



**Cybex Plate Loaded
Owner's and Service Manual**
Strength Systems
Part Number 55399 D



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10 Trotter Drive Medway, MA 02053 • 508-533-4300 • FAX 508-533-5183

www.cybexinternational.com • techhelp@cybexintl.com • techpubs@cybexintl.com • 55399 D • September 2008

Table of Contents

i Table of Contents

1 Safety

Safety	1-1
Warning/Caution Decals	1-3
Regular Maintenance Activities.....	1-26
Using Proper Form	1-26

2 Technical Specifications

General Specifications.....	2-1
Machine Specifications	2-4

3 General Exercise Guidelines

Training Suggestions	3-1
Glossary	3-2
Exercise Charts	

4 Exercises

Squat Press	4-3
Leg Press	4-5
Hack Squat	4-7
Leg Extension	4-9
Kneeling Leg Curl	4-11
Rotary Calf	4-13
45° Calf	4-15
Seated Calf	4-17
Advanced Pulldown	4-19
Advanced Chest	4-21
Advanced Incline	4-23
Advanced Overhead	4-25
Row	4-27
T-Bar Row	4-29
Converging Chest Press.....	4-31
Converging Incline Press	4-33
Converging Overhead Press.....	4-35
Rear Delt	4-37
Arm Extension	4-39
Arm Curl	4-41
Smith Press	4-43

5 Customer Service

Contacting Service.....	5-1
Ordering Parts	5-1
RMA	5-2
Damaged Parts	5-3
Limited Warranty	5-5

6 Maintenance

Daily Procedures	6-1
Weekly Procedures	6-3
Yearly Procedures	6-5
“As Required” Procedures.....	6-5
Cable Adjustments.....	6-5

7 Service

Parts Lists and Diagrams	7-1
5221 - Advanced Overhead.....	7-3
5222 - Converging Overhead Press.	7-7
5226 - Advanced Chest.....	7-11
5227 - Converging Chest Press	7-15
5230 - Leg Extension.....	7-19
5235 - Squat Press	7-23
5240 - Kneeling Leg Curl.....	7-27
5245 - Rotary Calf	7-31
5251 - Advanced Incline	7-35
5252 - Converging Incline Press....	7-39
5255 - Rear Delt	7-43
5261 - Advanced Pulldown.....	7-47
5265 - Row	7-51
5281 - Arm Curl	7-55
5286 - Arm Extension	7-59
5321 - Leg Press	7-63
5330 - Hack Squat.....	7-67
5341 - Smith Press.....	7-71
5450 - Seated Calf.....	7-75
5560 - 45° Calf	7-79
5580 - T-Bar Row.....	7-83

1 - Safety

Safety

Read the Owner's Manual carefully before assembling, servicing or using the Plate Loaded equipment.

! WARNING: Serious injury could occur if these safety precautions are not observed:

User Safety Precautions

- Obtain a medical exam prior to beginning an exercise program.
- Read all warnings and obtain proper instruction on use of the machine prior to using.
- Keep body and clothing free from and clear of all moving parts.
- Inspect machine prior to use. **DO NOT** use if it appears damaged or inoperable.
- **DO NOT** attempt to fix a broken or jammed machine. Notify floor staff.
- Use the machine only for the intended use. **DO NOT** modify the machine.
- Load plates evenly and carefully to avoid tipping equipment and crushing injuries.
- Use a spotter.
- **DO NOT** use if guards are missing or damaged.
- **DO NOT** use dumbbells or other incremental weights, except those provided by the manufacturer.
- Inspect all cables and belts and connections prior to use. **DO NOT** use if any components are worn, frayed, or damaged.
- Children must not be allowed near this machine. Teenagers must be supervised.
- **DO NOT** remove this label. Replace if damaged.
- Stop exercising if you feel faint, dizzy or experience pain at any time while exercising and consult your physician.

Facility Safety Precautions

- Read the Owner's Manual carefully before assembling, servicing or using the equipment.
- Securely anchor each machine to the floor using the anchor holes provided in each machine.

NOTE: *Cybox is not responsible for the actual anchoring of equipment. Consult with a professional contractor.*

NOTE: *Use fasteners having a minimum of 500 lbs. tensile capacity (3/8" grade 2 bolts or better).*

NOTE: *If legs/frame does not contact surface, DO NOT pull down with anchors. Shim any leg or frame not in contact with surface using flat washers.*

- Make sure that each machine is set up and operated on a solid level surface. **Do not install equipment on an uneven surface.**
- Make sure that all users are properly trained on how to use the equipment.
- Make sure there is enough room for safe access and operation of the equipment.
- Perform regular maintenance checks on the equipment. Also pay close attention to all areas most susceptible to wear, including (but not limited to) cables, pulleys, belts and grips.
- Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components then remove from service until the repair is made.
- Use only Cybox supplied components to maintain/repair the equipment.
- Keep a repair log of all maintenance activities.
- Inspect all cables and belts and connections prior to use. **DO NOT** use if any components are worn, frayed, or damaged.

NOTE: *It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed.*

Warning/Caution Decals

Warning decals indicate a potentially hazardous situation, which, if not avoided, could result in death or serious injury.

Caution decals indicate a potentially hazardous situation, which, if not avoided, could result in minor or moderate injury.

The warning and caution decals are shown below and on the following page. The diagrams following the decals show where each decal is located.



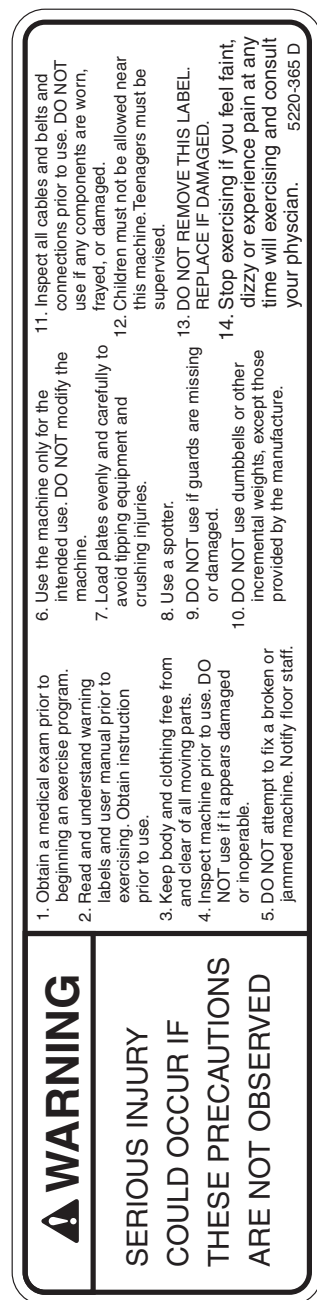
A

B



D

E



C

F →

⚠ WARNING

SERIOUS INJURY
COULD OCCUR IF
THESE PRECAUTIONS
ARE NOT OBSERVED

1. Obtain a medical exam prior to beginning an exercise program.
2. Read and understand warning labels and user manual prior to exercising. Obtain instruction prior to use.
3. Keep body and clothing free from and clear of all moving parts.
4. Inspect machine prior to use. DO NOT use if it appears damaged or inoperable.
5. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
6. Use the machine only for the intended use. DO NOT modify the machine.
7. Load plates evenly and carefully to avoid tipping equipment and crushing injuries.
8. Use a spotter.
9. DO NOT use if guards are missing or damaged.
10. DO NOT use dumbbells or other incremental weights, except those provided by the manufacturer.
11. Inspect all cables and belts and connections prior to use. DO NOT use if any components are worn, frayed, or damaged.
12. Children must not be allowed near this machine. Teenagers must be supervised.
13. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.

5220-364 C

G →

⚠ WARNING

SERIOUS INJURY could result if carriage falls toward user.

Carriage stops MUST BE IN LOCKED POSITION while performing calf raises.

5320-346 A

H →

⚠ WARNING

 <p>UNLATCHED</p>	 <p>LATCHED</p>
--	---

Bar will fall if not latched.

Latch hook fully over pin to avoid injury.

5341-306 A

I →

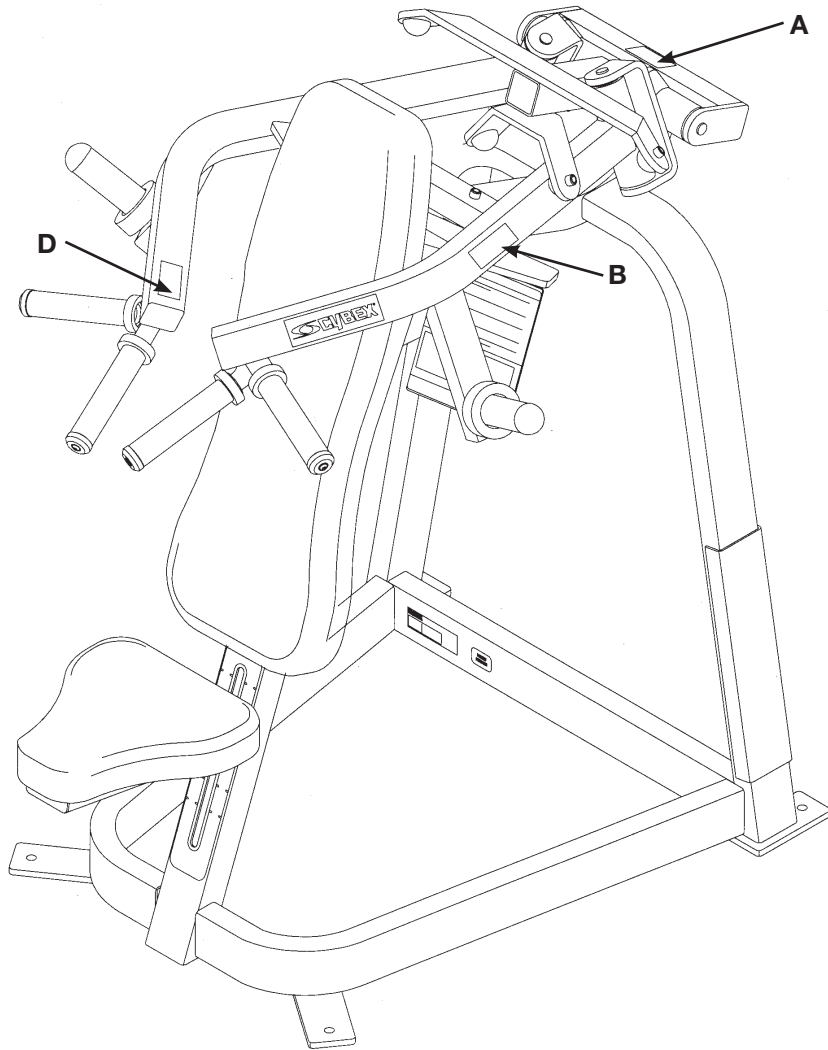
⚠ CAUTION

Seat may fall if improperly engaged.

Verify seat is secure before exercising to avoid injury.

4520-362-4

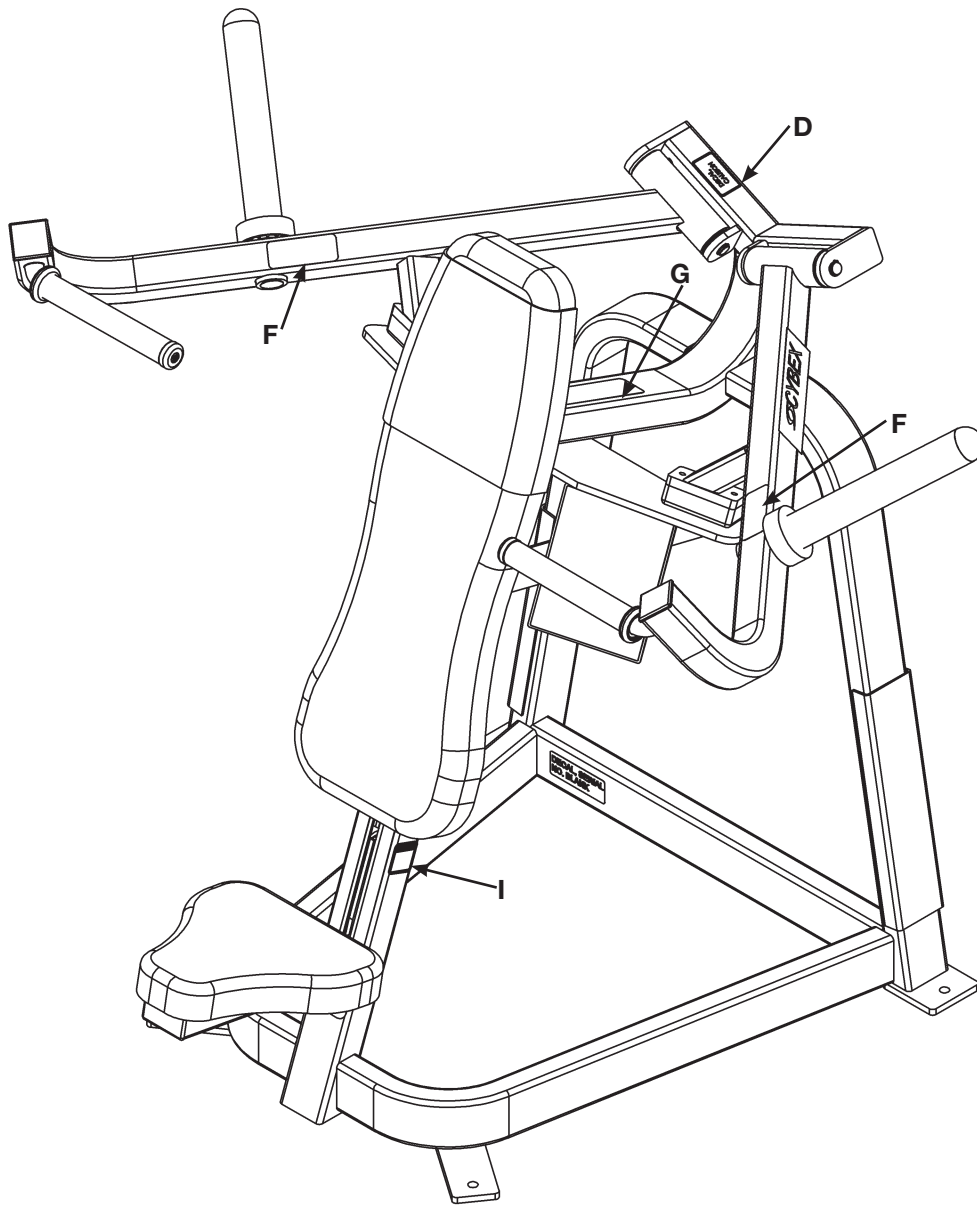
5221 - Advanced Overhead



NOTE: See exploded-view diagram for item I.

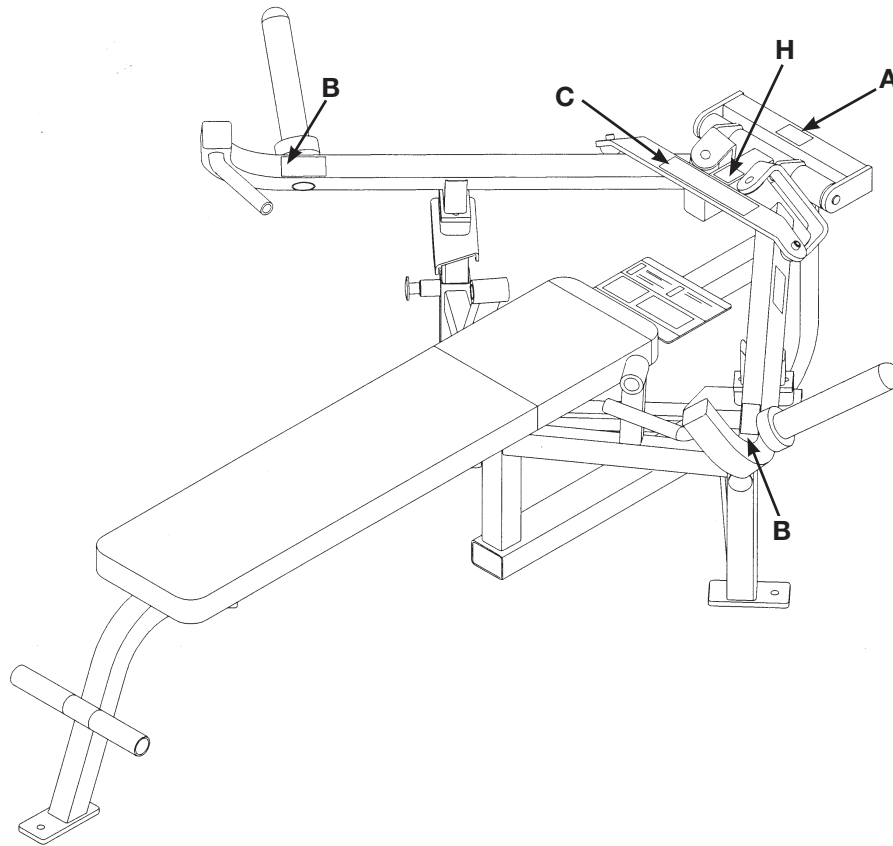
DESCRIPTION	PART NO.
A. Caution Decal	4000Y316
B. Warning Decal	5220-337
D. Caution Decal	5221-319
F. Warning Decal	5220-364
I. Caution Decal	4520-362

5222 - Converging Overhead Press



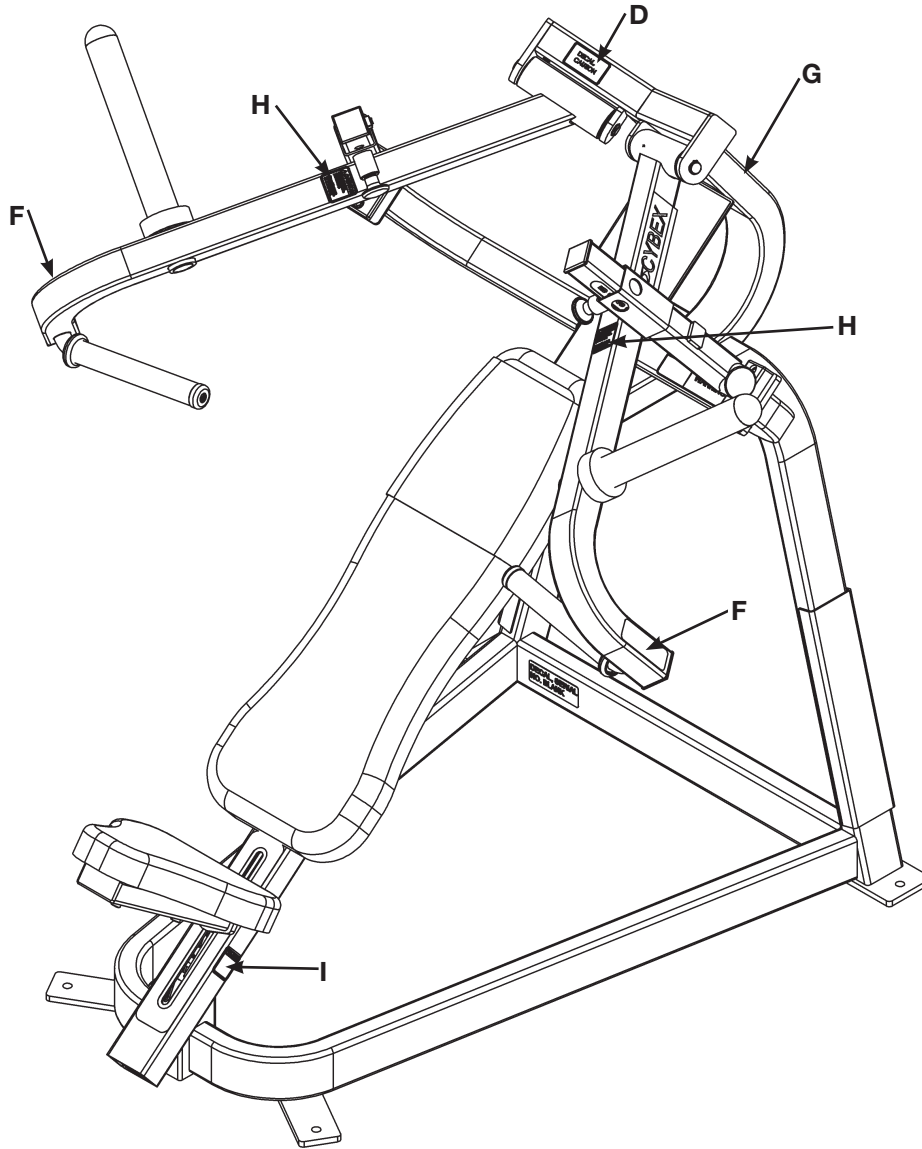
DESCRIPTION	PART NO.
D. Caution Decal	4000Y316
F. Warning Decal	5220-337
G. Warning Decal	5220-364
I. Caution Decal	4520-362

5226 - Advanced Chest



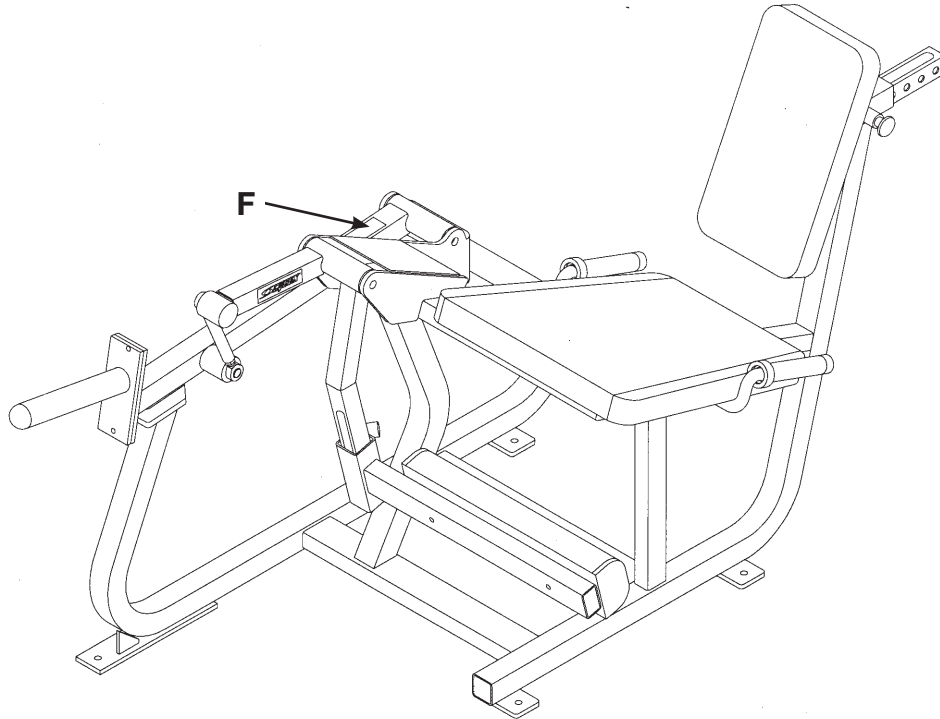
DESCRIPTION	PART NO.
A. Caution Decal	4000Y316
B. Warning Decal	5220-337
C. Warning Decal	5220-365
H. Warning Decal	5341-306

5227 - Converging Chest Press



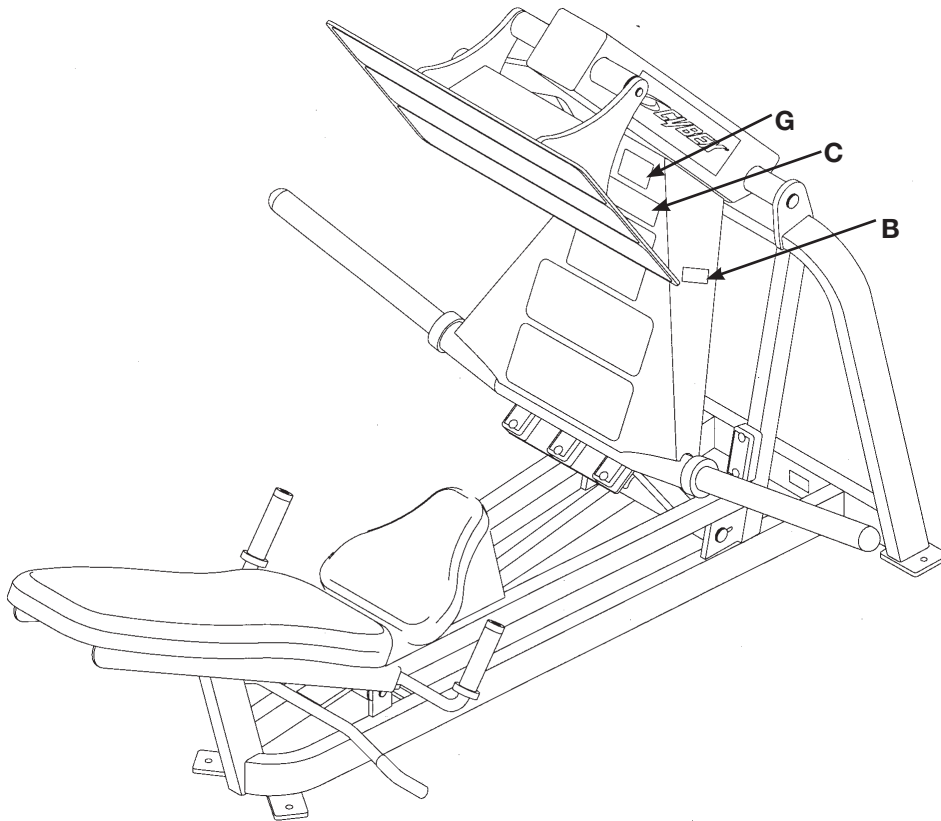
DESCRIPTION	PART NO.
D. Caution Decal	4000Y316
F. Warning Decal	5220-337
G. Warning Decal	5220-364
H. Caution Decal	8500-025
I. Caution Decal	4520-362

5230 - Leg Extension



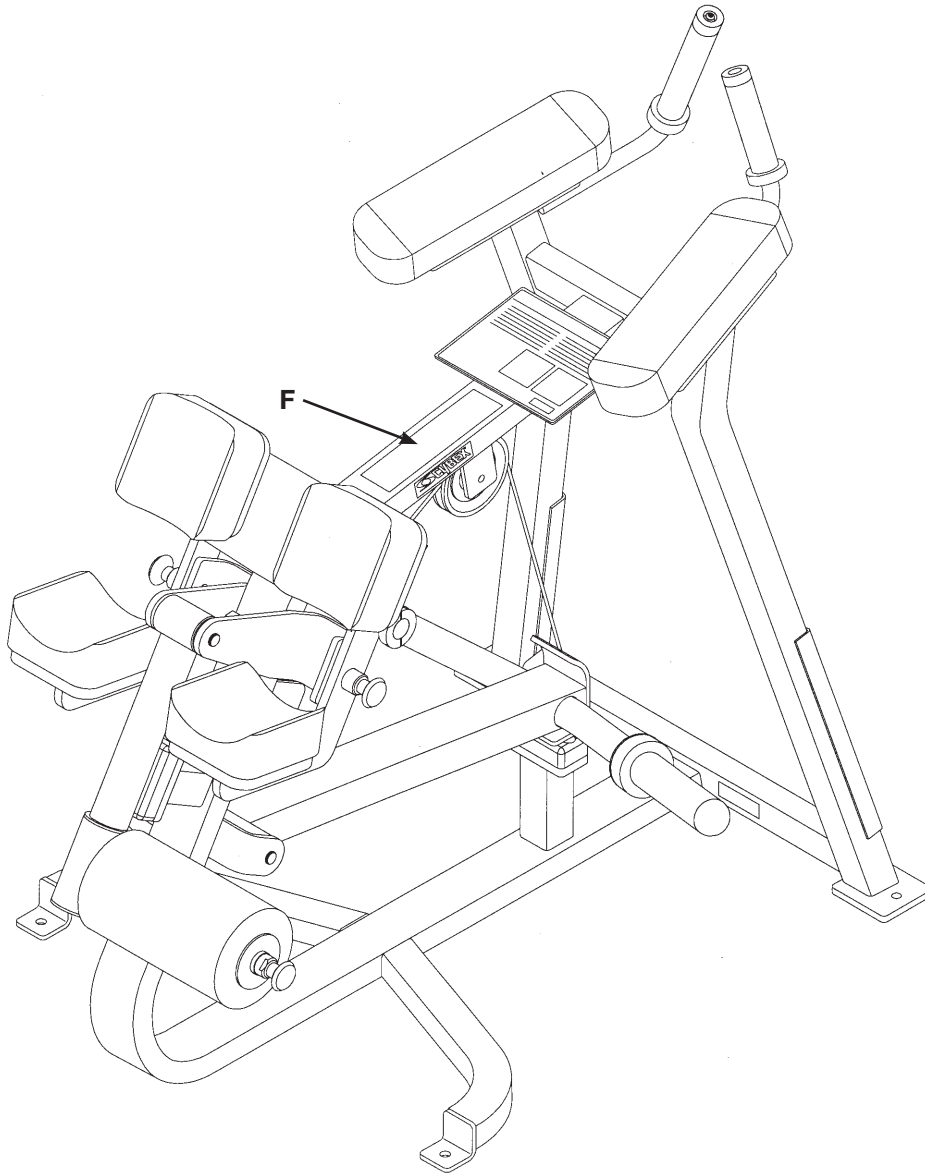
DESCRIPTION	PART NO.
F. Warning Decal	5220-364

5235 - Squat Press



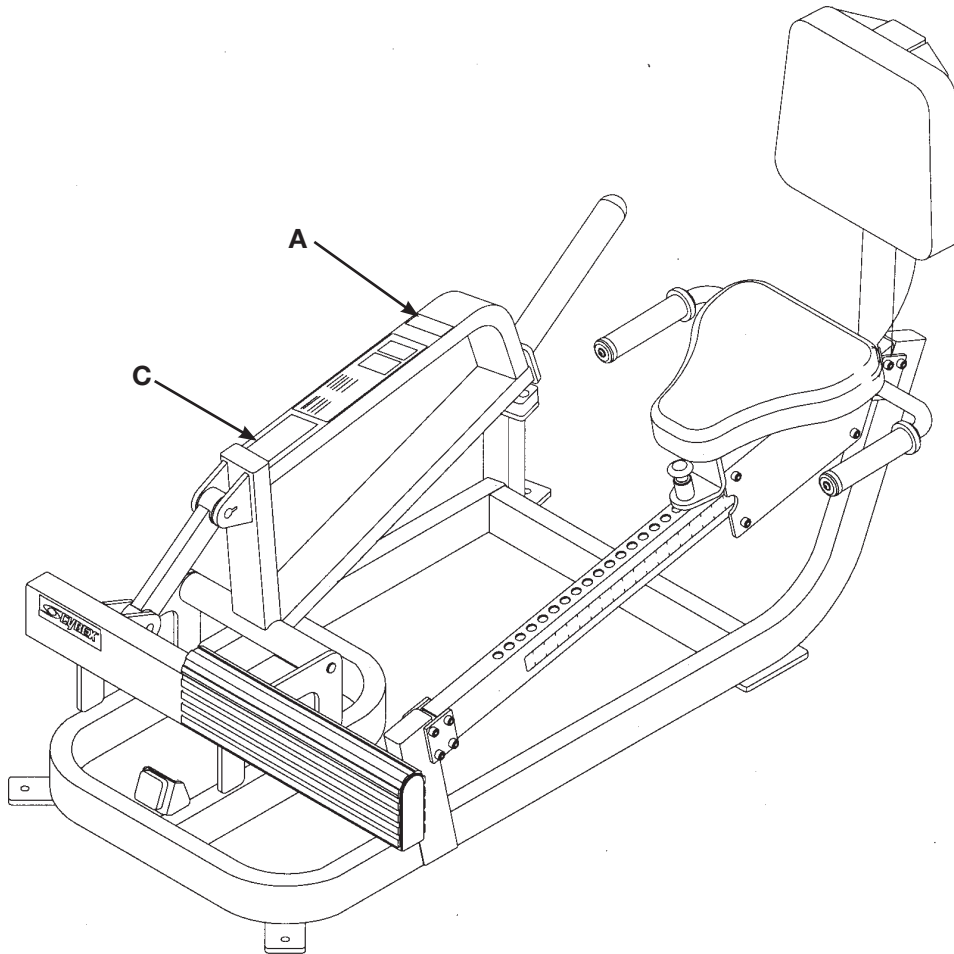
DESCRIPTION	PART NO.
B. Warning Decal	5220-337
C. Warning Decal	5220-365
G. Warning Decal	5235-340

5240 - Kneeling Leg Curl



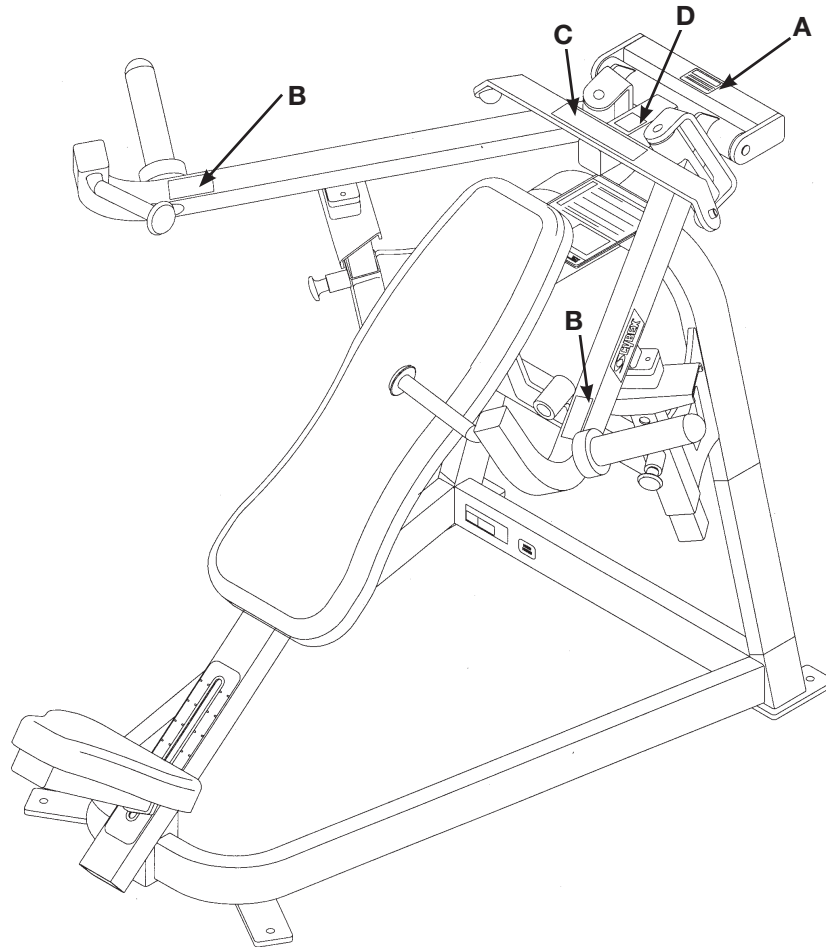
DESCRIPTION	PART NO.
F. Warning Decal	5220-364

5245 - Rotary Calf



DESCRIPTION	PART NO.
A. Caution Decal	4000Y316
C. Warning Decal	5220-365

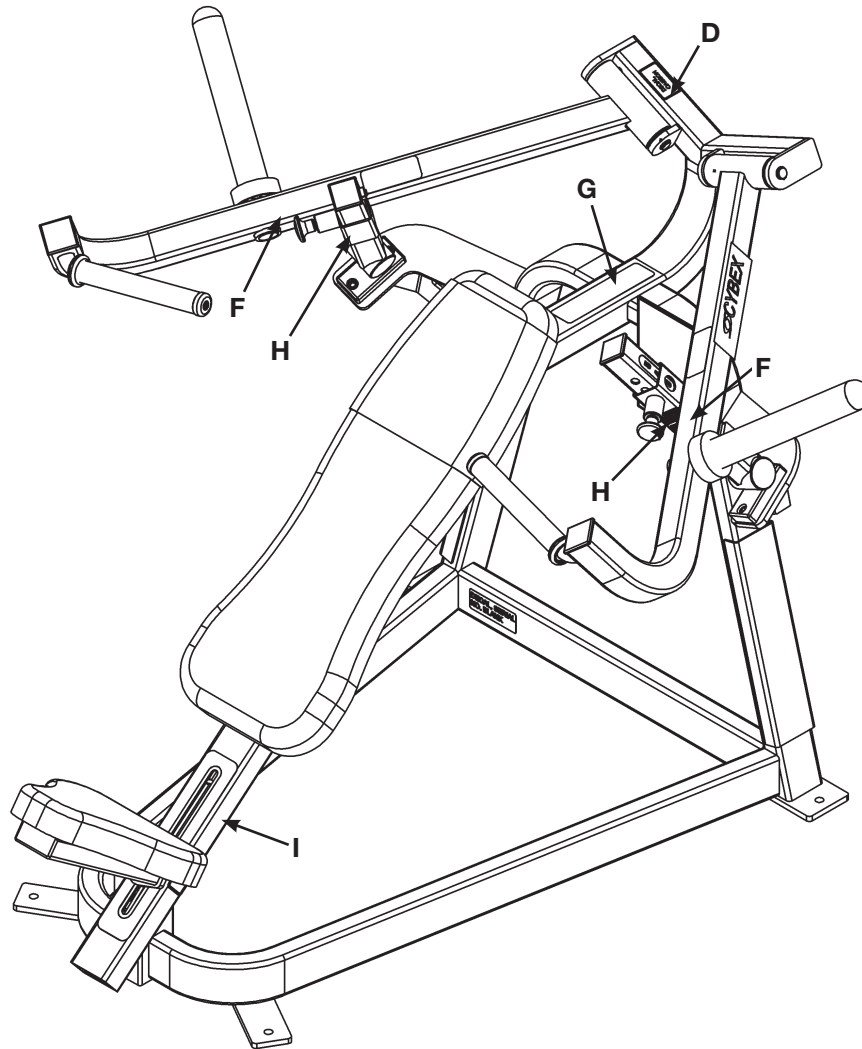
5251 - Advanced Incline



NOTE: See exploded-view diagram for item I.

