Specifications: Page 51



FT-325 SERIES

Cybex FT-325 is a high performance, commercial-grade functional trainer that delivers an expansive range of exercises in a single, compact unit. It's ideal for facilities where space is limited, but results are a must.

This highly engineered, thoroughly tested system is designed to complement the natural movement of the body. It makes getting a complete workout simple – by including illustrated instructional placards to guide each exercise. No complex instructions necessary.

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JUNGLE GYM

Cybex takes modular, multi-purpose strength training equipment to a whole new level with a technologically advanced and highly engineered strength training system called Jungle Gym.

This multi-station performer is an essential part of any well-balanced facility committed to offering members a well-rounded workout. You can configure Cybex Jungle Gym to the needs of your facility – no matter how challenging the environment. Like your members, our Jungle Gym belongs in your club.





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DIP/CHIN ASSIST 17140

Large dip grips with two positions accommodate a wide range of users and movements. The pull-up bar also offers a choice of two positions. Steps make it easy to get on and off, while the foot bar easily flips out of the way for unassisted pull-ups and dips. Also available as a Freestanding unit (17150).

LOW ROW 17032

The seat cushion is ergonomically positioned 17" from the ground at a 10-degree angle to allow for clear access to the footplates. The pulley position provides an optimal path of motion for the handle as a user rows.

DUAL HANDLE LOW ROW 17042

Dual handles allow independent movement and deliver a 2:1 lifting ratio when used individually. Swivel pullies provide an optimal path of motion for the handle as a user rows.

TRICEP PUSHDOWN 17060

Overhead pulley location enables a greater variety of body positions.

HI LOW 17050

Dual cable outlets make this an excellent multi-purpose station for movements like arm curls and tricep pushdowns. The 2:1 lifting ratio provides for low take-off resistance and controlled inertia.

DUAL HANDLE LAT PULL 17082

The forward-aligned swivel pullies are carefully located to encourage correct form for the lat pull-down movement.

LAT PULL 17072

This lat pull includes an adjustable thigh pad that provides stabilization for a wide variety of user heights.

ADJUSTABLE CABLE COLUMN 17091

Adjustment tube has 22 positions, 3" apart. The 2:1 lifting ratio provides for decreased inertia. Includes user-side weight shield.

EMBEDDED CABLE CROSSOVER 17130

Used when a Cable Crossover is desired as part of a dual-quad Jungle Gym. Includes two adjustable cable columns and a connecting tube with multiple pull-up and chin-up handles.

FREE STANDING CABLE CROSSOVER 17110

Includes two adjustable cable columns with towers and stabilization, as well as a connecting tube with multiple pull-up and chin-up handles.

MULTI-STATION MG-525

Hotel and resort guests, apartment dwellers, condo owners, and employees have high expectations. Especially when it comes to exercise equipment. The MG-525 is a simple way for everyone to stay fit – without taking up a lot of space or requiring a staff of trainers to supervise their workouts.

The Cybex MG-525 offers biomechanically correct exercises for a full-body workout in a sleek, compact, 67-square-foot package. Since the Cybex Research Institute developed all the exercises, they're safe to perform by everyone – from avid fitness enthusiasts to those just looking to work up a sweat.

With the MG-525, three people can work out at the same time on quality strength training equipment created by the fitness company with a proven track record for rugged reliability, low maintenance, and high performance.





THE MG-525 EXERCISES INCLUDE:

Chest Press
Overhead Press
Leg Extension
Leg Curl
Arm Curl
Tricep Pushdown
Lat Row
Lat Pulldown

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PLATE LOADED FREE WEIGHTS BIG IRON

This is where it all began. Long before weight machines. Or counter-balanced arms. Or the application of biomechanical science to the art of building strength. Nobody does free weights and plate-loaded products better than Cybex.

As the leader in high performance strength training and cardio equipment, Cybex never stops raising the bar on quality. The Cybex line of free weights, racks, benches and body weight stations looks as good as it performs.

With its clean lines and contemporary styling it integrates seamlessly with your Cybex cardio and strength equipment. So you can have a consistent look and feel across your entire facility.





PLATE LOADED

Our Plate Loaded products are built to endure all the punishment your members can dish out. They employ many of the same principles used in the design of our selectorized machines to provide outstanding results and exceptional use of space.

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FREE WEIGHTS

The Cybex Free Weight series is a comprehensive collection of racks, benches, and weight stations created for the most demanding facilities and users. Each piece of equipment is designed to complement your Cybex selectorized and functional training equipment and manufactured to stand the test of time.

