



Bravo™

Functional Training System

**CYBEX®**

# The Proof is in the Numbers, No One Tops Bravo.

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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.



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

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

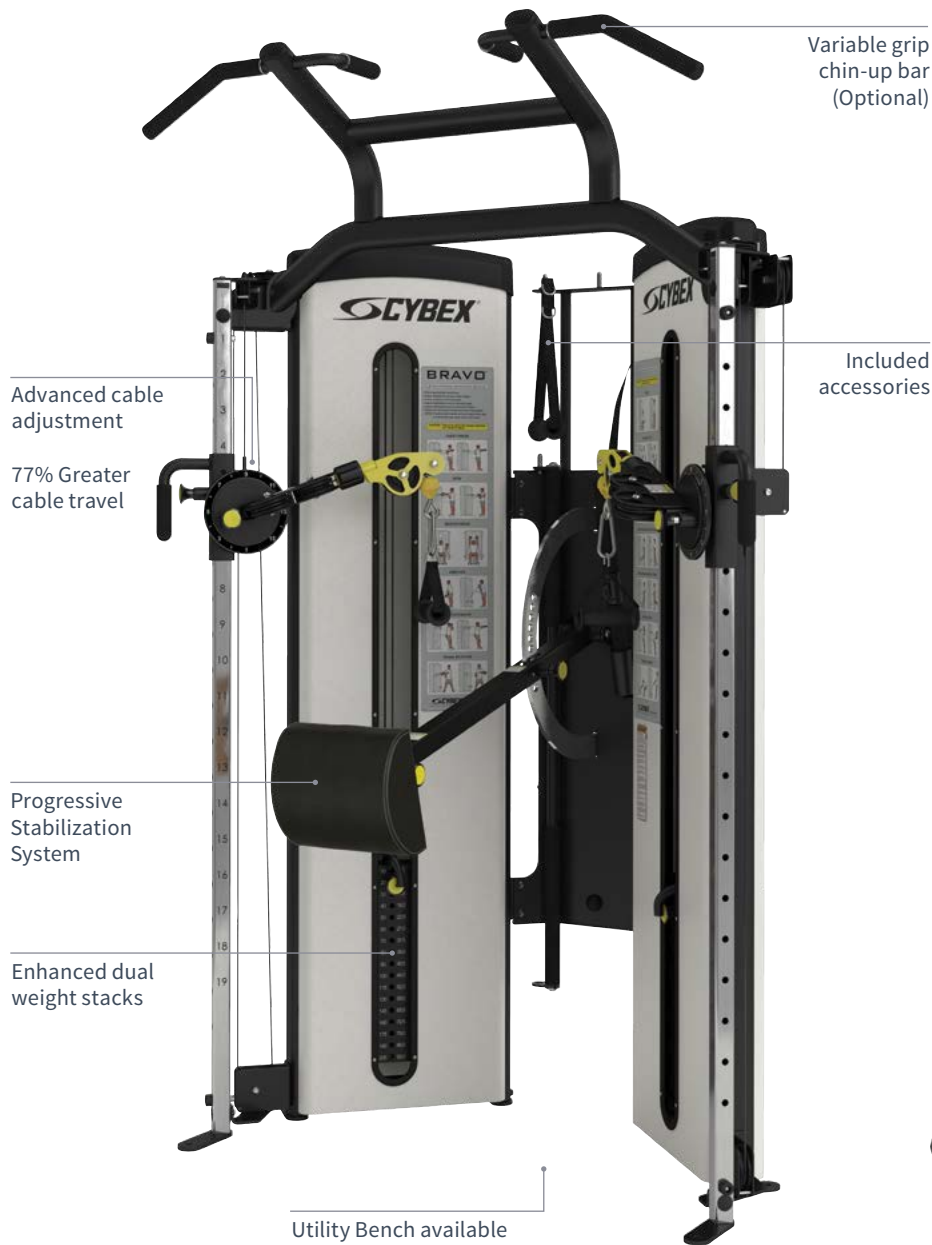


**CYBEX**  
RESEARCH  
INSTITUTE

38%  
Greater  
Strength Gain  
(Over Freestanding Cable Systems)

Download the Bravo Workout  
Guide at [cybexintl.com/bravoapp](http://cybexintl.com/bravoapp)





# Bravo Advanced

Bravo 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. The proof is in the numbers:

- 3x increase in load capacity
- 3x increase in core activation
- 2x greater strength gain



