



Cardio

Going the Distance for You and Your Members



Why Cybex?

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

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

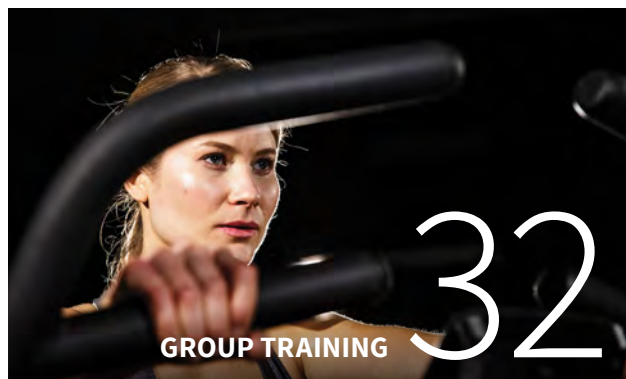
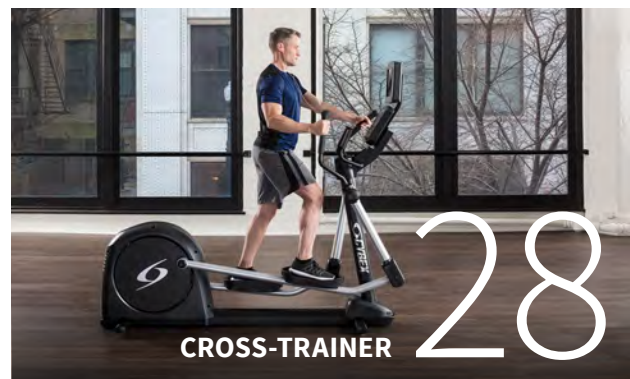
Cybex partners with you right from the start to help you build a successful fitness business. Our solutions cover everything from floor planning to financing equipment, training your staff, and providing ongoing branding and marketing support to help you attract new members and retain existing ones.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

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.





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 10.

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 16.

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 22.

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 28.

GROUP TRAINING

SPARC trainers and the Hydro Rower Pro are both ideal for boosting the heart rates of exercisers during high-intensity and functional small group training workouts. Page 32.



Halo Fitness Cloud

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

All in one digital tool.

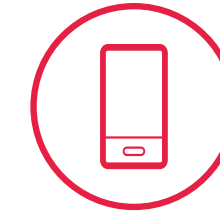
Visit Halo.Fitness

What it Is

The Halo Fitness Cloud offers one centralized location where fitness facilities can easily manage business operations, communicate with members, plan and schedule fitness programming and more. Choose from three plans and three enhancements, depending upon your facility needs.



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



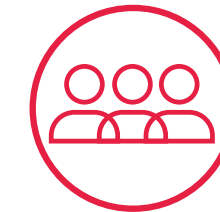
Extend the benefits of programming with the Halo Fitness App



Improve communication between trainers and exercisers



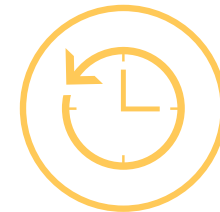
Benefit from detailed equipment use information



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



The Cybex Experience: Make it Personal

Everyone approaches their workout differently. Some want to be immersed in 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

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 conducted by the Cybex Research Institute. They incorporate a wealth of technologies designed to deliver a superior 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 and innovative features that are appealing to exercisers driven by results.

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 compliments 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.

R SERIES CONSOLE OPTIONS



70T Console



50L Console

V Series

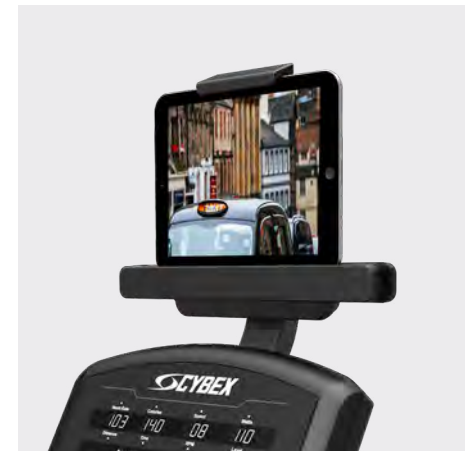
Provides exactly the cardio experience that moderate-use commercial facilities need without the added features that they don't. A simplified design combines with a modern aesthetic to appeal to a wide range of exercisers.



