

Cardio

Going the Distance for You and Your Members







Some Work Out to Lose Weight

Some work out to burn calories, improve their physical appearance or counter the ill effects of too much work, food or stress. Others look to cardio exercise to build endurance, prevent injury, prepare for serious competitions, or simply to live longer, stronger and healthier lives. With Cybex treadmills, Arc Trainers, and bikes, you can offer your members a variety of dynamic ways to get their bodies moving and their hearts pumping.

Our comprehensive family of high-performance cardio equipment helps members of all ages and skill levels achieve their fitness goals. Cybex is proven everywhere it matters. In the lab. In the gym. On the field of play.



Cybex Fit

Looking to attract and retain members? Offer them the cardio equipment that delivers proven results – in less time and with less stress on their bodies. Cybex treadmills, Arc Trainers, bikes, and Total Access equipment help you and your members get there faster.











TREADMILLS

Cybex treadmills are the runner's choice. They incorporate more advanced technologies than any other brand. The IS³ Intelligent
Suspension System, ARMZ™ stabilizers, and optional
Cybex GO/E3 View embedded
HD monitor set Cybex
treadmills and your facility apart. Introducing Cybex Care and service wheel. Page 13.

ARC TRAINERS

The Cybex Arc Trainer® is the one machine that does it all. It burns 16% more calories than a typical elliptical. It raises heart rates, activates the total body, tones muscles, and builds power – all while minimizing joint stress. Plus, it makes intense workouts feel easier. Page 19.

BIKES

Whether your members are training for a triathlon or have never ridden a bike, they'll find that Cybex upright and recumbent bikes measure up. Experience an incredible ride and incredible value with Indoor Cycles powered by Indoor Cycling Group®.

Page 25.

SPARC

Introducing SPARC. Lose fat. Build muscle. Gain strength. Increase metabolism. Improve power. Do it all with less stress on the joints. With SPARC's "get on and go" design, your members can simply choose their incline level, choose their intensity level, and reach their goals in record time. Page 32.

TOTAL ACCESS

When Cybex says inclusive, we mean everybody. Our Total Access treadmill, Arc Trainer, and bikes can be used by people with cognitive, sensory, or physical challenges, as well as by ablebodied exercisers, making it a sound investment. Page 35.

Why Cybex?

Because, no fitness company does more to help you and your members get there faster.

For more than 45 years, we've created premium quality, high-performance fitness equipment that is good for your customers' bodies and your bottom line. In the process, we've become

a trusted partner to health clubs, YMCAs, JCCs, sports teams, colleges and universities, country clubs, military

facilities, offices, and hospitality fitness centers committed to offering the best exercise experience possible. And we continue to move closer to achieving our global mission: improving the health and well being of people around the world.



The Cybex Advantage

Our commitment to your success goes to the heart of who we are and what we do – design, build, and support scientifically proven cardio and strength equipment that's good for your customers' bodies and your bottom line.

From serious athletes to those just trying to shed a few pounds, people who work out on Cybex reach their fitness, weight loss, and performance goals faster. While club owners and managers who choose Cybex gain a trusted partner dedicated to helping them generate business and create a lasting competitive advantage.

The Science of Fitness

Every Cybex fitness product is based on scientific truths developed during extensive explorations of human physiology and biomechanics at the Cybex Research Institute. You can be sure that our cardio and strength equipment is safe, effective, and designed to help members of all skill levels achieve measurable improvements in performance.

Building Your Business

Cybex partners with you right from the start to help you build a successful fitness business. Our solutions cover everything from architectural design and floor planning to financing equipment, training your staff, and providing ongoing branding and marketing support to help you attract new members and retain existing ones. Even customize your Cybex machines by choosing from a virtually unlimited array of frame and upholstery colors to complement your gym's décor and reinforce your brand.

A Trusted Brand Name

Cybex is the fitness brand athletes know by name and the preferred brand for thousands of health clubs and fitness center owners and managers. It's also used by professional athletes and sports leagues like the NFL, NBA, MLB, NHL, FIFA, and the PGA Tour. Plus, you'll find Cybex equipment at work on military bases all over the world, as well as on university and college campuses, large and small.

Make the Cybex Advantage Yours

Cybex has been creating and delivering high-performance, science-based fitness machines and helping club owners build successful businesses for more than 45 years. Now we'd like to help do the same for you.

