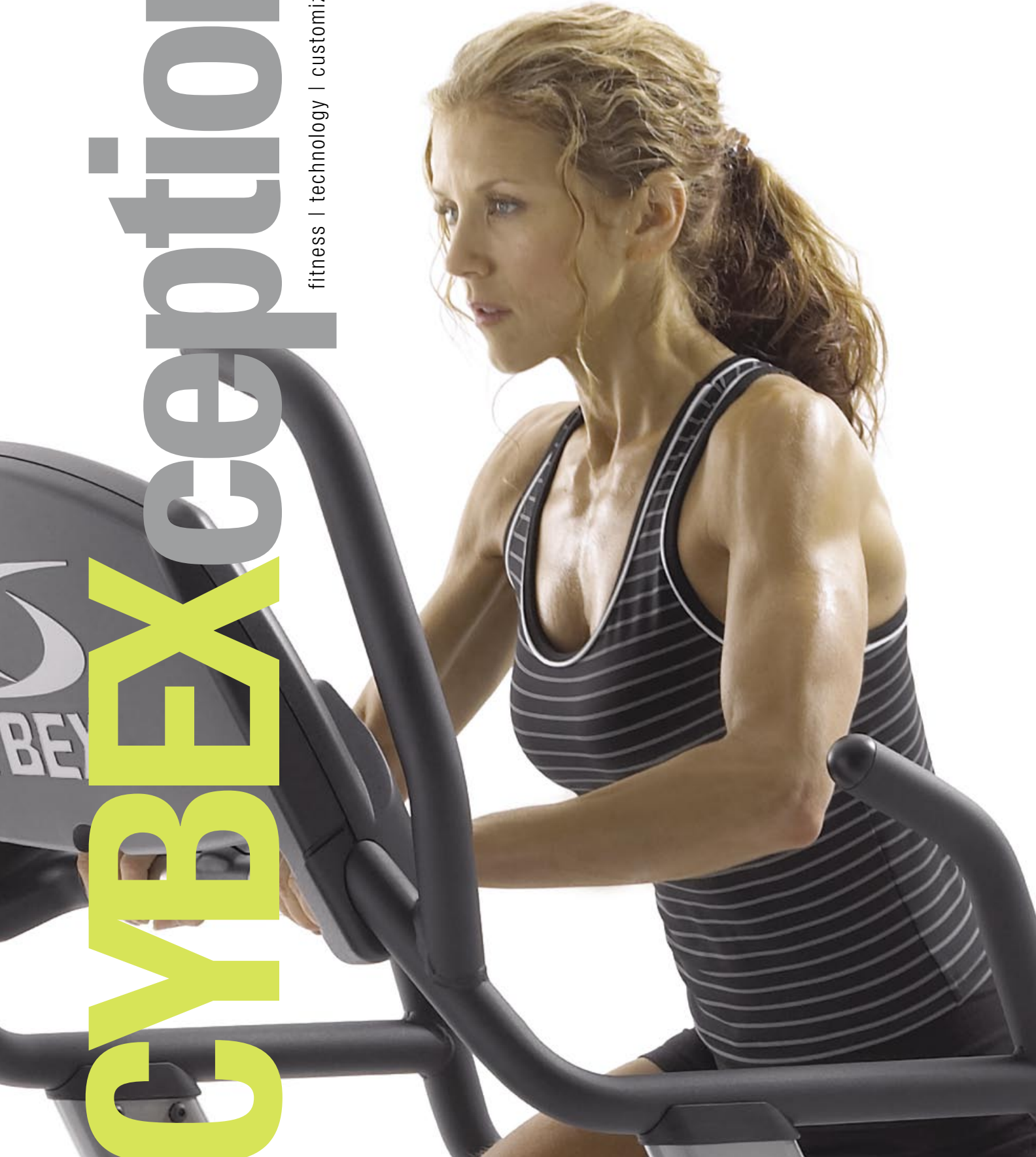


# CYBEX **ceptional**

fitness | technology | customization | financing

**CYBEX**  
cross-training





## CYBEX Arc Trainer BEST PRODUCT – '04 & '05

The revolutionary CYBEX Arc Trainer offers an intense workout that blows away everyone who tries it. Club members and owners have given it rave reviews. In fact, the Arc Trainer has once again earned the prestigious Nova7 Best Product Award – that is two years in a row! The Arc Trainer packs a punch by combining elements of a climber, cross-trainer and cross-country skier. Like all CYBEX fitness equipment, it's designed to give the least amount of stress on joints while maintaining the highest level of performance. Add it all up and the Arc Trainer offers an effective workout that's sure to cause an explosion in your facility.



visit [www.arctrainer.com](http://www.arctrainer.com)

