

# CYBEX strength

CYBEX Strength:  
the world's most  
advanced  
equipment  
systems



## Experts in the application of exercise science

CYBEX International fitness products are the most respected in the industry. The reason is simple: exhaustive research. CYBEX engineers study human biomechanics and ergonomics first, then use their knowledge to design fitness equipment that provides a truly superior workout. A workout that will retain and attract new memberships.

## Built tough for maintenance-free performance

On top of a great workout, all CYBEX strength training and cardiovascular equipment gives you the durability you need to keep your club running at its peak. Quality components and skilled engineering ensure long, trouble-free equipment life. CYBEX is the brand you can count on for performance, durability and member satisfaction.

# enhanced strength through technology

## customization

### BUILT FOR FITNESS, CUSTOMIZED FOR YOU

Your facility has its own unique look and feel. Shouldn't your fitness equipment as well? That is why CYBEX individually manufactures each piece of equipment to order. Which means you can customize your equipment almost any way you want. Choose from virtually unlimited frame colors to fit your facility's décor. Even add your club's logo with embroidery for the ultimate finishing touch to help you build your brand. At CYBEX, we combine superior technology with the personal touch.

### STANDARD FRAME COLORS Actual colors may differ slightly from samples shown.



### UPHOLSTERY COLORS Actual colors may differ slightly from samples shown.



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# VR2

## Features for comfort, safety, and ease of use:

CYBEX VR2 is our high performance line of resistance strength training equipment. It provides users with a premium quality experience. Innovative Dual Axis Technology on select upper body movements ensures biomechanically superior results.



### Range Limiting Devices

Maintain integrity of resistance profile throughout range of motion for safer, more effective workouts.



### Incremental Five lb Slider Weights

Conveniently mounted next to weight stack so members can easily fine-tune their weight for a better workout. No loose add-on weights to clutter your club.



### Lexan Position Markers

Easy to read markers provide simple, intuitive adjustment for members' most comfortable workout position.

### Advanced technology, sleek design, maximum results

- Designed for better results, total comfort and ease of use
- Dual Axis Technology allows user to determine own path of movement and provides resistance in two directions.

### Variable resistance for constant results

- Improves workout safety and effectiveness
- Varies resistance throughout range of motion to match the body's abilities
- Engineered to work effectively with range-limiting devices

### A powerful build

- Sturdy 1.5" x 3" bent-steel tubing throughout
- Proprietary urethane encased, Kevlar® belts for longer life and smoother feel
- Low-maintenance construction requires only three tools to install and maintain
- Standard adhesive rubber feet decrease machine "skid" to improve safety and flooring surface life
- Easy to understand instructional placards
- Easy seat adjustment with tilting ratchet system



### 4605 seated leg press

- footplate adjusts for desired range of motion
- four-bar linkage enhances alignment
- variable resistance provides proper strength profile
- back pad angle adjusts to change exercise emphasis



### 4620 rotary calf

- footplate rotates through a natural arc with variable resistance
- foot maintains constant contact with plate, and won't roll over the plate's edge



### 4611 leg extension

- back pad adjusts for proper knee alignment
- tibia pad adjusts without affecting starting angle of knees
- also available: leg extension with start range limiting device #4612 and with total range limiting device #4613



### 4626 seated leg curl

- upright position offers convenience and comfort
- back pad adjusts for proper alignment
- also available: seated leg curl with start range limiting device #4627 and with total range limiting device #4628



### 4616 prone leg curl

- contoured forearm pads increase upper-body stability
- users maintain neutral head position
- also available: prone leg curl with start range limiting device #4617 and with total range limiting device #4618



### 4640 hip adduction

- upright position increases comfort and privacy
- knee pads and dual footpegs eliminate torque on knees
- starting range easily adjusts from the exercise position



### 4645 hip abduction

- upright position increases comfort and privacy
- knee pads and dual footpegs eliminate torque on knees
- starting range easily adjusts from the exercise position



4507 chest press

- user defined pattern allows tailored ROM to fit all body types
- adjustable start range and width position increases safety



4520 row/rear delt

- overhead pivot closely matches arc of motion for better muscle isolation
- variable-resistance cam ensures proper strength
- foot brace adds comfort, support and stability



4512 incline press

- path of motion comparable to a 30° incline emphasizes upper pectorals
- adjustable start range and width position increases safety
- overhead pivot ensures biomechanically correct motion



4527 overhead press

- counterbalanced input arm lets deconditioned users develop strength
- variable-resistance cam provides proper strength profile
- choice of grips includes a neutral position



4506 chest press – single axis

- overhead pivot provides improved biomechanics and a natural pattern superior to lower pivot units
- adjustable starting position allows appropriate range and improves safety



4521 row/rear delt – single axis

- overhead pivot creates a biomechanically correct motion
- variable-resistance cam ensures proper strength
- foot brace adds comfort, support and stability



4511 incline press – single axis

- path of motion comparable to a 30° incline
- horizontal handles encourage upper chest work
- adjustable starting position allows appropriate range and improves safety



4526 overhead press – single axis

- counterbalanced input arm lets deconditional users develop strength
- variable resistance cam matches users strength curve
- choice of grips includes a neutral position



4515 pulldown

- variable resistance accommodates changes in strength profile
- handles “free float” to encourage correct pulling motion through center of the body
- neutral handles for close grip overhead rowing motion



4516 lat pulldown – single axis

- open-style bar allows movement in optimal planes
- drive mechanism provides for ideal variable-resistance
- designed to encourage proper form

All products on this page feature the following:

- resistance provided in two directions maximizes loading in the muscles for a more effective workout
- Dual Axis Technology lets users determine their optimal path of motion



4530 lateral raise

- horizontal input arms allow better alignment for middle deltoid
- chest pad eliminated for better form
- unilateral capability



4545 fly

- innovative floating arm accommodates users of all sizes
- adjustable start position ensures correct range of motion and reduces injury potential



4715 torso rotation

- innovative design applies resistance through lower body while stabilizing torso
- head is kept stationary to help eliminate dizziness
- "slackless" drive system with starting range adjustments



