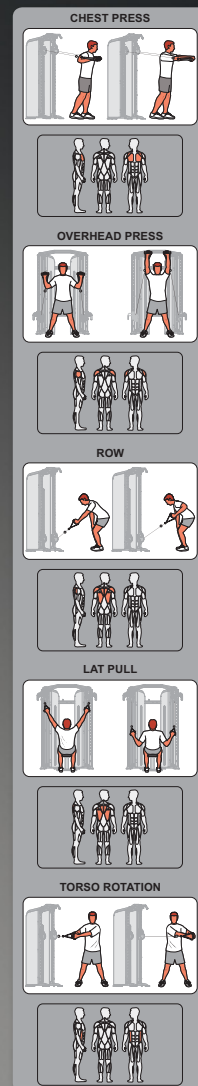


BIG PERFORMANCE. COMPACT PACKAGE.



CYBEX FT-325

**CYBEX®**  
*Serious about fitness.*



## MAKE IT YOURS.

You can match the CYBEX FT-325 to the décor and color palette of your facility. Choose from standard, duo-tone, or a virtually unlimited selection of custom colors to make a dramatic branding statement with this dynamic functional trainer.



HIP ABDUCTION



ARM CURL

# ***FULL-BODY WORKOUT MADE SIMPLE...***

**CYBEX FT-325 is a high performance, commercial-grade functional trainer that delivers an expansive range of exercises in a single, compact, low-profile unit. Which makes it the right fit for facilities where space is an issue, but getting a great workout is essential.**

## **SOLID. STURDY. RUGGED.**

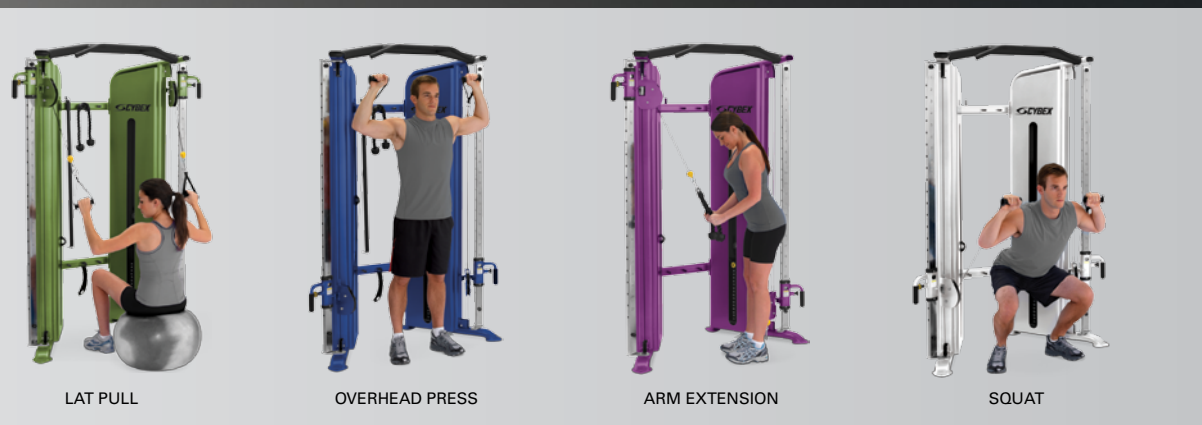
The same words that describe the fittest athletes also apply to our powerful functional trainer. One look at the CYBEX FT-325 tells you that it's built to handle the punishment dished out by a steady stream of users in a wide range of facilities—from compact corporate and hotel exercise rooms to firehouses, police stations, and school fitness centers.

## **REAL SIMPLE. REAL RESULTS.**

The CYBEX FT-325 makes getting a complete, full-body workout simple. Illustrated instructional placards guide users through the basic exercises needed to develop strength, improve coordination, and learn specific movement patterns designed to enhance functional performance. No complex instructions necessary.

## **THE POWER OF ONE.**

The FT-325's dual weight stacks provide fully independent motion and asymmetrical loads for single users, or they can serve as individual stations, so two people can work out at once—a real plus in busy facilities.



Just a few of the wide range of upper and lower body exercises possible with the FT-325.






## DESIGNED AND BUILT BY CYBEX IN THE USA.

The FT-325 is a highly engineered, thoroughly tested workhorse — a direct result of research into biomechanics and human performance conducted at the CYBEX Institute for Exercise Science. It's designed to work with the natural movement of the body and produce outstanding results for everyone from first-time users to serious athletes. The FT-325 delivers exactly what you expect from CYBEX, the leader in high performance strength training and cardio equipment.



### SPECIFICATIONS

PRODUCT NUMBER	FT-325
DESIGN	Two 170 lbs. (77 kg) weight stacks; 10 lb. (4.5 kg) plates with bushings; top plate with integral guide-rod oiling
DIMENSIONS	67" W x 34" L x 83.5" H (170 cm x 86 cm x 212 cm)
MACHINE WEIGHT	695 lbs. (315 kg)
LIFTING RATIO	2:1
MAXIMUM CABLE LOAD	85 lbs. (38.5 kg)
LOAD PER PLATE	5 lbs. (2.3 kg)
CABLE TRAVEL	81" (206 cm)
ACCESSORIES	2 strap handles, ankle cuff, triceps rope, lat pull bar (optional)
SAFETY	Fully enclosed weight stacks; meets ASTM and EN safety standards
ADJUSTMENTS	21 column adjustments spaced 3" (7.6 cm) apart; laser engraved markings on adjusting columns
INSTRUCTIONS	Illustrated instructional placards guide users
STORAGE	Integral handle storage
COLOR	Available in standard, duotone, and a virtually unlimited variety of custom frame and panel colors 

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ML-23426, FT-325 Brochure. Specifications subject to  
change 04/11. Actual color may differ from sample shown.

CYBEX strength products are made in the USA.



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**CYBEX**<sup>®</sup>  
*Serious about fitness.*

[www.cybexintl.com](http://www.cybexintl.com)