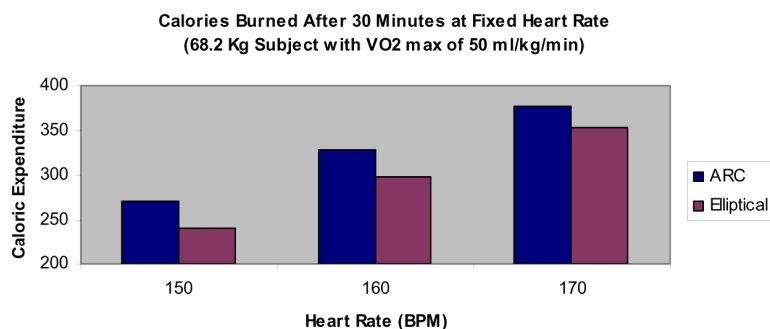




A Comparison of the Physiological Response and Pain Perception Between Two Mechanically Differentiated Cross Trainers

An independent research study conducted by the University of North Carolina at Charlotte during 2007 – 2008 by comparing the CYBEX Arc Trainer and a popular Elliptical trainer with the following conclusion:

1. At the equivalent heart rates, the oxygen consumption is higher on Arc Trainer user than the elliptical trainer user. And the ARC Trainer will help user burn more calories than the elliptical trainer.

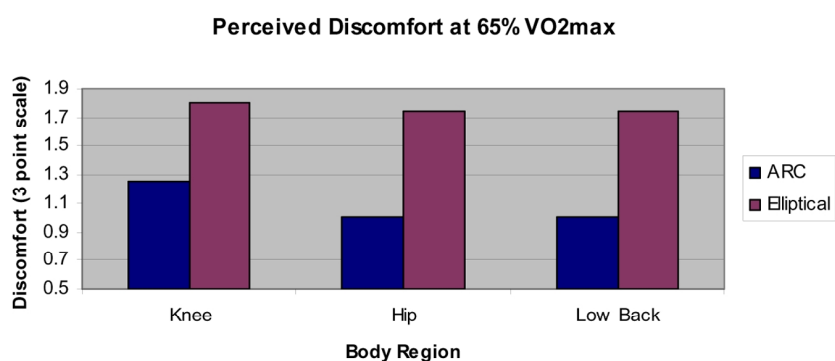


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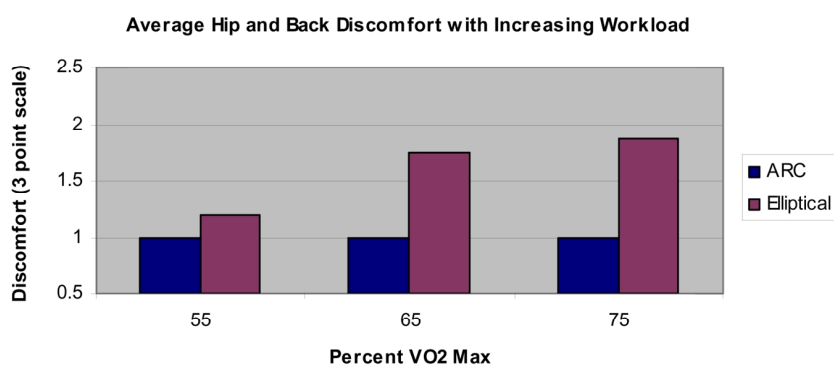
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2. There are significantly more discomforts felt by elliptical trainer users in key body regions, even at moderate workload.



3. When workload increases, discomforts do not increase in ARC Trainer users while that increase significantly in elliptical trainer users.



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