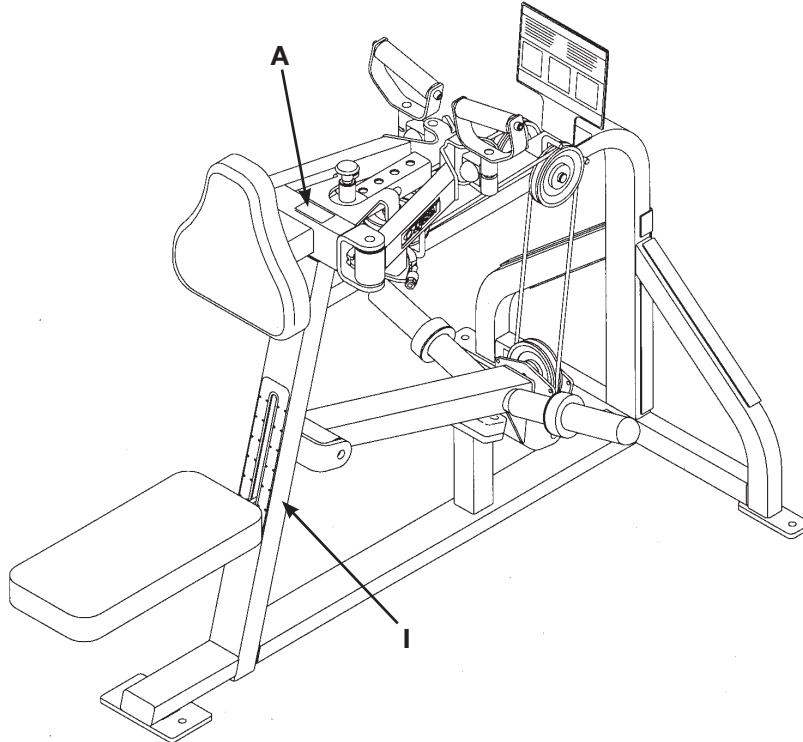
DESCRIPTION	PART NO.
A. Caution Decal	4000Y316
B. Warning Decal	5220-337
C. Warning Decal	5220-365
D. Caution Decal	5221-319
I. Caution Decal	4520-362

5252 - Converging Incline Press



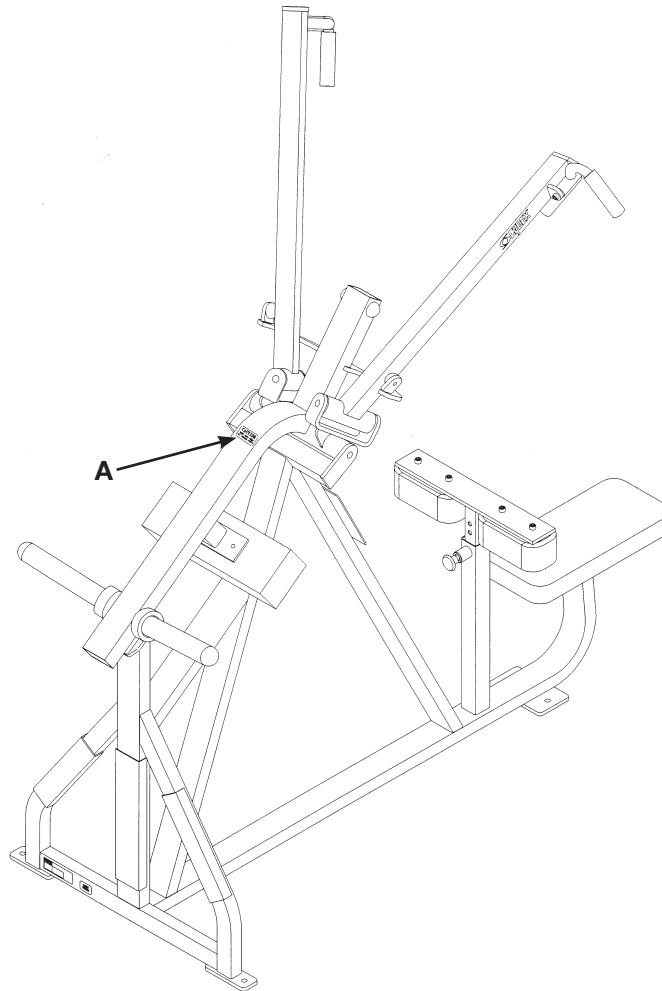
DESCRIPTION	PART NO.
D. Caution Decal	4000Y316
F. Warning Decal	5220-337
G. Warning Decal	5220-364
H. Caution Decal	8500-025
I. Caution Decal	4520-362

5255 - Rear Delt



	DESCRIPTION	PART NO.
A.	Caution Decal	4000Y316
I.	Caution Decal	4520-362

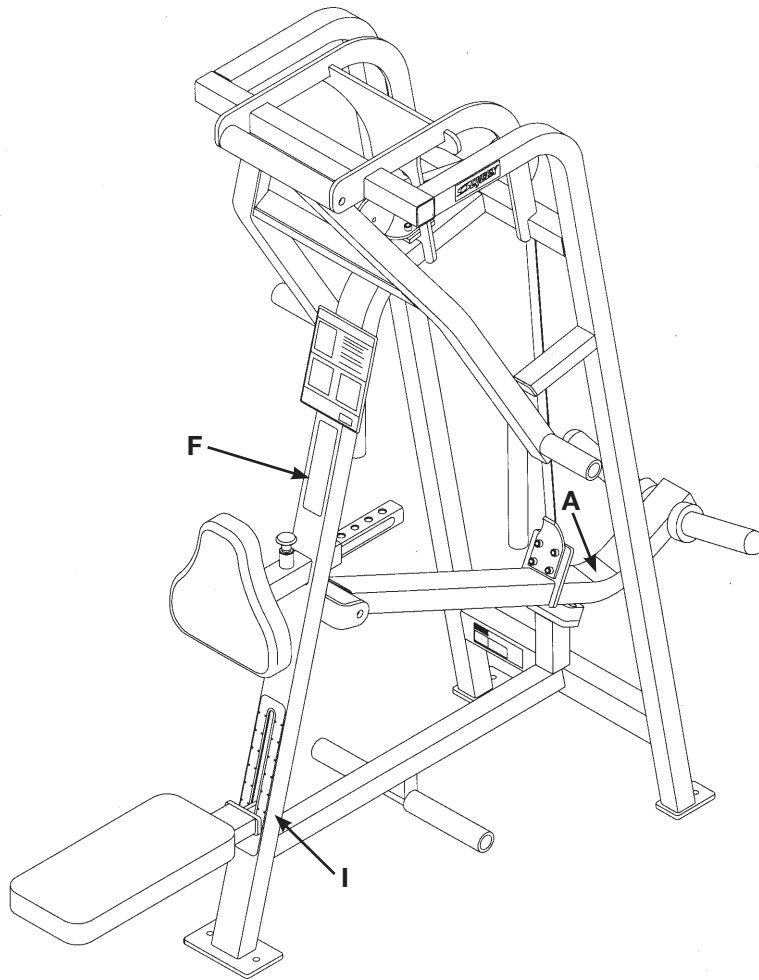
5261 - Advanced Pulldown



NOTE: See exploded-view diagram for items F and D.

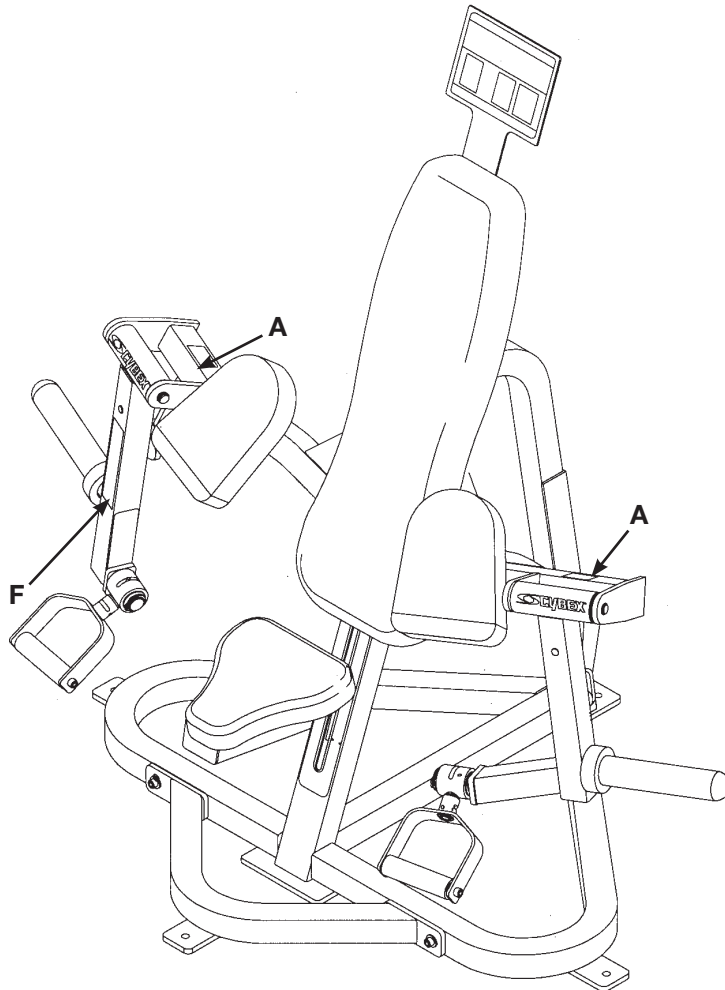
DESCRIPTION	PART NO.
A. Caution Decal	4000Y316
D. Caution Decal	5221-319
F. Warning Decal	5220-364

5265 - Row



	DESCRIPTION	PART NO.
A.	Caution Decal	4000Y316
I.	Caution Decal	5220-364

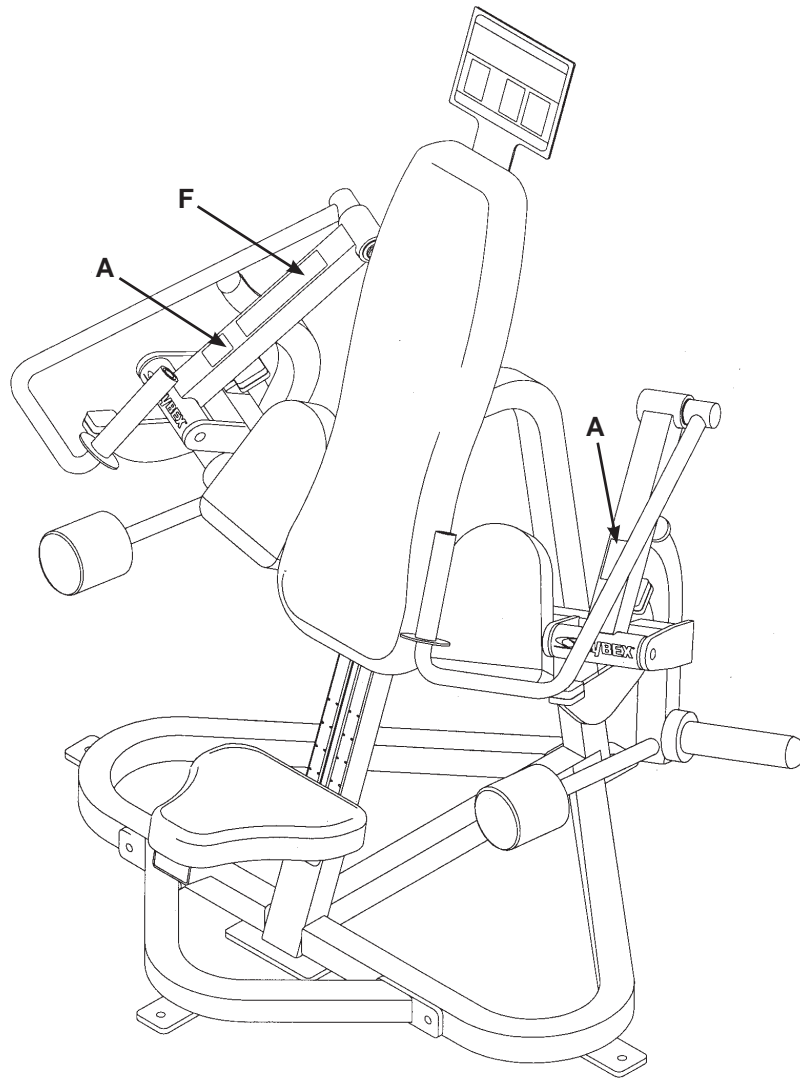
5281 - Arm Curl



NOTE: See exploded-view diagram for item I.

	DESCRIPTION	PART NO.
A.	Caution Decal	4000Y316
I.	Warning Decal	4520-362

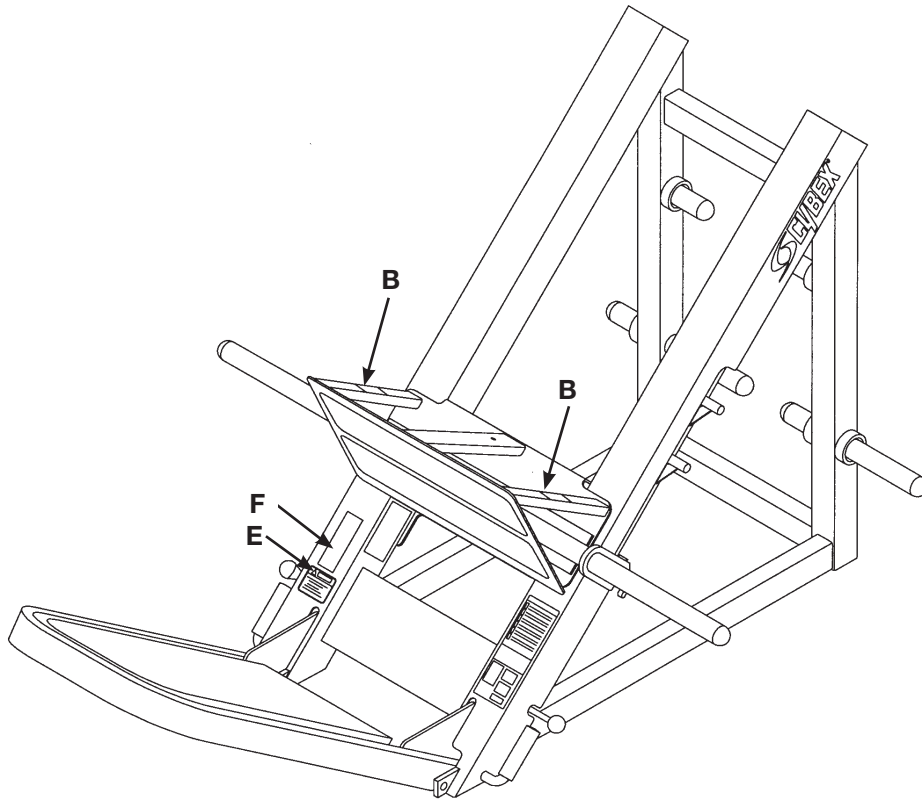
5286 - Arm Extension



NOTE: See exploded-view diagram for item I.

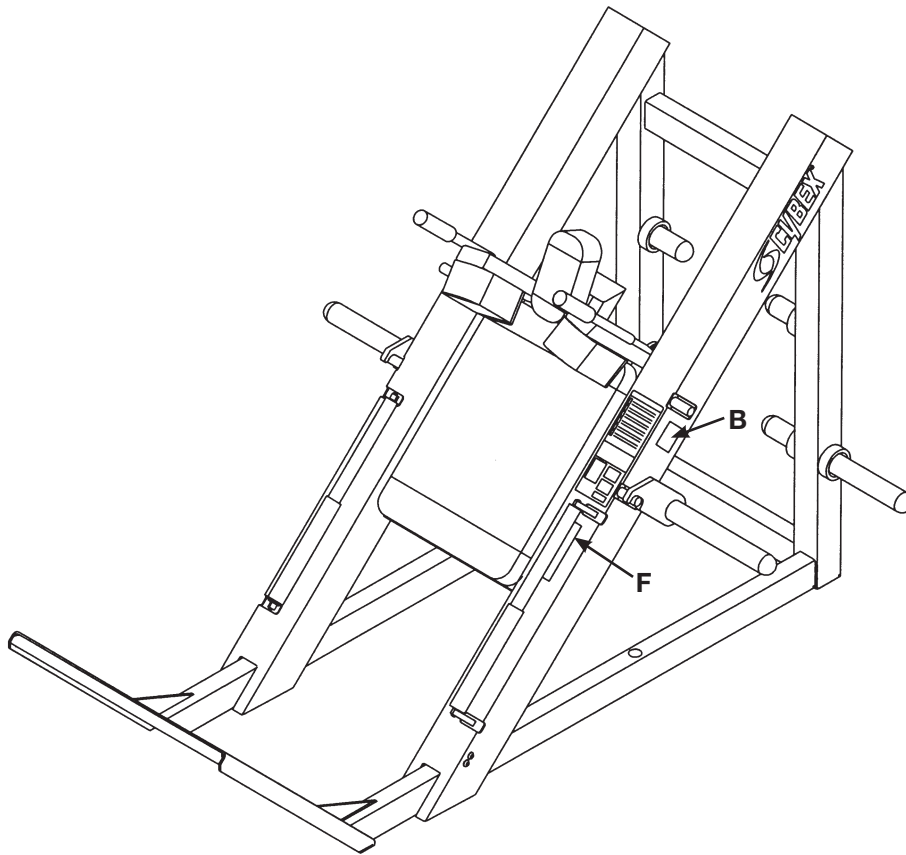
	DESCRIPTION	PART NO.
A.	Caution Decal	4000Y316
F.	Warning Decal	5220-364
I.	Caution Decal	4520-362

5321 - Leg Press



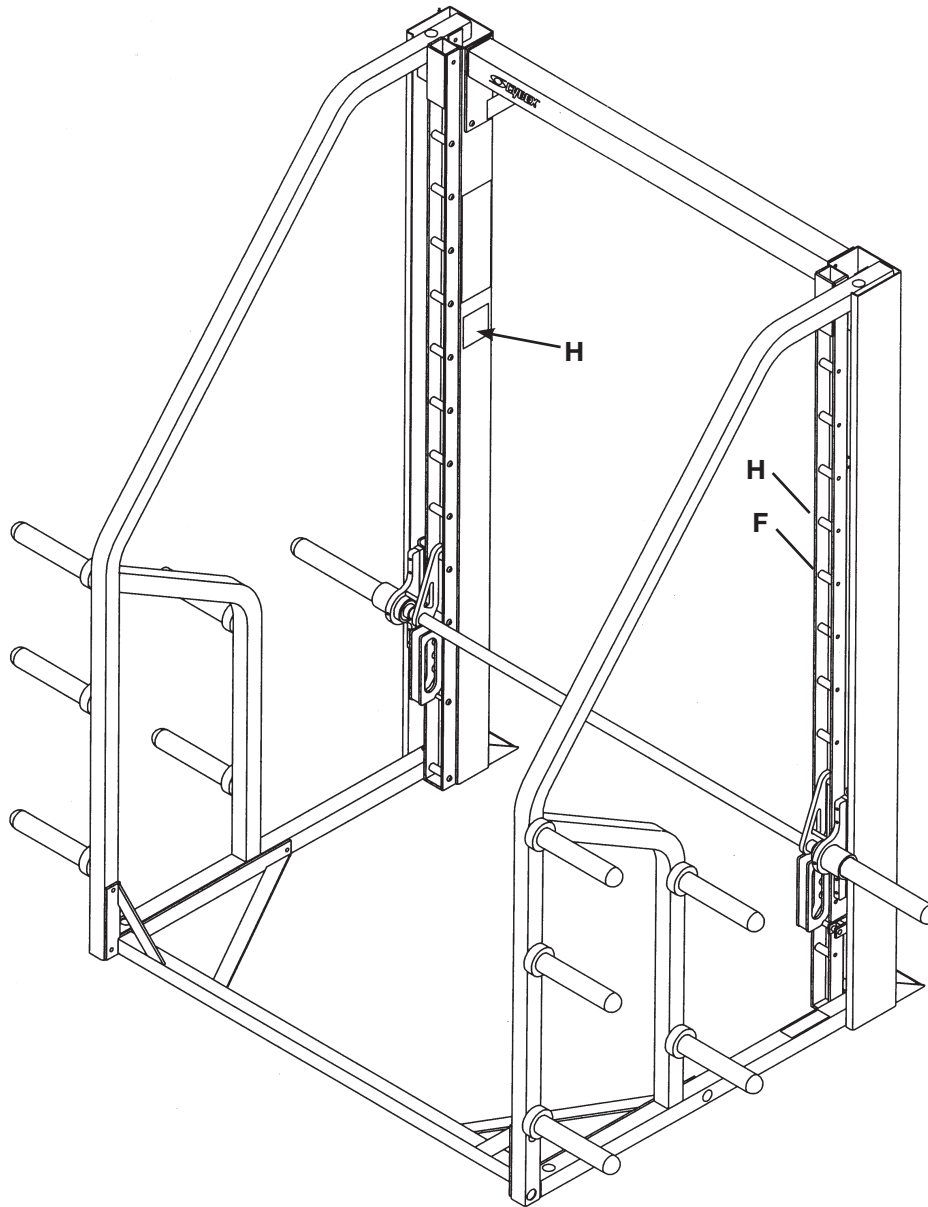
DESCRIPTION	PART NO.
B. Warning Decal	5220-337
E. Warning Decal	5320-346
F. Warning Decal	5220-364

5330 - Hack Squat



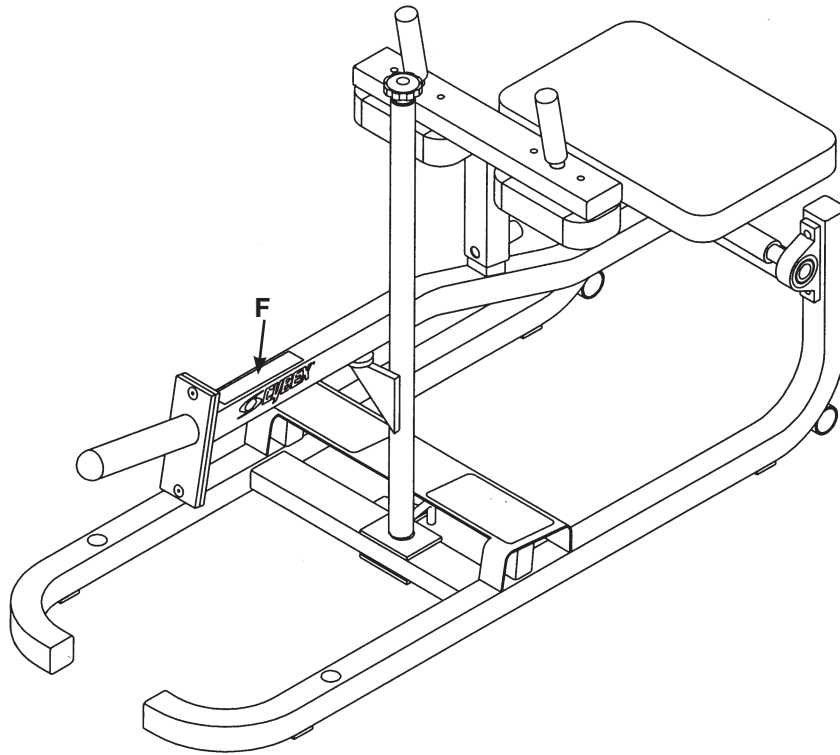
DESCRIPTION	PART NO.
B. Warning Decal	5220-337
F. Warning Decal	5220-364

5341 - Smith Press - Fixed Bar



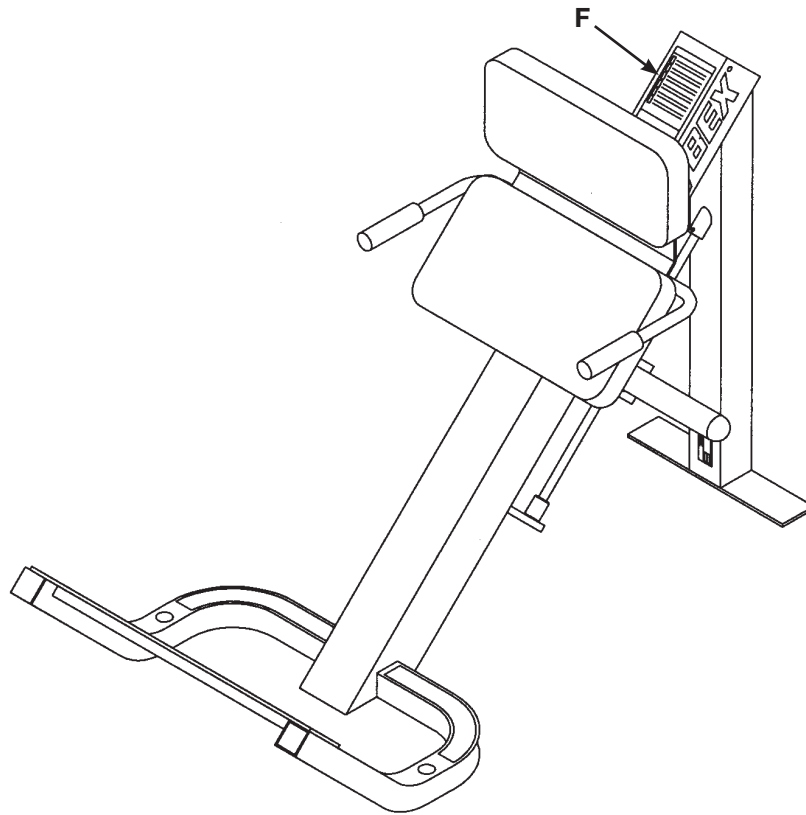
DESCRIPTION	PART NO.
F. Warning Decal	5220-364
H. Warning Decal	5341-306

5450 - Seated Calf



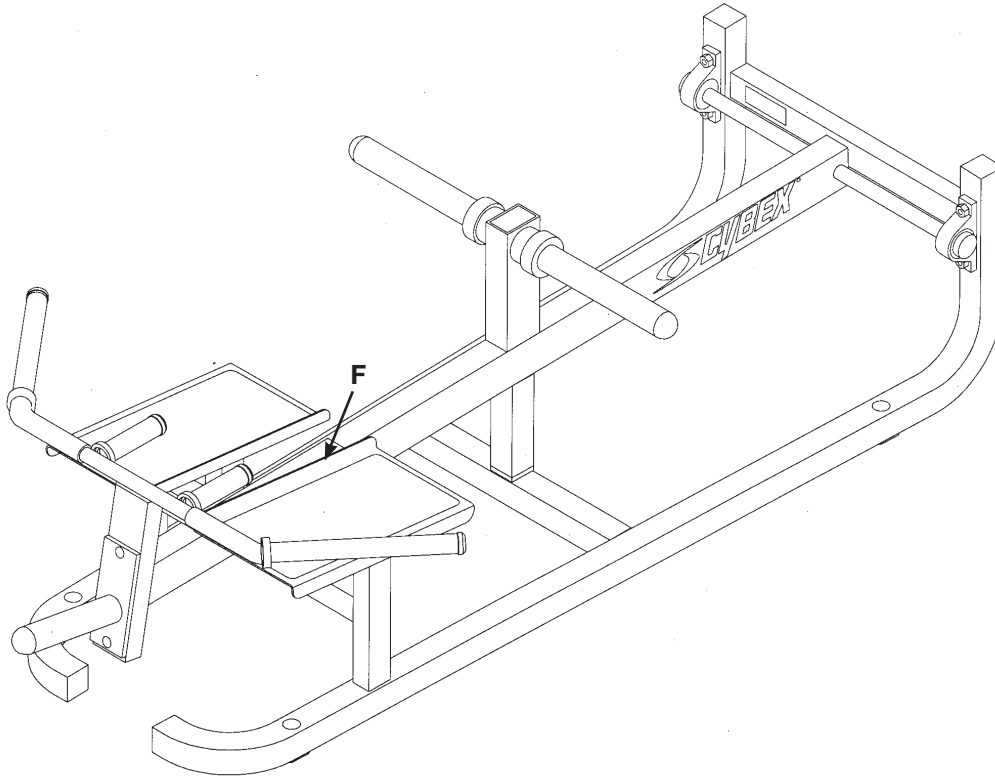
DESCRIPTION	PART NO.
F. Warning Decal	5220-364

5560 - 45° Calf



DESCRIPTION	PART NO.
F. Warning Decal	5220-364

5580 - T-Bar Row



DESCRIPTION	PART NO.
F. Warning Decal	5220-364

Regular Maintenance Activities

Preventative maintenance activities must be performed to maintain normal operation of your Plate Loaded equipment. Keeping a log sheet of all maintenance actions will assist you in staying current with all preventative maintenance activities. The preventative maintenance actions are described in detail in Chapter 7. Briefly, they include:

Daily

1. Clean upholstery.

Weekly

1. Inspect all nuts and bolts for looseness. Tighten as required.
2. Inspect all cables for damage or wear (see Chapter 7). **Immediately discontinue use if a cable is worn or damaged.**
3. Check for worn handles, worn snap links, and worn warning labeling. Replace all worn parts immediately.

Yearly

1. Replace all cables at least annually.

As Required

1. Inspect grips and replace as necessary.

Using Proper Form

Before working out, read and understand the training suggestions listed in Chapter 3. See Chapter 4 for proper form during exercise.

2 - Technical Specifications

General Specifications

Frame Finish

- Shall be made of mechanical quality 11 gauge and 16 gauge steel purchased in mill run quantities to assure the best consistency.
- Prior to applying finish, each part shall be put through a multi-stage wash to remove all oils and to chemically prepare the surface for maximum adhesion. After the wash, the frames shall be dried and coated with an Electrostatically applied powdercoat finish that shall be applied in powder form and then baked until cured.
- The finish shall be textured and very hard, assuring a scratch and chip resistant finish.

Pulleys

- Shall use Dupont Corp. fiberglass-reinforced nylon 70G33 material, tensile strength rated at 22,500 PSI with 6203ZZ double sealed bearings dynamic load rated at 1600 lbs.
- Pulleys shall be 4.50 inches in diameter with a cable groove with a depth of .250 inches.

Counter Balanced Input Arms

- Input arms on equipment shall be counter balanced where appropriate to eliminate the weight of the assembly from the weight selected by the user.

Handgrips

- Plated Loaded machines shall use closed-end PVC closed cell foam vinyl sleeve.
- Select Plate Loaded machines shall use either "Grabbaroo" thermoplastic rubber extruded grip material that is non-absorbing, wear and tear resistant and exhibits good wet and dry friction characteristics.
- Diameter should be 1 3/8" to increase comfort through reduced pressure.

Frame Construction

- Primarily 1 1/2 x 2" tubing with 11 gauge wall thickness, but different tubing sizes and wall thickness shall be used as required through engineering stress analysis.
- Fully welded frames for maximum structural integrity and minimum maintenance.
- All machining and welding must be done utilizing jigs and fixtures to insure highest quality and interchangeability of parts.

Radial Bearings

- 87503 double shielded bearing with 17 mm stainless steel shafts, dynamic load rating 1660 lbs.

Hardware

- All 3/8" socket head cap screws shall be of grade 8 (or equivalent). All bolts shall be either chromed or zinc plated for additional corrosion resistance.

Cushion/Upholstery

- A superior grade of Naugahyde from Gencorp shall be used on all pad covers and wear covers.
- The color shall be sulfide stain resistant.
- All edges shall be stitched to eliminate any folds in the material that would limit durability.
- Cushions come with replaceable slipcovers on all high use areas, reducing maintenance expense by not having to replace the entire cushion.
- Cushion foam consists of a combination of high and medium density closed-cell Omalon polyurethane, for durability and comfort.

Adjustments

- Recessed high contrast Lexan decal for all seat and pad adjustments for maximum readability.

Instructional Placard

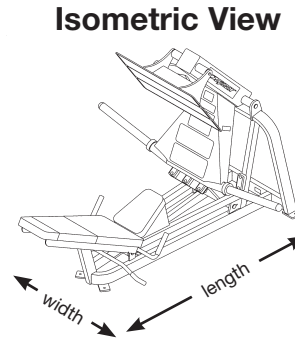
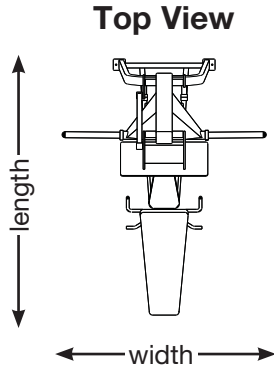
- Shall provide step-by-step instructions and a picture to illustrate use, visible from the exercise position.
- Placard shall indicate proper positioning, and clearly describe the correct use of machines.

Equipment Anchoring

- Each machine shall be equipped with a provision for anchoring it to the floor.

Machine Specifications

Squat Press - Product No. 5235



Total Weight

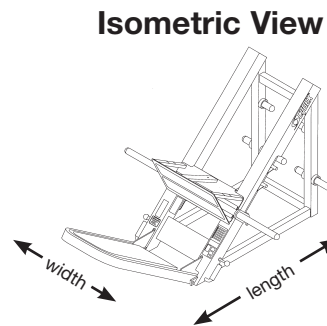
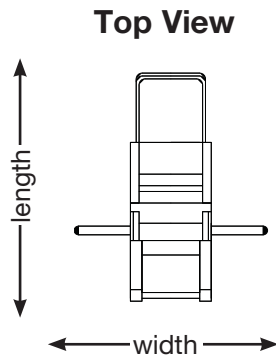
382 lbs.
173 kg

Size

inches - 63 W x 77 L x 44 H
cm - 160 cm W x 196 cm L x 112 cm H

- Direct linkage system provides a variable resistance profile to ensure proper strength curve throughout the ROM.
- Four-bar linkage mechanism maintains the correct ankle position throughout the motion.
- Large weight bars allow for sufficient resistance.
- UHMW wear guards protect frame finish from leaning weight plates.

Leg Press - Product No. 5321



Total Weight

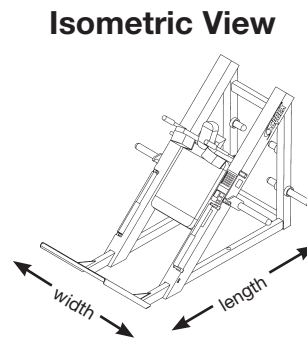
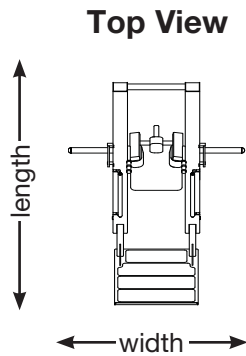
458 lbs.
208 kg

Size

inches - 60 W x 77 L x 49 H
cm - 153 cm W x 196 cm L x 125 cm H

- Backrest adjusts to three positions for user comfort and goal.
- Linear bearings allow a smooth, quiet motion and are fully enclosed for safety.
- Interlock multiple position weight release allows user to start exercise safely.

Hack Squat - Product No. 5330



Total Weight

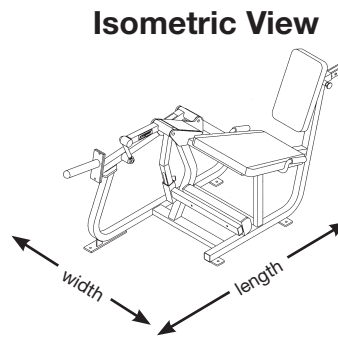
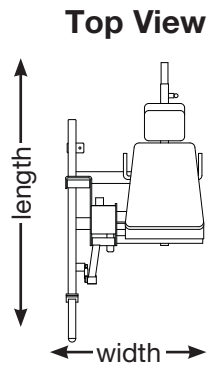
437 lbs.
198 kg

Size

inches - 60 W x 77 L x 49 H
cm - 153 cm W x 196 cm L x 125 cm H

- Linear bearings allow a smooth, quiet motion and are fully enclosed for safety.
- Interlock dual-position weight release allows user to start exercise safely.
- Weight bars are located at hip height for more ergonomic weight loading.

Leg Extension - Product No. 5230



Total Weight

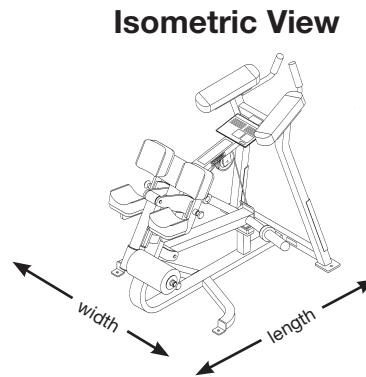
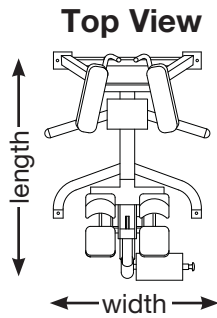
177 lbs.
80 kg

Size

inches - 37 W x 71 L x 44 H
cm - 94 cm W x 140 cm L x 112 cm H

- Direct linkage system provides a variable resistance profile without the need for cables.
- Seat back and tibia pad adjusts without affecting knee alignment or start position angle.
- UMHW wear guards protect frame finish from leaning weight plates.

