



THE ARC TRAINING  
ADVANTAGE

 **CYBEX**<sup>®</sup>

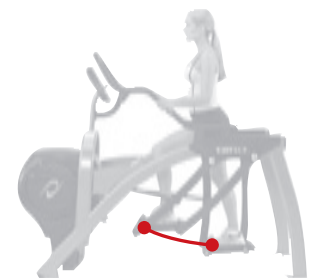
# not all cross-trainers are created equal

Having the Arc Training Advantage means having the only true cross-trainer on the market today. Cross-training in sports and fitness refers to working various parts of the body by combining different exercises in a variety of ways. Typically one particular activity or sport trains certain parts of the body, but not others. Cross-training aims to eliminate this. It is a concept sorely lacking in today's fitness world, with machines masquerading as cross-trainers but only reaching certain aspects of your fitness needs. With the Arc Trainer, broad incline and resistance range, consistency in proper positioning, and superior biomechanics means you have the opportunity to meet strength, power, endurance, cardiovascular and weight loss goals.

**MORE WORKOUT. LESS TIME. MORE OPTIONS.  
THAT IS THE ARC TRAINING ADVANTAGE.**

## CORRECT ARC OF MOTION

CYBEX sees beyond today's trends to deliver a new and honest approach to cross-training — the "right way to work out." The Arc Trainer was developed with the "correct arc of motion," a user-friendly path that reaches new heights in biomechanics. It delivers a safe, effective workout based on body basics, not fitness fads.



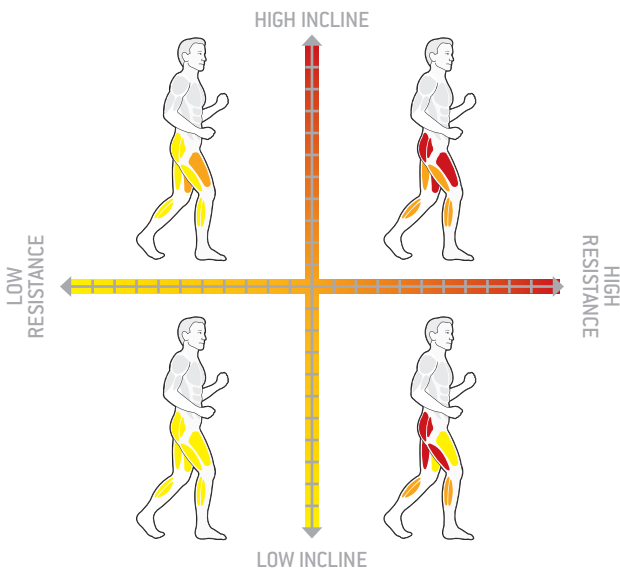


Arc training is fast becoming a movement in clubs worldwide.  
Now available in self-powered models.

# the only true cross-trainer

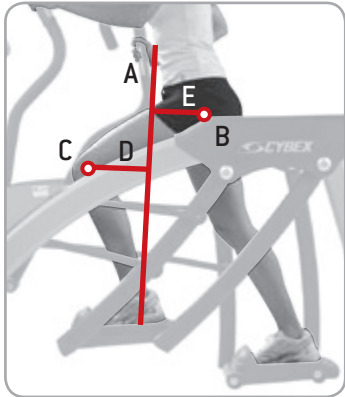
## TARGETED MUSCLES ACROSS RESISTANCE AND INCLINE

INTENSITY 



By varying resistances and inclines, the Arc Trainer is a true cross-trainer, providing an unmatched number of workout combinations. Combining elements of a climber, hiker and skier allows users to focus on their own specific needs, targeting the same areas in different ways to build muscle, burn calories or both. Whether you are stepping onto a cross-trainer for the very first time, or you are a professional athlete who demands a high intensity workout, the unparalleled versatility of the Arc Trainer gives you a progressive workout designed to achieve your personalized fitness goals.

Knee and hip angles change dramatically with incline, offering the user increased cross-training options. With eleven incline choices and up to 900 watts of resistance, the intensity can vary from virtually effortless to Olympic training levels. In addition, by varying the resistance and incline independently, the user can effectively target different muscle groups as shown in the diagram.



The Arc Trainer allows users to burn more calories and train muscles with more intensity, while feeling less exertion. The unique pattern of motion ensures that the direction of force is forward of the hip and behind the knee for equal leverage and balanced contribution in producing the motion. This balance of force leads to optimal loading between hip and knee, minimizes joint stress, and maximizes the work done by the muscles.

- A = Direction of ground reaction force
- B = Hip axis
- C = Knee axis
- D = Knee moment arm (leverage on knee)
- E = Hip moment arm (leverage on hip)

#### BALANCED FORCES AT JOINTS

# burn without burnout

After an Arc Trainer workout, you won't feel like you just climbed a mountain. But you did. For once, the workout is where it should be — on muscles, not on joints. With correct load application, a greater training is achieved on muscles with less strain on joints. This means less perceived exertion and the least stressful workout of any cardio trainer on the market.\* It's okay for workouts to be tough, but not on joints.

