

CYBEX[®]
Serious about fitness.

THE BIGGEST LOSER ARC TRAINER



THE ARC
Nothing burns faster. Nothing.

THE
**BIGGEST
LOSER**

Winners workout on CYBEX.

tuesdays 8/7c 

"THE ARC TRAINER WAS MY SECRET WEAPON."

Patrick House

The Biggest Loser Winner
CYBEX Fitness Ambassador

LOSE BIG AND WIN BIG.

Patrick House was once as big as his last name. Until he lost 181 pounds and took home the title of The Biggest Loser on NBC's #1 lifestyle show. "My win was literally powered by CYBEX. I especially love the Arc Trainer, which enabled me to burn more calories in less time. I spent hours on it every day on the Ranch," says House.

House is among the scores of contestants who burn calories and shed pounds every week working out on the CYBEX Arc Trainer at The Biggest Loser Ranch. Now you can experience the calorie-burning power of this aerobic workhorse in your own home with The Biggest Loser Arc Trainer.

BURN MORE CALORIES IN LESS TIME.

Why did The Biggest Loser choose the Arc Trainer? Because it works. Independent university research studies prove that it burns up to 16% more calories than ellipticals, making this conventional aerobic trainer literally obsolete. Better yet, it produces these measurable results in less time, with lower perceived effort, and less discomfort or injury. "I spent hours on the Arc every day, without killing my knees," adds House.

GLIDE, STRIDE, OR CLIMB YOUR WAY TO FITNESS. SAFELY.

With a 24-inch stride length, you can use the The Biggest Loser Arc Trainer as a skier, hiker, or climber to safely achieve your loftiest weight-loss and fitness goals.

Its unique pattern of motion ensures optimal loading balancing between the knee and hip, reduces joint stress, and maximizes muscle recruitment. It's also the only aerobic machine that uses the Same Side Forward (SSF) pattern of motion. Your arms and legs move together, allowing you to shift the intensity between your upper and lower body at any time. SSF also eliminates torso rotation and relieves any back discomfort during your workout.

Now you can bring the Ranch experience home and train like your favorite contestants – with The Biggest Loser Arc Trainer.



To learn more about the science behind the Arc Trainer, visit www.arctrainer.com.

Specifications

Product Number	360A
Dimensions (L x W x H)	71" (180cm) x 28.5" (73 cm) x 62" (158 cm)
Programs	11 + Manual
Resistance Range	Max – 450 Watts
Stride Length	24 Inches
Incline Levels	11
Heart Rate Monitoring	Wireless
Power	AC plug-in
Resistance Type	Eddy Current brake
Maximum User Weight	300 lbs. (136 kg)
Graphic Display	Profile, Distance, Calories/Hour, METs, Distance Climbed, Strides Per Minute, Heart Rate, Time, Incline and Resistance Level



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