

CYBEX[®]
Serious about fitness.

PLATE LOADED & FREE WEIGHTS



SCIENCE that sculpts the HUMAN BODY



CYBEX's Plate Loaded and Free Weight equipment offers lines and styling created to complement the entire range of CYBEX strength products. The sleek design seamlessly integrates the products into your facility's environment and provides the CYBEX brand identity your members value in strength equipment.

Packed with features and exceptional movements, the Plate Loaded line — like all CYBEX strength products — merges superior technology with a passion for fitness. Backed by exercise science, CYBEX equipment reflects our heritage in sports medicine and design engineering based on the proper mechanics of human movement. Given our decades of dominance in commercial strength equipment, there is probably no true fitness professional who has not used CYBEX strength products.

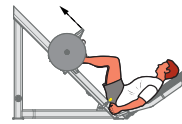
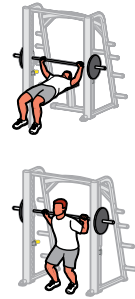
CYBEX's Plate Loaded and Free Weight lines are the definition of strength training — and equipment no club wants to be without.



Plate Loaded

LEG PRESS

- Three position adjustable backrest
- Linear bearings allow a smooth, quiet motion and are fully enclosed for safety
- Optional 10" (25 CM) Weight Post Kit available for added resistance



- Open, walk-through design for easy roll through access for benches
- Fifteen-pound take-off weight allows users of all levels the ability to exercise
- The 90° path of motion for adaptability to all exercises
- 18 bar and catch hooks in four-inch increments

SMITH PRESS

SQUAT PRESS

- Direct linkage system provides a variable resistance profile to ensure proper strength curve throughout the range of motion
- Four-bar linkage mechanism maintains the correct ankle position throughout the motion



- Seat moves with input arm for maintenance of alignment
- Kneepads adjust for tibia length and range of motion

SEATED CALF

CHEST PRESS

- The 25° converging pattern provides an exceptional range of motion with consistent torque at the joint
- Independent arm motion for balanced strength development
- Two-position selectable starting position for a broad range of user size and flexibility
- Overhead pivot provides a natural path of motion
- "Extra-sized" grips reduce pressure on the hands for greater comfort when pressing

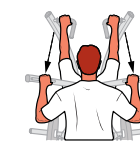


- The 20° converging pattern provides an exceptional range of motion with consistent torque at the joint
- Independent arm motion for balanced strength development
- Barbell and neutral grips
- "Extra-sized" grips reduce pressure on the hands for greater comfort when pressing

OVERHEAD PRESS

ROW

- The 10° diverging pattern allows the arms to comfortably pass to the sides of the torso
- The descending pattern of motion and flexible trailing link handles provide a consistent torque at the joint for highly effective training
- Independent arm motion for balanced strength development
- Dual foot braces for added stabilization



- The 15° diverging pattern provides an exceptional range of motion with consistent torque at the joint
- Barbell and neutral grips provide multiple grip choices
- Independent arm motion for balanced strength development

PULLDOWN

Plate Loaded



- The 25° converging pattern provides an exceptional range of motion with consistent torque at the joint
- Independent arm motion for balanced strength development
- Two-position selectable starting position for a broad range of user size and flexibility
- Overhead pivot provides a natural path of motion
- Extra-sized grips reduce pressure on the hands for greater comfort when pressing

INCLINE PRESS



Free Weights

OLYMPIC BENCH PRESS

- Frame is contoured for easy spotter access
- Two-position plated bar catches protect frame from contact with bar

Olympic Bench Weight Storage Attachment

- Four weight storage pegs per side
- Bolt-on design for installation at any time
- For Olympic Benches – 16010, 16050, and 16061



- Frame is contoured for easy spotter access
- Two-position plated bar catches protect frame from contact with bar
- The adjustable six-position leg support provides stabilization and user fit
- -15° Decline



OLYMPIC DECLINE PRESS

OLYMPIC INCLINE PRESS

- Frame is contoured for easy spotter access
- Six seat-height positions allow for fine-tuning of user position
- Two-position plated bar catches protect frame from contact with bar
- 30° Incline



