

A man and a woman are running on Cybex treadmills in a gym. The man is in the foreground, wearing a dark blue shirt and grey shorts, running on a treadmill. The woman is behind him, wearing a blue tank top and black leggings, also running. They are in a gym with large windows overlooking a city skyline at sunset. A blue exercise ball is visible in the bottom left corner.

# 525 CARDIO SERIES

PROVEN IN THE GYM. NOW AVAILABLE EVERYWHERE.

HOSPITALITY | CORPORATE | RESIDENTIAL

**CYBEX®**

# THE CYBEX 525 CARDIO SERIES

**TURN YOUR EXERCISE SPACE INTO  
A FIRST-CLASS FITNESS CENTER**

For more than 40 years, Cybex has provided leading fitness centers and demanding athletes with the best exercise experience possible. Our high performance cardio and strength equipment is proven everywhere it matters – in the lab, in the gym, and on the field of play.

Now you can offer the same uncompromising workout experience to guests, employees, multi-unit residents, and homeowners.

The 525 Cardio Series is a line of commercial-quality cardio equipment, streamlined to fit your space and your budget. Not only does it deliver exceptional performance, durability, and safety, it offers outstanding value. Cybex can also provide the services and support you need to create a first-class fitness center that will delight your guests, motivate your employees, and keep residents coming back for more.

Discover why so many managers and owners choose Cybex brand equipment to set their facilities apart, increase loyalty, and drive revenue.





# CREATE YOUR ENVIRONMENT

Cybex works with you to transform your available space into a premium fitness center. We offer a full range of design and development services – from floor planning, equipment selection, and installation to education and training for your staff and users. We'll work with you one-on-one to create an exercise environment that is unique to your facility.



**Make it yours.** With the 525 Cardio Series, you can select from a variety of dynamic wall graphics and marketing materials to enhance your environment and enrich the exercise experience.

# 525 CARDIO SERIES

## UPGRADE YOUR EQUIPMENT







ARMZ stability bars

**525T TREADMILL** The Cybex 525T combines the commercial-strength engineering and advanced design you expect from Cybex in a sleek, value-packed treadmill. Built from premium U.S. steel to the highest manufacturing standards, it features a low step-up height, ARMZ stability bars for added security, the IS<sup>3</sup> Intelligent Suspension System, a powerful 5 HP motor, and a large running surface.

60" x 20" running surface

Low step-up height

IS<sup>3</sup> Intelligent Suspension System

**525AT ARC TRAINER** The Cybex 525AT is ideally suited to workout spaces where less is more. This proven Arc Trainer offers broad incline and resistance ranges, literally making it three machines in one. At lower incline levels, it glides like a cross-country skier. In the middle, it strides like an elliptical. At the higher levels, it's a climber or stepper. At every level, it burns more calories in less time than any elliptical or cross-trainer.