To find out why we should be your trusted partner, visit cybexintl.com. Put the Cybex advantage to work for you.



Cybex Care

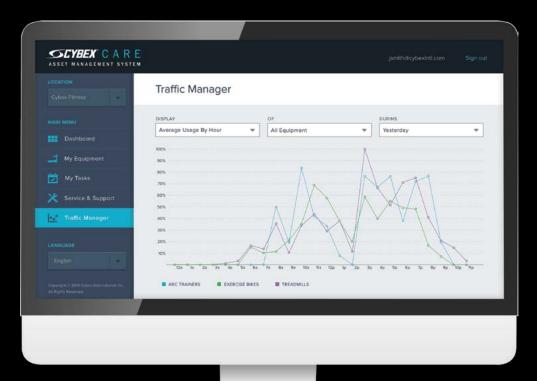
ASSET MANAGEMENT AND SERVICE WHEEL

For over 45 years, we've combined customer insight with the latest technology to help customers like you succeed.

We're introducing Cybex Care, a web-based asset management system that wirelessly collects cardio data, then uses it to help save you money, reduce equipment downtime and manage machine usage. This truly useful feature is available on all Cybex 500, 600 and 700 Cardio Series.

The Service Wheel is is an intuitive third wheel that allows one person to do the work of two. Rotate, relocate, maintain and clean your treadmills – simply, safely and quickly.





Cybex Care Traffic Manager: Understand traffic



Cybex Service Wheel - Three Simple Steps, One Person:

 $\label{thm:engage} Engage\ the\ wheel,\ push\ from\ the\ handlebars,\ move\ the\ treadmill\ in\ seconds\ flat$

Benefits

Improve Member Experience

By measuring usage trends you can ensure that your equipment is optimally positioned in the gym, in top condition, and always available to exceed your members' needs.

Reduce Downtime & Optimize Performance

With advanced cardio insight, keep your equipment running perfectly and prevent disruptions before they occur.

Streamline Maintenance & Service

Determine an optimal cleaning schedule. Train staff through instructional videos and task scheduling. Predict service needs and reduce service time.

Lower Cost of Ownership

Through regularly scheduled maintenance and the rotation of low and high use machines, Cybex Care will help you extend the life of your equipment.

Higher Standards

New standard features complement Cybex Care, making our premier cardio equipment even better: power cord retention hooks, side power switches and ez-grip coax cables.

Ready, Set, GO

GO ENTERTAIN. GO TRAIN. GO MAINTAIN. GO ON KEEPING YOUR MEMBERS HAPPY.

Forget everything you know about cardio equipment and remember the one thing that will keep members coming back – Cybex GO*.

This unique platform is designed to give your members the best workout experience possible. From virtual workout environments to live HD TV, on-



demand content, and music videos – Cybex GO has features everyone will enjoy and an intuitive, easy-to-use touchscreen they'll appreciate.

Plus, you can bring all these top technologies to their fingertips on the

Cybex 700 cardio series – our premium line of cardio equipment that blends technology with power and reliability.



*Only available in North America. 700 cardio series only.





The Cybex Experience: Make it Personal

Everyone approaches exercise differently. Some want every detail of their workout, some would like to add entertainment, and others simply want to escape. Introducing the optional high-definition E3 View monitor. Experience three distinct viewing modes that deliver the precise content that you want on a 15.6" embedded widescreen display. Cybex has made it easy to see exercise as the ultimate escape.



Exercise. This view provides a clean and complete look at exercise data.



Entertainment. Users can watch video* from TV while keeping tabs on their exercise data.



Escape. Fills the screen with video* from TV.



*Standard on 700 cardio series, optional on 500 and 600 series



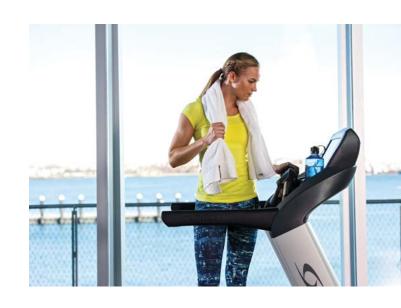


Treadmills

Treadmill is the staple of every health club and fitness center, but that doesn't mean they're all created equal. Cybex treadmills are unlike any other. They are a direct result of extensive research into the biomechanics of running conducted by the Cybex Research Institute. They incorporate a wealth of technologies designed to deliver a superior experience to exercisers at every level.

