

MODULAR

The CYBEX Modular Strength System is a highly adaptable, space efficient multi-station exercise unit that delivers the many benefits of our popular variable resistance lines, without sacrificing quality, presentation or performance.

Easily configured to offer total body conditioning in a compact footprint, the CYBEX Modular Strength system offers the flexibility to choose from over 20 different exercise stations, to create the unique solution that best suits the needs of your facility. Some of the features you will find are:

Custom combination to suit your needs

It is easy to build a CYBEX Modular Strength System that meets your facility's specific needs. Standard Modular format can accommodate four to eight stations, while Tandem units offer the alternative of configuring two stations in an innovative back-to-back format. Select stations are also available in a Free Standing single station format.

Configuring your Modular Stations

The two basic types of Modular Stations are Weighted Stations, which incorporate a weight stack for resistance, and Body Weight Stations, which utilize the user's own body weight to provide resistance.

Weighted Stations

Weighted Stations can be combined in the four sides of a Quad configuration or back to back in a Tandem configuration. Each weighted station has its own weight stack so that it may be used independently of any other weighted station.

Body Weight Stations

Body Weight Stations utilize the user's own body weight to provide resistance and attach to the Modular System in Quad configurations.

Total body conditioning in a compact footprint

CYBEX Modular Strength System offers a clear advantage for facilities where space is at a premium. Just five Tandems create a complete 10 station circuit to address all major muscle groups, while an eight station Modular unit can offer a comprehensive workout in less than 14' x 14'.

Multiple variations to choose from

CYBEX Modular Strength System offers endless possibilities in designing a customized solution that is right for your facility. Your CYBEX Representative is prepared to assist you in choosing from multiple variations to build a system that best suits the needs of your facility.

For more information about ordering the Modular System, go to www.cybexinternational.com.



5302 free standing low row
5651 low row



5306 free standing pressing station
5647 pressing station



5345 free standing assisted chin-up/dip
5611 assisted chin-up/dip



5603 tricep pressdown



5644 seated arm curl



5645 leg raise chair/dip

LOWER BODY



UPPER BODY





5307 free standing leg extension/leg curl
5653 leg extension/leg curl



5311 adjustable cable crossover



5315 free standing cable column
5316 free standing cable column w/booms
5605 cable column/5633 cable column w/booms



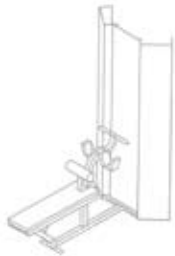
5322 free standing leg press
5652 leg press



5601 lat pulldown



5608 45° back extension



5610 bent leg abdominal board



5639 shoulder press



5640 chest press



5641 tricep extension



5648 adjustable cable



5649 adjustable cable-half



5650 adjustable cable-half

MULTI STATION

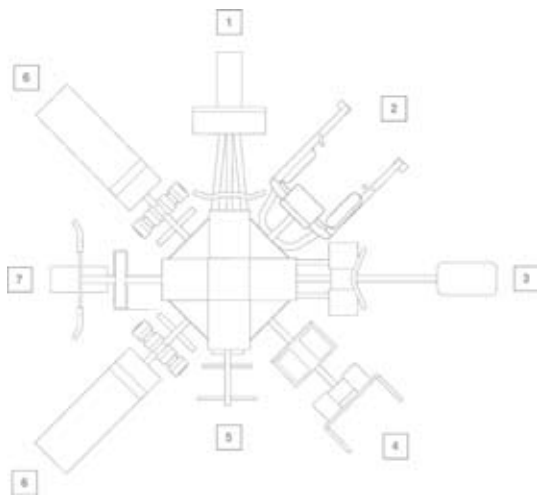


CABLE CROSSOVER



BODY WEIGHT STATION

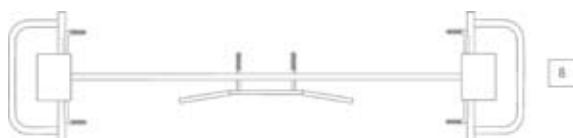




Modular Strength System

1. Arm Curl 2. Leg Raise/Chair Dip 3. Low Row 4. 45° Back Extension
5. Tricep Push Down 6. Bent Leg Ab Board 7. Lat Pull

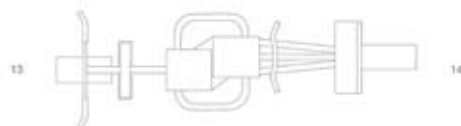
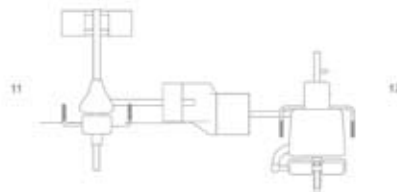
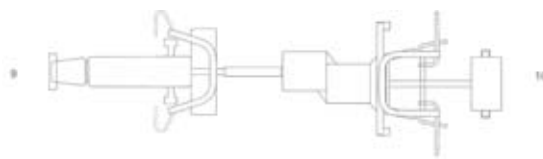
Sample Modular Stations - This unit comprises a choice of seven units as shown