- Elbow pad is angled 55° to vary resistance and improve comfort
- Seat is angled 10° for comfort



SCOTT CURL

Free Weights

45° BACK EXTENSION

- Unique pivoting thigh pad provides relief for the knee joint enhancing both comfort and safety
- The 45° angle provides close alignment of strength curve for the low back and hamstrings
- Adjustment range of 13.5" (34 cm) accommodates users of all sizes



- Back pad has eight positions from -10° to 80°
- Seat pad provides three positions from 0° to 20°
- Features include wheels and a handle for easy moving that doubles as a footrest

ADJUSTABLE -10° TO 80° BENCH

FLAT BENCH

- Three-point contact provides excellent stability
- Strong but lightweight design can be easily moved



- Back angle is 85° for improved comfort and stability without interfering with overhead movements
- Footrest provides for improved user stability

UTILITY BENCH

Free Weights

BENT LEG ABDOMINAL BOARD

- Back pad adjusts in five increments from -30° to 10°
- Elevated knee reduces lower back strain
- Leg pads adjust to accommodate femur length
- Roller pads allow for easier access and greater comfort
- Assist handle to help user off and on



- Eight racking positions spaced 4" (10 CM) apart
- Five zinc-coated plate storage pegs per side with polymer bumpers on storage pegs protect frame finish from plates

SQUAT RACK

LEG RAISE CHAIR

- Slightly reclined position and angled elbow rests provide secure position
- Step-up for easy entry/exit



- Back pad adjusts from 15° to 30° in eight settings
- Legs are supported and knees elevated to reduce lower back strain

ADJUSTABLE DECLINE BENCH

Free Weights

BARBELL RACK

- Holds 10 barbells
- Upright design provides more ergonomically correct racking of barbells



- Six plate storage pegs
- Polymer bumpers on storage pegs protect frame finish from plates

WEIGHT TREE

WEIGHT TREE / BAR STORAGE

- Six zinc-coated plate storage pegs
- Polymer bumpers on storage pegs protect frame finish from plates
- Stores two Olympic bars vertically for maximum space efficiency



- Offset angle prevents wrist strain while removing and replacing dumbbells
- Individual dumbbell cradles improves rack safety profile
- Dumbbell saddles made of wear resistant high-density polyethylene plastic
- Full shelf prevents dumbbells from falling through
- Storage space for 10-pairs of any size dumbbell

TWIN-TIER DUMBBELL RACK

Features & Benefits



Adjustable Start Position

Select CYBEX Plate Loaded models allow adjustable start positions for perfect alignment and improved safety. A rare feature in Plate Loaded equipment.

Intuitive Adjustment Markers

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

Instructional Placards

Because not everyone knows how to use every machine, CYBEX Plate Loaded line provides detailed instructional placards.

Molded Feet

Custom molded feet protect your flooring and help keep the machines where you want them.

Low Profile Designs

















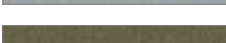
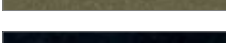

You want people to see your facility. We've paid particular attention to minimizing the visual clutter at eye level to help you provide an open, airy environment for your members.

