

A man with a shaved head, wearing a blue t-shirt, is focused on his workout. He is using a Cybex machine, with his right arm extended and holding a handle. The machine has a red seat and a grey frame. In the background, a woman in a black tank top and light blue shorts is standing, and another person is partially visible. The gym environment is dimly lit, with the machine's handle having the word 'HANDLE' partially visible on it.

**STRENGTH**

**MORE POWER TO YOU AND YOUR MEMBERS**

**CYBEX®**





# FOR SOME STRENGTH IS A MEANS TO AN END

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

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



# CYBEX STRONG

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



## **SELECTORIZED STRENGTH**

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

## **FUNCTIONAL TRAINERS**

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

## **JUNGLE GYM/ MULTI-STATION**

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

## **FREE WEIGHTS/ PLATE LOADED/ BIG IRON**

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

## **TOTAL ACCESS**

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

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

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

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



## THE CYBEX ADVANTAGE

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

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

## THE SCIENCE OF FITNESS



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

## BUILDING YOUR BUSINESS

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

## BORN IN THE USA



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

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

## A TRUSTED BRAND NAME

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

## MAKE THE CYBEX ADVANTAGE YOURS

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

To find out why we should be your trusted partner, visit [cybexintl.com](http://cybexintl.com). Put the Cybex advantage to work for you.



# SELECTORIZED STRENGTH

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

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

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



CYBEX

# EAGLE SERIES

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

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## TECHNOLOGY SETS CYBEX APART

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



# VR3 SERIES

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

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# VR1 SERIES

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

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# EAGLE SELECTORIZED STRENGTH

## LEG PRESS

- Patented articulating carriage design enables the seat back to recline through the movement allowing for greater hip range of motion and hip extensor involvement
- Seat back angle is adjustable with five positions
- Large footplate surface allows for a variety of foot placement positions



## PRONE LEG CURL

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



## LEG EXTENSION

- Leg pad positioning is instinctive for user and virtually effortless
- Range Limiting Device (RLD) maintains integrity of force curve while providing adjustment for appropriate starting position. Available in two configurations: Start and Total RLD
- Offset input arm provides for leg pad positioning without affecting the starting angle of the knee
- Back pad is angled 100° from seat bottom to relieve hamstring pressure



## CALF

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



## SEATED LEG CURL

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



## HIP AB/AD

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



## GLUTE

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



## OVERHEAD PRESS

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



## CHEST PRESS

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



## LAT PULLDOWN

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



## INCLINE PRESS

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



## INCLINE PULL

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



# EAGLE SELECTORIZED STRENGTH

## ROW

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



## FLY/REAR DELT

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



## ARM CURL

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



## LATERAL RAISE

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



## ARM EXTENSION

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



## ABDOMINAL

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



## BACK EXTENSION

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



## TORSO ROTATION

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



# VR3 SELECTORIZED STRENGTH

## LEG PRESS

- Unique four-bar linkage orientation provides greater hip range of motion and increases hip extensor involvement by providing a descending path of motion
- The fully enclosed counterbalance system provides consistent resistance at even the lowest weight selections
- Seat back angle is adjustable with five positions



## PRONE LEG CURL

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



## LEG EXTENSION

- Range Limiting Device (RLD) maintains integrity of force curve while providing adjustment for appropriate starting position. Available in three configurations: Start RLD, Total RLD and Non-RLD. Total RLD provides locking shin pad
- Leg pad positioning is instinctive for user and virtually effortless
- Offset input arm provides for leg pad positioning without affecting the starting angle of the knee
- Back pad is angled 100° from seat bottom to relieve hamstring tension



## HIP ABDUCTION

- Optimized movement specific cam creates a feel of force consistency throughout entire range of motion based on individual performance level
- Knee pads as inputs minimizes knee stress



## SEATED LEG CURL

- Range Limiting Device (RLD) maintains integrity of force curve while providing adjustment for appropriate starting position. Available in three configurations: Start RLD, Total RLD and Non-RLD.
- Leg pad positioning is instinctive for user and virtually effortless
- Back pad is angled 100° from seat bottom to relieve hamstring tension
- Thigh stabilization pad provides significantly reduced shear at the knee as compared to other methods, resulting in less stress on the posterior cruciate ligament for a safer, more effective movement



## HIP ADDUCTION

- Optimized movement specific cam creates a feel of force consistency throughout entire range of motion based on individual performance level
- Knee pads as inputs minimizes knee stress
- Weight stack serves as privacy shield



