

# 425A ARC TRAINER

The CYBEX Arc Trainer has proven to be the most versatile cross-trainer in health clubs today. Winner of the Nova7 "Best Product of the Year" Award two years in a row, it's turning heads while toning bodies in health clubs around the globe. The Arc Trainer is now available in a design ideally suited to hotels, corporate fitness, fire and police stations, and residential housing.



[www.cybexintl.com](http://www.cybexintl.com)

 **CYBEX®**

**CYBEX**ceptional

# 425A ARC TRAINER

The CYBEX Arc Trainer is **NOW** designed specifically for hotels, corporate fitness, fire and police stations, and residential housing.



## Ultimate Versatility

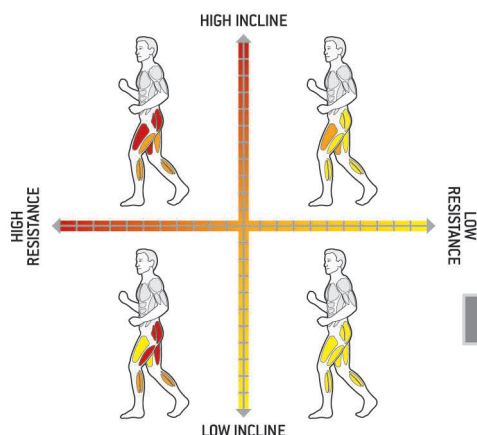
By varying resistance and incline, the Arc Trainer is a true cross-trainer providing an unmatched number of workout combinations. Combining elements of a climber, hiker and skier allows users to focus on their own specific needs, targeting the same areas in different ways to build muscle, burn calories or both.

## Maximum Results, No Regrets

The Arc Trainer allows users to burn more calories and train muscles with more intensity, while feeling less exertion. The unique pattern of motion ensures that the direction of force is forward of the hip and behind the knee for equal leverage and balanced contribution in producing the motion. This balance of force leads to optimal loading between hip and knee, minimizing joint stress, and maximizing the work done by the muscles.

## Total Body Training

Same Side Forward (SSF) technology allows the arm and leg to move together in an assisted manner. This provides unparalleled workout versatility by providing the ability to vary the workout intensity between upper and lower body. This balances the total workload and makes it the only cross-trainer on the market that allows a true upper body workout.



## SPECIFICATIONS

**Resistance Range** Maximum - 600 Watts, 81 levels in Manual mode

**Incline Levels** 11

**Stride Length** 23" (58 CM)

**Programs** Quick Start, Manual, Cardio, Weight Loss, Interval 1, Interval 2, Hill Interval, Hills, Valley, Ramps and Calorie Goal. Programs have 10 levels and control both incline and resistance

**Information Displayed** Graphic display of profile, distance, calories, calories/hour, METs, watts, strides per minute, heart rate, time, incline and resistance level

**Heart Rate Monitoring** Contact and Wireless

**Power** Power: 115V, 60 Hz; 230V, 50 Hz

**Resistance Type** Eddy current brake

**Maximum User Weight** 300 lbs. (136 kg)

**Dimensions** 69" (175 CM) L x 29" (73 CM)W x 62"(157 CM)

**Weight** 380 lbs (172 kg)

**Customization** Choice of five standard colors or select from over 180 custom colors



**Compliance** CE, UL, ASTM, CSA, FCC



**CYBEX®**  
www.cybexintl.com

WORLD HEADQUARTERS

10 Trotter Drive + Medway, MA 02053 + T 1.508.533.4300 + F 1.508.533.5500

CYBEX INTERNATIONAL, UK LTD.

Oak Tree House + Atherstone Road + Measham + Swadlincote, Derbyshire, DE12 7EL UK + T 44.845.606.0228 + F 44.845.606.0227