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FOR IMMEDIATE RELEASE

CYBEX FT-450 CHANGES THE FUNCTIONAL TRAINING LANDSCAPE

MEDWAY, MA, January 22, 2009 – Trends in the fitness industry come and go, but functional training has captured public attention and stayed there. Often under the guidance of a personal trainer or sports trainer, popular approaches to functional training involve exercises that mimic daily activities and athletic movements. In most gyms today there are two primary strength training methods; one is machines that stabilize the body to allow lifting of heavy weights. In the other, the body is unstable which allows muscles to work together but with less weight. Individually both strategies have their advantages, and together they would create a complete functional training solution. Up until now, no product has bridged this gap. The CYBEX FT-450 combines the two exercise methods, for a new total strength training solution.

The new CYBEX FT-450 Functional Trainer is a breakthrough product which takes functional strength training to new ground. A unique patent-pending design adds two key features to revolutionize strength training applications. The Progressive Stabilization Pad allows users to incrementally decrease their stability which increases the work the core muscles are called upon to perform. Additionally this feature supports the use of higher weight loads which are typically achievable only on selectorized or other isolative strength machines. The Cable Width Adjustment feature allows innumerable height and width configurations giving the most creative trainers unlimited exercise possibilities.

Ed Trainor, Town Sports International (TSI), Vice President of Fitness Services, stated, “With its ability to train clients in multiple positions with varying degrees of functional stability, I anticipate the new CYBEX functional trainer (FT-450) will play an important role in our personal training program. The options it offers our trainers and the results it can deliver to their clients are a potent combination to enhance an important part of our business.”

Tom Shaw, Performance Enhancement Coach stated, “The FT-450 is an amazing machine. The stabilization pad is incredible; it sets this machine apart from any other Cable Pulley machine that I have ever used before. Moving the pad just a few inches creates an entirely different effect on the muscles. This is by far my most

popular machine I have used in training - my athletes love the results they get after working out on this unit; and they ask for it because of the versatility in training that it offers!"

The FT-450 is a total training solution, offering more training options and versatility than any product in its class. Whether training is for the upper body, lower body, isolated, or fully integrated, the only limitation to the FT-450 is the user's imagination. And like all CYBEX products - safe and effective - with better results.

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.