## GLUTE

- Curvilinear path of motion encourages gluteal involvement without relying on precisely aligned hip placement
- Adjustable abdominal support adds to spinal alignment
- Unique adjustable shin support allows for optimal pad location. Positioning the knee under the hip allows proper alignment of the spine during use



## OVERHEAD PRESS

- The optimized converging pattern provides an exceptional range of motion and maintains a consistent torque at the joint for highly effective training in all user levels
- Standard and neutral grips provide multiple grip choices
- "Extra-sized" grips reduce pressure on the hands for greater comfort when pressing



## STANDING CALF

- The shoulder pads are angled to match natural angle of shoulder
- Curved footplate allows for comfortable stretch into the start position
- Input arm adjusts for height



## PULLDOWN

- The optimized dependent, fixed-plane diverging pattern provides a uniquely secure and comfortable feel as it maintains a consistent torque at the joint for highly effective training in all user levels
- Barbell and neutral grips provide multiple grip choices
- The innovative load transfer system creates a direct belt path, minimizing drag and optimizing user's sense of direct connection with the weight



## CHEST PRESS

- The optimized converging pattern provides an exceptional range of motion and maintains a consistent torque at the joint for highly effective training in all user levels
- Overhead pivot provides a natural path of motion
- "Extra-sized" grips reduce pressure on the hands for greater comfort when pressing



## LAT PULL

- Forward-aligned overhead pulley encourages front pulldown
- Adjustable thigh pads accommodate users of all sizes



# VR3 SELECTORIZED STRENGTH

## ROW

- Variable resistance assures that resistance provided closely matches the body's capability throughout the range of motion
- The optimized dependent, fixed-plane diverging pattern provides a uniquely secure and comfortable feel as it maintains a consistent torque at the joint for highly effective training in all user levels
- Foot brace promotes torso stabilization consistent with proper torque



## TRICEP PRESS

- The forward tilted back pad provides for stability without the use of a seat belt
- "Extra-sized" pressing grips provide improved comfort
- Dual grip positions accommodate user size and movement variety



## ARM CURL

- Gas spring assisted seat for easy adjustment
- Input arm adjusts automatically to accommodate varying forearm lengths



## LATERAL RAISE

- Horizontal axis provides optimum alignment with medial deltoid
- Design encourages user to stabilize core during use and allows for targeted positioning
- Angled pads minimize external rotation during movement for better focus on deltoids by limiting external rotation



## ARM EXTENSION

- Input arm adjusts automatically to accommodate varying forearm lengths
- Adjustable, angled back pad allows for torso stability



## FLY/REAR DELT

- Floating inputs adjust for varied arm lengths
- Grips are optimized to provide hand placement variety without the need to adjust the seat
- Linked inputs allow for a single synchronized start position adjustment



## DIP/CHIN ASSIST

- Provides up to 112 lbs (51 kg) of assistance
- “Extra-sized” dip grips provide improved comfort
- Pull-up bar offers both bar and neutral grips for individual preference
- Foot bar easily flips up for unassisted pull-ups and dips



## TORSO ROTATION

- Fixed upper body maintains a stable head position and is applicable for athletic training in events where the legs are “driving”
- Hip flexed position provides optimal stabilization and spinal alignment
- Six starting positions provided every 10° in each direction



## ABDOMINAL

- Patented pelvic stabilization system with adjustable foot brace allows user to “lock into” the hip pad for optimal pelvic stabilization
- Isolates abdominal muscles and trains a more complete range of correct spinal flexion movement without adjustment
- Hip pad includes a curved lumbar section to promote full range of motion



## CABLE COLUMN

- 4:1 resistance mode when used with single handle is ideal for high speed training
- 2:1 resistance mode when used with both handles
- 2.5 lbs minimum effective resistance when used with single handle
- Maximum effective resistance of 152.5 lbs (69 kg)



## BACK EXTENSION

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



# VR1 SELECTORIZED STRENGTH

## LEG PRESS

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



## GLUTE

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



## LEG EXTENSION

- Floating leg pad positioning is instinctive for user and virtually effortless
- Offset input arm provides for leg pad positioning without affecting the starting angle of the knee
- Back pad is angled 100° from seat bottom to relieve hamstring tension
- Available with or without adjustable start position device



