



SCYBEX

CARDIO

GOING THE DISTANCE FOR YOU AND YOUR MEMBERS

SCYBEX[®]





SOME WORK OUT TO LOSE WEIGHT

To burn calories. To improve their physical appearance. Or to counter the ill effects of too much work, too much food, or too much stress. Others look to cardio exercise to build endurance. To prevent injury. To prepare for serious competition. Or simply to live longer, stronger, and healthier lives. With Cybex treadmills, Arc Trainers, and bikes, you can offer your members a variety of dynamic ways to get their bodies moving and their hearts pumping.

Our comprehensive family of high-performance cardio equipment helps members of all ages and skill levels achieve their fitness goals. Cybex is proven everywhere it matters. In the lab. In the gym. On the field of play.



CYBEX **FIT**

Looking to attract and retain members? Offer them the cardio equipment that delivers proven results – in less time and with less stress on their bodies. Cybex treadmills, Arc Trainers, bikes, and Total Access equipment help you and your members get there faster.



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TREADMILLS



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ARC TRAINERS



BIKES

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TOTAL ACCESS

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TREADMILLS

Cybex treadmills are the runner's choice. They incorporate more advanced technologies than any other brand. The IS³ Intelligent Suspension System, ARMZ stabilizers, and optional E3 View embedded HD monitor set Cybex treadmills and your facility apart. Page 9.

ARC TRAINERS

The Cybex Arc Trainer is the one machine that does it all. It burns 16% more calories than a typical elliptical. It raises heart rates, activates the total body, tones muscles, and builds power – all while minimizing joint stress. Plus, it makes intense workouts feel easier. Page 14.

BIKES

Whether your members are training for a triathlon or have never ridden a bike, they'll find that Cybex upright and recumbent bikes measure up. Riders can go from a low and slow 20-watt power output to 900 watts, enough to push an avid bike racer to the max. Page 20.

TOTAL ACCESS

When Cybex says inclusive, we mean everybody. Our Total Access treadmill, Arc Trainer, and bikes can be used by people with cognitive, sensory, or physical challenges, as well as by able-bodied exercisers, making it a sound investment. Page 27.

WHY CYBEX? BECAUSE NO FITNESS COMPANY DOES MORE TO HELP YOU AND YOUR MEMBERS GET THERE FASTER

“THE MORE I LEARNED ABOUT CYBEX CARDIO AND STRENGTH EQUIPMENT, THE SCIENCE BEHIND IT, AND THE COMPANY’S FANATICAL COMMITMENT TO GETTING IT RIGHT, THE MORE I BECAME CONVINCED THAT IT WAS THE BEST CHOICE FOR MACCOLL.”

– SHANA MCELROY, HEALTH & WELLNESS DIRECTOR
MACCOLL YMCA, LINCOLN, RHODE ISLAND, USA



THE CYBEX ADVANTAGE

Our commitment to your success goes to the heart of who we are and what we do – design, build, and support scientifically proven cardio and strength equipment that’s good for your customers’ bodies and your bottom line.

From serious athletes to those just trying to shed a few pounds, people who work out on Cybex reach their fitness, weight loss, and performance goals faster. While club owners and managers who choose Cybex gain a trusted partner dedicated to helping them generate business and create a lasting competitive advantage.

THE SCIENCE OF FITNESS



Every Cybex fitness product is based on scientific truths developed during extensive explorations of human physiology and biomechanics at the Cybex Research Institute. You can be sure that our cardio and strength equipment is safe, effective, and designed to help members of all skill levels achieve measurable improvements in performance.

BUILDING YOUR BUSINESS

Cybex partners with you right from the start to help you build a successful fitness business. Our solutions cover everything from architectural design and floor planning to financing equipment, training your staff, and providing ongoing branding and marketing support to help you attract new members and retain existing ones. Even customize your Cybex machines by choosing from a virtually unlimited array of frame and upholstery colors to complement your gym’s décor and reinforce your brand.

BORN IN THE USA



Cybex products are designed and built in the USA to the tightest tolerances by skilled workers using premium materials. They’re easy to use, simple to maintain, built to endure, and have high trade-in values, typically reselling for more than 50% of the original purchase price.

Plus, they’re reliable to the core and supported by a responsive service team dedicated to keeping your Cybex fitness equipment performing at its peak.

