

# 360A Home Arc Trainer



## RESIDENTIAL CROSS TRAINER

The Total Body Home Arc Trainer **designed in a smaller footprint specially for the home** where it won't be used 24/7 but where a wide variety of programs, resistance, and intensity is just as important as it is in the gym. The same unique Arc pattern of motion and Same Side Forward (SSF) technology that won "Product of the Year" for the Arc Trainer commercial model is available in the Home Arc Trainer.

## CROSS TRAINERS VS ELLIPTICALS

**Not all cross trainers are created equal.** Cross training refers to working various parts of the body by combining different exercises in a variety of ways. Typically one activity or sport trains certain parts of the body but not others. Cross training aims to eliminate this. Cross trainers are generally non-impact machines – sometimes called "ellipticals" – which refers to a specific motion. **All ellipticals are cross trainers but not all cross trainers are ellipticals.**

## BURNS MORE CALORIES

**More results in less time.** Research shows that the CYBEX Arc Trainer burns more calories than any other cross trainer or elliptical cross trainer tested. The science behind the Arc Trainer's big calorie burn is the Arc motion. It engages the right muscles – quads and glutes – that demand lots of energy from the body when they are called upon to work. That means big calorie burn. And... because the Arc is demanding of the muscles – not the joints, it can be used longer without putting a strain on the knees, hip or back.

## Specifications

<b>Product Number</b>	360A
<b>Resistance Range</b>	up to 450 watts
<b>Incline Levels</b>	11
<b>Stride Length</b>	24"
<b>Upper Body Handles</b>	Yes
<b>Dimensions (L x W x H)</b>	71" (180cm) x 28.5" (73cm) x 62" (158cm)
<b>Display</b>	Graphic Display of Profile, Distance, Calories, Calories/hr, Strides/min, Distance Climbed, Heart Rate, Time, Incline and Resistance Level
<b>Programs</b>	Quick Start plus 10 programs. Each program has 10 levels and controls both incline and resistance; <b>visit us online for Program details</b>
<b>Heart Rate Monitoring</b>	Wireless
<b>Max User Weight</b>	300 lbs (136kg)
<b>Power</b>	115V, 60Hz; 230V, 50Hz
<b>Compliance</b>	FCC Class B, ETL listed to UL 1647, CE, ASTM, CSA

## THREE MACHINES IN ONE

**Train for strength, power, endurance, cardio, and weight loss.**

The CYBEX Arc Trainer offers broad incline and resistance ranges which mean it is really 3 machines in one. At the lower incline levels, the "glide" is a cross country skier. In the mid-range levels, the motion is a "stride" (like an elliptical except with proper positioning). At the high levels, the "climb" of a stepper or climber. Glide, Stride, and Climb. And... lots of programs also make the Arc Trainer fun to use.

## EASY ON THE JOINTS

**No more "elliptical knees".** Unlike other cross trainers on the market the patented Arc pattern of motion allows the hip and knee to move synchronously while the foot stays under the knee reducing joint pains and providing a more comfortable workout. To learn more about the CYBEX Arc Trainer visit [www.arctrainer.com](http://www.arctrainer.com).

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