

# Product Catalog

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**CYBEX®**

# Why Cybex?

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For more than 45 years, we've created quality fitness equipment that's backed by science and intended for results-driven exercisers.

In the process, we've become a trusted partner to health clubs, YMCAs, JCCs, sports teams, colleges and universities, country clubs, military facilities, offices, and hospitality fitness centers committed to offering outstanding experiences for a wide range of exercisers.



## The Science of Fitness

Cybex products are based on scientific truths developed during extensive explorations of human physiology and biomechanics. They are rooted in exercise science that studies the natural way to move and they allow any exerciser to feel connected to workouts that are efficient and effective.

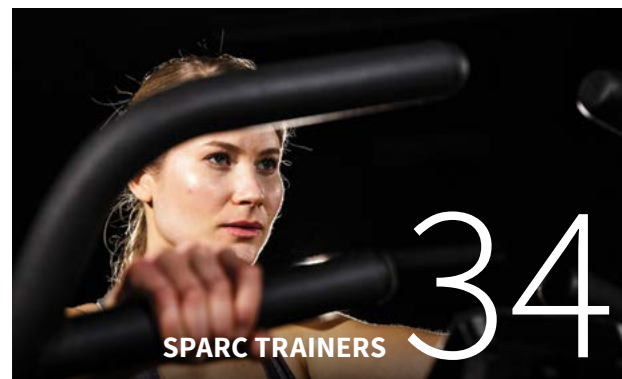
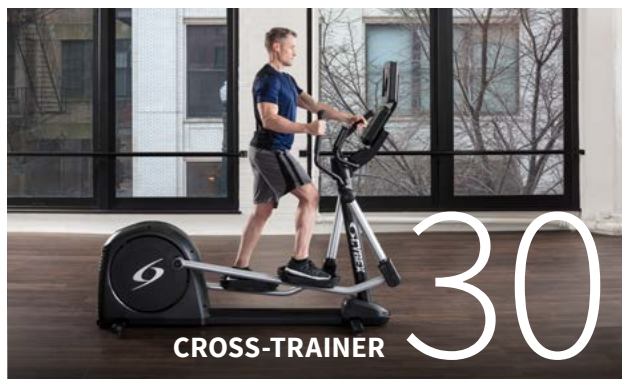
## Building Your Business

Cybex partners with you to build a successful fitness business. Our solutions include layout planning, equipment selection, financing and marketing support.

## 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 45 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](http://cybexintl.com). Put the Cybex advantage to work for you.



### TREADMILLS

Built for runners of all levels. Cybex treadmills utilize the IS4 Intelligent Suspension System, which features a soft landing area and is more rigid in the back at toe-off. Page 12.

### ARC TRAINERS

A popular alternative motion cardio unit that produces less stress on the knees than walking. The versatile cardio machine is ideal for any exerciser, ranging from beginners to those looking for high-intensity workouts. Page 18.

### BIKES

Ideal for members who are training for a triathlon or have never ridden a bike. Cybex indoor exercise bikes ensure a comfortable and effective ride. Page 24.

### CROSS-TRAINER

A smooth and natural-feeling ellipse path leads to results for any exerciser. Moving handles and stationary bullhorns provide users with exercise variety. Page 30.

### SPARC TRAINER

SPARC trainers are ideal for boosting the heart rates of exercisers during high-intensity and functional small group training workouts. Page 34.

### SELECTORIZED STRENGTH

Cybex has earned a reputation as the leader in circuit strength training. Our Eagle NX, Prestige VRS and VR1 selectorized strength lines combine superior technology based on scientific evidence with a passion for helping people get fit faster. Page 39.

### FUNCTIONAL TRAINERS

Cybex Bravo™ Functional Training System integrates free-form motion and higher loading to accelerate strength gains. Our FIBO-award-winning Progressive Stabilization technology is changing the way the fitness world approaches strength training. Page 52.

### GROUP TRAINING/MULTI-STATION

Cybex PWR Play and multi-station systems give exercisers the freedom to get a full-body workout at the same time. PWR PLAY is a flexible and configurable strength and functional training solution for individual, personal and group training. Page 56.