A TRUSTED BRAND NAME

Cybex is the fitness brand athletes know by name and the preferred brand for thousands of health clubs and fitness center owners and managers. It’s also used by professional athletes and sports leagues like the NFL, NBA, MLB, NHL, FIFA, and the PGA Tour. Plus, you’ll find Cybex equipment at work on military bases all over the world, as well as on university and college campuses, large and small.

MAKE THE CYBEX ADVANTAGE YOURS

Cybex has been creating and delivering high-performance, science-based fitness machines and helping club owners build successful businesses for more than 40 years. Now we’d like to help do the same for you.

To find out why we should be your trusted partner, visit cybexintl.com. Put the Cybex advantage to work for you.



CYBEX



TREADMILLS

The treadmill is the staple of every health club and fitness center. But that doesn't mean they're all created equal. Cybex treadmills are unlike any other. They're a direct result of extensive research into the biomechanics of running conducted by the Cybex Research Institute. And they incorporate a wealth of technologies designed to deliver a superior experience to exercisers at every level.

Our treadmills are built to the highest quality standards in the USA, and proven in the finest fitness centers around the world. So whether you choose our 790T, 770T, 625T, or 525T you can offer your

members a smooth, comfortable ride with minimal stress, impact, and shock. Cybex has the right treadmill to fit your exercise space, your users, and your budget.

790T/770T

This is not your run-of-the-mill treadmill. The enhanced speed and incline features of the new 790T appeal to those who want more out of their treadmill workout. With a top speed of 15.6 miles per hour (25 kph), the 790T enables users to train at a greater variety of paces ideal for a mile to marathon length run or sprint training. The increase in maximum incline from 15% to 20% is great for walkers who want an additional challenge with an increased opportunity for fat burn. The added workout levels offer users a path to broader workout progression through a greater range of intensities while maintaining the same durability, stability, comfort and entertainment options of the 770T.

The 770T is a breakthrough machine that offers better durability and stability, greater comfort, and more entertainment options than any treadmill in our history. The 770T is the first treadmill to incorporate our patented ARMZ stabilizers to provide an added level of safety and a feeling of confidence. At the heart of the 770T is the IS³ Intelligent Suspension System, the result of extensive research conducted by the Cybex Research Institute. Runners will experience a smooth, comfortable ride with minimal stress, impact, and shock. Made of top-grade US steel, the 770T is built to stand up to the most demanding environments and challenging workouts.

Specifications: Page 32



NEW! 790T



ARMZ™ stability bars

Adjustable Fan

770T

60" x 22" running area

Low step-up height

IS³ Intelligent Suspension System



High-Definition display

The optional E3 View HD monitor offers three distinct viewing modes that deliver the precise content that you want on a 15.6" embedded widescreen display.

CardioTouch™

The CardioTouch™ touch screen display offers a single command center for every exercise program and entertainment control.



CardioTouch™

E3 View

See page 30 for details.



THE IS³ INTELLIGENT SUSPENSION SYSTEM

The IS³ system uses an advanced elastomer to cushion shock at every step. Our running decks are soft at landing, firm in the middle, and rigid at toe-off to precisely match the body mechanics of running.



CYBEX ARMZ

Our patented, ergonomically designed stabilizers reach out beyond conventional support bars to ensure a safe, comfortable ride for users of all sizes.

625T

When you invest in a treadmill from Cybex, you expect stability, comfort, and reliable performance. You also expect intelligent design and quality manufacturing. All in a treadmill that's easy to use and tough enough to stand the test of time. The 625T delivers all the above. Like all Cybex treadmills, it incorporates the IS³ Intelligent Suspension System and a large running area. The belt is covered edge to edge to minimize wear and improve safety. Plus, you can flip the deck to further extend its life. A split-level display keeps workout programs and metrics at eye level, while volume, speed, and incline buttons are built into the console, giving users total control at their fingertips. Users can easily charge an iPod or iPhone, listen to music, switch tracks, and control volume with the optional iPod/iPhone integration.

Specifications: Page 33



E3 View

Optional display.
See page 30 for details.



