

# 525AT ARC TRAINER

## THE 525 CARDIO SERIES – NEW FROM CYBEX

The new 525 Cardio Series offers the industry leading Cybex commercial-level quality you'd expect, the durability and reliability you require and a new easy-to-use, centralized console designed to provide an intuitive, accessible layout for users in managed and unsupervised environments.

## TOTAL BODY CROSS TRAINER

A commercial-quality cross trainer with the patented Arc Trainer design that gives fast fitness results. Train for weight loss, strength and power on one machine. The Cybex 525AT Arc Trainer® offers broad incline and resistance ranges to do the work of three machines in one. At the lower incline levels, the “glide” is a cross country skier. In the mid-range levels, the motion is a “stride” (like an elliptical except with proper positioning). At the high levels, it’s the “climb” of a stepper or climber. Research shows that the Cybex Arc Trainer burns more calories than any other cross trainer or elliptical tested.

## USER-FRIENDLY TECHNOLOGY

The 525 Cardio Series makes 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. Optional technology features include iPod®/ iPhone® connectivity, the embedded MYE wireless audio receiver and the E3 View high definition monitor which offers three viewing modes on a 15.6” embedded display.

## SPECIFICATIONS

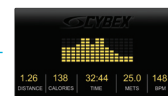


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|---|---|
| Product Name                                  | 525AT   |
| Dimensions (L x W x H)                        | 76" x 30" x 62.5" (193 cm x 76 cm x 159 cm)   |
| Resistance Range                              | Up to 600 Watts   |
| Incline Levels                                | 21  |
| Stride Length                                 | 24" (61 cm)   |
| Max User Weight                               | 400 lbs. (182 kg)   |
| Power   | 115V, 208V-220V, 230V   |
| Display                                       | Graphic display of profile via 8 x 5 LED matrix; Numeric display of time, calories, strides per minute, calories per hour and heart rate including multi-color indication of heart rate range; Lower display shows incline and resistance level |
| Workouts                                      | Quick Start (Manual Mode), three Weight Loss, three Cardio, two Power; Workouts have 10 levels and control both incline and resistance  |
| Entertainment Options                         | MYE wireless audio receiver; E3 View embedded HD monitor  |
| Made for iPod® Works with iPhone® (Optional): | iPod/iPhone integration with 30-pin connector. Users can easily charge an iPod or iPhone, listen to music, switch tracks, and control volume  |
| Heart Rate Monitoring                         | Contact Grips and Wireless  |
| Compliance                                    | ETL listed to UL1647, ASTM, EN 957, and CSA; FCC Class B; CE Low Voltage, EMC and RoHS Directives   |
| Color   | Available in five standard frame colors or a virtually unlimited variety of colors with gray enclosures   |



Secure clip for iPad and tablets

## 1 Standard Display



Exercise.



Entertainment.



Escape.



## 2 E3 View Optional Display



Dedicated AV controls at users' fingertips

Same Side Forward (SSF) handles ensure proper posture

Adjustable incline to target various muscle groups

CYBEX PRODUCTS ARE DESIGNED AND BUILT IN THE USA

## WORLD HEADQUARTERS

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\*Made for iPod,\* and \*Made for 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.