4535 arm curl

- input arm automatically adjusts to forearm length
- handles rotate for maximum comfort and to change exercise emphasis
- angled arm pad provides stability and proper alignment with elbow joint



4540 arm extension

- adjustable, angled backpad ensures torso stability
- handles automatically adjust to forearm length
- cam provides increased resistance at point in range where force output is greatest



4705 ab crunch

- single point of rotation creates ideal downward motion for abdominal isolation
- minimizes effort from hip flexors



4711 back extension

- promotes coordinated function of hip and lower back muscles
- simulates proper lifting technique
- also available: back extension with start range limiting device #4712 and with total range limiting device #4713

## VR2 specifications

- 4521 Row/Rear Delt with Single Axis  
Machine Weight 574 lb/261 kg Weight Stack 305 lb/139 kg  
Size 27" W x 62" L x 82" H/69 x 158 x 193 cm
- 4526 Overhead Press with Single Axis  
Machine Weight 519 lb/236 kg Weight Stack 205 lb/93 kg  
Size 55" W x 62" L x 61" H/140 x 158 x 155 cm
- 4527 Overhead Press  
Machine Weight 542 lb/246 kg Weight Stack 205 lb/93 kg  
Size 55" W x 62" L x 61" H/140 x 158 x 155 cm
- 4530 Lateral Raise  
Machine Weight 439 lb/199 kg Weight Stack 205 lb/93 kg  
Size 40" W x 52" L x 67" H/101 x 132 x 170 cm
- 4535 Arm Curl  
Machine Weight 410 lb/186 kg Weight Stack 205 lb/93 kg  
Size 38" W x 50" L x 55" H/97 x 127 x 140 cm
- 4540 Arm Extension  
Machine Weight 433 lb/197 kg Weight Stack 205 lb/93 kg  
Size 36" W x 51" L x 55" H/92 x 130 x 140 cm
- 4545 Fly  
Machine Weight 473 lb/215 kg Weight Stack 205 lb/93 kg  
Size 53" W x 37" L x 55" H/135 x 94 x 140 cm
- 4605 Seated Leg Press  
Machine Weight 1016 lb/462 kg Weight Stack 505 lb/229 kg  
Size 43" W x 89" L x 71" H/110 x 226 x 181 cm
- 4611 Leg Extension  
Machine Weight 594 lb/270 kg Weight Stack 305 lb/139 kg  
Size 39" W x 50" L x 61" H/99 x 127 x 155 cm
- 4612 Leg Extension with Start RLD  
Machine Weight 594 lb/270 kg Weight Stack 305 lb/139 kg  
Size 39" W x 50" L x 61" H/99 x 127 x 155 cm
- 4613 Leg Extension with Total RLD  
Machine Weight 594 lb/270 kg Weight Stack 305 lb/139 kg  
Size 39" W x 50" L x 61" H/99 x 127 x 155 cm
- 4616 Prone Leg Curl  
Machine Weight 484 lb/220 kg Weight Stack 205 lb/93 kg  
Size 37" W x 80" L x 61" H/94 x 204 x 155 cm
- 4617 Prone Leg Curl with Start RLD  
Machine Weight 484 lb/220 kg Weight Stack 205 lb/93 kg  
Size 37" W x 80" L x 61" H/94 x 204 x 155 cm
- 4618 Prone Leg Curl with Total RLD  
Machine Weight 484 lb/220 kg Weight Stack 205 lb/93 kg  
Size 37" W x 80" L x 61" H/94 x 204 x 155 cm
- 4620 Rotary Calf  
Machine Weight 683 lb/310 kg Weight Stack 405 lb/184 kg  
Size 43" W x 59" L x 61" H/110 x 150 x 155 cm
- 4626 Seated Leg Curl  
Machine Weight 507 lb/230 kg Weight Stack 205 lb/93 kg  
Size 39" W x 70" L x 61" H/99 x 178 x 155 cm
- 4627 Seated Leg Curl with Start RLD  
Machine Weight 507 lb/230 kg Weight Stack 205 lb/93 kg  
Size 39" W x 70" L x 61" H/99 x 178 x 155 cm
- 4628 Seated Leg Curl with Total RLD  
Machine Weight 507 lb/230 kg Weight Stack 205 lb/93 kg  
Size 39" W x 70" L x 61" H/99 x 178 x 155 cm
- 4640 Hip Adduction  
Machine Weight 420 lb/191 kg Weight Stack 205 lb/93 kg  
Size 28" W x 53" L x 55" H/71 x 135 x 140 cm
- 4645 Hip Abduction  
Machine Weight 420 lb/191 kg Weight Stack 205 lb/93 kg  
Size 28" W x 53" L x 55" H/71 x 135 x 140 cm
- 4705 Ab Crunch  
Machine Weight 407 lb/185 kg Weight Stack 205 lb/93 kg  
Size 42" W x 42" L x 55" H/107 x 107 x 140 cm
- 4711 Back Extension  
Machine Weight 606 lb/275 kg Weight Stack 305 lb/139 kg  
Size 41" W x 50" L x 61" H/105 x 127 x 155 cm
- 4712 Back Extension with Start RLD  
Machine Weight 606 lb/275 kg Weight Stack 305 lb/139 kg  
Size 41" W x 50" L x 61" H/105 x 127 x 155 cm
- 4713 Back Extension with Total RLD  
Machine Weight 606 lb/275 kg Weight Stack 305 lb/139 kg  
Size 41" W x 50" L x 61" H/105 x 127 x 155 cm
- 4715 Torso Rotation  
Machine Weight 462 lb/211 kg Weight Stack 205 lb/93 kg  
Size 28" W x 43" L x 67" H/72 x 110 x 171 cm

# VR

## Value engineered with advanced features:

CYBEX VR line offers users of all levels a high quality experience. Value engineered design incorporates proven biomechanics in a durable, space efficient footprint.



### Cam and Counterbalance

Resistance cam and counterbalance ensures a proper strength curve for safer, more comfortable workouts.



### Detailed Instruction Placard

Easy-to-understand, detailed instruction placards minimize staff supervision and help members get it right the first time.



### Weight Stack Suspension

Improved weight stack suspension features molded rubber bumpers for quiet operation and reduced wear on components.

