

Mr. Ed Pryts
Sr. Vice President, North America Sales
Cybex International
10 Trotter Drive
Medway, MA 02053

Dear Ed,

As you know, the Perry Joint Fire District has had in place, over the last 15 years, a very comprehensive weight and strength training program. Last year our focus was to implement an aerobic fitness training program to improve and ensure the cardiovascular health and wellness of our members. Aerobic fitness is fundamental to the health, safety and performance of all firefighters.

After researching the options in training equipment, we purchased an Arc Trainer for each of our stations and could not be happier. The challenge was to find a high quality, durable, user-friendly, training tool that all of our members could use. The Arc Trainer provided a challenge to both the most physically fit, while providing a safe workout for those with less levels of fitness. We have also incorporated the Arc Trainer to be used in our in-house rehabilitation training that decreases the need of some of our members to travel to physical therapy, providing a savings to both our medical and Workers' Compensation expenses.

The Arc Trainer continues to be the most popular cardio training piece in our gym. Many like it because they receive both an upper and lower body workout with a comfortable movement and motion. Others like the high intensity workout and claim it is the most demanding workout that they have ever done.

The feature that I like most about working out on the Arc Trainer is that I get a high intensity workout in a shorter period of time. All this while being suspended and not receiving any jarring forces to my back or knees. The Arc Trainer is an engaging workout because it keeps your entire body in motion. It provides the functional movement and training that firefighters require for their occupation.

Sprains and strains will continue to be leading causes of firefighter injuries and disabilities. We believe the results and training that we are seeing with the Arc Trainer will ready and condition us for those situations.

If departments are looking for one (1) piece of equipment to include in their training rooms, the Arc Trainer is the best investment in the health and fitness of their firefighters.

Thanks, Ed. We appreciate the support and customer service that Cybex continues to give our department.

Sincerely yours in safety,

PERRY JOINT FIRE DISTRICT

FF. Steve Butsko
Coordinator for Health & Wellness
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