

# Cybex - R Series Treadmill

## Assembly Instructions

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4 TREADMILLS



Part Number  
1008084-0001 AC

**CYBEX**



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## R SERIES TREADMILL

Designed for facilities looking to provide intuitive cardio equipment focused on results for exercisers. Rooted in the Cybex history of effective cardio equipment, but with an appealing look and innovative features that cater to exercisers driven by results. Includes a powerful 8 horsepower peak motor, an Interval Training Zone and wireless connection to help facility owners better manage their equipment.

- ▶ IS4 Intelligent Suspension System matches the mechanics of running – soft upon landing, firm in the middle and rigid at toe-off.
- ▶ Interval Training Zone allows for easy speed changes for runners.

Cybex Service Wheel (optional) allows the treadmill to be moved easily during equipment rotation and routine maintenance.

Standard internet connection provides detailed equipment use information, exerciser insights, preventive maintenance alerts and more.

Two console options:

70T Console includes integrated TV, touch screen, and an enhanced exerciser experience.

50L Console offers simplified interaction and a bright LED display.

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- » Summary Sheet (https://p.widencdn.net/nqfrhv/Cybex-R-Series-Treadmill-Sell-Sheet-vf)
- » Research Findings (../education/research.aspx)



Gallery Workouts (https://www.cybexintl.com/workouts/)

Console Options (r-series-treadmill-consoles.aspx)

Features (r-series-treadmill.aspx)

Specs (r-series-treadmill-specs.aspx)

Gym Planner (r-series-treadmill.aspx?gymplanner=1)

### FEATURES

#### IS4 INTELLIGENT SUSPENSION SYSTEM

The next generation IS4 Intelligent Suspension System provides a gradual deflection progression leading to "soft" landing on a large portion of the tread area. It matches the mechanics of running— soft upon landing, firm in the middle and rigid at toe-off.

#### INTERVAL TRAINING ZONE

The Interval Training zone allows for runners to change speeds with just the push of a button, making high-intensity interval training easier for exercisers who want to optimize results.

#### CYBEX SERVICE WHEEL

Cybex Service Wheel (optional) allows for the treadmill to be moved easily during equipment rotation and routine maintenance.

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## RUNNING SURFACE

A low step-up height of just 8-1/2" and running surface area of 21" x 60" accommodates a wide range of exercisers.

## DIGITAL FACILITY MANAGEMENT

Halo Fitness Cloud offers one centralized location where fitness facilities can easily manage business operations, communicate with members, plan and schedule fitness programming and more. Choose from three plans and three enhancements, depending upon your facility needs.

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Oct 10, 2019

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# CYBEX

## R-Series 50L Treadmill

Standard HALO Platform (insights into equipment use and traffic patterns)

- Asset management/usage insights on Life Fitness and Cybex cardio equipment
- Product customization
- Software updates
- Service information and proactive maintenance alerts
- Facility heat map
- Facility setup
- Staff setup
- Access included with purchase of LF or Cybex cardio equipment

<https://lifefitness.com/facility/halo/standard-plan>

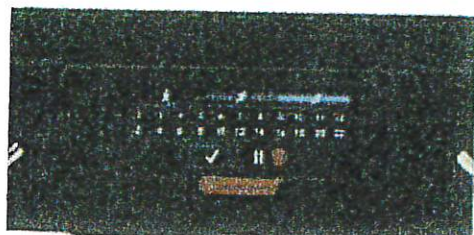
50L Series Treadmill more information

<https://blog.cybexintl.com/products/treadmills/r-series-treadmill-specs.aspx>

# R Series

## R Series Treadmill

The R Series Treadmill combines an intuitive exerciser experience, results-driven design and an inviting modern aesthetic.



Interval Training Zone allows exercisers to easily change speed at the touch of a button.

