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**FOR IMMEDIATE RELEASE**

## **CYBEX AND POWER LIFT FORM STRATEGIC PARTNERSHIP**

**MEDWAY, MA, March 20, 2008** -- Cybex International, Inc. (NASDAQ: CYBI), a leading manufacturer of premium exercise equipment for the commercial and consumer markets, announced today that it has entered into an alliance with Power Lift allowing CYBEX to increase its product offerings to the institutional markets, which includes high schools, sports performance centers, military/government, collegiate and pro-team markets. Power Lift is the leading manufacturer of heavy duty free-weight equipment, Olympic Lifting platforms and athletic performance based training equipment.

Ed Pryts, CYBEX's Senior Vice President of North America Sales stated, "The partnership with Power Lift will allow us to expand our distribution and bring more product solutions to athletic departments around the country. CYBEX is a performance brand, and our alliance with Power Lift shows our commitment to this market." Power Lift allows CYBEX to enhance its product mix to include modular free-weight lifting stations such as power racks, multi racks, and half racks. These are specialty products that CYBEX does not manufacture, but will help round out its product offering to athletic and performance training centers.

This arrangement also provides Power Lift's sales team the ability to sell CYBEX products in the key markets it serves. "Power Lift is a leader in athletic performance strength training equipment, and through our relationship with CYBEX, both brands have the opportunity to gain greater market awareness and penetration in the collegiate and professional sports arena." stated Jeff Conner, Power Lift's CEO.

CYBEX and Power Lift are both innovators and premium manufacturers within their respective market spaces. This alliance is a strategic fit and solution which aligns with CYBEX's goals to position and strengthen itself in specialty markets. Increasing CYBEX's presence with colleges and universities, as well as with pro teams and other performance facilities, is part of CYBEX's overall plan for continued targeted growth in specific specialty markets.

### **About CYBEX**

Cybex International, Inc. is a leading manufacturer of premium exercise equipment for commercial and consumer use. The CYBEX product line includes a full range of both strength training and cardio training machines sold worldwide under the CYBEX brand. Products and programs are designed and engineered to reflect the natural movement of the human body, assisting each unique user — from the professional athlete to the first-time exerciser — to improve daily human performance. For more information on CYBEX and its product line, please visit the Company's website at [www.cybexinternational.com](http://www.cybexinternational.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, 2007, its Reports on Form 10-Q, its Current Reports on Form 8-K, and its proxy statement dated April 10, 2007.*