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Get your running shoes on and head for the Mall of America CYBEX Fitness Challenge

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Photo Courtesy of Buffalo Communications

Not all cardio machines are created equal. A recent visit to the Mall of America just outside of Macy's on the third floor of the Mall's west wing, (W73-02), you will find **the challenge is on!** CYBEX International, Inc. a leading company in premium exercise equipment has launched the "ARC Trainer Fitness Challenge" at Bloomington's Mall of America until Dec 31.

The CYBEX ARC trainer is the only true cross-trainer on the market today, if your current gym does not offer CYBEX, you may want to look around for a new gym. The CYBEX is scientifically proven to burn more calories than the elliptical machines. The secret is in the mechanics, built, by-the way, in our local town of Owatonna, MN. The CYBEX ARC Trainer allows a same side stride, so your body mechanics are working together for a more efficient and powerful workout.

Cross-training in sports and fitness means using many parts of your body for a total body workout. When you use a cross-training device you have the opportunity to increase strength, power, endurance, cardiovascular, and meet weight loss goals more effectively with less time! When it comes to weight-loss, who wants more for less? And Cybex quotes, "Nothing Burns Faster. Nothing."

Recently taking the challenge myself I will say and quote, "My CYBEX experience felt very natural and comfortable, with no mechanical jolting; the elliptical, however was a choppy, strained experience in comparison." Check it out for yourself, feel the difference. Just for taking the challenge, CYBEX offers up a \$5 Starbucks gift card (while supplies last) and you are automatically entered to win a Home Arc Trainer as part of the challenge promotion.

The CYBEX ARC Trainers are used at thousands of health and fitness clubs worldwide, including YMCA's of Metropolitan Minneapolis, Lifetime Fitness and SNAP Fitness in the Twin Cities region. Members of the Minnesota Vikings are among the scores of elite professional athletes who also prefer to train on CYBEX.

For more info visit the Company's website at : www.cybexintl.com ; [Cybex Institute for Exercise Science](#)