### 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 66.



# Halo Fitness Cloud

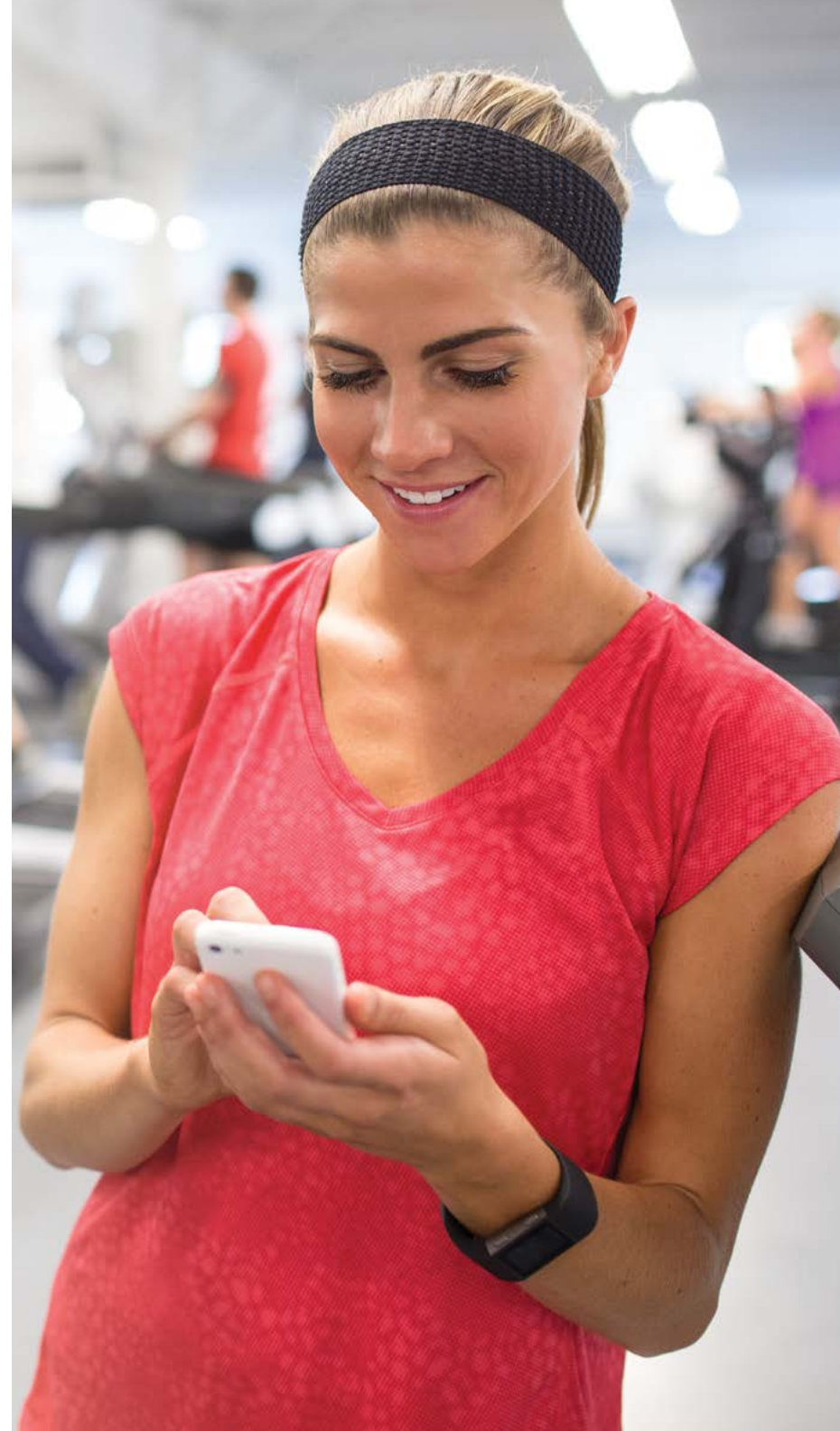
- Easy and efficient facility management.
- Meaningful interactions with members.
- Valuable revenue building.

## WHAT IT IS

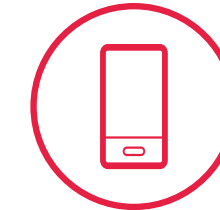
The Halo Fitness Cloud is the platform that connects fitness facilities to their staff, exercisers and equipment. It allows facilities and their staff to easily communicate between themselves and their exercisers. It also allows for added services to help optimize equipment usage. Customize your solution to fit your facility brand, exercisers, environment and experience.

## GET CONNECTED

- Equipment usage insights streamline preventive maintenance and service plans
- Plan and set up preventive maintenance tasks and reminders
- Swap out low-use equipment for more popular cardio
- Rotate equipment to extend the life of your cardio and create even trade-in value



Halo Fitness Cloud offers one centralized location where you can easily manage business operations, communicate with members, plan your fitness programming, and more.



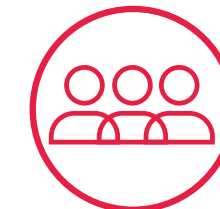
Extend the benefits of programming with the Halo Fitness App



Improve communication between trainers and exercisers



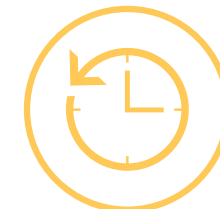
Benefit from detailed equipment use information



Create a community where members want to belong



Build member loyalty with a cohesive facility brand story



Streamline routine facility maintenance tasks

Mix and match the Plans and Enhancements that work best for your facility.

