

BRAVO™ Functional Trainer



Functional training with hundreds of movements in a single space-efficient machine.

Specifications

Product Number	Compact: 8800; Tall: 8810
Dimensions (L x W x H)	Compact: 45" x 54" x 77" (114 cm x 137 cm x 196 cm); Tall: 45" x 54" x 87" (114 cm x 137 cm x 221 cm)
Machine Weight	Compact: 866 lbs (393 kg); Tall: 901 lbs (407 kg)
Weight Stack	Two weight stacks: each 170 lbs (77 kg)
Effective Resistance	5 lbs (2.25 kg) per plate
Maximum Resistance	85 lbs (39 kg) maximum per side
Beginning Resistance	5 lbs (2.25 kg)
Lifting ratio	2:1
Cable Position Adjustment	Vertical: 19 positions with 3" spacing Rotation: 315 degrees detented every 45 degrees Minimum Cable width: 15" (38 cm) Maximum Cable width: 58" (147 cm)
Stabilization Assembly	10 height positions; 9 fore/aft positions in 2" (5 cm) increments
Standard Accessories	2 strap handles, 2 multi-length strap extensions, ankle cuff, rotating arm bar, triceps rope, lat pull bar
Color	Available in 5 standard or a virtually unlimited variety of custom frame colors

COMPLETE STRENGTH TRAINER

Functional Training with hundreds of movements in a single space-efficient machine. Users no longer have to make a choice between workloads high enough to build strength and free-form patterns of movement that train for real-world applications – like golf or tennis. The Bravo delivers both for the optimum result.

COMPLETE CONTROL

The **advanced cable adjustment system** lets not only the height of the cable to be adjusted, but also the width between cables. This means the direction of resistance can be completely controlled. The versatility creates almost endless training possibilities – and only CYBEX has it.

A TOTAL SOLUTION

The Bravo is a total training solution, offering more training options and versatility than any product in its class. Whether upper body, lower body, isolated, or fully integrated, the only limitation to the Bravo is the user's imagination.

CHANGING THE GAME

CYBEX Bravo combines the best of selectorized and cable-based strength training. The unique patent-pending design adds two key features to revolutionize training applications – the **Progressive Stabilization Pad**, which allows the user to incrementally modify the stabilization provided, and the **Cable Width Adjustment**, which results in innumerable height and width configurations, giving the most creative trainers unlimited exercise possibilities.

PROGRESSIVE STABILIZATION

The unique **Progressive Stabilization Pad** adjusts for height and horizontal position, offering maximum stabilization (like selectorized equipment) or fully unstabilized movement (like most functional trainers). The Bravo's Progressive Stabilization Pad can also be positioned for partial stability, introducing specific challenges for different functional tasks. Systematic destabilization allows trainers to create programming which builds strength and skills in a progressive, highly effective manner, offering new challenges as users' capabilities grow.

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