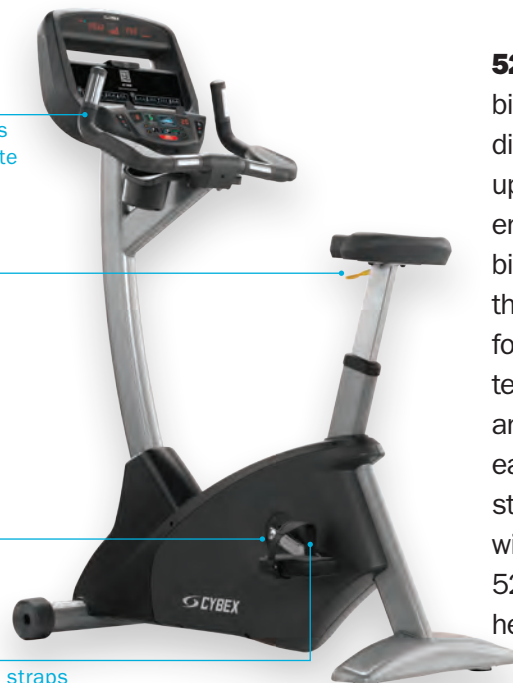
Step-over free access

Racing handlebars with dual heart-rate contacts

One-handed seat adjustment

Mountain-bike crank

Easy-adjust pedal straps



Easy-adjust pedal straps

Side grips with dual heart-rate contacts



Open, step-through design

**525C/525R** Cybex upright and recumbent bikes keep everyone pedaling in the right direction – whether they want to go full tilt at up to 600 watts resistance or sit back and enjoy the ride. The streamlined 525C (upright bike) and 525R (recumbent bike) feature three-piece, forged steel mountain-bike cranks for low maintenance. Both include a self-tensioning powered drive for easier start-up and smoother operation. And both make it easy to set the seat and adjust the pedals straps. The 525C has traditional racing bars with dual heart rate contacts, while the 525R includes side grips that double as heart rate contacts.

# DELIVER THE EXPERIENCE



**HD MONITOR.** The optional high-definition E3 View monitor offers three viewing modes on a 15.6" embedded display.

**MADE FOR IPOD, WORKS WITH IPHONE.** Users can easily charge an iPod® or iPhone®, listen to music, switch tracks, and control volume.



Built-in clip allows users to secure their iPad® or tablet so they can watch videos, check e-mail, or play games. iPad not included.



Scan with your smartphone QR-code reader to sample content



**QR CODE.** Cybex 525 cardio machines make innovative use of QR codes to provide users with easy access to equipment information and workouts via a mobile device. Guests, employees, and residents can select cardio workouts that best meet their fitness goals.



# ADD OUR BRAVO FUNCTIONAL TRAINER FOR A FULL-BODY WORKOUT

Cybox Bravo Functional Training System combines the best of selectorized and cable-based strength training to deliver a safe, simple way to get results faster. Bravo produces a 221% increase in load capacity. A 184% improvement in core activation. And a 78% strength gain over freestanding cable systems. No other functional training or selectorized systems can touch Bravo's scientifically documented results. With its state-of-art, patented Progressive Stabilization technology – winner of a prestigious FIBO Award 2012 – users can gradually adjust the amount of stabilization to achieve their goals.

## MORE OPTIONS FOR LARGER FACILITIES

Offer guests, employees, and residents an even more diverse strength training experience by adding precision selectorized machines from our compact Cybox VR1 Duals line. Or choose from our line of free weights, racks, benches, and body-weight stations. They integrate seamlessly with your Cybox cardio and strength equipment to meet the needs of your facility.



## DISCOVER THE CYBEX ADVANTAGE

To learn more about the Cybox 525 Cardio Series and how we can help you create a simple, all-in-one solution to fit your space and your budget, contact us. It's the smart way to build a fitness center.

TO LEARN MORE,  
VISIT [CYBEXINTL.COM](http://CYBEXINTL.COM)



## WORLD HEADQUARTERS

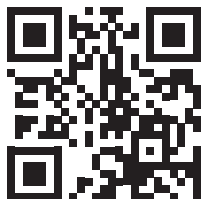
10 Trotter Drive  
Medway, MA 02053 USA  
T + 1.508.533.4300  
F + 1.508.533.5500  
cybexintl.com

## CYBEX INTERNATIONAL UK LTD

Oak Tree House  
Atherstone Road  
Measham, Derbyshire  
DE12 7EL UK  
T + 44.845.606.0228  
F + 44.845.606.0227  
cybexintl.com

© 2013, Cybex International, All rights reserved. ML-24524,  
525 Brochure. Specifications subject to change 02/13.  
Actual color may differ from samples shown.

CYBEX PRODUCTS ARE DESIGNED AND BUILT IN THE USA.