### Superior biomechanics, excellent value

- Proven-value engineering
- Excellent biomechanics
- Space-efficient, affordable designs

### Engineered for maximum results

- Variable resistance for safety and effectiveness
- Incorporates years of research in body movement science
- Superior comfort and conditioning results

### Construction you can count on

- Extremely durable bent-steel tubing, integral bearings, cables and cold-rolled plates
- Convenient, simple adjustments
- Extruded rubber footplates and available adhesive rubber feet
- Seat adjustments in high contrast and visible yellow color
- Military spec lubricated nylon coated steel aircraft cable 4200 lb break strength
- CNC laser cut cams individually designed for each appropriate muscle strength capability curve

## LOWERbody



### 4855 prone leg curl

- angled hip and chest pads minimize risk of spinal hyperextension



### 4850 leg extension

- back pad angled to 100° to relieve hamstring tension



### 4860 seated leg press

- four-bar linkage footplate to ensure proper ankle position
- seat position adjusts horizontally to users' desired range of motion



### 4865 rotary hip

- dual-position footplate fits users of varying heights
- thigh pad adjusts for femur length
- starting positions are in 15° increments through 240° of rotation



### 4875 standing calf

- shoulder pads are angled to match natural angle of shoulder
- input arm adjusts for height



### 4880 glute

- curvilinear path focuses on glutes with contribution from quads and hamstrings
- adjustable abdominal support prevents spinal hyperextension

## UPPERbody



### 4800 chest press

- adjustable start position lets users control range of motion
- dual grips shift exercise emphasis and are angled to maintain a neutral wrist position



### 4810 lat pulldown

- forward-aligned overhead pulley encourages safer front pull down
- adjustable thigh pads accommodate users of all sizes



### 4815 row/rear delt

- overhead pivot closely matches arc of motion
- neutral wrist position maintained throughout the motion
- choice of grips to shift exercise emphasis



4805 overhead press

- counterbalanced arms help deconditioned users
- tibia grip choices include neutral position



4840 fly

- adjustable start position for controlled range of motion
- back pad is angled 30° for optimal path



4820 arm curl

- counterbalanced arms help deconditioned users
- handgrips self-adjust for forearm length



4885 ab crunch

- single point of rotation creates ideal downward motion for abdominal isolation
- designed to reduce hip flexor involvement



4825 arm extension

- counterbalanced arms help deconditioned users
- handgrips self-adjust for forearm length
- adjustable back support for stability



4890 back extension

- promotes coordinated hip and lower back movement
- adjustable footplate ensures proper alignment

4800	Chest Press	Machine Weight 454 lb/206 kg Weight Stack 250 lb/114 kg Size 52" W x 40" L x 69" H/132 x 102 x 175 cm
4805	Overhead Press	Machine Weight 433 lb/197 kg Weight Stack 200 lb/91 kg Size 51" W x 56" L x 61" H/130 x 143 x 155 cm
4810	Lat Pulldown	Machine Weight 379 lb/172 kg Weight Stack 200 lb/91 kg Size 47" W x 60" L x 89" H/120 x 152 x 226 cm
4815	Row/Rear Delt	Machine Weight 401 lb/182 kg Weight Stack 200 lb/91 kg Size 35" W x 54" L x 76" H/89 x 138 x 193 cm
4820	Arm Curl	Machine Weight 325 lb/148 kg Weight Stack 150 lb/68 kg Size 40" W x 42" L x 55" H/102 x 107 x 140 cm
4825	Arm Extension	Machine Weight 357 lb/162 kg Weight stack 150 lb/68 kg Size 39" W x 52" L x 55" H/99 x 132 x 140 cm
4840	Fly	Machine Weight 387 lb/176 kg Weight Stack 150 lb/68 kg Size 59" W x 30" L x 55" H/150 x 77 x 140 cm
4850	Leg Extension	Machine Weight 436 lb/198 kg Weight Stack 200 lb/91 kg Size 38" W x 54" L x 69" H/97 x 138 x 175 cm
4855	Prone Leg Curl	Machine Weight 362 lb/164 kg Weight Stack 150 lb/68 kg Size 37" W x 72" L x 61" H/94 x 183 x 155 cm
4860	Seated Leg Press	Machine Weight 710 lb/323 kg Weight Stack 400 lb/182 kg Size 44" W x 68" L x 71" H/112 x 173 x 180 cm
4865	Rotary Hip	Machine Weight 451 lb/205 kg Weight Stack 200 lb/91 kg Size 46" W x 45" L x 60" H/117 x 115 x 152 cm
4875	Standing Calf	Machine Weight 467 lb/212 kg Weight Stack 300 lb/136 kg Size 30" W x 47" L x 71" H/77 x 120 x 180 cm
4880	Glute	Machine Weight 426 lb/193 kg Weight Stack 150 lb/68 kg Size 32" W x 57" L x 55" H/82 x 145 x 140 cm
4885	Ab Crunch	Machine Weight 316 lb/144 kg Weight Stack 150 lb/68 kg Size 42" W x 35" L x 55" H/107 x 89 x 140 cm
4890	Back Extension	Machine Weight 425 lb/193 kg Weight Stack 200 lb/91 kg Size 38" W x 55" L x 61" H/97 x 140 x 155 cm

# PLATE loaded

## Loaded with superior features:



### Adjustable Start Position

Selected models allow adjustable start positions for perfect alignment and improved safety. Few other plate loaded lines offer this feature.



### Intuitive Adjustment Markers

Intuitive markers, placed within easy view, make adjustments fast and simple.



### Wear Guards

UHMW wear guards protect frames from leaning plates to keep equipment looking like new for as long as you own it.