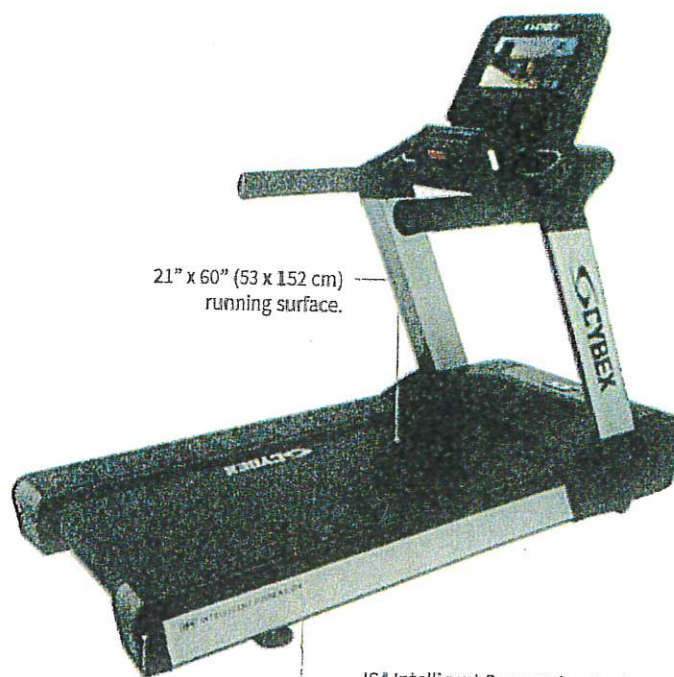


The optional Service Wheel allows for the treadmill to be moved easily during equipment rotation and routine maintenance.



### FACILITY MANAGEMENT

Optional internet connection provides detailed equipment use information, exerciser insights and preventive maintenance alerts. Connection also enables remote equipment monitoring, which allows our knowledgeable technicians to alert you in the rare case of a problem, often before you know one exists.



21" x 60" (53 x 152 cm)  
running surface.

9.5" (24 cm)  
step-up height.

IS4 Intelligent Suspension System matches the mechanics of running. The deck is soft upon landing, firm in the middle and rigid at toe-off.

### SPECIFICATIONS

Product Name	R Series Treadmill
Dimensions (L x W x H)	83" x 36" x 62.5" (210 x 91.5 x 159 cm)
Speed	0.5 - 14 mph (0.8 - 23 kph)
Incline Levels	0% - 15%
Belt (L x W)	60" x 22" (152 x 56 cm)
Running Area (L x W)	60" x 21" (152 x 52.5 cm)
Max User Weight	400 lbs (181 kg)
Drive	4.0hp (8.0hp Peak) AC Motor
Power	120V, 20A or 230V, 10A (varies by country) outlet with dedicated line, neutral, ground wires and dedicated circuit breaker Japan: 100V, 20A or 200V, 10A outlet with dedicated line, neutral, ground wires and dedicated circuit breaker.
Entertainment Options	MYE and attachable TV option for 50L Console
Charging	USB port for software updates & device charging
Compliance	TUV CUE certificate to UL1647, CSA C22.2-60335-1, IEC60335-1; EN ISO 20957-1, EN 957-6, FCC Class A (domestic), CE General Product Safety, Low Voltage, EMC and RoHS Directives, ASTM
Heart Rate Monitoring	Contact Ergo Handles
Safety	Emergency Stop System and Safety Stop Pull Cord
Color	Platinum Sparkle
Warranty	Mechanical: 1 year Labor: 1 year Cosmetics: 6 months Frame and motor: 7 years

