

**CYBEX<sup>®</sup> BRAVO<sup>™</sup>**  
FUNCTIONAL TRAINING SYSTEM



**78%**  
**GREATER  
STRENGTH GAIN**

(OVER FREESTANDING CABLE SYSTEMS)







# THE PROOF IS IN THE NUMBERS, NO ONE TOPS BRAVO.

The Bravo's unique, state-of-the-art stabilization system means members can increase core strength and workload at the same time. With a **212%** increase in load capacity and an **184%** increase in core activation, no other functional trainer or selectorized system can touch Bravo's results. This ultimate functional training system offers countless workout possibilities and your members will see and feel the difference. Whatever the goal, Cybex gets you there — faster.



---

Download the Bravo Workout Guide — Free for iPhone & iPad: [www.cybexintl.com/bravoapp](http://www.cybexintl.com/bravoapp)





# “The Bravo is an amazing machine.”

The Progressive Stabilization feature is incredible; it truly sets this machine apart from any other.”

## TOM SHAW

PERFORMANCE ENHANCEMENT COACH

### 1 VARIABLE GRIP CHIN-UP BAR

The integrated chin-up bar's multiple grip options target different movements and muscles.

### 2 ADVANCED CABLE ADJUSTMENT

Vertical and rotational adjustments permit limitless cable configurations for a variety of motions.

### 3 PROGRESSIVE STABILIZATION

The patent pending Progressive Stabilization feature adjusts to create stable, partial, or freestanding conditions for a variety of upper and lower body movements.

### 4 DUAL WEIGHT STACKS

Two weight stacks allow for fully independent motion and asymmetrical loads for single users, or individual stations for two users.



PRODUCT NUMBER	8800 Compact; 8810 Tall; 8830 Compact Light; 8830 Compact Heavy; 8840 Tall Light; 8840 Tall Heavy	
DIMENSIONS	Compact: 45" L × 54" W × 77" H (114 cm × 137 cm × 196 cm) Tall: 45" L × 54" W × 87" H (114 cm × 137 cm × 221 cm)	
LIFTING RATIO	Available in 2:1 and 4:1	
CABLE POSITION ADJUSTMENT	Vertical: 19 positions with 3" (8 cm) spacing Rotation: 315 degrees detented every 45 degrees Minimum Cable width: 15" (38 cm) Maximum Cable width: 58" (147 cm)	
STANDARD ACCESSORIES	2 strap handles, 2 multi-length strap extensions, ankle cuff, rotating arm bar, triceps rope, lat pull bar	
STABILIZATION ASSEMBLY	10 height positions; 9 fore/aft positions in 2" (5 cm) increments	
COLORS	Available in 5 standard colors or a virtually unlimited variety of custom frame colors and a broad selection of standard and custom upholstery colors	



**CYBEX WINS PRESTIGIOUS FIBO INNOVATION AWARD 2012 FOR THE BRAVO SERIES' PATENTED PROGRESSIVE STABILIZATION**



# DELIVERING RESULTS JUST GOT A WHOLE LOT EASIER.

## INTRODUCING THE NEXT EVOLUTION OF THE BRAVO FUNCTIONAL TRAINING SYSTEM.

These Bravo line extensions encompass the best of Bravo into dedicated pieces that feature simple operation and expanded functionality. The Bravo line is changing the way the fitness world approaches strength training. No other products offer such game-changing versatility. There is a Bravo solution for every club environment. Be at the forefront and equip your facility with the very best.



## BRAVO LIFT

TRULY UNIQUE FREE START TECHNOLOGY ALLOWS YOU TO GET INTO THE CORRECT POSITION BEFORE THE WEIGHT IS ENGAGED FOR A NATURAL AND EFFECTIVE MOVEMENT.