## Visit Halo.Fitness



## Cardio

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Going the Distance for You and Your Members

**CYBEX**<sup>®</sup>



# The Cybex Experience: Make it Personal

Everyone approaches their workout differently. Some prefer entertainment options, others just want to get on and go. Cybex console options provide choices that appeal to every exerciser.



70T Console



50L Console



V Series Console

Entertainment options for 50L consoles and V Series consoles include a vivid 1080p attachable 15" HD TV and a secure tablet holder.



# Treadmills

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Treadmills are staples of every health club and fitness center, but that doesn't mean they're all created equal.

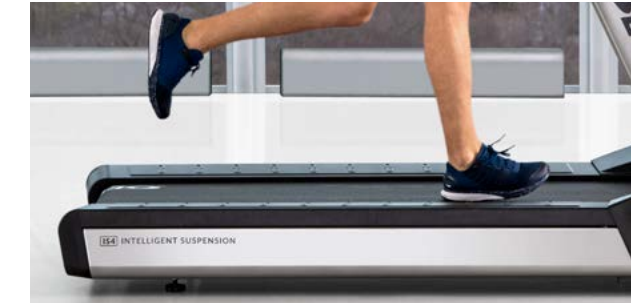
Cybex treadmills are a direct result of extensive research into the biomechanics of running. They incorporate a wealth of technologies designed to deliver a superior, natural experience to exercisers at every level.

# R Series

Run faster. Run longer. Run better.

Rooted in the Cybex history of effective cardio equipment, but with a sleek, modern look that earned a 2018 Good Design Award from the Chicago Athenaeum Museum of Architecture and Design and Metropolitan Arts Press Ltd.

The IS4 Intelligent Suspension System caters to runners and the Interval Training Zone allows for quick and easy speed changes for runners during interval workouts. Both combine to make the R Series treadmill ideal for the serious runner.



## IS4 INTELLIGENT SUSPENSION SYSTEM

The IS4 Intelligent Suspension System complements the mechanics of running and helps runners get results. It has a “soft” landing zone near the front of the treadmill, a firm middle area, and a rigid area at toe-off.



Connected 70T consoles wirelessly pair with Apple Watch®.

## R SERIES CONSOLE OPTIONS



70T Console



50L Console



# V Series

Provides exactly the cardio experience that moderate-use commercial facilities need without the added features that they don't. A simplified design combines with a modern aesthetic to appeal to a wide range of exercisers.



Availability varies by country. Please contact your representative for more information.

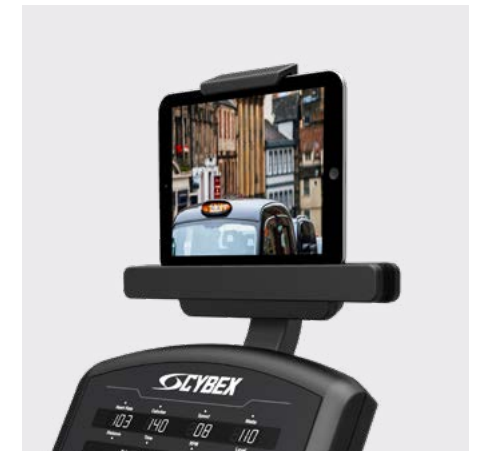


V Series Console

## Entertainment Options



A vivid attachable HD 1080p TV 15" screen features an anti-glare coating and provides premium entertainment for exercisers.



A secure tablet holder allows a facility to mount their own tablets, which lock in place, or lets exercisers bring their own and secure them during workouts.



# Arc Trainers

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A popular alternative motion cardio unit that offers extreme efficiency and effectiveness backed by exercise science.

It's really three machines in one. At lower incline levels, it glides like a cross-country skier. In the middle, it strides like an elliptical. At higher levels, it's a climber.

The Arc Trainer produces less stress on the knees than walking, and is ideal for general exercisers, those looking for a challenging HIIT workout, and everyone in between.

# R Series

Two options of R Series Arc Trainers suit a wide range of exercisers.

The total-body model has curved, multigrip handles on moving arms for a versatile workout for any exerciser.

The lower-body model has stationary bullhorns and caters to exercisers who focus on increasing strength and power.

Both are ideal for general exercisers, those looking for a challenging HIIT workout, and everything in between.