# CommFIT



## TREADMILLS

525T	Consumer	7	1	10	Drive Motor - 10 years, Belt and Deck - 1 year parts and labor, Embedded monitor - 2 years
625T, 770T, 790T	Consumer	7	3	10	Drive Motor - 10 years, Belt and Deck - 3 year parts and labor, Touch Screen - 3 years and 1 year labor, E3 Monitor or Cybex Go Touch Screen Monitor - 2 years parts and 1 year labor, Embedded Receiver - 3 years and 1 year labor, Power cords, Power Inlets, Headphone Jack - 90 days.
525T	Entry Commercial	5	2	10	Belt and Deck - 1 year parts and labor, Embedded Monitor - 2 years parts and 1 year labor, Embedded Receiver - 3 years and 1 year labor, Power cords, Power Inlets, Headphone Jack - 90 days.
625T	Entry Commercial	3	3	10	Belt and Deck - 3 year parts and labor, Embedded Monitor - 2 years parts and 1 year labor, Embedded Receiver - 3 years and 1 year labor, Power cords, Power Inlets, Headphone Jack - 90 days.
770T, 790T	Entry Commercial	5	3	10	Belt and Deck - 3 year parts and labor, Touch Screen - 3 years and 1 year labor, E3 Monitor or Cybex Go Touch Screen Monitor - 2 years parts and 1 year labor, Embedded Receiver - 3 years and 1 year labor, Power cords, Power Inlets, Headphone Jack - 90 days.
525T	Full Commercial	1	1	10	Belt and Deck - 6 months, Embedded Monitor - 2 years parts and 1 year labor, Embedded Receiver - 3 years and 1 year labor, Power cords, Power Inlets, Headphone Jack - 90 days.
625T	Full Commercial	3	1	10	Belt and Deck - 1 year parts and labor, Embedded Monitor - 2 years parts and 1 year labor, Embedded Receiver - 3 years and 1 year labor, Power cords, Power Inlets, Headphone Jack - 90 days.
770T, 790T	Full Commercial	5	2	10	Belt and Deck - 1 year parts and labor, Touch Screen - 3 years and 1 year labor, E3 Monitor or Cybex Go Touch Screen Monitor - 2 years parts and 1 year labor, Embedded Receiver - 3 years and 1 year labor, Power cords, Power Inlets, Headphone Jack - 90 days.

## STRENGTH

Eagle NX, Prestige, VR1, Bravo, FT-325, Big Iron, Plate Loaded, Free Weight, Modular, MG-525	Commercial	2	1	10	120 Days Belts and Cables, Grips and Upholstery
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1. For complete warranty details, please refer to the Limited Warranty that accompanies the product.
2. Products sold or moved outside the borders of the continental U.S. of America and Canada are subject to the terms provided by the local distributor and are not covered under this warranty.
3. Structural refers to the main supporting frame.
4. NA means Not Applicable.



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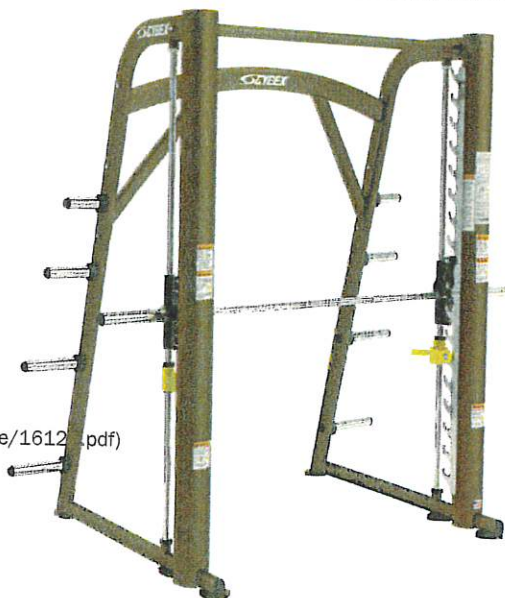
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## SMITH PRESS ADVANCED TRAINING PLATE LOADED

- ▶ Cybex science and design in a plate loaded line.
- ▶ Who said hard core has to be intimidating?
- ▶ Built tough to keep looking new.

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[Summary Sheet \(https://embed.widencdn.net/pdf/plus/lifelitness/hojlmgnkme/1612...pdf\)](#)



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[Features \(plate-loaded-smith-press.aspx\)](#)

[Specs \(plate-loaded-smith-press-specs.aspx\)](#)

[Colors \(plate-loaded-smith-press-color.aspx\)](#)

### FEATURES

- Open, walk-through design for easy roll through access for benches.
- Fifteen-pound take-off weight allows users of all levels the ability to exercise.
- The 90° path of motion for adaptability to all exercises.
- 18 bar and catch hooks adjust in four-inch increments.

