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FOR IMMEDIATE RELEASE

**CYBEX ANNOUNCES DATE AND CONFERENCE CALL
FOR THIRD QUARTER 2009 EARNINGS RESULTS**

MEDWAY, MA, October 16, 2009 – Cybex International, Inc. (NASDAQ: CYBI), a leading manufacturer of premium exercise equipment for the commercial and consumer markets, will discuss its third quarter ended September 26, 2009 in a conference call on Tuesday, October 20, 2009 at 4:30 p.m. ET. The Company plans to release earnings that same day.

Those who wish to participate in the conference call may telephone (877) 780-3379 from the U.S. or (719) 325-2394 for international callers. A live webcast of the conference call will be available at www.cybexintl.com or www.viavid.net. On CYBEX's website under the category Company, click on Press, scroll to the bottom and select Q3 Earnings Release Conference Call. Please visit the website at least 15 minutes early to register for the teleconference webcast and download any necessary software. Real Player or Windows Media Player is required to listen to the webcast.

A replay of the call will be available until October 27, 2009 by dialing (888) 203-1112 or (719) 457-0820 for international callers. The access code for the replay is 7764022.

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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