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FOR IMMEDIATE RELEASE

CYBEX INTRODUCES BRAVO FUNCTIONAL TRAINER

MEDWAY, MA, October 15, 2009 – Cybex International, Inc. (NASDAQ: CYBI) – a leading manufacturer of premium exercise equipment for the commercial and consumer markets, today announced its Bravo Functional Trainer, a total training solution ideally suited for more than 300 different exercises that enhance strength gains, movement coordination and core integration.

As shown by a recent independent study conducted by the [Department of Kinesiology at University of Massachusetts Amherst](#), Bravo users experience nearly two times the core muscle activation of traditional cable training, while being able to lift the same amount of weight as in a fully stabilized position. These significant advancements make the machine – initially introduced in the fourth quarter of 2008 as the FT-450 – ideal for elite athletes, as well as casual exercisers who want to train their upper and lower bodies in the most efficient and effective manner.

Providing more options and versatility than any product in its class yet occupying just a 6' x 6' area, Bravo's patent-pending design incorporates two unique features that completely alter the approach to functional training:

- **Progressive Stabilization Pad** – allows users to incrementally modify their stability, introducing specific challenges for different functional tasks
- **Cable Width Adjustment** – lets the height and width of the cables be adjusted, meaning the direction of resistance can be completely controlled

“This is a phenomenal piece of equipment combining versatility and performance in a way that can't be matched by any other exercise machine in the world,” stated John Aglialoro, CYBEX Chairman and CEO.

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“Bravo takes the best features of stabilized training, like what you would experience from a bench press, and combines them with the benefits obtained from cable training. It’s another example of the CYBEX commitment to innovation – really ‘bringing you what’s next’ in safe and effective exercise.”

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.cyboxintl.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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