Free Standing

1. Cable Cross Over

Sample Free Standing



Tandem

9. Pressing Station 10. Assisted Chin-Up/Dip 11. Leg Press

12. Leg Extension/Seated Leg Curl 13. Lat Pull 14. Arm Curl

Sample Tandem Circuit

MODULAR specifications

5302	Low Row (*FS)
Machine Weight 540 lb/245 kg Weight Stack 250 lb/114 kg	
Size 29" W x 80" L x 90" H/74 x 203 x 229 cm	
5306	Pressing Station (*FS)
Machine Weight 646 lb/294 kg Weight Stack 250 lb/114 kg	
Size 42" W x 79" L x 90" H/107 x 201 x 229 cm	
5307	Leg Extension/Seated Leg Curl (*FS)
Machine Weight 655 lb/296 kg Weight Stack 250 lb/114 kg	
Size 46" W x 52" L x 90" H/117 x 132 x 229 cm	
5311	Adjustable Cable Crossover (*FS)
Machine Weight 840 lb/382 kg Weight Stack 187.5 lb/85 kg	
Size 37" W x 149" L x 90" H/94 x 378 x 229 cm	
5315	Cable Column (*FS)
Machine Weight 391 lb/178 kg Weight Stack 130 lb/59 kg	
Size 43" W x 52" L x 90" H/109 x 132 x 229 cm	
5316	Cable Column w/booms (*FS)
Machine Weight 391 lb/178 kg Weight Stack 130 lb/59 kg	
Size 43" W x 52" L x 90" H/109 x 132 cm x 229 cm	
5322	Leg Press (*FS)
Machine Weight 634 lb/288 kg Weight Stack 250 lb/114 kg	
Size 55" W x 53" L x 90" H/140 x 135 x 229 cm	
5345	Assisted Chin-up/Dip (*FS)
Machine Weight 693 lb/315 kg Weight Stack 250 lb/114 kg	
Size 49" W x 50" L x 96" H/124 x 127 x 244 cm	
5601	Lat Pulldown
Machine Weight 468 lb/213 kg Weight Stack 250 lb/114 kg	
Size 46" W x 36" L x 90" H/117 x 92 x 229 cm	
5603	Tricep Pressdown
Machine Weight 360 lb/164 kg Weight Stack 135 lb/61 kg	
Size 18" W x 18" L 90" H/46 x 46 x 229 cm	
5605	Cable Column
Machine Weight 391 lb/178 kg Weight Stack 130 lb/59 kg	
Size 43" W x 39" L x 90" H/109 x 99 x 229 cm	
5608	45° Back Extension
Machine Weight 66 lb/30 kg	
Size 25" W x 50" L x 36" H/64 x 127 x 92 cm	
5610	Bent Leg Abdominal Board
Machine Weight 118 lb/54 kg	
Size 21" W x 65" L x 41" H/54 x 166 x 105 cm	
5611	Assisted Chin-up/Dip
Machine Weight 503 lb/229 kg Weight Stack 250 lb/114 kg	
Size 49" W x 42" L x 96" H/124 x 107 x 244 cm	

5633	Cable Column w/booms
Machine Weight 391 lb/178 kg Weight Stack 130 lb/59 kg	
Size 43" W x 39" L x 90" H/109 x 99 x 229 cm	
5639	Shoulder Press
Machine Weight 400 lb/182 kg Weight Stack 187.5 lb/85 kg	
Size 42" W x 47" L x 90" H/107 x 120 x 229 cm	
5640	Chest Press
Machine Weight 529 lb/240 kg Weight Stack 250 lb/114 kg	
Size 40" W x 34" L x 90" H/102 x 87 x 229 cm	
5641	Tricep Extension
Machine Weight 316 lb/144 kg Weight Stack 135 lb/61kg	
Size 18" W x 50" L x 90" H/46 x 127 x 229 cm	
5644	Seated Arm Curl
Machine Weight 358 lb/163 kg Weight Stack 135 lb/61kg	
Size 24" W x 50" L x 90" H/61 x 127 x 229 cm	
5645	Leg Raise Chair/Dip
Machine Weight 123 lb/56 kg	
Size 30" W x 48" L x 63" H/77 x 122 x 160 cm	
5647	Pressing Station
Machine Weight 592 lb/269 kg Weight Stack 250 lb/114 kg	
Size 42" W x 44" L x 90" H/107 x 112 x 229 cm	
5648	Adjustable Cable
Machine Weight 354 lb/157 kg Weight Stack 187.5 lb/85 kg	
Size 18" W x 50" L x 90" H/46 x 127 x 229 cm	
5649	Adjustable Cable-Half (*FS)
Machine Weight 354 lb/157 kg Weight Stack 187.5 lb/85 kg	
Size 37" W x 50" L x 90" H/94 x 127 x 229 cm	
5650	Adjustable Cable-Half
Machine Weight 354 lb/157 kg Weight Stack 187.5 lb/85 kg	
Size 18" W x 50" L x 90" H/46 x 127 x 229 cm	
5651	Low Row
Machine Weight 585 lb/266 kg Weight Stack 250 lb/114 kg	
Size 22" W x 60" L x 90" H/56x 152 x 229 cm	
5652	Leg Press
Machine Weight 585 lb/265 kg Weight Stack 250 lb/114 kg	
Size 55" W x 34" L x 90" H/140 x 86 x 229 cm	
5653	Leg Extension/Seated Leg Curl
Machine Weight 601 lb/273 kg Weight Stack 250 lb/114 kg	
Size 46" W x 31" L x 90" H/117 x 79 x 229 cm	

(*FS = free standing)