Kneeling Leg Curl - Product No. 5240



Total Weight

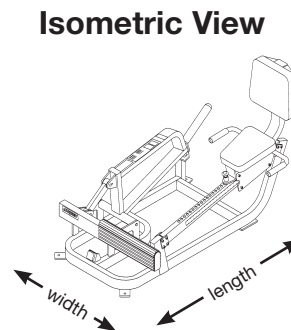
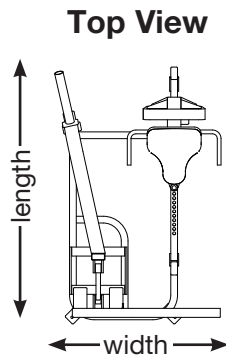
169 lbs.
77 kg

Size

inches - 34 W x 47 L x 43 H
cm - 87 cm W x 120 cm L x 110 cm H

- Single-leg training enhances focus preventing one leg from dominating the motion.
- The kneeling position automatically aligns the axis of the knee with the machine for a biomechanically correct exercise.
- UMHW wear guards protect frame finish from leaning weight plates.

Rotary Calf - Product No. 5245



Total Weight

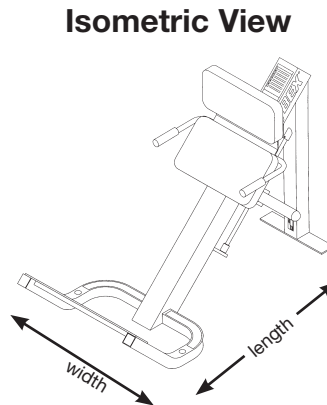
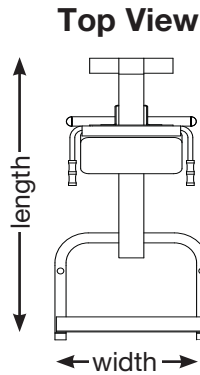
194 lbs.
88 kg

Size

inches - 37 W x 57 L x 43 H
cm - 94 cm W x 145 cm L x 109 cm H

- The seated position eliminates the spinal compression experienced by standing units.
- A rotary movement facilitates a variable resistance mechanism to ensure a more appropriate strength curve throughout the motion.
- The foot plate moves through the motion keeping the foot in contact with the plate and eliminating the need to roll the foot over the end of the plate.
- UMHW wear guards protect frame finish from leaning weight plates.

45° Calf - Product No. 5560



Total Weight

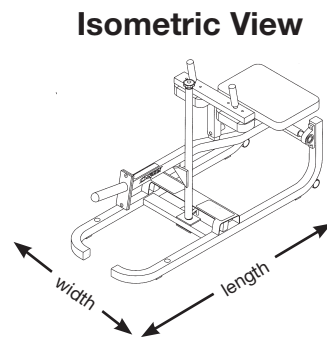
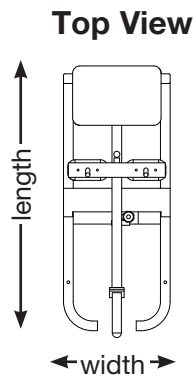
158 lbs.
72 kg

Size

inches - 28 W x 56 L x 37 H
cm - 72 cm W x 143 cm L x 94 cm H

- Compact footprint correctly loads hips while protecting the lower from injury.
- Easy ingress/egress for deconditioned users.
- Linear bearings allow a smooth, quiet motion and are fully enclosed for safety.

Seated Calf - Product No. 5450



Total Weight

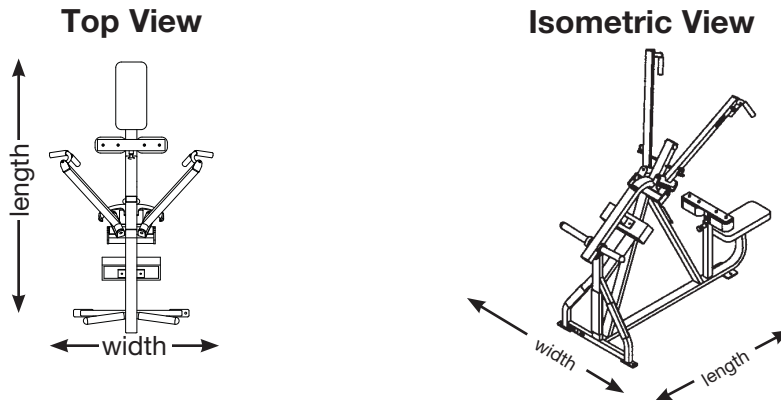
113 lbs.
51 kg

Size

inches - 23 W x 53 L x 36 H
cm - 59 cm W x 135 cm L x 92 cm H

- Seat moves with input arm for maintenance of alignment.
- Kneepads adjust for tibia length and range of motion
- Quick release support requires only a 1/4 turn to engage.

Advanced Pulldown - Product No. 5261



Total Weight

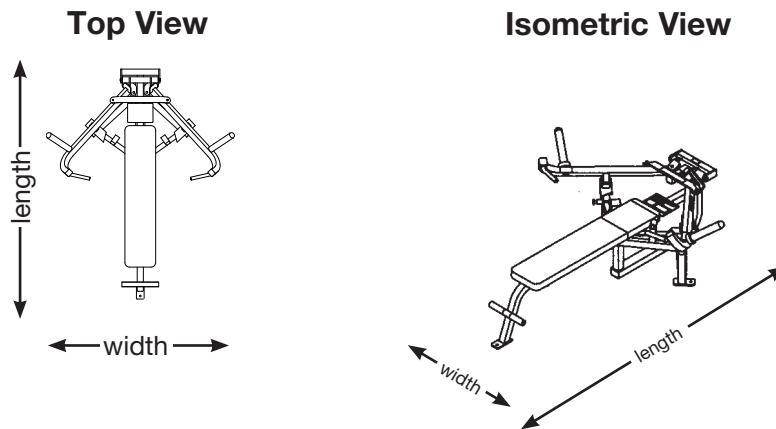
240 lbs.
109 kg

Size

inches - 44 W x 73 L x 76 H
cm - 112 cm W x 186 cm L x 193 cm H

- “Free float” handles encourage a user pull to the center rather than “behind the neck”.
- Neutral handles allow a single-axis motion in the sagittal plane.
- Dual-Axis technology provides an innovative “user-defined” motion that allows each user to determine their optimal path, also boosting the effective loading in the muscle.
- UMHW wear guards protect frame finish from leaning weight plates.

Advanced Chest - Product No. 5226



Total Weight

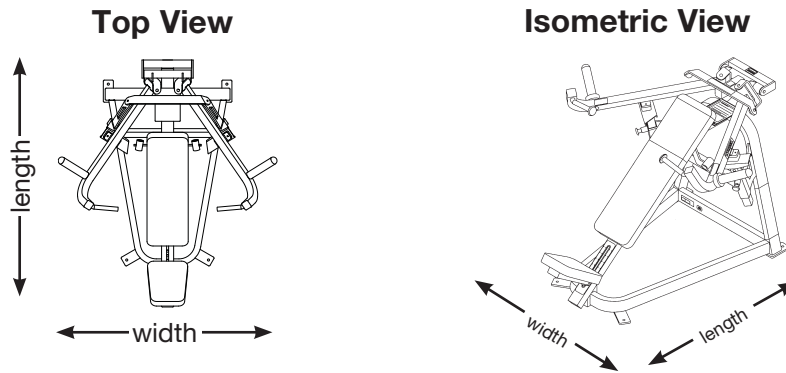
153 lbs.
69 kg

Size

inches - 62 W x 75 L x 28 H
cm - 158 cm W x 190 cm L x 72 cm H

- Dual-Axis technology provides an innovative “user-defined” motion that allows each user to determine their optimal path, also boosting the effective loading in the muscle.
- Adjustable start position allows appropriate range and improves safety while a footrest increases comfort and support.
- UMHW wear guards protect frame finish from leaning weight plates.

Advanced Incline - Product No. 5251



Total Weight

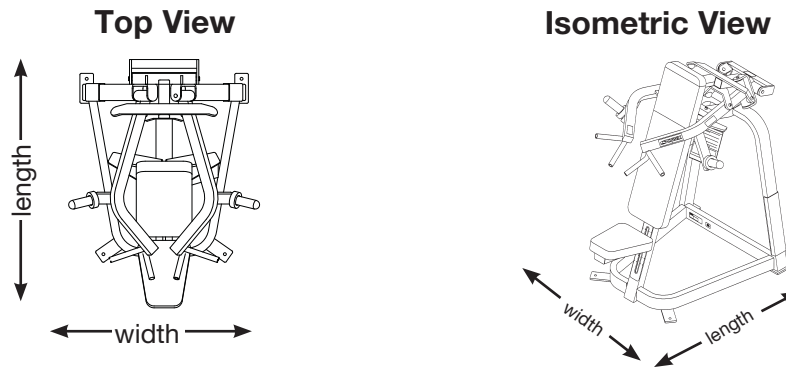
198 lbs.
90 kg

Size

inches - 63 W x 64 L x 38 H
cm - 160 cm W x 163 cm L x 97 cm H

- Dual-Axis technology provides an innovative “user-defined” motion that allows each user to determine their optimal path, also boosting the effective loading in the muscle.
- The path of motion is comparable to a 30° incline.
- Adjustable start position allows appropriate range and improves safety while a footrest increases comfort and support.
- UMHW wear guards protect frame finish from leaning weight plates.

Advanced Overhead - Product No. 5221



Total Weight

174 lbs.
79 kg

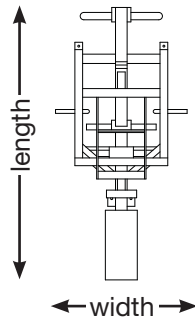
Size

inches - 36 W x 46 L x 52 H
cm - 91 cm W x 117 cm L x 132 cm H

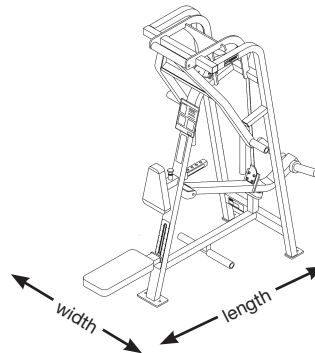
- Dual-Axis technology provides an innovative “user-defined” motion that allows each user to determine their optimal path, also boosting the effective loading in the muscle.
- Choice of barbell or neutral grips provides variability based on user goal and limitation.
- ROM is adjustable via seat height manipulation in six, 1 1/2” increments.
- UMHW wear guards protect frame finish from leaning weight plates.

Row - Product No. 5265

Top View



Isometric View



Total Weight

260 lbs.
118 kg

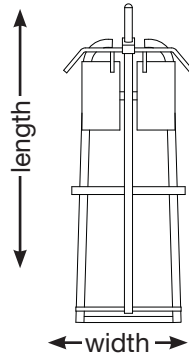
Size

inches - 34 W x 58 L x 73 H
cm - 86 cm W x 148 cm L x 185 cm H

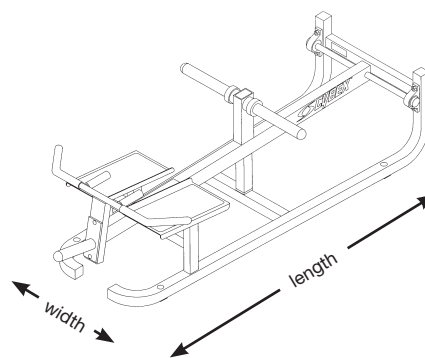
- Overhead pivot geometry provides a more natural arc of motion.
- “Traditional” pattern that benefits from superior biomechanical alignment and geometry.
- UMHW wear guards protect frame finish from leaning weight plates.

T-Bar Row - Product No. 5580

Top View



Isometric View



Total Weight

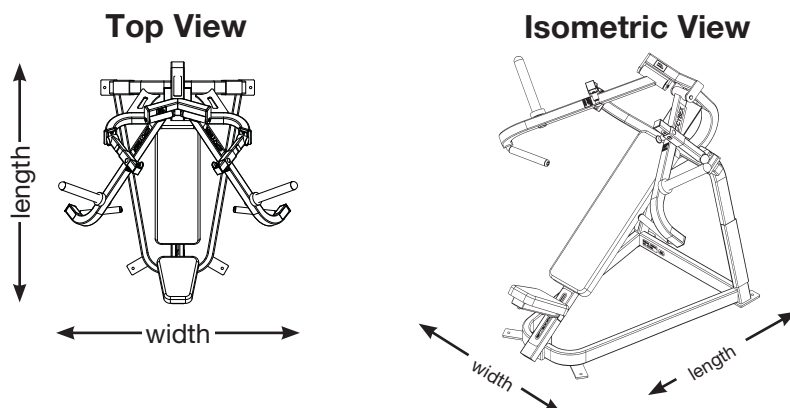
162 lbs.
74 kg

Size

inches - 33 W x 79 L x 23 H
cm - 84 cm W x 201 cm L x 59 cm H

- Plate loading from the front and rear of the unit provides true variable resistance, allowing rear-loaded weight to be lifted at a lower effective resistance with decreased effects of inertia.
- Choice of grips includes a neutral position for individual preference and anatomical limitation.

Converging Plate Loaded Chest Press - Product No. 5227



Total Weight

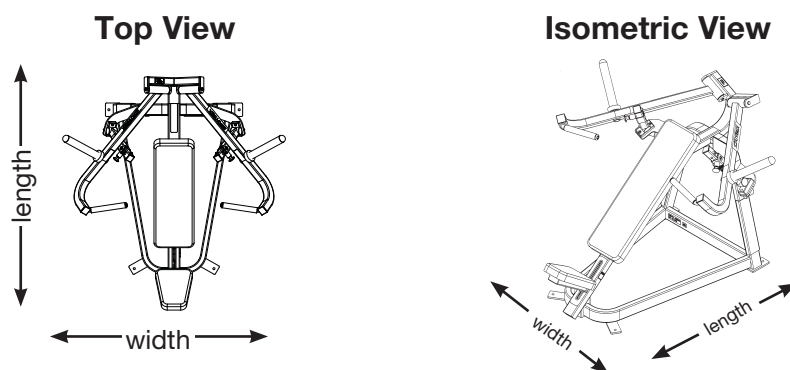
182 lbs.
83 kg

Size

inches - 54 W x 57 L x 53 H
cm - 137 cm W x 145 cm L x 135 cm H

- Independent arm geometry to ensure “equal” strength development, eliminating the opportunity for one arm to dominate the motion.
- Adjustable start position allows appropriate range and improves safety while a footrest increases comfort and support.
- UMHW wear guards protect frame finish from leaning weight plates.

Converging Plate Loaded Incline Press - Product No. 5252



Total Weight

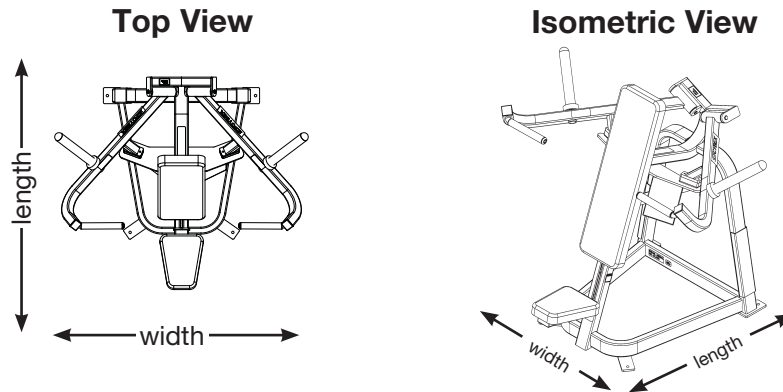
182 lbs.
83 kg

Size

inches - 51 W x 61 L x 41 H
cm - 130 cm W x 155 cm L x 104 cm H

- Independent arm geometry to ensure “equal” strength development, eliminating the opportunity for one arm to dominate the motion.
- The path of motion is comparable to a 30° incline.
- Adjustable start position allows appropriate range and improves safety while a footrest increases comfort and support.
- UMHW wear guards protect frame finish from leaning weight plates.

Converging Overhead Press - Product No. 5222



Total Weight

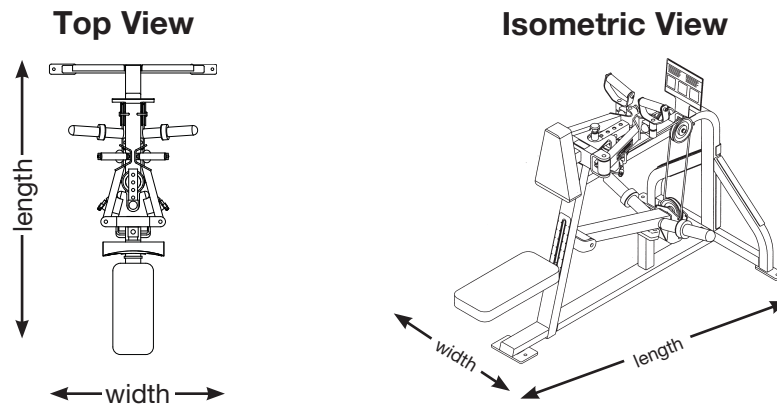
164 lbs.
74 kg

Size

inches - 51 W x 49 L x 52 H
cm - 130 cm W x 125 cm L x 132 cm H

- Unilateral input arms with converging-axis motion allow greater muscular stimulation over “traditional” fixed arm presses while choice of grips provide variability based on goal and anatomical limitations.
- ROM is adjustable via seat height manipulation in six, 1 1/2” increments.
- UMHW wear guards protect frame finish from leaning weight plates.

Rear Delt - Product No. 5255



Total Weight

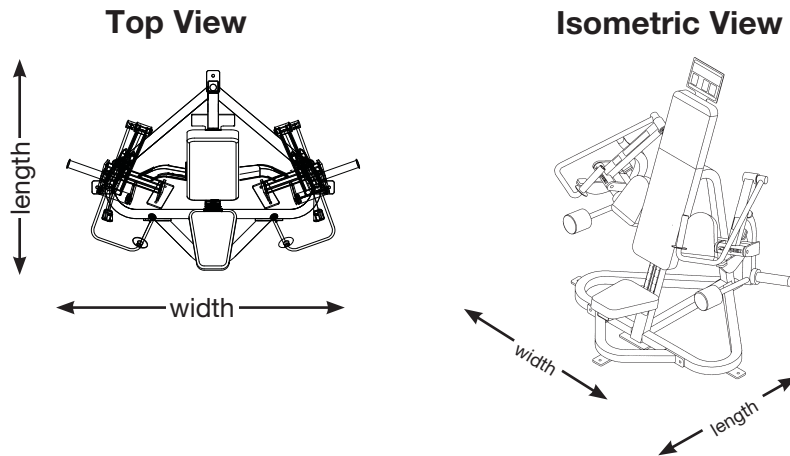
144 lbs.
65 kg

Size

inches - 33 W x 57 L x 40 H
cm - 84 cm W x 146 cm L x 101 cm H

- “Virtual pivot” axis allows the handles to float into optimal position throughout the range of motion.
- Chest pad adjusts for varying arm lengths and provides a reference point for torso stabilization.
- UMHW wear guards protect frame finish from leaning weight plates.

Arm Extension - Product No. 5286



Total Weight

202 lbs.
92 kg

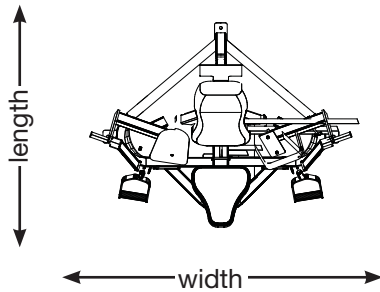
Size

inches - 60 W x 40 L x 56 H
cm - 152 cm W x 102 cm L x 142 cm H

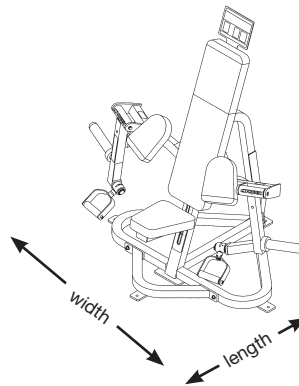
- Independent arm geometry to ensure “equal” strength development, eliminating the opportunity for one arm to dominate the motion.
- Angled arm pad and floating input arm allow user to adjust starting position for comfort and stability.
- The input arm automatically adjusts to accommodate varying forearm lengths and a neutral grip position allows full extension without shoulder rotation.
- Adjustable seat height allows user to align axis of rotation based upon height and arm length.

Arm Curl - Product No. 5281

Top View



Isometric View



Total Weight

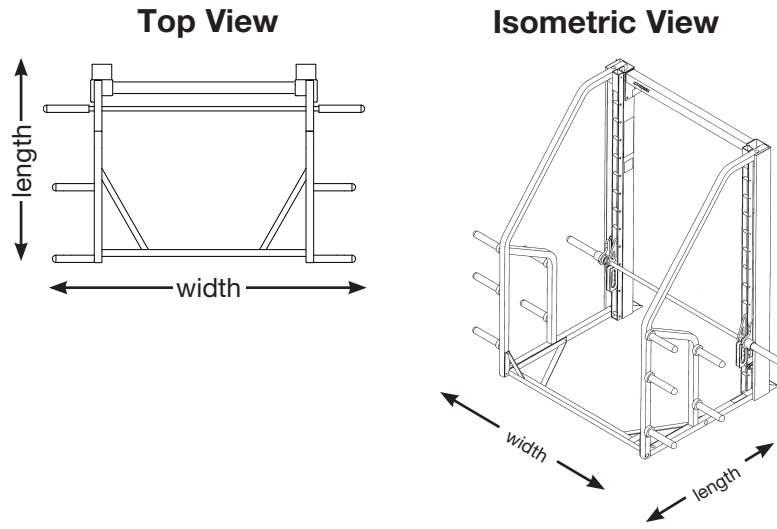
153 lbs.
69 kg

Size

inches - 60 W x 40 L x 56 H
cm - 152 cm W x 102 cm L x 142 cm H

- Input arms are angled to fit the users natural carrying angle.
- Independent arm geometry to ensure “equal” strength development, eliminating the opportunity for one arm to dominate the motion.
- Rotating handles accommodate the user’s ability to achieve supination relative to their goal and are angled slightly for proper wrist/grip alignment.
- Adjustable seat height allows user to align axis of rotation based upon height and arm length.

Smith Press - Product No. 5341



Total Weight

545 lbs.
248 kg

Size

inches - 84 W x 50 L x 84 H
cm - 214 cm W x 127 cm L x 214 cm H

- Fifteen-pound take-off weight allows users of all levels the ability to exercise.
- Features a 90. path of motion for adaptability to all exercises.
- Bar adjusts in six-inch increments with safety stops every two-inches.
- Linear bearings allow a smooth, quiet motion and are fully enclosed for safety.

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3 - General Exercise Guidelines

Training Suggestions

Before you workout

Prior to starting a training program, get a complete physical exam to make sure your physician agrees that you are ready. Always warm-up your muscles before a workout. Slow stretching (no bumping) and a 5 - 10 minute cardio workout are recommended. Continue with a lighter set (50% of normal of intended exercises). Proper breathing is very important. Exhale during muscle exertion, and inhale while returning to the start position. Start your program conservatively. Choose weights you can easily lift in the first weeks. Always perform the full range of motion--unless you have an injury (then consult a professional trainer). Your Cybox dealer can help you find one. Know the terms? A "repetition" (rep) is defined as one complete movement through an exercise, returning to the start position. A "set" is a continuous series of reps. usually between 6-15.

During your workout

The number of reps. you perform in a set depends on your goal. To build muscle and strength, do fewer reps. (6-8) with heavier weight. To firm your muscles, reduce fat, and build endurance, do more reps. (12-15) with lighter weight. Never "cheat" by shortening the range of motion, bouncing the weight, or shifting your posture. This may allow you to lift more weight, but it is dangerous and less effective. Catch your breath between sets, then continue. When "circuit training," move briskly to the next exercise; when doing multiple sets on one exercise; when doing multiple sets on one exercise, rest 45-90 seconds, then do the next set. Work up to three sets per exercise. When you can perform the desired reps and sets for any exercise, increase the weight by a half or full plate.

Designing your workout

Circuit training is a good way to start. This involves doing one set per exercise, then moving to the next exercise, pausing only briefly between them (to keep your heart and breath rate up) until completing a balanced "circuit" of 8-10 exercises for your entire body. Then repeat the circuit. After several weeks, you can move into multiple sets (3 in a row) per exercise if you choose. For both of these, exercise the complete body every other day, up to three times a week (A full day's rest, plus proper nutrition and hydration, are required for optimum muscle-building or toning.) Alternatively, work out half your body one day (e.g. the upper body), and the other half the following day (e.g. the lower body). To reduce muscle soreness, end each series of sets for a given muscle with a set of increased reps and lighter weights. At the end of your workout, cool down in a similar way to your warm-up.

Glossary

Abduction - movement away from the mid-line of the body.

Acceleration - the rate at which an object's velocity changes with time; that is the change of velocity divided by the time interval.

Accuracy - freedom from error. Degree of conformity of a measure to a standard or a true value.

Action Line -the direction of pull created by the fibers or tendons of the muscle at the point of application.

Active Insufficiency - a two joint muscle loses the ability to cross-bridge (generate force) due to full shortening over its greatest anatomical length and tension created in an opposing muscle (antagonist).

Active Range of Motion - the degree of motion that occurs between two adjacent segments through voluntary contraction of the agonist.

Active Stabilization - provided by an internal force. *Static* stabilization is provided through an isometric contraction where dynamic stabilization is a series of motions. *Dynamic* stabilizers maintain the relative positions of the segments, preventing undesirable or unnecessary motions due to external forces as well as artifacts of internal forces. May also refer to the concentric/ eccentric contractions of a muscle acting in a force couple to produce motion while maintaining a relatively fixed axis of rotation.

Adipose tissue - fat tissue.

Adduction - movement towards the mid-line of the body.

Agonist - (prime mover) the muscle most involved in producing a movement.

Aerobic - utilizing oxygen.

Aerobic Endurance - the ability to persist in physical activities that rely heavily upon oxygen for energy production.

Anabolic - pertaining to the synthesis of complex substances from simpler substances, especially to the synthesis of body proteins from amino acids.

Anaerobic - without oxygen.

Anaerobic Endurance - the ability to persist in physical activities of short duration that require high rates of energy expenditure. These high rates of energy expenditure cannot be met solely by aerobic metabolism.

Anthropometrics - measurements and relationships of length and girth of body parts.

Antagonist - the muscle in opposition to the agonist.

Anatomical Position - standing erect, with feet and palms facing forward.

Anatomical Pulley - a bone or skeletal prominence that alters the direction of the pull of a muscle to increase the muscle's mechanical advantage.

Anatomy - geography, naming by orientation and/or apparent capability (non-functional).

Anchor Points - the points at which a load enters and exits the body and/or limb.

Anterior - anatomical term meaning towards the front. Same as ventral.

Assistant Mover - a muscle that is less effective at performing a specified motion, but does have a small degree of mechanical ability to help the prime mover. There are many borderline cases.

Atrophy - reduction in size of cells and tissues.

Axis of Rotation - imaginary line or point which an object rotates.

Bilateral - refers to both sides.

Biocomotion - a perspective/description of the human body and its mechanics based upon locomotion. All animals with legs (regardless of numbers) move with the same mechanics. Gravity is the common denominator.

Biomechanics - analysis of the load placed on a joint by both the muscle and resistance. Anatomy, Kinesiology, and Physics = Engineering.

Body Composition - the component parts of the body - mainly fat and fat-free weight.

Calorie - a unit of work or energy equal to the amount of heat required to raise the temperature of 1 g of water to 1 degree C.

Cam - a mechanical device used to vary leverage.

Carbohydrate - a chemical compound consisting of carbon, hydrogen and oxygen atoms in specified arrangements. Carbohydrates are major components of food such as bread, potatoes and rice.

Cardiovascular - pertaining to the heart and blood vessels.

Cartilage - there are several types. *Hyaline* cartilage is a relatively thin covering on the ends of many bones. It forms a smooth, resilient, low friction surface for the movement of one bone on another. Wedges of cartilage (fibrocartilage) called *menisci*, *disks* and *labrums* are to increase stability, provide shock absorption, and to facilitate motion in some joints.

Center of Gravity - the center of a body's mass. In the human body, it is the point which all parts are in balance with one another. The COG may be within the body, altered by the position of the body even to the point of being outside the body (pike position), or altered by the addition of load to specific body areas.

Circumduction - a circular movement permitted at ball and socket, condylar and saddle joints. Consists of flexion, abduction, extension and adduction in sequence.

Circuit Training - a conditioning program consisting of a number of exercises performed at "stations". Usually, a given exercise is performed at a station within a specified time; then the athlete moves to the next station, with its own particular exercise and specified time, then to the next station, and so on.

Closed Chain Kinetic Exercise - a series of rigid links interconnected by a series of pincentered joints. These are constructed so that motion at one joint will produce motion at all the joints in the system. Produces greater mechanical efficiency at the risk of increased joint loading. Leg press, bench press.

Close-Packed Position - all synovial joints have a position where joint surfaces are maximally congruent and the ligaments and capsule are maximally taut.

Collagen - a fibrous protein that serves as the major component of ligaments and tendons.

Compression - two forces acting along the same line towards each other that constitute a compressive load or compressive stress.

Concentric action - contraction of a muscle resulting in shortening of the muscle.

Connective Tissue - comprised of mostly the proteins collagen and elastin with water; includes tendons, ligaments, bursae, cartilage, disks, menisci, fascia and bone.

Cross-bridge - the connection and intertwining of the actin and myosin filaments in a myofibril relative to a muscular contraction.

Curvilinear Motion - the frequently occurring combination of rotatory and translatory motions.

Distraction - two forces acting along the same line and in opposite directions, they constitute a distractive, tensile load or tensile stress.

Diathrodial Joint - ball and socket joint.

Distal - furthest from the attached end of the limb; away from the body.

Dorsal - pertaining to the back; opposite of ventral, palmar or plantar.

Dorsiflexion - movement of the foot up in the sagittal plane; movement toward the leg.

Eccentric - muscle action in which tension is developed in the muscle while it is lengthening. *Negative* work is performed.

Eccentric Action - a muscle contraction incapable of overcoming the resistance imposed; the overall muscle length increases.

Endurance - the ability to persist in performing some physical activity.

Energy - the capacity to perform work.

Energy (kinetic) - energy associated with motion.

Energy (potential) - energy by virtue of position.

Energy System - one of three metabolic systems involving a series of chemical reactions resulting in the formation of waste products and the manufacture of ATP.

Eversion - movement of the sole of the foot outward; opposite of inversion.

Extension - movement at a joint, bringing two parts into or towards a straight line, increasing the angle of the joint. Returning to anatomical position from a position of flexion in the sagittal plane.

External Force - a push or pull on the body that arises from a source outside the body.

External Rotation - movement of the anterior surface of a segment away from the mid-line; also termed lateral rotation.

Fast-twitch Fibers - skeletal muscle fibers most active in short-duration, intensive exercise, e.g., in sprints and jumps.

Fatigue - the inability to maintain a given level of physical performance.

Flexibility - the range of movement of a specific joint or group of joints, influenced by the associated bones and bony structures, muscles, tendons and ligaments.

Flexion - movement about a joint in which bones on either side of the joint are brought closer together, decreasing the angle of the joint. Joint movement away from anatomical position, occurring within the sagittal plane.

Foot-pound - the work required to move one pound of resistance one foot in distance.

Force - an interaction between two objects, in the form of a push or pull, that may or may not produce motion, Force = mass x acceleration.

Force Angle - (FA) the angle between the action line and the lever, on the side of the joint axis.

Force Couple - concentric/eccentric contractions of opposing muscles acting to produce motion while maintaining a relatively fixed axis of rotation.

Frontal Plane - (coronal) imaginary line that divides the body into anterior and posterior halves; lies at a right angle to the sagittal plane.

Fulcrum - the support on which a lever rotates in moving or lifting.

Hyperextension - continuation of the movement of extension past the neutral position.

Hypertrophy - increased cell size leading to increased tissue size.

Impulse - the change in momentum.

Inertia - the tendency of a body to remain at rest or continue in motion unless disturbed by an external force.

Inferior - a lower position upon or within the body.

Insertion - the more distal attachment site of a muscle. The movable part or attachment of a muscle as opposed to origin.

Intermittent Work - work sessions interrupted by rest sessions.

Internal Forces - act on the body and arise from sources within the human body.

Inversion - moving the sole of the foot inward. Opposite of eversion.

Isokinetic - action in which the rate of movement is constantly maintained through a specific range of motion even though maximal force is exerted.

Isokinetic Contraction - a muscular contraction through a range of motion at a constant velocity.

Isometric - a contraction in which movement is produced but no movement occurs.

Isometric (static) Contraction - a muscular contraction in which there is no change in the angle of the involved joint(s) and little or no change in the length of the contracting muscle.

Isotonic - a contraction in which movement is produced.

Medial Rotation - movement around an axis and toward the mid-line of the body. Also termed internal rotation.

Medial - aspect nearest the mid-line of the body; pertaining to the center. Opposite of lateral.

Metabolism - the sum total of the chemical changes or reactions occurring in the body.

Moment Arm - (MA) the shortest distance between the action line and the joint axis.

Momentum - determined by mass x velocity. Will remain constant unless the object is acted upon by another force.

Muscle Contraction - shortening of a muscle and/or development of tension in a muscle.

Muscular Endurance - the ability of a muscle or muscle group to perform repeated contractions against a light load for an extended period of time.

Neutral - a point between the two extremes of a joint's range of motion.

Obesity - excess body fat.

Open Kinematic Chain - the ends of the limbs are free to move without causing motion at another joint. Open chain motions are not predictable because the joints may function either independently or in unison. Less mechanically efficient, therefore more stress is placed upon muscular tissue.

Origin - attachment of a muscle that remains relatively fixed during muscular contraction.

Overload - to exercise a muscle or muscle group against resistance greater than that which is normally encountered. The resistance (load) can be maximal or near-maximal.

Passive Insufficiency - a two-joint muscle loses the ability to cross-bridge (generate force) due to full lengthening over its greatest anatomical length due to force created in an opposing muscle.

Passive Stabilization - due to noncontractile components. *Internal* stabilization is created by connective tissue (muscular support is not provided anatomically or physiologically) and *external* stabilization is provided by a bench or brace.

Plane of Motion - a two-dimensional flat surface running through an object. Motion occurs in the plane or parallel to the plane.

Plantar - anatomical term referring to the sole or bottom.

Plantarflexion - movement of the foot down in the sagittal plane; movement away from the leg.

Posterior - anatomical term meaning toward the back. Opposite of anterior.

Potential Energy - energy by virtue of position.

Power - the product of force and velocity. Work divided by time.

Prime Mover - (agonist) a muscle that is mechanically optimal to produce a specific motion at a joint. There can be more than one prime mover for a particular motion, and a specific muscle can be a prime mover for more than one motion at a joint.

Progressive Resistance - overloading a muscle or muscle group consistently throughout the duration of a weight-resistance program.

Pronation - a triplanar motion at the subtalar joint consisting of abduction, depression and eversion, resulting in lowering of the longitudinal arch of the foot. Position of the forearm with the palm facing down.

Protein - a basic foodstuff containing amino acids.

Proximal - towards the attached end of the limb or origin.

Range of Motion - the amount of motion available to a joint within the anatomical limits of the joint structure. Can be classified as *Passive* (movement produced via a force outside the limb), *Active* (movement produced by muscles within the limb) or *Resisted* (movement challenged under additional load). The amount of resistance will affect the range of motion with direct proportion.

Reciprocal Inhibition - contraction of agonist causes relaxation of antagonist.

Reliability - the extent to which an experiment, test or measuring procedure yields the same results on repeated trials. Also known as reproducibility or repeatability.

Repetition Maximum (RM) - the maximum load that a muscle or muscle group can lift in a given number of repetitions before fatiguing. For example, an eight-RM load is the maximum load that can be lifted eight times.

Repositioners - muscles that lift the extremity and move it to a new location allowing the prime movers to again accept load or propel.

Response - a sudden temporary adjustment in physiological function brought on by a single exposure to exercise, e.g., the rise in heart rate associated with an exercise bout.

Rotary Motion - (radial or angular) the movement of an object around a fixed axis in a curved path.

S.A.I.D. Principle - Specific Adaptation to Imposed Demand. A muscle will gain strength in the specific ranges of motion and speeds in which it is trained.

Sagittal Plane - Imaginary line that divides the body, or any of its parts, into right and left sections.

Scoliosis - a lateral curvature of the vertebral column, usually in the thoracic area.

Secondary Joint - hinge joints that have a singular function (elbow/knee). Muscles are situated on either side of these joints in virtual, if not real, pairings.

Set - in an interval training program, a group of work and relief intervals. In weight lifting, the number of repetitions performed consecutively without resting.

Shear - two parallel forces applied in opposite directions that are not in line with each other constitute a shearing load or stress. The site of muscular attachment is the axis around which the forces of shear develop. This becomes the "force axis" as opposed to the anatomical axis.

Shunt Muscle - directs the greater part of its contractile force along the bone it is moving (creating greater force towards compression/stabilization). The brachioradialis is a shunt during an arm curl.

Skeletal Muscle - muscle controlling skeletal movement that is normally under voluntary control.

Skewing - the result of a vector shift through a limb or system.

Sliding Filament Theory - a muscle shortens or lengthens because the thick and thin myofibrils slide past one another without the filaments changing length.

Slow-twitch Fibers - skeletal muscle fibers characterized by relatively slow contraction times and great capacity for the aerobic production of adenosine triphosphate.

Sprain - the permanent deformation of the structure due to excessive or prolonged stress/strain.

Spurt Muscle - directs the greater part of its force across the bone it is moving rather than along it (creating greater effort towards motion). The biceps is a spurt during an arm curl.

Stabilizer - a muscle that steadies or supports a joint in order that another active muscle may have a firm base upon which to pull.

Static contraction - a muscular contraction that does not involve changes in the angle of the joint(s) involved.

Steady state - that state of physiological stability wherein the energy demands of the body can be met relatively easily for a prolonged period of time.

Strain - the deformation of the structure as the result of stress.

Strength - the ability to exert muscular force briefly.

Stress - the force created within a structure when placed under load.

