

CYBEX strength



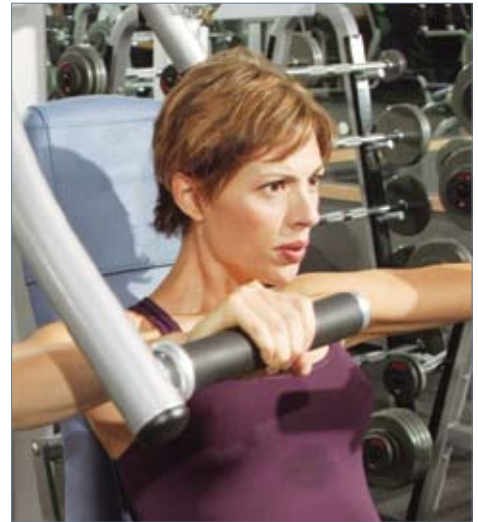
■ innovation

BEHIND EVERY

workout

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It's the evolution of superior technology and a passion for fitness—a goal of CYBEX to meet the needs of fitness enthusiasts and professionals through function, performance and results. Every CYBEX concept, design and manufacturing method is backed by exhaustive research in human biomechanics and decades of heritage in sports medicine and fitness R&D—because innovation and technology cannot do it alone. CYBEX strength lines offer countless options and unparalleled performance, delivering nothing short of an amazing user experience and workout.

CYBEX is about real people—those who make the equipment and those who use it. For us, they are one and the same. We build our own equipment with pride, knowledge and research in design, technology and service. The CYBEX logo stands for accountability. We take ownership every step of the way—from the drawing board to assembly to user experience. This commitment and constant evolution allows you to run your club at its peak with durable, trouble-free equipment and an excellent fitness experience for your members.

VR

Value engineered with advanced features:

CYBEX VR line offers users of all levels a high quality experience. Value engineered design incorporates proven biomechanics in a durable, space efficient footprint.



Cam and Counterbalance

Resistance cam and counterbalance ensures a proper strength curve for safer, more comfortable workouts.



Detailed Instruction Placard

Easy-to-understand, detailed instruction placards minimize staff supervision and help members get it right the first time.



Weight Stack Suspension

Improved weight stack suspension features molded rubber bumpers for quiet operation and reduced wear on components.

Superior biomechanics, excellent value

- Proven-value engineering
- Excellent biomechanics
- Space-efficient, affordable designs

Engineered for maximum results

- Variable resistance for safety and effectiveness
- Incorporates years of research in body movement science
- Superior comfort and conditioning results

Construction you can count on

- Extremely durable bent-steel tubing, integral bearings, cables and cold-rolled plates
- Convenient, simple adjustments
- Extruded rubber footplates and available adhesive rubber feet
- Seat adjustments in high contrast and visible yellow color
- Military spec lubricated nylon coated steel aircraft cable 4200 lb break strength
- CNC laser cut cams individually designed for each appropriate muscle strength capability curve

LOWERbody



4855 prone leg curl

- angled hip and chest pads minimize risk of spinal hyperextension



4850 leg extension

- back pad angled to 100° to relieve hamstring tension



4860 seated leg press

- four-bar linkage footplate to ensure proper ankle position
- seat position adjusts horizontally to users' desired range of motion

UPPERbody



4865 rotary hip

- dual-position footplate fits users of varying heights
- thigh pad adjusts for femur length
- starting positions are in 15° increments through 240° of rotation



4875 standing calf

- shoulder pads are angled to match natural angle of shoulder
- input arm adjusts for height



4880 glute

- curvilinear path focuses on glutes with contribution from quads and hamstrings
- adjustable abdominal support prevents spinal hyperextension



4800 chest press

- adjustable start position lets users control range of motion
- dual grips shift exercise emphasis and are angled to maintain a neutral wrist position



4810 lat pulldown

- forward-aligned overhead pulley encourages safer front pull down
- adjustable thigh pads accommodate users of all sizes



4815 row/rear delt

- overhead pivot closely matches arc of motion
- neutral wrist position maintained throughout the motion
- choice of grips to shift exercise emphasis



