

**CYBEX** 425A ARC TRAINER



**CYBEX**cellence

The CYBEX Arc Trainer is the most versatile cross-trainer in health clubs today. And it is now available in a design that is ideally suited for hotels, corporate fitness, fire and police stations, and residential housing. When the environment is less demanding than a commercial gym setting, and space is at a premium, the 425A Arc Trainer is the solution.

big on workout – small in foot print

# 425A Arc Trainer

## Arc Trainer Features



### Ultimate Versatility

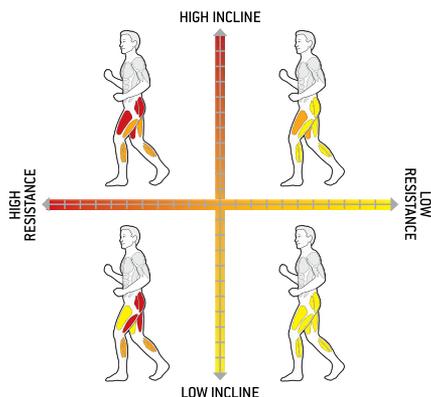
By varying resistance and incline, the Arc Trainer is a true cross-trainer providing an unmatched number of workout combinations. Combining elements of a climber, hiker and skier allows users to focus on their own specific needs, targeting the same areas in different ways to build muscle, burn calories or both.

### Burn Without Burnout

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, minimizing joint stress, and maximizing the work done by the muscles.

### Total Body Training

Same Side Forward (SSF) technology allows the arm and leg to move together in an assisted manner. This offers unparalleled workout versatility by providing the ability to vary the workout intensity between upper and lower body. This balances the total workload and makes it the only cross-trainer on the market that allows a true upper body workout.



## Basic Specifications

<b>Product Number</b>	425A
<b>Incline Levels</b>	11
<b>Stride Length</b>	23" (58 cm)
<b>Resistance Range</b>	Up to 600 Watts
<b>Drive Type</b>	Dual-stage drive
<b>Brake</b>	Eddy current brake
<b>Dimensions (L x W x H)</b>	69" x 29" x 62" (175 cm x 73 cm x 157 cm)
<b>Machine Weight</b>	380 lbs (172 kg)
<b>Power</b>	115V, 60Hz; 230V, 50 Hz
<b>Maximum User Weight</b>	300 lbs. (136 kg)
<b>Programming</b>	Quick Start, Manual, plus 8 pre-set programs. Each program has 10 levels and controls both incline and resistance
<b>Heart Rate Monitoring</b>	Contact and wireless. HR light indicator is multi colored with different color light for specific target heart rate zones
<b>Convenience Features</b>	Split level display with magazine rack and tabs. Single water bottle holder. Utility tray
<b>Compliance</b>	FCC, ETL (tested to UL 1647), CE, ASTM, CSA
<b>Color</b>	Gray shroud with choice of five standard (white, black, platinum sparkle, metaltone gold, black chrome) colors or custom colors 



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