

# EAGLE TORSO ROTATION

## NATURAL MOVEMENT

Optimal torso training – naturally – is a result of the Cybex top pivot design with a fixed lower body. This allows the head to lead and trains the torso muscles used in activities of daily living. Just as the head turns and body follows in sport, the Eagle Torso Rotation uses a top pivot design to produce optimal training.

## FOCUS ON TORSO... ONLY

The dual angled foot pegs and thigh pads provide for multiple **stabilization** opportunities to ensure it is the torso that is moving and not the hips and legs. It also ensures that **spinal alignment is maintained** throughout the movement.

## KEEPING IT PERSONAL

Every individual is different. With **six starting positions** provided every 10° in each direction every user can select the starting position that matches their own anatomy.

## BEYOND THE BEST

Cybex Eagle selectorized strength line is the evolution of superior technology combined with a passion for fitness. There is no comparable strength line in the industry – Eagle is beyond the other's best. Starting with exhaustive research in human biomechanics and applying the Cybex heritage in sports medicine, Eagle is the ultimate way to “faster fitness results”.

## Specifications

<b>Product Number</b>	11190
<b>Dimensions (L × W × H)</b>	47" × 48" W × 76" (119 cm × 122 cm × 193 cm)
<b>Machine Weight</b>	690 lbs (314 kg)
<b>Weight Stack</b>	305 lbs (138 kg)
<b>Color</b>	Available in 5 standard or a virtually unlimited variety of custom frame colors



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