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**FOR IMMEDIATE RELEASE**

## **“THERE’S NO PLACE LIKE HOME” FOR CYBEX AWARD WINNING ARC TRAINER**

**MEDWAY, MA, February 18, 2009** – Cybex International, Inc. (NASDAQ: CYBI), a leading manufacturer of premium exercise equipment for the commercial and consumer markets, is expanding its industry-leading technology into the consumer marketplace by introducing the new CYBEX Home Arc Trainer 360A.

The Home Arc Trainer 360A is a product extension of the CYBEX commercial Arc Trainer, an award winning, popular and versatile cross training machine used in fitness clubs worldwide. Arc Trainers combine elements of a climber, hiker, elliptical and skier, allowing users to build muscle and burn calories.

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

"More and more consumers are interested in a convenient and more personalized workout whether it's from the comfort of their home or with their personal trainers at their local health club," stated CYBEX Vice President N.A. Dealer Relations, Dean Bowrosen, "We have a great following of avid Arc Trainer users so it is a natural evolution for us to bring it home."

Norm Morrison, Product Manager of New York-based The Gym Source, added: "The residential Arc Trainer brings to the home the three critical features that have made the commercial model a 'must-have' piece. No other residential piece has the same combination of workout potential, size-adjustability, and minimal joint stress."

The enhanced features of the Home Arc Trainer include an updated console design, new sleeker ergonomically designed foot plates and an expanded range of motion including 11 incline levels for greater workout options. The Home Arc Trainer 360A utilizes the same Advanced Stride Technology as the commercial Arc Trainer, which earned the prestigious Nova7 Best Product Award twice and was named Best Product of the Year by Fitness Management two years in a row. The Home Arc Trainer 360A also has an enhanced wireless heart monitoring system.

The Home Arc (suggested retail price \$3,495) can be purchased at select specialty fitness stores. To find a dealer near you call CYBEX directly at 774-324-8000 or via [www.cybexintl.com](http://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](http://www.cybexintl.com).