PWR PLAY

Cybex PWR PLAY is a flexible and configurable strength and functional training solution for individual, personal and group training. It can be configured for traditional cable-based training, functional and bodyweight workouts—or a combination of both. With 27 possible add-on options, including optional storage solutions, PWR PLAY enables facilities to create versatile, customized solutions for multiple environments and exercisers.

CONFIGURABILITY
Modular stations allow the creation of tailored solutions to fit your facility’s programming needs.

IN DEMAND
Functional and bodyweight add-on stations provide training solutions for today’s top multi-faceted exercises along with timeless staples.

VARIETY
Choose from endless configurations that allow PWR PLAY to become a turnkey component to your personal, group and cable-based programs.

SPACE EFFICIENT
Along with optimized footprint from custom configurations, additional storage components keep your facility floor open for training.

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PWR PLAY

TRADITIONAL STATIONS: Basic units that help fill out any selectorized, plate-loaded or free weight area

CORE
- Designed to accept single stations on each of its four sides

LAT PULL
- Adjustable thigh pad provides stabilization for a wide variety of users
Accessories Included:
1 lat bar

LOW ROW
- Pulley position allows for an optimal path of motion of the handle for rows
Accessories Included:
1 row handle

TRICEPS PUSHDOWN
- Overhead pulley location allows for better body positioning
Accessories Included:
1 rope handle

HIGH LOW STATION
- Pulley handles rotate to allow for improved ROM and workout variety

ADJUSTABLE CABLE COLUMN
- Carriage adjusts from 7 – 76” above the floor
- Carriage swivels 165 degrees
Accessories Included:
1 long handle
1 ankle strap

ATTACHED HIGH LOW CROSSOVER
- Four chin-up handles
- Carriage adjusts from 7 – 76” above the floor
- Carriage swivels 165 degrees

EMBEDDED HIGH LOW CROSSOVER
Accessories Included:
2 short handles
1 ankle strap
PWR PLAY

PWR STATIONS: Traditional pieces reimagined for a higher level of functionality

ATTACHED CABLE CROSSOVER

- Four chin-up handles
- Carriage adjusts from 7-76” above the floor
- Carriage swivels 165 degrees

Accessories Included:
2 short handles
1 ankle strap

FIELD STATION EMBEDDED CABLE CROSSOVER

FREE STANDING CABLE CROSSOVER

DUAL Handle LOW ROW

- Independent dual handles deliver a 2:1 lifting ratio
- Pulley position allows for an optimal path of motion

Accessories Included:
2 short handles
1 row handle

DUAL PULLEY HIGH

- Pulley handles rotate 360 degrees for unlimited ROM
- Handles have three adjustable positions for a wide variety of users.
- Stabilization pad allows exercisers to perform partially stabilized or unstabilized movements
- 4:1 design for dynamic exercises

Accessories Included:
2 adjustable handles

DUAL PULLEY LOW

ADJUSTABLE PULLEY 4:1

- Carriage adjusts from 7 – 76” above the floor
- Carriage swivels 165 degrees
- 4:1 design for dynamic exercises

Accessories Included:
1 long handle
1 short handle
1 ankle strap

DUAL HANDLE LAT PULL

- Adjustable thigh pad provides stabilization for a wide variety of users

Accessories Included:
2 short handles
1 ankle strap

DIP/CHIN ASSIST

- Three chin-up hand positions
PWR PLAY

PLAY STATIONS: Functional training options for a high-energy workout

BOXING w/ SUSPENSION TRAINING
- Suspension training attachment
- Battle rope attachment
- Glove and bag storage area

Accessories Recommended:
- Punching bag
- Boxing gloves
- Suspension trainer
- Jump rope
- Battle rope

STALL BARS w/ SUSPENSION TRAINING
- 8" rung spacing
- Offset pull-up bar for suspension training, pull-ups, leg raises, etc.

Accessories Included:
- Power Pivot Bar (weighs 22lbs)

Accessories Recommended:
- Suspension trainer

ROPE PULL
- Mid direct pulley
- Low direct pulley

Accessories Included:
- Infinity rope

POWER PIVOT
- Weight plate storage
- Bar storage

Accessories Included:
- Power Pivot Bar (weighs 22lbs)

Accessories Recommended:
- 1 – 5 lbs. Urethane plate
- 2 – 10 lbs. Urethane plate
- 1 – 25 lbs. Urethane plate
- 1 – 45 lbs. Urethane plate

ROPE PULL - POWER PIVOT
- Weight plate storage
- Bar storage
- Mid direct pulley
- Low direct pulley

Accessories Recommended:
- 1 – 5 lbs. Urethane plate
- 2 – 10 lbs. Urethane plate
- 1 – 45 lbs. Urethane plate

STEP
- Shown with the Storage Station (PP-SC)
- Rubber anti-slip platform surface
PWR PLAY

STORAGE STATIONS: Provide connection between cores and offer convenient storage for any accessories

CROSSOVER BOOM CONNECTOR
- Connects to the PP-AP41
- Suspension training attachment
- Pull-up handles provide grip options

HANDLE ACCESSORY RACK
- Mainly for use with pulley or crossover stations
- Six J-hooks for accessory storage
- Two short sport bar handle storage locations

STORAGE CONNECTOR
- Kettlebell/medicine ball storage area

STORAGE STATION
- Elastic band storage area
- Kettlebell/medicine ball storage area
- Five U-Links for attaching and adjusting a step-up platform, dip handle and elastic bands.