## UTILITY BENCH

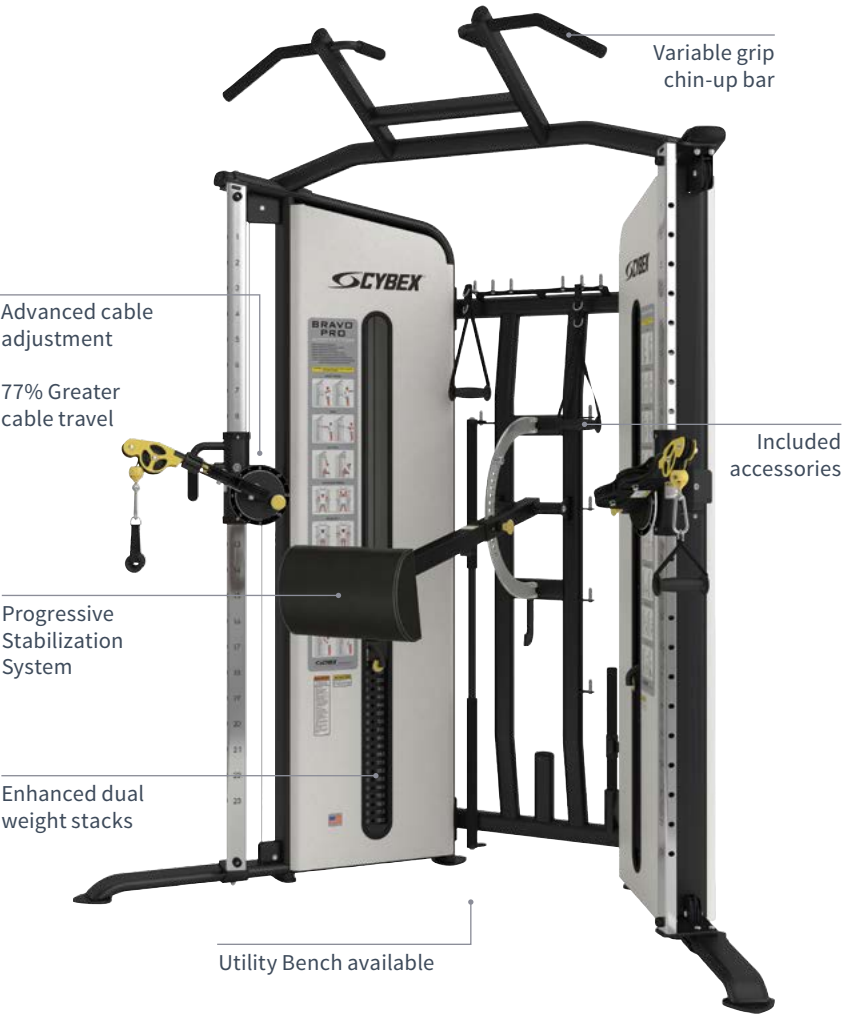
Designed specifically for use with the Bravo Functional Training system to provide even greater training possibilities, the optional Utility Bench allows users to perform a variety of movements from the seated position with or without the Progressive Stabilization pad.





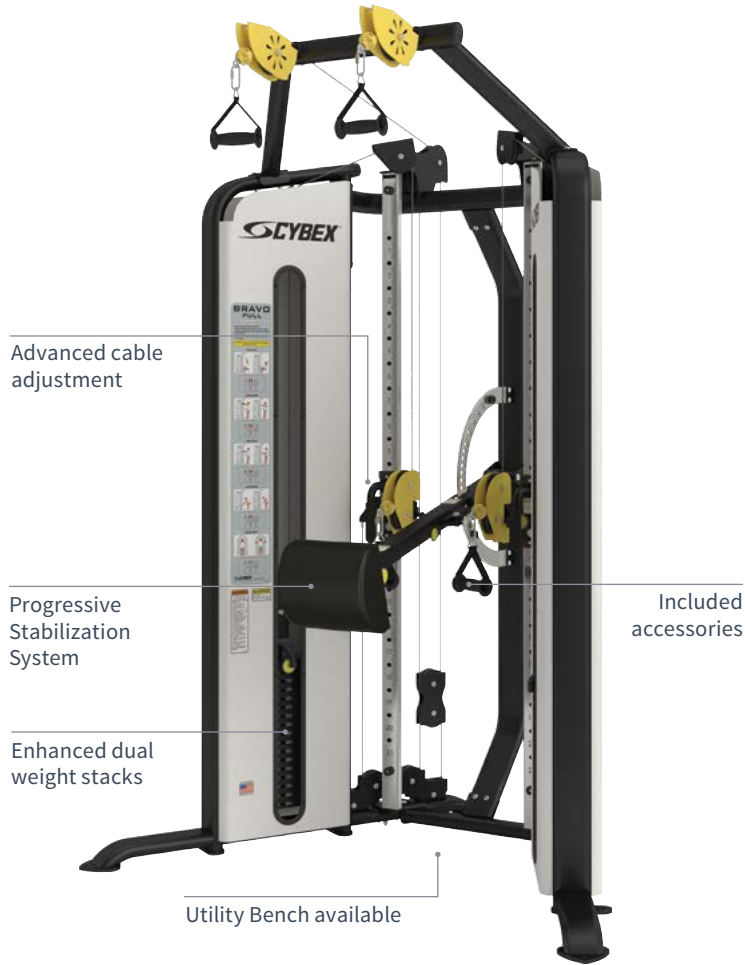
# Bravo Pro

The larger Bravo Pro 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 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.

Visit [cybexintl.com](http://cybexintl.com) for product specifications

# Bravo Lift

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



# Bravo Basic

Cybex 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.

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



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