### Innovative design, superior biomechanics, space-efficient package

- Most space-efficient, user-friendly plate-loaded line in the industry
- Accommodates users of any size
- Designed to meet the needs of advanced users, without intimidating others

### Advanced technology for a more effective workout

- Variable resistance improves safety and performance on many machines
- Dual Axis Technology on select machines lets users define the path of motion and boost muscle involvement
- Superior comfort and conditioning results
- Start position devices on select machines for safer workouts

### Built tough to keep looking new

- Heavy-duty, fully welded frames
- Sealed bearing pivots for maximum performance and minimal maintenance
- Standard UHMW wearguards protect frame from leaning plates
- Replaceable wear covers
- Detailed instructional placards



### 5230 leg extension

- direct linkage system for smooth feel and variable resistance
- adjustment for seat back and tibia length ensure correct positioning



### 5245 rotary calf

- seated position minimizes spinal compression
- rotary movement facilitates variable resistance
- footplate moves through the motion, eliminating need to roll foot over the edge



### 5450 seated calf

- seat moves with input arm
- knee pad adjusts for tibia length and range of motion
- quick release requires only 1/4 turn to engage



### 5321 leg press

- fully enclosed linear bearing system
- large non-skid footplate
- dual-height start positions
- three-position backrest



### 5235 squat press

- four-bar linkage maintains correct ankle position throughout motion
- direct transmission for variable resistance without linear bearings



### 5560 45° calf

- fully enclosed bearing system with compact footprint
- loads hips while protecting lower back



### 5240 kneeling leg curl

- kneeling position aligns knee for biomechanically correct exercise
- single-leg training enhances focus on individual muscle group



### 5330 hack squat

- fully enclosed linear bearing system
- large non-skid footplate
- dual-height start position and hip-height plate loading



### 5221 advanced overhead

- choice of grips includes neutral position
- Dual Axis Technology and defined path of motion allows for resistance in two directions
- seat adjusts for torso length and range of motion



### 5251 advanced incline

- adjustable start position for improved safety
- Dual Axis Technology and defined path of motion allows for resistance in two directions
- path of motion is comparable to a 30° incline
- horizontal handles encourage chest work



### 5265 row

- overhead pivot ensures correct motion
- neutral wrist motion maintained throughout motion
- variable resistance



### 5286 arm extension

- handles pivot to fit forearm length and allow neutral wrist position
- angled input arms fit user's natural carrying angle
- seat height adjusts for user height and upper arm length

5221 Advanced Overhead  
Machine Weight 174 lb/79 kg  
Size 36" W x 46" L x 52" H/91 x 117 x 132 cm

5222 Converging Overhead Press  
Machine Weight 182 lb/83 kg  
Size 51" W x 49" L x 52" H/130 x 125 x 132 cm

5226 Advanced Chest  
Machine Weight 153 lb/69 kg  
Size 62" W x 75" L x 28" H/158 x 190 x 72 cm

5227 Converging Chest Press  
Machine Weight 153 lb/69 kg  
Size 54" W x 57" L x 53" H/137 x 145 x 135 cm

5230 Leg Extension  
Machine Weight 177 lb/80 kg  
Size 37" W x 71" L x 44" H/94 x 140 x 112 cm

5235 Squat Press  
Machine Weight 382 lb/173 kg  
Size 63" W x 77" L x 44" H/160 x 196 x 112 cm

5240 Kneeling Leg Curl  
Machine Weight 169 lb/77 kg  
Size 34" W x 47" L x 43" H/87 X 120 X 110 cm

5245 Rotary Calf  
Machine Weight 194 lb/88kg  
Size 37" W x 57" L x 43" H/94 x 145 x 109 cm

5251 Advanced Incline  
Machine Weight 198 lb/90 kg  
Size 63" W x 64" L x 38" H/160 x 163 x 97 cm

5252 Converging Incline Press  
Machine Weight 182 lb/83 kg  
Size 51" W x 61" L x 41" H/130 x 155 x 104 cm

5255 Rear Delt  
Machine Weight 144 lb/65 kg  
Size 33" W x 57" L x 40" H/84 x 146 x 101 cm

5261 Advanced Pulldown  
Machine Weight 240 lb/109 kg  
Size 44" W x 73 L x 76" H/112 x 186 x 193 cm

5265 Row  
Machine Weight 260 lb/118 kg  
Size 34" W x 58" L x 73" H/86 x 148 x 185 cm

5281 Arm Curl  
Machine Weight 153 lb/69 kg  
Size 60" W x 40" L x 56" H/152 x 102 x 142 cm

5286 Arm Extension  
Machine Weight 202 lb/92 kg  
Size 60" W x 40" L x 56" H/152 x 102 x 142 cm

5321 Leg Press  
Machine Weight 458 lb/208 kg  
Size 60" W x 77" L x 49" H/153 x 196 x 125 cm

5330 Hack Squat  
Machine Weight 437 lb/198 kg  
Size 60" W x 77" L x 49" H/153 x 196 x 125 cm

5341 Smith  
Machine Weight 545 lb/248 kg  
Size 84" W x 50" L x 84" H/214 x 127 x 214 cm

5450 Seated Calf  
Machine Weight 113 lb/51 kg  
Size 23" W x 53" L x 36" H/59 x 135 x 92 cm

5560 45° Calf  
Machine Weight 158 lb/72 kg  
Size 28" W x 56" L x 37" H/72 x 143 x 94 cm

5580 T-Bar Row  
Machine Weight 162 lb/74 kg  
Size 33" W x 79" L x 23" H/84 x 201 x 59 cm

## PLATE LOADED specifications



### 5226 advanced chest

- adjustable start position lets user select range of motion for improved safety
- dual axis technology and defined path of motion allows for resistance in two directions
- footrest improves comfort



### 5255 rear delt

- "virtual pivot" arm lets hands follow natural path
- chest pad provides support and adjusts for arm length
- variable resistance ensures accurate strength profile



### 5580 t-bar row

- plate loading from front and back of unit for true variable resistance
- dual handgrips for variety



### 5341 smith press-fixed bar

- bar adjusts in 6" increments with safety stops every 3"
- bar is counter balanced for 15 lb take-off weight
- built-in weight storage



### 5261 advanced pulldown

- Dual Axis Technology and defined path of motion allows for resistance in two directions
- dual handgrips for variety



### 5281 arm curl

- handles pivot to fit forearm length and allow neutral wrist position
- angled input arms fit user's natural carrying angle
- independent arm action allows unilateral exercise