Our treadmills are built to the highest quality standards in the USA, and proven in the finest fitness centers around the world. So whether you choose our 790T, 770T, 625T, or 525T you can offer your members a smooth, comfortable ride with minimal stress, impact, and shock. Cybex has the right treadmill to fit your exercise space, your users, and your budget.

With the help of the Service Wheel, you can rotate, relocate, maintain, and clean your treadmills with ease – saving yourself significant money and drastically reducing downtime.



790T/770T

This is not your run-of-the-mill treadmill. The enhanced speed and incline features of the 790T appeal to those who want more out of their treadmill workout. With a top speed of 15.6 miles per hour (25 kph), the 790T enables users to train at a greater variety of paces ideal for a mile to marathon length run or sprint training. The increase in maximum incline from 15% to 20% is great for walkers who want an additional challenge with an increased opportunity for fat burn. The added workout levels offer users a path to broader workout progression through a greater range of intensities while maintaining the same durability, stability, comfort and entertainment options of the 770T.



The 770T is a breakthrough machine that offers better durability and stability, greater comfort, and more entertainment options than any treadmill in our history. The 770T is the first treadmill to incorporate our patented ARMZ stabilizers to provide an added level of safety and a feeling of confidence. At the heart of the 770T is the IS³ Intelligent Suspension System, the result of extensive research conducted by the Cybex Research Institute. Runners will experience a smooth, comfortable ride with minimal stress, impact, and shock. Made of top-grade US steel, the 770T is built to stand up to the most demanding environments and challenging workouts.

The CardioTouch™ display offers a single command center for every exercise program and entertainment option.





E3 View HD/Cybex GO display Optional (see page 10 for details)



Standard display



SERVICE WHEEL - A CLEVER LITTLE WHEEL

Treadmills are the most widely used cardio machines out there. They're also the most difficult to lift and the hardest to maintain. We're changing that forever with an intuitive third wheel that allows one person to do the work of two.

With the help of Service Wheel, you can rotate, relocate, maintain, and clean your treadmills with ease – saving yourself significant money and drastically reducing downtime.

625T

When you invest in a treadmill from Cybex, you expect stability, comfort, and reliable performance. You also expect intelligent design and quality manufacturing. All in a treadmill that's easy to use and tough enough to stand the test of time. The 625T delivers all of the above. Like all Cybex treadmills, it incorporates the IS³ Intelligent Suspension System and a large running area. The belt is covered edge to edge to minimize wear and improve safety. Plus, you can flip the deck to further extend its life. A split-level display keeps workout programs and metrics at eye level, while volume, speed, and incline buttons are built into the console, giving users total control at their fingertips.









Standard display

525T





The 525T combines the commercial-strength engineering and advanced design you expect from Cybex in a streamlined, value-packed treadmill. Built from premium U.S. steel to the highest manufacturing standards, it features a low step-up height, ARMZ stability for safety, the IS³ Intelligent Suspension System, and a large running area. Plus, it incorporates an innovative QR code to provide users with easy access to equipment information and workouts via a mobile device. Optional iPod/iPhone integration.

Take your 500 Cardio Series to the next level with Cybex FIT, an innovative iPad app that interacts directly with your equipment, transforming the console into an advanced touchscreen workout display. Users now have access to a full suite of digital features and controls that lets them personalize their workout experience.









Standard display





Arc Trainers

One revolutionary machine does it all. The Arc Trainer is scientifically proven to burn 16% more calories than an elliptical in a 30-minute workout – with less strain on the knees, hips, or back. It raises heart rates, activates the total body, tones muscles, and builds power, all while minimizing joint stress. The Arc Trainer makes the most intense workouts feel easier.

With its broad incline and resistance ranges, the Arc Trainer is literally three machines in one. At lower incline levels, it glides like a cross-country skier. In the middle, it strides like an elliptical. At the higher levels, it's a climber or stepper. And, because the legs travel in a biomechanically correct path of motion, there's less stress on the knees – with more activation of the glutes and hamstrings. Regardless of which level your members choose, they'll get a more complete and safer workout in the shortest time possible.

Multiple studies prove that the Arc Trainer outperforms ellipticals in important areas like calorie burn, muscular endurance, and work capacity. To discover the proof, visit us at cybexintl.com. Find out what people are saying about the Arc Trainer on Facebook and Twitter with #arctrainer.



