



CYBEXceed

*Available with optional Personal Entertainment Monitor

The CYBEX Arc Trainer is the most versatile cross-trainer in health clubs today. The 425A design makes it ideally suited for hotels, corporate fitness, fire and police stations, and residential housing. When the environment is less demanding than a commercial gym setting, and space is at a premium, the 425A Arc Trainer is the solution.

425A Arc Trainer BIG ON WORKOUT SMALL in footprint

Features

Ultimate Versatility

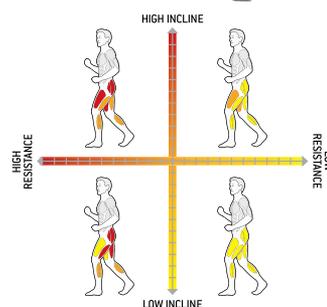
By varying resistance and incline, the Arc Trainer is a true cross-trainer providing an unmatched number of workout combinations. Combining elements of a climber, hiker and skier allows users to focus on their own specific needs, targeting the same areas in different ways to build muscle, burn calories or both.

Burn Without Burnout

The Arc Trainer allows users to burn more calories and train muscles with more intensity, while feeling less exertion. The unique pattern of motion ensures that the direction of force is forward of the hip and behind the knee for equal leverage and balanced contribution in producing the motion. This balance of force leads to optimal loading between hip and knee, minimizing joint stress, and maximizing the work done by the muscles.

Total Body Training

Same Side Forward (SSF) technology allows the arm and leg to move together in an assisted manner. This offers unparalleled workout versatility by providing the ability to vary the workout intensity between upper and lower body. This balances the total workload and makes it the only cross-trainer on the market that allows a true upper body workout.



specifications

Product Number	425A
Dimensions	29" W x 69" L x 62" H (73 cm x 175 cm x 157 cm)
Machine Weight	380 lbs (172 kg)
Incline Levels	11
Stride Length	23" (58 cm)
Resistance Range	up to 600 Watts
Brake	Eddy Current Brake
Programs	Quick Start, Manual, plus 10 pre-set programs; each program has 10 levels and controls both Incline and Resistance
Display	Graphic Display of Program, Distance, Calories, Calories/hr, METs, Watts, Strides/min, Heart Rate, Time, Incline and Resistance Level
Heart Rate Monitoring	Contact and Polar® Wireless (chest strap not included); HR light indicator is multi-colored with different color light for specific target heart rate zones
Maximum User Weight	300 lbs. (136 kg)
Power	115V, 60Hz; 230V, 50Hz
Compliance	CE, ETL listed to UL 1647, ASTM, CSA, FCC
Color	Available in five standard or a virtually unlimited variety of custom frame colors with gray enclosures



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