Split-level display



525T

The 525T combines the commercial-strength engineering and advanced design you expect from Cybex in a streamlined, value-packed treadmill. Built from premium U.S. steel to the highest manufacturing standards, it features a low step-up height, ARMZ stability for safety, the IS³ Intelligent Suspension System, and a large running area. Plus, it incorporates an innovative QR code to provide users with easy access to equipment information and workouts via a mobile device. Optional iPod/iPhone integration.

Specifications: Page 33



E3 View

Optional display.
See page 30 for details.



Standard display

ARC TRAINERS

One revolutionary machine does it all. 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. And, because the legs travel in a biomechanically correct path of motion, there's 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.

Multiple studies prove that the Arc Trainer outperforms ellipticals in important areas like calorie burn, muscular endurance, and work capacity. To discover the proof, visit us at cybexintl.com.

Find out what other people are saying about the Arc Trainer on Facebook and Twitter.





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.

The optional E3 View HD embedded widescreen monitor provides three distinct viewing modes that deliver the precise content you want on a 15.6" screen. The Muscle Map display gives users the ability to visualize the muscles at work and the target speed bar serves as a visual cue to keep exercisers motivated.

With the Arc Trainer, it's easy to take advantage of Cybex workout programs that are scientifically optimized to help athletes reach their personal goals faster. 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.

Specifications: Page 34



770A*



* Shown with Premium Custom Branding – available at additional cost

Adjustable Fan

770AT

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

Optional display. See page 30 for details.



Muscle Map™

Standard display.



MUSCLE MAP™

This innovative display gives users the ability to visualize the muscles at work and take full advantage of the near limitless settings offered by the Arc Trainer. Using an algorithm derived from EMG data that looks at resistance, incline, and stride rate, the colors transition from yellow (low intensity) to orange to red to flashing red (high intensity).

TARGET SPEED BAR

The Arc Trainer's built-in workouts automatically adjust resistance and incline to help users achieve their fitness goals. However, the pace is left up to them. Because people tend to naturally slow their pace when the difficulty increases, the target speed bar provides a simple visual cue to inspire users to maintain their efforts during the workout.

625AT/625A



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. Users can easily charge an iPod or iPhone, listen to music, switch tracks, and control volume with the optional iPod/iPhone integration. 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.

Specifications: Page 34

Made for Works with
 iPod  iPhone



625AT



E3 View

Optional display.
See page 30 for details.



Standard display

525AT

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.

Specifications: Page 35

Made for Works with
iPod iPhone



525AT*

* Shown with Premium Custom Branding – available at additional cost



E3 View

Optional display.
See page 30 for details.



Standard display



BIKES

Once you learned to ride, you never looked back. Your bike helped you build muscle and endurance when you thought you were just having fun. Cybex brings ease of use and entertainment to indoor biking.

Whether your members are looking to drive their heart rates to the max or simply lose a few extra pounds, Cybex bikes deliver. A wide range of resistance levels and a self-tensioning belt provide users of all levels with a comfortable and safe ride. With a power range of 20 to 900 watts, Cybex bikes are right for everyone – from rehab patients and first timers to super-fit cyclists preparing to climb the torturous hills of the Pyrenees.

Cybex 770 and 625 series bikes are the right choice for health clubs and fitness centers that demand high performance and low maintenance. They combine sleek, contemporary design with exceptional ease of use and high reliability to keep riders pedaling. And our 525 series bikes are ideally suited for hotel, corporate, multi-unit housing, and home exercise spaces looking to offer an uncompromising workout experience.





SCYBEX



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770C/770R

On the road and out on the trails, you need two separate bikes. But in the gym, one bike does it all. Health club owners and managers tell us that the 770C is the most unique bike in the industry – with three separate modes of operation, Workouts with 21 levels, and our exclusive Cybex self-tensioning drive. This versatile machine’s multi-position handlebars accommodate riding styles from upright to aero. Plus, it offers two sets of contact grips so heart rate can be monitored in any position.

The 770R recumbent version features a walkthrough design and grab handles under the display to make getting on and off easy for any user. And the seat-mounted handlebars have contact heart-rate grips to monitor heart rate during a workout. On both models, the optional Cybex E3 View HD embedded monitor provides three distinct viewing modes that deliver the entertainment or exercise content members want on a 15.6" high-definition screen. For those who are just getting back on the bike to the cyclist preparing for the next big race, the Cybex 770C and 770R are the right fit.