Curved multigrip handles on moving arms

**Total-Body Arc Trainer**

21 incline levels let exercisers target different muscle groups

24" stride length



Stationary handles

**Lower-Body Arc Trainer**



**70T Console**



**50L Console**



## KNEE STRESS

The motion of the Arc Trainer enables an exercise experience that has less knee stress than walking. As a result, the Arc Trainer appeals to a wide range of audiences. Exercisers can work out at a high level without causing strain to the knees.

## VERSATILITY

Because of the low knee stress for exercisers the Arc Trainer can be a rehab tool. The low start-up resistance and low impact make it ideal for deconditioned exercisers or those new to exercise. Put it on a high incline to simulate climbing stairs with less strain on the knees. Finally, the high watt capacity means it also can be used by athletes for a more rigorous workout.

# 525AT

The 525 Arc Trainer is ideally suited to workout spaces like hotels, corporate wellness centers, and residential environments.

This proven cardio unit offers broad incline and resistance ranges that make it three machines in one. At lower incline levels, it glides like a cross-country skier. In the middle, it strides like an elliptical. At the higher levels, it's a climber or stepper.



Standard display



Moving arms with straight handles

Intuitive console with tablet holder

Available in Charcoal and Silver





# Bikes

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Once you learned to ride, you never looked back. Your bike helped you build muscle and endurance when you thought you were just having fun. Cybex brings ease of use and entertainment to indoor biking with cardio equipment that is both comfortable and effective.

# R Series

A sleek, modern aesthetic combines with results-driven features to create effective exercise bikes. Choose between upright bikes and easily accessible recumbents. 25 resistance levels accommodate exercisers of all fitness levels.



70T Console



50L Console

# V Series

Intuitive exercise bikes that allow any exerciser to get on and go. V Series bikes are an ideal cardio option for moderate-use facilities like hotels, multi-unit housing and corporate fitness centers.



V Series Console

Availability varies by country. Please contact your representative for more information.



# Cross-Trainer

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Attention to biomechanics creates an elliptical path that feels smooth and natural. The streamlined design and intuitive console interaction allow users to easily get started with their workouts.



# V Series

An intuitive total-body, low-impact workout that appeals to a wide range of exercisers. Stationary and moving handles offer added user versatility.



V Series Console

Availability varies by country. Please contact your representative for more information.



25 resistance levels

Oversized nonslip pedals

18" stride length



\*Shown with optional tablet holder



# SPARC

Lose fat. Build muscle. SPARC does it all because it's biomechanically refined to provide exceptional results with low stress.

The intuitive SPARC has very few adjustments which allows exercisers to get on and go. This is ideal in small group training sessions where time is limited and quick cardio bursts are essential.

Two modes of operation include circuit mode for single, high-power movements that typically last less than one minute, and interval mode for longer duration workouts with user-defined high intensity and rest periods.

Three incline levels target different muscle groups

Multiple hand position options are ideal for varying levels of intensity



Low-impact arcuate motion reduces knee stress but allows for high-intensity workouts



## Strength

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More Power to You and Your Members





## 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

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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.

You can pick and choose from three complementary lines of selectorized strength equipment to meet the needs of your facility, members and budget.

Our industry-changing Eagle NX and hard working Prestige VRS are designed to work together. They're aesthetically sophisticated and easy to use – with a common user interface and a consistent look and feel.

# Eagle NX Series

## RESTYLED. REFINED. REIMAGINED.

The 15-piece Eagle NX line is aesthetically sophisticated yet highly durable. It is built to withstand rigorous movement but is gentle on the joints, and designed for all fitness levels yet focused on individual results.

Strength training has evolved beyond the number of pounds bench-pressed and reps crunched. Today, it's about burning calories, building lean muscle, improving bone density and managing chronic conditions.

## TECHNOLOGY SETS CYBEX APART

Cyber 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.



# Prestige VRS Series

This versatile collection is engineered to perform in a wide range of fitness facilities – from highly supervised to demanding self-serve. The Prestige VRS 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 21 machines provides ample evidence that you no longer need to choose between form and function. Prestige VRS delivers both.



### Chest Press

- Dual Axis allows the user to train with confidence in machine-defined movements or progress to more advanced user-defined movements
- The converging path of motion allows the user to train through a more complete range of movement and achieve better results
- Independent arms provide balanced strength development and add training variety
- Gas-assisted seat and back pad can easily be adjusted from the seated position allowing different body types to enjoy a comfortable range of motion



### Pulldown

- Dual Axis allows the user to perform traditional pulldowns, narrow grip pulldowns and more advanced user-defined movements
- Independent arms provide balanced strength development and add training variety
- High stabilization pad is designed to accommodate different body types and strength levels



### Arm Curl

- Articulating arm eliminates the need for adjustment while allowing users to move in a pattern best suited to their body type or motion preference
- Swiveling-rotating grips allow for exercise variety from dumbbell curl to hammer curl



