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FOR IMMEDIATE RELEASE

CYBEX LAUNCHES NEW PRODUCTS AT THE IHRSA TRADE SHOW

MEDWAY, MA, March 26, 2009 – Cybex International, Inc. (NASDAQ: CYBI), a leading manufacturer of premium exercise equipment for the commercial and consumer markets, launched new exercise equipment at the 28th Annual International Health, Racquet & Sportsclub Association (IHRSA) International Convention & Trade Show. 10,000 industry professionals from more than 70 countries attended the IHRSA show which was held in San Francisco, California, USA from March 16-19, 2009.

Shown for the first time at the IHRSA trade show, was CYBEX's FT-450 Functional Trainer. The FT-450 is a total training solution, offering more training options and versatility than any product in its class. Whether training for the upper body, lower body, isolated, or fully integrated, users and trainers are offered literally hundreds of exercises in one machine. The new Functional Trainer is useful to athletes training for specific sports movements as well as more casual users who want to improve their fitness level.

CYBEX also launched new Plate Loaded and Free Weight strength lines at the show. The equipment offers modern lines and styling created to complement the entire range of CYBEX strength products for a single integrated look in any facility's environment. The new plate loaded and free weight design provides the CYBEX brand identity customers value in strength equipment.

"The IHRSA show is one that the Company looks forward to each year. With the launch of our new plate loaded and free weight lines, introduction of our new FT-450 Functional Trainer, and the CYBEX Institute educational lectures in the booth, CYBEX had a lot of exciting things to talk about with customers," stated Ed Pryts, CYBEX Sr. Vice President, North America Sales. "The IHRSA show is the largest trade event in North America for CYBEX which makes it an ideal place to showcase new products, highlight Company activities and meet with customers."

John Agliandro, CYBEX Chairman and CEO stated, "This was one of the best IHRSA shows. The CYBEX brand is stronger than ever, which is a tribute to our solid range of both cardiovascular and strength training products, the passionate people we have working for the Company, and the CYBEX Institute. The CYBEX Institute is the research, training and education arm of the Company. It's a statement that CYBEX believes and can prove through research that our products deliver the results and efficacy that the CYBEX brand stands for."

About CYBEX

Cybox 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.cyboxintl.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, 2008, its Reports on Form 10-Q, its Current Reports on Form 8-K, and its proxy statement dated March 26, 2009.