\* For the complete study, visit [www.cybexintl.com](http://www.cybexintl.com)

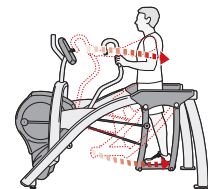
# move your workout in the right direction

The Total Body Arc Same Side Forward (SSF) technology offers users enhanced capability by providing the ability to vary the workout intensity between upper and lower body, making this the only cross-trainer on the market that allows a true upper body workout. All other so-called cross-trainers use a cross crawl motion—the harder the upper body works, the harder the lower body is worked in response. This pushes overall intensity up which might put users out of their cardio zone.

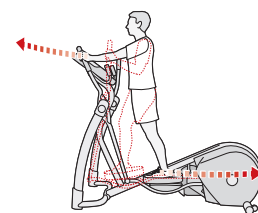
In addition, with SSF the arm and leg on the same side move together, so that the relationship with the arm handle and footplate remains the same regardless of incline. This has the benefit of allowing the user to always maintain optimal posture during the exercise, virtually eliminating back fatigue. Other cross-trainers, with the arms and legs moving in opposite directions, do not have the ability to maintain the correct body positioning throughout the incline range. For these reasons, the Arc Trainer provides unparalleled versatility and comfort for an incredibly effective workout.

Same Side Forward technology is unlike anything else on the market. As the right leg moves forward, the right arm follows in the same direction. Conversely, when the right leg moves rearward into the power stroke, the right arm also moves rearward in an assistive manner similar to climbing. Most other cross-trainers have the hands and feet moving in opposite directions. This means that in order to push harder with your right hand, you must push harder with your right foot, driving the overall intensity of the exercise up beyond the desired threshold. The Total Body Arc Trainer remains the only cross-trainer on the market that can effectively work the upper body.

## TRAINING EFFECT vs. BALANCE



Arc Trainer SSF



Cross Crawl



The best way to assure your facility's success is to attract new members and retain existing members by offering the best exercise equipment available. The Arc Training Advantage delivers the most versatile and effective workout experience available today — the only true cross-training experience. Offering this in your facility means member satisfaction and success for your business. Visit [www.cybexintl.com](http://www.cybexintl.com) or call **1.774.324.8000** to learn about offering the Arc Training Advantage.

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**CYBEX ARC TRAINER**  
[Also available, CYBEX Total Body Arc Trainer]

Features common to the Total Body Arc Trainer and the Arc Trainer

<b>RESISTANCE RANGE</b>	Up to 900 watts	<b>HEART RATE</b>	Polar® compatible and contact heart rate monitoring
<b>INCLINE LEVELS</b>	11	<b>CONNECTIVITY</b>	CSAFE (Fitlinxx® Level 3)
<b>MAX USER WEIGHT</b>	400 lb. (181 kg)	<b>REGULATORY COMPLIANCE</b>	UL, CE, CSA, FCC Class B
<b>STRIDE LENGTH</b>	24" (61 cm)	<b>CUSTOMIZATION</b>	Choice of five standard colors or select from over 180 custom colors 
<b>POWER</b>	Self Powered	<b>Unique to the Total Body Arc Trainer</b>	
<b>TYPE</b>	Eddy-current brake with generator, two stage drive	<b>TOTAL BODY OPERATION</b>	Patent pending movement with Same Side Forward operation provides total body exercise with the added benefit of variable incline operation while maintaining the users body position.
<b>PORTABILITY</b>	Wheels on front for easy rolling	<b>UPPER BODY OPERATION</b>	Long input arms with low mounted pivots provide for a curvilinear motion that minimizes ulnar/radial deviation for added comfort. Angled outboard handles allow for more aggressive exercise. Contact heart rate grips are included on the upper body handles.
<b>DISPLAY DESIGN</b>	Split level with magazine rack		
<b>PROGRAMMING</b>	Quick Start, Manual, Hill Interval, Interval, Weight Loss, Cardio, Strength. Programs have 10 levels and control both incline and resistance.		
<b>INFORMATION DISPLAYED</b>	Graphic display of profile via 7 x 15 dot matrix. Upper display may scan or select between distance, calories, calories/hour, METs, watts, strides per minute and heart rate, including multi-color indication of heart rate range. Lower display shows time, incline and resistance level.		

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Specifications subject to change 10/06

\*Actual color may differ from samples shown

BIOSIG INSTRUMENTS, INC. EMG/ECG heart rate technology  
US Patent No. 5,337,753 and Canadian Patent No. 2,033,014