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**FOR IMMEDIATE RELEASE**

**U.S. Marines Launching High Intensity Tactical Training Centers  
*CYBEX Equipment Plays Major Role in a Range of Truly Unique Military Facilities***

**MEDWAY, MA, August 11, 2011** – Responding to the increasing demands of duty-related injuries and needs for improved mission performance, the United States Marine Corps is opening its first High Intensity Tactical Training (HITT) Center in September. Debuting at Marine Corps Air Station New River, North Carolina, HITT will be unlike any fitness facility a Marine has ever used. Core to the success of the HITT Program and the Marines who'll be using it are the [CYBEX Arc Trainer](#) and [CYBEX Bravo functional trainer](#).

The HITT program is designed to meet Marines' pre-deployment, deployment and post-deployment training cycles. It's focused on developing specific strength and cardio gains for optimum combat mission performance and injury reduction, as well as enabling post-combat physical recovery and training geared to readiness. Instead of stationary bikes, treadmills and traditional selectorized strength training machines, HITT participants use kettle bells, Power Racks, training ropes, sprint lanes and other non-traditional strength-enhancing gear. There will be one notable exception to the equipment offered in each of these new centers: CYBEX fitness equipment.

Regarding program development, Ryan Massimo, Combat Fitness Program Manager at U.S. Marine Corps Headquarters, Virginia, notes that HITT combines a wide variety of training protocols and outstanding biomechanical designs that work together to create optimal training outcomes. "The Arc Trainer is unique in that it enables incredibly high-intensity interval training, up to 900 Watts – more than double the output achievable on other technologies – with incline and onboard programming that takes the most fit Marine to even higher high-performance levels," he says.

"The first time I worked out on the Arc Trainer I was completely shocked," asserts Lt. Gen. Ron Coleman, USMC (Ret). "In my opinion, the Arc Trainer blows away treadmills, ellipticals and every other variety of cardio equipment I have ever used. The Arc Trainer is not just a cardio device; it is a rather unique product that delivers power and endurance training, while burning an enormous amount of calories."

According to Lt. Gen. Coleman, the Arc Trainer is uniquely suited to be the centerpiece of the HITT Program and facilities. "The machine scales the resistance based on the weight entry of the user. A Marine can enter his weight at 100 pounds heavier than actual, to account for combat body armor, ammunition, helmet and weapon, and the Arc Trainer will load resistance based on this weight," he explains. "In addition, its Adaptive Power

Training program continues to load resistance on a Marine during a high-intensity interval for as long as he or she can maintain the effort. As soon as fatigue comes to bear, and the user slows down, the Arc Trainer automatically drops the resistance to match the capability of the Marine. This allows high-intensity training to occur safely, within the capabilities of the user.”

Beyond the U.S. Marine HITT facilities, the Arc Trainer is making inroads in other military centers. It’s now being used at the U.S. Army’s first high-intensity training facilities at the Frederick Physical Fitness Center at Fort Bragg, North Carolina, which was created to assist soldiers in improving both their fitness and operational readiness. Trainers at Frederick encourage soldiers to train at high intensity, which contributes to higher levels of fitness and, ultimately, combat readiness.

“The Arc Trainer’s high-intensity training capabilities enable astounding training sessions to occur safely,” states Casey Gilvin, Fitness Director at the Frederick facility. “We need to get our soldiers to the level of ‘performance beasts’ for short intervals of time, which contribute to their ability to fulfill their mission safely and to avoid injury. The Arc Trainer can have a major impact on our most elite troops as well as help those recovering from mission fatigue and injury.”

Arc Trainers are also now in place in the new Field House performance training facility at Eglin Air Force Base in Florida. Military Fitness Program Liaison Ben Gleason uses the Arc Trainer in a wide variety of applications for Eglin’s diverse population. [“The Arc Trainer puts ellipticals to shame. It’s a superior product for conditioning injured personnel requiring low-impact modes of exercise.”](#) he says. “It’s also a superb choice to develop power and endurance as well as to conduct conditioning work for very fit people. We get a lot of military personnel that need to get fit in a hurry, and, personally, I love using the Arc Trainer to develop aerobic capacity on low-impact days.”

CYBEX’s Bravo functional trainer, also being adopted by HITT, the military, and on board ships, incorporates a stability system with an adjustable cable mechanism. This combination promotes the integrated movement of cable products with the strength building benefits of selectorized machines, along with high levels of core engagement. Exercise options on the Bravo are virtually limitless.

### **About CYBEX**

Cybox International, Inc. (NASDAQ: CYBI) is a leading manufacturer of premium exercise equipment primarily for commercial use. The CYBEX product line, including a full range of strength and cardio training machines, is designed using exercise science to reflect the natural movement of the human body. Led by the [Cybox Institute for Exercise Science](#), CYBEX fitness equipment is engineered to produce optimal results for users from the first-time exerciser to the professional athlete. Products are available for a wide range of facilities, from commercial health clubs to home gyms, and are sold in more than 85 countries worldwide. For more information on CYBEX and its product lines, visit the Company’s website at [www.cyboxintl.com](http://www.cyboxintl.com).

*This news release may contain forward-looking statements. There are a number of risks and uncertainties that could cause actual results to differ materially from those anticipated by the statements made above. These include, but are not limited to, the resolution of litigation involving the Company, the ability of the Company to comply with the terms of its credit facilities, competitive factors, technological and product developments, market demand, and economic conditions. Further information on these and other factors which could affect the Company’s financial results can be found in the Company’s previously filed Report on Form 10-K for the year ended December 31, 2010, its Reports on Form 10-Q, its Current Reports on Form 8-K, and its proxy statement dated April 14, 2011.*