Specifications: Page 35



Adjustable Fan

Racing handlebars with dual heart-rate contacts

One-handed seat adjustment

Easy-adjust pedal straps

Mountain-bike crank



770C



See page 30 for details.

High-Definition display

The optional E3 View HD monitor offers three distinct viewing modes that deliver the precise content that you want on a 15.6" embedded widescreen display.

CardioTouch™

The CardioTouch™ touch screen display offers a single command center for every exercise program and entertainment control.



Adjustable Fan

Side grips with heart-rate contacts

770R

Open, step-through design

625C/625R

The Cybex 625 series offers compelling ways to improve your members' fitness experience – whether they choose the 625C to train for a triathlon or the 625R to ease into a new fitness regimen.

From their stunning good looks to hidden details like the self-tensioning drive, these bikes invite users of all skill levels to get on and keep pedaling. They offer the lowest starting level (just 20 watts) for those just beginning an exercise program to the highest resistance (900 watts), enough to challenge contenders on the pro circuit.

Most important to you, 625C and 625R feature a forged steel three-piece mountain-bike crank that translates into low maintenance on the gym floor. Cybex engineers even designed the enclosures to direct sweat away from the bike mechanism, further reducing the need for service. Users can easily charge an iPod or iPhone, listen to music, switch tracks, and control volume with the optional iPod/iPhone integration.

Specifications: Page 36



E3 View
Optional display.
See page 30 for details.



Standard display

525C/525R

The Cybex 525C upright and 525R recumbent are streamlined stationary bikes that will keep your members pedaling in the right direction – whether they want to go full tilt at up to 600 watts resistance or sit back and enjoy the ride at a comfortable 20 watts.

The value-packed 525C and 525R feature a three-piece, forged steel mountain-bike crank for low maintenance. Both include a self-tensioning powered drive for easier start-up and smoother operation. And both make it easy to set the seat and adjust the pedals.

The 525C has traditional racing bars with dual heart-rate contacts, while the 525R includes side grips that double as heart-rate sensors. Both bikes provide a QR code for easy access to equipment information and workouts via a mobile device. Optional iPod/iPhone integration.

Specifications: Page 36



E3 View
Optional display.
See page 30 for details.

Standard display



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.

Our Total Access line removes the barriers that have prevented this important group of people from getting what they deserve – a complete and diverse workout. It brings cardio and strength training to a large population that has been underserved in the fitness equipment world, without compromising quality.

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.



Total Access can help you attract a huge and diverse base of customers by offering people of all ages and abilities a way to improve their fitness on equipment designed to meet their needs.



inclusive fitness
accredited item



TREADMILL

625T IFI

- Multiple belt logos
- Raised console iconography
- Emergency stop lanyard

Specifications: Page 37



ARC TRAINER

625AT IFI

- Foot pedal locking mechanism
- Static side handles
- Raised console iconography
- Large color contrasted foot pedals



BIKES

625C IFI

- Raised console iconography
- Single-handed central height adjustment for saddle
- Unicam pedals with heel straps
- Large numbers for each seat positioning



625R IFI

- Single-handed central seat position
- Easy access side handles
- Step-through design
- Raised console iconography
- Unicam pedals with heel straps
- Large numbers for each seat positioning

Visit cybexintl.com to view the rest of our inclusive fitness equipment features and benefits. We invite you to work with Cybex to customize a solution that will exceed the expectations of your facility and its members.

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, iPod®, or iPhone® while keeping tabs on their exercise data.



Escape. Fills the screen with video* from TV, iPod®, or iPhone®.



*Standard on 700 Series, optional on 525 and 625 Series

EMBEDDED WIRELESS AUDIO RECEIVERS

This is the solution for clubs that have TV screens mounted on the wall. The optional wireless audio receiver is integrated into the 700, 600, or 500 series. It works with new and existing 800 and 900MHz transmitters, including CardioTheater, CardioVision, Broadcast Vision/BVE, and Enercise. The Cybex/MYE® Wireless Entertainment System transforms your cardio area into an extraordinary entertainment environment. Your members simply plug their headphones into the headphone jack on the Cybex console and select the audio channel of any wall-mounted TV. TV channel select, volume control and headphone jack are integrated in the Cybex console.

