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FOR IMMEDIATE RELEASE

CYBEX TREADS FOR BREAST CANCER RESEARCH FOUNDATION
Produces Hundreds of Pink Treadmills to Raise Funds and Awareness

MEDWAY, MA, October 1, 2009 – Cybex International, Inc. (NASDAQ: CYBI), a leading manufacturer of premium exercise equipment, is treading for a cause. Hundreds of the Medway, Massachusetts-based Company's pink 750T treadmills will be moving at varying speeds in fitness clubs and YMCA's across the country beginning today, October 1 – and with a purpose – to raise funds for The Breast Cancer Research Foundation (BCRF).

In an effort to promote the importance of walking and exercise as a preventive measure to reduce the risk of breast cancer, CYBEX Pink Ribbon Run/Walk will donate funds (10 cents) for every mile logged on any pink CYBEX 750T treadmill around the country throughout the month of October 2009 to BCRF.

"This is an example of wonderful corporate citizenship," states Myra J. Biblowit, President of The BCRF. "These pink treadmills will remind people about the need for breast health awareness, breast cancer screening and the importance of exercise."

The pink treads, which were manufactured in Medway, have been shipped to health clubs, YMCA's and other fitness facilities around the country to promote the benefits of exercise, particularly as it relates to breast cancer. Local clubs are using the pink treadmills for member walk-a-thons; others are matching CYBEX with fundraising efforts.

In Richmond, Virginia, Victory Lady Fitness is putting its 10 pink CYBEX treadmills into high gear and motivating members to be the first to walk 40, 50 and even 60 miles throughout the month of October to win prizes. Visit: <http://www.cybexintl.com/promotions/PinkRibbonRun/FacilitiesUSA.aspx> for a list of clubs with pink treadmills.

"We are committed to raising funds and awareness on the benefits of exercise, particularly as it relates to improving long-term survival for those who have been treated for breast cancer," states Joan Carter, Executive Director of the CYBEX Pink Ribbon Run. "Research strongly suggests that, at all ages, physical activity, and in particular cardiovascular activity, reduces the risk of developing breast cancer later in life."

When it comes to preventing breast cancer recurrence, Dr. Carolyn Kaelin, a Harvard surgeon and author of *The Breast Cancer Survivor's Fitness Plan*, states, "Brisk walking (about 3.0 mph on a treadmill) for three to five hours per week for about 30 minutes a day has netted the biggest benefits for breast cancer survivors."

According to the Journal of Breast Cancer Research (November 2008), of the more than 32,000 postmenopausal women, vigorous exercise may cut risk of breast cancer by 30 percent in normal-weight women. Furthermore, the Journal of the National Cancer Institute (May 2008) cited that girls and young women who exercise regularly between the ages of 12 and 35 have a substantially lower risk of breast cancer before menopause compared to those less active.

For information on CYBEX Pink Ribbon Run, visit: www.cybexintl.com. **NOTE TO EDITORS:** For photographs, videos, interviews or information, contact Lynn Luczkowski Lynn@L2comm.biz or 860-313-1426.

About The Breast Cancer Research Foundation®

The Breast Cancer Research Foundation® was founded in 1993 by Evelyn H. Lauder as an independent, not-for-profit 501(c) (3) organization dedicated to funding innovative clinical and translational research. The Foundation supports scientists at top universities and academic medical centers worldwide conducting the most advanced and promising breast cancer research that will lead to prevention and a cure in our lifetime. A minimum of 85 cents of each dollar donated to the Foundation goes directly to breast cancer research and awareness programs. In October 2008, \$34.5 million was awarded to 166 scientists across the United States and in Australia, Canada, Latin America, the Middle East, and throughout Europe. And for the eighth consecutive year, BCRF received Charity Navigator's highest rating, four stars, thus outperforming over 99% of the evaluated charities, while the American Institute of Philanthropy has awarded BCRF its highest possible rating of A+. BCRF is the only breast cancer organization in the U.S. to receive these accolades. For more information, visit www.bcrfcure.org or call 1.866.FIND.A.CURE.

About CYBEX

Cybox 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 Cybox 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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