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# Prestige<sup>®</sup> Prone Leg Curl

## Owner's Manual

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Part Number  
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## ABDOMINAL RESTYLED. REFINED. REIMAGINED. EAGLE NX

Eagle has always stood as the benchmark for excellence in strength machines. Now we're redefining what it means to be the best with refined movements, restyled aesthetics, and reimagined user features. The Eagle NX (<http://www.cybexintl.com/products/eagle-nx.aspx>) is made up of fifteen premium and unique pieces of strength training equipment (<http://www.cybexintl.com/products/strength.aspx>) designed to transform your facility and their workouts.

- ▶ Innovative design isolates abdominal muscles and allows different body types to enjoy a comfortable range of motion
- ▶ Counterbalance mechanism offsets the user's trunk weight for more consistent loading and greater effectiveness
- ▶ Patented pelvic stabilization eliminates hip flexor involvement while rear foot pegs provide for expanded training variation

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[Related Products \(abdominal-related.aspx\)](#)

### FEATURES

#### REALLY DIFFERENT

▶ No competitor even comes close. A unique patented Cybex's innovative strength design (<https://www.cybexintl.com/videogallery/default.aspx?video=16000028>) isolates the abs in a way other machines do not. Because the design has taken hip flexors, arms, and shoulders out of the movement, the resulting exercise is completely focused on the abdominal muscles. The easy-access with no restricting pads makes the Eagle NX Abdominal one of the most popular pieces on the gym floor.

#### FULL RANGE OF MOTION

The unique movement pattern and counterbalance system offset the mass of the user's upper body so that the user gets more effective resistance through the full range of motion. Additionally, the hip pad includes a lumbar curved

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» [Chest Press](#)

## CHEST PRESS

### SUPERIOR DESIGN FOR EVERY BODY.

### PRESTIGE STRENGTH VRS

Independent arms on the Prestige Chest Press allow for balanced strength development for unparalleled training results.

- ▶ Converging path of motion allows for a more complete range of movement for unparalleled training results.
- ▶ Independent arms offer balanced strength development and bilateral reciprocal training.
- ▶ Extra-sized grips reduce pressure on the hands for greater comfort when pressing.

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▶ [Summary Sheet \(https://p.widencdn.net/uxtyvu/21000\)](https://p.widencdn.net/uxtyvu/21000)



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[Related Products \(chest-press-related.aspx\)](#)

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#### FEATURES

##### CONVERGING PATH OF MOTION

- ▶ Converging path of motion allows for a more complete range of movement for unparalleled training results.

##### INDEPENDENT ARMS

Independent arms offer balanced strength development and bilateral reciprocal training.

##### COMFORTABLE POSITIONING

Gas-spring-assisted seat and spring-assisted back pad make it easy for users to get a natural and comfortable workout.

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» [Arm Extension](#)

## ARM EXTENSION SUPERIOR DESIGN FOR EVERY BODY. PRESTIGE STRENGTH VRS

Grips adjust automatically on the Prestige Arm Extension, assisting in a comfortable, effective workout for every body.

- ▶ Grips adjust automatically to accommodate all forearm lengths.
- ▶ Adjustable, angled back pad stabilizes torso.
- ▶ Gas-spring-assisted seat makes it easy for users to get a natural and comfortable workout.

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[Colors \(arm-extension-color.aspx\)](#)

### FEATURES

#### ACCOMMODATES ALL FOREARM LENGTHS

Grips adjust automatically to accommodate all forearm lengths.

#### ▶ STABLE TORSO DURING WORKOUT

Adjustable, angled back pad stabilizes torso.

#### COMFORTABLE POSITIONING

Gas-spring-assisted seat makes it easy for users to get a natural and comfortable workout.

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» Pulldown

## PULLDOWN

### SUPERIOR DESIGN FOR EVERY BODY.

### PRESTIGE STRENGTH VRS

The Prestige Pulldown offers barbell and neutral grips for a diverging path of motion, allowing for optimal training results from a more complete range of movement.

- ▶ Diverging path of motion invites a more complete range of movement for optimal training results.
- ▶ Independent arms offer balanced strength development and bilateral reciprocal training.
- ▶ Adjustable thigh pad optimizes experience for different body types and strength levels.

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#### FEATURES

##### OPTIMAL TRAINING RESULTS

▶ Diverging path of motion invites a more complete range of movement for optimal training results.

##### INDEPENDENT ARMS

Independent arms offer balanced strength development and bilateral reciprocal training.

