

**CYBEX**<sup>®</sup>

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



- ▶ 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

- ▶ 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



## SMITH PRESS

## SQUAT PRESS



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

- ▶ 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



## SEATED CALF

# Plate Loaded

## 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

## HACK SQUAT



- ▶ 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

- ▶ Fully enclosed linear bearing system
- ▶ Hip-height plate loading
- ▶ Large nonskid footplate
- ▶ Dual height start position
- ▶ Six plate storage positions



## INCLINE PRESS



- ▶ Plate loading at the front and back of the input arm provides true variable resistance
- ▶ Dual handgrips allow user variety

## TRICEP PRESS

- ▶ Adjustable seat height provides the user with the optimal positioning for their height and range of motion
- ▶ Forward tilted back pad keeps the user stable without the need for a belt
- ▶ Dual grip positions accommodate user size and provide for greater variety of movements



## T-BAR ROW

# Free Weights

## OLYMPIC BENCH PRESS

- ▶ 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



- ▶ 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

## OLYMPIC DECLINE PRESS

## OLYMPIC INCLINE PRESS

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



- ▶ 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

## SCOTT CURL

# Free Weights

## BENT LEG ABDOMINAL BOARD

- ▶ Back pad adjusts in five increments from  $-30^{\circ}$  to  $10^{\circ}$
- ▶ 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  $15^{\circ}$  to  $30^{\circ}$  in eight settings
- ▶ Legs are supported and knees elevated to reduce lower back strain



## ADJUSTABLE DECLINE BENCH

# 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



- ▶ Twenty racking positions spaced 4" (10 cm) apart
- ▶ Laser engraved position indicators
- ▶ Adjustable bar stops with UHMW frame protectors
- ▶ Five zinc-coated plate storage pegs per side with polymer bumpers on storage pegs protect frame finish from plates
- ▶ Standard pull-up bar

## POWER CAGE

## MILITARY PRESS

- ▶ Seat is adjustable fore or aft to accommodate for a wide range of user sizes
- ▶ Two-position plated bar catches, protect frame from contact with bar
- ▶ Footrest enhances user stability



- ▶ 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 fifteen pairs of dumbbells

## THREE TIER DUMBBELL RACK

## DIP/CHIN/LEG RAISE

- ▶ Slightly reclined position and angled elbow rests provide secure position
- ▶ Dual grip positions accommodate user size and provide for greater variety of movements
- ▶ The pull-up bar offers both bar and neutral grips for individual preference
- ▶ Step-up for easy entry and exit



# Free Weights

## BARBELL RACK

- ▶ Holds ten 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 ten 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
<b>FREE WEIGHT STATIONS</b>									
<b>Upper Body</b>									
16010	Olympic Bench Press	60	152	53	135	51	130	121	55
16050	Olympic Incline Press	63	160	53	135	57	145	133	60
16062	Olympic Decline Press	73	185	53	135	47	119	133	60
16131	Scott Curl	39	99	29	74	37	94	96	44
16270	Military Press	54	137	54	137	66	168	207	94
<b>Lower Body</b>									
16230	Squat Rack	65	165	70	178	72	183	248	113
<b>BODY WEIGHT STATIONS</b>									
16022	45° Back Extension	58	147	30	76	32	81	106	48
16171	Bent Leg Ab Board	57	145	28	71	41	104	126	57
16180	Leg Raise Chair	47	119	34	86	64	163	144	65
16185	Dip/Chin/Leg Raise	59	150	50	127	99	251	434	197
<b>BENCHES AND RACKS</b>									
16250	Twin Tier Dumbbell Rack (holds ten pairs)	90	229	22	56	31	79	181	82
16255	Three Tier Dumbbell Rack	90	229	26	66	40	102	275	124
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
16161	Adjustable Decline Bench	61	155	23	58	26	66	60	27
16260	Barbell Rack	38	97	33	84	55	140	130	59
16240	Power Cage	59	150	73	184	93.5	237	441	200
<b>PLATE LOADED STATIONS</b>									
<b>Lower Body</b>									
16150	Squat Press	82	208	69	175	53	135	342	155
16110	Leg Press	83	211	64	163	54	137	443	201
16211	Seated Calf	58	147	30	76	39	99	147	67
16200	Hack Squat	81	206	61	155	54	137	390	124
<b>Upper-Body</b>									
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
16320	Tricep Press	206	81	86	34	119	47	197	434
16280	T-Bar Row	80	203	30	76	28	71	172	78
<b>Multi Exercise</b>									
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

**Cybox 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 Cybox 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. Cybox purchases steel direct from the mills to support our own specifications and chemistry. To produce a paint finish that endures, Cybox 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

Cybox 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 Cybox. 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 Cybox, 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. Cybox can accommodate special requests that often present themselves when customers are building or renovating their fitness facility... Cybox is known for our short lead times.

## Environmentally Responsible

Cybox 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, Cybox is committed to protecting our environment and keeping "Mother Nature" fit.



# COUNTLESS OPTIONS WITH UNPARALLELED PERFORMANCE

Cybox is the brand leader in Plate Loaded and Free Weight equipment. In addition to the rugged durability we are known for, Cybox products are packed with unique features and uncomplicated movements. The sleek stylish equipment complements the lines of other Cybox 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 Cybox is the very definition of strength training.



**Cybox products are designed and built in the USA**

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