# FREE weights

## UPPERbody



5362 olympic bench press

- frame is contoured for easy spotter access
- footrest provided for users of all sizes
- optional weight storage attachment



5372 olympic incline press

- angle is 30° to emphasize upper pectorals
- seat adjusts in 6" increments to fine-tune lifting position
- optional weight storage attachment



5420 power cage

- 36" depth provides ample room to maneuver
- 96" height allows full press-outs by tall lifters
- adjustable take-off pins and sturdy lock design enhance safety
- built-in chin-up bar at 8' for exercise variety
- built-in weight storage



5460 scott curl

- elbow pad is angled 55° to vary resistance and improve comfort
- dual take-off pins increase safety
- seat is angled 10° for comfort



5471 military press

- seat adjusts front to rear for designed take-off position
- bar stops for safety and specialized training adjusts in 3" increments
- spotter's platform ensures safety
- footrest enhances user stability



5480 training station

- rugged platform has necessary height to clear 45 lb plates in deadlift exercises
- bar stops adjust in 3" increments to enhance safety



5502 olympic decline press

- angle is 15°
- leg pads adjust for torso length in 6" increments
- elevated knee reduces lower back strain
- optional weight storage attachment



5571 squat rack

- moveable bar pegs for accurate positioning and convenience
- zinc-coated plate holders
- adjustable bar-stop option for additional movements and safety
- built-in weight storage

## BODYweight stations



5208 bent-leg abdominal board

- foot-release adjusts bck pad in five increments from -30° to 10°
- elevated knee reduces lower back strain
- leg pads adjust for femur length



5530 leg raise/dip

- slightly reclined position and angled elbow rest for comfort and security
- step-up easy entry/exit



5411 45° back extension

- unique footrest and thigh pad angle increases comfort
- 13.5" ROM adjusts to accommodate users of all sizes
- start position of 45° for close alignment of strength curve for low back and hamstrings



5510 chin-up/dip

- built-in step for safety
- choice of chinning grips for exercise variety



### Improved Bench Catches

Olympic bench catches are designed for quick, effortless adjustments.



### Bar Stops

Adjustable bar stops provide added safety and allow specialized training.



### Wear Guards

Tough UHMW wear guards are designed to take a beating so your equipment doesn't have to. Keeps machine looking new for years to come.

### An effective training option every gym needs

- Constructed for maximum comfort and ease of use
- Aesthetically pleasing design
- Intuitive adjustments and range limiting featured in other CYBEX lines
- The logical choice for turnkey installations

### Built to last for many years

- Safety catches
- Zinc-plated weight pegs
- Textured durable powder-coated finish
- Rubber-molded end caps
- UHMW wear-guarding for durability



5375 beauty bell rack

- designed specifically for beauty bell set
- holds six pairs



5380 twin-tier dumbbell rack

- offset angle prevents wrist strain
- individual dumbbell cradles improve safety
- holds 10 pairs of dumbbells



5385 single-tier dumbbell rack

- all features of twin-tier
- holds five pairs



5430 flat bench

- supports user to allow unencumbered foot positioning
- strong but lightweight design can be moved easily



5435 adjustable flat-to-80° bench

- nine possible angles from 0° to 80°
- wheels and cradles for easy moving



5521 upright bench

- 85° seat back improves stability without interfering with overhead movement
- footrest increases stability



5541 barbell rack

- holds 10 barbells
- convenient upright design



5445 adjustable decline bench

- back pad adjusts from 15° to 30° in eight settings
- legs are supported and knees elevated to reduce low back strain



5490 weight/bar tree

- six zinc-coated storage pegs for olympic plates with a 1000 lb capacity
- stores two olympic bars vertically for space efficiency
- molded rubber bumpers dampen noise and protect frame finish



5491 weight tree

- six zinc-coated storage pegs for olympic plates with a 1000 lb capacity
- hemispherical rubber end caps on weight sleeves assist loading and dampen noise

5208	Bent-Leg Abdominal Board Machine Weight 128 lb/58 kg Size 23" W x 56" L x 45" H/59 x 143 x 115 cm
5362	Olympic Bench Press Machine Weight 116 lb/53 kg Size 50" W x 69" L x 49" H/127 x 176 x 125 cm
5372	Olympic Incline Press Machine Weight 124 lb/56 kg Size 50" W x 59" L x 54" H/127 x 150 x 138 cm
5375	Beauty Bell Rack Machine Weight 82 lb/37 kg Size 43" W x 23" L x 31" H/110 x 59 x 79 cm
5380	Twin-Tier Dumbbell Rack Machine Weight 160 lb/73 kg Size 90" W x 23" L x 31" H/229 x 59 x 79 cm
5385	Single-Tier Dumbbell Rack Machine Weight 123 lb/56 kg Size 90" W x 23" L x 31" H/229 x 59 x 79 cm
5411	45° Back Extension Machine Weight 117 lb/53 kg Size 27" W x 58" L x 43" H/69 x 147 x 109 cm
5420	Power Cage Machine Weight 379 lb/172kg Size 61" W x 37" L x 96" H/155 x 94 x 244 cm
5430	Flat Bench Machine Weight 40 lb/18 kg Size 23" W x 51" L x 17.5" H/59 x 130 x 44 cm
5435	Adjustable Flat-to-80° Bench Machine Weight 80 lb/36 kg Size 23" W x 51" L x 51" H/59 x 130 x 130 cm
5437	Adjustable -10° to 80° Bench Machine Weight 75 lb/35 kg Size 22" W x 52" L/52 x 132 cm
5445	Adjustable Decline Bench Machine Weight 66 lb/30 kg Size 23" W x 61" L x 33" H/155 x 94 x 84 cm
5460	Scott Curl Machine Weight 80 lb/36 kg Size 28" W x 44" L x 38" H/72 x 112 x 97 cm
5471	Military Press Machine Weight 223 lb/101 kg Size 63" W x 50" L x 67" H/160 x 127 x 171 cm
5480	Training Station Machine Weight 178 lb/81 kg Size 47" W x 45" L x 45" H/120 x 115 x 115 cm
5490	Weight Bar Tree Machine Weight 63 lb/29 kg Size 26" W x 26" L x 46" H/66 x 66 x 117 cm
5491	Weight Tree Machine Weight 52 lb/24 kg Size 24" W x 29" L x 45" H/74 x 64 x 110 cm
5502	Olympic Decline Press Machine Weight 140 lb/64 kg Size 50" W x 76" L x 45" H/127 x 191 x 115 cm
5510	Chin-Up/Dip Machine Weight 171 lb/78 kg Size 34" W x 48" L x 98" H/87 x 122 x 249 cm
5521	Upright Bench Machine Weight 40 lb/18 kg Size 22" W x 41" L x 38" H/56 x 105 x 97 cm
5530	Leg Raise/Dip Machine Weight 126 lb/57 kg Size 30" W x 48" L x 64" H/77 x 122 x 163 cm
5541	Barbell Rack Machine Weight 105 lb/48 kg Size 32" W x 39" L x 55" H/82 x 92 x 140 cm
5571	Squat Rack with Adjustable Bar Stops Machine Weight 289 lb/131 kg Size 71" W x 42" L x 70" H/181 x 107 x 178 cm