## STANDING CALF

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



## SEATED LEG CURL

- Leg pad positioning is instinctive for user and virtually effortless
- Leg pad adjusts with minimal effect on the starting angle of the knee
- Back pad is angled 100° from seat bottom to relieve hamstring tension
- Thigh stabilization pad provides significantly reduced shear at the knee as compared to other methods, resulting in less stress on the posterior cruciate ligament for a safer, more effective movement



## CHEST PRESS

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



## OVERHEAD PRESS

- Counterbalanced input provides reduced takeoff weight for deconditioned users
- Dual grips provide a barbell grip as well as neutral grip favorable for individuals with compromised shoulders
- The grips are angled to provide a neutral wrist position



## ARM CURL – CABLE BASED

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



## LAT PULL

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



## ARM CURL – ARM BASED

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



## ROW

- Overhead pivot closely matches path of motion for row and rear delt movements
- Dual hand grips provide vertical grips for rowing motion and horizontal hand grips for the rear delt motion
- Seat and chest pad adjust to accommodate users of varied height and limb length



## ARM EXTENSION – CABLE BASED

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



# VR1 SELECTORIZED STRENGTH

## ARM EXTENSION- ARM BASED

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



## ABDOMINAL

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



## FLY/REAR DELT

- Floating inputs adjust for varied arm lengths
- Grips are optimized to provide hand placement variety without the need to adjust the seat
- Linked inputs allow for a single synchronized start position adjustment
- Available with gas spring assisted seat



## BACK EXTENSION

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



## PULLDOWN

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



# VR1 DUALS SELECTORIZED STRENGTH

## HIP AB/AD

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



## MULTI-PRESS

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



## AB/BACK EXTENSION

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



## LAT/ROW

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



## BICEPS/TRICEPS

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



## LEG EXTENSION/LEG CURL

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



# FUNCTIONAL TRAINERS

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

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

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







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

# BRAVO ALL-IN-ONE

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

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## BRAVO PULL

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

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## BRAVO PRESS

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

Specifications: Page 51

## BRAVO LIFT

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

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# FT-325 SERIES

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

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

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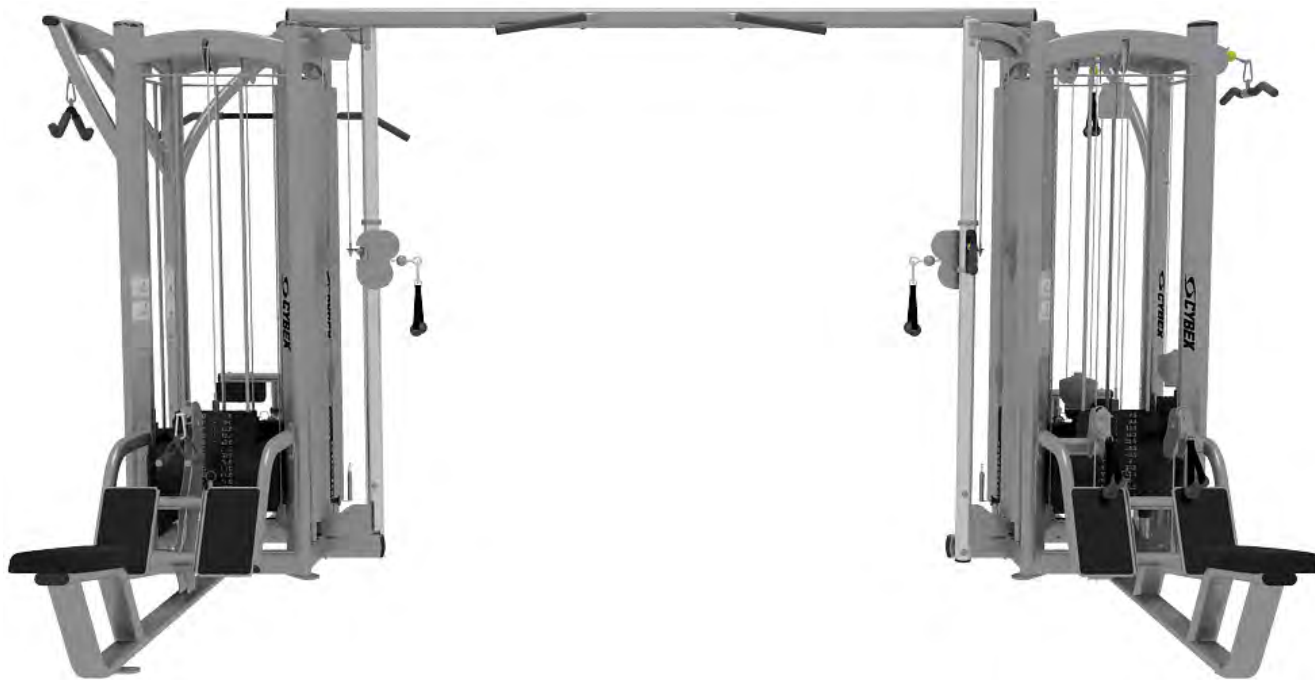