COMMAND CENTER

The CardioTouch display (700 series) offers a single command center for every exercise program and entertainment option. Members can easily set up an exercise program, charge an iPod® or iPhone®, scroll through playlists, albums, artists, podcasts, and more.



TREADMILL SPECIFICATIONS

790T

Product Name	790T
Dimensions (L x W x H)	82.5" x 36" x 60" (210 cm x 91.5 cm x 152.5 cm)
Speed	0.5 – 15.6 mph (0.8 – 25 kph)
Incline Levels	0% – 20%
Running Area (L x W)	60" x 22" (152 cm x 56 cm)
Max User Weight	400 lbs (182 kg)
Drive	5 HP peak AC drive motor
Power	115V, 208V-220V, 230V
Display	4.3" Touchscreen for workout and entertainment setup and control; Graphic display of workout profile via 8 x 15 LED matrix; Numeric display of time, distance, calories, calories/hour, METs, Watts, pace and heart rate including multi-color indication of heart rate range; Lower display shows incline and speed
Workouts	Quick Start (Manual Mode), Nine Workouts with Time, Distance or Calorie Goal, Six Military tests, 1-Mile Fitness test and Gerkin protocol; Workouts have 15 levels
Entertainment Options	MYE wireless audio receiver; E3 View embedded HD monitor
Made for iPod® Works with iPhone®	iPod/iPhone integration with 30-pin connector. Users can easily charge an iPod or iPhone, listen to music, switch tracks, and control volume
Heart Rate Monitoring	Wireless and Contact Grips
Connectivity	CSAFE (Fitlinxx® Level 1)
Compliance	ETL listed to UL1647, ASTM, EN 957, and CSA; FCC Class A; CE Low Voltage, EMC and RoHS Directives
Safety	E-stop Safety Lanyard and Safety Sentry™ shutdown features
Color	Available in seven standard frame colors or a virtually unlimited variety of custom colors with gray enclosures

770T

Product Name	770T
Dimensions (L x W x H)	82.5" x 36" x 59" (210 cm x 91.5 cm x 150 cm)
Speed	0.5 – 12.4 mph (0.8 – 20 kph)
Incline Levels	0% – 15%
Running Area (L x W)	60" x 22" (152 cm x 56 cm)
Max User Weight	400 lbs (182 kg)
Drive	5 HP peak AC drive motor
Power	115V, 208V-220V, 230V
Display	4.3" Touchscreen for workout and entertainment setup and control; Graphic display of workout profile via 8 x 15 LED matrix; Numeric display of time, distance, calories, calories/hour, METs, Watts, pace and heart rate including multi-color indication of heart rate range; Lower display shows incline and speed
Workouts	Quick Start (Manual Mode), nine Workouts with Time, Distance or Calorie Goal, six Military tests, 1-Mile Fitness test and Gerkin Protocol; Workouts have 10 levels
Entertainment Options	MYE wireless audio receiver; E3 View embedded HD monitor
Made for iPod® Works with iPhone®	iPod/iPhone integration with 30-pin connector. Users can easily charge an iPod or iPhone, listen to music, switch tracks, and control volume
Heart Rate Monitoring	Wireless and Contact Grips
Connectivity	CSAFE (Fitlinxx® Level 1)
Compliance	ETL listed to UL1647, ASTM, EN 957, and CSA; FCC Class A; CE Low Voltage, EMC, and RoHS Directives
Safety	E-stop Safety Lanyard and Safety Sentry™ shutdown features
Color	Available in seven standard frame colors or a virtually unlimited variety of custom colors with gray enclosures

625T

Product Name	625T
Dimensions (L × W × H)	82.5" × 36" × 59" (210 cm × 91.5 cm × 150 cm)
Speed	0.5 – 12.4 mph (0.8 – 20 kph)
Incline Levels	0% – 15%
Running Area (L × W)	60" × 22" (152 cm × 56 cm)
Max User Weight	400 lbs (182 kg)
Drive	5 HP peak AC drive motor
Power	115V, 208V-220V, 230V
Display	Graphic display of workout profile via 8 × 15 LED matrix; Numeric display of time, distance, calories, calories/hour, METs, Watts, pace and heart rate including multi-color indication of heart rate range. Lower display shows incline and speed
Workouts	Quick Start (Manual Mode), nine standard Workouts including Heart Rate Control, 1-Mile Fitness Test, and Gerkin Protocol; Workouts have 10 levels
Entertainment Options	MYE wireless audio receiver; E3 View embedded HD monitor
Made for iPod® Works with iPhone® (optional)	iPod/iPhone integration with 30-pin connector. Users can easily charge an iPod or iPhone, listen to music, switch tracks, and control volume
Heart Rate Monitoring	Wireless and Contact Grips
Compliance	ETL listed to UL1647, ASTM, EN 957, and CSA; FCC Class A; CE Low Voltage, EMC, and RoHS Directives
Safety	E-stop Safety Lanyard and Safety Sentry™ shutdown features
Color	Available in seven standard frame colors or a virtually unlimited variety of custom colors with gray enclosures

