

# Bravo Pro

## Functional Training System

The truly innovative Bravo™ Functional Training System combines unique technologies and the best aspects of selectorized and cable-based strength training equipment to offer simple, safe operation, expanded functionality and better results.

### FEATURES

- Progressive Stabilization System:** The Bravo Pro Functional Trainer features the patented Progressive Stabilization System, which is a pad that adjusts for height and horizontal position. The system offers maximum support (like selectorized equipment) or free standing movement (like most functional trainers). It gives users a greater variety of training options, and compared to other free-standing machines, the system delivers a 212% increase in load capacity, a 184% improvement in core activation, and a 38% strength gain over free standing cable systems.
- Advanced Cable Adjustment:** The Bravo Pro Functional Trainer includes the Advanced Cable Adjustment System, which lets users control the height and width between the cables' origin. This means the direction of resistance can be completely controlled. Welcome to a new level of versatility and almost endless training possibilities.
- Enhanced dual weight stacks:** Two 400 lbs (181 kg) weight stacks allow for fully independent motion and asymmetrical loads for single users, or individual stations for two users. These weight stacks are now even farther apart to allow for an increased range of motion.
- Variable grip chinup bar:** The integrated chinup bar's higher position and multiple grip options target different movements and muscles.
- Included accessories\*:** Two strap handles, two multi-length strap handles, an ankle cuff, a rotating arm bar, a triceps rope, and a lat pull bar with swivel ends.

\*Optional Utility Bench available



Cybox Wins Prestigious FIBO Innovation Award 2012 for the Bravo series' patented Progressive Stabilization

### SPECIFICATIONS

Product Number	18080 (With Chin-Up Bar) 18085
Dimensions L x W x H	45" x 83" x 98" (114 cm x 211 cm x 249 cm) 45" x 83" x 88" (114 cm x 211 cm x 224 cm)
Weight Stacks	400 lbs (181 kg)
Shipping Weight	1310 lbs (595 kg) 1276 lbs (580 kg)
Lifting Ratio	4:1
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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