

CYBEX
Serious about fitness.

BRAVO™ FUNCTIONAL TRAINER



CYBEXceptional

CYBEX BRAVO

functional trainer with PROGRESSIVE STABILIZATION

The CYBEX Bravo Functional Trainer has changed the way the fitness world approaches strength training. Now — a free-form cable exercise machine can develop strength as effectively as a fixed-path selectorized device, while increasing core muscle involvement. How did we do this? By creating unique Progressive Stabilization Pad technology (patent pending), which allows the user to work with greater weights without sacrificing functional movement. Users may select a highly stable position or, a completely unstable configuration, and any level of stability in between. Typically, core muscle activity diminishes as stability and workload decrease. But with the Bravo's partial stabilization option, one can have both high workload and even greater core muscle activation! The advanced cable adjustment system, another unique feature of the Bravo, is designed to allow complete control of the origin and direction of resistance. Not only can the height of the cable be adjusted, but also the width between cables. No other product offers such game-changing training possibilities and versatility.



Bravo Tall



1 Chest Press



2 Trunk Flexion



3 Row



4 Arm Curl



5 Arm Extension



6 Arm Extension / Stabilized



7 Hip Abduction



8 Squat



9 Hip Extension



10 Hip Flexion / Knee Extension



11 Hip Extension / Knee Flexion

*just a few of the virtually unlimited training possibilities

"With its ability to train clients in multiple positions with varying degrees of functional stability, I anticipate the new CYBEX functional trainer (Bravo) will play an important role in our personal training program. The options it offers our trainers and the results it can deliver to their clients are a potent combination to enhance an important part of our business."

*— Ed Trainor, Town Sports International (TSI),
Vice President of Fitness Services*

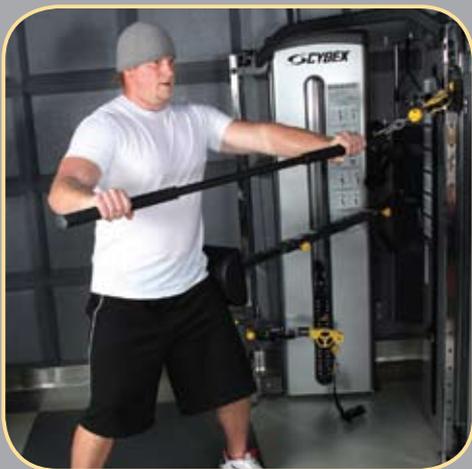


Changing the Performance Training Landscape

The Bravo is a total training solution, offering more training options and versatility than any product in its class. The performance training opportunities are virtually unlimited, giving users and trainers countless exercise possibilities that can help enhance their training.



Tom Shaw, a Performance Enhancement Coach training some of his athletes



Starting Position



Final Position



Unilateral training exercise



Game-changing training moves

"The Bravo is an amazing machine. The stabilization pad is incredible; it sets this machine apart from any other Cable Pulley machine that I have ever used before. Moving the pad just a few inches creates an entirely different effect on the muscles. This is by far my most popular machine I have used in training – my athletes love the results they get after working out on this unit; and they ask for it because of the versatility in training that it offers!"

– Tom Shaw, Performance Enhancement Coach

CYBEX®



our innovation = game-changing WORKOUT POSSIBILITIES

The CYBEX Bravo Functional Trainer with Progressive Stabilization has changed the way the fitness world looks at strength training.

Training has evolved over the years. Ages ago, bars, benches, plates, and dumbbells (with the occasional cable) were what made up training devices. Then, slowly, machines were created (such as selectorized) that mirrored these stabilized movements – stability that allowed high weight loads.

Along came functional trainers that created a new opportunity – the ability to train in a free-form style with resistance applied by a cable, engaging the body's core but with limited weight loads. Then, the exercise landscape was completely separated. On one side of the gym floor, selectorized machines that provide complete stabilization and the ability to use very high loads. On the other side, functional trainers with non-stabilized free-form movements, but limited opportunity to apply meaningful loads... There was no middle ground.

The CYBEX Bravo Functional Trainer with Progressive Stabilization is the breakthrough product that spans the gap. Its unique patent-pending design adds two key features that greatly expand the training capabilities: the Progressive Stabilization Pad and Cable Width Adjustment. The Progressive Stabilization Pad, located at the center of the Bravo, adjusts for height and extension, allowing it to be positioned to apply as much or as little stabilization as the user desires. The Cable Width Adjustment feature allows innumerable height and width cable configurations – perfect for the most creative personal or sports trainers.

The Bravo is one more example of why CYBEX leads the industry in strength products based on exercise science – safe and effective with better results.

Visit us at www.cybexintl.com to see video of traditional functional training movements as well as game-changing training possibilities made available with the Bravo and its progressive stabilization options.

specifications

Product Number	Compact: 8800; Tall: 8810
Dimensions	Compact: 45" L x 54" W x 77" H (114 cm x 137 cm x 196 cm); Tall: 45" L x 54" W x 87" H (114 cm x 137 cm x 221 cm)
Machine Weight	Compact: 866 lbs (393 kg); tall: 901 lbs (407 kg)
Weight Stack	Two Weight Stacks: each 170 lbs (77 kg)
Lifting Ratio	2:1
Stabilization Assembly	10 Height Positions; 9 fore/aft positons in 2" (5 cm) increments
Standard Accessories	2 strap handles, 2 multi-length strap extensions, ankle cuff, rotating arm bar, triceps rope, lat pull bar
Color	Available in five standard or a virtually unlimited variety of custom frame and shield colors 



CYBEX Strength products are Made in the USA

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