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BIG IRON

Like our Plate Loaded and Free Weight products, the Cybex Big Iron series of racks and benches meets the needs of fitness enthusiasts and professionals the world over. It's designed to withstand the heavyweight workouts of hardcore college and pro athletes by using materials like 3" and 4" 7-gauge steel wherever it's needed. With a choice of highly versatile benches, our rugged, fully equipped half rack is a solid foundation for building strength and improving performance.

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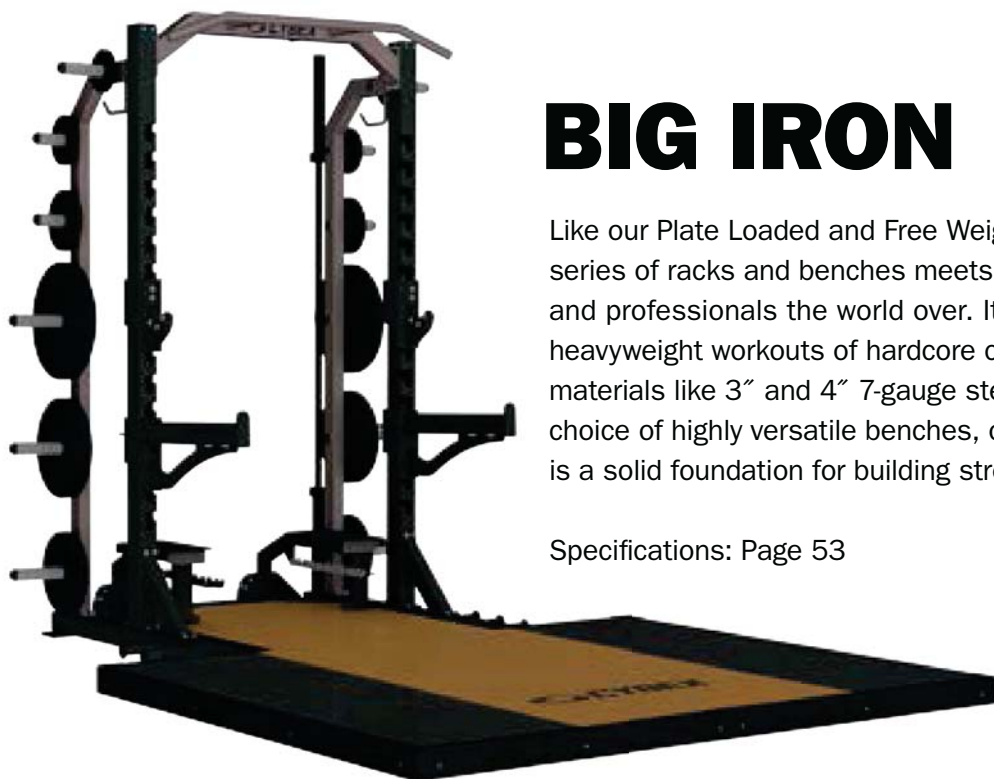


PLATE LOADED

KNEELING LEG CURL

- Ergonomic upright positioning for more comfortable use
- Forearm pads encourage a neutral spine reducing the possibility of hyper-extension
- Unilateral training provides for greater focus and balanced strength development



TRICEPS PRESS

- Adjustable seat height provides the user with the optimal positioning for their height and range of motion
- Forward tilted back pad keeps the user stable without the need for a belt
- Dual grip positions accommodate user size and provide for greater variety of movements



LEG EXTENSION

- Floating leg pad provides effortless setup
- Offset input arm provides for positioning of the leg pad without affecting the starting angle of the knee
- Back pad is angled 100° from seat bottom to relieve hamstring tension



HACK SQUAT

- Fully enclosed linear bearing system
- Hip-height plate loading
- Large nonskid footplate
- Dual height start position
- Six plate storage positions



60° CALF RAISE

- Loads at the hip to protect the lower back
- The 60° angle provides an effective load of 87%
- The large curved foot platform allows for varied foot placement while the non-slip surface provides grip and support during the motion



T-BAR ROW

- Plate loading at the front and back of the input arm provides true variable resistance
- Dual handgrips allow user variety



SQUAT PRESS

- Direct linkage system provides a variable resistance profile to ensure proper strength curve throughout the range of motion
- Four-bar linkage mechanism maintains the correct ankle position throughout the motion



ROW

- The 10° diverging pattern allows the arms to comfortably pass to the sides of the torso
- The descending pattern of motion and flexible trailing link handles provide a consistent torque at the joint for highly effective training
- Independent arm motion for balanced strength development
- Dual foot braces for added stabilization



LEG PRESS

- Three position adjustable backrest
- Linear bearings allow a smooth, quiet motion and are fully enclosed for safety
- Optional 10" (25 cm) Weight Post Kit available for added resistance