# CYBEX Arc Trainer

NOVA7 2004 & 2005

**BEST PRODUCT OF THE YEAR**

## Arc Trainer

- Resistance range from 0 to 900 watts accommodates a wide variety of users—for those seeking a very low work rate to dedicated athletes demanding an extreme workout
- Bilateral reciprocal movement of the footplates along an arcuate path offers a natural motion for a relaxed feel at low resistance levels and provides high intensity training at high resistance settings
- Superior biomechanics allow for high intensity training that places high loads on the muscles with less stress on joints
- Four-bar linkage input arms keep the footplates at a constant angle with the floor for reduced stress on the foot and ankle
- Adjustable incline provides variability in the pattern of motion. Low inclines provide a gliding action with modest hip and knee motion while higher inclines provide comparable increases in hip and knee motion
- Unwelded 11 gauge steel powder coated frame offers extreme durability
- Eddy-current brake resistance allows high power levels at low brake speeds for smooth, quiet operation
- Every moving part has a maintenance-free, permanently lubricated ball bearing

**Model Number**

**600A**

**Foot Print**

70" (178 cm) L x 30" (76 cm) W

**Weight**

331 lb. (150 kg)



low: glide



medium: stride



high: climb

SUPERIOR BIOMECHANICS 

 VARIABLE PATTERN OF MOTION

WIDE RANGE OF RESISTANCE 

 PARALLEL MOTION FOOTPLATES

BILATERAL FOOTPLATE MOVEMENT 



# TOTAL BODY Arc Trainer

**The Evolution of Fitness Continues**



## Total Body Arc Trainer

The Total Body Arc Trainer shares all the features of the Arc Trainer, in addition to the following:

- Patent pending Same Side Forward (SSF) motion coordinates the upper and lower body movements and lets the user maintain correct posture at any incline. By bringing the handles forward as the incline increases and maintaining slight plantarflexion at the footplate, the high intensity user can lean forward without putting excess stress on the back.
- SSF motion also lets the user target either the upper or lower body during the training session (i.e. more work with the arms equals less work with the legs)
- Long upper body input arms offer a natural and complete range of motion for the shoulder while keeping the wrist in a low stress position
- Contoured handles offer several user grip positions to accommodate a wide variety of users for comfortable posture during exercise
- Contact heart rate grips are integrated into the moving arms

### Model Number

**610A**

### Foot Print

81" (206 cm) L x 38" (96 cm) W at upper hand grip,  
28.5" (72 cm) at base

### Weight

370 lb. (168 kg)



low: glide



medium: stride



high: climb

# ARC TRAINER SPECIFICATIONS

## Total Body Arc Trainer (MODEL NUMBER 610A)



## Arc Trainer (MODEL NUMBER 600A)



### Unique to the Total Body Arc Trainer

#### TOTAL BODY OPERATION

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.

#### UPPER BODY OPERATION

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.

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

#### RESISTANCE RANGE

Minimum—0 watts, Maximum—900 watts, 101 levels in Manual mode

#### INCLINE LEVELS

11

#### MAX USER WEIGHT

400 lb. (181 kg)

#### STRIDE LENGTH

24" (61 cm)

#### POWER

Available as 115 V, 60Hz or 230V, 50Hz (export only). For 115V applications, up to three units may be in a single daisy chain (one primary with two secondary). For 230V applications, up to six units may be in a single daisy chain (one primary with five secondary).

#### RESISTANCE TYPE

Eddy-current brake

#### DRIVE TYPE

Two stage drive

#### PORTABILITY

Wheels on front for easy rolling

#### DISPLAY DESIGN

Split level with magazine rack

#### PROGRAMMING

Quick Start, Manual, Hill Interval, Interval, Weight Loss, Cardio, Strength. Programs have 10 levels and control both incline and resistance.

#### INFORMATION DISPLAYED

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.

#### HEART RATE MONITORING

Polar® compatible chest strap for HR telemetry (*chest strap not included*)

#### CONNECTIVITY

CSAFE (Fitlinx® Level 3)

#### FACILITY FEATURES

Facility preference setup parameters and diagnostics

#### MISCELLANEOUS

Water bottle holder

#### REGULATORY COMPLIANCE

UL, CE, CSA, FCC Class B

#### CUSTOMIZATION

Choice of five standard colors or select from over 180 custom colors



#### WORLD HEADQUARTERS

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t 508.533.4300 + f 508.533.5500 + cybexinternational.com

#### CYBEX INTERNATIONAL, UK LTD.

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t 44.1604.490.900 + f 44.1604.490.901

#### FINANCING/LEASING INFORMATION

Cybox Capital + 501 Kings Highway East + Suite 301 + Fairfield, CT 06825, USA  
t 774.324.8080 + f 800.890.0437

For additional information about our Arc Trainers or 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, [cybexinternational.com](http://cybexinternational.com).

Specifications subject to change 8/05

\*Actual color may differ from samples shown

\*610A model only

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