### Leg Press

- Articulating carriage moves backward and tilts for greater range of motion at the hip and more complete training of the glutes and hamstrings
- Seat back angle adjusts to five positions emphasizing comfort and greater hip range of motion
- Designed to replicate a safe, controlled squat



### Overhead Press

- Dual Axis allows the user to train with confidence in machine-defined movements or progress to more advanced user-defined movements
- Scapular plane grip accommodates those with compromised shoulders
- Independent arms provide balanced strength development and add training variety
- Gas-assisted seat is easily adjusted from the seated position allowing different body types to enjoy a comfortable range of motion



### Row

- Unique top pivot, four-bar linkage, and diverging path of motion combine to support natural movement
- Foot brace promotes torso stabilization consistent with proper lifting technique
- Adjustable chest pad and gas-assisted seat allow different body types to enjoy a comfortable range of motion



### Arm Extension

- Unique design requires no setup
- Arm pads encourage stabilization and proper positioning



### Hip Abduction/Adduction

- Dual function space-saving design
- Adjustable back angle position allows the user to target muscle groups
- Dual foot positions accommodate a wide range of body types
- Weight stack serves as privacy shield



## Leg Extension

- Range Limiting Device allows the user to set the most comfortable starting position and ensures the resistance profile is always matched to the user
- Innovative floating tibia pad design provides virtually effortless positioning and greater comfort and stability
- Back pad is one-hand adjustable and angled 100° from the seat to relieve hamstring tension



## Calf

- Descending path of motion allows the foot to move in a natural manner
- Seated exercise position directs force through the hip rather than shoulder and minimizes spinal compression
- Curved footplate trains the mid-foot to accept load for a greater training effect



## Abdominal

- Innovative design isolates abdominal muscles and allows different body types to enjoy a comfortable range of motion
- Counterbalance mechanism offsets the user's trunk weight for more consistent loading and greater effectiveness
- Patented pelvic stabilization eliminates hip flexor involvement while rear foot pegs provide expanded training variation



## Torso Rotation

- Dual angled foot pegs and thigh pads stabilize hips and legs, ensure proper torso movement, and maintain spinal alignment
- 17 starting positions are provided every 10 degrees in each direction for user comfort and exercise goals
- Top pivot design with a fixed lower body allows the head to lead and trains the torso muscles used in daily activities



## Seated Leg Curl

- Range Limiting Device allows the user to set the most comfortable starting position and ensures the resistance profile is always matched to the user
- Back pad is one-hand adjustable and angled 100° from the seat to relieve hamstring tension



## Glute

- Adjustable foot bar allows the user to choose amount of knee extension desired for movement and optimal fit for all sizes
- Adjustable abdominal support pad ensures correct posture and minimizes stress on the back
- Curvilinear movement encourages full gluteal training without requiring the user to align the hip joint



## Back Extension

- Dual position lumbar pad allows the user to train the hip extension, lumbar extension, or both at the same time
- Curved lumbar pad encourages optimal range of motion while minimizing the possibility of excessive extension
- Counterbalance mechanism offsets the user's trunk weight for more consistent loading and greater effectiveness
- Designed to promote proper and controlled movement into extension



## Chest Press

- Converging path of motion allows a more complete range of movement for unparalleled training results
- Independent arms offer balanced strength development and bilateral reciprocal training
- Gas spring-assisted seat and spring-assisted back pad make it easy for users to get a natural and comfortable workout
- Extra-sized grips reduce pressure on the hands for greater comfort when pressing



## Pulldown

- Diverging path of motion invites a more complete range of movement for optimal training results
- Independent arms offer balanced strength development and bilateral reciprocal training
- Barbell and neutral grips provide multiple grip options
- Adjustable thigh pad optimizes experience for different body types and strength levels



## Arm Curl

- Grips adjust automatically to accommodate all forearm lengths
- Gas spring-assisted seat makes it easy for users to get a natural and comfortable workout



## Triceps Press

- Forward tilted back pad provides stability without the use of a seat belt
- Extra-sized grips reduce pressure on the hands for greater comfort
- Dual grip positions accommodate various body sizes and movements
- Gas-spring-assisted seat makes it easy for users to get a natural and comfortable workout



## Overhead Press

- Converging path of motion allows a more complete range of movement for unparalleled training results
- Independent arms offer balanced strength development and bilateral reciprocal training
- Gas spring-assisted seat makes it easy for users to get a natural and comfortable workout
- Standard and neutral grips provide multiple grip choices
- Extra-sized grips reduce pressure on the hands for greater comfort when pressing