PULLDOWN

- The 15° diverging pattern provides an exceptional range of motion with consistent torque at the joint
- Barbell and neutral grips provide multiple grip choices
- Independent arm motion for balanced strength development



SEATED CALF

- Seat moves with input arm for maintenance of alignment
- Kneepads adjust for tibia length and range of motion



CHEST PRESS

- The 25° converging pattern provides an exceptional range of motion with consistent torque at the joint
- Independent arm motion for balanced strength development
- Two-position selectable starting position for a broad range of user size and flexibility
- Overhead pivot provides a natural path of motion
- "Extra-sized" grips reduce pressure on the hands for greater comfort when pressing



PLATE LOADED

OVERHEAD PRESS

- The 20° converging pattern provides an exceptional range of motion with consistent torque at the joint
- Independent arm motion for balanced strength development
- Barbell and neutral grips
- “Extra-sized” grips reduce pressure on the hands for greater comfort when pressing



INCLINE PRESS

- The 25° converging pattern provides an exceptional range of motion with consistent torque at the joint
- Independent arm motion for balanced strength development
- Two-position selectable starting position for a broad range of user size and flexibility
- Overhead pivot provides a natural path of motion
- “Extra-sized” grips reduce pressure on the hands for greater comfort when pressing



SMITH PRESS

- Open, walk-through design for easy roll through access for benches
- Fifteen-pound take-off weight allows users of all levels the ability to exercise
- 90° path of motion for adaptability to all exercises
- 18 bar and catch hooks in 4" (10 cm) increments



FREE WEIGHTS

DIP/CHIN/LEG RAISE

- Slightly reclined position and angled elbow rests provide secure position
- Dual grip positions accommodate user size and provide for greater variety of movements
- The pull-up bar offers both bar and neutral grips for individual preference
- Step-up for easy entry and exit



MILITARY PRESS

- Seat is adjustable fore or aft to accommodate for a wide range of user sizes
- Two-position plated bar catches, protect frame from contact with bar
- Footrest enhances user stability



OLYMPIC BENCH PRESS

- Frame is contoured for easy spotter access
- Two-position plated bar catches, protect frame from contact with bar



OLYMPIC INCLINE PRESS

- Frame is contoured for easy spotter access
- Six seat-height positions allow for fine-tuning of user position
- Two-position plated bar catches, protect frame from contact with bar
- 30° Incline



SCOTT CURL

- Elbow pad is angled 55° to vary resistance and improve comfort
- Seat is angled 10° for comfort



OLYMPIC DECLINE PRESS

- Frame is contoured for easy spotter access
- Two-position plated bar catches, protect frame from contact with bar
- The adjustable six-position leg support provides stabilization and user fit
- -15° Decline



SQUAT RACK

- Eight racking positions spaced 4" (10 cm) apart
- Five zinc-coated plate storage pegs per side with polymer bumpers on storage pegs protect frame finish from plates



OLYMPIC BENCH PRESS WITH WEIGHT STORAGE

- Frame is contoured for easy spotter access
- Two-position plated bar catches, protect frame from contact with bar
- Four weight storage pegs per side
- Bolt-on design for installation at any time



45° BACK EXTENSION

- Unique pivoting thigh pad provides relief for the knee joint enhancing both comfort and safety
- The 45° angle provides close alignment of strength curve for the low back and hamstrings
- Adjustment range of 13.5" (34 cm) accommodates users of all sizes



FREE WEIGHTS

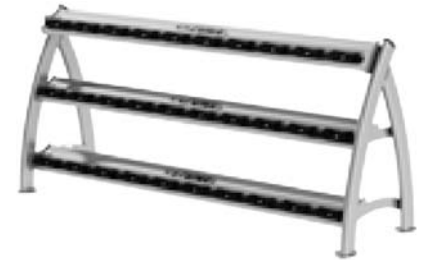
BENT LEG ABDOMINAL BOARD

- Back pad adjusts in five increments from -30° to 10°
- Elevated knee reduces lower back strain
- Leg pads adjust to accommodate femur length
- Roller pads allow for easier access and greater comfort
- Assist handle to help user off and on



THREE TIER DUMBBELL RACK

- Offset angle prevents wrist strain while removing and replacing dumbbells
- Individual dumbbell cradles improves rack safety profile
- Dumbbell saddles made of wear resistant high-density polyethylene plastic
- Full shelf prevents dumbbells from falling through
- Storage space for 15-pairs of dumbbells



LEG RAISE CHAIR

- Slightly reclined position and angled elbow rests provide secure position
- Step-up for easy entry/exit



FLAT BENCH

- Three-point contact provides excellent stability
- Strong but lightweight design can be easily moved