# JUNGLE GYM

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

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





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### **DIP/CHIN ASSIST 17140**

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

### **LOW ROW 17032**

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

### **DUAL HANDLE LOW ROW 17042**

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

### **TRICEP PUSHDOWN 17060**

Overhead pulley location enables a greater variety of body positions.

### **HI LOW 17050**

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

### **DUAL HANDLE LAT PULL 17082**

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

### **LAT PULL 17072**

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

### **ADJUSTABLE CABLE COLUMN 17091**

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

### **EMBEDDED CABLE CROSSOVER 17130**

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

### **FREE STANDING CABLE CROSSOVER 17110**

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

# MULTI-STATION MG-525

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

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

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





**THE MG-525 EXERCISES INCLUDE:**

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

Specifications: Page 52

# PLATE LOADED FREE WEIGHTS BIG IRON

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

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

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





# PLATE LOADED

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

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# FREE WEIGHTS

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

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# BIG IRON

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

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# PLATE LOADED

## KNEELING LEG CURL

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



## TRICEPS PRESS

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



## LEG EXTENSION

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



## HACK SQUAT

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



## 60° CALF RAISE

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



## T-BAR ROW

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



## SQUAT PRESS

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



## ROW

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



## LEG PRESS

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



## PULLDOWN

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



## SEATED CALF

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



## CHEST PRESS

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



# PLATE LOADED

## OVERHEAD PRESS

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



## INCLINE PRESS

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



## SMITH PRESS

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



# FREE WEIGHTS

## DIP/CHIN/LEG RAISE

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



## MILITARY PRESS

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



## OLYMPIC BENCH PRESS

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



### OLYMPIC INCLINE PRESS

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



### SCOTT CURL

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



### OLYMPIC DECLINE PRESS

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



### SQUAT RACK

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



### OLYMPIC BENCH PRESS WITH WEIGHT STORAGE

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



### 45° BACK EXTENSION

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



# FREE WEIGHTS

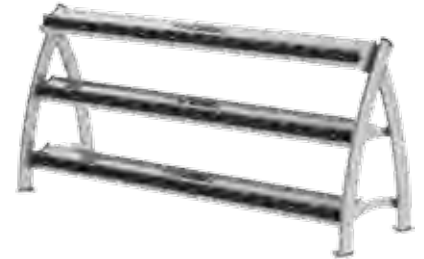
## BENT LEG ABDOMINAL BOARD

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



## THREE TIER DUMBBELL RACK

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



## LEG RAISE CHAIR

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



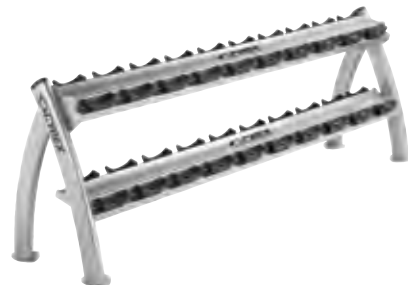
## FLAT BENCH

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



## TWIN-TIER DUMBBELL RACK

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



## ADJUSTABLE -10° TO 80° BENCH

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



### UTILITY BENCH

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



### ADJUSTABLE DECLINE BENCH

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



### WEIGHT TREE

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



### BARBELL RACK

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



### WEIGHT TREE WITH BAR STORAGE

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



### POWER CAGE

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



# BIG IRON

## 9' AND 8' HALF RACK

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



## 9' AND 8' COMBO RACK

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



## 9' AND 8' MULTI RACK

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



## LOCKING BENCH AND ADJUSTABLE DUMBBELL BENCH

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



## 9' AND 8' POWER RACK

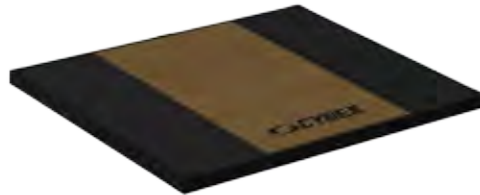
- Thirteen racking positions spaced 4" (10 cm) apart
- Laser engraved position indicators
- Bar catches and adjustable bar stops with UHMW protection
- Standard swing-away spotter platforms with 10 positions spaced 2" (5 cm) apart
- Optional platform not included