Recommended Additional Products:
- Step-up platform
- Dip handles

Accessories Recommended:
- Dual handle covered bands – medium, extra heavy
- Looped covered bands – heavy, extra heavy
- Kettlebell – 15lbs, 20lbs, 25lbs, 30lbs
- Premium slam ball – 6lbs, 10lbs, 15lbs
- Med balls – 6lbs, 8lbs, 10lbs, 12lbs

GENERAL SPECIFICATIONS

FRAME
- Fully welded 11-gauge steel frames with electrostatic powder coat finish for maximum durability
- Optional full front weight stack shrouds

ADJUSTMENTS
- High visibility, color contrasting, yellow adjustment handles
- Ergonomic latex free rubber overmolded adjustment handles

INSTRUCTIONAL PLACARDS
- Placards illustrate the muscles trained and exercise instructions, for ease of use without language barriers

CABLE & PULLEYS
- 7 x 19 strand construction, lubricated, nylon-coated cables meet U.S. military specifications
- 3.5, 4.5, and 6-inch diameter fiberglass-impregnated nylon pulleys with sealed ball bearings

CERTIFICATIONS
- ASTM F1749, F2571, F2216, F2276, F2277, EN 957-1, 957-2, CA TB133

WARRANTY
- 10-year limited warranty on the structural frame (coatings excluded)
- 5-year on the pulleys, weight plates and guide rods
- 1-year on the bearings, cables, grips and electrical
- 90 days on the upholstery, springs and any items not specified
- Warranty may vary by country or purchasing method

Bolt down may be required for PWR PLAY. Consult your sales representative or the installation guide for bolt down requirements.
### Dimensions