TWIN-TIER DUMBBELL RACK

- Offset angle prevents wrist strain while removing and replacing dumbbells
- Individual dumbbell cradles improves rack safety profile
- Dumbbell saddles made of wear resistant high-density polyethylene plastic
- Full shelf prevents dumbbells from falling through
- Storage space for 10-pairs of any size dumbbell



ADJUSTABLE -10° TO 80° BENCH

- Back pad has eight positions from -10° to 80°
- Seat pad provides three positions from 0° to 20°
- Features include wheels and a handle for easy moving that doubles as a footrest



UTILITY BENCH

- Back angle is 85° for improved comfort and stability without interfering with overhead movements
- Footrest provides for improved user stability



ADJUSTABLE DECLINE BENCH

- Back pad adjusts from 15° to 30° in eight settings
- Legs are supported and knees elevated to reduce lower back strain



WEIGHT TREE

- Six plate storage pegs
- Polymer bumpers on storage pegs protect frame finish from plates



BARBELL RACK

- Holds 10 barbells
- Upright design provides more ergonomically correct racking of barbells



WEIGHT TREE WITH BAR STORAGE

- Six zinc-coated plate storage pegs
- Polymer bumpers on storage pegs protect frame finish from plates
- Stores two olympic bars vertically for maximum space efficiency



POWER CAGE

- Twenty racking positions spaced 4" (10 cm) apart
- Laser engraved position indicators
- Adjustable bar stops with UHMW frame protectors
- Five zinc-coated plate storage pegs per side with polymer bumpers on storage pegs protect frame finish from plates
- Standard pull-up bar



BIG IRON

9' AND 8' HALF RACK

- Thirteen racking positions spaced 4" (10 cm) apart
- Laser engraved position indicators
- Bar catches and adjustable bar stops with UHMW protection
- Standard swing-away spotter platforms with 10 positions spaced 2" (5 cm) apart



9' AND 8' COMBO RACK

- Thirteen racking positions spaced 4" (10 cm) apart
- Laser engraved position indicators
- Bar catches and adjustable bar stops with UHMW protection
- Five zinc-coated plate storage pegs per side with polymer bumpers on storage pegs protect frame finish from plates
- Optional platform not included



9' AND 8' MULTI RACK

- Eleven racking positions spaced 4" (10 cm) apart
- Laser engraved position indicators
- Bar catches and adjustable bar stops with UHMW protection
- Standard swing-away spotter platforms with 10 positions spaced 2" (5 cm) apart
- Optional platform not included



LOCKING BENCH AND ADJUSTABLE DUMBBELL BENCH

- Handle and wheels allow for portability
- Five back pad adjustment positions
- Three seat bottom adjustment positions
- Locking pins provide for positive location relative to spotter platforms



9' AND 8' POWER RACK

- Thirteen racking positions spaced 4" (10 cm) apart
- Laser engraved position indicators
- Bar catches and adjustable bar stops with UHMW protection
- Standard swing-away spotter platforms with 10 positions spaced 2" (5 cm) apart
- Optional platform not included



BIG IRON ACCESSORIES

6' x 8' STANDALONE PLATFORM

- Multi-layer construction with center section of red oak top layer with tongue and groove construction and polyurethane top coat
- 3/4" rubber flooring outer sections



DIP ATTACHMENT

- For use with Half Racks and Combo Racks
- Powder-coated, 1.5" dipping handles
- Lifting tab for easy handling
- UHMW attachment inserts to minimize upright scuffing



PLATFORM WITH INSERT

- 6' x 8' platform with insert
- Multi-layer construction with center section of red oak top layer with tongue and groove construction and polyurethane top coat
- 3/4" rubber flooring outer sections



TECHNIQUE TRAYS

- For use with Half Racks and Combo Racks
- The plate surface is tipped one degree for easier loading of bumper plates
- Lifting tab for easy handling
- UHMW attachment inserts to minimize upright scuffing



DUAL PLATFORMS WITH CENTER INSERT

- 6' x 8' platform with insert
- Multi-layer construction with center section of red oak top layer with tongue and groove construction and polyurethane top coat
- 3/4" rubber flooring outer sections
- Provides platform area for both sides of the Combo Rack