SCAN TO LEARN MORE  
ABOUT CYBEX PRODUCTS

Product #	525T	525AT	525C	525R
EQUIPMENT FEATURES				
Speed range	0.5 mph – 12.4 mph, 0.8 kph – 20 kph			
Incline range	0% – 15%			
Resistance range		Up to 600 Watts	20 – 600 Watts	20 – 600 Watts
Incline levels		21 levels		
Stride length		24", 61 cm		
Display	8 × 5 LED matrix; Numeric displays include; time, calories, distance, pace, heart rate, speed and incline level	8 × 5 LED matrix; Numeric displays include; time, calories, strides per minute, calories per hour, heart rate, incline and resistance level	8 × 5 LED matrix; Numeric displays include; time, calories, revolutions per minute, calories per hour, heart rate, road speed and resistance level	8 × 5 LED matrix; Numeric displays include; time, calories, revolutions per minute, calories per hour, heart rate, road speed and resistance level
DISPLAY READOUTS				
One-button quick start	Yes	Yes	Yes	Yes
Workouts	Quick Start (Manual mode), four weight loss, four cardio; workouts have 10 levels	Quick Start (Manual mode), three weight loss, three cardio, two power; workouts have 10 levels	Quick Start (Manual mode), four weight loss, four cardio; workouts have 21 levels	Quick Start (Manual mode), four weight loss, four cardio; workouts have 21 levels
HEART RATE MONITORING				
Contact heart rate monitoring	Yes	Yes	Yes	Yes
Wireless heart rate monitoring	Yes	Yes	Yes	Yes
ENTERTAINMENT FEATURES				
QR Code/Web-app exercise content	Standard	Standard	Standard	Standard
15.6" E3 View HD embedded monitor	Optional	Optional	Optional	Optional
Made for iPod/Works with iPhone*	Optional	Optional	Optional	Optional
MYE wireless audio receiver	Optional (coming soon)	Optional (coming soon)	Optional (coming soon)	Optional (coming soon)
Connectivity	CSAFE (pending)	CSAFE (pending)	CSAFE (pending)	CSAFE (pending)
AMENITIES				
Tablet clip	Standard	Standard	Standard	Standard
Reading rack	Standard	Standard	Standard	Standard
Water bottle holder	Standard	Standard	Standard	Standard
PRODUCT DIMENSIONS				
Dimensions (L × W × H)	82" × 34.5" × 61.5" 208 cm × 87.5 cm × 156 cm	76" × 30" × 62.5" 193 cm × 76 cm × 159 cm	48" × 22.5" × 65" 122 cm × 57 cm × 165 cm	65" × 25" × 53" 165 cm × 63.5 cm × 134.5 cm
WEIGHT				
Weight	393 lbs, 178 kg	364 lbs, 165 kg	142 lbs, 64.5 kg	183 lbs, 83 kg
Max user weight	350 lbs, 159 kg	400 lbs, 182 kg	400 lbs, 182 kg	400 lbs, 182 kg
Running area (L × W)	60" × 20"			
Step-up height	8", 20.5 cm	5.5", 14 cm (minimum height)		
Drive motor	5 HP Peak AC			
Cushion/Impact System	IS <sup>3</sup> Intelligent Suspension System			
Safety	Safety Sentry, Safety Lanyard	Easy step-up access		
Portability	Front transport wheels	Front transport wheels	Front transport wheels	Front transport wheels
Power	AC powered: 115V, 208V – 220V, 230V	AC powered: 115V, 208V – 220V, 230V	Self-powered**	Self-powered**
Compliance	ETL Listed to UL1647, ASTM, EN 957, CE Low Voltage Directive, CE EMC Directive, FCC Class B, RoHS	ETL Listed to UL1647, ASTM, EN 957, CE Low Voltage Directive, CE EMC Directive, FCC Class B, RoHS	ETL Listed to UL1647, ASTM, EN 957, CE Low Voltage Directive, CE EMC Directive, FCC Class B, RoHS	ETL Listed to UL1647, ASTM, EN 957, CE Low Voltage Directive, CE EMC Directive, FCC Class B, RoHS

\*Made for iPod,\* and "Works with iPhone" means that an electronic accessory has been designed to connect specifically to iPod, or iPhone respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, or iPhone may affect wireless performance. iPhone, iPod nano, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries. Compatibility list of the iPod and iPhone models includes iPod touch (2nd generation), iPod touch (1st generation), iPod nano (5th generation), iPod nano (4th generation), iPod nano (3rd generation), iPhone 3GS, iPhone 3G, iPhone 4, and iPhone.

\* With 30-pin connection

\*\* E3 View available in standard AC voltage