PRODUCT NUMBER	18030
DIMENSIONS	71" L × 47" W × 83" H (180 cm × 119 cm × 211 cm)
MACHINE WEIGHT	747 lbs (340 kg)
WEIGHT STACK	400 lbs (181 kg), 2:1 bilateral, 100 lbs (145 kg) max load per handle
PRODUCT FEATURES	Free Start mechanism allows for 30" of bilateral start position adjustment but always returns the handle to the resting position.



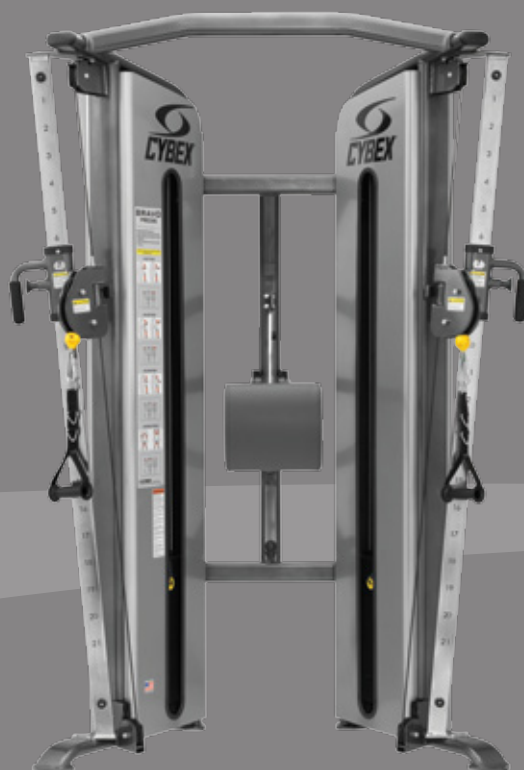


# BRAVO PRESS



OFFERS THE BRAVO PROGRESSIVE STABILIZATION SYSTEM AND PRESSING FUNCTIONALITY, WITH FAST AND EASY SETUP.

PRODUCT NUMBER	18010
DIMENSIONS	35" L × 53" W × 83" H (89 cm × 135 cm × 211 cm)
MACHINE WEIGHT	719 lbs (327 kg)
WEIGHT STACK	Dual 170 lbs (77 kg) stacks, 2:1, 85 lbs (38.6 kg) max load per handle
PRODUCT FEATURES	<p>Angled adjusting tube with 21 positions to accommodate user height and movement choice</p> <p>Progressive Stabilization adjustable for height</p>



# BRAVO PULL



FEATURES THE SAME PROGRESSIVE STABILIZATION TECHNOLOGY AS THE PRESS, WHILE ACCOMMODATING THE UNIQUE MOTION OF PULLING.

PRODUCT NUMBER	18020
DIMENSIONS	45" L × 50" W × 83" H (114 cm × 127 cm × 211 cm)
MACHINE WEIGHT	758 lbs (345 kg)
WEIGHT STACK	Dual 170 lbs (77 kg) stacks, 2:1, 85 lbs (38.6 kg) max load per handle
PRODUCT FEATURES	<p>Vertical pulley adjustment with 22 positions</p> <p>Overhead lat pull outlets</p> <p>Progressive Stabilization adjustable for height and reach</p>





## **WORLD HEADQUARTERS**

10 Trotter Drive  
Medway, MA 02053 USA  
T + 1.508.533.4300  
F + 1.508.533.5500  
[www.cybexintl.com](http://www.cybexintl.com)

## **CYBEX INTERNATIONAL UK LTD**

Oak Tree House  
Atherstone Road  
Measham, Derbyshire DE12 7EL UK  
T + 44.845.606.0228  
F + 44.845.606.0227  
[www.cybexintl.com](http://www.cybexintl.com)

© 2012, Cybex International. All rights reserved. ML-23552,  
Bravo™ Functional Training System Brochure. Specifications subject  
to change 09/12. Actual color may differ from sample shown.

**CYBEX PRODUCTS ARE DESIGNED AND BUILT IN THE USA**



**TO LEARN MORE, VISIT [TRUTHONFITNESS.COM](http://TRUTHONFITNESS.COM)**