## Row

- Diverging path of motion invites a more complete range of movement for optimal training results
- Independent arms offer balanced strength development and bilateral reciprocal training
- Variable resistance closely matches user's capability throughout the range of motion
- Bottom pivot design creates a low profile look
- Adjustable chest pad and footbar provide additional stability
- Gas spring-assisted seat makes it easy for users to get a natural and comfortable workout



## Arm Extension

- Grips adjust automatically to accommodate all forearm lengths
- Adjustable, angled back pad stabilizes torso
- Gas spring-assisted seat makes it easy for users to get a natural and comfortable workout



## Lateral Raise

- Horizontal axis provides optimal alignment with medial deltoid
- Design encourages users to stabilize core while also allowing targeted positioning
- Angled inputs minimize external rotation during movement for better focus on deltoids
- Gas-spring-assisted seat makes it easy for users to get a natural and comfortable workout





### Fly/Rear Delt

- Floating inputs adjust for varied arm lengths
- Grips are optimized for hand placement variety without needing to adjust the seat
- Gas spring-assisted seat makes it easy for users to get a natural and comfortable workout



### Seated Leg Curl

- Optional Range Limiting Device lets users choose a comfortable starting position, while ensuring the resistance profile is always optimal (available in Start, Total and non-RLD configurations)
- Spring-assisted back pad makes it easy for users to get a natural and comfortable workout
- Angled back pad relieves hamstring tension
- Intuitive leg pad adjustment provides for minimal impact on the starting angle of the knee
- High stabilization pad significantly reduces knee stress as compared to other methods
- Easy adjustments from seated position



### Hip Abduction

- Knee pads minimize knee stress
- Weight stack serves as privacy shield
- Dual footbars accommodate a wide range of user heights
- Users can easily adjust start position while seated



### Leg Press

- Unique four-bar linkage design provides greater hip range of movement and increases hip extensor involvement
- Fully enclosed counterbalance system provides consistent resistance at even the lowest weight selections
- Seat back has five angled positions to increase comfort and range of motion
- Extensive range of start positions accommodates all sizes and shapes
- Large footplate allows for a wide range of foot placements for varied training



### Dip/Chin Assist

- Provides up to 112 lbs. of assistance when engaged
- Extra-sized, dual-position grips increase hand comfort, accommodate different user sizes and allow for dip movement variety
- Pull-up bar offers both bar and neutral grips for individual preference
- Steps allow easy on and off
- Footbar easily flips up for unassisted pull-ups and dips



### Prone Leg Curl

- Optional Range Limiting Device lets users choose a comfortable starting position, while ensuring the resistance profile is always optimal (available in Start, Total and non-RLD configurations)
- Forearm pads and hip pad angle encourages proper spine alignment and minimizes back stress
- Intuitive and virtually effortless leg pad positioning



### Hip Adduction

- Knee pads minimize knee stress
- Weight stack serves as privacy shield
- Dual footbars accommodate a wide range of heights
- Users can easily adjust start position while seated



### Leg Extension

- Optional Range Limiting Device lets users choose a comfortable starting position, while ensuring the resistance profile is always optimal (available in Start, Total and non-RLD configurations)
- Spring-assisted back pad makes it easy for users to get a natural and comfortable workout
- Intuitive and virtually effortless leg pad adjustment
- Offset input arm provides optimal positioning without affecting the starting angle of the knee
- Angled back pad relieves hamstring tension
- Easy adjustments from seated position



## Standing Calf

- Shoulder pads are angled to match natural angle of shoulder
- Curved footplate allows a comfortable stretch to the start position
- Input arm adjusts for varying user heights



## Abdominal

- Patented pelvic stabilization system with adjustable foot brace allows users of varying heights to “lock into” the hip pad for optimal training effect
- Isolates abdominal muscles for a more complete range of correct spinal flexion movement
- Innovative design allows different users to perform correct movement without adjustment
- Hip pad includes a curved lumbar section to promote full range of movement



## Torso Rotation

- Bottom pivot design maintains a fixed upper body, stabilizing users' heads and is useful for training when the legs are driving.
- Six starting positions ensure maximal comfort
- Hip flexed position optimizes stabilization and spinal alignment
- Foot platforms further stabilize all different body types
- Gas spring-assisted seat makes it easy for users to get a natural and comfortable workout



## Glute

- Curvilinear path of motion encourages gluteal training without relying on hip alignment
- Adjustable abdominal support and positioning the knee under the hip encourages proper spine alignment and minimizes back stress



## Back Extension

- Optional Range Limiting Device lets users choose a comfortable starting position, while ensuring the resistance profile is always optimal (on Start and Total RLD versions)
- Available in three configurations: Start RLD, Total RLD and non-RLD
- Patented pelvic stabilization system with adjustable foot brace allows users to “lock into” the hip pad for optimal training effect
- Contoured lumbar pad encourages correct and comfortable movement into extension





# Functional Trainers

Functional training equipment provides effective and efficient strength training, and prepares exercisers of all abilities to the real-world tasks they face every day.

