



Arc Trainer®

The Revolutionary Cross-Trainer

CYBEX®

Arc Trainer – One Revolutionary Machine does it All

A cardio and strength machine in one: calorie-burner, shaper, power-builder, endurance and stamina booster. 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. The biomechanically correct path of motion, which the Arc's footplates travel in, cause 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.



Glides like a
CROSS COUNTRY SKIER

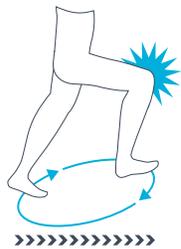
Strides like an
ELLIPTICAL

Climbs like a
STEPPER

Arc Vs Elliptical Motion

On an elliptical, the footplate moves in an ellipse, forcing the user to push down and then farther forward until it can move down again. Pushing the footplate forward, when the knee is bent, places more stress on the knee.

On an Arc Trainer, the user pushes down and back on the footplate while the opposite footplate is already forward and ready for you to shift your weight. No unnecessary forward pushing here means less stress and improved comfort.



Elliptical motion requires a constant pushing forward which may cause overuse issues on the knees



The Arc motion is down and back. It's controlled direction of force increases energy demand, oxygen consumption, and calorie burn

BURN MORE CALORIES

Research reveals 16% more calorie burn than an elliptical in a 60-minute workout.

THAT'S

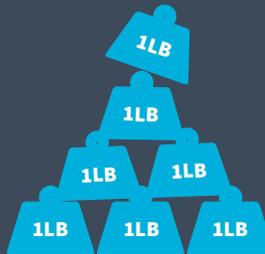
500

MORE CALORIES IN A WEEK, OR...



26,000

MORE CALORIES IN ONE YEAR, OR...



7 POUNDS OF FAT!

(1lb of fat equals 3,500 calories)



For the **SAME** time, **SAME** effort, and **SAME** perceived exertion.

BUILD MORE MUSCLE

Research reveals that the unique movement pattern stimulates more glute and hamstring activity than an elliptical.

Greater activation of the glutes and hamstrings means you can...



JUMP HIGHER

Increase your vertical leap.**

RUN FASTER

Improve your sprinting speed.**



IMPROVE MUSCULAR ENDURANCE

Train harder and longer.



Improves overall fitness and ability to do more work in less time.

IMPROVE MUSCLE TONE

Firm your butt and lower body.



* Source: 2012 University of Wisconsin La Crosse
** Source: 2012 AthleteFIT case studies

FEEL LESS STRESS

Research reveals 84% less stress on the knees because the hip and knee move synchronously while the foot stays under the knee.

ELLIPTICAL knee stress is comparable to lunging.



ARC TRAINER knee stress is comparable to Walking.



The Arc Trainer delivers a more comfortable workout, so you can exercise longer and recover faster.

Leaning in Burns Even More Calories on the Arc Trainer



Multiple studies prove that the Arc Trainer outperforms ellipticals in important areas like calorie burn, muscular endurance, and work capacity.

Without increasing any of the Arc Trainer's settings, users can influence their calorie burn based on their arm placement.

Compared to when exercising in an upright and unsupported position, leaning forward increases calories burn by 7.7% while using the handles increases it by 6.0%.



Read this study in it's entirety and discover more research findings at cybexintl.com/education



Arm Use and Posture Alter Metabolic Cost During Non-Impact Cardiovascular Cross Training at a Constant Machine Workload



Patellofemoral Joint Forces Between Two Non-Impact Cardio Machines



Relative Exercise Intensity, Heart Rate, Oxygen Consumption and Caloric Expenditure When Exercising on Various Non-Impact Cardio Trainers



The Use of a Cardio Work Index to Determine the Effectiveness of High-Intensity Interval Exercise on Three Lower Body Machines



The Use of a Non-Impact Exercise Device to Return a Professional Athlete to Playing Condition Following Arthroscopic Knee Surgery: A Case Study



The Effects of High-Intensity Training on the Cybex Arc Trainer on Muscular Endurance and Work Capacity



The Effects of High-Intensity Training on the Cybex Arc Trainer on Functional Capacity in Moderately Fit Adult Men