##### MULTIPLE GRIPS

Barbell and neutral grips provide multiple grip options.

##### COMFORTABLE POSITIONING

Adjustable thigh pad optimizes experience for different body types and strength levels.

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## ROW

### SUPERIOR DESIGN FOR EVERY BODY.

### PRESTIGE STRENGTH VRS

A diverging path of motion invites a more complete range of motion, allowing for optimal training results, with variable resistance that closely matches user's capability throughout the range of motion.

- ▶ Diverging path of motion invites a more complete range of movement for optimal training results.
- ▶ Independent arms offer balanced strength development and bilateral reciprocal training.
- ▶ Variable resistance closely matches user's capability throughout the range of motion.

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#### FEATURES

##### OPTIMAL TRAINING RESULTS

- ▶ Diverging path of motion invites a more complete range of movement for optimal training results.

##### INDEPENDENT ARMS

Independent arms offer balanced strength development and bilateral reciprocal training.

##### DESIGNED TO MATCH CAPABILITY

Variable resistance closely matches user's capability throughout the range of motion.

##### SLEEK PROFILE

Bottom pivot design creates a low profile look.

##### ENHANCED STABILITY

Adjustable chest pad and footbar provide additional stability.

##### COMFORTABLE POSITIONING

Gas-spring-assisted seat makes it easy for users to get a natural and comfortable workout.

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## OVERHEAD PRESS SUPERIOR DESIGN FOR EVERY BODY. PRESTIGE STRENGTH VRS

The converging path of motion allows for a complete range of movement, with independent arms that offer balanced strength development and bilateral reciprocal training.

- ▶ Converging path of motion allows for a more complete range of movement for unparalleled training results.
- ▶ Independent arms offer balanced strength development and bilateral reciprocal training.
- ▶ Standard and neutral grips provide multiple grip choices.

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### FEATURES

#### CONVERGING PATH OF MOTION

Converging path of motion allows for a more complete range of movement for unparalleled training results.

#### INDEPENDENT ARMS

Independent arms offer balanced strength development and bilateral reciprocal training.

#### COMFORTABLE POSITIONING

Gas-spring-assisted seat makes it easy for users to get a natural and comfortable workout.

#### MULTIPLE GRIPS

Standard and neutral grips provide multiple grip choices.

#### EXTRA-SIZED GRIPS

Extra-sized grips reduce pressure on the hands for greater comfort when pressing.

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## CHEST PRESS

### RESTYLED. REFINED. REIMAGINED.

#### EAGLE NX

Eagle has always stood as the benchmark for excellence in strength machines. Now we're redefining what it means to be the best with refined movements, restyled aesthetics, and reimagined user features. The Eagle NX (<http://www.cybexintl.com/products/eagle-nx.aspx>) is made up of fifteen premium and unique pieces of strength training equipment (<http://www.cybexintl.com/products/strength.aspx>) designed to transform your facility and their workouts.

- ▶ **Dual Axis Technology®** (<http://www.cybexintl.com/vidiogallery/default.aspx?video=16000028>) allows the user to train with confidence in machine-defined movements or progress to more advanced user-defined movements
- ▶ The converging path of motion allows the user to train through a more complete range of movement and achieve better results
- ▶ Independent arms provide for balanced strength development and add training variety
- ▶ Gas-assisted seat and back pad can easily be adjusted from the seated position allowing different body types to enjoy a comfortable range of motion

[Sales Inquiry \(././contactus/NorthAmerica.aspx\)](http://www.cybexintl.com/contactus/NorthAmerica.aspx) [Download Brochure \(././Brochures.aspx?sel=Cybex\\_Strength\)](http://www.cybexintl.com/Brochures.aspx?sel=Cybex_Strength)

Summary Sheet ([https://p.widencdn.net/a2cp6i/20000\\_new](https://p.widencdn.net/a2cp6i/20000_new))



Gallery

**User Amenities**  
([chest-press-user-amenities.aspx](http://www.cybexintl.com/Products/ChestPress/UserAmenities.aspx))