The Cybex Bravo Functional Training System 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 38% 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. The 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 Pro

The larger Bravo Pro all-in-one functional trainer, offers greater loading capabilities and cable range. With two 400 lb. weight stacks, a higher chin-up bar, and 77% greater cable travel, the Bravo Pro redefines functional training, while enhancing the essential features that make the original unique, including its patented Progressive Stabilization technology and adjustable cable width.



## Bravo Press

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

## Bravo Advanced

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 free form patterns of movement that mimic real-world applications.



## 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 30" of vertical adjustment, but always returns the handle to the resting position.

## Bravo Pull

This focused functional trainer features vertical pulley adjustments with 22 positions and overhead lat pulldown 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.



## Bravo Basic

Cyber Bravo Basic (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.



# PWR PLAY

PWR PLAY is the solution that adds value while improving a facility's footprint. It delivers an incredibly flexible system that can be tailored specifically to any facility's needs. It is completely scalable and bridges user types.

With 27 possible add-on options, including optional storage solutions, PWR PLAY enables facilities to create versatile, customized solutions for multiple environments and exercisers.





**CONFIGURABILITY**

Modular stations allow the creation of tailored solutions to fit your facility's programming needs.



**IN DEMAND**

Functional and bodyweight add-on stations provide training solutions for today's top multi-faceted exercises along with timeless staples.



**VARIETY**

Choose from endless configurations that allow PWR PLAY to become a turnkey component to your personal, group and cable-based programs.



**SPACE EFFICIENT**

Along with optimized footprint from custom configurations, additional storage components keep your facility floor open for training.



**CORE**

- Designed to accept single stations on each of its four sides



**LAT PULL**

- Adjustable thigh pad provides stabilization for a wide variety of users

**Accessories Included:**  
1 lat bar



**LOW ROW**

- Pulley position allows for an optimal path of motion of the handle for rows

**Accessories Included:**  
1 row handle



**TRICEPS PUSHDOWN**

- Overhead pulley location allows for better body positioning

**Accessories Included:**  
1 rope handle



**HIGH LOW STATION**

- Pulley handles rotate to allow for improved ROM and workout variety



**ADJUSTABLE CABLE COLUMN**

- Carriage adjusts from 7 - 76" above the floor
- Carriage swivels 165 degrees

**Accessories Included:**  
1 long handle  
1 ankle strap



**ATTACHED HIGH LOW CROSSOVER**

- Four chin-up handles
- Carriage adjusts from 7 - 76" above the floor
- Carriage swivels 165 degrees



**EMBEDDED HIGH LOW CROSSOVER**

**Accessories Included:**  
2 short handles  
1 ankle strap



**ATTACHED CABLE CROSSOVER**

- Four chin-up handles
- Carriage adjusts from 7-76" above the floor
- Carriage swivels 165 degrees



**EMBEDDED CABLE CROSSOVER**

- Accessories Included:**
- 2 short handles
  - 1 ankle strap



**FREE STANDING CABLE CROSSOVER**



**DUAL HANDLE LOW ROW**

- Independent dual handles deliver a 2:1 lifting ratio
- Pulley position allows for an optimal path of motion

- Accessories Included:**
- 2 short handles
  - 1 row handle



**BOXING w/ SUSPENSION**

- Bodyweight suspension attachment
- Battle rope attachment
- Glove and bag storage area

- Accessories Recommended:**
- Punching bag
  - Boxing gloves
  - Suspension trainer
  - Jump rope
  - Battle rope



**STALL BARS w/ SUSPENSION**

- 8" rung spacing
- Offset pull-up bar for bodyweight suspension, pull-ups, leg raises, etc.

- Accessories Recommended:**
- Suspension trainer



**POWER PIVOT**

- Weight plate storage
- Bar storage

- Accessories Included:**
- Power Pivot Bar (weighs 22lbs)

- Accessories Recommended:**
- 1 – 5 lbs. Urethane plate
  - 2 – 10 lbs. Urethane plate



**ROPE PULL - POWER PIVOT**

- Weight plate storage
- Bar storage
- Mid direct pulley
- Low direct pulley

- 1 – 25 lbs. Urethane plate
- 1 – 45 lbs. Urethane plate



**DUAL PULLEY HIGH**

- Pulley handles rotate 360 degrees for unlimited ROM
- Handles have three adjustable positions for a wide variety of users.
- Stabilization pad allows exercisers to perform partially stabilized or unstabilized movements
- 4:1 design for dynamic exercises