Submaximal exercise - usually exercise at less than maximal intensity, but may also refer to exercise of less than maximal duration.

Superior - a higher position upon or within the body.

Synergist - occurs during the action of two muscles, both of which have a common joint action and each of which has a second action that is antagonistic or opposing to the other. True synergy is simply the stabilization of one muscle to prevent any action in one of the joints traversed by a multi-joint muscle.

Synovial Fluid - transparent, viscous lubricating fluid found in joint cavities, bursae and tendon sheaths.

Tendons - cords of dense fibrous tissue that connect muscle to bone.

Tertiary Joint - a complex joint structure (wrist/ankle-subtalar), designed for finely controlled movements.

Torque - the ability of a force to produce movement around an axis.

Training - a program of exercise designed to improve the skills and increase the energy capacities of an athlete for a particular event.

Translatory Motion - (linear) the movement of an object in a straight line.

Unilateral - refers to only one side.

Validity - the extent to which a measurement or information is relevant or meaningful; appropriate to the end in view and supported by objective truth.

Vector - an arrow which represents a force's point of application, action line or direction indicating pull or magnitude of force being exerted.

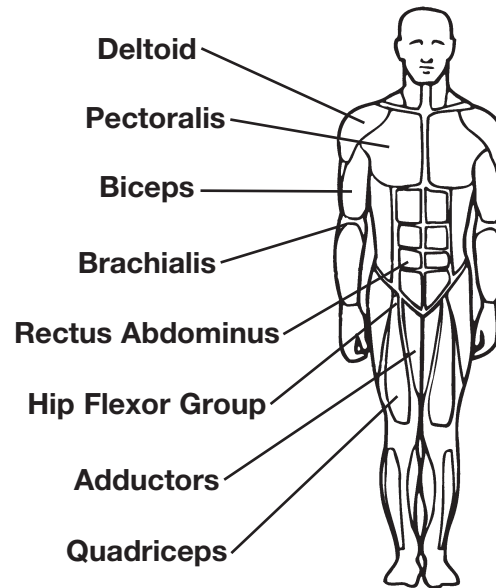
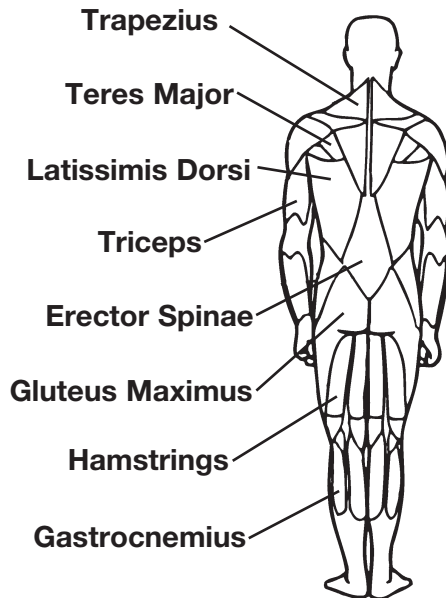
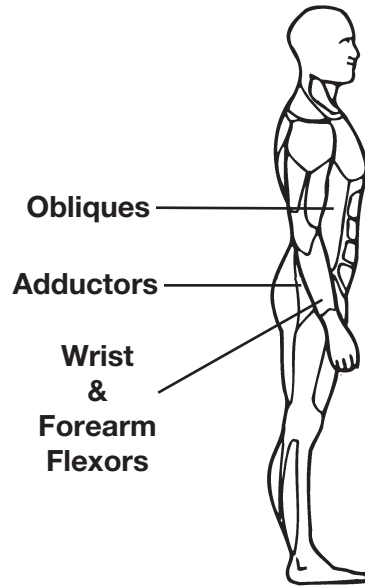
Vector Shift - the alteration of a load as it is transferred between the anchor points through a segment's kinematic chain.

Velocity - the rate at which an objects position changes with time; that is the total change in position divided by the total change in time: $V=d/t$.

Weight - the weight of an object is the gravitational force exerted on it by the earth. $W=mg$, where g = gravitational acceleration.

Work - $W = Fd$. The amount of work performed is equivalent to the force applied to an object times the distance the object is moved.

4 - Exercises



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Read and understand all instructions and warnings prior to using equipment.

Note: See the general training suggestions in Chapter 3 and all of the safety related information located in Chapter 1.

Squat Press

Specifications:

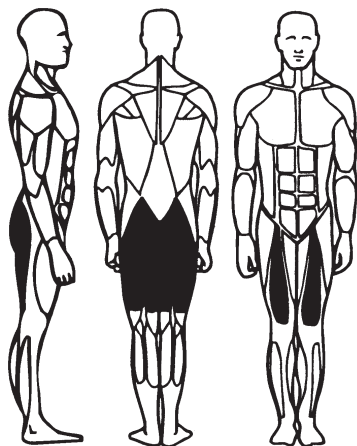
Take-off weight: 80 lbs. (36 kg) at carriage release height

Resistance type: Variable

Effective lifting ration: 100% at mid-range

Muscles Trained

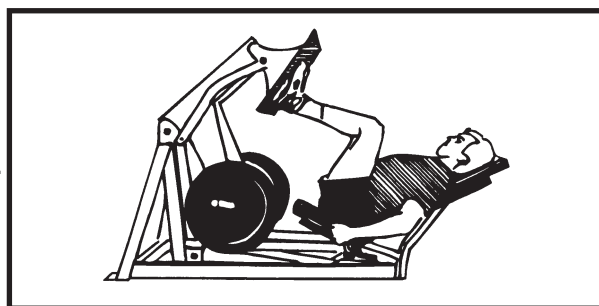
■ Primary - Quadriceps, Gluteal Group, Hamstrings



The Cybox Plate Loaded Squat Press provides true variable resistance exercise for the lower body in a compact plate-loaded format. The rotary mechanism allows a natural arc movement to be performed by the combined hip and knee motions and the four bar linkage serves to maintain the correct ankle position throughout the range of motion. The joint positioning throughout the path provides a favorable knee/toe relationship reducing any detrimental forces to the knee.

Instructions

1. Load appropriate resistance evenly.
2. Locate feet securely on the footplate and lift.
3. Lift the carriage and pushdown on the rear handles to release the carriage stop.
4. Grip the forward handles lightly.
5. Lift/lower the resistance with smooth, controlled movements while maintaining the hips and shoulders against the back pad. DO NOT HYPEREXTEND ("LOCK OUT") KNEES.
6. With the carriage in the up position, pull the rear handles up and lower the carriage onto the support.



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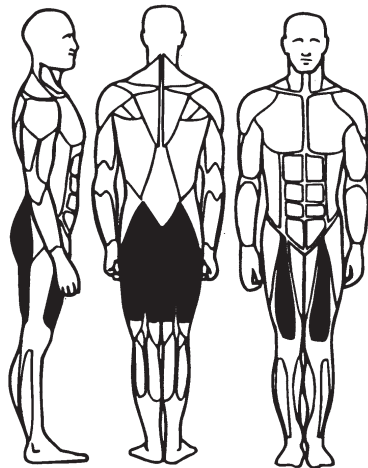
Leg Press

Specifications:

Take-off weight:	50 lbs. (22.7 kg) total
Resistance type:	Constant
Effective lifting ratio:	70%

Muscles Trained

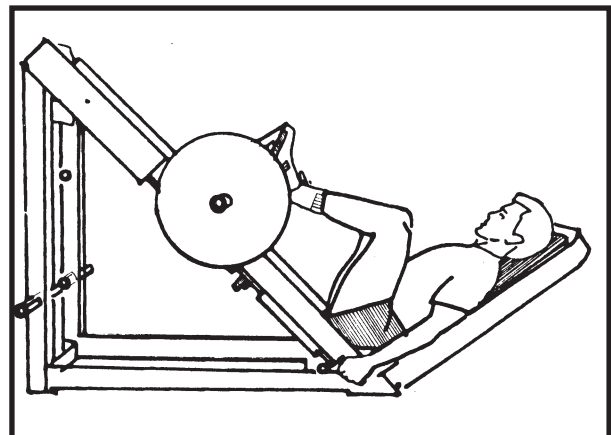
■ Primary - Quadriceps, Gluteals, Hamstrings



The Cybox Plate Loaded Leg Press offers effective lower body exercise in a compact, plate-loaded format. The unique interlock weight release system protects the user from releasing the carriage unintentionally, while the angled non-skid footplate promotes heel contact throughout the complete range of motion. Plates are loaded from hip height for ease of use and safety. The back rest is easily adjustable in three positions to allow training flexibility. The fully enclosed linear bearing mechanisms yield a clean, pleasing design and prevent the user from contact with moving parts and shaft

Instructions

1. Load the appropriate resistance evenly.
2. Select desired back pad angle by pulling up on the detent strap located below the seat pad and moving the back pad to desired position.
3. Locate feet securely on the footplate. Maintain contact with non-slip material.
4. Lift the carriage and rotate carriage stops to the UNLOCKED position. Grip stabilization handles lightly.
5. Lower/lift the resistance with smooth, controlled movements while maintaining hips and shoulders against the back pad. DO NOT HYPEREXTEND ("LOCK OUT") KNEES.
6. With legs extended, rotate carriage stops to the LOCKED position. Lower carriage onto stops.
7. When performing calf exercise, ensure carriage stops are in the LOCKED position. Maintain contact with the non-slip material.



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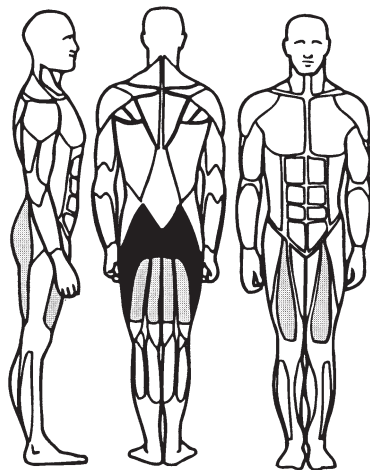
Hack Squat

Specifications:

Take-off weight:	50 lbs. (22.7 kg) total
Resistance type:	Constant
Effective lifting ratio:	70%

Muscles Trained

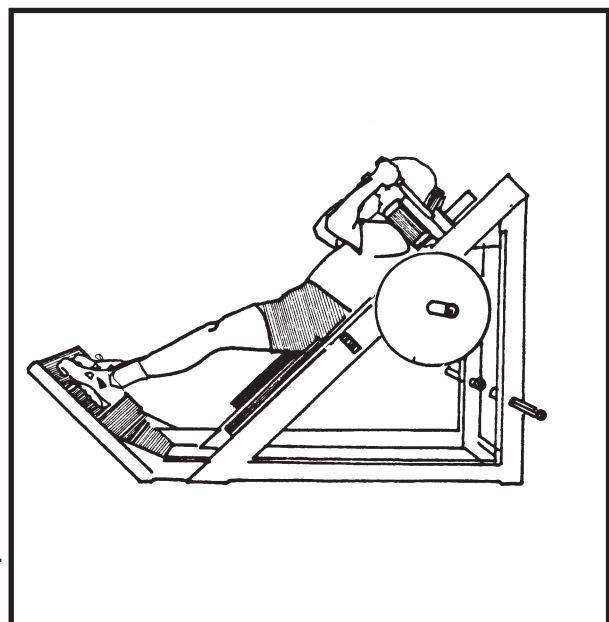
■ Primary - Quadriceps, Gluteals, Hamstrings



The Cybox Plate Loaded Hack Squat Station extends the foot platform out slightly from the glide path of the carriage to prevent knee movement forward of the foot and protect the knee from anterior shear. The unit also offers fully enclosed linear bearing systems and convenient plate loading at hip height; six weight storage sleeves are incorporated into the machine frame to store plates which are not in use.

Instructions

1. Load the appropriate resistance evenly.
2. Locate feet securely on the footplate, maintaining shoulders against back and shoulder pads to ensure proper positioning.
3. Press up to lift the carriage and rotate carriage stops to the UNLOCKED position. Grip the stabilization handles lightly.
4. Lift/lower the resistance with smooth, controlled movements while maintaining shoulders and back flat against pads. **DO NOT HYPEREXTEND ("LOCK OUT") KNEES.**
5. With legs extended, rotate the carriage stops to the LOCKED position. Lower carriage onto stops.



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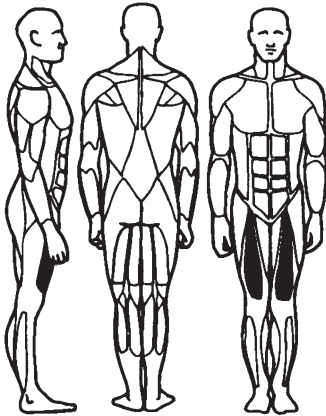
Leg Extension

Specifications:

Take-off weight: 14 lbs. (6.4 kg) per arm
Resistance type: Near Constant
Effective lifting ratio: 100% at full extension

Muscles Trained

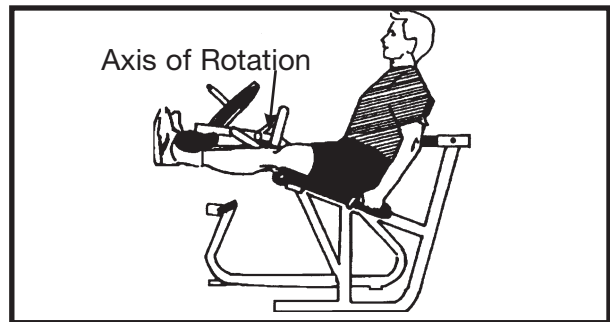
■ Primary - Quadriceps



The Cybox Plate Loaded Leg Extension utilizes a direct-link mechanism to provide an optimal resistance profile throughout the range of motion. The seat back has seven adjustment increments for correct knee alignment and low back support. The tibia pad adjusts for variation in tibia length and the input arm allows for adjustment without altering the range of motion.

Instructions

1. Load the appropriate resistance
2. Adjust the tibia pad so the pad rests just above the ankle.
3. Adjust the back pad to align the knee with the machines axis of rotation.
4. Grip the handles lightly.
5. Lift/lower the resistance with smooth, controlled movements.



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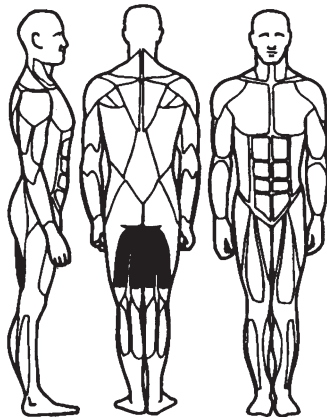
Kneeling Leg Curl

Specifications:

Take-off weight: 13 lbs. (5.9 kg) total
Resistance type: Variable
Effective lifting ratio: 42% at full extension

Muscles Trained

■ Primary - Hamstrings



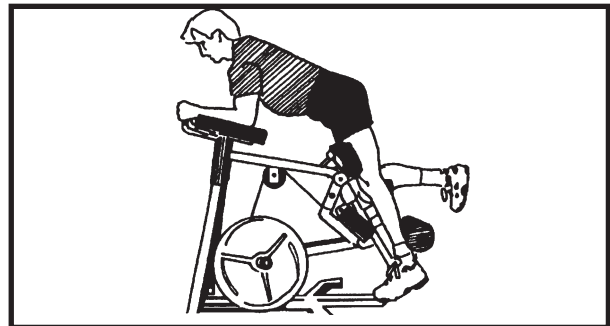
The Cybox Plate Loaded Kneeling Leg Curl provides superior positioning when compared to conventional standing leg curls because of the knee axis of rotation alignment. The kneeling position aligns the axis of the kneeling leg so that the user only has to level their hips for proper alignment on the exercised leg. The flexed hip position and the use of elbow pads and handles help to limit low back hyper-extension while providing a position similar to that of the Seated Leg Curl.

Instructions

1. Load the appropriate resistance.

NOTE: The following instructions are for exercising the left leg.

2. Release the detent pin at the end of the lower leg pad and rotate to the left side.
3. Release the left knee support detent pin and allow support to hang free.
4. Raise the right knee support to the locked position.
5. Position the right knee in the knee support.
6. Position yourself on machine and rest your elbows on the support pads, gripping the handles lightly.
7. Level hips and tighten your abdominal and back muscles to control excessive movement.
8. Lift/lower the resistance with smooth, controlled movements.
9. Repeat the above steps for the right leg.



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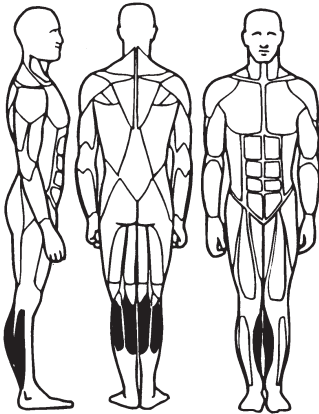
Rotary Calf

Specifications:

Take-off weight:	22 lbs. (10 kg) total
Resistance type:	Variable
Effective lifting ratio:	225% at take-off

Muscles Trained

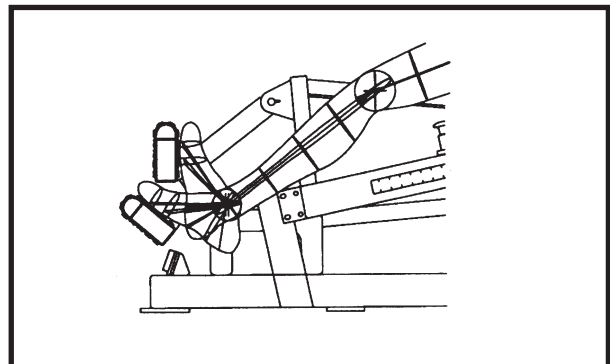
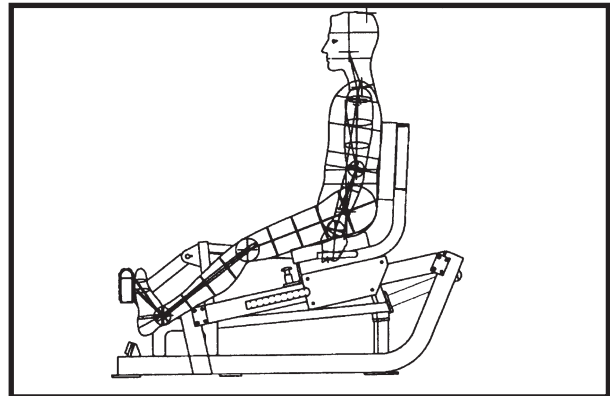
■ Primary - Gastrocnemius, Soleus



The Cybox Plate Loaded Rotary Calf provides the user the ability to perform a variable resistance calf exercise where the foot moves through its natural arc. The upright seated position places the resistance at the hips to alleviate spinal compression while the seat adjusts for leg length and range of motion.

Instructions

1. Load the appropriate resistance.
2. Sit with back firmly against back pad, place feet at hip width with the balls of each feet securely in the middle of the footbar.
3. Adjust seat to allow a slight bend in the knees. Grip the handles lightly.
4. Maintaining knees slightly bent, press toes forward through the arc of motion.
5. Lift/lower the resistance with smooth, controlled movements.



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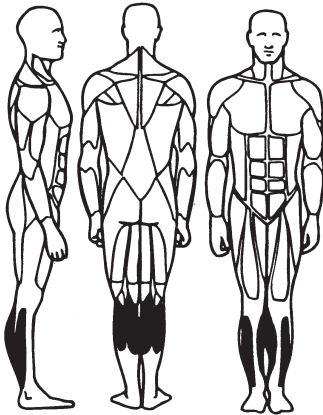
45° Calf

Specifications:

Take-off weight: 33 lbs. (15 kg) total
Resistance type: Constant
Effective lifting ratio: 70%

Muscles Trained

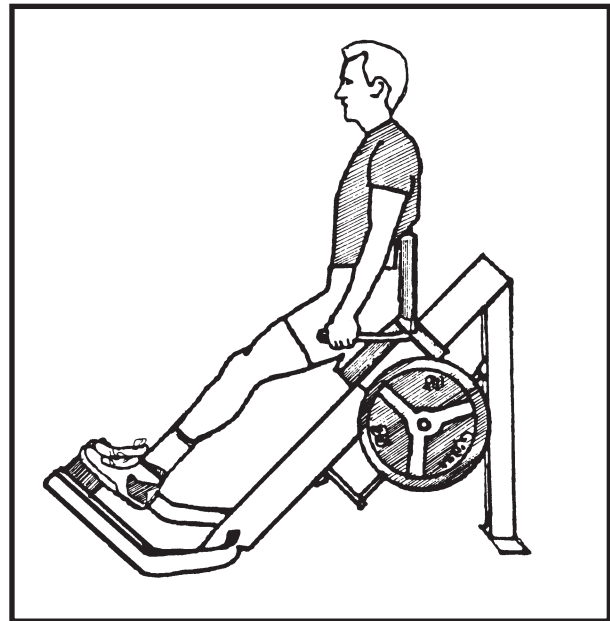
■ Primary - Gastrocnemius, Soleus



The Cybox Plate Loaded 45° Donkey Calf places the load at the hips to alleviate spinal compression. The machine is easy to position yourself, ideal for users of all levels.

Instructions

1. Load the appropriate resistance evenly.
2. Position yourself with back firmly against the back pad, balls of feet resting on the non-skid footplate.
3. Extend legs while maintaining a consistent slight bend in the knees. **DO NOT HYPEREXTEND ("LOCK OUT") KNEES.**
4. With a smooth, continuous motion, press up on balls of feet. Pause briefly in the lifted position.
5. Lift/lower resistance with smooth, controlled movements.



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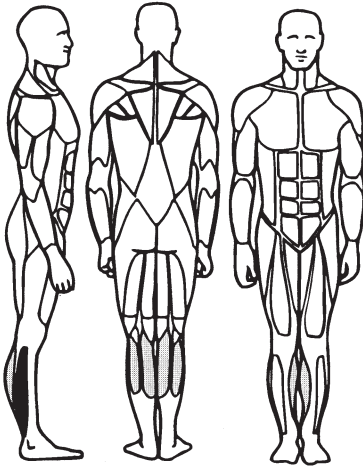
Seated Calf

Specifications:

Take-off weight: 38 lbs. (17.2 kg) per arm
Resistance type: Near Constant
Effective lifting ration: 250%

Muscles Trained

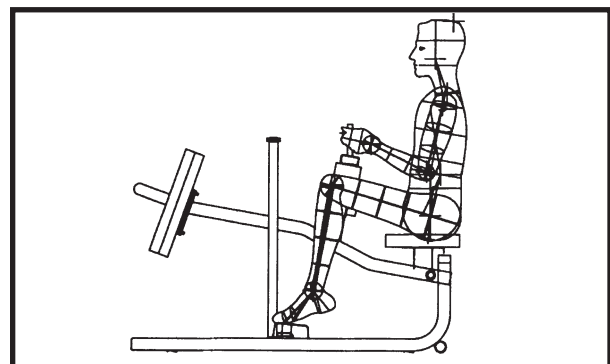
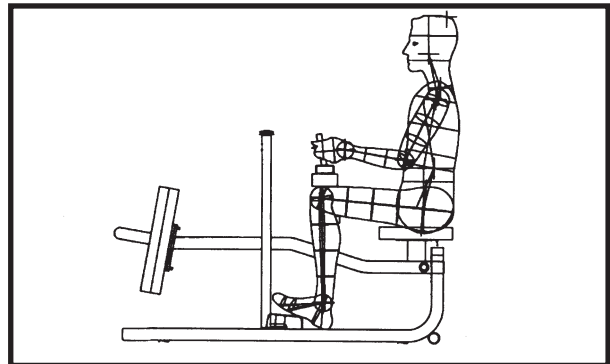
■ Primary - Soleus
□ Secondary - Gastrocnemius



The Cybox Plate Loaded Seated Calf allows training of the calf musculature without the hips or back having to support the load. The seated position increases the involvement of the soleus muscle for a unique training stimulus. The knee pads assembly adjust for tibia length providing safe and comfortable exercise.

Instructions

1. Load appropriate resistance evenly.
2. With feet securely on footplates, adjust knee pads to allow comfortable positioning.
3. Lift and rotate release knob 1/4 turn counter clockwise.
4. Lift and lower weights with smooth, controlled movements, exercising within a comfortable range of motion.
5. With the input arm at the top of the motion, rotate 1/4 clockwise into support position.



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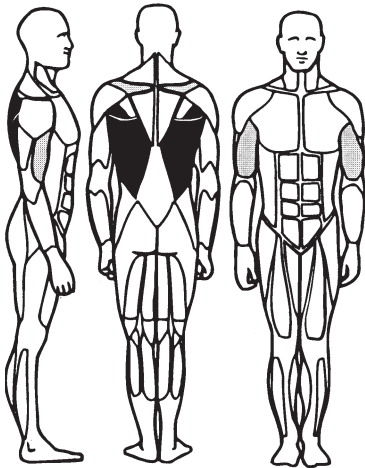
Advanced Pulldown

Specifications:

Take-off weight: 10 lbs. (4.5 kg) total
Resistance type: Near Constant
Effective lifting ration: 70%

Muscles Trained

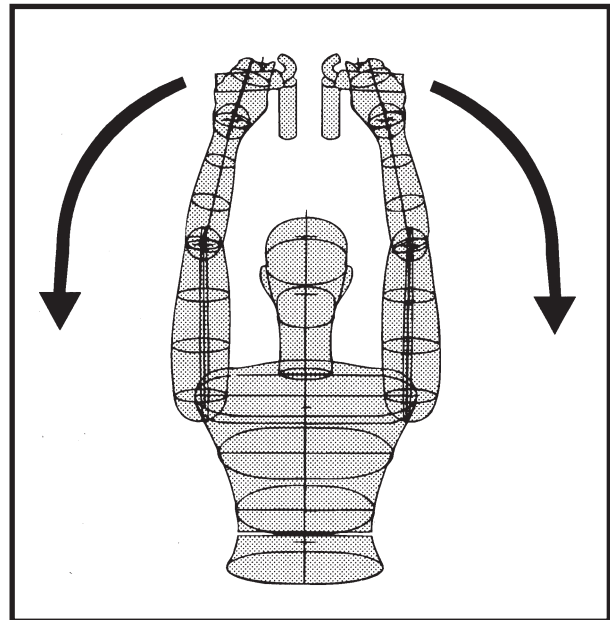
■ Primary - Latissimus Dorsi, Teres Major
□ Secondary - Biceps, Brachioradiali, Lower Trapezius



The Cybox Plate Loaded Advanced Pulldown incorporates Dual Axis Technology to provide the user with the ability to define their path of motion in addition to providing a second direction of resistance. The second direction of resistance reduces the biceps involvement to help target the lats. The path through which the plates travel creates a variable resistance effect consistent with the strength profile of the movement. Two handle positions are provided. The outside handles allow the user to perform the advanced movement while the narrow handles allow a narrow pulldown to be performed.

Instructions

1. Load appropriate resistance evenly.
2. Adjust the thigh pads to allow access and stabilization while performing the exercise.
3. Grasp the outside handles and sit down with knees under the thigh pads.
4. Lean back slightly and maintain this position.
5. Maintaining shoulder position, move the handles outward first and then bring elbows to the sides of the body. Be sure to keep the elbows directly beneath the hands throughout the entire range of motion.



6. Return to the overhead position by allowing the shoulder blades to move as needed, but maintaining the lateral resistance by not letting the handles to touch at the top.

NOTE: *The narrow pulldown is performed using the parallel grips pulling the elbows down along the sides from the front without pulling outward to the sides.*

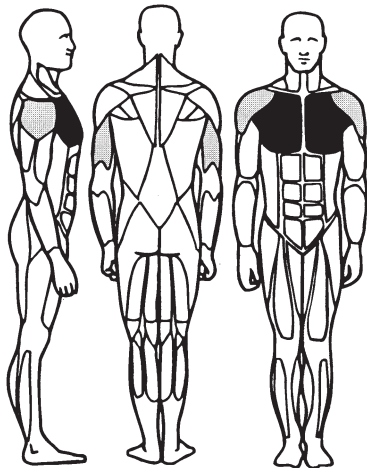
Advanced Chest

Specifications:

Take-off weight: 25 lbs. (11.3 kg) total
Resistance type: Near Constant
Effective lifting ration: 85%

Muscles Trained

■ Primary - Pectoralis Major
□ Secondary - Anterior Deltoids, Triceps



The Cybox Plate Loaded Advanced Chest incorporates Dual Axis Technology to provide the user with the ability to define their path of motion in addition to providing a second direction of resistance while incorporating a subtle mechanically linked coordination so that left and right arms follow the same path. Dual Axis Technology also allows the user to perform a larger range of motion while incorporating two directions of resistance. The start position is adjustable to accommodate personal preference and joint structure.

Instructions

1. Determine start position. When adjusting place the arms on the center supports. Raise pullbutton and move support to the desired height.

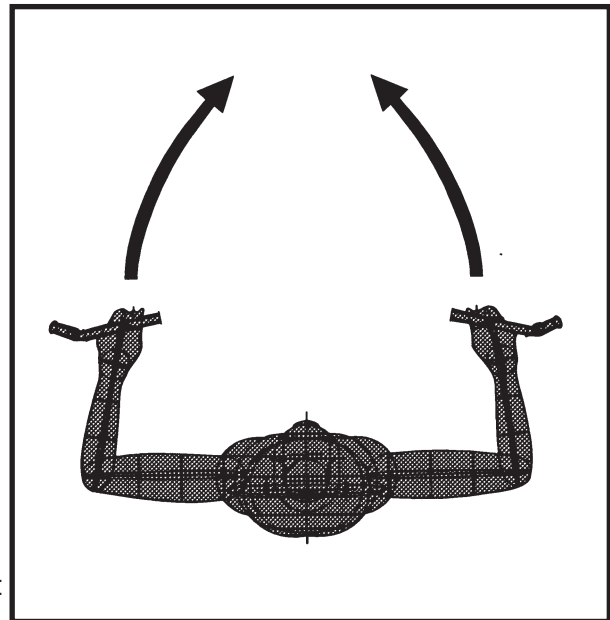
NOTE: Check the position indicator to insure that both supports are at the same height.

2. Load appropriate resistance evenly.

NOTE: Be sure to load and unload weights evenly.

3. Adjust body position on the bench such that the handles at mid-chest.

4. Position feet firmly either on the floor or the foot support tube as desired.



Cyberx Plate Loaded Owner's Manual

5. Grip handles and position elbows out to the side. Maintain shoulders against back pad to ensure proper positioning.
6. While pressing upward, simultaneously move the handles to the center with a smooth, controlled movement.

NOTE: *To perform a basic press movement, allow the arms to rest against the outer stops while pressing without attempting to bring the arms together.*

7. Return to the starting position without resting.

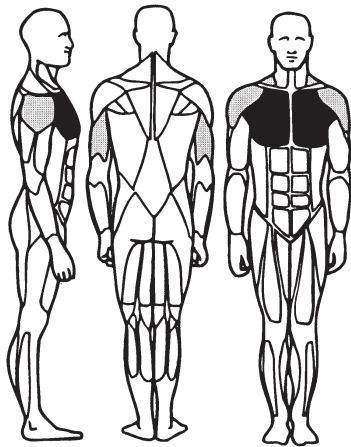
Advanced Incline

Specifications:

Take-off weight: 22 lbs. (10 kg) total
Resistance type: Near Constant
Effective lifting ration: 85%

Muscles Trained

■ Primary - Pectoralis Major
□ Secondary - Anterior Deltoids, Triceps



The Cybox Plate Loaded Advanced Incline incorporates Dual Axis Technology to provide the user with the ability to define their path of motion in addition to providing a second direction of resistance while incorporating a subtle mechanically linked coordination so that left and right arms follow the same path. Dual Axis Technology also allows the user to perform a larger range of motion while incorporating two directions of resistance. The start position and seat height are adjustable to accommodate personal preference and joint structure.

Instructions

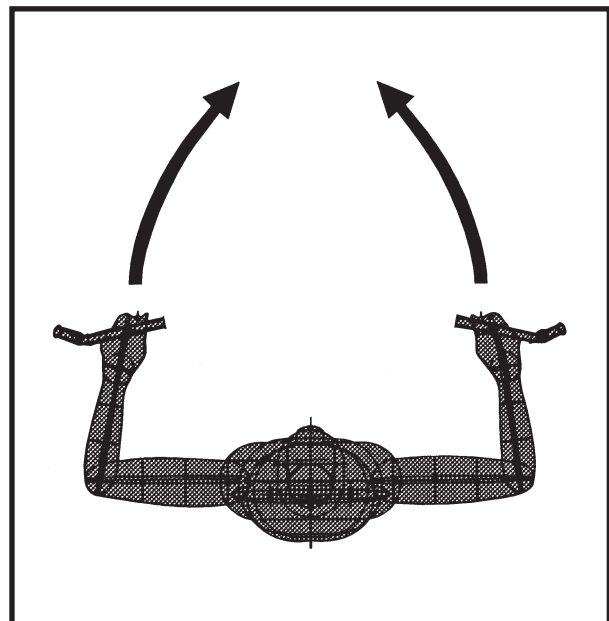
1. Determine start position. When adjusting place the arms on the center supports. Release pullbutton and move support to the desired height.

NOTE: Check the position indicator to insure that both supports are at the same height.

2. Load the desired amount of weight onto the weight posts.

NOTE: Be sure to load and unload weights evenly.

3. Adjust seat height such that the handles at mid-chest.
4. Position feet firmly on the floor.
5. Grip handles and position elbows out to the side. Maintain shoulders against back pad to ensure proper positioning.



Cyberx Plate Loaded Owner's Manual

6. While pressing upward, simultaneously move the handles to the center with a smooth, controlled movement.

NOTE: *To perform a basic press movement, allow the arms to rest against the outer stops while pressing without attempting to bring the arms together.*

7. Return to the starting position without resting.

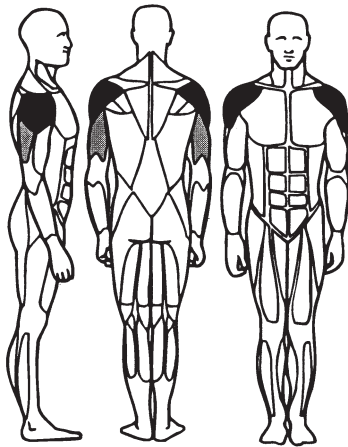
Advanced Overhead

Specifications:

Take-off weight: 22 lbs. (10 kg) total
Resistance type: Near Constant
Effective lifting ration: 65%

Muscles Trained

■ Primary - Deltoids
□ Secondary - Triceps



The Cybox Plate Loaded Advanced Shoulder Press incorporates Dual Axis Technology to provide the user with the ability to define their path of motion in addition to providing a second direction of resistance while incorporating a subtle mechanically linked coordination so that left and right arms follow the same path. Dual Axis Technology also allows the user to perform a larger range of motion while incorporating two directions of resistance. To accommodate personal preference and joint structure the Advanced Shoulder Press utilizes both a barbell and a neutral grip. The seat mechanisms six height adjustments offer a wide range of user height and range of motion

Instructions

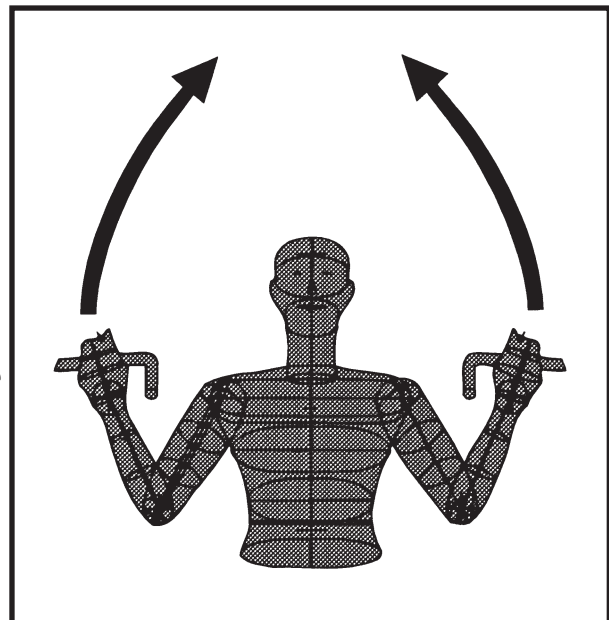
1. Load appropriate resistance evenly.

NOTE: Be sure to load and unload weights evenly.

2. Adjust seat height so that handles are even with the top of shoulders.

NOTE: Lowering the seat height reduces the range of motion, raising the seat height increases the range of motion.

3. Select either barbell or neutral handgrips. The barbell grip encourages motion in the frontal plane while the neutral grip encourages motion in the sagittal plane. Movement in the sagittal plane is considered more functional safer and as effective as movement in the frontal plane.