770AT/770A

Our top-of-the-line Arc Trainer makes working out faster, safer, and more efficient for beginners and fitness fanatics alike. According to an independent study at the University of Wisconsin-La Crosse, it burns up to 16% more calories than competing ellipticals or cross-trainers. It reduces knee strain by 83%. And it improves muscular endurance by 38%. Plus, it delivers major gains in strength, cardiovascular fitness, and raw power in sessions of just 20 to 30 minutes.



The optional E3 View HD embedded widescreen monitor provides three distinct viewing modes that deliver the precise content you want on a 15.6" screen. The Muscle Map display gives users the ability to visualize the muscles at work and the target speed bar serves as a visual cue to keep exercisers motivated. From virtual workout environments to live HD TV, on-demand content, and music videos – the optional Cybex GO has features everyone will enjoy and an intuitive, easy-to-use touchscreen they'll appreciate.

With the Arc Trainer, it's easy to take advantage of Cybex workout programs that are scientifically optimized to help athletes reach their personal goals faster. Our best-in-class Arc Trainers include the 770AT for those looking for a full-body workout and the 770A, designed for exercisers who want to concentrate on the lower body.

The CardioTouch display offers a single command center for every exercise program and entertainment option.





E3 View HD/Cybex GO display Optional (see page 10 for details)



Muscle Map standard display



MUSCLE MAP™

This innovative display gives users the ability to visualize the muscles at work and take full advantage of the near limitless settings offered by the Arc Trainer. Using an algorithm derived from EMG data that looks at resistance, incline, and stride rate, the colors transition from yellow (low intensity) to orange to red to flashing red (high intensity).

TARGET SPEED BAR

The Arc Trainer's built-in workouts automatically adjust resistance and incline to help users achieve their fitness goals. However, the pace is left up to them. Because people tend to naturally slow their pace when the difficulty increases, the target speed bar provides a simple visual cue to inspire users to maintain their efforts during the workout.



625AT/625A

Our commercial-grade Arc Trainers are rugged and reliable, require minimal maintenance, and demand high resale value. These tested and proven three-inone machines deliver the performance and health advantages of our premium Arc Trainer in a practical, simplified design. The 625AT and 625A Arc Trainers were created for users and environments that value fitness over frills. Both our total body and lower body machines offer a complete selection of weight-loss, strength, and cardio workout options on a clean, simple display. Users can easily charge an iPod or iPhone, listen to music, switch tracks, and control volume with the optional iPod/iPhone integration. So you can meet the training needs of beginners and advanced athletes alike with a single machine. Physical and fiscal fitness go hand in hand with the 625AT and 625A.









Standard display

525AT

The Cybex 525AT is ideally suited to workout spaces where less is more – like hotels, corporate wellness centers, and residential environments. This proven Arc Trainer offers broad incline and resistance ranges, literally making it three machines in one. At lower incline levels, it glides like a cross-country skier. In the middle, it strides like an elliptical. At the higher levels, it's a climber or stepper. At every level, it delivers the legendry calorie burn and safety of all Arc Trainers, but in a more streamlined package. The QR code makes it easy to access equipment information and workouts via a mobile device. Optional iPod/iPhone integration.

Take your 500 Cardio Series to the next level with Cybex FIT, an innovative iPad app. **525AT**







Standard display





Bikes

Once you learned to ride, you never looked back. Your bike helped you build muscle and endurance when you thought you were just having fun. Cybex brings ease of use and entertainment to indoor biking.

Whether your members are looking to drive their heart rates to the max or simply lose a few extra pounds, Cybex bikes deliver. A wide range of resistance levels and a self-tensioning belt provide users of all levels with a comfortable and safe ride. With a power range of 20 to 900 watts, Cybex bikes are right for everyone – from rehab patients and first timers to super-fit cyclists preparing to climb the torturous hills of the Pyrenees.

Cybex 700 and 600 series bikes are the right choice for health clubs and fitness centers that demand high performance and low maintenance. They combine sleek, contemporary design with exceptional ease of use and high reliability to keep riders pedaling. Cybex 500 series bikes are ideally suited for hotel, corporate, multi-unit housing, and home exercise spaces looking to offer an uncompromising workout experience.



