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**FOR IMMEDIATE RELEASE**

**CYBEX LAUNCHES “SWEET SPOT” FITNESS PROGRAM FOR GOLF AND COUNTRY CLUBS**  
*Total Solution Designed to Enhance Member Loyalty, Drive Incremental Revenue Year-Round*

**MEDWAY, MA, September 8, 2009** – Cybex International, Inc. (NASDAQ: CYBI), a leading manufacturer of premium exercise equipment for the commercial and consumer markets, announced today the “Sweet Spot” program, a fitness solution created specifically for the golf and country club market.

Designed to enhance member loyalty, drive year-round revenue, increase fitness center usage and create a point of distinction to club prospects, Sweet Spot is based precisely on the equipment and exercises used by the world’s best golfers. CYBEX is offering the program in pre-sized and custom plans to align with the square footage of any club’s fitness center.

Supported by an added-value Club Marketing Program – including a launch party, educational posters, how-to guides, newsletter content, a variety of fitness regimens and more – Sweet Spot was developed to enhance overall wellness of country club members. Additional resources are available at [www.cybexgolf.com](http://www.cybexgolf.com), with new content to be added on a consistent basis.

“Golfers were long considered among the most out-of-shape athletes, but today roughly 85 percent of professional tour players are completely dedicated to a daily workout regimen,” says John Agliano, CYBEX Chairman and CEO. “This trend toward fitness is gaining momentum at every level of the game, because players of all ages and abilities now realize staying fit is a must when it comes to performing their best, having fun and remaining healthy.”

Research behind the launch of Sweet Spot included recent private club studies independently conducted by the McMahon Group. These demonstrated a clear trend toward country club members seeking out and using fitness solutions with increasing frequency.

Among the hundreds of marquee clubs and resorts nationwide to have already installed CYBEX solutions is TPC Sawgrass, which states: "Our PGA TOUR Players have come to expect the very best in fitness equipment both on site at PGA TOUR events and in their everyday lives. The CYBEX equipment that we offer them for their exclusive use here at TPC Sawgrass certainly meets their high and exacting standards."

### **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](http://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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