Cybox Plate Loaded Owner's Manual

4. While pressing upward, simultaneously move the handles to the center with a smooth, controlled movement.

NOTE: *To perform a basic press movement, allow the arms to rest against the outer stops while pressing without attempting to bring the arms together.*

5. Return to the starting position without resting.

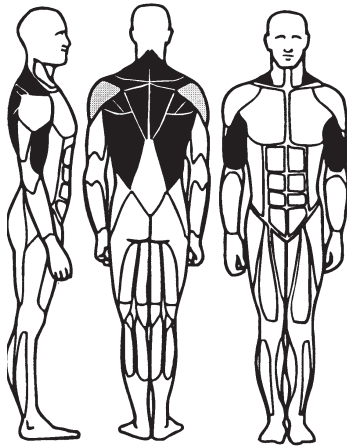
Row

Specifications:

Take-off weight: 2.2 lbs. (1 kg) total
Resistance type: Variable
Effective lifting ration: Variable, approximately 100% at mid-range

Muscles Trained

■ Primary - Latissimus Dorsi, Teres Major, Bicep and Middle Trapezius
□ Secondary - Posterior Deltoid



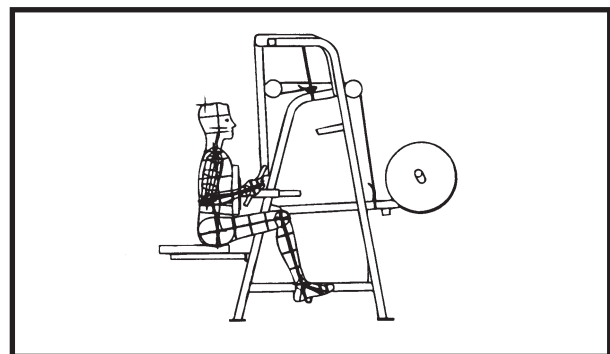
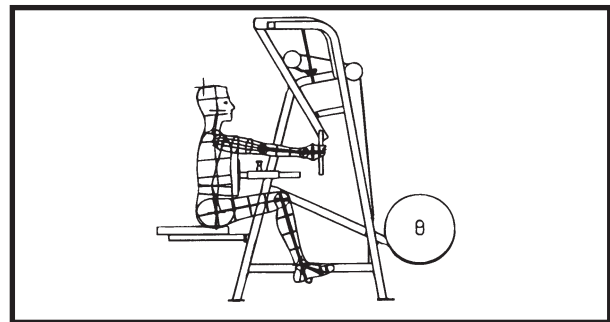
The Cybox Plate Loaded Row guides users through a natural path of motion and below the wrists to maintain a neutral position throughout the range of motion by utilizing an overhead pivot. An adjustable chest pad provides upper body support and proper positioning for any length of arm while promoting upper back isolation. A foot support is included to aid in stabilization.

Instructions

1. Load appropriate resistance evenly.
2. Adjust seat height so that arms are parallel to floor.
3. Adjust chest pad to allow hands to grasp either set of handles with arms fully extended.

NOTE: Use of the vertical handles emphasizes the latissimus dorsi while the horizontal handles emphasize the posterior deltoid.

4. Grasp the desired handles.
5. Pinch shoulder blades backward and together.
6. Maintaining shoulder blade position and contact with chest pad, pull handles toward body. Return arms to full extension without changing shoulder blade position.



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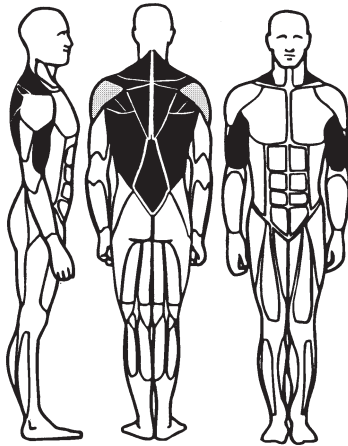
T-Bar Row

Specifications:

Take-off weight: 41 lbs. (18.6 kg) total
Resistance type: Front weight post - near constant; center weight post - variable
Effective lifting ration: Front weight post - 100% ; center weight post - 45%

Muscles Trained

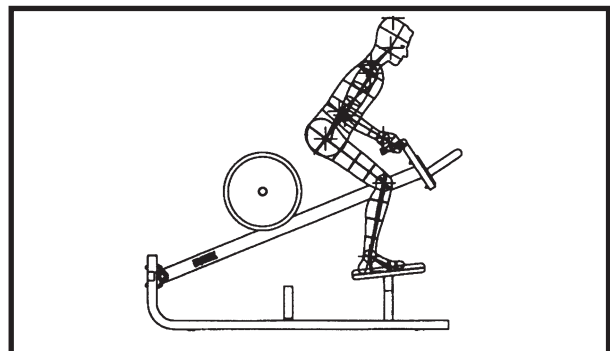
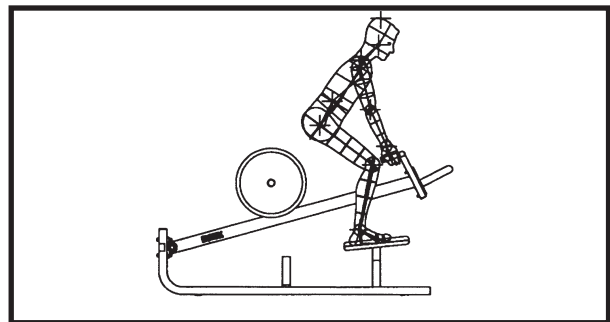
- Primary - Erector Spinae, Latissimus Dorsi, Teres Major, Bicep and Middle Trapezius
- Secondary - Posterior Deltoid



The Cybox Plate Loaded T-Bar Row allows the users to perform a traditional T-Bar movement but with variable resistance. Loading plates on the elevated center weight posts provides both variable resistance as well as reduced momentum. Dual handgrips are provided and the footplate surface is angled for stability.

Instructions

1. Load appropriate resistance evenly. The elevated center post provides a variable resistance with a take-off load equal to approximately 45% of the weight loaded. If additional weight is required, the front post may also be used.
2. Position feet securely on footplates and grasp desired handle position.
3. With knees bent and back straight, pick up the bar and position back slightly above parallel with the floor.
4. Lift and lower weights with smooth, controlled movements, maintaining proper spinal position.



5. Keeping the knees bent and back straight, return handle to stop.

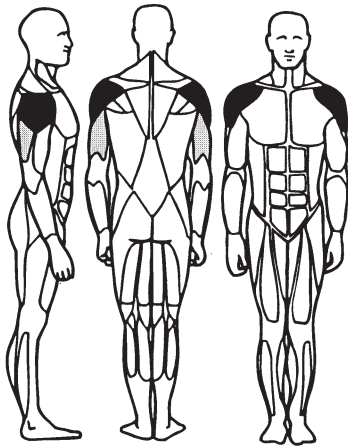
Converging Plate Loaded Chest Press

Specifications:

Take-off weight: 15 lbs. (7 kg) per arm
Resistance type: Near Constant
Effective lifting ration: 75%

Muscles Trained

■ Primary - Pectoralis Major
□ Secondary - Anterior Deltoids, Triceps



The Cybox Converging Plate Loaded Chest Press utilizes a converging movement to provide for a more complete range of motion while the independent arm motion promotes muscular balance. Start position and seat height are adjustable to accommodate personal preference and joint structure.

Instructions

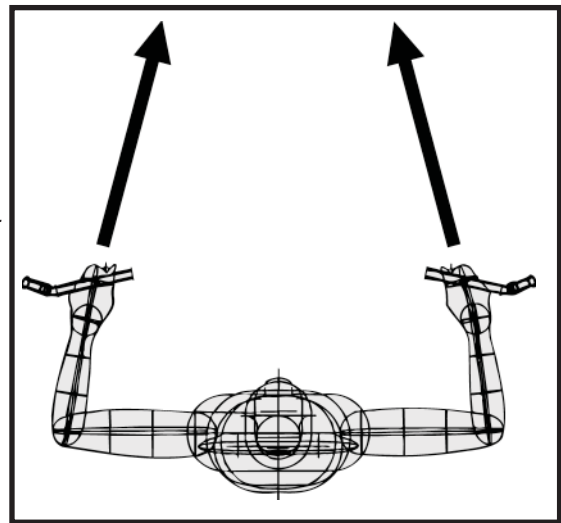
1. Adjust both input arm stops to desired starting position.

NOTE: Double check to insure that both supports are at the same height and that each pullbutton is properly locked into place.

2. Load the desired amount of weight onto the weight posts.

NOTE: Be sure to load and unload weights evenly.

3. Adjust seat height so that the handles are at mid-chest
4. Position feet firmly on the floor.
5. Grip handles and position elbows out to side. Maintain shoulders against back pad to ensure proper positioning.
6. Press handles upward with smooth, controlled movements.
7. Return to start position without resting.



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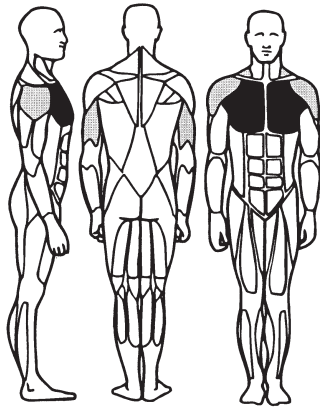
Converging Plate Loaded Incline Press

Specifications:

Take-off weight: 15 lbs. (7 kg) total
Resistance type: Near Constant
Effective lifting ration: 70%

Muscles Trained

■ Primary - Pectoralis Major
□ Secondary - Anterior Deltoids, Triceps



The CYBEX Converging Plate Loaded Incline Press utilizes a converging movement to provide for a more complete range of motion while the independent arm motion promotes muscular balance. Start position and seat height are adjustable to accommodate personal preference and joint structure.

Instructions

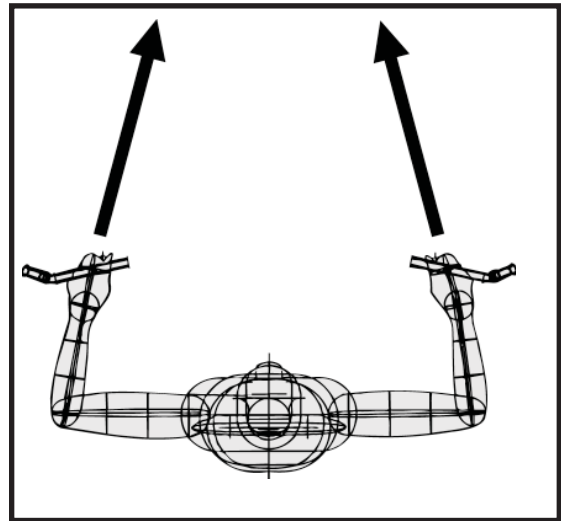
1. Adjust both input arm stops to desired starting position.

NOTE: Double check to insure that both supports are at the same height and that each pullbutton is properly locked into place.

2. Load the desired amount of weight onto the weight posts.

NOTE: Be sure to load and unload weights evenly.

3. Adjust seat height so that the handles at mid-chest.
4. Position feet firmly on the floor.
5. Grip handles and position elbows out to side. Maintain shoulders against back pad to ensure proper positioning.
6. Press handles upward with smooth, controlled movements.
7. Return to start position without resting.



6. Lift lower the weight with smooth, controlled movements.

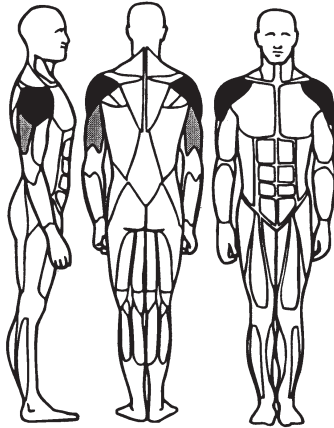
Converging Plate Loaded Overhead Press

Specifications:

Take-off weight: 15 lbs. (7 kg) total
Resistance type: Near Constant
Effective lifting ration: 70%

Muscles Trained

■ Primary - Deltoids
□ Secondary - Triceps



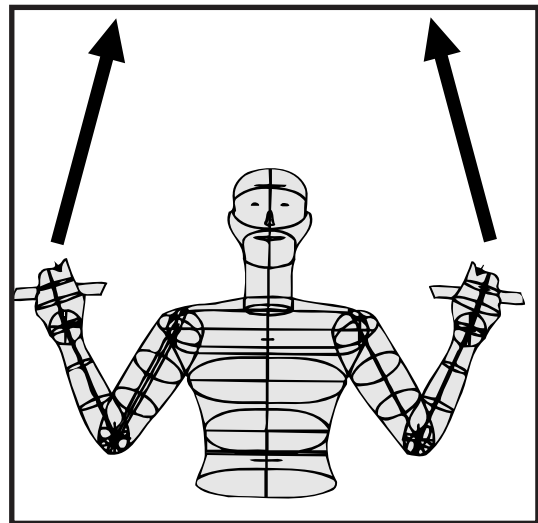
The Cybox Converging Plate Loaded Overhead Press utilizes a converging movement to provide for a more complete range of motion while the independent arm motion simulates the motion of a dumbbell press. The seat height is adjustable to accommodate personal preference.

Instructions

1. Load the desired amount of weight onto the weight posts.

NOTE: Be sure to load and unload weights evenly.

2. Adjust seat height so that the handles are level with top of shoulders.
3. Position feet firmly on the floor.
4. Grasp handles and press upward with smooth, controlled movements.
5. Return to start position without resting.



4. Lift and lower the weight with smooth, controlled movements.

Rear Delt

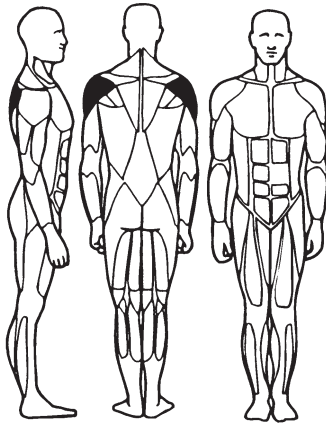
Specifications:

Take-off weight: Variable

Effective lifting ratio: Variable, approximately 37% at take off

Muscles Trained

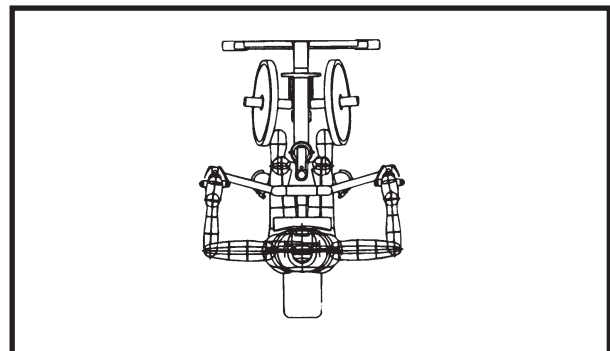
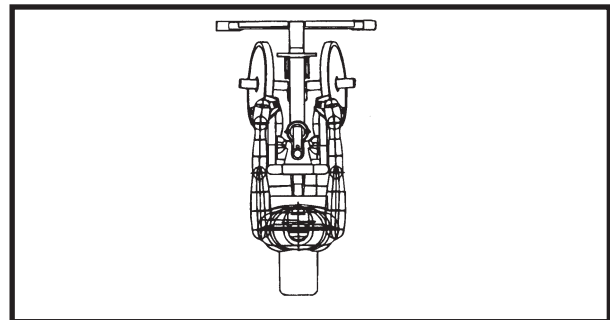
■ Primary - Posterior Deltoid



The Cybox Plate Loaded Rear Delt provides the user with the ability to isolate the posterior deltoid. A unique input linkage allows the user to horizontally abduct the arm so that it follows the radial path required to train the posterior deltoid. Adjustable seat height and chest pads accommodate any size of user.

Instructions

1. Load appropriate resistance evenly.
2. Adjust seat height so that arms are parallel to floor.
3. Adjust chest pad to allow hands to grasp handles with arms fully extended.
4. Move handles outward to sides and pinch shoulder blades backward and together.
5. Pull handles backward bringing handles back even with body and at shoulder height.
6. Return arms to extension maintaining shoulder blade position without allowing handles to come to the center.



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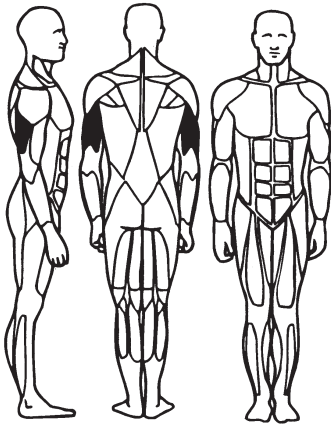
Arm Extension

Specifications:

Take-off weight:	0 lbs. (0 kg) total
Resistance type:	Variable
Effective lifting ratio:	Variable, approximately 100% at mid-range

Muscles Trained

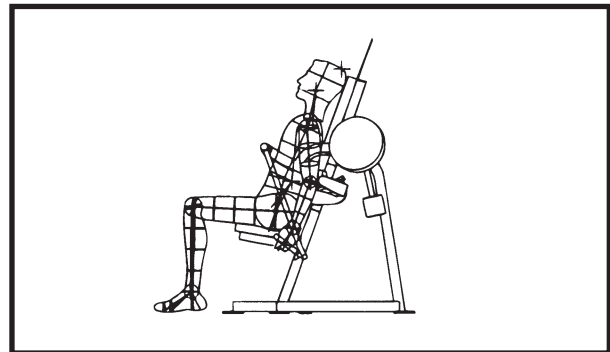
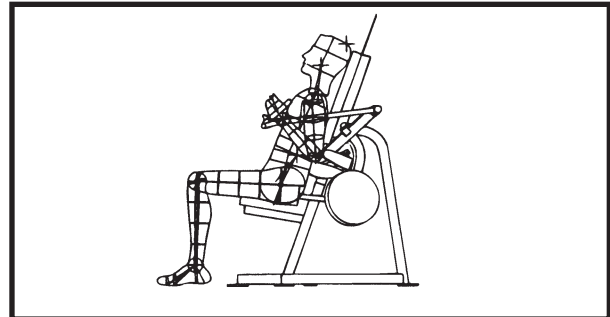
■ Primary - Triceps



The Cyber Plate Loaded Arm Extension is designed to provide the user to perform arm extension exercise from a seated position with the upper arm supported for maximum concentration on the triceps while minimizing unrestricted movement.

Instructions

1. Load appropriate resistance evenly. Each arm functions independently, therefore an equal amount of weight should be plated on each post.
2. Adjust seat height to position elbows in line with pivot point.
3. Grasp handles firmly. Position upper arms against pads aligning elbow with pivot.
4. Keeping upper arm against pad and stabilizing the shoulder, extend arm lifting/lowering weight with smooth, controlled movements while keeping upper arms firmly against pads.



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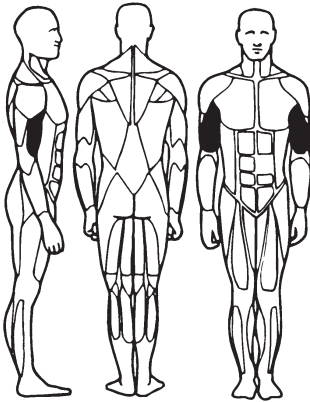
Arm Curl

Specifications:

Take-off weight:	5 lbs. (2.2 kg) total
Resistance type:	Variable
Effective lifting ratio:	Variable, approximately 100% at mid-range

Muscles Trained

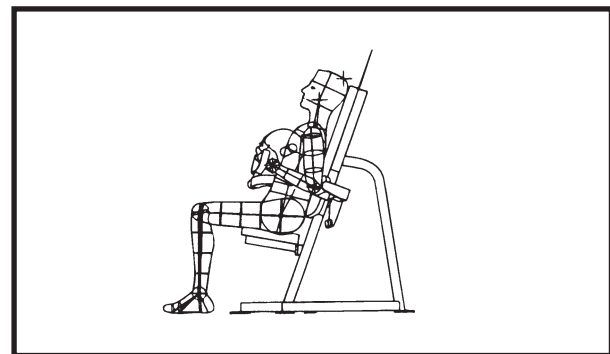
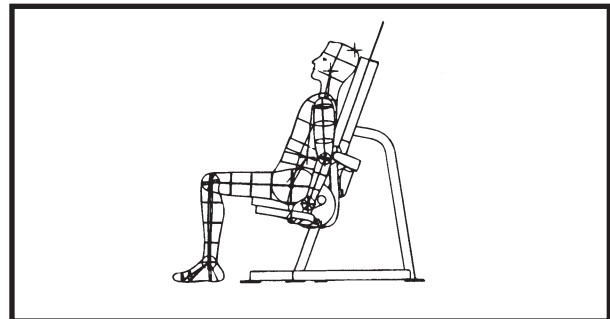
■ Primary - Biceps, Brachialis, Brachioradiali



The Cybex Plate Loaded Arm Curl is designed to provide the user to perform arm curl exercise from a seated position with the upper arm supported for maximum concentration on the biceps while minimizing unrestricted movement. The unique design takes into account the natural carrying angle of the arm structure and allows for unilateral exercise.

Instructions

1. Load appropriate resistance evenly. Each arm functions independently, therefore an equal amount of weight should be placed on each post.
2. Adjust seat height to position elbows in line with pivot point.
3. Grasp handles firmly. Position upper arms against pads aligning elbow with pivot.
4. Keeping upper arm against pad and stabilizing the shoulder, curl arm lifting/lowering weight with smooth, controlled movements while keeping upper arms firmly against pads.



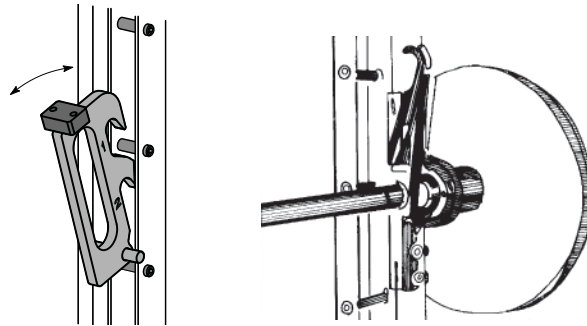
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Smith Press

Specifications:

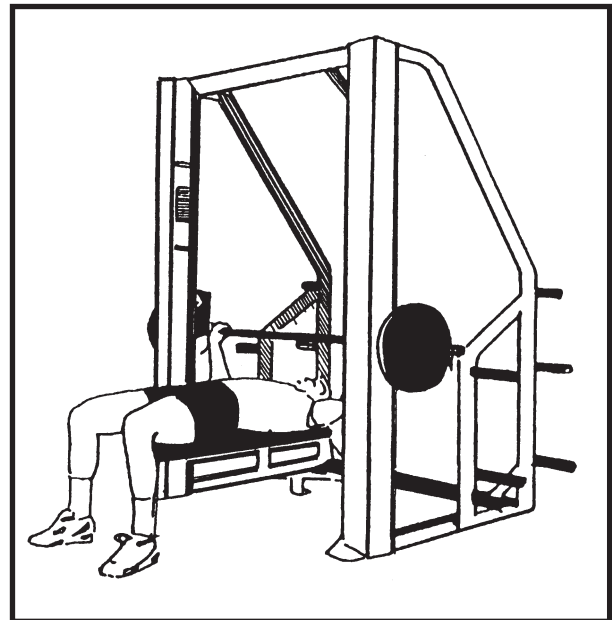
Take-off weight:	15 lbs. (6.8 kg) total
Resistance type:	Constant
Effective lifting ratio:	100%

The controlled environment of the Cybox Plate Loaded Smith Press is an excellent way to make the transition from variable resistance to free-weight training. The unique low inertia counterbalance system effectively neutralizes bar mass, and results in a bar weight of only 15 pounds throughout the full bar travel range. Five weight storage sleeves on each side add convenient weight storage. The unique multi-adjustable bar stops add an extra margin of safety for all exercises.



Instructions

1. Adjust bar to proper exercise height.
2. Set adjustable bar stops equally on both sides to desired height.
3. Load appropriate resistance evenly.
4. Move into proper exercise position.
5. Grip bar, lift and rotate to unlock from pin.
6. Lift and lower bar with smooth, controlled movements.
7. Lock bar by rotating until hooks fully latch over pin catch position. Ensure that the hooks are fully engaged prior to letting go of the bar.



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5 - Customer Service

Contacting Service

Hours of phone service are Monday through Friday from 8:00 a.m. to 6:00 p.m. Eastern Standard Time.

For Cybex customers living in the USA, contact Cybex Customer Service at **888-462-9239**. Your options at this number include:

- Press **63** to place a parts order or to check parts order status.
- Press **64** to speak to a technical support representative regarding troubleshooting or to schedule a field service call.
- Press **65** to check status of a repair order only and you have your RRM number.
- Press **66** to check status of a dispatched field service call and you have your inquiry number.
- Press **67** for service of a medical or isokinetic product.
- Press **0** to go to the Cybex operator.

For Cybex customers living outside the USA, contact Cybex Customer Service at **508-533-4300** or fax **508-533-5183**.

Order parts and find information on the web at www.eCybex.com or by e-mail at techhelp@cybexintl.com.

Ordering Parts

Visit eCybex.com to shop for parts online or fax your order to **508-533-5183**.

To speak with a customer service representative, call **888-462-9239** (for customers living within the USA) or **508-533-4300** (for customers outside the USA). You may also contact us through email at techhelp@cybexintl.com

Having the following information ready when calling will assist our Cybex representatives in serving you:

- **Unit Serial Number**
- **Product Name**

The unit serial number and product name can be found on the serial number decal. See Chapter 7 for exact location of serial number decal.

- **Part Description**
- **Part Number**

Part descriptions and part numbers are located in Chapter 7 of this manual.

- **Shipping Address**
- **Contact Name**

In addition to your shipping address and contact name, your account number is helpful but not required.

Return Material Authorization (RMA)

The Return Material Authorization (RMA) system outlines the procedures to follow when returning material for placement, repair, or credit. The system assures that returned materials are properly handled and analyzed. Follow the following procedures carefully.

Contact your authorized Cybex dealer on all warranty-related matters. Your local Cybex dealer will request a RMA from Cybex, if applicable. Under no circumstances will defective parts or equipment be accepted by Cybex without proper RMA and an Automated Return Service (ARS) label.

1. Call the Customer Service Hotline listed above for the return of any time that is defective.
2. Provide the technician with a detailed description of the problem you are having or the defect in the item you wish to return.
3. Provide the model and serial number of your Eagle equipment
4. At Cybex's discretion, the technician may request that you return the problem part(s) to Cybex for evaluation and repair or replacement. The technician will assign you a RMA number and will send you an ARS label. The ARS label and the RMA numbers must be clearly displayed on the outside of the package that contains the item(s) to be returned. Include the description of the problem, the serial number of the Eagle equipment and the name and address of the owner in the package along with the part(s).
5. Forward the package through UPS to Cybex.
Attn: Customer Service Department
Cybex International, inc.,
10 Trotter Drive
Medway, MA 02053

NOTE: *Merchandise returned without an RMA number on the outside of the package or shipments sent C.O.D. will not be accepted by the Cybex receiving department.*

Damaged Parts

Materials damaged in shipment should not be returned for credit. Shipping damages are the responsibility of the carrier (UPS, Federal Express, trucking companies, etc.)

Apparent Damage - Upon receipt of your shipment, check all items carefully. Any damage seen with a visual check must be noted on the freight bill and signed by the carriers agent. Failure to do so will result in the carriers refusal to honor your damage claim. The carrier will provide you with the required forms for filing such claims.

Concealed Damage - Damage not seen with a visual check upon receipt of a shipment but notices later must be reported to the carrier as soon as possible. Upon discovery of the damage, a written or phone request to the carrier asking them to perform an inspection of the materials must be made within ten days of the delivery date. Keep all shipping containers and packing materials as they will be needed in the inspection process. The carrier will provide you with an inspection report and the necessary forms for filing a concealed damage claim. Concealed damage claim is the carriers responsibility.

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LIMITED WARRANTY FOR ALL CYBEX COMMERCIAL STRENGTH PRODUCTS

NOTE: Save this document for your records. This warranty includes all Cybex commercial Strength products, including: CYBEX “EAGLE”, “FREE WEIGHT”, “FUNCTIONAL TRAINER”, “MODULAR”, “MULTI-GYM”, “PLATE LOADED”, “VR” and “VR2” Products.

WHO IS COVERED: The original buyer purchasing the product from Cybex or its designee. Buyer includes any person receiving the product in an unused condition as a gift from the original buyer. The terms “you” and “your” are used in this Limited Warranty to refer to the original buyer and any person receiving the product as a gift from the original buyer. The terms “we,” “us” and “our” are used in this Limited Warranty to refer to Cybex International, Inc. **This warranty covers all products sold under the Cybex “Eagle”, “Free Weight”, “Functional Trainer”, “Modular”, “Multi-Gym”, “Plate Loaded”, “VR” and “VR2” names and used in the continental United States. Products sold or moved outside the borders of the continental United States of America are subject to the terms provided by the local distributor, and are not covered under this warranty.**

WHAT IS COVERED: Except as otherwise stated in this Limited Warranty, we will repair or correct any product or part defect which we determine is related to materials or workmanship and is not due to normal wear and tear occurring during the stated WARRANTY PERIOD.

WHAT IS NOT COVERED: Product requires normal maintenance including, but not limited to, regular inspection and wear component replacement. We do not warrant damage caused by the lack of normal maintenance repairs such as those detailed within the Owner's Manual. We do not warrant any causes beyond our control. Corrosion, oxidation or deterioration caused by product location, exposure or environment, or conditions caused by unsuitable finishes, cleaners, or lubricants are not covered. Damage or breakage caused by unauthorized service, installation, alteration, modification, assembly or disassembly, negligence, or conditions of use which are unintended for the product are not warranted. This warranty does not cover cosmetic or surface corrosion resulting from chips or scratches in the paint. Extra expenses including, but not limited to, loss of machine use and inconvenience are not covered. Due to varying conditions under which the product is used, we offer no warranties, express or implied, as to the length of service. We do not warrant any products that have not been paid for, or in the event that we have offered a payment plan, products owned by buyers who are in arrears on a payment plan. If you are a non-consumer buyer, we only warrant products purchased directly from us or from one of our authorized dealers in that dealer's authorized territory. **THIS WARRANTY DOES NOT COVER UNINTENDED USE.** See “INTENDED USE” below.

INTENDED USE: This warranty covers only defects that arise in the ordinary, intended use of the product. Products sold under the Cybex “Eagle”, “Free Weight”, “Functional Trainer”, “Modular”, “Multi-Gym”, “Plate Loaded”, “VR” and “VR2” names are intended for commercial use, including use in health clubs and similar facilities.

WARRANTY PERIOD: The warranty period begins on the date the product was delivered to you. The warranty period for the structural frame expires after ten (10) years. The warranty period for rotary bearings, guide rods, pulleys, weight stacks, bushings, linear bearings, bars, handles, and all other parts not listed herein expires after two (2) years. The warranty period for cables and belts expires after one (1) year. The warranty period for upholstery and handgrips expires after one hundred twenty (120) days.

WHO WILL PAY LABOR AND TRANSPORTATION COSTS: If we determine, during the first

Cybox Plate Loaded Owner's Manual

year of the warranty period, that the product or any covered part must be shipped to the manufacturing facility for repair or service, all warranty repairs, including transportation costs and labor, will be made at NO CHARGE to you; thereafter, you will be responsible for labor and transportation costs for repair or service.

WHAT YOU MUST DO TO OBTAIN WARRANTY COVERAGE: Retain proof of purchase. All warranty repairs and corrections require proof of purchase. To obtain coverage, please contact Cybox Customer Service within seven (7) days after discovery of the defect and follow the directions provided to you by your Cybox Service Representative.

WHAT WE WILL DO TO CORRECT COVERED REPAIRS: Authorized repairs or corrections will be performed using new or remanufactured parts shipped to you, or at our discretion, replacement of the product. Any replacement parts provided to you are warranted for the remaining portion of the original WARRANTY PERIOD.

MODIFICATIONS TO WARRANTY ARE NOT AUTHORIZED: No one is authorized to modify, change, transfer or extend in any way the terms of this Limited Warranty.

THINGS TO KNOW ABOUT OBTAINING PRODUCT ACCESSORIES, PARTS AND REPAIR

SERVICE: To secure repair service under this warranty, please contact Cybox Customer Service at (508) 533-4300, Monday - Friday from 8:00 - 6:00 p.m. Eastern time. To expedite service, please have your product serial number available when calling. Your customer service technician will assist you with any shipping or repair requirements deemed necessary to obtain repair or correction. A Return Authorization Number (RA#) is required when returning a product or part if the item is to be covered under warranty. We are not responsible for products or parts shipped to our facility without a RA#. All returns shall be accompanied by a proof of purchase to ensure warranty coverage. We may require the product or part be returned for inspection prior to making a warranty coverage decision.

You may also contact us by writing to: Cybox International, Inc., Attn: Customer Service Department, 10 Trotter Drive, Medway, MA, 02053.

DISCLAIMER OF WARRANTIES AND LIMITATION OF REMEDIES: It is impossible to eliminate all risks inherently associated with use of this product. Personal injury or other unintended consequences may result because of factors beyond our control. WE MAKE NO OTHER WARRANTIES OF ANY KIND, EXPRESS OR IMPLIED, OTHER THAN THOSE EXPRESSLY SET FORTH WITHIN THIS DOCUMENT. ALL WARRANTIES OTHER THAN THE WARRANTIES EXPRESSLY PROVIDED HEREIN ARE SPECIFICALLY EXCLUDED. IN THE CASE OF NON-CONSUMER BUYERS, ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED.

IN THE CASE OF A CONSUMER BUYER, THE DURATION OF ALL IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION OF THE EXPRESS WARRANTIES PROVIDED WITHIN THIS DOCUMENT.

WE WILL NOT BE LIABLE FOR ANY DIRECT OR INDIRECT, CONSEQUENTIAL OR INCIDENTAL DAMAGES, LOSSES OR EXPENSES, INCLUDING BUT NOT LIMITED TO COMMERCIAL LOSSES, BUSINESS INTERRUPTION, OR DAMAGE TO PROPERTY OTHER THAN THE PRODUCT OR PRODUCTS TO WHICH THIS LIMITED WARRANTY APPLIES.

EFFECT OF STATE LAWS: Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from State to State.

ALTERNATIVE DISPUTE RESOLUTION FOR NON-CONSUMER BUYERS: WE RESERVE THE RIGHT TO MANDATE ALTERNATIVE DISPUTE RESOLUTION TO SETTLE ANY OR ALL CLAIMS RESULTING FROM THIS SALES TRANSACTION. ALTERNATIVE DISPUTE RESOLUTION PROCEEDINGS WILL BE CONDUCTED IN THE STATE OF MASSACHUSETTS ACCORDING TO THE COMMERCIAL RULES OF THE AMERICAN ARBITRATION ASSOCIATION.

6 - Maintenance

All preventive maintenance activities must be performed on a regular basis. Performing routine preventive maintenance actions can aid in providing safe, trouble-free operation of your Cybox Plate Loaded equipment.

NOTE: *Cybox is not responsible for performing regular inspection and maintenance actions for your machines. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting/recording. Cybox phone representatives are available to answer any questions or concerns that you may have.*



NOTE: *All inspections and repairs must be performed by trained service personnel only.*

Cybox will void warranty if non-Cybox replacement parts are used.

Daily Procedures

1. **Upholstery** - Wipe down all upholstery as per the recommendations listed below for light soiling and more difficult stains.

Light Soiling

- A solution of 10% household liquid dish soap with warm water applied with a soft damp cloth.
- If necessary, a solution of liquid cleanser and water applied with a soft bristle brush. Wipe away the residue with a water dampened cloth.

More Difficult Stains

- Dampen a soft white cloth with a solution of household bleach (sodium hypochlorite), 10 % bleach, 90% water. Rub gently. Rinse with a water dampened cloth to remove bleach concentration.
- The same procedure can be used with full strength household bleach, if necessary.
- Allow bleach to puddle on the affected area or apply with a soaked cloth for approximately 30 minutes. Rinse with a water dampened cloth to remove any remaining bleach concentration.

Alternative Method for Difficult Stains

- Dampen a soft white cloth with rubbing alcohol and rub gently. Rinse with a water dampened cloth to remove any remaining rubbing alcohol concentration.

NOTE: *To restore luster, a light coat of spray furniture wax can be used. Apply for 30 seconds and follow with a light buffing using a clean white cloth.*

Please Review Carefully

When using strong cleaning agents such as rubbing alcohol or bleach, it is advisable to first test in an inconspicuous area. Other cleaning agents may contain harsh or unknown solvents and are subject to formula changes by the product manufacturer without notice. Should you desire to use other cleaning agents, carefully try them in an inconspicuous area to determine potential damage to the material. Never use harsh solvents or cleaners which are intended for industrial applications. To clean stained or soiled areas, a soft white cloth is recommended. Avoid use of paper towels.

Cleaning products may be harmful/irritating to your skin, eyes, etc. Use protective gloves and eye protection. Do not inhale or swallow any cleaning product. Protect surrounding area/clothing from exposure. Use in a well ventilated area. Follow all product manufacturer's warnings. Cybex and its vendors cannot be held responsible for damage or injuries resulting from the use or misuse of cleaning products.

- 2. Frames** - Wipe down all frames using a mild solution of warm water and car wash soap. Be sure to dry thoroughly. **AVOID** acid or chlorine based cleaners and also cleaners containing abrasives as these could scratch or damage the equipment.
- 3. Chrome** - Clean chrome tubes, first using chrome polish and then using a car wax seal. Neutral cleaners with a pH between 5.5 and 8.5 are recommended. Be sure to dry thoroughly. **AVOID** acid or chlorine based cleaners and also cleaners containing abrasives as these could scratch or damage the equipment.

Weekly Procedures

1. Inspect all nuts and bolts for looseness. Tighten as required.
2. Inspect all cables for wear or damage and proper tension. When inspecting cables, run your fingers on the cable, paying particular attention to bends in the cable and attachment points.

! WARNING: Replace all worn cables immediately. The following conditions may indicate a worn cable:

- A tear or crack in the cable sheath that exposes the cable. See Figure 1.

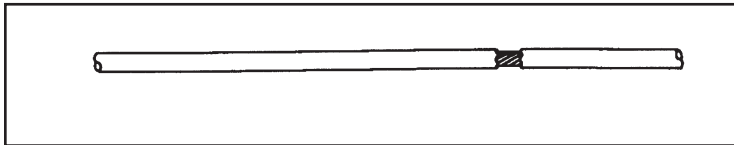


Figure 1

- A kink in the cable. See Figure 2.

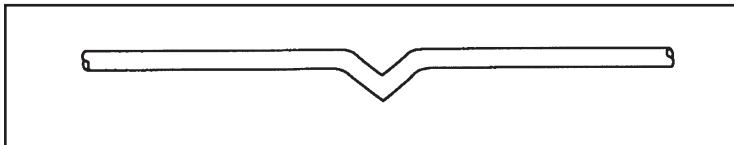


Figure 2

- A curled sheath. See Figure 3.