525T

Product Name	525T
Dimensions (L × W × H)	82" × 34.5" × 61.5" (208 cm × 87.5 cm × 156 cm)
Speed	0.5 – 12.4 mph (0.8 – 20 kph)
Incline Levels	0% – 15%
Running Area (L × W)	60" × 20" (152 cm × 51 cm)
Max User Weight	350 lbs (159 kg)
Drive	5 HP peak AC drive motor
Power	115V, 208V-220V, 230V
Display	Graphic display of workout profile via 8 × 5 LED matrix; Numeric display of time, calories, distance, pace and heart rate including multi-color indication of heart rate range; Lower display shows speed and incline level
Workouts	Quick Start (Manual Mode), four Weight Loss, four Cardio; Workouts have 10 levels
Entertainment Options	MYE wireless audio receiver; E3 View embedded HD monitor
Made for iPod® Works with iPhone® (optional)	iPod/iPhone integration with 30-pin connector. Users can easily charge an iPod or iPhone, listen to music, switch tracks, and control volume
Heart Rate Monitoring	Wireless and Contact Grips
Compliance	ETL listed to UL1647, ASTM, EN 957, and CSA; FCC Class A; CE Low Voltage, EMC, and RoHS Directives
Safety	E-stop Safety Lanyard and Safety Sentry™ shutdown features
Color	Available in seven standard frame colors or a virtually unlimited variety of custom colors with gray enclosures

ARC TRAINER SPECIFICATIONS

770AT/770A

Product Name	770AT; 770A
Dimensions (L × W × H)	76" × 37" × 62.5" (193 cm × 94 cm × 159 cm); 76" × 32" × 62.5" (193 cm × 81 cm × 159 cm)
Resistance Range	Up to 900 Watts at 180 SPM
Incline Levels	21
Stride Length	24" (61 cm)
Max User Weight	400 lbs (182 kg)
Power	Self powered, E3 View available in standard AC voltages, optional AC adapter for full time display
Display	4.3" Touchscreen for workout and entertainment setup and control; Graphic display of workout profile via 8 × 15 LED matrix; Numeric display of time distance, calories, calories/hour, METs, Watts, strides per minute and heart rate including multi-color indication of heart rate range; Lower display shows incline and resistance level
Workouts	Quick Start (Manual Mode), three Weight Loss, two Cardio, two Shaping, three Strength, as well as Adaptive Power, Constant Power, and Heart Rate Control. Workouts have 10 levels and control both incline and resistance
Entertainment Options	MYE wireless audio receiver; E3 View embedded HD monitor
Made for iPod® Works with iPhone®	iPod/iPhone integration with 30-pin connector. Users can easily charge an iPod or iPhone, listen to music, switch tracks, and control volume
Heart Rate Monitoring	Wireless and Contact Grips
Connectivity	CSAFE (Fitlinxx® Level 1)
Compliance	ETL listed to UL1647, ASTM, EN 957, and CSA; FCC Class B; CE Low Voltage, EMC and RoHS Directives
Color	Available in seven standard frame colors or a virtually unlimited variety of custom colors with gray enclosures

