

FREE weights

UPPERbody



5362 olympic bench press

- frame is contoured for easy spotter access
- footrest provided for users of all sizes
- optional weight storage attachment



5372 olympic incline press

- angle is 30° to emphasize upper pectorals
- seat adjusts in 6" increments to fine-tune lifting position
- optional weight storage attachment



5502 olympic decline press

- angle is 15°
- leg pads adjust for torso length in 6" increments
- elevated knee reduces lower back strain
- optional weight storage attachment



5460 scott curl

- elbow pad is angled 55° to vary resistance and improve comfort
- dual take-off pins increase safety
- seat is angled 10° for comfort

Improved Bench Catches

Olympic bench catches are designed for quick, effortless adjustments.

Bar Stops

Adjustable bar stops provide added safety and allow specialized training.

Wear Guards

Tough UHMW wear guards are designed to take a beating so your equipment doesn't have to. Keeps machine looking new for years to come.

An effective training option every gym needs

- Constructed for maximum comfort and ease of use
- Aesthetically pleasing design
- Intuitive adjustments and range limiting featured in other CYBEX lines
- The logical choice for turnkey installations

Built to last for many years

- Safety catches
- Zinc-plated weight pegs
- Textured durable powder-coated finish
- Rubber-molded end caps
- UHMW wear-guarding for durability

BODY weight stations



5471 military press

- seat adjusts front to rear for designed take-off position
- bar stops for safety and specialized training adjusts in 3" increments
- spotter's platform ensures safety
- footrest enhances user stability



5480 training station

- rugged platform has necessary height to clear 45 lb plates in deadlift exercises
- bar stops adjust in 3" increments to enhance safety



5420 power cage

- 36" depth provides ample room to maneuver
- 96" height allows full press-outs by tall lifters
- adjustable take-off pins and sturdy lock design enhance safety
- built-in chin-up bar at 8' for exercise variety
- built-in weight storage



5571 squat rack

- moveable bar pegs for accurate positioning and convenience
- zinc-coated plate holders
- adjustable bar-stop option for additional movements and safety
- built-in weight storage



5208 bent-leg abdominal board

- foot-release adjusts back pad in five increments from -30° to 10°
- elevated knee reduces lower back strain
- leg pads adjust for femur length



5530 leg raise/dip

- slightly reclined position and angled elbow rest for comfort and security
- step-up easy entry/exit



5411 45° back extension

- unique footrest and thigh pad angle increases comfort
- 13.5" ROM adjusts to accommodate users of all sizes
- start position of 45° for close alignment of strength curve for lower back and hamstrings



5510 chin-up/dip

- built-in step for safety
- choice of chinning grips for exercise variety

BENCHES and racks



5435 adjustable flat-to-80° bench

- nine possible angles from 0° to 80°
- wheels and cradles for easy moving



5437 adjustable -10° to 80° bench

- ten possible angles from -10° to 80°
- wheels and handle for easy moving



5521 upright bench

- 85° seat back improves stability without interfering with overhead movement
- footrest increases stability



5375 beauty bell rack

- designed specifically for beauty bell set
- holds six pairs



5430 flat bench

- supports user to allow unencumbered foot positioning
- strong but lightweight design can be moved easily



5380 twin-tier dumbbell rack

- offset angle prevents wrist strain
- individual dumbbell cradles improve safety
- holds 10 pairs of dumbbells



5445 adjustable decline bench

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



5385 single-tier dumbbell rack

- all features of twin-tier
- holds five pairs



5541 barbell rack

- holds 10 barbells
- convenient upright design



5490 weight/bar tree

- six zinc-coated storage pegs for olympic plates with a 1000 lb capacity
- stores two olympic bars vertically for space efficiency
- molded rubber bumpers dampen noise and protect frame finish



5491 weight tree

- six zinc-coated storage pegs for olympic plates with a 1000 lb capacity
- hemispherical rubber end caps on weight sleeves assist loading and dampen noise

FREE WEIGHT specifications

5208	Bent-Leg Abdominal Board Machine Weight 128 lb/58 kg Size 23" W x 56" L x 45" H/59 x 143 x 115 cm
5362	Olympic Bench Press Machine Weight 116 lb/53 kg Size 50" W x 69" L x 49" H/127 x 176 x 125 cm
5372	Olympic Incline Press Machine Weight 124 lb/56 kg Size 50" W x 59" L x 54" H/127 x 150 x 138 cm
5375	Beauty Bell Rack Machine Weight 82 lb/37 kg Size 43" W x 23" L x 31" H/110 x 59 x 79 cm
5380	Twin-Tier Dumbbell Rack Machine Weight 160 lb/73 kg Size 90" W x 23" L x 31" H/229 x 59 x 79 cm
5385	Single-Tier Dumbbell Rack Machine Weight 123 lb/56 kg Size 90" W x 23" L x 31" H/229 x 59 x 79 cm
5411	45° Back Extension Machine Weight 117 lb/53 kg Size 27" W x 58" L x 43" H/69 x 147 x 109 cm
5420	Power Cage Machine Weight 379 lb/172kg Size 61" W x 37" L x 96" H/155 x 94 x 244 cm
5430	Flat Bench Machine Weight 40 lb/18 kg Size 23" W x 51" L x 17.5" H/59 x 130 x 44 cm
5435	Adjustable Flat-to-80° Bench Machine Weight 80 lb/36 kg Size 23" W x 51" L x 51" H/59 x 130 x 130 cm
5437	Adjustable -10° to 80° Bench Machine Weight 75 lb/35 kg Size 22" W x 52" L/52 x 132 cm
5445	Adjustable Decline Bench Machine Weight 66 lb/30 kg Size 23" W x 61" L x 33" H/155 x 94 x 84 cm
5460	Scott Curl Machine Weight 80 lb/36 kg Size 28" W x 44" L x 38" H/72 x 112 x 97 cm
5471	Military Press Machine Weight 223 lb/101 kg Size 63" W x 50" L x 67" H/160 x 127 x 171 cm
5480	Training Station Machine Weight 178 lb/81 kg Size 47" W x 45" L x 45" H/120 x 115 x 115 cm
5490	Weight Bar Tree Machine Weight 63 lb/29 kg Size 26" W x 26" L x 46" H/66 x 66 x 117 cm
5491	Weight Tree Machine Weight 52 lb/24 kg Size 24" W x 29" L x 45" H/74 x 64 x 110 cm
5502	Olympic Decline Press Machine Weight 140 lb/64 kg Size 50" W x 76" L x 45" H/127 x 191 x 115 cm
5510	Chin-Up/Dip Machine Weight 171 lb/78 kg Size 34" W x 48" L x 98" H/87 x 122 x 249 cm
5521	Upright Bench Machine Weight 40 lb/18 kg Size 22" W x 41" L x 38" H/56 x 105 x 97 cm
5530	Leg Raise/Dip Machine Weight 126 lb/57 kg Size 30" W x 48" L x 64" H/77 x 122 x 163 cm
5541	Barbell Rack Machine Weight 105 lb/48 kg Size 32" W x 39" L x 55" H/82 x 92 x 140 cm
5571	Squat Rack with Adjustable Bar Stops Machine Weight 289 lb/131 kg Size 71" W x 42" L x 70" H/181 x 107 x 178 cm