4805 overhead press

- counterbalanced arms help deconditioned users
- tibia grip choices include neutral position



4840 fly

- adjustable start position for controlled range of motion
- back pad is angled 30° for optimal path



4820 arm curl

- counterbalanced arms help deconditioned users
- handgrips self-adjust for forearm length



4885 ab crunch

- single point of rotation creates ideal downward motion for abdominal isolation
- designed to reduce hip flexor involvement



4825 arm extension

- counterbalanced arms help deconditioned users
- handgrips self-adjust for forearm length
- adjustable back support for stability



4890 back extension

- promotes coordinated hip and lower back movement
- adjustable footplate ensures proper alignment

VR specifications

- 4800 **Chest Press**
Machine Weight 454 lb/206 kg Weight Stack 250 lb/114 kg
Size 52" W x 40" L x 69" H/132 x 102 x 175 cm
- 4805 **Overhead Press**
Machine Weight 433 lb/197 kg Weight Stack 200 lb/91 kg
Size 51" W x 56" L x 61" H/130 x 143 x 155 cm
- 4810 **Lat Pulldown**
Machine Weight 379 lb/172 kg Weight Stack 250 lb/114 kg
Size 47" W x 60" L x 89" H/120 x 152 x 226 cm
- 4815 **Row/Rear Delt**
Machine Weight 401 lb/182 kg Weight Stack 200 lb/91 kg
Size 35" W x 54" L x 76" H/89 x 138 x 193 cm
- 4820 **Arm Curl**
Machine Weight 325 lb/148 kg Weight Stack 150 lb/68 kg
Size 40" W x 42" L x 55" H/102 x 107 x 140 cm
- 4825 **Arm Extension**
Machine Weight 357 lb/162 kg Weight stack 150 lb/68 kg
Size 39" W x 52" L x 55" H/99 x 132 x 140 cm
- 4840 **Fly**
Machine Weight 387 lb/176 kg Weight Stack 150 lb/68 kg
Size 59" W x 30" L x 55" H/150 x 77 x 140 cm
- 4850 **Leg Extension**
Machine Weight 436 lb/198 kg Weight Stack 200 lb/91 kg
Size 38" W x 54" L x 69" H/97 x 138 x 175 cm
- 4855 **Prone Leg Curl**
Machine Weight 362 lb/164 kg Weight Stack 150 lb/68 kg
Size 37" W x 72" L x 61" H/94 x 183 x 155 cm
- 4860 **Seated Leg Press**
Machine Weight 710 lb/323 kg Weight Stack 400 lb/182 kg
Size 44" W x 68" L x 71" H/112 x 173 x 180 cm
- 4865 **Rotary Hip**
Machine Weight 451 lb/205 kg Weight Stack 200 lb/91 kg
Size 46" W x 45" L x 60" H/117 x 115 x 152 cm
- 4875 **Standing Calf**
Machine Weight 467 lb/212 kg Weight Stack 300 lb/136 kg
Size 30" W x 47" L x 71" H/77 x 120 x 180 cm
- 4880 **Glute**
Machine Weight 426 lb/193 kg Weight Stack 150 lb/68 kg
Size 32" W x 57" L x 55" H/82 x 145 x 140 cm
- 4885 **Ab Crunch**
Machine Weight 316 lb/144 kg Weight Stack 150 lb/68 kg
Size 42" W x 35" L x 55" H/107 x 89 x 140 cm
- 4890 **Back Extension**
Machine Weight 425 lb/193 kg Weight Stack 200 lb/91 kg
Size 38" W x 55" L x 61" H/97 x 140 x 155 cm

PLATE loaded

Loaded with superior features:



Adjustable Start Position

Selected models allow adjustable start positions for perfect alignment and improved safety. Few other plate loaded lines offer this feature.



Intuitive Adjustment Markers

Intuitive markers, placed within easy view, make adjustments fast and simple.



Wear Guards

UHMW wear guards protect frames from leaning plates to keep equipment looking like new for as long as you own it.