625AT/625A

Product Name	625AT; 625A
Dimensions (L × W × H)	76" × 32" × 62.5" (193 cm × 81 cm × 159 cm); 76" × 32" × 62.5" (193 cm × 81 cm × 159 cm)
Resistance Range	Up to 900 Watts at 180 SPM
Incline Levels	21
Stride Length	24" (61 cm)
Max User Weight	400 lbs (182 kg)
Power	Self powered, E3 View available in standard AC voltages, optional AC adapter for full time display
Display	Graphic display of profile via 8 × 15 LED matrix; Numeric display of time, distance, calories, calories/hour, METs, Watts, strides per minute and heart rate including multi-color indication of heart rate range; Lower display shows incline and resistance level
Workouts	Quick Start (Manual Mode), three Weight Loss, three Cardio, two Strength and Heart Rate Control; Workouts have 10 levels and control both incline and resistance
Entertainment Options	MYE wireless audio receiver; E3 View embedded HD monitor
Made for iPod® Works with iPhone® (optional)	iPod/iPhone integration with 30-pin connector. Users can easily charge an iPod or iPhone, listen to music, switch tracks, and control volume
Heart Rate Monitoring	Wireless and Contact Grips
Compliance	ETL listed to UL1647, ASTM, EN 957, and CSA; FCC Class B; CE Low Voltage, EMC and RoHS Directives
Color	Available in seven standard frame colors or a virtually unlimited variety of custom colors with gray enclosures

BIKE SPECIFICATIONS

525AT

Product Name	525AT
Dimensions (L × W × H)	76" × 30" × 62.5" (193 cm × 76 cm × 159 cm)
Resistance Range	Up to 600 Watts
Incline Levels	21
Stride Length	24" (61 cm)
Max User Weight	400 lbs (182 kg)
Power	115V, 208V-220V, 230V
Display	Graphic display of workout profile via 8 × 5 LED matrix; Numeric display of time, calories, strides per minute, calories per hour and heart rate including multi-color indication of heart rate range; Lower display shows incline and resistance level
Workouts	Quick Start (Manual Mode), three Weight Loss, three Cardio, two Power; Workouts have 10 levels and control both incline and resistance
Entertainment Options	MYE wireless audio receiver; E3 View embedded HD monitor
Made for iPod® Works with iPhone® (optional)	iPod/iPhone integration with 30-pin connector. Users can easily charge an iPod or iPhone, listen to music, switch tracks, and control volume
Heart Rate Monitoring	Wireless and Contact Grips
Compliance	ETL listed to UL1647, ASTM, EN 957, and CSA; FCC Class B; CE Low Voltage, EMC and RoHS Directives
Color	Available in seven standard frame colors or a virtually unlimited variety of custom colors with gray enclosures

770C/770R

Product Name	770C; 770R
Dimensions (L × W × H)	48" × 22.5" × 64" (122 cm × 57 cm × 162.5 cm); 65" × 25" × 52" (165 cm × 63.5 cm × 132 cm)
Modes of Operation	Constant Power, Bike Mode and Speed Control (isokinetic)
Resistance Range	20 – 900 Watts
Drive Type	Single stage drive with self-tensioning idlers for minimal mechanical drag and low maintenance
Max User Weight	400 lbs. (182 kg)
Power	Self powered, E3 View available in standard AC voltages, optional AC adapter for full time display
Display	4.3" Touchscreen for workout and entertainment setup and control; Graphic display of profile via 8 × 15 LED matrix; Target / Speed display via 2 × 15 LED matrix; Numeric display of time, distance, calories, calories/hour, METs, Watts, RPM, and heart rate including multi-color indication of heart rate range; Lower display shows road speed and resistance level
Workouts	Quick Start (Manual Mode), four Weight Loss, four Cardio, and Heart Rate Control as well as two Power; Quick Start is facility selectable as "Bike" mode or Constant Power; Weight Loss and Cardio workouts are constant power; Workouts have 21 levels; YMCA Fitness Test
Entertainment Options	MYE wireless audio receiver; E3 View embedded HD monitor
Made for iPod® Works with iPhone®	iPod/iPhone integration with 30-pin connector. Users can easily charge an iPod or iPhone, listen to music, switch tracks, and control volume
Heart Rate Monitoring	Wireless and Contact Grips
Connectivity	CSAFE (Fitlinxx® Level 1)
Compliance	ETL listed to UL1647, ASTM, EN 957, and CSA; FCC Class B; CE Low Voltage, EMC and RoHS Directives
Color	Available in seven standard frame colors or a virtually unlimited variety of custom colors with gray enclosures