# BIG IRON ACCESSORIES

## 6' x 8' STANDALONE PLATFORM

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



## DIP ATTACHMENT

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



## PLATFORM WITH INSERT

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



## TECHNIQUE TRAYS

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



## DUAL PLATFORMS WITH CENTER INSERT

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



## PLATFORM RAMP

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



# TOTAL ACCESS

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



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

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

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



inclusive fitness  
accredited item



#### **HANDLE POSITION CHOICE**

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

#### **REVERSIBLE CHEST PAD**

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

#### **LARGE SEAT BASE**

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

#### **TOP MOUNTED INPUT ARM**

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



#### **USER ACCESSIBLE WEIGHT STACK**

Offers ease of weight selection from a seated exercise position.

#### **TWIST SELECT WEIGHT STACK**

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

# TOTAL ACCESS

## VR3 LEG PRESS

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



## VR3 CHEST PRESS

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



## VR3 LEG EXTENSION

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



## VR3 OVERHEAD PRESS

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



## VR3 SEATED LEG CURL

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



## VR3 LAT PULL

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



### VR3 ROW

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



### VR3 CABLE COLUMN

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



# SPECIFICATIONS

## EAGLE

Product No.	Description	Length		Width		Height		Weight Stack		Machine Weight	
		IN.	CM	IN.	CM	IN.	CM	LBS	KG	LBS	KG
11040	Leg Press	71	180	41	104	75	190	505	229	1031	469
11051	Leg Extension w/Start RLD	48	123	46	117	58	147	305	138	623	283
11050	Leg Extension w/Total RLD	48	123	46	117	58	147	305	138	623	283
11061	Seated Leg Curl w/Start RLD	64	163	45	114	58	147	205	93	565	257
11060	Seated Leg Curl w/Total RLD	64	163	45	114	58	147	205	93	565	257
11141	Prone Leg Curl w/Start RLD	79	201	41	104	58	147	205	93	500	227
11140	Prone Leg Curl w/Total RLD	79	201	41	104	58	147	205	93	500	227
11120	Calf	66	167	41	104	58	147	405	184	740	336
11181	Hip Ab/Ad	69	175	34	86	58	147	205	93	705	320
11170	Glute	70	178	41	104	58	147	305	138	515	234
11000	Chest Press	54	137	58	147	78	183	305	138	671	305
11150	Incline Press	52	132	60	152	78	183	305	138	685	311
11010	Overhead Press	60	152	58	147	64	163	205	93	584	265
11130	Lat Pulldown	67	172	47	119	75	190	305	138	703	320
11020	Incline Pull	54	137	58	147	78	183	305	138	644	293
11030	Row	65	165	40	102	78	198	285	132	679	309
11070	Arm Curl	58	147	41	104	58	147	205	93	456	207
11080	Arm Extension	47	119	51	130	60	152	205	93	593	270
11111	Fly/Rear Delt	70	178	69	175	60	152	305	138	705	320
11160	Lateral Raise	40	102	64	163	58	147	205	93	513	233
11090	Abdominal	59	150	44	112	58	147	305	138	534	243
11101	Back Extension w/Start RLD	54	137	47	119	58	147	305	138	613	279
11100	Back Extension w/Total RLD	54	137	47	119	58	147	305	138	613	279
11190	Torso	48	122	47	119	76	193	305	138	690	314

