

**CYBEX**® HOME ARC TRAINER



## **THE TOTAL BODY ARC TRAINER. REFINED FOR THE HOME.**

If you're thinking about exercising at home, there is no better piece of equipment to start with than the CYBEX Home Arc Trainer. If you are as busy as most of our customers, you want to choose a piece of exercise equipment that will give you a complete workout in the shortest time possible. CYBEX has the answer. The Home Arc Trainer delivers the superior workout experience you've come to expect from all of our equipment. The award-winning commercial Arc Trainer is now available in a home version with new enhanced features such as an updated console design, expanded range of motion, and new impact reducing footplates.

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## HAVE IT YOUR WAY

Utilizing resistance and incline variations usually reserved for the gym, the Home Arc Trainer continues the tradition of the industry changing ARC TRAINER FAMILY in the comfort of your own home. Encompassing an unmatched number of workout combinations, the Arc Trainer allows the user to determine the motion that best suits their fitness needs. With a category leading 24 inch stride length, and the ability to be used as a skier, a hiker, or a climber, the Arc Trainer can build muscle and burn calories faster than any other machine in its category.

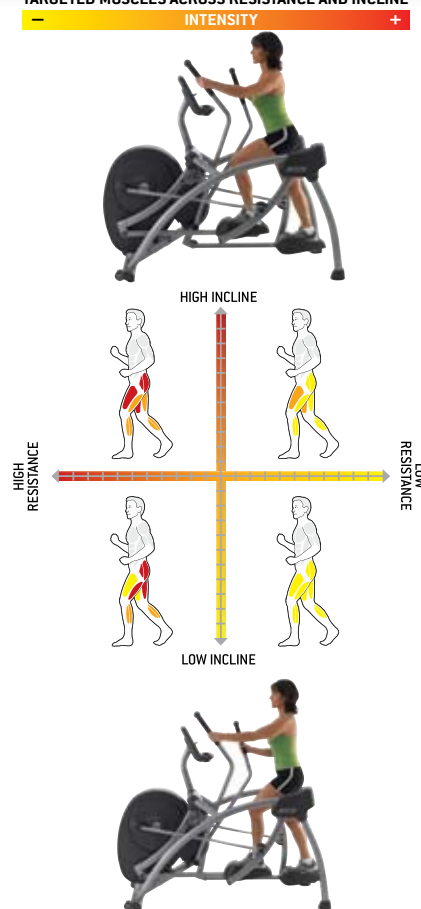
## MAXIMUM RESULTS—MINIMUM TIME

That's Right. The Arc Trainer allows users to burn more calories and train muscles with more intensity, while feeling less exertion. Our unique pattern of motion ensures that the direction of force is forward of the hip and behind the knee for equal leverage and balance during the movement. This balance of force contributes to optimal loading between knee and hip, reduces joint stress, and maximizes muscle recruitment. All the gain without the pain, and we can prove it. To learn more about the research visit [www.ArcTrainer.com](http://www.ArcTrainer.com)

## PUT YOUR BEST FOOT FORWARD

CYBEX is the only company that designs and manufactures cross-trainers that follow a Same Side Forward (SSF) pattern of motion. While arms and legs move together in an assisted manner, the user can choose to distribute intensity between upper and lower body at any time during the workout. SSF also assists in focusing resistance on targeted muscle groups by eliminating torso rotation and alleviating any back discomfort during your workout. This proprietary feature, coupled with the unlimited variations makes it easy to see why more people are on our side.

### TARGETED MUSCLES ACROSS RESISTANCE AND INCLINE



## ARC SPECIFICATIONS

Product Number: 360A

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)

Dimensions: 71" (180cm) L x 28.5" (73 cm) W x 62" (158 cm) H

Graphic Display: Profile, Distance, Calories/Hour, METs, Distance Climbed, Strides Per Minute, Heart Rate, Time, Incline and Resistance Level

GLOBAL HEADQUARTERS  
10 Trotter Drive  
Medway • MA 02053 USA  
T +1.508.533.4300 • F +1.508.533.5500

**CYBEX**<sup>®</sup>  
[www.cybexintl.com](http://www.cybexintl.com)

CYBEX INTERNATIONAL UK LTD  
Oak Tree House • Atherstone Road  
Measham • Derbyshire • DE12 7EL UK  
T +44.845.606.0228 • F +44.845.606.0227