V Series Console



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

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.



70T Console



50L Console



KNEE STRESS

The motion of the Arc Trainer enables an exercise experience that has less knee stress than walking. This motion was developed by the Cybex Research Institute. As a result, the Arc trainer continues to appeal 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 startup resistance makes it ideal for deconditioned exercisers. The low impact makes it an excellent choice for out of shape people 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





Bikes

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



Cross-Trainers

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



25 resistance levels

Oversized nonslip pedals

18" stride length





Group Training

Combine cardio with functional training, strength training or other group programming to create effective small group workouts.

The SPARC trainer and Hydro Rower Pro provide two options for low-impact cardio that can be used for high-intensity applications.



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



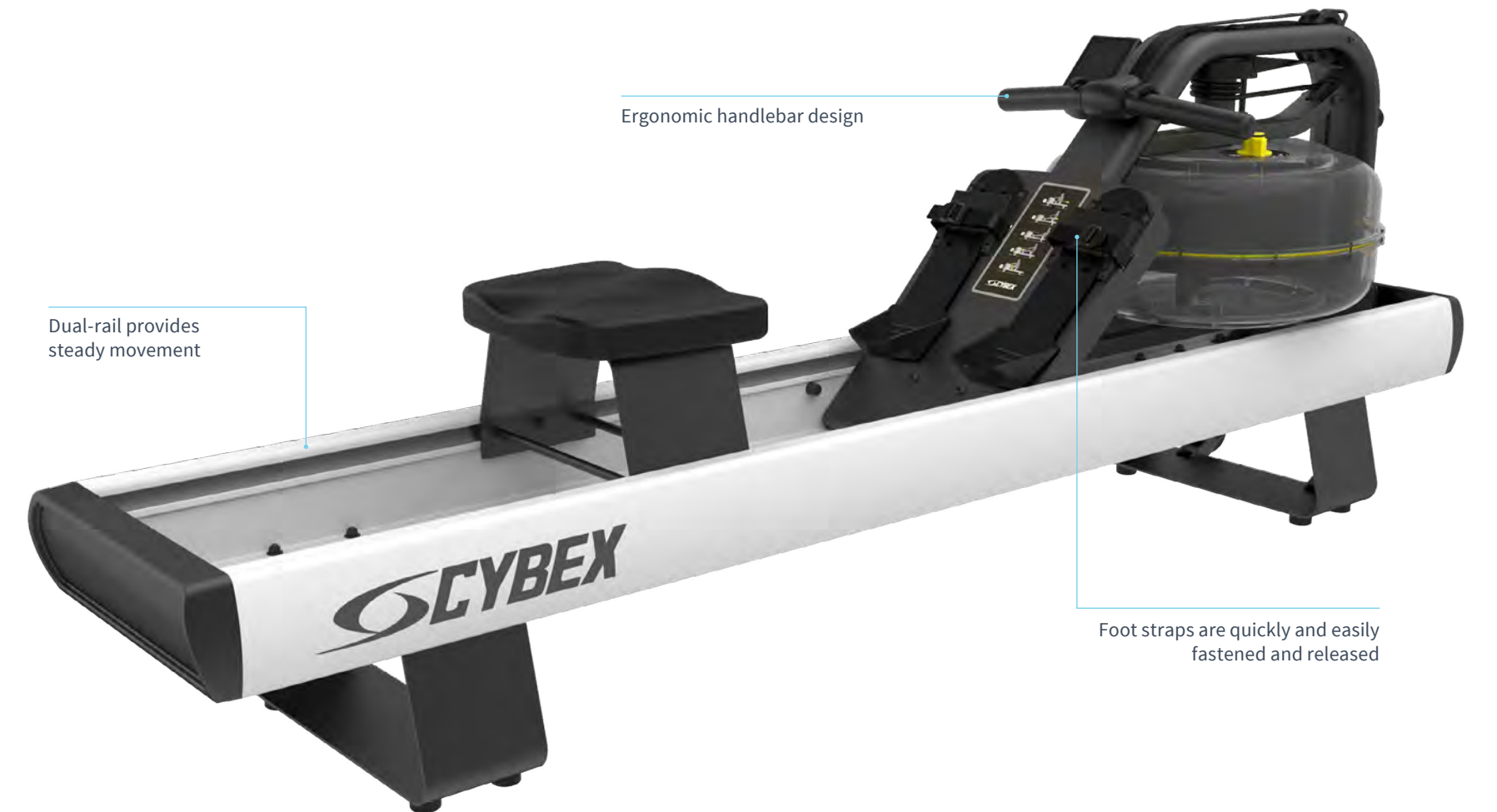
Low-impact arcuate motion reduces knee stress but allows for high-intensity workouts