- Accessories Included:**
- 2 adjustable handles



**DUAL PULLEY LOW**



**ADJUSTABLE PULLEY 4:1**

- Carriage adjusts from 7 – 76" above the floor
- Carriage swivels 165 degrees
- 4:1 design for dynamic exercises

- Accessories Included:**
- 1 long handle
  - 1 short handle
  - 1 ankle strap



**DUAL HANDLE LAT PULL**

- Adjustable thigh pad provides stabilization for a wide variety of users

- Accessories Included:**
- 2 short handles
  - 1 ankle strap



**DIP/CHIN ASSIST**

- Three chin-up hand positions



**ROPE PULL**

- Mid direct pulley
- Low direct pulley

- Accessories Included:**
- Infinity rope



**DIP**

- 1.5" rubber handle diameter to decrease pressure on the user's hand
- Shown with the Storage Station (PP-SC)



**STEP**

- Shown with the Storage Station (PP-SC)
- Rubber anti-slip platform surface



**CROSSOVER BOOM CONNECTOR**

- Connects to the PP-AP41
- Bodyweight suspension attachment
- Pull-up handles provide grip options



**HANDLE ACCESSORY RACK**

- Mainly for use with pulley or crossover stations
- Six J-hooks for accessory storage
- Two short sport bar handle storage locations



**STORAGE CONNECTOR**

- Kettlebell/medicine ball storage area



**STORAGE STATION**

- Elastic band storage area
- Kettlebell/medicine ball storage area
- Five U-Links for attaching and adjusting a step-up platform, dip handle and elastic bands.

**Recommended Additional Products:**  
Step-up platform  
Dip 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. 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
- Triceps Pushdown
- Lat Row
- Lat Pulldown

# Total Access

Everyone should have 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 barriers. 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 exceeds Inclusive Fitness Initiative (IFI) standards, enabling both disabled and non-disabled individuals to take advantage of fitness training using the same machines and enjoying the same experience.

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.



Accessible weight stack for easy weight selection while seated



Seats swing out of the way for wheelchair access



8 ADA Compliant Products



Large, bright images to assist those with special needs



## 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.

## 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 wheelchair users
- Choice of upper and lower handle positions caters to wheelchair users, shorter users and those with reduced balance



## 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



## 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



## 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



## 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



## 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



## 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



## 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 of the user
- Optional step not included





# Powerful Support for Our Business Partners

Cybex partners with you right from the start to help you build a successful fitness business. Our solutions cover everything from floor planning to branding and marketing to training your staff and connecting with your members – so they come back for more.

You can work with your Cybex representative to turn an empty space into an extraordinary fitness facility. Tap into our proven exercise programs for functional, high intensity, and weight loss training. View our online instructional and motivational videos.

Cybex is committed to delivering quality in every area of our business – from the cardio and strength products we design and manufacture to the programming, facility design, education, and marketing programs we deliver, to the relationships we maintain with our customers.

Plus, you can always count on our responsive service team to keep your Cybex fitness equipment performing at its peak, so your members can perform at theirs, and so can your business.

MY  
DESIGN  
STUDIO

Upgrade your club with customized Cybex equipment.

Visit [mydesign.cybexintl.com](http://mydesign.cybexintl.com)

## UPHOLSTERY COLOR

COLOR		AVAILABILITY
American Beauty Red		Standard
Andes		Premium
Azure		Standard
Black		Standard
Black Carbon Fiber		Standard
Burgundy		Standard
Candy Apple Red		Standard
Chestnut		Standard
Concord		Standard
Cranberry		Standard
Dark Walnut		Standard
Dove Gray		Standard
Emerald Green		Standard
Gauche		Premium
Graphite		Standard
Grotto		Standard
Guacho – Kona (Two-tone)		Premium
Hunter Green		Standard
Imperial Blue		Standard
Kona		Premium
Lava Rock		Premium
Lost Coast		Premium
Navy		Standard
Regimental Blue		Standard
Royal Blue		Standard
Sequoia		Premium
Slate		Standard
Suede		Standard
Terra Cotta		Standard
Wheat		Standard
Custom		Custom

## FRAME COLOR

COLOR		AVAILABILITY
Black		Standard
Blue		Standard
Candy Apple Red		Premium
Charcoal		Standard
Electric Blue		Premium
Ice Blue Metallic		Standard
Midnight Metallic		Standard
Mocha Sand		Standard
Platinum		Standard
Red		Standard
Titanium		Standard
White		Standard
Yellow		Standard
Custom		Custom

## SHROUD INLAYS/ENCLOSURES

COLOR		AVAILABILITY
Aspen		Premium
Bali		Premium
Frost		Standard
Monaco		Premium
Custom		Custom





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