Adjustable fan CLYBE Racing handlebars with dual heart-rate contacts One-handed seat adjustment Mountain-bike crank **OCYBEX** Easy-adjust pedal straps

770C/770R

On the road and out on the trails, you need two separate bikes. But in the gym, one bike does it all. Health club owners and managers tell us that the 770C is the most unique bike in the industry – with three separate modes of operation, Workouts with 21 levels, and our exclusive Cybex self-tensioning drive. This versatile machine's multi-position handlebars accommodate riding styles from upright to aero. Plus, it offers two sets of contact grips so heart rate can be monitored in any position.

The 770R recumbent version features a walkthrough design and grab handles under the display to make getting on and off easy for any user. And the seat-mounted handlebars have contact heart-rate grips to monitor heart rate during a workout. On both models, the optional Cybex E3 View HD embedded monitor provides three distinct viewing modes that deliver the entertainment or exercise content members want on a 15.6" high-definition screen. For those who are just getting back on the bike to the cyclist preparing for the next big race, the Cybex 770C and 770R are the right fit.

The CardioTouch display offers a single command center for every exercise program and entertainment option. Members can easily set up an exercise program, charge an iPod® or iPhone,® scroll through playlists, albums, artists, podcasts, and more.

770C



HIGH-DEFINITION DISPLAY

The optional E3 View HD monitor offers three distinct viewing modes that deliver the precise content that you want on a 15.6" embedded widescreen display.

CYBEX GO DISPLAY

Deliver the ultimate workout experience to your members. From virtual workout environments to live HD TV, on-demand content, and music videos – the optional Cybex GO has features everyone will enjoy and an intuitive, easy-to-use touchscreen they'll appreciate.





E3 View HD/Cybex GO display Optional (see page 10 for details)



Standard display

625C/625R

The Cybex 600 series offers compelling ways to improve your members' fitness experience – whether they choose the 625C to train for a triathlon or the 625R to ease into a new fitness regimen.

From their stunning good looks to hidden details like the self-tensioning drive, these bikes invite users of all skill levels to get on and keep pedaling. They offer the lowest starting level (just 20 watts) for those just beginning an exercise program to the highest resistance (900 watts), enough to challenge contenders on the pro circuit.

Most important to you, 625C and 625R feature a forged steel three-piece mountain-bike crank that translates into low maintenance on the gym floor. Cybex engineers even designed the enclosures to direct sweat away from the bike mechanism, further reducing the need for service.

Users can easily charge an iPod or iPhone, listen to music, switch tracks, and control volume with the optional iPod/iPhone integration.











Standard display

525C/525R

The Cybex 525C upright and 525R recumbent are streamlined stationary bikes that will keep your members pedaling in the right direction – whether they want to go full tilt at up to 600 watts resistance or sit back and enjoy the ride at a comfortable 20 watts.

The value-packed 525C and 525R feature a three-piece, forged steel mountain-bike crank for low maintenance. Both include a self-tensioning powered drive for easier start-up and smoother operation. And both make it easy to set the seat and adjust the pedals. The 525C has traditional racing bars with dual heart-rate contacts, while the 525R includes side grips that double as heart-rate sensors.

Both bikes provide a QR code for easy access to equipment information and workouts via a mobile device. Optional iPod/iPhone integration.

Take your 500 Cardio Series to the next level with Cybex FIT, an innovative iPad app.











Standard display

6001C/5001C Powered by Indoor Cycling Group (ICG®). Str

Powered by Indoor Cycling Group (ICG®). Striving for excellence in Indoor Cycling has made ICG the world's largest corporation specializing in the design, manufacturer and programing of Indoor Cycling equipment. With more than 250 dedicated staff in Europe, North America and Asia, we ride united as one team - Team ICG®.

Incredible ride, incredible value. The 600IC, powered by ICG, provides three critical components for improving users' cycling performance. 16.1" Q Factor, ergonomic handlebar, and advanced geometry. For club owners, there's ICG's Poly-V belt drivetrain technology for maximum durability and reduced servicing. Take the 600IC for a ride and you'll be a believer.

As ICG's entry-level cycle, the 500IC offers a simplified feature-set without compromise on premium grade materials, proven engineering process and styling. The 500IC is a rock-solid product, suitable for high footfall commercial use and offers leading industry warranties.



