

# 625AT ARC TRAINER

## TOTAL BODY CROSS TRAINER

A **Total Body Cross Trainer** created for the most demanding users in the most demanding environment. The versatility of the 625AT Arc Trainer® means that a single unit can satisfy a diverse range of user needs and desires.

## CROSS TRAINERS VS. ELLIPTICALS

**Not all cross trainers are created equal.** Cross training refers to using a variety of tools and techniques to improve overall results. 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 Trainer is demanding of the muscles—not the joints, it can be used longer without putting a strain on the knees, hip or back.

## THREE MACHINES IN ONE

The Cybex Arc Trainer offers broad incline and resistance ranges which means 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.

## Specifications

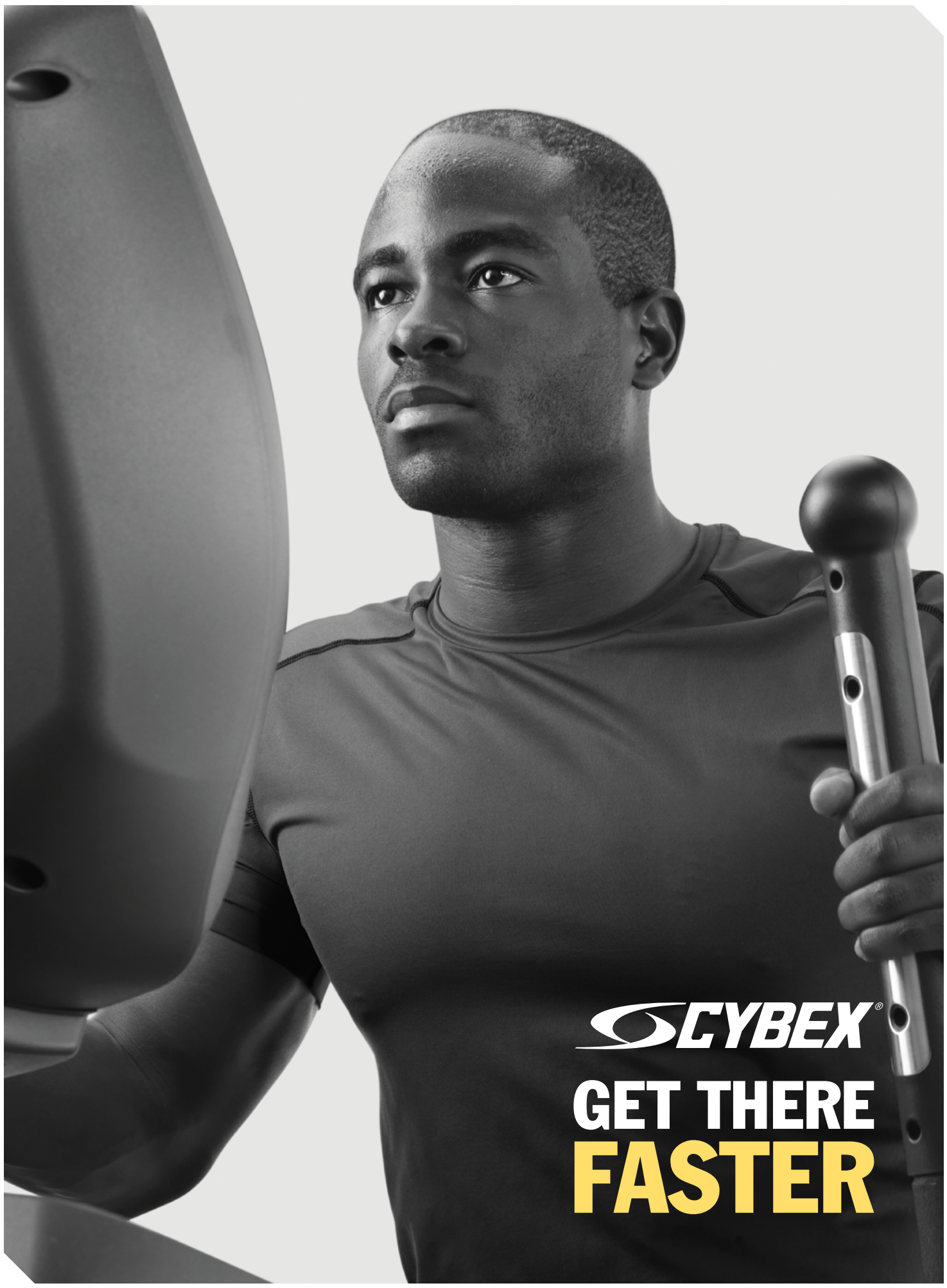
Product Number	625AT
Resistance Range	Up to 900 Watts
Incline Levels	21
Stride Length	24 (61 cm)
Dimensions (L × W × H)	76" × 32" × 62.5" (192 cm × 81 cm × 159 cm)
Display	Graphic display of profile via 8 × 15 LED; Numeric display of time, distance, calories, calories/hour, METs, watts, strides per minute and heart rate including multi-color indication of heart rate range; Lower display shows incline and resistance level
Programs	Quick Start, Manual, three Weight Loss, three Cardio, two Strength and Heart Rate Control; Programs have 10 levels and control both incline and resistance
Heart Rate Monitoring	Contact and Polar® Wireless
Connectivity	CSAFE (Fitlinx® Level 3 Pending)
Max User Weight	400 lbs (181 kg)
Power	Self powered, AC Adatped version also available
Compliance	ETL listed to UL 1647, FCC Class B, ASTM, EN 957, CE Low Voltage Directive, EMC and ROHS



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FASTER**