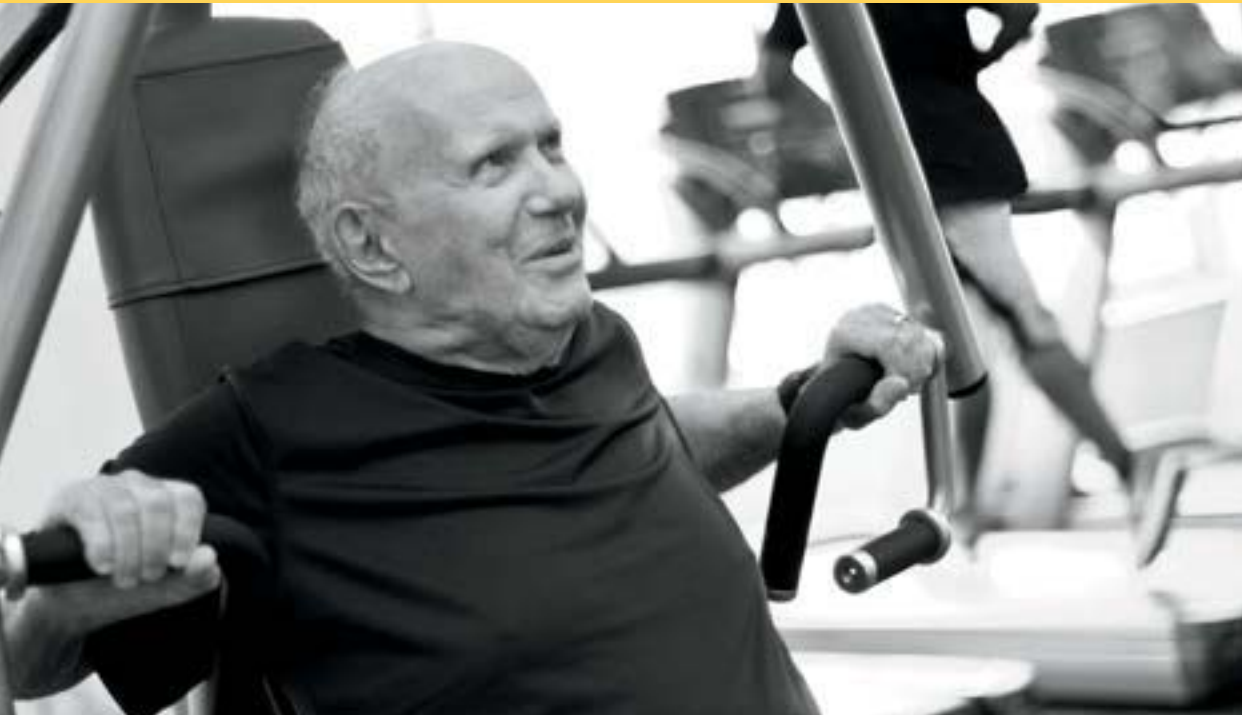
PLATFORM RAMP

- Designed specifically to allow for easy movement of benches on and off of Cybex platforms



TOTAL ACCESS

At Cybex, we believe everyone should have equal access to the best exercise experience possible – whether they have physical impairments, cognitive challenges, or because they're getting older. That's why we created fitness equipment specifically designed to address the exercise needs of people with disabilities, as well as the active aging population.



Cybex Total Access removes the barriers that have prevented this important group of people from getting what they deserve – a complete and diverse workout. It brings cardio and strength training to a large population that has been underserved in the fitness equipment world, without compromising quality.

Our Total Access line not only meets, but exceeds Inclusive Fitness Initiative (IFI) standards, enabling both disabled and nondisabled individuals to take advantage of fitness training using the same machines and enjoying the same experience. Which means you can purchase one set of equipment that all users can work out on, side-by-side.

Total Access can help you attract a huge and diverse base of customers by offering people of all ages and abilities a way to improve their fitness on the finest strength training equipment in the world – Cybex.





HANDLE POSITION CHOICE

Upper and lower handle positions meet the needs of shorter people and wheelchair users who cannot adjust seat height. It enables those with reduced balance to maintain full foot contact with the floor.

REVERSIBLE CHEST PAD

An eight-position reversible chest pad ensures that tall and short users can achieve a full range of movement.

LARGE SEAT BASE

A large seat offers more stability and confidence for older users as well as those with reduced trunk stability.

TOP MOUNTED INPUT ARM

A pivot position maintains the natural body movement of a gradually descending hand.



USER ACCESSIBLE WEIGHT STACK

Offers ease of weight selection from a seated exercise position.

TWIST SELECT WEIGHT STACK

Its integral, three-position Twist Select system offers 5 lb (2.5 kg) increments, making it ideal for inexperienced and older users. Features a low start weight.