**Features** ([chest-press.aspx](http://www.cybexintl.com/Products/ChestPress/Features.aspx))

**Specs** ([chest-press-specs.aspx](http://www.cybexintl.com/Products/ChestPress/Specs.aspx))

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**Related Products**  
([chest-press-related.aspx](http://www.cybexintl.com/Products/ChestPress/Related.aspx))

### FEATURES

#### VARIETY & VERSATILITY

Select a pattern of motion, or let the machine do it for you. Dual Axis Technology® (<https://www.cybexintl.com/vidiogallery/default.aspx?video=16000028>) is a Cybex patented strength training mechanism that provides variety and versatility for the most complete workout. Standard selectorized equipment trains muscles from a single direction that is defined only by the machine. Using our unique Dual Axis Technology® the Eagle NX Chest Press offers the option to train in either the machine-defined pattern of motion, or to move in a different pattern - one defined completely by the user.

#### NO TWO ARMS ARE ALIKE

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[» Strength \(/products/strength.aspx\)](#) [» Selectorized \(/products/selectorized.aspx\)](#) [» Prestige Strength VRS \(/products/prestige-strength.aspx\)](#)  
[» Triceps Press](#)

## TRICEPS PRESS

### SUPERIOR DESIGN FOR EVERY BODY.

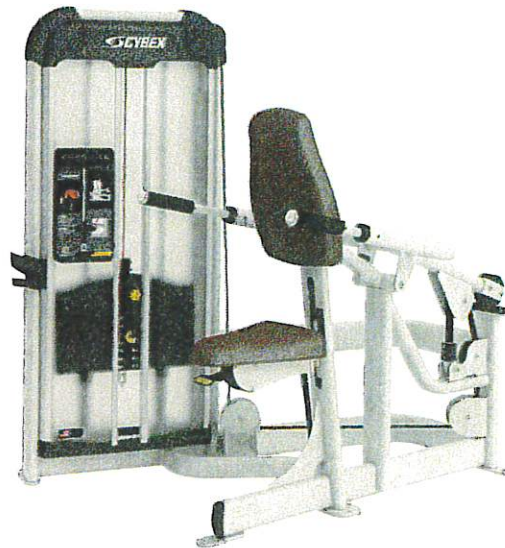
### PRESTIGE STRENGTH VRS

Comfort is optimized on the Prestige Triceps Press, with a unique design that allows for stability without a seat belt, and a design that easily accommodates various body sizes and movements for the user.

- ▶ Forward tilted back pad provides stability without the use of a seat belt.
- ▶ Extra-sized grips reduce pressure on the hands for greater comfort.
- ▶ Dual grip positions accommodate various body sizes and movements.

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[Summary Sheet \(https://p.widencdn.net/qfInyj/21180\)](https://p.widencdn.net/qfInyj/21180)



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[User Amenities \(triceps-press-user-amenities.aspx\)](#)

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[Related Products \(triceps-press-related.aspx\)](#)

[Colors \(triceps-press-color.aspx\)](#)

#### FEATURES

##### STABILITY WITHOUT SEAT BELT

Forward tilted back pad provides stability without the use of a seat belt.

##### ▶ REDUCED PRESSURE ON HANDS

Extra-sized grips reduce pressure on the hands for greater comfort.

##### ACCOMMODATES VARIOUS BODY SIZES

Dual grip positions accommodate various body sizes and movements.

##### COMFORTABLE POSITIONING

Gas-spring-assisted seat makes it easy for users to get a natural and comfortable workout.

#### FIND CYBEX EQUIPMENT AT A FITNESS CENTER NEAR YOU.



Cybex equipment can be found in gyms all over the world.