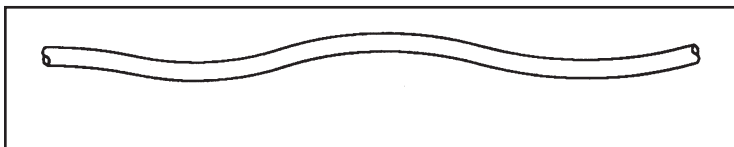


Figure 3

- “Necking”, a stretched cable sheath. See Figure 4.

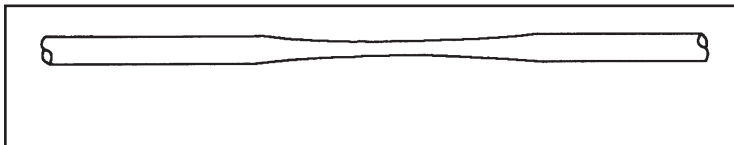


Figure 4

3. Inspect bars and handles for wear, paying particular attention to tab area connecting points.

Replace all worn handles immediately.

! CAUTION: Replace all worn handles immediately. Do not use if less than 1/8" of material remains to the edge. See Figure 5.

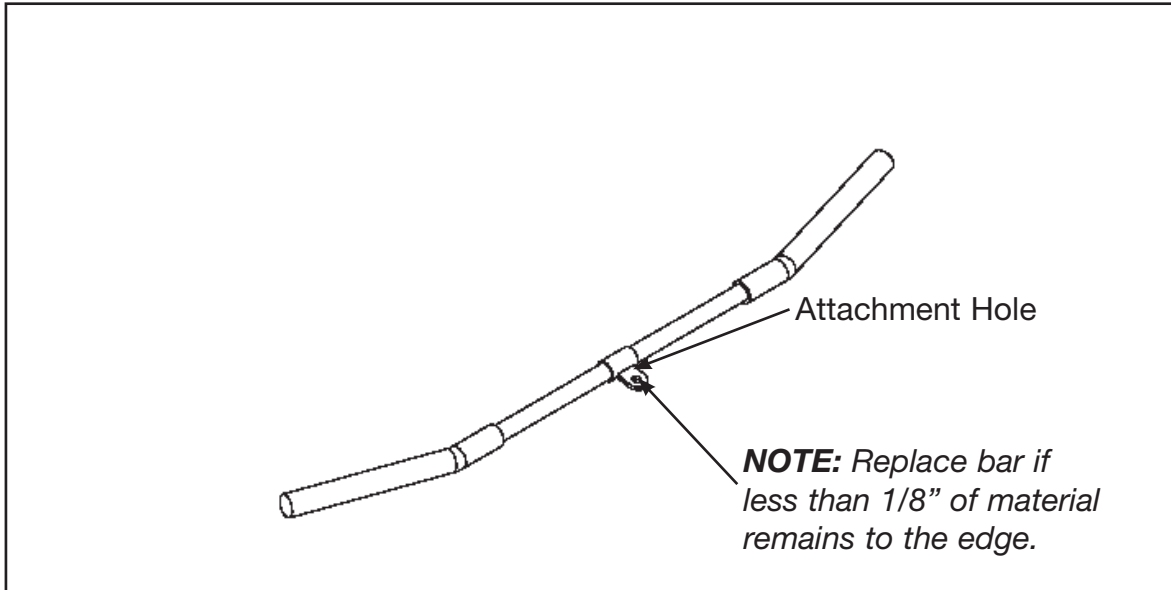


Figure 5

4. Inspect snap links for proper latching (indicates wear). Replace all worn snap links immediately.
5. Inspect all labeling for readability. This includes instructional placards, warning and caution decals. Replace all warning labeling immediately.
6. Inspect all weight stacks for proper alignment and operation.

NOTE: Correct all improper alignment and operation issues immediately.

7. Wipe Weight Stack Guide Rods and Leg Press Linear bearings clean over entire length. Lubricate with a light coat of medium weight automotive engine oil.

Yearly Procedures

Replace all cables at least annually.

"As Required" Procedures

Inspect grips and replace as necessary.

Cables Adjustments

There are several cables utilized in the Plate Loaded equipment. The number of cables used in each station include:

- Kneeling Leg Curl - 1 cable
- Rear Delt - 1 cable
- Row - 1 cable
- Smith Press - Fixed Bar - 2 cables

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7 - Service

Please refer to the next several pages for parts lists, exploded-view diagrams and cable routing diagrams.



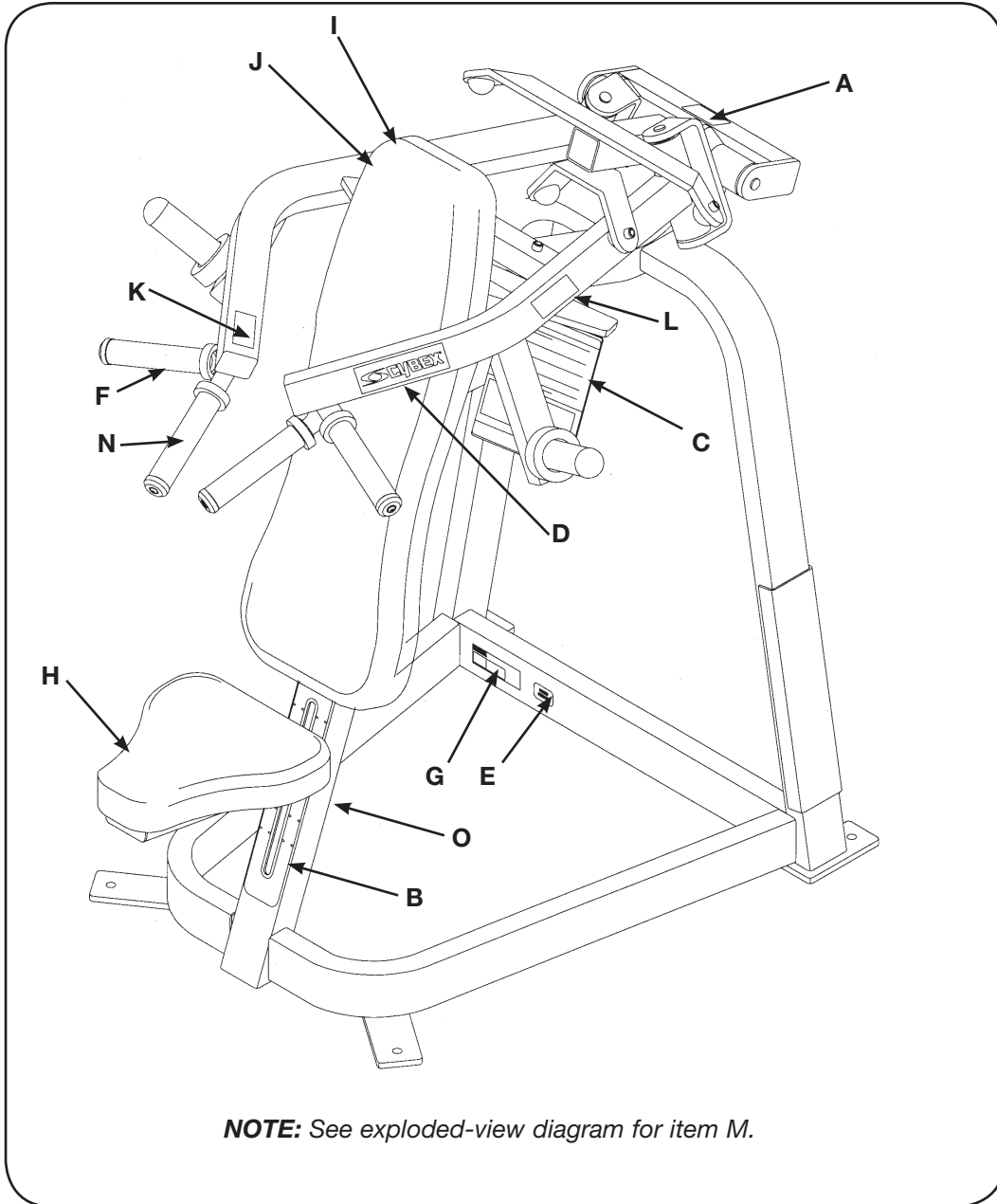
NOTE: All inspections and repairs must be performed by trained service personnel only.

Cybex will void warranty if non-Cybex replacement parts are used.

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ADVANCED OVERHEAD

PRODUCT NO. 5221



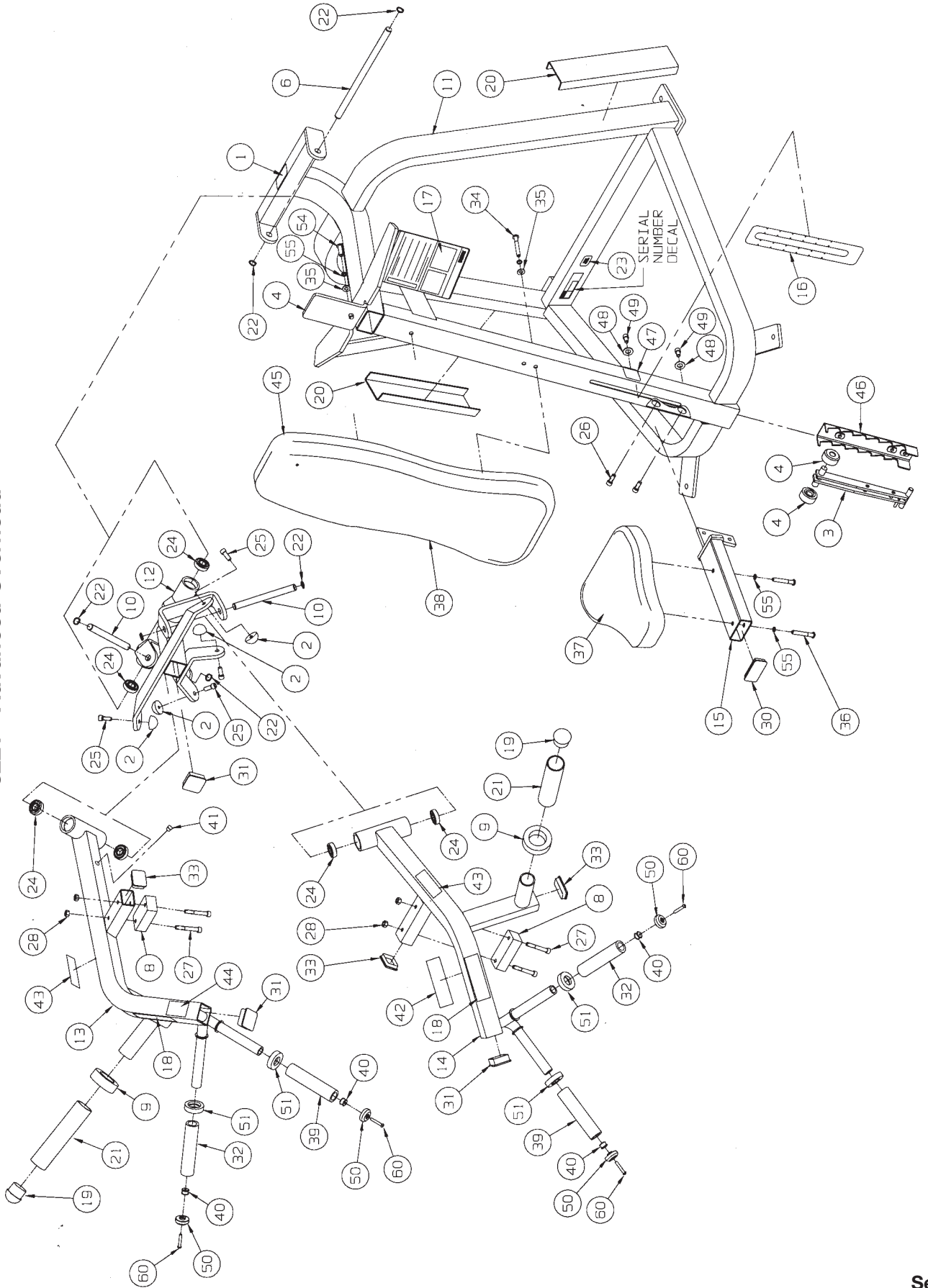
NOTE: See exploded-view diagram for item M.

DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Caution Decal	4000Y316	I. Back Cushion with Wear Cover (Item J)	4800-103
B. Seat Adjustment Decal	5221-316	J. Wear Cover.....	4800-106
C. Placard Decal	5221-317	K. Caution Decal.....	5221-319
D. Cybex Decal Black	3900-445	L. Caution Decal.....	5220-337
D. Cybex Decal Silver	3900-446	M. Warning Decal.....	5220-364
E. Patent Pending Decal.....	CM000211	N. Grip 5.50	4605-508
F. Grip 6.00	4605-500	O. Caution Decal.....	4520-362
G. Serial Number Decal			
H. Seat Cushion	4800-026		

5221 - Advanced Overhead

ITEM QTY	PART NO.	DESCRIPTION	ITEM QTY	PART NO.	DESCRIPTION
1	4000Y316	Caution Decal	28	HN704901	Nylon Locknut .375-16
2	4505-331	Bumper 1.50 Dia.	29		Removed
3	4520-212	Seat Roller	30	PP090202	Plastic Insert 1.50 x 3.00 x 11 G
4	4520-331	Roller	31	PP090210	Plastic Insert 2.00 SQ x 10-14 G
5		Removed	32	4605-500	Grip 6"
6	4605-334	Pivot Shaft 13.06	33	PP090000	Plastic Insert 1.50 x 2.00 x 11 G
7		Removed 7/03	34	JC700434	BHSCS .375-16 x 3.00
8	5220-305	Bumper 2.00 X 4.00	35	HS347600	Washer SAE .375
9	5220-367	Spacer	36	HC700430	BHSCS .375-16 x 2.50
10	5220-320	Pivot Shaft 7.06	37	4800-026	Seat Cushion
11	5221-200	Frame	38	4800-103	Back Cushion with Wear Cover
12	5221-201	Bearing Housing	39	4605-508	Grip 5.50
13	5221-202	Right Hand Arm	40	HF449063	Tube Insert
14	5221-203	Left Hand Arm	41	PP080207	Plastic Insert .437 Dia x 11 G
15	5221-204	Seat	42	5220-364	Warning Decal
16	5221-316	Seat Adjustment Decal	43	5220-337	Caution Decal Load and Unload
17	5221-317	Placard Decal	44	5221-319	Caution Decal
18	3900-445	Cybox Decal 1.00 Horiz. Black	45	4800-106	Wear Cover
18		Removed 7/03	46	4520-213	Bracket
18	3900-446	Cybox Decal 1.00 Horiz. Silver	47	4520-362	Caution Decal
19	5330M040	Plug	48	HS347700	Washer USS .375
20	5362-312	Machined Bumper	49	JC702812	SHCS .375-16 x .50
21	5490P010	Weight Tube 8.00	50	11090-374	End Cap
22	BR030210	Retaining Ring 17 mm	51	11090-376	Handle Grip Ring
23	CM000211	Patent Pending Decal	52	51198	Strength Warranty Sheet (Not Shown)
24	FB030232	Radial Bearing 17 mm ID	53	JC620422	BHSCS .250-20 x 1.50
25	HC702815	SHCS .375-16 x .750	54	JC700420	BHSCS .375-20 x 1.25
26	HC702817	SHCS .375-16 x 1.00	55	JS347400	Internal Tooth Lockwasher
27	HC702830	SHCS .375-16 x 2.50			

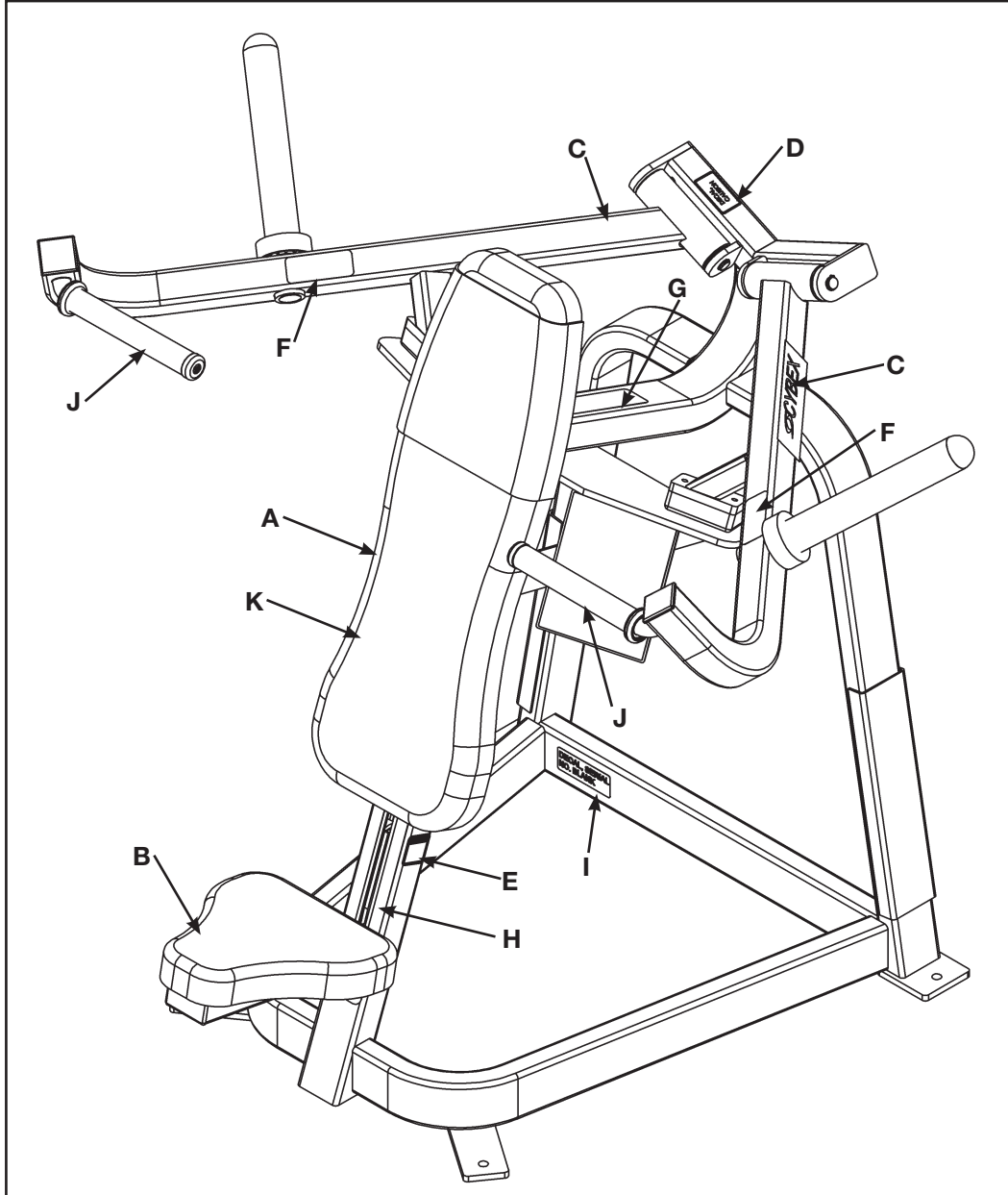
5221 - Advanced Overhead



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CONVERGING OVERHEAD PRESS

PRODUCT NO. 5222



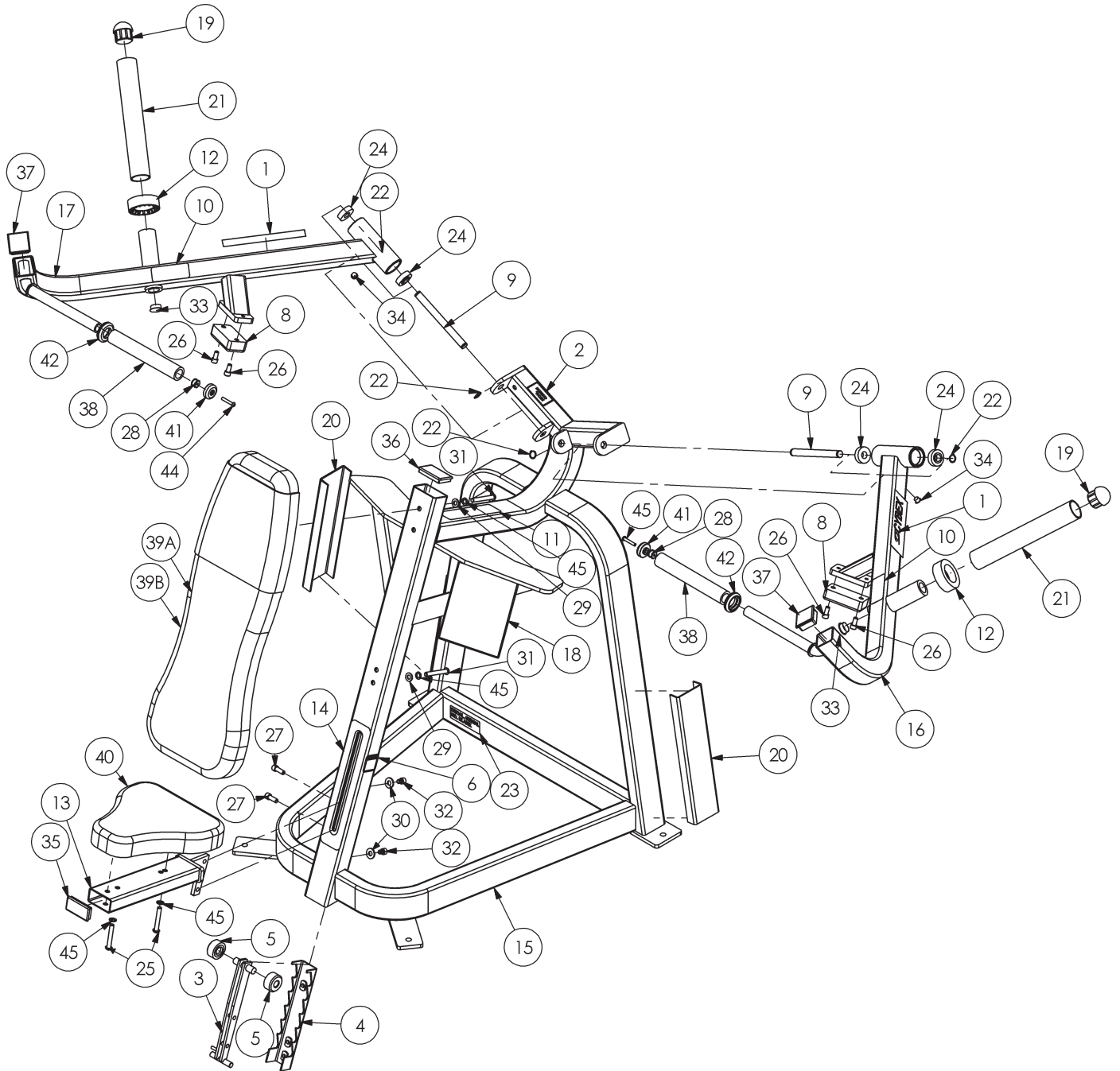
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Back Cushion w/Wear Cover	4800-103	F. Warning Decal	5220-337
B. Seat Cushion	4800-019	G. Warning Decal	5220-364
C. Cybex Decal Black	3900-445	H. Adjustable Seat Decal ..	5221-316
C. Cybex Decal Silver	3900-446	I. Serial Number Decal	CM000202
D. Caution Decal	4000Y316	J. Grip	4605-502
E. Caution Decal	4520-362	K. Wear Cover (Item A)	4800-106

Cybox Plate Loaded Owner's Manual

5222 - Converging Plate Loaded Overhead Press

ITEM	QTY	PART NO.	DESCRIPTION
1	2	3900-445	Cybox Decal 1.00 Horiz. Black
1			Removed 7/03
1	2	3900-446	Cybox Decal 1.00 Horiz. Silver
2	1	4000Y316	Caution Decal
3	1	4520-212	Seat Roller
4	1	4520-213	Bracket
5	2	4520-331	Roller
6	1	4520-362	Caution Decal
7			Removed 7/03
8	2	5220-305	2.00 X 4.00 Bumper
9	2	5220-320	Pivot Shaft
10	2	5220-337	Warning Decal
11	1	5220-364	Warning Decal
12	2	5220-367	Plastic Spacer
13	1	5221-204	Seat
14	1	5221-316	Adjustable Seat Decal
15	1	5222-200	Frame
16	1	5222-201	Arm (LH)
17	1	5222-202	Arm (RH)
18	1	5222-598	Placard Decal
19	2	5330M040	Plug
20	2	5362-312	Bumper
21	2	5490P005	Weight Tube 12.00
22	4	BR030210	Retaining Ring 17mm
23	1	CM000202	Serial No. Decal
24	4	FB030232	Bearing
25	2	HC700430	BHSCS .375-16 x 2.50
26	4	HC702815	SHCS .375-16 x .75
27	2	HC702817	SHCS .375-16 x 1.00
28	2	HF449063	Insert 3/4 x 1/4-20
29	2	HS347600	Washer .375
30	2	HS347700	Washer .375
31	2	JC700434	BHSCS .375-16 x 3.00
32	2	JC702812	SHCS .375-16 x .50
33	2	PN660200	Plastic Insert 1.00 Dia.-11 G
34	2	PP080207	Plastic Insert .437 Dia. 11 G
35	1	PP090202	Plastic Insert 1.50 x 3.00 x 11 G
36	1	PP090206	Plastic Insert 1.50 x 3.00 x 11 G
37	2	PP090210	Plastic Insert 2.00 Sq x 10-14 G
38	2	4605-502	Grip 1.38 OD x .94 ID
39A	1	4800-103	Back Cushion w/Wear Cover
39B	1	4800-106	Wear Cover
40	1	4800-026	Seat Cushion
41	2	11090-374	End Cap
42	2	11090-376	Grip Ring
43	1	51198	Strength Warranty Sheet (not shown)
44	2	JC620422	BHSCS .250-20 x 1.50
45	4	JS347400	Internal Tooth Lockwasher

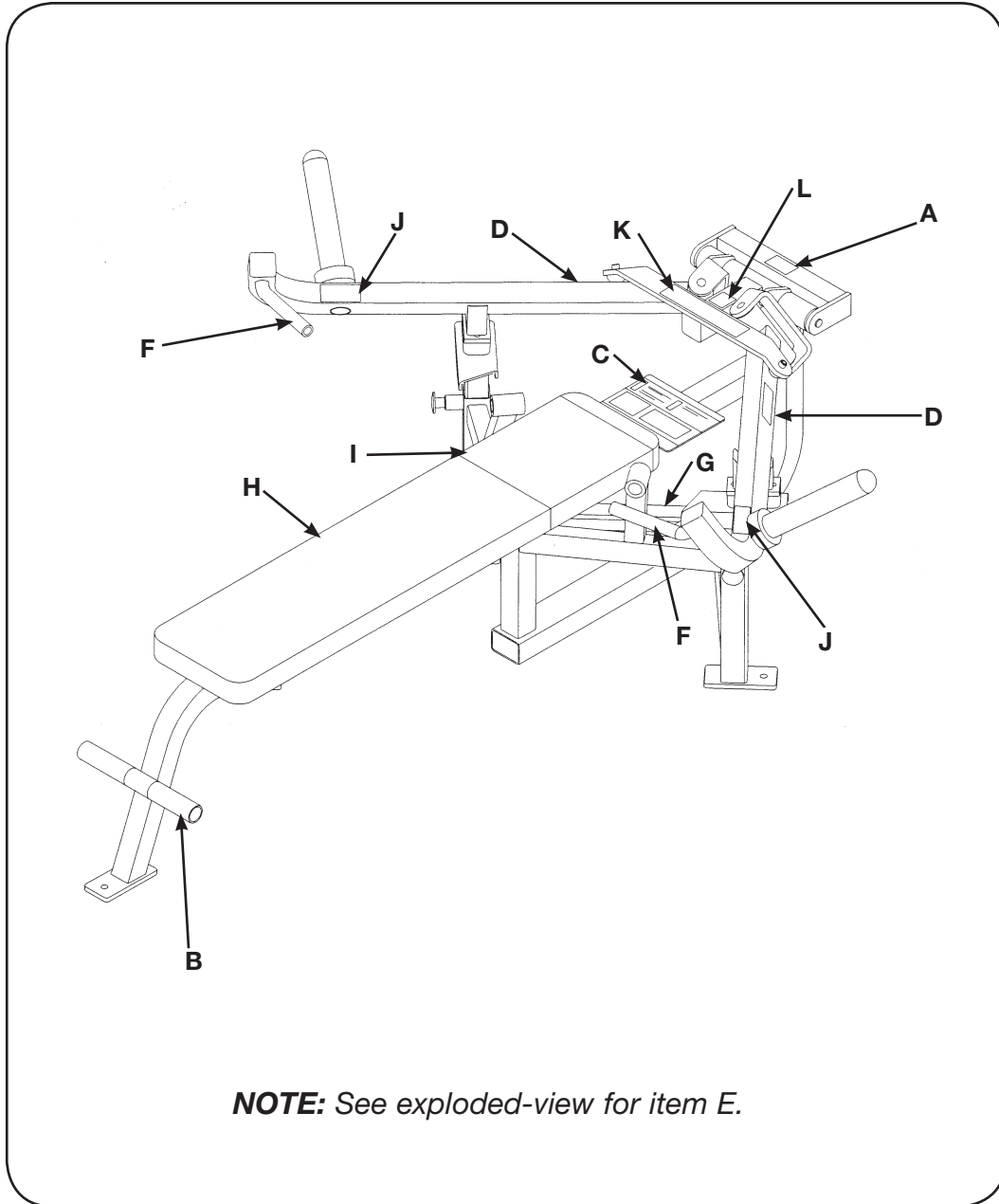
5222 - Converging Plate Loaded Overhead Press



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ADVANCED CHEST

PRODUCT NO. 5226



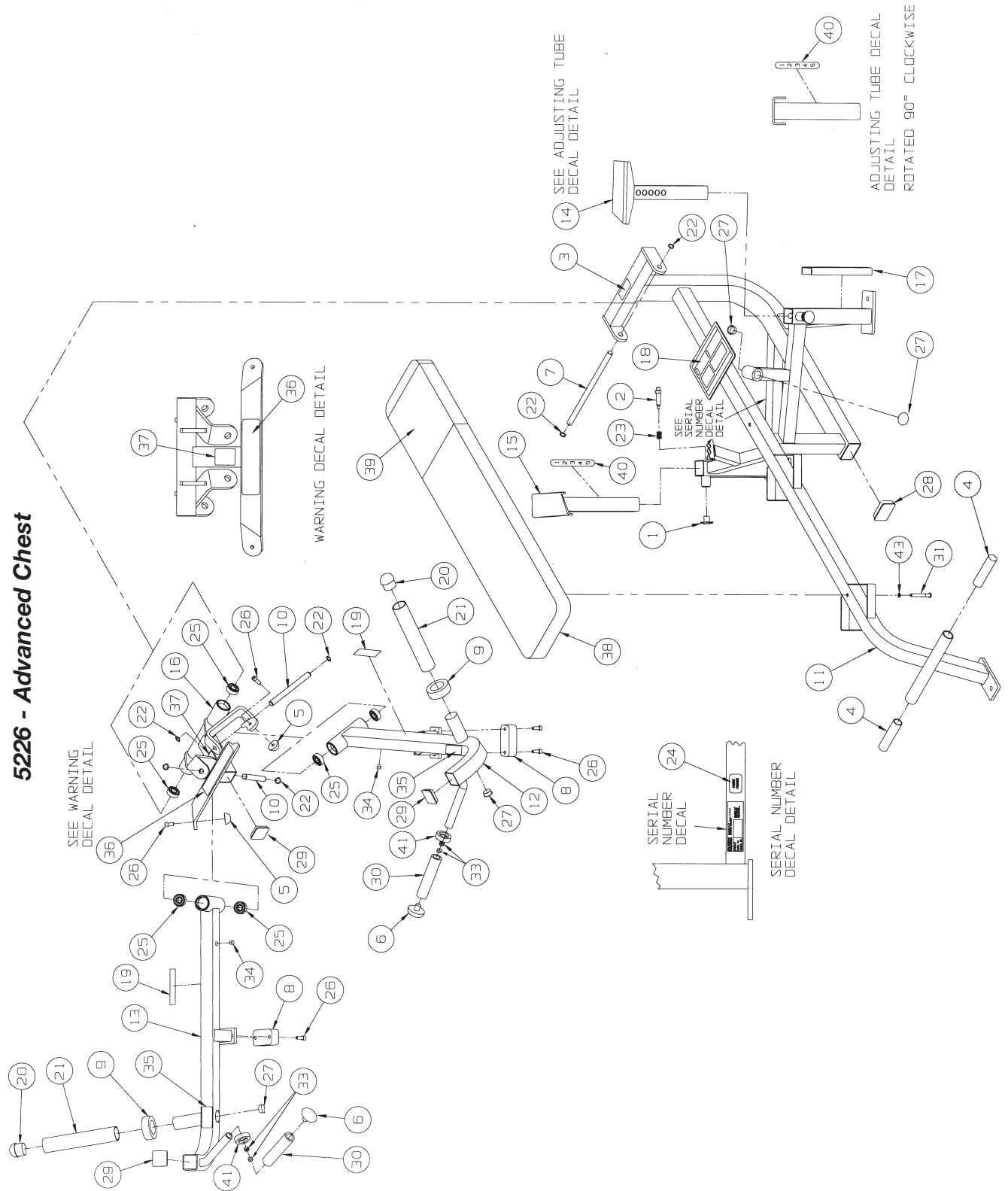
NOTE: See exploded-view for item E.

DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Caution Decal	4000Y316	G. Serial Number Decal	
B. Rubber Grip	4140-329	H. Cushion with Wear	
C. Placard Decal	5226-317	Cover (Item I)	01035
D. Cybox Decal Black	3900-445	I. Wear Cover	4000S118-0
D. Cybox Decal Silver	3900-446	J. Caution Decal	5220-337
E. Patent Pending Decal.....	CM000211	K. Warning Decal.....	5220-365
F. Grip.....	4605-500	L. Caution Decal	5221-319

5226 - Advanced Chest

ITEM	QTY	PART NO.	DESCRIPTION
1	2	11040-440	Cybox Knob
2	2	08229	Detent Pin
3	1	4000Y316	Caution Decal
4	2	4140-329	Rubber Grip 5.00
5	2	4505-331	Bumper 1.50 DIA
6	2	4605-550	Plug
7	1	4605-334	Pivot Shaft 13.06
8	2	5220-305	Bumper 2.00 X 4.00
9	2	5220-367	Spacer
10	2	5220-320	Pivot Shaft 7.06
11	1	5226-200	Frame
12	1	5226-201	Left Hand Arm
13	1	5226-202	Right Hand Arm
14	1	5226-206	Left Hand Adjusting Tube
15	1	5226-207	Right Hand Adjusting Tube
16	1	5226-205	Pivot
17	2	5226-316	Machined Bumper
18	1	5226-317	Placard Decal
19	2	3900-445	Cybox Decal 1.00 Horiz. Black
19	2	3900-446	Removed 7-03
19	2	3900-446	Cybox Decal 1.00 Horiz. Silver
20	2	5330M040	Plug
21	2	5490P009	Weight Tube 10.00
22	6	BR030210	Retaining Ring 17 mm
23	2	BS070201	Com Spring .56 x .66 x 1.50 L
24	1	CM000211	Patent Pending Decal
25	6	FB030232	Radial Bearing 17 mm ID
26	6	HC702815	SHCS .375-16 x .750
27	6	PN660200	Plastic Insert 1.00 Dia x 11 G
28	1	PP090206	Plastic Insert
29	3	PP090210	Plastic Insert 2.00 Sq x 10-14 G
30	2	4605-500	Grip 6"
31	2	JC700434	BHSCS .375-16 x 3.00
32			Removed
33	2	HF449063	Tube Insert
34	2	PP080207	Plastic Insert .437 x 11 G
35	2	5220-337	Caution Decal
36	1	5220-365	Warning Decal
37	1	5221-319	Caution Decal
38	1	01035	Cushion with Wear Cover
39	1	4000S118-0	Wear Cover
40	2	5226-319	Adjusting Tube Decal
41	2	11090-376	Handle Grip Ring
42	1	51198	Strength Warranty Shee (not shown)
43	2	JS347400	Internal Tooth Lockwasher

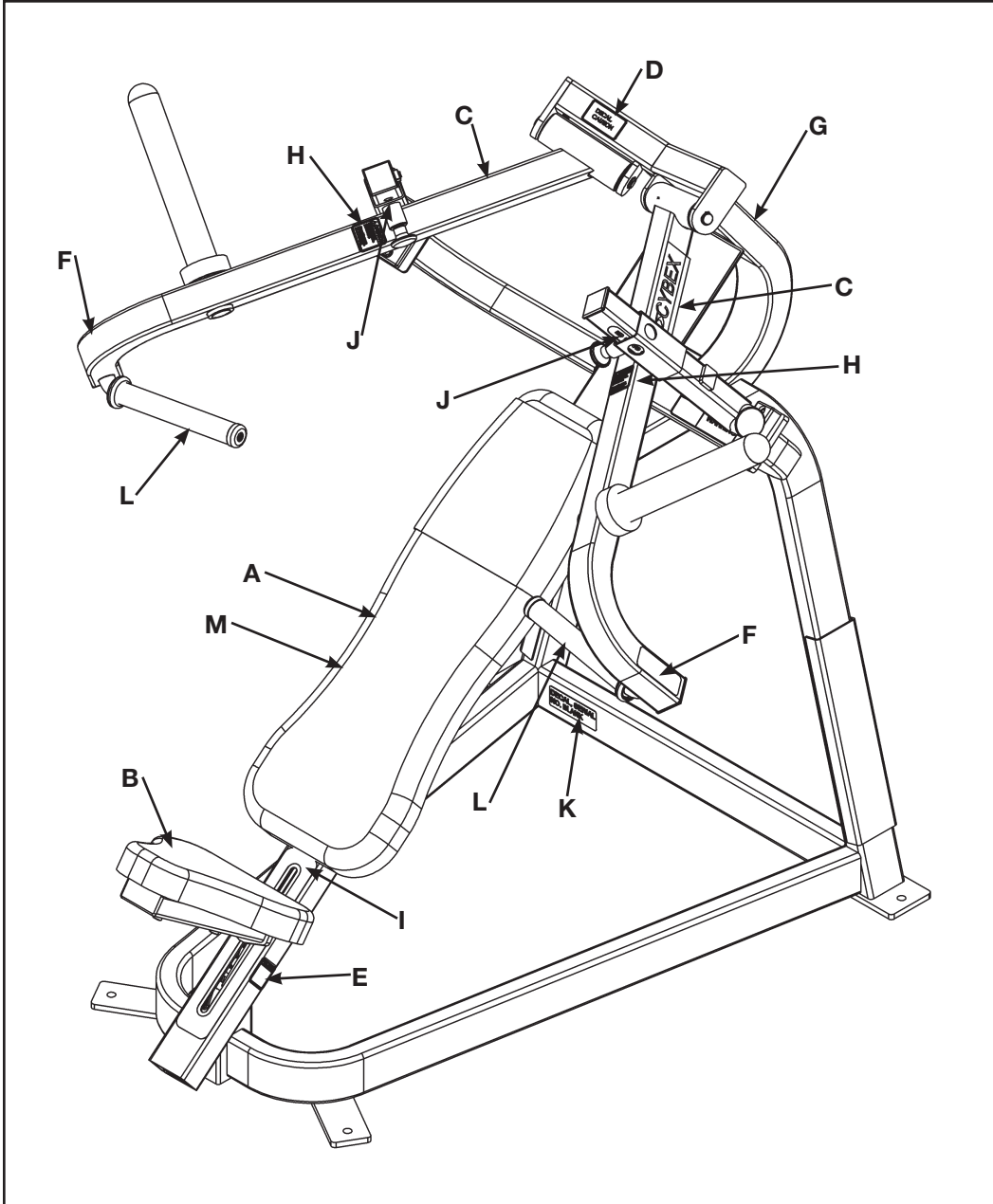
5226 - Advanced Chest



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CONVERGING CHEST PRESS

PRODUCT NO. 5227



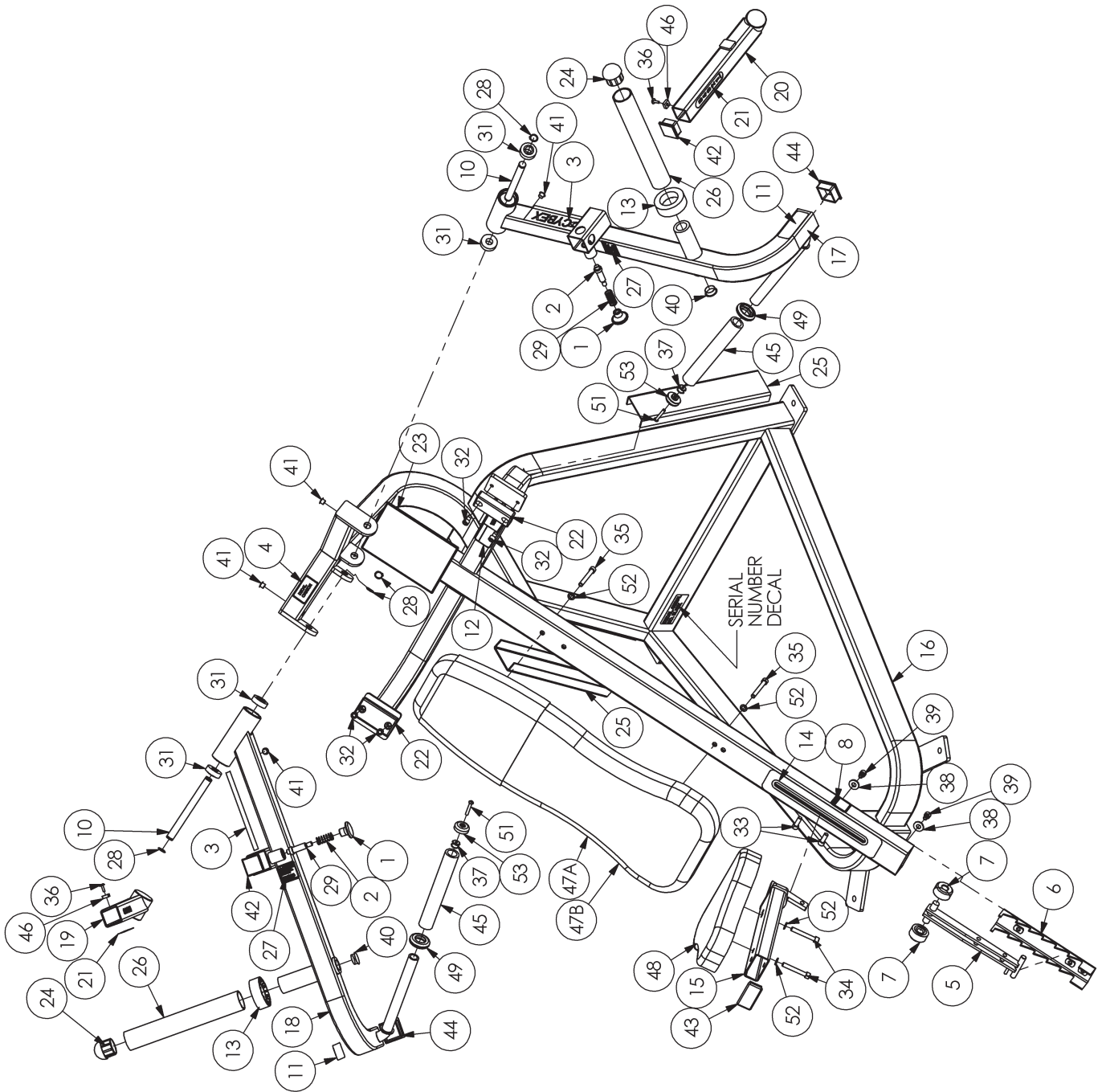
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Back Cushion w/Wear Cover	4800-103	G. Warning Decal	5220-364
B. Seat Cushion	4800-026	H. Caution Decal	8500-025
C. Cybex Decal Black	3900-445	I. Adjustable Seat Decal ..	5221-316
C. Cybex Decal Silver	3900-446	J. Adjusting Decal	5227-337
D. Caution Decal	4000Y316	K. Serial Number Decal	CM000202
E. Caution Decal	4520-362	L. Grip	4605-502
F. Warning Decal	5220-337	M. Wear Cover (Item A)	4800-106

5227 - Converging Plate Loaded Chest Press

ITEM	QTY	PART NO.	DESCRIPTION
1	2	11040-440	Cybex Knob
2	2	08229	Dentent Pin
3	2	3900-445	Cybex Decal 1.00 Horiz. Black
3	2	3900-446	Cybex Decal 1.00 Horiz. Silver
3			Removed 7-03
4	1	4000Y316	Caution Decal
5	1	4520-212	Seat Roller
6	1	4520-213	Bracket
7	2	4520-331	Roller
8	1	4520-362	Caution Decal
9			Removed 7-03
10	2	5220-320	Pivot Shaft 7.06
11	2	5220-337	Warning Decal
12	1	5220-365	Warning Decal
13	2	5220-367	Plastic Spacer
14	1	5221-316	Adjustable Seat Decal
15	1	5251-204	Seat
16	1	5227-200	Frame
17	1	5227-201	Arm (RH)
18	1	5227-202	Arm (LH)
19	1	5227-207	Adjusting Tube
20	1	5227-208	Adjusting Tube
21	2	5227-337	Adjusting Decal
22	2	5252-326	Bumper 2.00 x 4.00
23	1	5227-598	Placard Decal
24	2	5330M040	Plug
25	2	5362-312	Bumper
26	2	5490P005	Weight Tube 12.00
27	2	8500-025	Caution Decal

ITEM	QTY	PART NO.	DESCRIPTION
28	4	BR030210	Retaining Ring 17mm
29	2	BS070201	Com Spring .56 x .66 1.50 L
30			Removed
31	4	FB030232	Bearing 17mm
32	4	JC702814	SHCS .375-16 x .625
33	2	HC702817	SHCS .375-16 x 1.00
34	2	HC702830	SHCS .375-16 x 2.50
35	2	HC702834	SHCS .375-16 x 3.00
36	2	HT102214	Hex Washer HD, Type 23, 10-24
37	2	HF449063	Insert 3/4 x 1/4-20
38	2	HS347700	Washer, USS .375
39	2	JC702812	SHCS .375-16 x .50
40	2	PN660200	Plastic Insert 1.00 Dia.-11 G
41	2	PP080207	Plastic Insert .437 Dia. 11 G
42	2	PP090200	Plastic Insert 1.75 Sq 10-14
43	1	PP090202	Plastic Insert 1.50 x 3.00 x 11 G
44	2	PP090210	Plastic Insert 2.00 Sq x 10-14 G
45	2	4605-502	Grip 1.38 OD x .94 ID
46	2	PU060211	Bumper .62 x .62 x .25
47A	1	4800-103	Back Cushion w/Wear Cover
47B	1	4800-106	Wear Cover
48	1	4800-026	Seat Cushion
49	2	11090-376	Handle Grip Ring
50	1	51198	Strength Warranty Sheet (not shown)
51	2	JC620422	BHSCS .250-20 x 1.50
52	4	JS347400	Internal Tooth Lockwasher
63	2	11090-374	End Cap

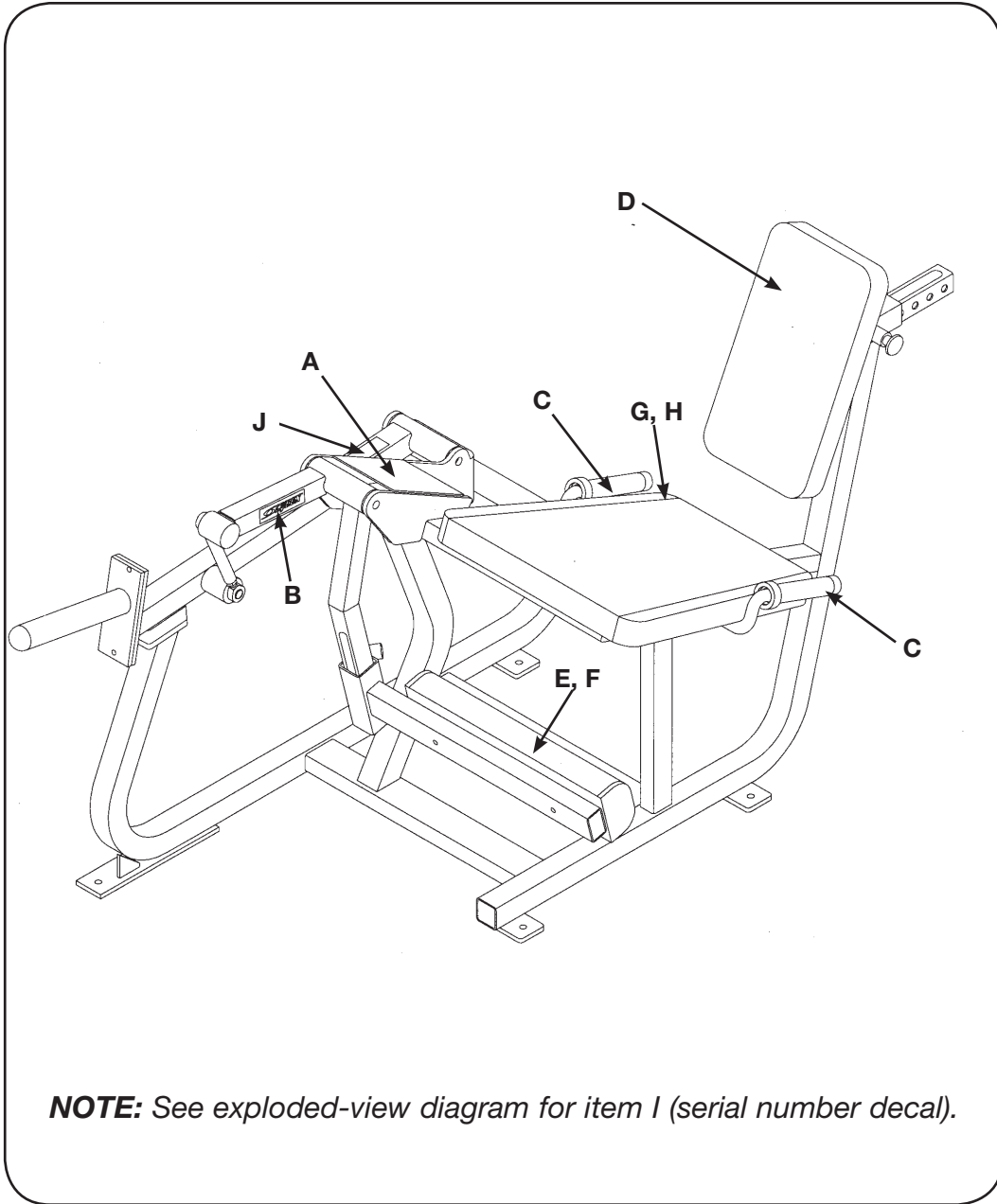
5227 - Converging Plate Loaded Chest Press



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LEG EXTENSION

PRODUCT NO. 5230



NOTE: See exploded-view diagram for item I (serial number decal).

DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Placard Decal	5230-317	F. Wear Cover	4800-093
B. Cybex Decal Black	3900-445	G. Seat Cushion with	
B. Cybex Decal Silver	3900-446	Wear Cover (Item H)	4107S085-0
C. Hand Grip	4605-507	H. Wear Cover	4106S079-0
D. Back Cushion	4800-115	I. Serial Number Decal	
E. Seat Cushion with		J. Warning Decal.....	5220-364
Wear Cover (Item F)	4800-006		

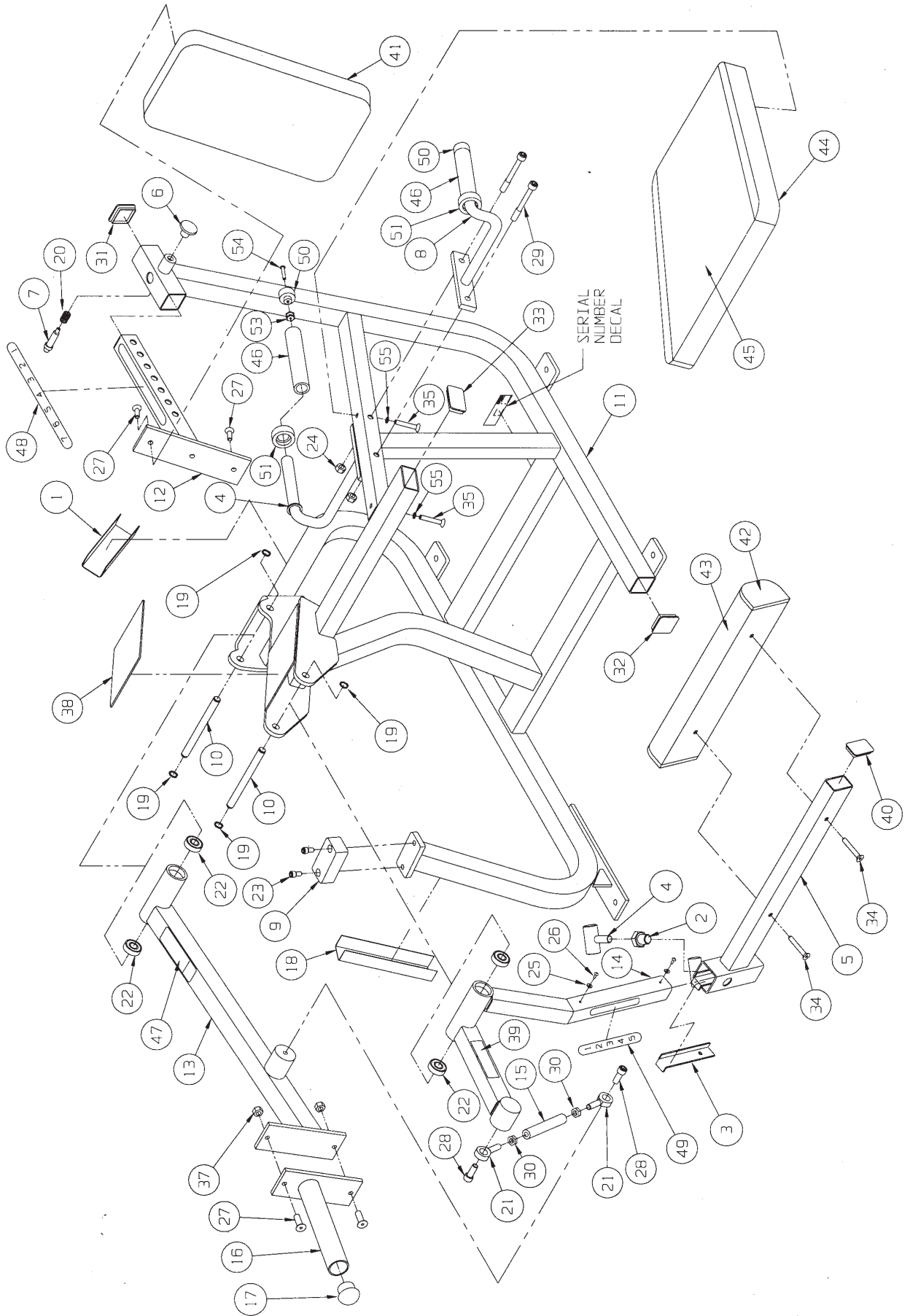
Cybox Plate Loaded Owner's Manual

5230 - Leg Extension

ITEM	QTY	PART NO.	DESCRIPTION
1	1	01442	Machined Bumper
2	1	01692	Threaded Insert
3	1	01694	Corner Bracket
4	1	5230-211	Handle Subassembly
5	1	11060-002	Leg Bar
6	1	11040-440	Knob
7	1	08229	Detent Pin
8	1	5230-210	Left Handle Subassembly
9	1	5220-305	Bumper 2.00 x 4.00
10	2	5220-320	Pivot Shaft
11	1	5230-200	Frame
12	1	5230-206	Cushion Mount
13	1	5230-204	Weight Tube
14	1	5230-208	Leg
15	1	5230-315	Rod End Link
16	1	5320-209	Weight Bracket
17	1	5330M040	Plug
18	1	5410M012	Machined Bumper
19	4	BR030210	Retaining Ring 17 mm
20	1	BS070201	Com Spring .56 ID x .66 OD x 1.50
21	2	FB030207	Male Rod End Bearing .500-20
22	4	FB030232	Radial Bearing 17 mm
23	2	HC702815	SHCS .375-16 x .75
24	2	HN784900	Nylon Locknut .500-13
25	2	HS108000	Nylon Washer .190 x .435 x .128 T
26	2	JC570412	BHSCS .190/10-24 x .50
27	4	JC700920	FHSCS .375-16 x 1.25
28	2	JC782820	SHCS .500-13 x 1.25
29	2	JC702836	SHCS .375-16 x 3.25

ITEM	QTY	PART NO.	DESCRIPTION
30	2	JN794400	Jam Nut .500-20
31	1	PP090200	Plastic Insert
32	1	PP090210	Plastic Insert
33	1	PP090202	Plastic Insert
34	2	JC700930	FHSCS .375-16 x 2.50
35	2	HC702830	SHCS .375-16 x 2.25
36			Removed
37	4	HN704901	Nylon Locknut .375-16
38	1	5230-317	Placard Decal
39			Removed 7-03
39	2	3900-445	Cybox Decal 1.00 Horiz. Black
39	2	3900-446	Cybox Decal 1.00 Horiz. Silver
40	1	PP090001	Plastic Insert 1.50 x 2.50 x 11 G
41	1	4800-115	Back Cushion
42	1	4800-006	Leg Cushion with Wear Cover
43	1	4800-093	Wear Cover
44	1	4107S085-0	Seat Cushion with Wear Cover
45	1	4106S079-0	Wear Cover
46	2	4605-507	Hand Grip
47	1	5220-364	Warning Decal
48	1	5230-319	Adjusting Tube Decal
49	1	5226-319	Adjusting Tube Decal
50	2	11090-374	End Cap
51	2	11090-376	Handle Grip Ring
52	1	51198	Strength Warranty Sheet (not shown)
53	2	HF449063	Insert
54	2	JC620422	BHSCS .250-20 x 1.50
55	2	JS347400	Internal Tooth Lockwasher

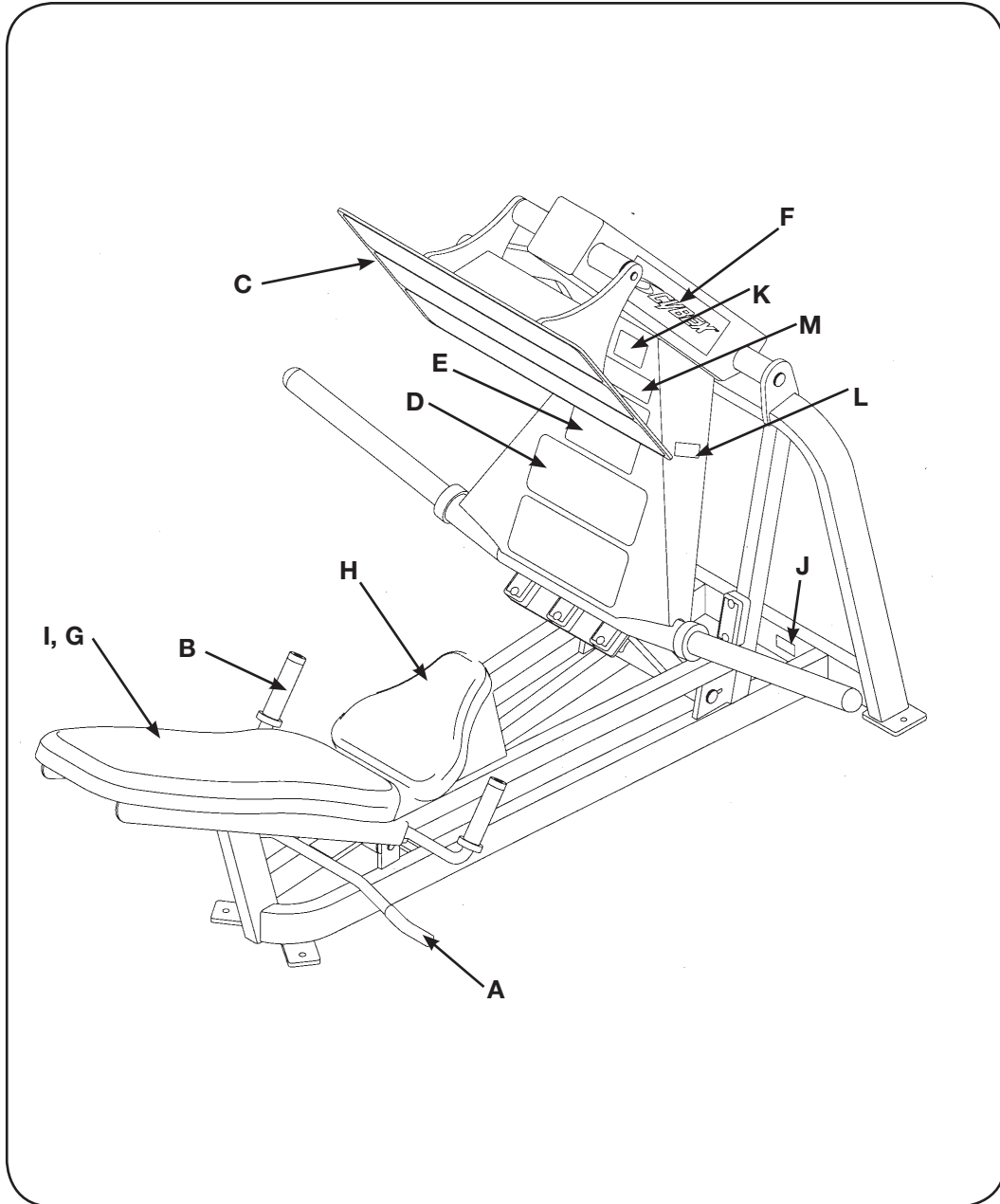
5230 - Leg Extension



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SQUAT PRESS

PRODUCT NO. 5235



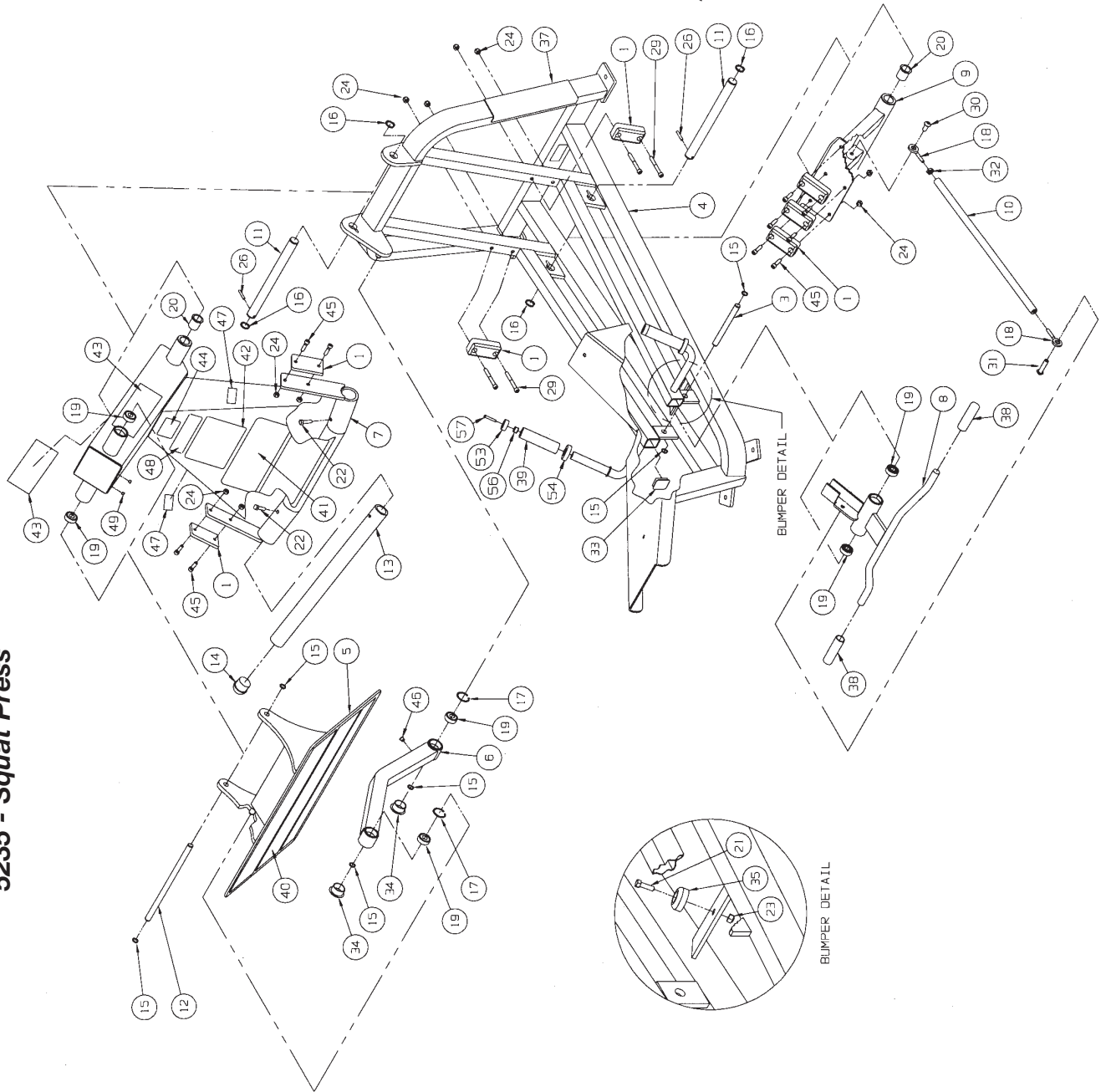
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Foam Grip	5235-341	G. Wear Cover	4800-114
B. Hand Grip	4605-501	H. Seat Cushion	4800-026
C. Non-Slip Fabric	4100M132	I. Back Cushion	4800-111
D. Non-Slip Fabric	4890-314	J. Serial Number Decal	
E. Placard Decal	5235-338	K. Warning Decal	5235-340
F. Cybex Decal Black	3900-447	L. Caution Decal	5220-337
F. Cybex Decal Silver	3900-448	M. Warning Decal	5220-365

Cyber Plate Loaded Owner's Manual

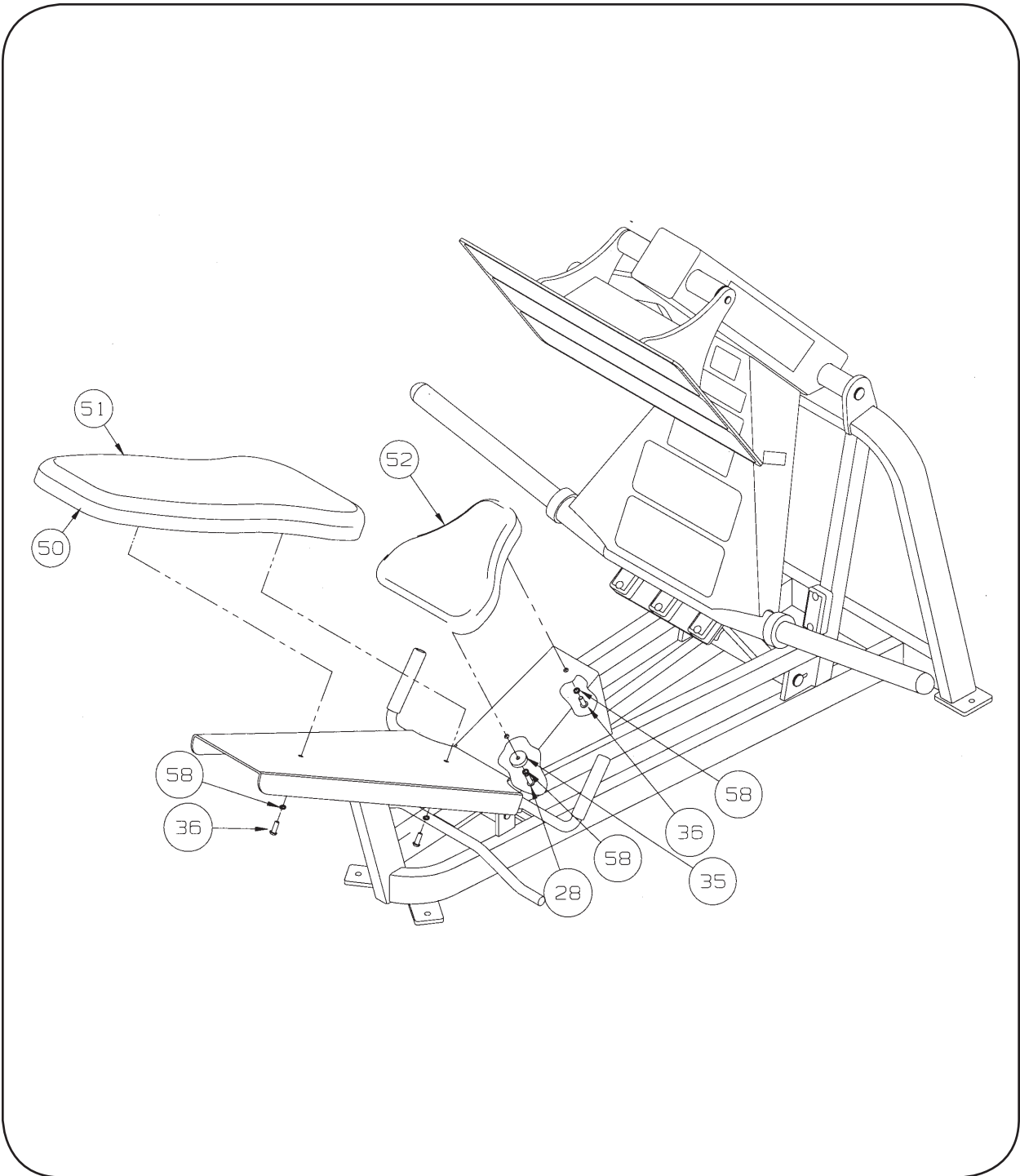
5235 - Squat Press

ITEM	QTY	PART NO.	DESCRIPTION
1	7	5220-305	Bumper 2.00 x 4.00
2			Removed
3	1	5220-320	Pivot Shaft
4	1	5235-200	Frame
5	1	5235-201	Foot Plate
6	1	5235-202	Upper Linkage
7	1	5235-203	Pivot Bracket
8	1	5235-204	Handle Stop
9	1	5235-205	Stop Arm
10	1	5235-324	Linkage Shaft
11	2	5235-333	Pivot Shaft
12	1	5235-334	Pivot Shaft
13	2	5235-337	Weight Tube
14	2	5330M040	Plug
15	6	BR030210	Retaining Ring 17 mm
16	4	BR030211	Retaining Ring 1.125 External
17	2	BR030212	Retaining Ring 1.575 Internal
18	2	FB030207	Male Rod End Bearing .500-20
19	6	FB030232	Radial Bearing 17 mm ID
20	4	FB050223	Flange Bearing
21	1	HC661217	1.12 ID x 1.28 OD x 1.50 L
22	2	HC701220	HHCS .312-18 x 1.00
23	1	HN664900	HHCS .375-16 x 1.25
24	14	HN704901	Nylon Locknut .312-18
25			Nylon Locknut .375-16
26	2	HP306722	Removed
27			Roll Pin .250 x 1.50
28	1	JC700420	Removed
29	4	HC702834	BHSCS .375-16 x 1.25
30	2	JC782820	BHSCS .375-16 x 3.00
			SHCS .500-13 x 1.25
31			Removed
32	1	JC794400	Jam Nut .500-20
33	2	PP090000	Plastic Insert 1.50 x 2.0 x 11 G
34	2	PP090208	Plastic Insert 1.75 Dia.
35	2	PR060003	Recess Bumper
36	3	HC700417	BHSCS .375-16 x 1.00
37	2	5362-312	Machined Bumper
38	2	5235-341	Foam Grip
39	2	4605-501	Hand Grip 7.00
40	3	4100M132	Non-slip Fabric
41	2	4890-314	Non-slip Fabric
42	1	5235-338	Placard Decal
43	2	3900-447	Cyber Decal 1.94 Horiz. Black
43	2	3900-448	Cyber Decal 1.94 Horiz. Silver
43			Removed 7-03
44	1	5235-340	Warning Decal
45	10	JC702820	SHCS .375-16 x 1.25
46	1	PP080207	Plastic Insert .437 Dia. x 11 G
47	2	5220-337	Caution Decal
48	1	5220-365	Warning Decal
49	2	PP080221	Black Insert .312 Dia.
50	1	4800-111	Back Cushion
51	1	4800-114	Wear Cover
52	1	4800-026	Seat Cushion
53	2	11090-374	End Cap
54	2	11090-376	Handle Grip Ring
55	1	51198	Strength Warranty Sheet (not shown)
56	2	HF449063	Insert
57	2	JC620422	BHSCS .250-20 x 1.50
58	4	JS347400	Internal Tooth Lockwasher