FREE WEIGHT specifications

# FT 360

## Advanced design for more effective functional training

The space efficient CYBEX FT 360 Functional Trainer is an advanced strength training tool, ideal for physical therapists, personal trainers or anyone interested in performance and functional training. The FT 360, with its 180° rotating pulleys, allows users to determine their own path of movement and make adjustments in two planes of motion, resulting in virtually unlimited training variation.

## The FT 360 allows users to:

- Make adjustments in two planes of motion for ultimate user-definition
- Take advantage of virtually unlimited training variations
- Perform functional movements with decreased momentum

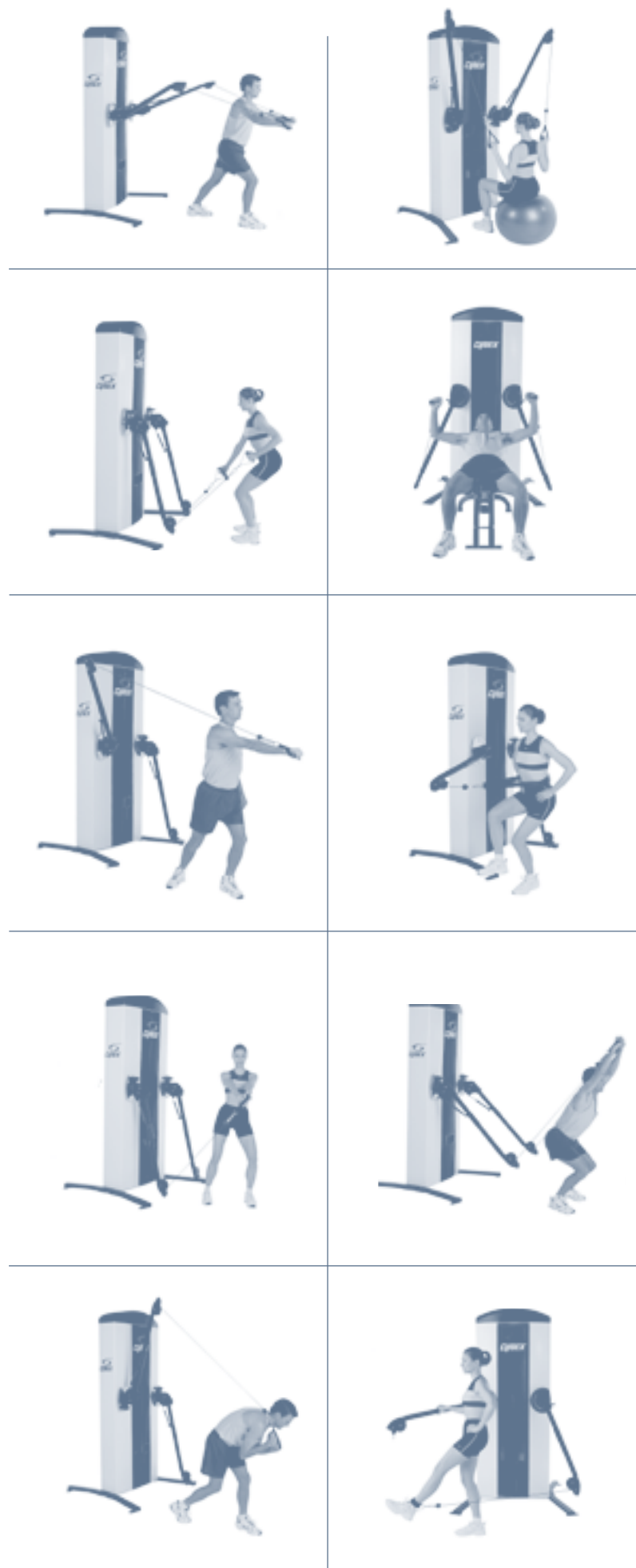
## Engineered for maximum results:

- The FT-360's unique drive system provides either 4:1 and 2:1 lifting ratio that provides a minimum resistance of 5 lb (2.2 kg) unilaterally or 10 lb (4.5 kg) bilaterally.
- The unilateral action with its 4:1 lifting ratio provides reduced inertia that is ideal for performance and fitness training with its exceptional high speed capabilities.
- In bilateral reciprocal movements, the drive system virtually eliminates the detrimental effects of inertia.

**Product Number** 9100

**Foot Print** 54" W x 54" L x 87" H (when stored)  
137 x 137 x 221 cm  
113" W x 54" L x 90" H (maximum in use)  
287 x 137 x 229 cm

**Weight** 600 lb (273 kg)  
**Weight Stack** 300 lb (136 kg)



# MODULAR



5302 free standing low row  
5651 low row



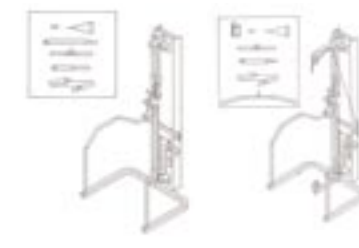
5306 free standing pressing station  
5647 pressing station



5307 free standing leg extension/leg curl  
5653 leg extension/leg curl



5311 adjustable cable crossover



5315 free standing cable column  
5316 free standing cable column w/booms  
5605 cable column/5633 cable column w/booms



5322 free standing leg press  
5652 leg press



5601 lat pulldown

The CYBEX Modular Strength System is a highly adaptable, space efficient multi-station exercise unit that delivers the many benefits of our popular variable resistance lines, without sacrificing quality, presentation or performance.

