



FOR IMMEDIATE RELEASE

## **Cybex Introduces Big Iron Glute Ham/Reverse Hyper-Extension Bench**

*New machine offers broader appeal than traditional glute equipment*

MEDWAY, MA, July 11, 2013 – Cybex has introduced the Big Iron Glute Ham/Reverse Hyper-Extension Bench. The bench features a wide range of unique features, including a dual linear bearing track system with foot release that ensures easy positioning; 24 horizontal adjustments spaced 1” (2.5 CM) to accommodate a wide range of athlete sizes; 9 vertical adjustments spaced 1” (2.5 CM) provide for progression and athlete fit; angled ankle rollers to provide for easy foot placement and fit; footplate mounted handles allow for stabilization for use as a reverse hyper-extension; and attachment hooks provide for the use of bands for added resistance in reverse hyper-extension movements.

“The Glute-Ham bench has long been considered among the best tools for developing the posterior chain of athletes. The challenge has typically been accommodating a breadth of athletes and the ability to provide for progression” says Steve Suchanek, Director of Product Management at Cybex. “The Big Iron Glute-Hamstring bench is differentiated by the addition of the elements required to perform reverse-hyperextensions, including sufficient height to provide for leg passage, handles to grab, and band attachments to allow for added resistance. Among the best things about the bench is its adjustability. The foot support carriage simply glides on linear bearings, making the foot release setup very easy. Adding reverse-hyperextension gives the Big Iron broader appeal than a traditional glute-hamstring bench, as it provides a broader progression opportunity, which allows a greater cross-section of athletes to use and benefit from it.”

“The target here is really sports performance and the customers of our Big Iron racks,” he adds. “The appeal is to those facilities that are getting doing more in terms sports conditioning and offering the Cross Fit style of exercise.”

The Big Iron Glute Ham/Reverse Hyper-Extension Bench measures 32” (81 CM) wide, 67” (170 CM) long, and 48” (122 CM) high, and weighs 225 lbs. (102 KG). MSRP is \$2,195. To learn more, visit <http://www.cybexintl.com/products/big-iron.aspx>.

### **ABOUT CYBEX INTERNATIONAL**

Cybex International, Inc. is a leading manufacturer of premium exercise equipment. The Cybex product line, which includes a full range of strength and cardio training machines, is designed using exercise science to reflect the natural movement of the human body. Led by the Cybex Research Institute, Cybex fitness equipment is engineered to produce optimal results for users from the first-time exerciser to the professional athlete. Cybex designs and builds its products in the USA for a wide range of facilities, from commercial health clubs to home gyms, in more than 85 countries worldwide. For more information on Cybex and its products, visit the Company’s website at <http://www.cybexintl.com>.