Ergo-formed handlebar with

Poly-V belt Dual-sided SPD-compatible pedals drivetrain



600IC



ANT+ CONSOLE

The optional ANT+ Console places the riders performance data upfront and center, features ANT+ wireless technology and a new fully sealed sweat-resistant housing.

We believe measurement matters. Performance measurement permits the instructor to demonstrate effectively both intensity and effort, and enables the student to gain more from every class. Our ANT+ console shows cadence, heart rate, calorie expenditure and other data, giving students immediate and valuable feedback on the intensity of their training effort.



ANT+ Console display
Optional



SPARC

Lose fat. Build muscle. Gain strength. Increase metabolism. Improve power. SPARC does it all, more safely, because it's biomechanically refined – providing exceptional results with low stress.

Patented arcuate motion reduces strain on knees. Manually controlled incline offers three positions to change the emphasis on different muscle groups. Multiple hand positions accommodate different sizes and generate optimal power. Additional resistance mechanism offers increased intensity levels.

Two modes of operation: Circuit Mode for single, quick, high power movement lasting typically less than one minute and Interval Mode for longer duration workout that has user-defined high intensity and rests.





High-Interest in HIIT.

According to ACSM's worldwide survey of fitness trends for 2015, HIIT is a top trend among your members.

Amp Up Your Training Zones and Group Classes.

Supercharge your functional, suspension and other training zones. Electrify your boot camp, cross training and other small group classes.

High Performance. Low Stress. No Impact.

SPARC is simply incomparable to traditional functional training exercise equipment. Its patented arcuate motion is biomechanically engineered to be gentler on knee joints, encouraging your members to work harder by minimizing their perceived exertion.

Get On and Go.

With its intuitive settings and design, SPARC is exceptionally simple. Simple to adjust. Simple to use. Simply amazing.





Total Access

At Cybex, we believe everyone should have equal access to the best exercise experience possible – whether they have physical impairments, cognitive challenges, or because they're getting older. That's why we created fitness equipment specifically designed to address the exercise needs of people with disabilities, as well as the active aging population.

Our Total Access line removes the barriers that have prevented this important group of people from getting what they deserve – a complete and diverse workout. It brings cardio and strength training to a large population that has been underserved in the fitness equipment world, without compromising quality.

Cybex Total Access not only meets, but exceeds Inclusive Fitness Initiative (IFI) standards, enabling both disabled and nondisabled individuals to take advantage of fitness training using the same machines and enjoying the same experience. Which means you can purchase one set of equipment that all users can work out on, side-by-side. Total Access can help you attract a huge and diverse base of customers by offering people of all ages and abilities a way to improve their fitness on equipment designed to meet their needs.







Treadmill

625T TOTAL ACCESS

- Multiple belt logos
- Raised console iconography
- Emergency stop lanyard



Arc Trainer

625AT TOTAL ACCESS

- Foot pedal locking mechanism
- Static side handles
- Raised console iconography
- Large color contrasted foot pedals





Visit **cybexintl.com** to view the rest of our inclusive fitness equipment features and benefits. We invite you to work with Cybex to customize a solution that will exceed the expectations of your facility and its members.

Bikes

625C TOTAL ACCESS

- Raised console iconography
- Single-handed central height adjustment for saddle
- Unicam pedals with heel straps
- Large numbers for each seat positioning

625R TOTAL ACCESS

- Single-handed central seat position
- Easy access side handles
- Step-through design
- Raised console iconography
- Unicam pedals with heel straps
- Large numbers for each seat positioning





Powerful Support for Our Business Partners

Cybex partners with you right from the start to help you build a successful fitness business. Our solutions cover everything from architectural design and floor planning to branding and marketing to training your staff and connecting with your members – so they come back for more.

You can work with your Cybex representative to turn an empty space into an extraordinary fitness facility. Tap into our proven exercise programs for functional, high intensity, and weight loss training. Encourage your members to download Cybex apps to guide their workouts. View our online instructional and motivational videos. And make the most of our powerful marketing and promotional materials to expand awareness and build member loyalty.

Cybex is committed to delivering quality in every area of our business – from the cardio and strength products we design and manufacture to the programming, facility design, education, and marketing programs we deliver, to the relationships we maintain with our customers.

Plus, you can always count on our responsive service team to keep your Cybex fitness equipment performing at its peak, so your members can perform at theirs, and so can your business.



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