Innovative design, superior biomechanics, space-efficient package

- Most space-efficient, user-friendly plate-loaded line in the industry
- Accommodates users of any size
- Designed to meet the needs of advanced users, without intimidating others

Advanced technology for a more effective workout

- Variable resistance improves safety and performance on many machines
- Dual Axis Technology on select machines lets users define the path of motion and boost muscle involvement
- Superior comfort and conditioning results
- Start position devices on select machines for safer workouts

Built tough to keep looking new

- Heavy-duty, fully welded frames
- Sealed bearing pivots for maximum performance and minimal maintenance
- Standard UHMW wearguards protect frame from leaning plates
- Replaceable wear covers
- Detailed instructional placards



5230 leg extension

- direct linkage system for smooth feel and variable resistance
- adjustment for seat back and tibia length ensure correct positioning



5450 seated calf

- seat moves with input arm
- knee pad adjusts for tibia length and range of motion
- quick release requires only 1/4 turn to engage



5560 45° calf

- fully enclosed bearing system with compact footprint
- loads hips while protecting lower back



5245 rotary calf

- seated position minimizes spinal compression
- rotary movement facilitates variable resistance
- footplate moves through the motion, eliminating need to roll foot over the edge



5341 smith press-fixed bar

- bar adjusts in 6" increments with safety stops every 3"
- bar is counter balanced for 15 lb take-off weight
- built-in weight storage



5321 leg press

- fully enclosed linear bearing system
- large non-skid footplate
- dual-height start positions
- three-position backrest



5235 squat press

- four-bar linkage maintains correct ankle position throughout motion
- direct transmission for variable resistance without linear bearings



5240 kneeling leg curl

- kneeling position aligns knee for biomechanically correct exercise
- single-leg training enhances focus on individual muscle group



5330 hack squat

- fully enclosed linear bearing system
- large non-skid footplate
- dual-height start position and hip-height plate loading



5221 advanced overhead

- choice of grips includes neutral position
- Dual Axis Technology and defined path of motion allows for resistance in two directions
- seat adjusts for torso length and range of motion



5227 converging chest

- converging path of motion
- independent arm motion for balanced strength development
- adjustable starting position for a broad range of user size and flexibility



5226 advanced chest

- adjustable start position lets user select range of motion for improved safety
- Dual Axis Technology and defined path of motion allows for resistance in two directions
- footrest improves comfort



5222 converging overhead

- converging path of motion
- independent arm motion for balanced strength development
- adjustable starting position for a broad range of user size and flexibility



5251 advanced incline

- adjustable start position for improved safety
- Dual Axis Technology and defined path of motion allows for resistance in two directions
- path of motion is comparable to a 30° incline
- horizontal handles encourage chest work



5252 converging incline

- converging path of motion
- independent arm motion for balanced strength development
- adjustable starting position for a broad range of user size and flexibility
- path of motion is comparable to a 30° incline

PLATE LOADED specifications



5255 rear delt

- “virtual pivot” arm lets hands follow natural path
- chest pad provides support and adjusts for arm length
- variable resistance ensures accurate strength profile



5265 row

- overhead pivot ensures correct motion
- neutral wrist motion maintained throughout motion
- variable resistance



5261 advanced pulldown

- Dual Axis Technology and defined path of motion allows for resistance in two directions
- dual handgrips for variety



5580 t-bar row

- plate loading from front and back of unit for true variable resistance
- dual handgrips for variety



5286 arm extension

- handles pivot to fit forearm length and allow neutral wrist position
- angled input arms fit users' natural carrying angle
- seat height adjusts for user height and upper arm length



5281 arm curl

- handles pivot to fit forearm length and allow neutral wrist position
- angled input arms fit users' natural carrying angle
- independent arm action allows unilateral exercise