<table>
<thead>
<tr>
<th>Code</th>
<th>Product</th>
<th>Dimensions L x W x H</th>
<th>Machine Weight</th>
<th>Weight Stack</th>
<th>Effective User Resistance</th>
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<tbody>
<tr>
<td>PP-CORE</td>
<td>CORE</td>
<td>34.8 x 34.8 x 94&quot; (88 x 88 x 239 cm)</td>
<td>225 lbs (102.1 kg)</td>
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<tr>
<td>PP-HP</td>
<td>LAT PULL</td>
<td>43 x 54 x 234&quot; (109 x 137 x 92 cm)</td>
<td>340 lbs (154.2 kg)</td>
<td>260 lbs (130 kg)</td>
<td>260 lbs (130 kg)</td>
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<tr>
<td>PP-HL</td>
<td>LOW ROW</td>
<td>73 x 26.6 x 92.1&quot; (185 x 68 x 234 cm)</td>
<td>360 lbs (163.3 kg)</td>
<td>260 lbs (130 kg)</td>
<td>260 lbs (130 kg)</td>
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<td>PP-TP</td>
<td>TRICEPS PUSHDOWN</td>
<td>20.1 x 14.3 x 92.1&quot; (51 x 36 x 234 cm)</td>
<td>225 lbs (102.1 kg)</td>
<td>190 lbs (95 kg)</td>
<td>190 lbs (95 kg)</td>
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<tr>
<td>PP-AP</td>
<td>HIGH LOW STATION</td>
<td>10.3 x 14.5 x 94&quot; (26 x 37 x 239 cm)</td>
<td>260 lbs (117.9 kg)</td>
<td>190 lbs (95 kg)</td>
<td>95 lbs (47.5 kg)</td>
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<td>PP-FCO</td>
<td>ADJUSTABLE CABLE COLUMN</td>
<td>17.1 x 14.3 x 92.1&quot; (43 x 36 x 234 cm)</td>
<td>260 lbs (117.9 kg)</td>
<td>190 lbs (95 kg)</td>
<td>95 lbs (47.5 kg)</td>
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<td>PP-FXO</td>
<td>ATTACHED HIGH LOW CROSSOVER</td>
<td>140.6 x 28.5 x 94.1&quot; (357 x 72 x 239 cm)</td>
<td>650 lbs (294.8 kg)</td>
<td>190 lbs (95 kg)</td>
<td>95 lbs (47.5 kg)</td>
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<td>PP-AKO</td>
<td>EMBEDDED HIGH LOW CROSSOVER</td>
<td>124.5 x 40 x 92&quot; (316 x 102 x 234 cm)</td>
<td>530 lbs (240.4 kg)</td>
<td>190 lbs (95 kg)</td>
<td>95 lbs (47.5 kg)</td>
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<td>PP-AKO-FS</td>
<td>FREE STANDING CABLE CROSSOVER</td>
<td>113.5 x 22.9 x 93.9&quot; (288 x 58 x 239 cm)</td>
<td>600 lbs (272.2 kg)</td>
<td>190 lbs (95 kg)</td>
<td>95 lbs (47.5 kg)</td>
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<td>PP-RWD</td>
<td>ADJUSTABLE DUAL HANDLE LOW ROW</td>
<td>167.6 x 28.5 x 94.1&quot; (426 x 72 x 239 cm)</td>
<td>980 lbs (444.5 kg)</td>
<td>190 lbs (95 kg)</td>
<td>95 lbs (47.5 kg)</td>
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<td>PP-DPH</td>
<td>DUAL PULLEY HIGH</td>
<td>73 x 50 x 92.1&quot; (185 x 68 x 234 cm)</td>
<td>430 lbs (195 kg)</td>
<td>290 lbs (145 kg)</td>
<td>72.5 lbs (36.3 kg)</td>
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<td>PP-DPL</td>
<td>DUAL PULLEY LOW</td>
<td>18.1 x 50 x 92.1&quot; (46 x 127 x 234 cm)</td>
<td>435 lbs (197.3 kg)</td>
<td>290 lbs (145 kg)</td>
<td>72.5 lbs (36.3 kg)</td>
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<td>PP-AP41</td>
<td>ADJUSTABLE PULLEY 4:1</td>
<td>20 x 50 x 92.1&quot; (51 x 127 x 234 cm)</td>
<td>460 lbs (208.7 kg)</td>
<td>390 lbs (195 kg)</td>
<td>97.5 lbs (48.8 kg)</td>
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<td>PP-LPD</td>
<td>DUAL HANDLE LAT PULL</td>
<td>35.9 x 47.6 x 92.7&quot; (91 x 121 x 235 cm)</td>
<td>340 lbs (154.2 kg)</td>
<td>260 lbs (130 kg)</td>
<td>130 lbs (65 kg)</td>
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<td>PP-ADC</td>
<td>DIP/CHIN ASSIST</td>
<td>44.7 x 46.5 x 97.8&quot; (113 x 118 x 248 cm)</td>
<td>650 lbs (294.8 kg)</td>
<td>295 lbs (147.5 kg)</td>
<td>118.75 lbs (59.4 kg)</td>
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<td>PP-BX</td>
<td>BOXING w/ SUSPENSION TRAINING</td>
<td>34.4 x 26.6 x 98.5&quot; (87 x 68 x 250 cm)</td>
<td>70 lbs (31.8 kg)</td>
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<td>PP-SB</td>
<td>STALL BARS w/ SUSPENSION TRAINING</td>
<td>10.6 x 42 x 97.4&quot; (27 x 107 x 247 cm)</td>
<td>100 lbs (45.4 kg)</td>
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<tr>
<td>PP-PP</td>
<td>POWER PIVOT</td>
<td>87.5 x 39 x 86.6&quot; (222 x 99 x 220 cm)</td>
<td>80 lbs (36.3 kg)</td>
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<td>PP-RP</td>
<td>ROPE PULL - POWER PIVOT</td>
<td>87.5 x 39 x 95.8&quot; (222 x 99 x 243 cm)</td>
<td>179 lbs (81.2 kg)</td>
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<tr>
<td>PP-RPL</td>
<td>ROPE PULL</td>
<td>15.4 x 26.6 x 95.8&quot; (39 x 68 x 243 cm)</td>
<td>179 lbs (81.2 kg)</td>
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<td>-</td>
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<td>PP-DIP</td>
<td>DIP</td>
<td>32 x 28 x 13&quot; (81 x 71 x 33 cm)</td>
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<td>PP-STEP</td>
<td>STEP</td>
<td>30.5 x 24.5 x 13&quot; (77 x 62 x 33 cm)</td>
<td>50 lbs (22.7 kg)</td>
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<td>PP-BM</td>
<td>CROSSESBOOM BOOM Connector</td>
<td>73.5 x 19.5 x 6&quot; (187 x 50 x 15 cm)</td>
<td>56 lbs (25.4 kg)</td>
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<td>PP-HAR</td>
<td>HANDLE ACCESSORY RACK</td>
<td>27 x 8.5 x 28&quot; (69 x 22 x 71 cm)</td>
<td>31 lbs (14.1 kg)</td>
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<tr>
<td>PP-SX</td>
<td>STORAGE CONNECTOR</td>
<td>37 x 11.7 x 83.6&quot; (94 x 30 x 212 cm)</td>
<td>164 lbs (74.4 kg)</td>
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<td>-</td>
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<tr>
<td>PP-SC</td>
<td>STORAGE STATION</td>
<td>25.6 x 14.5 x 92.6&quot; (65 x 37 x 235 cm)</td>
<td>189 lbs (85.7 kg)</td>
<td>-</td>
<td>-</td>
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</table>