BIKE SPECIFICATIONS

625C/625R

Product Name	625C; 625R
Dimensions (L × W × H)	48" × 22.5" × 64" (122 cm × 57 cm × 162.5 cm); 65" × 25" × 52" (165 cm × 63.5 cm × 132 cm)
Modes of Operation	Constant Power, Bike Mode
Resistance Range	20 – 900 Watts
Drive Type	Single stage drive with self-tensioning idlers for minimal mechanical drag and low maintenance
Max User Weight	400 lbs. (182 kg)
Power	Self powered, E3 View available in standard AC voltages, optional AC adapter for full time display
Display	Graphic display of profile via 8 × 15 LED matrix; Numeric display of time, distance, calories, calories/hour, METs, Watts, RPM, and heart rate including multi-color indication of heart rate range; Lower display shows road speed and resistance level
Workouts	Quick Start (Manual Mode) four Weight Loss, four Cardio, and Heart Rate Control; Quick Start is facility selectable as "Bike" mode or Constant Power; Weight Loss and Cardio workouts are constant power; Workouts have 21 levels
Entertainment Options	MYE wireless audio receiver; E3 View embedded HD monitor
Made for iPod® Works with iPhone® (optional)	iPod/iPhone integration with 30-pin connector. Users can easily charge an iPod or iPhone, listen to music, switch tracks, and control volume
Heart Rate Monitoring	Wireless and Contact Grips
Compliance	ETL listed to UL1647, ASTM, EN 957, and CSA; FCC Class B; CE Low Voltage, EMC and RoHS Directives
Color	Available in seven standard frame colors or a virtually unlimited variety of custom colors with gray enclosures

525C/525R

Product Name	525C; 525R
Dimensions (L × W × H)	48" × 22.5" × 65" (122 cm × 57 cm × 165 cm); 65" × 25" × 53" (165 cm × 63.5 cm × 134.5 cm)
Modes of Operation	Constant Power, Bike Mode
Resistance Range	20 – 600 Watts
Drive Type	Single stage drive with self-tensioning idlers for minimal mechanical drag and low maintenance
Max User Weight	400 lbs. (182 kg)
Power	Self powered, E3 View available in standard AC voltages, optional AC adapter for full time display
Display	Graphic display of workout profile via 8 × 5 LED matrix; Numeric display of time, calories, revolutions per minute, calories per hour and heart rate including multi-color indication of heart rate range; Lower display shows road speed and resistance level
Workouts	Quick Start (Manual Mode), four Weight Loss, four Cardio; Workouts have 21 levels
Entertainment Options	MYE wireless audio receiver; E3 View embedded HD monitor
Made for iPod® Works with iPhone® (optional)	iPod/iPhone integration with 30-pin connector. Users can easily charge an iPod or iPhone, listen to music, switch tracks, and control volume
Heart Rate Monitoring	Wireless and Contact Grips
Compliance	ETL listed to UL1647, ASTM, EN 957, and CSA; FCC Class B; CE Low Voltage, EMC and RoHS Directives
Color	Available in seven standard frame colors or a virtually unlimited variety of custom colors with gray enclosures

TOTAL ACCESS SPECIFICATIONS

625T IFI TREADMILL

Product Name	625T IFI
Dimensions (L x W x H)	82.5" x 36" x 59" (210 cm x 91.5 cm x 150 cm)
Speed Range	0.5 – 12.4 mph (0.8 – 20 kph)
Elevation Range	0% – 15%
Running Surface	60" x 22" (152 cm x 56 cm)
Max User Weight	400 lbs (182 kg)

625AT IFI ARC TRAINER

Product Name	625AT IFI
Dimensions (L x W x H)	76" x 32" x 62.5" (193 cm x 81 cm x 159 cm)
Incline Levels	21
Resistance Range	Up to 900 watts
Stride Length	24" (61 cm)
Max User Weight	400 lbs (182 kg)

625C IFI/625R IFI BIKES

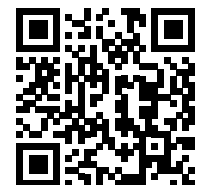
Product Name	625C IFI; 625R IFI
Dimensions (L x W x H)	48" x 22.5" x 64" (122 cm x 57 cm x 162.5 cm); 65" x 25" x 52" (165 cm x 63.5 cm x 132 cm)
Resistance Range	20 – 900 watts
Max User Weight	400 lbs. (182 kg)

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