



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 or 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. For fitness facility owners and managers, 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.



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.



9 SELECTORIZED
STRENGTH



29 FUNCTIONAL
TRAINERS

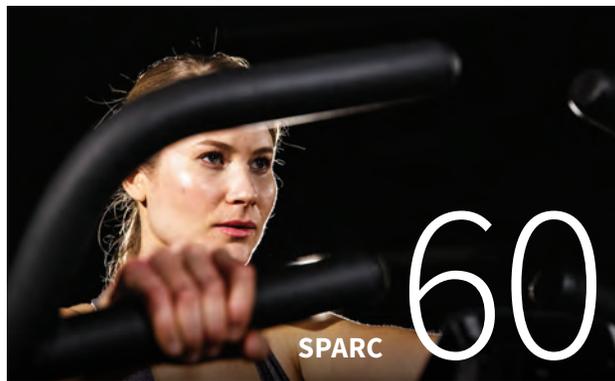


33 GROUP TRAINING/
MULTI-STATION



PLATE LOADED/
FREE WEIGHTS/
STRUCTURE

43



SPARC

60



TOTAL ACCESS

62

**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 9.

**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 29.

**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 33.

**PLATE LOADED/
FREE WEIGHTS/
STRUCTURE**

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 43.

SPARC

Lose fat. Build muscle. Gain strength. Increase metabolism. Improve power. Do it all with less stress on the joints. With SPARC's "get-on-and-go" design, your members can simply choose their incline level, choose their intensity level and reach their goals in record time. Page 60.

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 62.

Why Cybex?

Because, no fitness company does more to help you and your members get there faster.

For more than 45 years, we've created premium quality, high-performance fitness equipment that is good for your customers' bodies and your bottom line. 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 the best exercise experience possible. And we continue to move closer to achieving our global mission: improving the health and well being of people around the world.



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. 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 facility’s décor and reinforce your brand.

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 organizations 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 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. 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, members and budget. Our industry-changing Eagle NX, hard-working Prestige VRS, 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 NX Series

RESTYLED. REFINED. REIMAGINED.

Cybox offers the 15-piece Eagle NX line, setting an even higher benchmark for excellence in strength machines. Aesthetically sophisticated yet highly durable, built to withstand rigorous movement yet gentle on the joints, and designed for all fitness levels yet focused on individual results, the Eagle NX line provides an unparalleled workout experience.

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. The strength training revolution has begun and nowhere is it more evident than with the Eagle NX strength line from Cybox.

TECHNOLOGY SETS CYBEX APART

Cybox 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.



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.



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



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 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



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



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



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



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



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 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



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
- Thigh stabilization pad significantly reduces knee stress as compared to other methods
- Easy adjustments from seated position



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 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



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



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



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



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



Lat Pulldown

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



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



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 movement
- Seat and chest pad adjust to accommodate users of varied height and limb length



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



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



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 a single synchronized start position adjustment
- Available with gas spring assisted seat



Arm Extension – Arm Based

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



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



Leg Press

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



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



Leg Extension

- Floating leg pad positioning is instinctive for user and virtually effortless
- Offset input arm provides 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



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



Glute

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



Standing Calf

- Large curved foot platform allows 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 height



Abdominal

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



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



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



Lat/Row

- The unique rotating arm allows the handles to be positioned in any one of seven positions providing everything from a traditional Lat Pulldown to a Low Row
- The dual grips allow independent exercise
- The foot support and adjustable thigh pad provide 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 reduced weight stack inertia and natural feel without a floating feeling



Hip Abduction/Adduction

- 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 movement preference



Leg Extension/Leg Curl

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



Abdominal/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 movement
- The complementary 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







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 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, a new addition to the award-winning Bravo line, promises to continue to do the same, offering 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 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 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 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.

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.







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

Accessories Included:
1 long handle
1 ankle strap



ADJUSTABLE CABLE COLUMN

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



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



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



**BOXING w/
SUSPENSION TRAINING**

- Suspension training 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 TRAINING**

- 8" rung spacing
- offset pull-up bar for suspension training, 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



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
- Suspension training 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. 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
- Triceps Pushdown
- Lat Row
- Lat Pulldown





Plate Loaded Free Weights STRUCTURE™

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 builds 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.



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.

STRUCTURE

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.



