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FOR IMMEDIATE RELEASE

CYBEX INTRODUCES THE CYBEX INSTITUTE FOR EXERCISE SCIENCE
Re-branded Entity Serves as a Primary Educator for Sports, Fitness Communities

MEDWAY, MA, August 24, 2009 – Cybex International, Inc. (NASDAQ: CYBI), a leading manufacturer of premium exercise equipment for the commercial and consumer markets, announced today the re-branding of its research arm as the Cybex Institute for Exercise Science, with the continued mission of disseminating scientifically accurate information applicable to the disciplines of general fitness, sports performance and clinical medicine.

Under the guidance of Executive Director Paul M. Juris, Ed.D., the entity formerly known as the Cybex Institute will continue to partner with exercise research oriented universities, major hospitals and sports performance organizations nationwide, exploring areas of significant importance, such as cardiac health, obesity, orthopedic impact, sports and human performance.

“The Institute is completely unique in our industry because it has deep roots in academia and medicine,” states Juris. “We’re solely focused on discovering scientific truths and our research outcomes are made public. At the same time, this information plays a vital role in the development of CYBEX strength and cardio training equipment, which adheres to biomechanical principles and facilitates optimized results for users.”

A resource for evidence-based data that help people make informed decisions about equipment, exercise and lifestyle management, the Institute serves as a primary educator for the sports and fitness community through its website – www.cybexinstitute.com – as well as workshops, seminars, partnerships with leading education providers such as the American Academy of Personal Training (AAPT) – the only state-licensed independent fitness education provider in the U.S. – and other activities.

Taking its acquired knowledge to the broader community, the Institute develops outstanding programming for fitness club operators and consumers alike. This covers a wide variety of topics, including the needs of activity-specific niche markets, aging adults and special populations, as well as the development of new training modules for CYBEX cardiovascular equipment.

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Among the most recently completed studies facilitated by the Cybex Institute for Exercise Science is independent research conducted by [University of Wisconsin - La Crosse](#) and the [Department of Kinesiology at University of Massachusetts Amherst](#). Respectively, these reported on the functional efficacy of the CYBEX Arc Trainer and FT-450 Functional Trainer.

“Partnering with the Cybex Institute for Exercise Science is important because it allows faculty and students to provide important quantitative information about exercise response to the scientific community and to CYBEX,” states Patty S. Freedson, Kinesiology Department Chair at the University of Massachusetts Amherst. “That information helps inform further investigation and will assist CYBEX in tailoring its machines to more specific exercise outcomes.”

About CYBEX

Cybex International, Inc. is a leading manufacturer of premium exercise equipment for commercial and consumer use. The CYBEX product line, including a full range of strength and cardio training machines, is designed using exercise science to reflect the natural movement of the human body. Led by the [Cybex Institute for Exercise Science](#), CYBEX fitness equipment is engineered to produce optimal results for users from the first-time exerciser to the professional athlete. Products are available for a wide range of facilities, from commercial health clubs to home gyms, and are sold in more than 85 countries worldwide. For more information on CYBEX and its product lines, 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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