TOTAL ACCESS

VR3 LEG PRESS

- An innovative counterbalance system provides for exceptionally low minimum resistance with consistent feel
- Large foot plate for stability when exercising
- Large backrest and seat base offer more stability and confidence for older users as well as those with reduced balance



VR3 CHEST PRESS

- Locking plunger adjustment on swing away seat allows easy access for wheelchair users and one-handed seat adjustment for users with limited mobility
- Adjustable input arm enables a non-stressed start position for users with limited shoulder flexibility and wheelchairs users
- Choice of upper and lower handle positions caters to wheelchair users, shorter users and those with reduced balance



VR3 LEG EXTENSION

- Sliding adjustment for tibia pad length. The tibia pads can be quickly and accurately positioned at the base of the shins without the need to screw or unscrew a lever
- Side handles parallel to seat side to assist with transfer
- Start ROM on cam synchronized with user. Regardless of the starting position, the Cybex patent pending ROM adjustment ensures the cam moves to maintain the correct strength profile for the user
- Optional step not included



VR3 OVERHEAD PRESS

- Swing away seat with locking plunger adjustment allows easy access for wheelchair users and one-handed seat adjustment for users with limited mobility
- Choice of upper and lower handle positions caters to wheelchair users, shorter users and those with reduced balance
- Counterbalanced input arm with 5.5 lb (2.5 kg) start weight



VR3 SEATED LEG CURL

- Five position adjustable calf pad accommodates different lower leg lengths
- Thigh pad hold-down mechanism allows the thighs to be secured above the knee for reduced shear force on the knee joint while keeping it in a stable position
- Start ROM on cam synchronized with user. Regardless of the starting position, the Cybex patent pending ROM adjustment ensures the cam moves to maintain the correct strength profile or the user
- Optional step not included



VR3 LAT PULL

- Lever-operated single arm handle height adjustment allows the bar to be adjusted for shorter and wheelchair users down to 55" (140 cm) start height from a seated position
- Adjustable knee restraint and seat height allows shorter users and others with reduced trunk stability to maintain full flat foot contact with the floor. This permits correct pelvic positioning and avoids a round back during exercise



VR3 ROW

- Choice of upper and lower handle positions caters to wheelchair users who cannot adjust seat height, shorter users and those with reduced balance, who can then maintain full foot contact with the floor
- Eight position reversible chest pad ensures a full range of movement is achieved by both tall and short users
- Top mounted input arm pivot position maintains the natural body movement of a gradually descending hand position during the movement



VR3 CABLE COLUMN

- Multi function exerciser offering a very wide variety of exercises for all non-disabled and disabled users
- Two large stability handles provide wheelchair and other users with the ability to stabilize when performing unilateral (single arm) exercises
- Pistol grip height adjustment enables adjustment of start height with one hand, essential for amputees and stroke users



SPECIFICATIONS

EAGLE

Product No.	Description	Dimensions L x W x H (cm)			Standard Weight Stack (kg)	Machine Weight Standard Stack (kg)
11000	Chest Press	137	147	183	138	305
11150	Incline Press	132	152	183	138	311
11010	Overhead Press	152	147	163	93	265
11130	Lat Pulldown	172	119	190	138	320
11020	Incline Pull	137	147	183	138	293
11030	Row	165	102	198	132	309
11070	Arm Curl	147	104	147	93	207
11080	Arm Extension	119	130	152	93	270
11111	Fly/Rear Delt	178	175	152	138	302
11160	Lateral Raise	102	163	198	132	233
11040	Leg Press	180	104	190	229	469
11050	Leg Extension with Total RLD	123	117	147	138	283
11051	Leg Extension with Start RLD	123	117	147	138	283
11060	Seated Leg Curl with Total RLD	163	114	147	93	257
11061	Seated Leg Curl with Start RLD	163	114	147	93	257
11140	Prone Leg Curl with Total RLD	201	104	147	93	227
11141	Prone Leg Curl with Start RLD	201	104	147	93	227
11120	Calf	167	104	147	184	336
11181	Hip Ab/Ad	175	86	145	93	320
11170	Glute	178	104	147	138	234
11090	Abdominal	150	112	147	138	243
11100	Back Extension with Total RLD	137	119	147	138	279
11101	Back Extension with Start RLD	137	119	147	138	279
11190	Torso Rotation	122	119	193	138	314

