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FOR IMMEDIATE RELEASE

CYBEX ADDS TO ITS TOTAL ACCESS LINE OF EQUIPMENT

New CYBEX products accredited for Stage 2 IFI in the United Kingdom

MEDWAY, MA, October 8, 2009– Cybex International, Inc. (NASDAQ: CYBI), a leading manufacturer of premium exercise equipment, has added 4 new pieces of cardiovascular (CV) equipment to its comprehensive range of fitness products accessible to the physically impaired. CYBEX was the first company to offer an extensive range of Stage 2 IFI accredited equipment.

The new CV equipment includes a cross-trainer (Arc Trainer), upright bike, treadmill and a recumbent bike. The fitness machines have features which are appropriate for visually, sensory and mobility impaired individuals, such as raised console iconography, color identification of the main controls, large buttons and text for older exercisers, and low start-up resistance to accommodate even the most de-conditioned users.

Mike Garvey, owner of “The Dumbbell Man Fitness Equipment”, a CYBEX distributor in Southern California, stated “The CYBEX Total Access line brings a whole new population to fitness – which is important to club owners because it means that a single line of equipment can serve more members.”

“The features available on the CYBEX Total Access line have been carefully designed” stated Ben Wilde, CYBEX, Director of Strategic Accounts, Europe. “At CYBEX, we believe that abilities matter more than disabilities. That is why CYBEX is the leader in designing fitness equipment that is accessible and inclusive for all.”

The 750AT IFI Arc Trainer includes a locking mechanism for foot pedals, providing complete stability for users when stepping on and off the equipment. The 750R IFI Recumbent Bike has an innovative step-through design for ease of access with no step-over, and a central seat adjustment that permits one handed adjustment with either hand. The 750C IFI Upright Bike has unicom pedals with heel straps that prevent users’ feet from slipping off pedals and large text and raised iconography numbers for fast and accurate seat positioning. The 750T IFI Treadmill offers multiple belt logos to ensure that one logo is completely visible at all times ensuring that visually impaired users can recognize if the belt is moving. The emergency kill cord switch provides safe emergency stop for users with limited upper limb function.

In addition to the newly accredited CV equipment, CYBEX’s comprehensive range of Stage 2 IFI accredited resistance equipment includes a Cable Column, Seated Leg Curl, Leg Extension and Leg Press, as well as four individual upper body pieces, a Chest Press, Overhead Press, Lat Pull and Row.

About CYBEX

Cybex International, Inc. is a leading manufacturer of premium exercise equipment. 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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