

FOR IMMEDIATE RELEASE

Coventry University Study Reveals Keys to Balance, Stability in 40+ Population

A stable exercise platform offers improvements in functionality

MEDWAY, MA, June 13, 2013 – A recent study undertaken by Andrew Burman, of the Health and Life Sciences Department at Coventry University in the U.K., *Strength, Balance and Stability: The Effects of Moderate Intensity Resistance Exercise on The 40+ Age Group*, reveals that self-selected, moderate resistance exercise, increases upper and lower body strength and improves balance and stability in subjects over 40 years of age.

For the study, 15 subjects between 41 and 62 years of age exercised at moderate, self-selected intensities, one day per week for eight weeks. During each session, the subjects performed a deadlift on the Cybex Bravo Lift, a standing chest press on the Cybex Bravo functional trainer, and a leg press, on the Cybex Eagle Leg Press. From five to six sets of up to eight repetitions were performed on each exercise. Prior to and immediately following the strength intervention, the subjects were tested for balance using the Balance Error Scoring System (BESS). Results showed significant increases in the chest press (23.5 pounds), deadlift (69 pounds), and leg press (57 pounds). Subjects also experienced a significant decrease in balance errors following the protocol, with an average improvement of 34.2%.

"This is important research because of the need to address the decline in balance and functionality in aging populations," notes Dr. Paul Juris, Executive Director of the Cybex Research Institute. "Current trends in the fitness industry would suggest that people should exercise on unstable surfaces in order to improve balance. This is a questionable practice in terms of efficacy and safety, especially with older people. This study reveals that a thoughtful, moderate intensity resistance training program can improve both strength and balance in older adults without the risks associated with today's trendy applications."

Key to the study were the "stable surfaces" available to the exercisers. The unique features of the Cybex equipment used in this study (i.e., the stability pad on the Bravo Functional trainer, balanced hip and knee loading on the Eagle Leg Press, and ease of use of the Bravo Lift), allowed the study's investigator to create a strength training program that was relatively simple to execute, and effective in producing strength gains and balance enhancements—all on stable platforms.

"In today's fitness environment, where people are rushing to implement programs of high intensity training and unstable platforms, it's encouraging to see that great benefits can be achieved with smart and safe exercises, performed at moderate and manageable intensities," adds Juris.

To view the results of the entire study, go to http://www.cybexintl.com/education/docs/CU_Strength_Balance_Stability_Study.pdf.

ABOUT CYBEX INTERNATIONAL

Cybex International, Inc. is a leading manufacturer of premium exercise equipment. The Cybex product line, which includes 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 Research Institute, Cybex fitness equipment is engineered to produce optimal results for users from the first-time exerciser to the professional athlete. Cybex designs and builds its products in the USA for a wide range of facilities, from commercial health clubs to home gyms, in more than 85 countries worldwide. For more information on Cybex and its products, visit the Company's website at http://www.cybexintl.com.