



**Featuring:**

1. 750A Arc Trainer
2. Bravo Functional Trainer



**1. CYBEX 750 ARC Trainer**

- High intensity interval modes train the cardiovascular system to maintain elevated heart rates through intense fire suppression conditions.
- The adaptive power training function will increase energy efficiency and oxygen utilization, especially during SCBA supported actions.
- The patented ramping action of the ARC will simulate stair climbing, while also increasing workloads.
- Research-proven improvements to muscular endurance will bolster stair climbing with high rise packs, or increase stamina during rescue drags.

**2. CYBEX Bravo Functional Trainer**

- The best all-around functional trainer.
- Lower body activities improve platform strength and stability for Keiser Sled training, forcible entries, and charged hose advancing.
- Upper body movement patterns help to improve pike handling, lifting, carrying, and dragging.
- Graduated instability improves balance under the destabilizing effects of turnout and SCBA gear.