VR3

Product No.	Description	Dimensions L x W x H (cm)			Standard Weight Stack (kg)	Heavy Weight Stack (kg)	Machine Weight Standard Stack (kg)	Machine Weight Heavy Stack (kg)
12001	Chest Press	128	141	191	111	138	266	293
12010	Overhead Press	162	155	162	75	93	241	295
12130	Lat Pulldown	149	136	230	111	138	245	280
12231	Dip/Chin Assist	157	139	246	138		327	
12020	Pulldown	171	125	197	111	138	273	300
12030	Row	182	97	162	111	138	277	305
12070	Arm Curl	147	102	162	75	93	193	211
12080	Arm Extension	125	106	162	75	93	200	218
12111	Fly/Rear Delt	135	150	188	111	138	261	280
12160	Lateral Raise	127	122	162	75	93	220	239
12180	Tricep Press	136	125	162	75	93	207	225
12040	Leg Press	252	104	198	184	229	384	430
12050	Leg Extension	124	104	162	111	138	257	284
12051	Leg Extension with Start RLD	124	104	162	111	138	257	284
12052	Leg Extension with Total RLD	124	104	162	111	138	257	284
12060	Seated Leg Curl	142	99	162	75	93	243	261
12061	Seated Leg Curl with Start RLD	142	99	162	75	93	243	261
12062	Seated Leg Curl with Total RLD	142	99	162	75	93	243	234
12140	Prone Leg Curl	195	99	162	75	93	216	234
12141	Prone Leg Curl with Start RLD	195	99	162	75	93	216	234
12142	Prone Leg Curl with Total RLD	195	99	162	75	93	216	234
12120	Standing Calf	122	94	173	138	184	268	314
12200	Hip Abduction	143	70	162	75	93	198	216
12210	Hip Adduction	143	70	162	75	93	198	216
12170	Glute	159	105	162	111	138	252	270
12220	Cable Column	132	110	233	138		236	
12090	Abdominal	150	102	162	111	138	218	245
12100	Back Extension	119	102	162	111	138	250	277
12101	Back Extension with Start RLD	119	102	162	111	138	250	277
12102	Back Extension with Total RLD	119	102	162	111	138	250	277
12190	Torso Rotation	119	117	162	75	93	273	291

SPECIFICATIONS

VR1

Product No.	Description	Dimensions L x W x H (cm)			Light Weight Stack (kg)	Standard Weight Stack (kg)	Machine Weight Light Stack (kg)	Machine Weight Standard Stack (kg)
13041	Leg Press	158	95	195	91	134	232	275
13050	Leg Extension	138	105	157	68	100	209	240
13051	Leg Extension w/Adj. Start	138	105	157	68	100	209	240
13060	Seated Leg Curl	169	100	157	45	66	197	218
13061	Seated Leg Curl W/Adj. Start	169	100	157	45	66	197	218
13170	Glute	127	101	157	68	100	199	231
13120	Standing Calf Raise	115	84	159	91	134	177	223
13000	Chest Press	89	132	174	68	100	175	206
13010	Overhead Press	146	129	157	59	86	185	212
13130	Lat Pulldown	153	110	226	68	100	194	226
13135	Pulldown	163	163	196	68	100	220	252
13070	Arm Curl-Cable	138	100	157	45	66	136	156
13075	Arm Curl-Traditional	127	107	157	45	66	150	170
13080	Arm Extension-Cable	114	110	226	45	66	150	171
13085	Arm Extension-Traditional	104	104	157	45	66	160	180
13030	Row	116	119	193	68	100	192	224
13111	Fly/Rear Delt	141	127	157	68	100	194	225
13090	Abdominal	136	110	157	59	86	154	181
13180	Hip Ab/Ad	158	62	157	45	66	189	209
13200	Ab/Back	123	118	157	59	86	186	214
13230	Biceps/Triceps	132	109	226	45	66	145	166
13240	Multi-Press	198	130	157	68	100	187	219
13250	Lat/Row	185	127	211	68	100	194	225
13260	Leg Extension/Leg Curl	168	104	157	45	66	178	199
13100	Back Extension	137	104	157	59	86	189	216
13101	Back Extension W/Adj. Start	137	104	157	59	86	189	216

BRAVO

Product No.	Description	Dimensions L × W × H (cm)			2 Weight Stack (kg)	Machine Weight (kg)
8800	Bravo Functional Trainer – Compact	114	137	196	77	393
8810	Bravo Functional Trainer – Tall	114	137	221	77	407
8830	Bravo Functional Trainer – Compact Light	114	137	196	77	396
8830	Bravo Functional Trainer – Compact Heavy	114	137	196	147	537
8840	Bravo Functional Trainer – Tall Light	114	137	221	77	411
8840	Bravo Functional Trainer – Tall Heavy	114	137	221	147	552
18030	Bravo Lift	180	119	211	181	340
18010	Bravo Press	89	135	211	77	327
18020	Bravo Pull	114	127	211	77	345

FT-325

Product No.	Description	Dimensions L × W × H (cm)			2 Weight Stack (kg)	Machine Weight (kg)
18000	FT-325	86	170	212	77	315

MG-525

Product No.	Description	Dimensions L × W × H (cm)			3 Weight Stack (kg)	Machine Weight (kg)
8701	MG-525	211	302	224	91	410