[Go to club locator \(/map/submit-your-gym.aspx\)](#)



» Strength (/products/strength.aspx) » Selectorized (/products/selectorized.aspx) » Eagle NX: Restyled. Refined. Reimagined. (/products/eagle-nx.aspx) » Calf

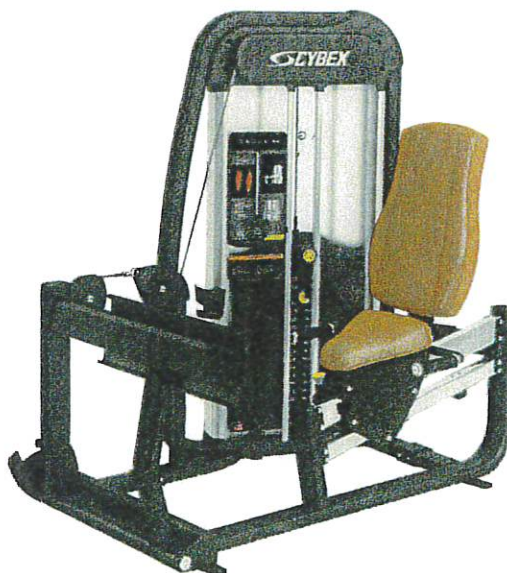
## CALF RESTYLED. REFINED. REIMAGINED. EAGLE NX

Eagle has always stood as the benchmark for excellence in strength machines. Now we're redefining what it means to be the best with refined movements, restyled aesthetics, and reimagined user features. The Eagle NX (<http://www.cybexintl.com/products/eagle-nx.aspx>) is made up of fifteen premium and unique pieces of strength training equipment (<http://www.cybexintl.com/products/strength.aspx>) designed to transform your facility and their workouts.

- ▶ Supports Natural Movement: Descending path of motion allows foot to move in a natural manner.
- ▶ Seated Exercise Position: Directs force through hip rather than shoulder and minimizes spinal compression.
- ▶ Curved Footplate: Trains the mid-foot to accept load for a greater training effect.

Sales Inquiry (<http://www.cybexintl.com/contactus/NorthAmerica.aspx>) Download Brochure ([http://www.cybexintl.com/Brochures.aspx?sel=Cybox\\_Strength](http://www.cybexintl.com/Brochures.aspx?sel=Cybox_Strength))

Summary Sheet ([https://p.widencdn.net/ctsqyn/20120\\_new](https://p.widencdn.net/ctsqyn/20120_new))



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Specs ([calf-specs.aspx](http://www.cybexintl.com/calf-specs.aspx))

Video ([calf-video.aspx](http://www.cybexintl.com/calf-video.aspx))

Related Products ([calf-related.aspx](http://www.cybexintl.com/calf-related.aspx))

Colors ([calf-color.aspx](http://www.cybexintl.com/calf-color.aspx))

### FEATURES

#### SUPPORTS NATURAL MOVEMENT

The descending path of motion allows foot to move in a natural manner.

#### SEATED EXERCISE POSITION

The seated exercise position of the Eagle NX Calf directs force through hip rather than shoulder and minimizes spinal compression.

#### CURVED FOOTPLATE

Trains the mid-foot to accept load for a greater training effect.

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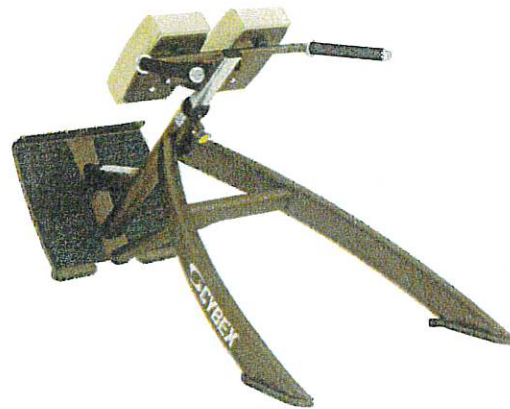
[» Strength \(/products/strength.aspx\)](#) [» Free Weights \(/products/free-weights.aspx\)](#) [» 45° Back Extension](#)

## 45° BACK EXTENSION TRADITIONAL STRENGTH FREE WEIGHTS

- ▶ Cybex science and design in a free weight line.
- ▶ Who said hard core has to be intimidating?
- ▶ Built tough to keep looking new.

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[Colors \(free-weights-45-back-extension-color.aspx\)](#)

### FEATURES

Unique pivoting thigh pad provides relief for the knee joint enhancing both comfort and safety.

The 45° angle provides close alignment of strength curve for the low back and hamstrings.

Adjustment range of 13.5" (34 CM) accommodates users of all sizes.

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(/map/submit-your-gym.aspx)**