UNC CHARLOTTE

Arc vs. Elliptical; Metabolic Costs and Perceived Discomfort



Arc Trainers vs. Elliptical Study





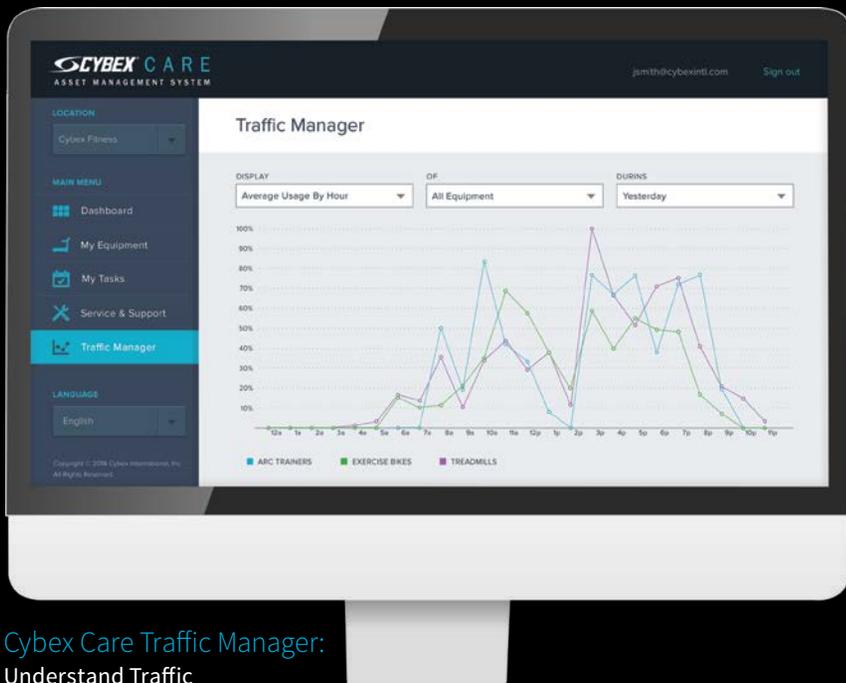
Cybex Care

ASSET MANAGEMENT

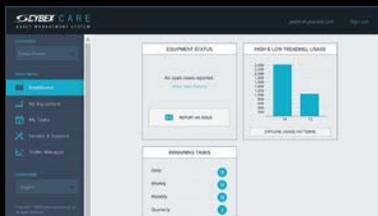
For over 45 years, we've combined customer insight with the latest technology to help customers like you succeed.

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.

SCYBEX CARE



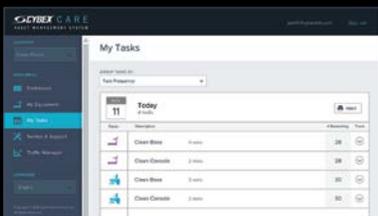
Cybex Care Traffic Manager:
Understand Traffic



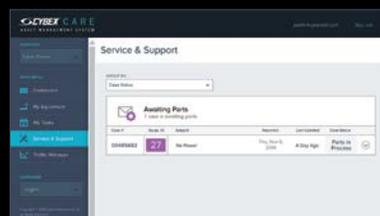
Dashboard:
See It All in an Instant



My Equipment:
Immediate Insight



My tasks:
Your Cardio To-Do List



Service & Support:
Help is Just a Few Clicks Away

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-



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

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



*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

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. 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.



770A LOWER BODY



770AT TOTAL BODY

Adjustable fan

Dedicated AV controls at users' fingertips

Same Side Forward (SSF) handles ensure proper posture

Adjustable incline to target various muscle groups

Easy forward access

24" Stride



E3 View HD/ Cybox GO display (Optional)

CardioTouch™



Muscle Map™ Standard display

Target Speed bar

625AT/625A

Our commercial-grade Arc Trainers are rugged and reliable, require minimal maintenance, and demand high resale value. These tested and proven three-in-one 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. 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.



625A LOWER BODY



625AT TOTAL BODY

Dedicated AV controls at users' fingertips

Same Side Forward (SSF) handles ensure proper posture

Adjustable incline to target various muscle groups

Easy forward access

24" Stride



E3 View HD display
(Optional)



Standard display

525AT

Visit cybexintl.com for product specifications

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 legendary 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.



E3 View HD display
(Optional)



Standard display

525AT TOTAL BODY



UPGRADE YOUR EXPERIENCE. 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.



* iPad not included. For use with products installed with optional iPod/iPhone connector.

625AT IFI TOTAL BODY



625AT IFI 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.

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.

The 600 IFI Cardio Series also offers optional technology features including the embedded MYE wireless audio receiver and the E3 View high definition monitor which offers three viewing modes on a 15.6" embedded display. Raised Console Iconography and Color allows easy identification of the main controls both by color, large buttons and text for older users, plus raised iconography for visually impaired users.







Customize Your Equipment to Build Your Brand

Since we build every exercise machine to order, you have the opportunity to flex your creative muscles by customizing your Cybex equipment to complement your décor and reinforce your brand. Choose from a wide range of premium and standard frame colors and upholstery fabrics, or add custom graphics to complement the look and feel of your brand. Take advantage of our superior customization technology and skills to bring a personal touch to your facility. Make every piece of Cybex equipment yours.

**MY
DESIGN
STUDIO**

Upgrade your club with customized Cybex equipment.

Visit mydesign.cybexintl.com



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Actual color may differ from samples shown.