Easily configured to offer total body conditioning in a compact footprint, the CYBEX Modular Strength system offers the flexibility to choose from over 20 different exercise stations, to create the unique solution that best suits the needs of your facility. Some of the features you will find are:



5345 free standing assisted chin-up/dip  
5611 assisted chin-up/dip



5603 tricep pressdown



5608 45° back extension



5610 bent leg abdominal board



5639 shoulder press



5640 chest press



5641 tricep extension

## Custom combination to suit your needs

It is easy to build a CYBEX Modular Strength System that meets your facility's specific needs. Standard Modular format can accommodate four to eight stations, while Tandem units offer the alternative of configuring two stations in an innovative back-to-back format. Select stations are also available in a Free Standing single station format.

## Configuring your Modular Stations

The two basic types of Modular Stations are Weighted Stations; which incorporate a weight stack for resistance, and Body Weight Station, which utilize the user's own body weight to provide resistance.

## Weighted Stations

Weight Stations can be combined in the four sides of a Quad configuration or back to back in a Tandem configuration. Each weighted station has its own weight stack so that it may be used independently of any other weighted station.

## Body Weight Stations

Utilize the user's own body weight to provide resistance and attach to the Modular System in Quad configurations.

## Total body conditioning in a compact footprint

CYBEX Modular Strength Sytem offers a clear advantage for facilities where space is at a premium. Just five Tandems create a complete 10 station circuit to address all major muscle groups, while an eight station Modular unit can offer a comprehensive workout in less than 14' x 14'.

## Multiple variations to choose from

CYBEX Modular Strength System offers endless possibilities in designing a customized solution that is right for your facility. Your CYBEX Representative is prepared to assist you in choosing from multiple variations to build a system that best suits the needs of your facility.

For more information about ordering the Modular System, go to [www.cybexinternational.com](http://www.cybexinternational.com).



5644 seated arm curl



5645 leg raise chair/dip



5648 adjustable cable



5649 adjustable cable-half



5650 adjustable cable-half

## LOWER BODY



## UPPER BODY



## MULTI STATION

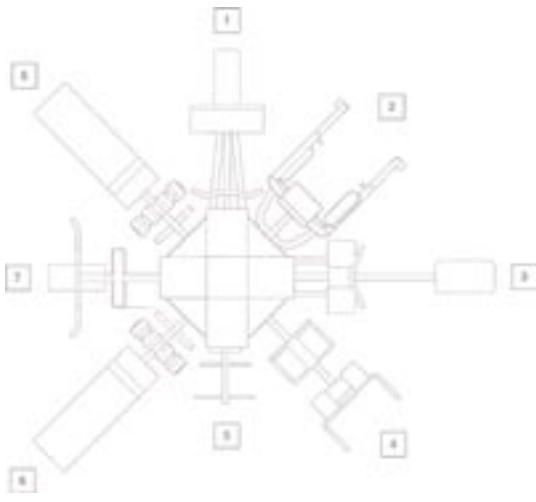


## CABLE CROSSOVER



## BODY WEIGHT STATION





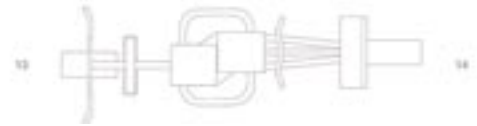
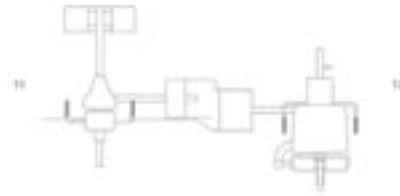
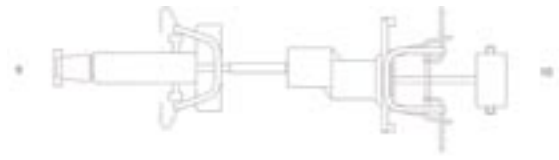
**Modular Strength System**

1. Arm Curl 2. Leg Raise/Chair Dip 3. Low Row 4. 45° Back Extension  
 5. Tricep Push Down 6. Bent Leg Ab Board 7. Lat Pull  
*Sample Modular Stations - This unit comprises a choice of seven units as shown*



**Free Standing**

1. Cable Cross Over  
*Sample Free Standing*



**Tandem**

9. Pressing Station 10. Assisted Chin-Up/Dip 11. Leg Press  
 12. Leg Extension/Seated Leg Curl 13. Lat Pull 14. Arm Curl  
*Sample Tandem Circuit*

