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FOR IMMEDIATE RELEASE

CYBEX JOINS THE MEDICAL FITNESS ASSOCIATION VENDOR ADVISORY BOARD

MEDWAY, MA, April 21, 2009 – Cybex International, Inc. (NASDAQ: CYBI), a leading manufacturer of premium exercise equipment for the commercial and consumer markets, has become a Vendor Advisory Board Member of the Medical Fitness Association (MFA). The MFA serves facilities and professionals who are committed to promoting the benefits of health and fitness programs on lifestyle-related disease and making medical fitness programs and services available within their community.

CYBEX Sr. Director Business Development Paul Dolan stated, “CYBEX is proud to be associated with this world-class organization dedicated to medical fitness and is eager to work closely with the MFA and its 3 million members. We are confident our 25-year sports medicine and physical rehabilitation heritage coupled with our focus to provide exceptional results for the end-user enables us to be in an excellent position to support the MFA. CYBEX fitness products are uniformly designed to be both user-friendly and ergonomically and biomechanically correct, making them particularly well suited to assist medically-integrated health and fitness centers achieve their full potential.”

The MFA is a professional membership association dedicated to the medical fitness difference and integrated care as the prescription for better health. MFA provides industry standards, educational programs, benchmarks, outcome measurements, professional development and networking opportunities for the medical fitness industry. CYBEX is an ideal fit because the Company’s products are engineered and designed specifically to reflect the natural movement of the human body, regardless of the user’s age, ability or goals. Dramatically improving performance and enhancing healthy lifestyles by delivering exceptional results is the mission of CYBEX. The MFA also reinforces the growth of the industry and the potential for collaborations in the scientific and exercise research arenas, which is a parallel match with CYBEX. The Cybex Institute is the research arm of Cybex International, and is primarily responsible for investigating both future concepts and existing products to ensure designs are optimized to produce the desired results. Visit the Cybex Institute website for more information, www.cybexinstitute.com.

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“CYBEX's support of the Medical Fitness Association is an important step in building stronger facilities and in moving the medical fitness industry forward. We thank CYBEX for their commitment to the medical fitness industry and MFA,” stated Cary Wing, Ed.D., Executive Director of the Medical Fitness Association.

About Medical Fitness Association (MFA)

The Medical Fitness Association (MFA) is a professional membership association and is the only organization dedicated to the medical fitness difference and integrated care as the prescription for better health. A nonprofit organization founded in 1991, the MFA is an affiliate of the American Hospital Association and provides industry standards, educational programs, benchmarks, professional development and networking. To learn more about MFA, please call 804-897-5701 or visit www.medicalfitness.org.

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

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