Hydro Rower Pro

The Cybex Hydro Rower Pro drives results with a low-impact, total-body workout. It uses variable fluid resistance technology and matches the science of fluid dynamics with the ease-of-use of a total-body ergometer.

Variable fluid resistance technology provides instant catch and smooth strokes for any level of exercise. It uses water and fluid dynamics that emulate a natural, full-length, on-water rowing experience.



Ergonomic handlebar design

Dual-rail provides steady movement

Foot straps are quickly and easily fastened and released



Cybex Indoor Cycles Powered by ICG

State-of-the-art indoor cycles.

This fleet of six bikes combines striking, award-winning design with an enhanced digital experience. The Coach By Color intensity guide, WattRate Power Meter and connectivity to external devices provide encouragement and results, and make the indoor cycling experience unlike any other.

IC7

Combines award-winning design, a two-stage drivetrain and a premium digital experience. A precise WattRate Power Meter, Coach By Color intensity guide for user and instructor, data exchange with external devices, and outstanding comfort make the IC7 a one-of-a-kind indoor cycle.



Powered by Indoor
Cycling Group®



IC6

Utilizes a powerful full-color WattRate® TFT computer, self-powered by the bike's generator, to provide the meaningful connection of exercisers to their workout. This interaction includes data exchange between devices and the Coach By Color® intensity guide.



IC5

Bluetooth® pairing, ANT+ data streaming, advanced magnetic resistance and an intuitive LCD combine to deliver a powerfully engaging exerciser experience that includes data exchange between devices and the Coach By Color intensity guide.



IC4

The IC4 combines inviting modern design with high-grade mechanical components, making it the best premium bike in its class. The belt drivetrain and magnetic brake system are virtually maintenance-free and provide a superior ride.



4-way fit

Ergo-formed handlebar with integrated dual bottle holder



IC2

An entry-level cycle that offers a simplified feature set without compromising quality engineering and style.

IC3

Incredible ride, incredible value. The ergonomic handlebar, advanced geometry and 155mm Q Factor combine for extreme comfort.





Coach By Color

The Coach By Color training system delivers real-time, color coded feedback to maximize the training experience for every user, allowing them to reach their goals faster.

Five different colored training zones can be linked to WattRate (power) and Functional Threshold Power (FTP) or heart rate and percentage of heart rate max (HRM). Console color changes depending on the zone that the user is in. This allows exercisers to know what level they're in at a glance and it makes it easy for them to get to another level when instructed to by a trainer.



MyRide

Myride VX provides immersive, video-based fitness programming for both group cycling programs and the gym floor. Instructors can use it to enhance live training or to provide virtual classes on demand. It also allows exercisers to view scenic spots from around the world while they're putting in miles on their own.





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. Encourage your members to download Cybex apps 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.

MY
DESIGN
STUDIO

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



9525 W. Bryn Mawr Avenue
Rosemont, IL 60018
www.cybexintl.com

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