specifications

Product Number	Description	Length		Width		Height		Weight	
		IN	CM	IN	CM	IN	CM	LB	KG
FREE WEIGHT STATIONS									
Upper Body									
16010	Olympic Bench Press	60	152	53	135	51	130	121	55
16050	Olympic Incline Press	63	160	53	135	57	145	133	60
16061	Olympic Decline Press	73	185	53	135	47	119	133	60
16130	Scott Curl	39	99	29	74	37	94	96	44
Lower Body									
16230	Squat Rack	65	165	70	178	72	183	248	113
BODY WEIGHT STATIONS									
16021	45° Back Extension	58	147	30	76	32	81	106	48
16170	Bent Leg Ab Board	57	145	28	71	41	104	126	57
16180	Leg Raise Chair	47	119	34	86	64	163	144	65
BENCHES AND RACKS									
16250	Twin Tier Dumbbell Rack (holds 10 pairs)	90	229	22	56	31	79	181	82
16040	Flat Bench	48	122	24	61	17	43	43	20
16000	Adjustable -10 to 80° Bench	56	142	25	64	46	117	74	34
16030	Upright Bench	43	109	24	61	38	97	50	23
16140	Weight Tree (holds plates only)	35	89	25	64	54	137	63	29
16141	Weight Tree with Bar Storage	35	89	25	64	54	137	68	31
16160	Adjustable Decline Bench	61	155	23	58	26	66	60	27
16260	Barbell Rack	38	97	33	84	55	140	130	59
PLATE LOADED STATIONS									
Lower Body									
	Squat Press	82	208	69	175	53	135	342	155
16150	Leg Press	83	211	64	163	54	137	443	201
16110	Seated Calf	58	147	30	76	39	99	147	67
16210									
Upper-Body									
16090	Row	82	208	34	86	48	122	159	72
16070	Lat Pull	87	221	49	124	72	183	207	94
16080	Chest Press	50	127	59	150	52	132	192	87
16101	Overhead Press	53	135	54	137	49	124	180	82
16190	Incline Press	55	140	59	150	49	124	181	82
Multi Exercise									
16120	Smith Press	54	137	84	213	84	213	380	173

customization

color & upholstery options

dove grey	
charcoal	
black	
burgundy	
navy	
hunter green	
grotto	
royal blue	
azure	
crocus	
cranberry	
american beauty red	
wheat	
suede	
black chrome	
platinum sparkle	
metaltone gold	
black texture	
white texture	

Two-Tone Upholstery is also available as an option to provide distinctive appearance.

Embroidered Wear Covers are also available to further promote your brand.



manufacturing EXCELLENCE

CYBEX uses state-of-the-art manufacturing methods, the finest raw materials, and a skilled workforce to produce the world class fitness equipment that carries the CYBEX brand.



Modern Factory

Our Plate Loaded and Free Weight equipment is built in a brand new 340,000 square foot manufacturing facility in Owatonna, MN USA, that came on line in 2007.

The plant is vertically integrated and has the latest automation and

manufacturing technology available. This is a world class operation without rival among commercial fitness manufacturers.

Premium Raw Materials

Starting with the best raw materials is critical to producing the best quality finished product. CYBEX purchases steel direct from the mills to support our own specifications and chemistry. To produce a paint finish that endures, CYBEX and DuPont teamed up to develop proprietary powder paint formulations that repeatedly demonstrate the highest levels of performance in the commercial fitness club environment.

Experienced Work Force

CYBEX has been producing commercial strength products in middle America with our seasoned and dedicated work force for over 25 years. As an

example, welding is at the core of our manufacturing at CYBEX. Virtually every manufactured fitness product is made with welding and we use the latest technology, automation, and skilled technicians to ensure our welds are at the forefront of the industry. Our employees' pride and workmanship is evident in every piece of "furniture grade" exercise equipment that leaves our facility.

Build to Order

At CYBEX, we don't start to build until 10 working days before the customer wants their products shipped. No old equipment sitting around in inventory. And... build to order means that every product is built to the customer's color specifications in both frame and upholstery. CYBEX can accommodate special requests that often present themselves when customers are building or renovating their fitness facility... CYBEX is known for our short lead times.

Environmentally Responsible

CYBEX is a serious manufacturer. We don't just assemble – we cut, bend, weld and coat steel. In doing

our job, we recognize the value our customers place on premium quality, but also their environmental values. Like our customers, CYBEX is committed to protecting our environment and keeping "Mother Nature" fit.



*CYBEX conforms to ISO 9001:2000 standards in its manufacturing, design and business processes.

countless options with UNPARALLELED PERFORMANCE

CYBEX is the brand leader in Plate Loaded and Free Weight equipment. In addition to the rugged durability we are known for, CYBEX products are packed with unique features and uncomplicated movements. The sleek stylish equipment complements the lines of other CYBEX strength and can be seamlessly integrated as one look in your facility.

No matter how many other types of strength training a fitness facility offers, plate loaded and free weights are still training tools no one wants to be without. And CYBEX is the very definition of strength training.



CYBEX Strength products are Made in the USA

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