# VR3

Product No.	Description	Length		Width		Height		Standard Stack		Heavy Stack		Weight Standard		Weight Heavy	
		IN.	CM	IN.	CM	IN.	CM	LBS	KG	LBS	KG	LBS	KG	LBS	KG
12040	Leg Press	99	252	41	104	78	198	405	184	505	229	845	384	945	430
12050	Leg Extension	49	124	41	104	64	162	245	111	305	138	565	257	625	284
12051	Leg Extension w/Start RLD	49	124	41	104	64	162	245	111	305	138	565	257	625	284
12052	Leg Extension w/Total RLD	49	124	41	104	64	162	245	111	305	138	565	257	625	284
12060	Seated Leg Curl	56	142	39	99	64	162	165	75	205	93	535	243	575	261
12061	Seated Leg Curl w/Start RLD	56	142	39	99	64	162	165	75	205	93	535	243	575	261
12062	Seated Leg Curl w/Total RLD	56	142	39	99	64	162	165	75	205	93	535	243	575	261
12140	Prone Leg Curl	77	195	39	99	64	162	165	75	205	93	475	216	515	234
12141	Prone Leg Curl w/Start RLD	77	195	39	99	64	162	165	75	205	93	475	216	515	234
12142	Prone Leg Curl w/Total RLD	77	195	39	99	64	162	165	75	205	93	475	216	515	234
12200	Hip Abduction	56	143	27	70	64	162	165	75	205	93	435	198	475	216
12210	Hip Adduction	56	143	27	70	64	162	165	75	205	93	435	198	475	216
12170	Glute	63	159	42	105	64	162	245	111	305	138	555	252	595	270
12120	Standing Calf	48	122	37	94	68	173	305	138	405	184	590	268	690	314
12001	Chest Press	50	128	55	141	75	191	245	111	305	138	585	266	645	293
12010	Overhead Press	64	162	61	155	64	162	165	75	205	93	530	241	570	259
12020	Pulldown	67	171	49	125	78	197	245	111	305	138	600	273	660	300
12130	Lat Pull	59	149	54	136	90	230	245	111	305	138	540	245	620	280
12030	Row	71	182	38	97	64	162	245	111	305	138	610	277	670	305
12070	Arm Curl	58	147	40	102	64	162	165	75	205	93	425	193	465	211
12080	Arm Extension	49	125	42	106	64	162	165	75	205	93	440	200	480	218
12180	Tricep Press	54	136	49	125	64	162	165	75	205	93	455	207	495	207
12160	Lateral Raise	50	127	48	122	64	162	165	75	205	93	485	220	525	239
12111	Fly/Rear Delt	53	135	59	150	74	188	245	111	305	138	575	261	615	280
12230	Dip/Chin Assist	62	157	55	139	98	249	305	138			720	327		
12090	Abdominal	59	150	40	102	64	162	245	111	305	305	480	218	540	245
12100	Back Extension	47	119	40	102	64	162	245	111	305	305	550	250	610	277
12101	Back Extension w/Start RLD	47	119	40	102	64	162	245	111	305	305	550	250	610	277
12102	Back Extension w/Total RLD	47	119	40	102	64	162	245	111	305	305	550	250	610	277
12190	Torso Rotation	47	119	46	117	64	162	165	75	205	205	600	273	640	291
12220	Cable Column	52	132	43	110	92	233	305	138			580	263		

# SPECIFICATIONS

## VR1

Product No.	Description	Length		Width		Height		Light Stack		Standard Stack		Weight Light		Weight Standard	
		IN.	CM	IN.	CM	IN.	CM	LBS	KG	LBS	KG	LBS	KG	LBS	KG
13040	Leg Press	62	158	38	95	77	195	200	91	295	134	510	232	605	275
13050	Leg Extension	54	138	41	105	62	157	150	68	220	100	459	209	529	240
13051	Leg Extension w/Start Adj	54	138	41	105	62	157	150	68	220	100	459	209	529	240
13060	Seated Leg Curl	67	169	40	100	62	157	100	45	145	66	434	197	479	218
13061	Seated Leg Curl w/Start Adj	67	169	40	100	62	157	100	45	145	66	434	197	479	218
13180	Hip Ab/Ad	62	157	24	62	62	157	100	45	145	66	415	189	460	209
13170	Glute	50	127	40	101	62	157	150	68	220	100	438	199	508	231
13120	Standing Calf	45	115	33	84	63	159	200	91	295	134	390	177	490	223
13260	Leg Extension/Leg Curl	66	168	41	104	62	157	100	45	145	66	392	178	437	199
13000	Chest Press	35	89	52	132	68	174	150	68	220	100	384	175	454	206
13010	Overhead Press	57	146	51	129	62	157	130	59	190	86	406	185	466	212
13130	Lat Pull	60	153	43	110	89	226	150	68	220	100	427	194	497	226
13030	Row	46	116	47	119	76	193	150	68	220	100	423	192	493	224
13070	Arm Curl – Cable Based	54	138	39	100	62	157	100	45	145	66	299	136	344	156
13075	Arm Curl – Arm Based	50	127	42	107	62	157	100	45	145	66	329	150	374	170
13080	Arm Extension – Cable Based	45	114	43	110	89	226	100	45	145	66	331	150	376	171
13085	Arm Extension – Arm Based	41	104	41	104	62	157	100	45	145	66	351	160	396	180
13110	Fly/Rear Delt	55	141	50	127	74	188	150	68	220	100	426	194	496	225
13135	Pulldown	64	163	64	163	77	196	150	68	220	100	485	220	555	252
13240	Multi-Press	78	198	51	130	62	157	150	68	220	100	412	187	482	219
13250	Lat/Row	73	185	50	127	83	211	150	68	220	100	426	194	496	225
13230	Biceps/Triceps	52	132	43	109	89	226	100	45	145	66	320	145	365	166
13090	Abdominal	54	136	43	110	62	157	130	59	190	86	338	154	398	181
13100	Back Extension	54	137	41	104	62	157	130	59	190	86	415	189	475	216
13101	Back Extension w/Start Adj	54	137	41	104	62	157	130	59	190	86	415	189	475	216
13200	Ab/Back Extension	49	123	47	118	62	157	130	59	190	86	410	186	470	214