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 a 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 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



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



Dip/Chin/Leg Raise

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



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



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



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



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 Weight Storage Attachment

For Use With Olympic Bench, Olympic Incline Bench and Olympic Decline Bench

- 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



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 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



Glute Ham/Reverse Hyperextension Bench

- Dual linear bearing track system with foot release ensures easy positioning
- 24 horizontal adjustments spaced 1" (2.5 cm) to accommodate a wide range of athlete sizes; 9 vertical adjustments spaced 1" (2.5 cm) provide progression
- Knee pad helps to simplify setup and provide security
- Angled ankle rollers provide for easy foot placement and fit
- Footplate mounted handles allow anchoring for use as a reverse hyper-extension
- Band attachments allow the use of bands for added resistance in reverse hyper-extension movements





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



Half Rack

- 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



Half/Half Combo Rack

- Dual linear bearing track system with foot release ensures easy positioning
- 24 horizontal adjustments spaced 1" (2.5 cm) to accommodate a wide range of athlete sizes; 9 vertical adjustments spaced 1" (2.5 cm) provide progression
- Knee pad helps to simplify setup and provide security
- Angled ankle rollers provide for easy foot placement and fit
- Footplate mounted handles allow anchoring for use as a reverse hyper-extension
- Band attachments provide for the use of bands for added resistance in reverse hyper-extension movements



Bench

- 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



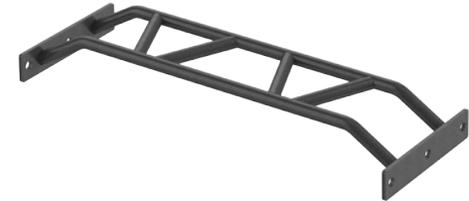
Monkey Bar X-Member

- 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



Multi-Grip X-Member

- 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



Thick/Skinny X-Member

- 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



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



Half Rack

- 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



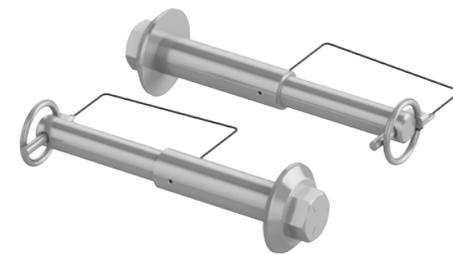
Half/Half Combo Rack

- Dual linear bearing track system with foot release ensures easy positioning
- 24 horizontal adjustments spaced 1" (2.5 cm) to accommodate a wide range of athlete sizes; 9 vertical adjustments spaced 1" (2.5 cm) provide for progression and athlete fit
- Knee pad helps to simplify setup and provide security
- Angled ankle rollers provide easy foot placement
- Footplate mounted handles allow anchoring for use as a reverse hyper-extension
- Band attachments provide for the use of bands for added resistance in reverse hyper-extension movements



Bench

- 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



Monkey Bar X-Member

- 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



Multi-Grip X-Member

- 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



Wing

- 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





SPARC

Lose fat. Build muscle. Gain strength. Increase metabolism. Improve power. SPARC does it all, safely, because it's biomechanically refined – providing exceptional results with low stress.

Patented arcuate motion reduces strain on knees. Manually controlled incline offers three positions to change the emphasis on different muscle groups. Multiple hand positions accommodate different sizes and generate optimal power. Additional resistance mechanism offers increased intensity levels.

Two modes of operation: Circuit Mode for single, quick, high power movement lasting typically less than one minute and Interval Mode for longer duration workout that has user-defined high intensity and rests.



WINNER OF THE
2015 RÉÉDUCA
INNOVATION AWARD



High Interest in HIIT.

According to ACSM's worldwide survey of fitness trends for 2015, HIIT is a top trend among your members.

Amp Up Your Training Zones and Group Classes.

Supercharge your functional, suspension and other training zones. Electrify your boot camp, cross training and other small group classes.

High Performance. Low Stress. No Impact.

SPARC is simply incomparable to traditional functional training exercise equipment. Its patented arcuate motion is biomechanically engineered to be gentler on knee joints, encouraging your members to work harder by minimizing their perceived exertion.

Get On and Go.

With its intuitive settings and design, SPARC is exceptionally simple. Simple to adjust. Simple to use. Simply amazing.

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 non-disabled 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.

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



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



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



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





MY
DESIGN
STUDIO

Upgrade your club with customized Cybex equipment.
Visit mydesign.cybexintl.com



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 architectural design and 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. Encourage your members to download Cybex applications to guide their workouts. View our online instructional and motivational videos. And make the most of our powerful marketing and promotional materials to expand awareness and build member loyalty.

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.



www.cybexintl.com

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www.lifefitness.sk
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FIT PLUS, spol. s r.o. je výhradným zastúpením spoločnosti Life Fitness pre SR.

