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FOR IMMEDIATE RELEASE

JOHN LOTT RECEIVES THE CYBEX PROFESSIONAL FOOTBALL STRENGTH AND CONDITIONING COACH OF THE YEAR AWARD

MEDWAY, MA, May 20, 2009– Cybex International, Inc. (NASDAQ: CYBI), a leading manufacturer of premium exercise equipment for the commercial and consumer markets, announced today that John Lott was named the “CYBEX Professional Strength and Conditioning Coach of the Year” by the Professional Football Strength and Conditioning Coaches Society. At the annual banquet held during the NFL Scouting Combine, the CYBEX award and the huge 4x3 plaque that goes with it, was the latest honor for Lott, who is a top Strength and Conditioning Coach. Lott helped lead his Team to this year’s Super Bowl. Although the Team lost to a last-minute touchdown pass, the football season was a record setting one.

Dean Bowrosen, CYBEX Vice President, stated, “Each year we look forward to sponsoring this award that recognizes excellence in strength and conditioning coaching. The CYBEX brand is aligned with athletic performance and John Lott has achieved the performance results every NFL coach works for – a team that makes it to the Super Bowl.”

“Although our exercise equipment is used by a wide variety of exercise enthusiasts, CYBEX develops products particularly geared to the serious athlete. Our expertise in exercise science, biomechanics, and ergonomics produces equipment that delivers results that matter to professional athletes and their coaches around the globe.” stated Mike Kelly, CYBEX Director of Performance.

“They surprised me at the banquet,” Lott stated, “All the strength coaches in the league were there. It was pretty neat.”

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 in over 85 countries under the CYBEX brand. Products are designed and engineered using exercise science to reflect the natural movement of the human body. Accommodating users from the first-time exerciser to the professional athlete, CYBEX products are available for a wide range of facilities from commercial health clubs to home gyms. For more information on CYBEX and its product lines, please 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.