

CYBEX[®] MILITARY FITNESS



IN THE MILITARY, FITNESS IS NOT AN OPTION.

For the troops who defend our freedom and protect our interests, muscle strength and cardiovascular conditioning can be a matter of life or death. Fitness is more than nice to have. It's essential to preparing troops for combat and helping them to meet demanding fitness requirements, avoid or recover from injuries, and keep morale high.

There's no better way to help active duty troops develop the strength, cardiovascular fitness, muscular endurance, raw power, and mental toughness they need to succeed than CYBEX Military Fitness. CYBEX is not only the leader in high performance strength training and cardio equipment, we can deliver the proven products and programs to help our troops get in the best shape of their lives. So they're ready to step up to the task when we need them most.

CYBEX Military Fitness is for those who are serious about being fit for the fight.

"The fitness team at NS Mayport strives to fitness programming that helps to ensure a physically and mentally strong active duty Navy population. As an exercise physiologist of 30 years I choose to purchase equipment that is biomechanically correct, highly effective and safe equipment. CYBEX equipment is sturdy, easily maintained, and aesthetically pleasing. I can always count on the government CYBEX representatives to disperse timely and accurate equipment information."

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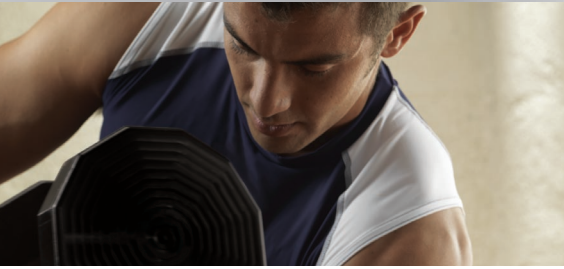
NS Mayport

- Prepare troops for combat or passing PFTs with fitness products validated by independent scientific research.
- Train injured and recovering troops in the same environment as their peers with CYBEX Total Access.
- CYBEX is American Strong – we're the only high performance fitness equipment designed and manufactured in the USA.

CYBEX
MILITARY FITNESS
AT A GLANCE



BUILD TROOP STRENGTH, ENDURANCE, AND READINESS.



WHY CYBEX MILITARY FITNESS?

- CYBEX designs and manufactures the most effective, safe, and durable strength and cardio equipment in the world, so it can stand up to the rigors of heavy use at military facilities around the world.
- Our Total Access equipment means that injured and disabled troops can work out on the same great equipment as their peers, in the same space. For example, The Arc has locking foot pedals, our bikes are easy to step through, and our treadmills have a low step-up height. CYBEX products accommodate body heights from 5'2" to 6'8".
- With short rest intervals between multiple deployments, troops have limited time to get fit and stay fit. The CYBEX Arc is a single training option that delivers strength, cardiovascular fitness, muscular endurance, and power in sessions of 20-30 minutes.
- CYBEX is all-American—American design, American steel, American jobs.

WHAT MAKES CYBEX DIFFERENT.

- CYBEX is the first fitness company to do in-depth research through the CYBEX Institute for Exercise Science.

We understand the physical demands of military troops and how to prepare them for active duty and combat.

- Our deep medical heritage and extensive research efforts in biomechanics and human performance ensure that you get the very best equipment, information, and programming. (Be sure to view our online videos by Dr. Juris on the biomechanics of movement.)
- University research proves that The Arc burns 16% more calories than competing ellipticals or aerobic trainers. It also delivers major improvements in the key areas of athletic performance, especially in lower body strength required for higher levels of PFT performance.
- Research on the CYBEX Bravo demonstrates this total body system's unique ability to combine high loads for optimal strength gains with significant core muscle integration.
- The Arc Trainer has a unique ability to adjust load resistance based on body weight. This enables troops to train at combat-simulated performance levels that emulate the weight of body armor, packs, helmet, and weapon. Injured

troops can train at reduced loads while still progressing toward their goals.

HOW CYBEX SUPPORTS YOU.

- CYBEX offers a complete line of strength and cardio products including racks and platforms, supported by the best service, parts availability, and customer care in the business. We keep your fitness center up and running at full force.
- Draw on the knowledge of CYBEX Institute Associates, a distinguished group of fitness, exercise science, rehabilitation, and sports performance professionals who help us with research, exercise protocols, and validation of equipment design.
- Customize your CYBEX Military Fitness Center by embroidering your service logo on your equipment's upholstery and custom painting your weight and cardio machines to match your décor and true colors. It's a tremendous morale booster.

VISIT www.cybexintl.com/gsa or CALL +1-774-324-8000 to learn more.

"ONCE OUR MARINES AND SAILORS ARE TRAINED ON THE ARC, YOU CAN'T GET THEM OFF. GOOD LUCK FINDING AN OPEN ONE IN OUR GYM. AS FAR AS I AM CONCERNED YOU CAN TAKE ALL OUR ELLIPTICALS AND MAKE A REEF OUT OF THEM. IT MAKES NO SENSE HAVING ACTIVE DUTY TROOPS USE ANYTHING BUT ARCS."

MB, Navy Fitness Director, Pensacola, FL

"High Intensity Interval Training is where it's at! The Arc blows everything else away."

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*Naval Special Warfare
Coronado, CA*

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Serious about fitness.