## BRAVO

Product No.	Description	Length		Width		Height		Standard Stack		Heavy Stack		Weight Standard		Weight Heavy	
		IN.	CM	IN.	CM	IN.	CM	LBS	KG	LBS	KG	LBS	KG	LBS	KG
8800	Bravo, Compact, 2:1	45	114	54	137	77	196	170	77			866	393		
8810	Bravo, Tall, 2:1	45	114	54	137	87	221	170	77			901	407		
8830	Bravo, Compact, 4:1	45	114	54	137	77	196	170	77	325	147	874	396	1184	537
8840	Bravo, Tall, 4:1	45	114	54	137	87	221	170	77	325	147	907	411	1217	552
18010	Bravo Press	35	89	53	135	83	211	170	77			719	327		
18020	Bravo Pull	45	114	50	127	83	211	170	77			758	345		
18030	Bravo Lift	71	180	47	119	83	211	400	182			747	340		

# SPECIFICATIONS

## FT-325

Product No.	Description	Length		Width		Height		Weight Stacks		Machine Weight	
		IN.	CM	IN.	CM	IN.	CM	LBS	KG	LBS	KG
18000	FT-325	34	86	59	150	83.5	212	170	77	690	313

## MG-525

Product No.	Description	Length		Width		Height		Weight Stacks		Machine Weight	
		IN.	CM	IN.	CM	IN.	CM	LBS	KG	LBS	KG
8701	FT-325	83	211	119	302	88	224	200	91	904	410

## JUNGLE GYM

Product No.	Description	Length		Width		Height		Weight Stack		Machine Weight	
		IN.	CM	IN.	CM	IN.	CM	LBS	KG	LBS	KG
17000	Quad Tower	32	81	28	71	86	218			240	109
17031	Low Row	71	180			86	218	250	114	425	193
17041	Dual Handle Low Row	71	180			86	218	250	114	435	198
17050	Hi/Lo Cable	10	25			86	218	200	91	320	145
17060	Triceps Pushdown	13	33			88	224	200	91	325	148
17071	Lat Pull	38	97			87	221	250	114	390	177
17081	Dual Handle Lat Pull	38	97			88	224	250	114	405	184
17091	Adjustable Cable	14	36			86	218	200	91	350	159
17140	Dip/Chin Assist	43	110	50	127	98	249	250	114	500	227
17110	Free Standing Cable Crossover	146	371	48	122	88	224	200	91	1070	486
17120	Attached Cable Crossover	129	328	48	122	88	224	200	91	910	414
17130	Embedded Cable Crossover	111	282			88	224	200	91	750	341
17150	Free Standing Dip/Chin Assist	59	149	49	123	98	249	390	177	660	300

# SPECIFICATIONS

## PLATE LOADED

Product No.	Description	Length		Width		Height		Machine Weight	
		IN.	CM	IN.	CM	IN.	CM	LBS	KG
16150	Squat Press	82	208	69	175	53	135	342	155
16110	Leg Press	83	211	64	163	54	137	443	201
16210	Seated Calf	58	147	30	76	39	99	147	67
16200	Hack Squat	81	206	61	155	64	163	390	177
16290	60 Degree Calf Raise	61	155	30	76	51	130	180	82
16300	Leg Extension	79	201	39	99	44	112	187	85
16310	Kneeling Leg Curl	50	127	55	140	51	130	182	83
16090	Row	82	208	34	86	48	122	159	72
16070	Lat Pull	87	221	49	124	72	183	207	94
16080	Chest Press	50	127	59	150	52	132	192	87
16101	Overhead Press	53	135	54	137	49	124	180	82
16190	Incline Press	55	140	59	150	49	124	181	82
16280	T-Bar Row	80	203	30	76	28	71	172	78
16320	Triceps Press	81	206	34	86	47	119	140	64
16120	Smith Press	54	137	84	213	84	213	380	173