5221	Advanced Overhead	Machine Weight 174 lb/79 kg Size 36" W x 46" L x 52" H/91 x 117 x 132 cm
5222	Converging Overhead Press	Machine Weight 182 lb/83 kg Size 51" W x 49" L x 52" H/130 x 125 x 132 cm
5226	Advanced Chest	Machine Weight 153 lb/69 kg Size 62" W x 75" L x 28" H/158 x 190 x 72 cm
5227	Converging Chest Press	Machine Weight 153 lb/69 kg Size 54" W x 57" L x 53" H/137 x 145 x 135 cm
5230	Leg Extension	Machine Weight 177 lb/80 kg Size 37" W x 71" L x 44" H/94 x 140 x 112 cm
5235	Squat Press	Machine Weight 382 lb/173 kg Size 63" W x 77" L x 44" H/160 x 196 x 112 cm
5240	Kneeling Leg Curl	Machine Weight 169 lb/77 kg Size 34" W x 47" L x 43" H/87 x 120 x 110 cm
5245	Rotary Calf	Machine Weight 194 lb/88 kg Size 37" W x 57" L x 43" H/94 x 145 x 109 cm
5251	Advanced Incline	Machine Weight 198 lb/90 kg Size 63" W x 64" L x 38" H/160 x 163 x 97 cm
5252	Converging Incline Press	Machine Weight 182 lb/83 kg Size 51" W x 61" L x 41" H/130 x 155 x 104 cm
5255	Rear Delt	Machine Weight 144 lb/65 kg Size 33" W x 57" L x 40" H/84 x 146 x 101 cm
5261	Advanced Pulldown	Machine Weight 240 lb/109 kg Size 44" W x 73" L x 76" H/112 x 186 x 193 cm
5265	Row	Machine Weight 260 lb/118 kg Size 34" W x 58" L x 73" H/86 x 148 x 185 cm
5281	Arm Curl	Machine Weight 153 lb/69 kg Size 60" W x 40" L x 56" H/152 x 102 x 142 cm
5286	Arm Extension	Machine Weight 202 lb/92 kg Size 60" W x 40" L x 56" H/152 x 102 x 142 cm
5321	Leg Press	Machine Weight 458 lb/208 kg Size 60" W x 77" L x 49" H/153 x 196 x 125 cm
5330	Hack Squat	Machine Weight 437 lb/198 kg Size 60" W x 77" L x 49" H/153 x 196 x 125 cm
5341	Smith	Machine Weight 545 lb/248 kg Size 84" W x 50" L x 84" H/214 x 127 x 214 cm
5450	Seated Calf	Machine Weight 113 lb/51 kg Size 23" W x 53" L x 36" H/59 x 135 x 92 cm
5560	45° Calf	Machine Weight 158 lb/72 kg Size 28" W x 56" L x 37" H/72 x 143 x 94 cm
5580	T-Bar Row	Machine Weight 162 lb/74 kg Size 33" W x 79" L x 23" H/84 x 201 x 59 cm

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

FT 360

Advanced design for more effective functional training

The space efficient CYBEX FT 360 Functional Trainer is an advanced strength training tool, ideal for physical therapists, personal trainers or anyone interested in performance and functional training. The FT 360, with its 180° rotating pulleys, allows users to determine their own path of movement and make adjustments in two planes of motion, resulting in virtually unlimited training variation.

The FT 360 allows users to:

- Make adjustments in two planes of motion for ultimate user-definition
- Take advantage of virtually unlimited training variations
- Perform functional movements with decreased momentum

Engineered for maximum results:

- The FT 360's unique drive system provides either 4:1 or 2:1 lifting ratio that provides a minimum resistance of 5 lb (2.2 kg) unilaterally or 10 lb (4.5 kg) bilaterally
- The unilateral action with its 4:1 lifting ratio provides reduced inertia that is ideal for performance and fitness training with its exceptional high speed capabilities
- In bilateral reciprocal movements, the drive system virtually eliminates the detrimental effects of inertia

Product Number 9100

Foot Print 54" W x 54" L x 87" H (when stored)

137 x 137 x 221 cm

113" W x 54" L x 90" H (maximum in use)

287 x 137 x 229 cm

Weight 600 lb (273 kg)

Weight Stack 300 lb (136 kg)





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



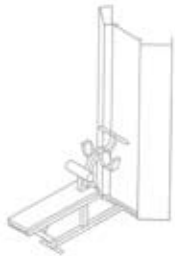
5322 free standing leg press
5652 leg press



