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FOR IMMEDIATE RELEASE

BURN MORE CALORIES IN LESS TIME? EXERCISE AT HIGHER LEVELS OF INTENSITY WITH LESS PAIN? CATEGORY-CHANGING ARC TRAINER IS MORE THAN AN ELLIPTICAL ILLUSION

MEDWAY, MA, January 8, 2009 - Millions of people will flock to the gym to conquer their New Year's resolutions in the coming weeks all in an attempt to lose weight and improve their overall health. For most, achieving these goals in the least stressful way and in less time will be just as important. Becoming more knowledgeable about equipment and the applications which help achieve higher intensities is an important part of the equation.

"Whether you're joining a club for the first time or you're a fitness enthusiast, the one concept everyone should know and few people understand is that the intensity of exercise is more important than the duration of exercise," stated Paul Juris, Ed.D, Executive Director of The CYBEX Institute.

Over the years, studies have shown that a sufficient volume of high-intensity exercise delivers a variety of benefits. A landmark study in Journal of the American Medical Association (JAMA) (Lee, et al), dating back to 1995, revealed that vigorous activities, but not non-vigorous activities, were associated with longevity. More recently, intense exercise has been linked to burning more fat (Talanian, et al.) and carbohydrates (Perry, et al), and maintaining skeletal muscle mass and strength (Moore and Burd.).

Juris, a kinesiologist, who has held positions in higher education, rehabilitative medicine, professional sports, and fitness, believes most who exercise are unaccustomed to training at exercise intensities that yield the most significant results.

"Most who exercise don't push themselves to a high enough level because they are uncomfortable with the exertion, the physical demands, or the discomfort inherent in the equipment they're using," added Juris. "Becoming more knowledgeable about equipment and the applications which help you achieve higher intensities is an important part of the equation."

When CYBEX introduced its Arc cross-training cardiovascular machine five years ago, its mission was to build a breakthrough piece of equipment that provided impact-free exercise and maximum training affect on muscles without overstressing the body.

"Perceived effort and joint discomfort are totally different on the Arc Trainer, compared with elliptical machines," said Jeremy Boone, a Certified Strength and Conditioning Specialist, who works with a vast array of exercising populations and is also part of the off-season program for the NFL Carolina Panthers. "I have clients who just can't push themselves hard enough on elliptical trainers without it becoming too uncomfortable, or even painful, but on the Arc Trainer, they can work as hard as they want without experiencing any pain or discomfort. Even athletes with previous or rehabbing knee injuries feel that the Arc Trainer gives them a great workout without any knee pain."

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The Arc Trainer's unique, "un-elliptical" pattern provides leg movement in a biomechanically correct motion that is impact free. The footplate moves in an arc path which simulates a rhythmic step up activity with proper mechanics, significantly reducing the shear component at the knee.

"I was coming off a knee injury a year ago, and using the Arc Trainer allowed me to train at a higher intensity for gaining strength and fitness in a pain-free environment," said Chad Tracy, a Major League Baseball Player and member of the Arizona Diamondbacks. "I was able to prevent any swelling in my knee that would set my training back during my off-season program."

The American-manufactured Arc Trainer earned the prestigious Nova7 Best Product Award twice. For more information on the Arc or studies that have been conducted, visit www.cybexintl.com.

About CYBEX

Cybex International, Inc. is a leading manufacturer of premium exercise equipment for commercial and consumer use. The CYBEX product line includes a full range of both strength training and cardio training machines sold worldwide under the CYBEX brand. Products are designed and engineered using exercise science to reflect the natural movement of the human body. Accommodating users from the first-time exerciser to the professional athlete, CYBEX products are available for a wide range of facilities from commercial health clubs to home gyms. For more information on CYBEX and its product lines, please visit the Company's website at www.cybexintl.com.

This news release may contain forward-looking statements. There are a number of risks and uncertainties that could cause actual results to differ materially from those anticipated by the statements made above. These include, but are not limited to, competitive factors, technological and product developments, market demand, economic conditions, the resolution of litigation involving the Company, and the ability of the Company to comply with the terms of its credit facilities. Further information on these and other factors which could affect the Company's financial results can be found in the Company's previously filed Report on Form 10-K for the year ended December 31, 2007, its Reports on Form 10-Q, its Current Reports on Form 8-K, and its proxy statement dated April 4, 2008.

References

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