**MODULAR**  
 specifications

- |   |  |
|---|--|
| <p>5302 <b>Low Row (*FS)</b><br/>                 Machine Weight 540 lb/245 kg Weight Stack 250 lb/114 kg<br/>                 Size 29" W x 80" L x 90" H/74 x 203 x 229 cm</p> <p>5306 <b>Pressing Station (*FS)</b><br/>                 Machine Weight 646 lb/294 kg Weight Stack 250 lb/114 kg<br/>                 Size 42" W x 79" L x 90" H/107 x 201 x 229 cm</p> <p>5307 <b>Leg Extension/Seated Leg Curl (*FS)</b><br/>                 Machine Weight 655 lb/296 kg Weight Stack 250 lb/114 kg<br/>                 Size 46" W x 52" L x 90" H/117 x 132 x 229 cm</p> <p>5311 <b>Adjustable Cable Crossover (*FS)</b><br/>                 Machine Weight 840 lb/382 kg Weight Stack 187.5 lb/85 kg<br/>                 Size 37" W x 149" L x 90" H/94 x 378 x 229 cm</p> <p>5315 <b>Cable Column (*FS)</b><br/>                 Machine Weight 391 lb/178 kg Weight Stack 130 lb/59 kg<br/>                 Size 43" W x 52" L x 90" H/109 x 132 x 229 cm</p> <p>5316 <b>Cable Column w/booms (*FS)</b><br/>                 Machine Weight 391 lb/178 kg Weight Stack 130 lb/59 kg<br/>                 Size 43" W x 52" L x 90" H/ 109 x 132 cm x 229 cm</p> <p>5322 <b>Leg Press (*FS)</b><br/>                 Machine Weight 634 lb/288 kg Weight Stack 250 lb/114 kg<br/>                 Size 55" W x 53" L x 90" H/ 140 x 135 x 229 cm</p> <p>5345 <b>Assisted Chin-up/Dip (*FS)</b><br/>                 Machine Weight 693 lb/315 kg Weight Stack 250 lb/114 kg<br/>                 Size 49" W x 50" L x 96" H/124 x 127 x 244 cm</p> <p>5601 <b>Lat Pulldown</b><br/>                 Machine Weight 468 lb/213 kg Weight Stack 250 lb/114 kg<br/>                 Size 46" W x 36" L x 90" H/117 x 92 x 229 cm</p> <p>5603 <b>Tricep Pressdown</b><br/>                 Machine Weight 360 lb/164 kg Weight Stack 135 lb/61 kg<br/>                 Size 18" W x 18" L 90" H/46 x 46 x 229 cm</p> <p>5605 <b>Cable Column</b><br/>                 Machine Weight 391 lb/178 kg Weight Stack 130 lb/59 kg<br/>                 Size 43" W x 39" L x 90" H/109 x 99 x 229 cm</p> <p>5608 <b>45° Back Extension</b><br/>                 Machine Weight 66 lb/30 kg<br/>                 Size 25" W x 50" L x 36" H/64 x 127 x 92 cm</p> <p>5610 <b>Bent Leg Abdominal Board</b><br/>                 Machine Weight 118 lb/54 kg<br/>                 Size 21" W x 65" L x 41" H/54 x 166 x 105 cm</p> <p>5611 <b>Assisted Chin-up/Dip</b><br/>                 Machine Weight 503 lb/229 kg Weight Stack 250 lb/114 kg<br/>                 Size 49" W x 42" L x 96" H/124 x 107 x 244 cm</p> | <p>5633 <b>Cable Column w/booms</b><br/>                 Machine Weight 391 lb/178 kg Weight Stack 130 lb/59 kg<br/>                 Size 43" W x 39" L x 90" H/ 109 x 99 x 229 cm</p> <p>5639 <b>Shoulder Press</b><br/>                 Machine Weight 400 lb/182 kg Weight Stack 187.5 lb/85 kg<br/>                 Size 42" W x 47" L x 90" H/107 x 120 x 229 cm</p> <p>5640 <b>Chest Press</b><br/>                 Machine Weight 529 lb/240 kg Weight Stack 250 lb/114 kg<br/>                 Size 40" W x 34" L x 90" H/102 x 87 x 229 cm</p> <p>5641 <b>Tricep Extension</b><br/>                 Machine Weight 368 lb/166 kg Weight Stack 135 lb/61 kg<br/>                 Size 18" W x 50" L x 90" H/46 x 127 x 229 cm</p> <p>5644 <b>Seated Arm Curl</b><br/>                 Machine Weight 358 lb/163 kg Weight Stack 135 lb/61 kg<br/>                 Size 24" W x 50" L x 90" H/61 x 127 x 229 cm</p> <p>5645 <b>Leg Raise Chair/Dip</b><br/>                 Machine Weight 123 lb/56 kg<br/>                 Size 30" W x 48" L x 63" H/77 x 122 x 160 cm</p> <p>5647 <b>Pressing Station</b><br/>                 Machine Weight 592 lb/269 kg Weight Stack 250 lb/114 kg<br/>                 Size 42" W x 44" L x 90" H/107 x 112 x 229 cm</p> <p>5648 <b>Adjustable Cable</b><br/>                 Machine Weight 354 lb/157 kg Weight Stack 187.5 lb/85 kg<br/>                 Size 18" W x 50" L x 90" H/46 x 127 x 229 cm</p> <p>5649 <b>Adjustable Cable-Half (*FS)</b><br/>                 Machine Weight 354 lb/157 kg Weight Stack 187.5 lb/85 kg<br/>                 Size 37" W x 50" L x 90" H/94 x 127 x 229 cm</p> <p>5650 <b>Adjustable Cable-Half</b><br/>                 Machine Weight 354 lb/157 kg Weight Stack 187.5 lb/85 kg<br/>                 Size 18" W x 50" L x 90" H/46 x 127 x 229 cm</p> <p>5651 <b>Low Row</b><br/>                 Machine Weight 585 lb/266 kg Weight Stack 250 lb/114 kg<br/>                 Size 22" W x 60" L x 90" H/56x 152 x 229 cm</p> <p>5652 <b>Leg Press</b><br/>                 Machine Weight 585 lb/265 kg Weight Stack 250 lb/114 kg<br/>                 Size 55" W x 34" L x 90" H/ 140 x 86 x 229 cm</p> <p>5653 <b>Leg Extension/Seated Leg Curl</b><br/>                 Machine Weight 601 lb/273 kg Weight Stack 250 lb/114 kg<br/>                 Size 46" W x 31" L x 90" H/117 x 79 x 229 cm</p> |
|---|--|

(\*FS = free standing)



**WORLD HEADQUARTERS**

10 Trotter Drive + Medway, MA 02053, USA + *t* 508.533.4300 + *f* 508.533.5500 + [cybexinternational.com](http://cybexinternational.com)

**CYBEX INTERNATIONAL, UK LTD.**

10 North Portway Close + Round Spinney + Northampton, NN3 8RQ, UK + *t* 44.1604.490.900 + *f* 44.1604.490.901

**FINANCING/LEASING INFORMATION**

501 Kings Highway East + Suite 301 + Fairfield, CT 06825 + *t* 774.324.8080 + *f* 800.890.0437

For additional information about any of our equipment lines, or to try any of our products yourself, please call 508.533.4300 or **774.324.8000** for the representative nearest you. Or Visit our website at: [cybexinternational.com](http://cybexinternational.com)