JUNGLE GYM

Product No.	Description	Dimensions L × W × H (cm)			Weight Stack (kg)	Weight (kg)
17001	Quad Tower	81	71	28		109
17031	Low Row	180	71	28	116	109
17041	Dual Handle Low Row	180	71	28	116	109
17050	Hi/Low Cable	25	71	28	91	109
17060	Triceps Pushdown	33	71	28	91	109
17071	Lat Pull	97	71	28	116	109
17081	Dual Handle Lat Pull	97	71	28	116	109
17091	Adjustable Cable	36	71	28	91	109
17110	Free Standing Cable Crossover	371	122	28	91	109
17120	Attached Cable Crossover	328	122	28	91	109
17130	Embedded Cable Crossover	282		28	91	109

SPECIFICATIONS

PLATE LOADED

Product No.	Description	Dimensions L x W x H (cm)			Machine Weight (kg)
16300	Leg Extension	201	99	112	85
16290	60 Degree Calf Raise	155	76	130	82
16320	Triceps Press	206	86	119	197
16200	Hack Squat	206	155	137	124
16280	T-Bar Row	203	76	71	78
16150	Squat Press	208	175	135	155
16110	Leg Press	211	163	137	201
16212	Seated Calf	147	76	99	67
16090	Row	208	86	122	72
16070	Pulldown	221	124	183	94
16080	Chest Press	127	150	132	87
16101	Overhead Press	135	137	124	82
16190	Incline Press	140	150	124	82
16120	Smith Press	137	213	213	173
16310	Kneeling Leg Curl	127	140	130	83

FREE WEIGHTS

Product No.	Description	Dimensions L x W x H (cm)			Machine Weight (kg)
16185	Dip/Chin/Leg Raise	150	127	251	197
16270	Military Press	137	137	168	94
16010	Olympic Bench Press	152	135	130	55
16050	Olympic Incline Press	160	135	145	60
16062	Olympic Decline Press	185	135	119	60
16220	Olympic Bench Press with Weight Storage	46	43	76	20
16131	Scott Curl	99	74	94	44
16230	Squat Rack	165	178	183	113
16022	45 Degree Back Extension	147	76	81	48
16171	Bent Leg Abdominal Board	145	71	104	57
16180	Leg Raise Chair	119	86	163	65
16250	Twin Tier Dumbbell Rack	229	56	79	82
16255	Three Tier Dumbbell Rack	229	66	102	124
16040	Flat Bench	122	61	43	20
16000	Adjustable Bench	142	64	117	34
16030	Utility Bench	109	61	97	23
16140	Weight Tree	89	64	137	29
16141	Weight Tree with Bar Storage	89	64	137	31
16161	Adj. Decline Bench	155	58	66	27
16260	Barbell Rack	97	84	140	59
16240	Power Cage	150	184	237	200

BIG IRON

Product No.	Description	Dimensions L × W × H (cm)			Machine Weight (kg)
19001	9' Half Rack	143	177	265	295
19011	8' Half Rack	143	177	231	288
19021	9' Multi Rack	169	179	265	380
19031	8' Multi Rack	169	179	236	378
19041	9' Power Rack	187	179	277	408
19051	8' Power Rack	187	179	248	394
19061	9' Combo Rack	282	231	265	469
19071	8' Combo Rack	282	231	236	455
19100	Locking Bench	128	68	42	57
19110	Adjustable Dumbbell Bench	128	56	42	55
19150	Platform with Insert	296	234	9	260
19160	Platform with Insert	324	234	9	260
19170	Dual Platforms with Center Insert	605	234	9	545
19180	Standalone Platform	181	234	9	545
19250	Dip Attachment				
19200	Technique Trays				
19140	Platform Ramp				

TOTAL ACCESS

Product No.	Description	Dimensions L × W × H (cm)			Standard Weight Stack (kg)	Heavy Weight Stack (kg)
14040	VR3 Leg Press	252	104	198	184	229
14051	VR3 Leg Extension	124	104	162	111	138
14061	VR3 Seated Leg Curl	142	99	162	75	93
14000	VR3 Chest Press	151	110	174	111	138
14010	VR3 Overhead Press	162	151	162	75	93
14310	VR3 Lat Pull	141	140	231	111	138
14030	VR3 Row	130	116	193	111	138
14220	VR3 Cable Column	132	110	233	138	

CUSTOMIZE YOUR EQUIPMENT TO BUILD YOUR BRAND

Since we build every exercise machine to order, you have the opportunity to flex your creative muscles by customizing your Cybex equipment to complement your décor and reinforce your brand. Choose from a wide range of premium and standard frame colors and upholstery fabrics. Or add custom graphics to complement the look and feel of your brand. Take advantage of our superior customization technology and skills to bring a personal touch to your facility. Make every piece of Cybex equipment yours.



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