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

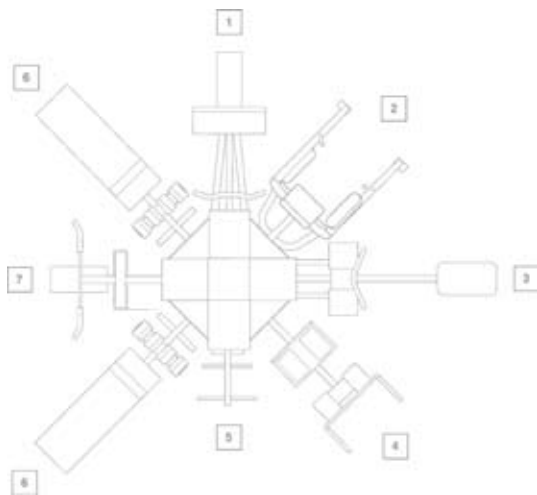


CABLE CROSSOVER



BODY WEIGHT STATION

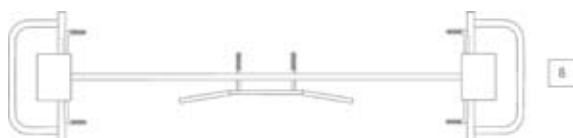




Modular Strength System

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

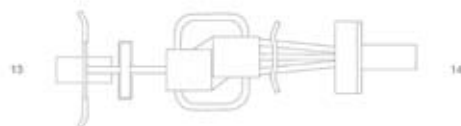
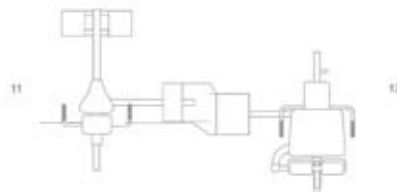
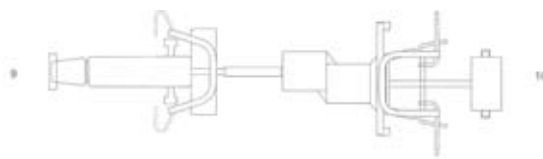
Sample Modular Stations - This unit comprises a choice of seven units as shown



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)

MANUFACTURING excellence



CYBEX uses unique state-of-the-art manufacturing and testing methods along with the highest quality raw materials to deliver products that exceed industry standards.

Vertical Integration: CYBEX controls the manufacturing process of our products from raw materials to shipment allowing us greater control over the process. We are a multi-level vertically integrated manufacturer that utilizes the latest manufacturing technologies:

- Laser Cutting
- Pulse Robotic Welding
- CNC Custom Upholstery
- CMM (Coordinate Measurement Machine)
- Mandrel Bending
- Powder Coating
- Tube Laser Technology



Highest Quality Raw Materials: CYBEX purchases steel and raw materials direct from the mills to support our own specifications and chemistry. This encourages the best grade and quality of materials to work with our internal manufacturing processes. The result is the highest levels of quality.













Progressive Build to Order Manufacturing Philosophy: CYBEX's "Lean Manufacturing" techniques allows for the greatest control of quality, inventory and flow. This progressive philosophy gives CYBEX industry leading flexibility and the ability to exceed the quality, customization and lead-time demands of our customers.

*Top: Coordinate Measurement Machine (CMM)
Above: Pulse Robot Welder
Right: Sheet Laser*



customization

Standard Upholstery Colors

	dove grey
	charcoal
	black
	burgundy
	navy
	hunter green
	grotto
	royal blue
	azure
	crocus
	cranberry
	american beauty red
	wheat
	suede

Standard Frame Colors

	black chrome
	platinum sparkle
	metaltone gold
	black texture
	white texture

Actual frame and upholstery colors may differ slightly from samples shown.

CYBEX individually manufactures each piece of equipment to order, providing an unmatched range of customization options. This means virtually unlimited frame and upholstery color availability to complement your facility's unique look. Whether you want your club's logo embroidered or applied on a molded decal, CYBEX is ready to combine our superior technology in customization to bring a personal touch into your facility.



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For additional information about any of our equipment lines, or to try any of our products yourself,
please call 508.533.4300 or **774.324.8000** for the representative nearest you. Or visit our website at: cybexinternational.com