## FREE WEIGHTS

Product No.	Description	Length		Width		Height		Machine Weight	
		IN.	CM	IN.	CM	IN.	CM	LBS	KG
16010	Olympic Bench Press	60	152	53	135	51	130	121	55
16050	Olympic Incline Press	63	160	53	135	57	145	133	60
16061	Olympic Decline Press	73	185	53	135	47	119	133	60
16130	Scott Curl	39	99	29	74	37	94	96	44
16270	Military Press	54	137	54	137	66	168	207	94
16230	Squat Rack	65	165	70	178	72	183	248	113
16290	60 Degree Calf	61	155	30	76	51	130	180	82
16021	45° Back Extension	58	147	30	76	32	81	106	48
16170	Bent Leg Ab Board	57	145	28	71	41	104	126	57
16180	Leg Raise Chair	47	119	34	86	64	163	144	65
16185	Dip/Chin/Leg Raise	59	150	50	127	99	251	214	97
16250	Twin Tier Dumbbell Rack (holds 10 pairs)	90	229	22	56	31	79	181	82
16255	Three Tier Dumbbell Rack (holds 15 pairs)	90	229	22	56	40	102	181	82
16040	Flat Bench	48	122	24	61	17	43	43	20
16000	Adjustable –10 to 80° Bench	56	142	25	64	46	117	74	34
16030	Upright Bench	43	109	24	61	38	97	50	23
16140	Weight Tree (holds plates only)	35	89	25	64	54	137	63	29
16141	Weight Tree with Bar Storage	35	89	25	64	54	137	68	31
16160	Adjustable Decline Bench	61	155	23	58	26	66	60	27
16260	Barbell Rack	38	97	33	84	55	140	130	59
16240	Power Cage	59	150	73	185	93.5	237	441	200

# SPECIFICATIONS

## BIG IRON

Product No.	Description	Length		Width		Height		Machine Weight	
		IN.	CM	IN.	CM	IN.	CM	LBS	KG
19001	9' Half Rack	56	143	70	177	104.5	265	650	295
19011	8' Half Rack	56	143	70	177	90.8	231	635	288
19021	9' Multi-Rack	67	169	70	179	104.5	265	838	380
19031	8' Multi-Rack	67	169	70	179	90.8	231	833	378
19041	9' Power Rack	74	187	70	179	109	277	900	408
19051	8' Power Rack	74	187	70	179	97.5	248	869	394
19061	9' Combo Rack	111	282	91	231	104.5	265	1035	469
19071	8' Combo Rack	111	282	91	231	93	236	1004	455
19100	Locking Bench	51	128	27	68	17	43	126	57
19100	Dumbbell Bench	51	128	27	68	17	43	122	55
19150	Platform with Insert for use with 19000 and 19010	71	181	92	234	3.7	9	574	260
19160	Platform with Insert for use with 19020, 19030, 19040, and 19050	71	181	92	234	3.7	9	574	260
19170	Platform with Insert for use with 19060 and 19070	238	605	92	234	3.7	9	1200	545
19180	Standalone Platform (6' x 8')	71	181	92	234	3.7	9	475	545
19250	Dip Attachment								
19200	Technique Trays								
19140	Platform Ramp								

## TOTAL ACCESS

Product No.	Description	Length		Width		Height		Standard Stack		Heavy Stack	
		IN.	CM	IN.	CM	IN.	CM	LBS	KG	LBS	KG
14040	Leg Press	99	252	41	104	78	198	405	184	505	229
14051	Leg Extension w/Start RLD	49	124	41	104	64	162	245	111	305	138
14061	Seated Leg Curl w/Start RLD	56	142	39	99	64	162	165	75	205	93
14220	Cable Column	52	132	43	110	92	233	305	138		
14001	Chest Press	59	151	43	110	69	174	245	111	305	138
14010	Overhead Press	64	162	59	151	64	162	165	75	205	93
14030	Row/Dear Delt	51	130	46	116	76	193	245	111	305	138
14130	Lat Pull	55	141	55	140	91	231	245	111	305	138

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