5235 - Squat Press

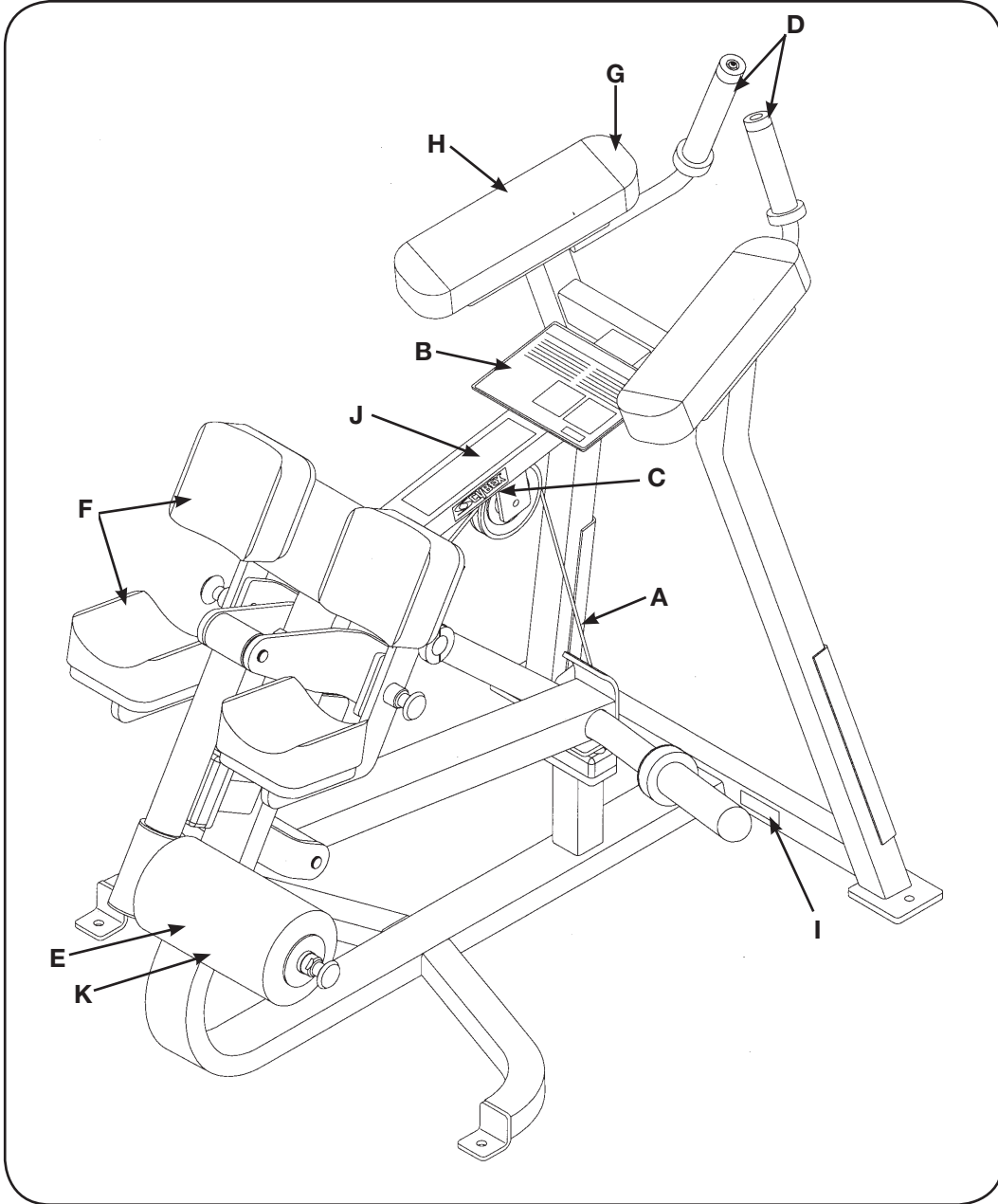


5235 - SQUAT PRESS



KNEELING LEG CURL

PRODUCT NO. 5240

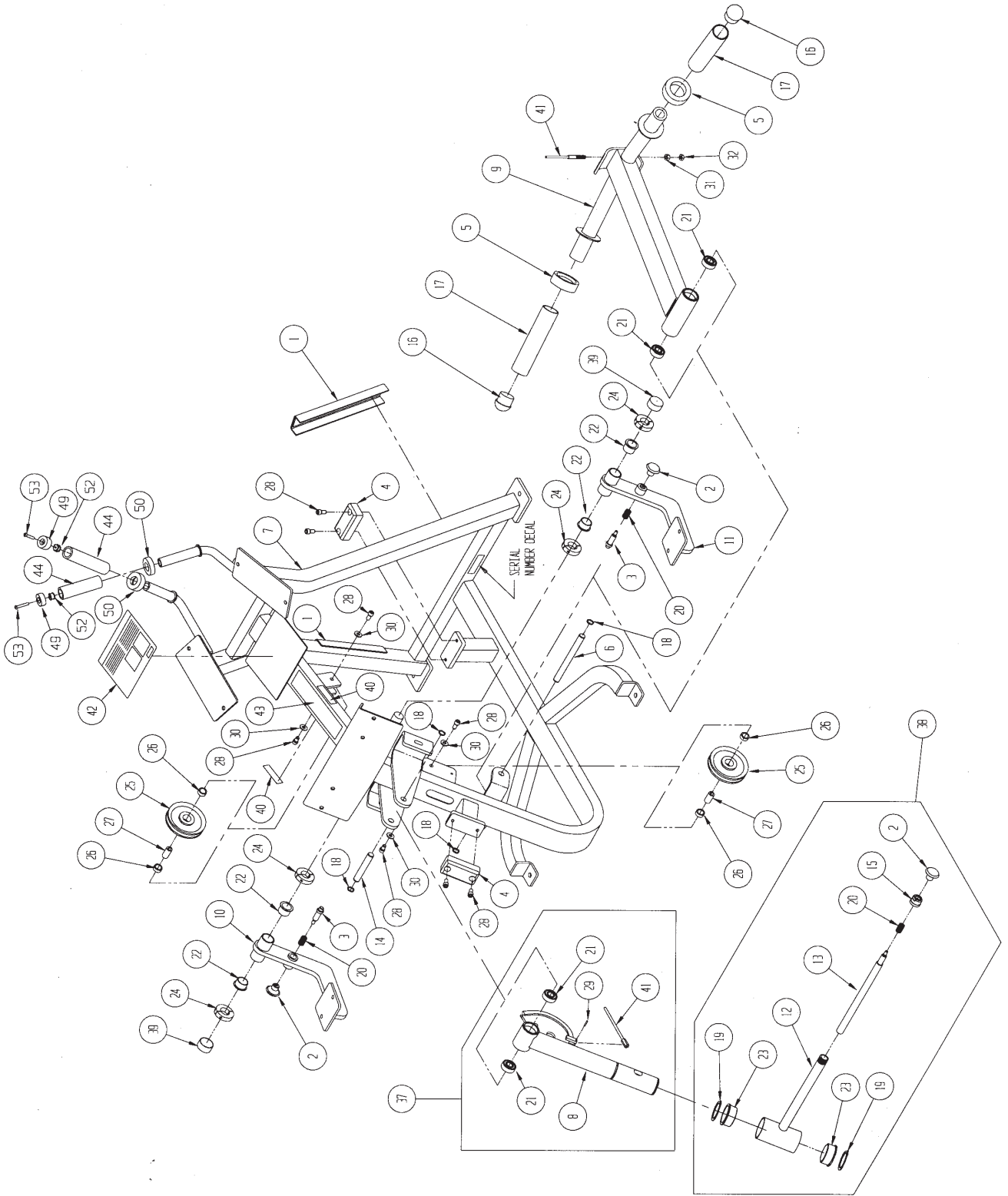


DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Cable Subassembly	5240-002	F. Cushion (Qty - 4)	5240-005-0
B. Placard Decal	5240-307	G. Arm Cushion w/Wear Cover	5530-003-0
C. Cybex Decal Black	3900-445	H. Wear Cover (Item G)	5530-311-0
C. Cybex Decal Silver	3900-446	I. Serial Number Decal	
D. Hand Grip	4605-510	J. Warning Decal	5220-364
E. Round Cushion w/Wear Cover.....	4121S067-0	K. Wear Cover (Item E).....	4121S068-0

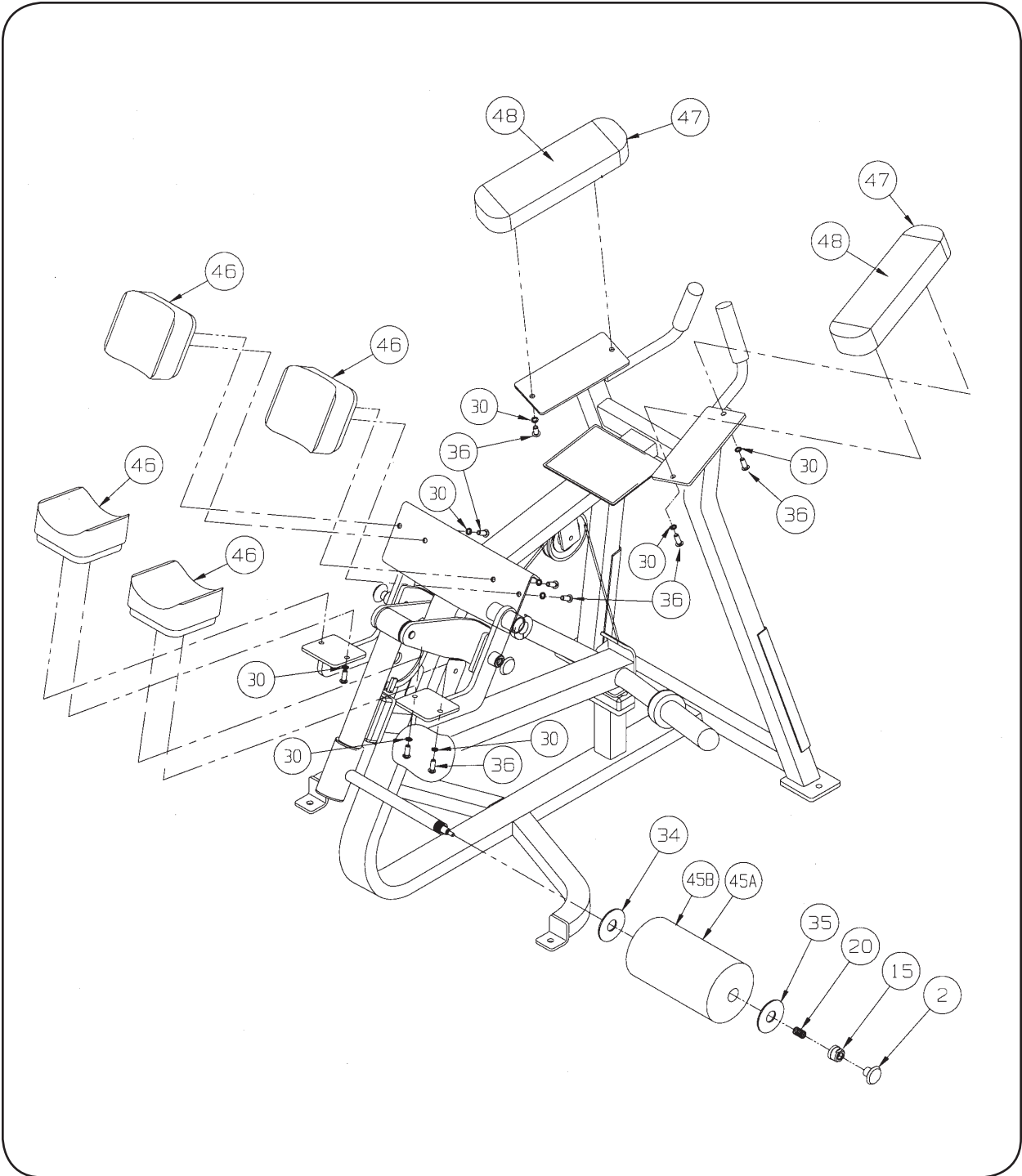
5240 - Kneeling Leg Curl

ITEM	QTY	PART NO.	DESCRIPTION
1	2	01442	Machined Bumper
2	3	11040-440	Cybox Knob
3	2	08229	Detent Pin
4	2	5220-305	Bumper 2.00 X 4.00
5	2	5220-367	Spacer
6	1	5220-320	Pivot Shaft 7"
7	1	5240-200	Frame
8	1	5240K350	Pivot Arm Kit
9	1	5240-202	Weight Arm
10	1	5240-203	Cushion Mount (Left Hand)
11	1	5240-204	Cushion Mount (Right Hand)
12	1	5240K351	Roller Assembly Kit
13	1	5240-324	Detent Pin
14	1	5240-326	Pivot Shaft 4"
15	1	5240-329	Retainer
16	2	5330M040	Plug
17	2	5490P010	Weight Tube 8.0
18	4	BR030210	Retaining Ring 17 mm
19	2	BR030213	External Retaining Ring 2.00
20	3	BS070201	Com Spring .56 x .66 x 1.50 L
21	2	FB030232	Radial Bearing 17 mm
22	4	FB050224	Flange Bearing 1.12 x 1.28 x .75 L
23	2	FB130206	Flange Bearing 2.0 x 2.25 x 1.0 L
24	4	FC030204	Two Piece Collar 1.125
25	2	GP000000	Pulley Assembly 4.50
26	4	GP000004	Pulley Spacer
27	2	GP000203	Pulley Center
28	8	HC702815	SHCS .375-16 x .75
29	1	HP266715	Spiral Pin .125 x .75
30	16	JS347400	Internal Tooth Lockwasher .375
31	1	JN714200	Hex Nut .375-24
32	1	JN714400	Jam Nut .375-24
33			Removed
34	1	4030C138	Spacer
35	1	4030P144	Spacer
36	12	HC700417	BHSCS .375-16 X 1.00
37	1	5240K350	Pivot Arm Kit
38	1	5240K351	Roller Assembly Kit
39	2	PP080211	Plastic Cap
40			Removed 7-03
40	2	3900-445	Cybox Decal 1.00 Horiz. Black
40	2	3900-446	Cybox Decal 1.00 Horiz. Silver
41	1	5240-002	Cable Subassembly
42	1	5240-307	Placard Decal
43	1	5220-364	Warning Decal
44	2	4605-510	Hand Grip
45A	1	4121S067-0	Round Cushion w/Wear Cover
45B	1	4121S068-0	Wear Cover
46	4	5240-005-0	Cushion
47	2	5530-003-0	Arm Cushion with Wear Cover
48	2	5530-311-0	Wear Cover
49	2	11090-374	End Cap
50	2	11090-376	Handle Grip Ring
51	1	51198	Strength Warranty Sheet (not shown)
52	2	HF449063	Insert
53	2	JC620422	BHSCS .250-20 x 1.50

5240 - Kneeling Leg Curl

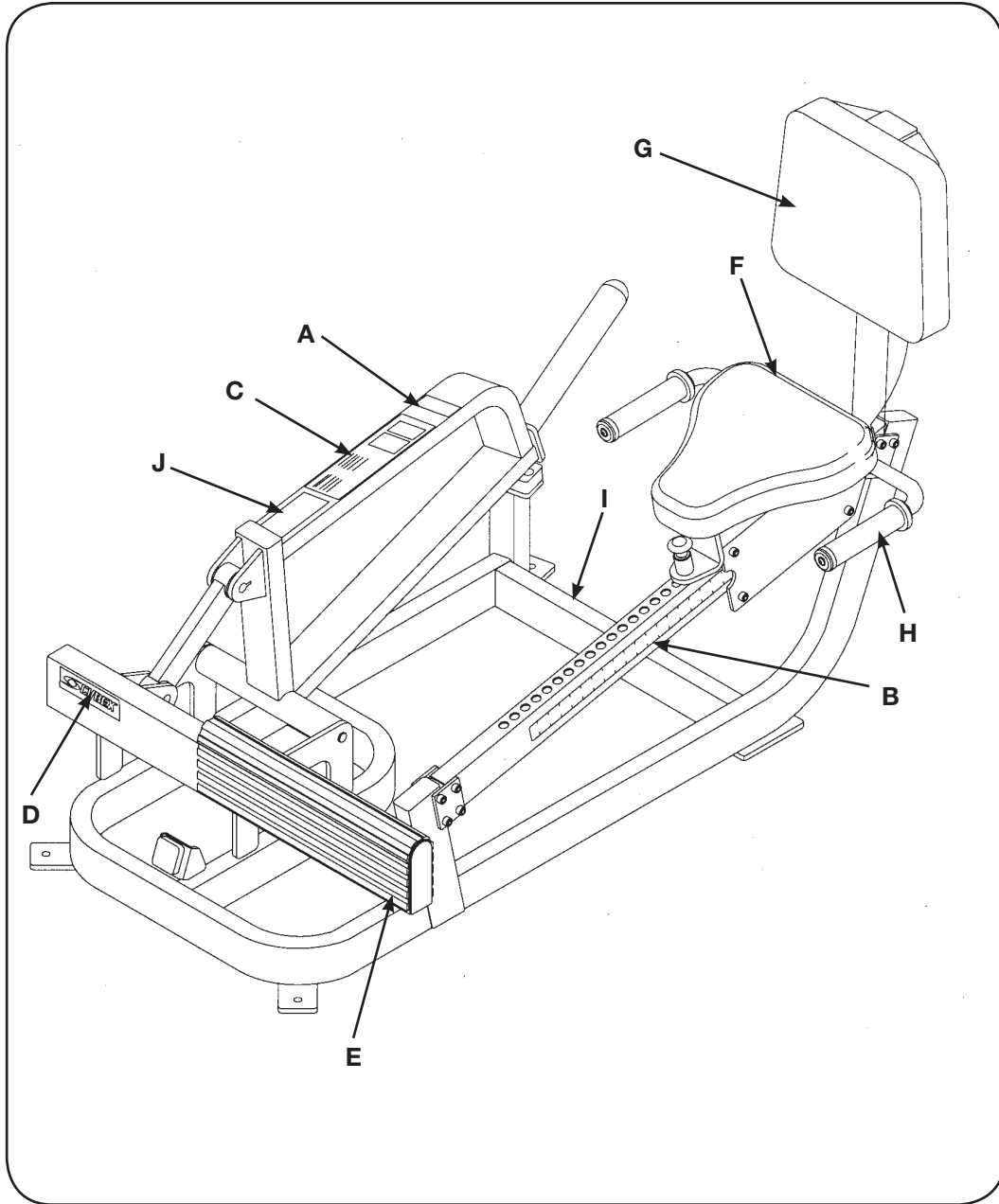


5240 - Kneeling Leg Curl



ROTARY CALF

PRODUCT NO. 5245

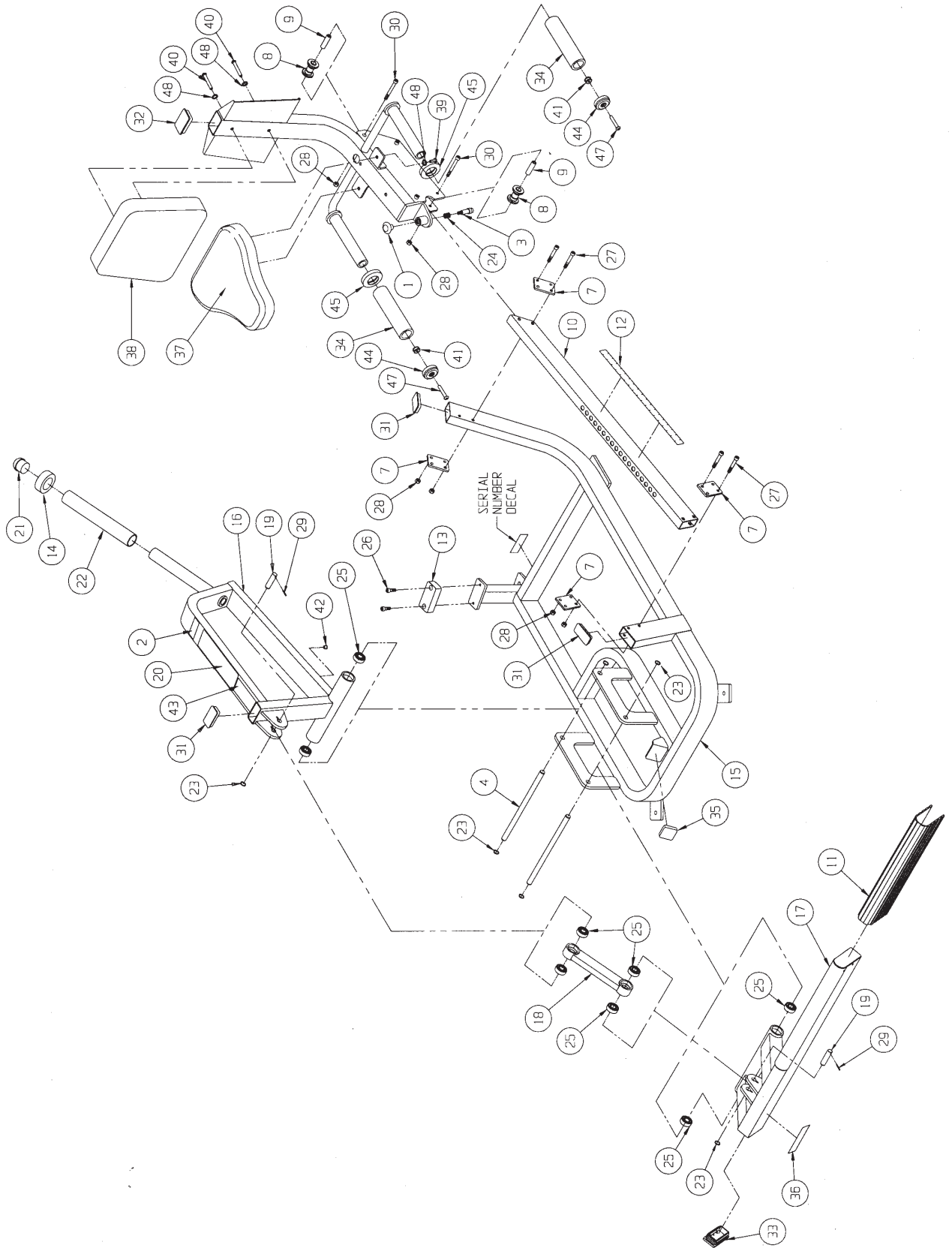


DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Caution Decal	4000Y316	E. Non-Slip Fabric	4620-322
B. Adjustable Seat Decal	4620-331	F. Seat Cushion	4800-025
C. Placard Decal	5245-318	G. Back Cushion	5245-011
D. Cybex Decal Black	3900-443	H. Grip	4605-508
D. Cybex Decal Silver	3900-444	I. Serial Number Decal	
		J. Warning Decal	5220-365

5245 - Rotary Calf

ITEM	QTY	PART NO.	DESCRIPTION
1	1	11040-440	Cybox Knob
2	1	4000Y316	Caution Decal
3	1	4605-322	Detent Pin
4	2	4605-334	Pivot Shaft 13.06
5			Removed 7-03
6	1	4620-202	Seat
7	4	4620-317	Plate
8	4	4620-318	Roller
9	4	4620-319	Spacer
10	1	4620-321	Adjusting Tube
11	1	4620-322	Non-Slip Fabric
12	1	4620-331	Seat Adjustment Decal
13	1	5220-305	Bumper 2.00 x 4.00
14	1	5220-367	Spacer
15	1	5245-200	Frame
16	1	5245-201	Input Arm
17	1	5245-202	Input Arm
18	1	5245-203	Tie Bar
19	2	5245-317	Pivot Shaft 2.563
20	1	5245-318	Placard Decal
21	1	5330M040	Plug
22	1	5490P005	Weight Tube 12.00
23	6	BR030210	Retaining Ring 17 mm
24	1	BS070201	Com Spring .56 x .66 x 1.50 L
25	8	FB030232	Radial Bearing 17 mm ID
26	2	HC702815	SHCS .375-16 x .75
27	8	HC702830	SHCS .375-16 x 2.50
28	12	HN704901	Nylon Locknut .375-16
29	2	HP266717	Spiral Pin .125 x 1.00
30	4	JC702836	SHCS .375-16 x 3.25
31	3	PP090202	Plastic Insert 1.50 x 3.00 x 11 GA
32	1	PP090206	Plastic Insert
33	1	PP090214	Plastic Insert
34	2	4605-508	Grip 1.38 OD x .94 x 5.50 L
35	1	PU060204	Bumper
36			Removed 7-03
36	1	3900-443	Cybox Decal 1.57 Horiz. Black
36	1	3900-444	Cybox Decal 1.57 Horiz. Silver
37	1	4800-025	Seat Cushion
38	1	5245-011	Back Cushion
39	2	HC702817	SHCS .375-16 x 1.00
40	2	JC702832	SHCS .375-16 x 2.75
41	2	HF449063	Tube Insert
42	2	PP080207	Plastic Insert .437 x 11 GA
43	1	5220-365	Warning Decal
44	2	11090-374	End Cap
45	2	11090-376	Handle Grip Ring
46	4	51198	Strength Warranty Sheet (not shown)
47	2	JC620422	BHSCS .250-20 x 1.50
48	4	JS347400	Internal Tooth Lockwasher

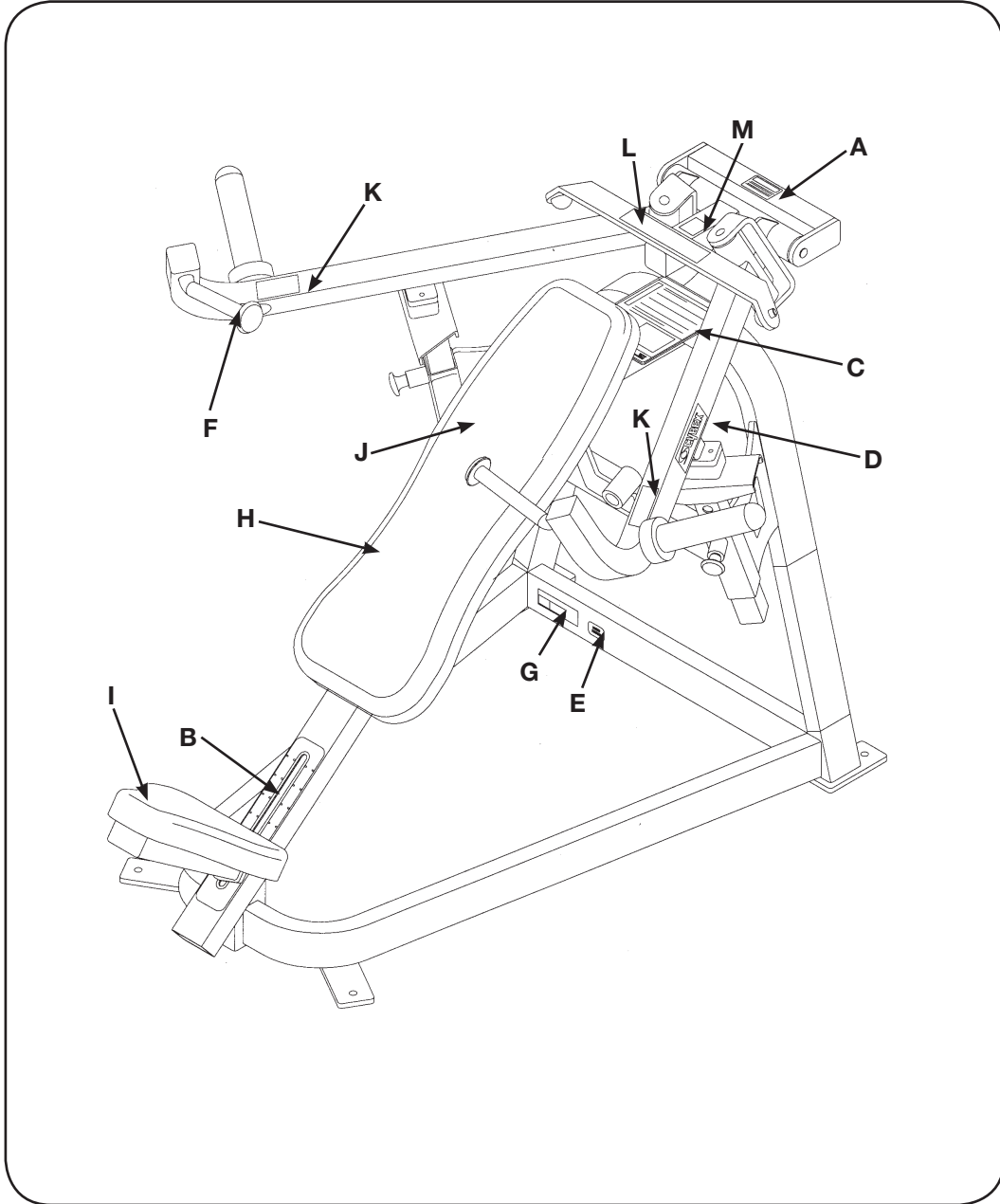
5245 - Rotary Calf



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ADVANCED INCLINE

PRODUCT NO. 5251



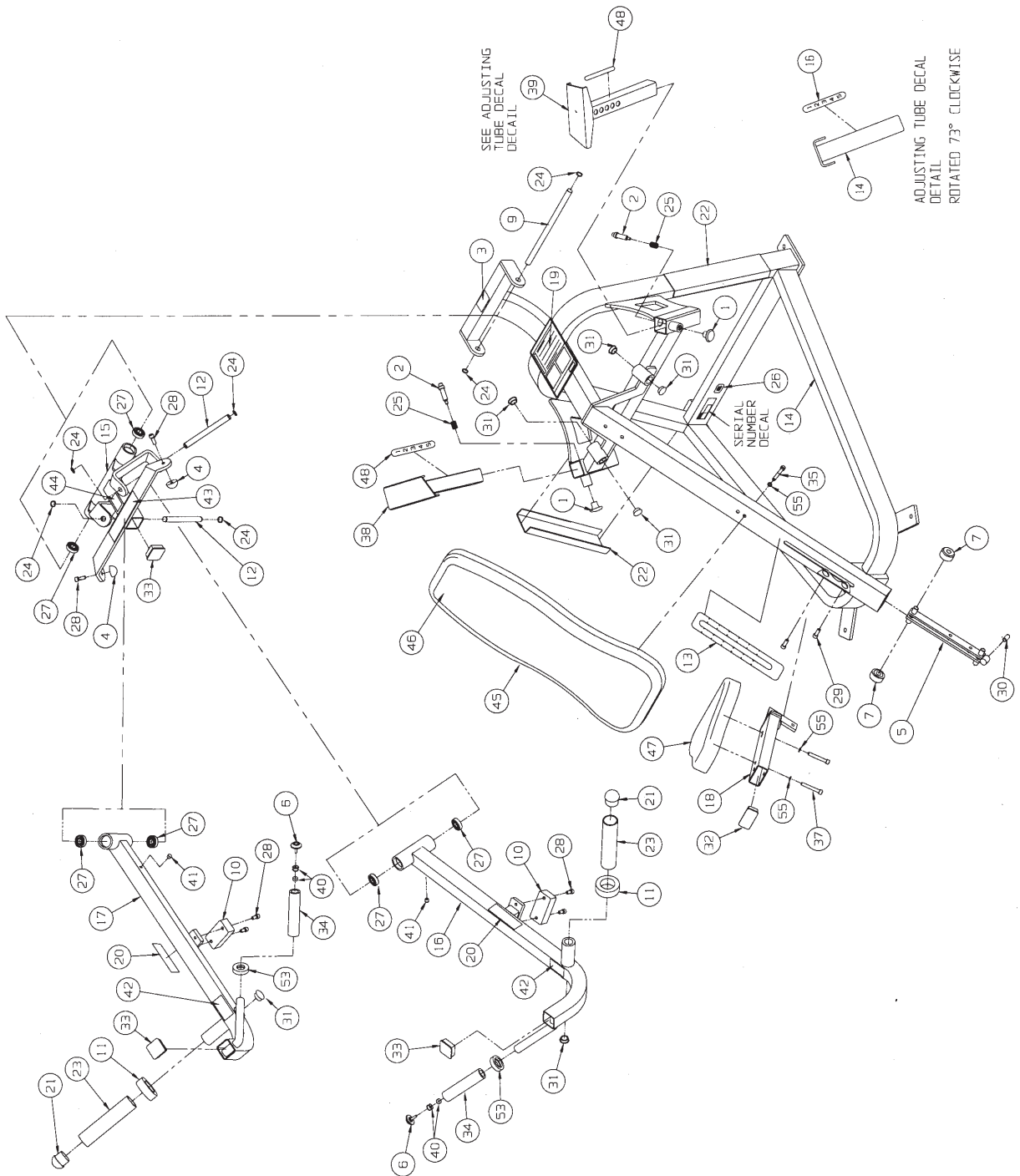
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Caution Decal	4000Y316	H. Back Cushion with Wear Cover (Item J)	4800-103
B. Adjustable Seat Decal	5221-316	I. Seat Cushion	4800-026
C. Placard Decal	5251-316	J. Wear Cover	4800-106
D. Cybex Decal Black	3900-445	K. Warning Decal	5220-337
D. Cybex Decal Silver	3900-446	L. Warning Decal	5220-365
E. Patent Pending Decal	CM000211	M. Caution Decal	5221-319
F. Grip	4605-500	N. Caution Decal	4520-362
G. Serial Number Decal			

Cybox Plate Loaded Owner's Manual

5251 - Advanced Incline

ITEM QTY	PART NO.	DESCRIPTION	ITEM QTY	PART NO.	DESCRIPTION		
1	2	11040-440	28	6	HC702815	Cybox Knob	SHCS .375-16 x .750
2	2	08229	29	2	HC702817	Detent Pin	SHCS .375-16 x 1.00
3	1	4000Y316	30			White Caution Decal	Removed
4	2	4505-331	31	6	PN660200	Bumper 1.50 Dia.	Plastic Insert 1.00 Dia. x 11 G
5	1	4520-212	32	1	PP090202	Seat Roller	Plastic Insert 1.50 x 3.0 x 11 G
6	2	4605-550	33	3	PP090210	Plug	Plastic Insert 2.00 Sq x 10-14 G
7	2	4520-331	34	2	4605-500	Roller	Grip 6"
8			35	2	JC700434	Removed	BHSCS .375-16 x 3.00
9	1	4605-334	36			Pivot Shaft 13.06	Removed
10	2	5220-305	37	2	HC700430	Bumper 2.00 x 4.00	BHSCS .375-16 x 2.50
11	2	5220-367	38	1	5226-207	Plastic Spacer	Right Hand Adjusting Tube
12	2	5220-320	39	1	5226-206	Pivot Shaft 7.06	Left Hand Adjusting Tube
13	1	5221-316	40	2	HF449063	Adjustable Seat Decal	Tube Insert
14	1	5251-200	41	2	PP080207	Frame	Plastic Insert
15	1	5251-201	42	2	5220-337	Pivot	Warning Decal
16	1	5251-202	43	1	5220-365	Left Hand Arm	Warning Decal
17	1	5251-203	44	1	5221-319	Right Hand Arm	Caution Decal
18	1	5251-204	45	1	4800-103	Seat	Back Cushion with Wear Cover
19	1	5251-316	46	1	4800-106	Placard Decal	Wear Cover
20	2	3900-445	47	1	4800-026	Cybox Decal 1.00 Horiz. Black	Seat Cushion
20			48	2	5226-319	Removed 7-03	Adjusting Tube Decal
20	2	3900-446	49	1	4520-213	Cybox Decal 1.00 Horiz. Silver	Bracket
21	2	5330M040	50	1	4520-362	Plug	Caution Decal
22	2	5362-312	51	2	HS347700	Machined Bumper	Washer USS .375
23	2	5490P010	52	2	JC702812	Weight Tube 8.00	SHCS .375-16 x .50
24	6	BR030210	53	2	11090-376	Retaining Ring 17 mm	Handle Grip Ring
25	2	BS070201	54	1	51198	Com Spring .56 x .66 x 1.50 L	Strength Warranty Sheet (not shown)
26	1	CM000211	55	4	JS347400	Patent Pending Decal	Internal Tooth Lockwasher
27	6	FB030232				Radial Bearing 17 mm ID	

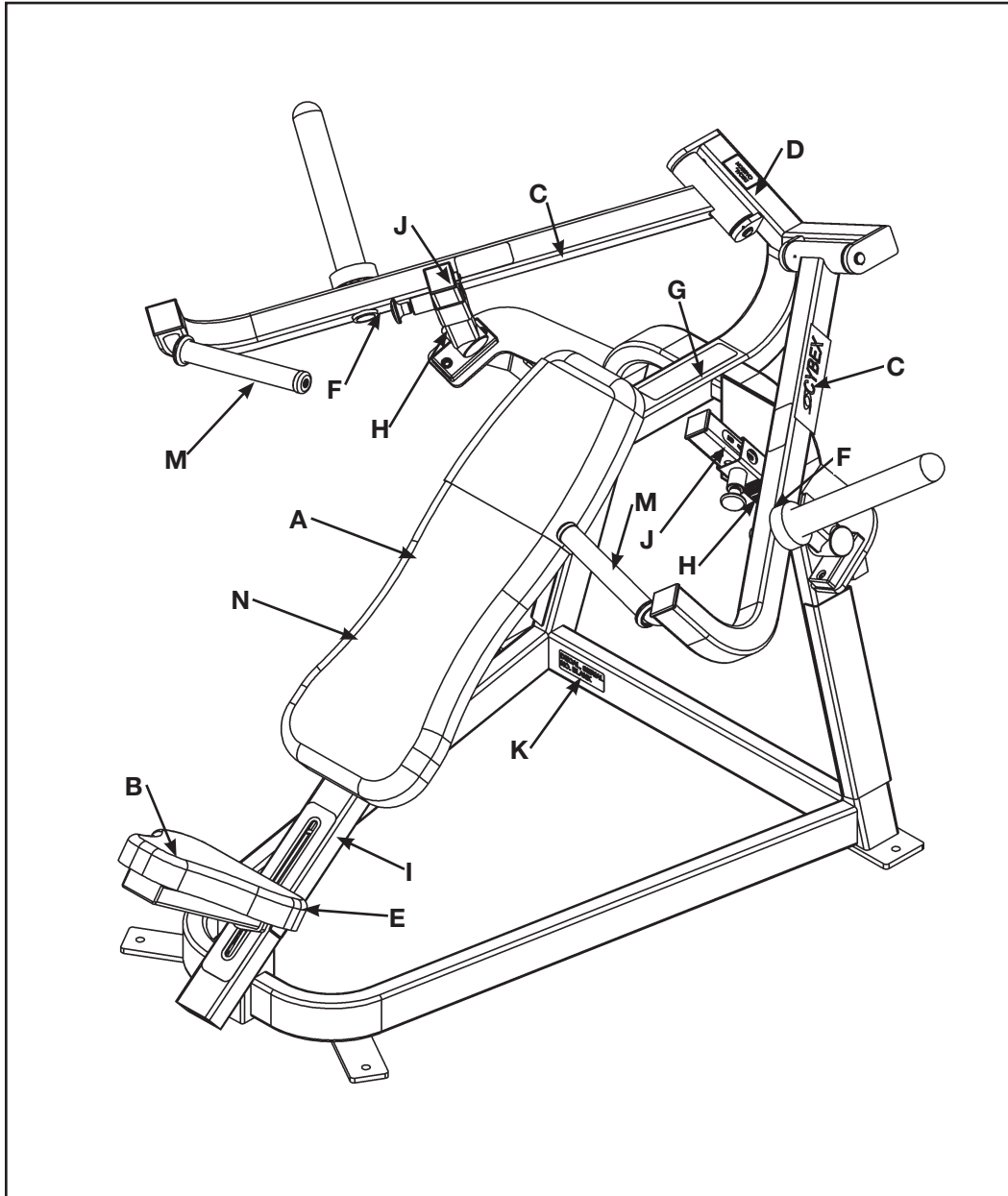
5251 - Advanced incline



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CONVERGING PLATE LOADED INCLINE PRESS

PRODUCT NO. 5252



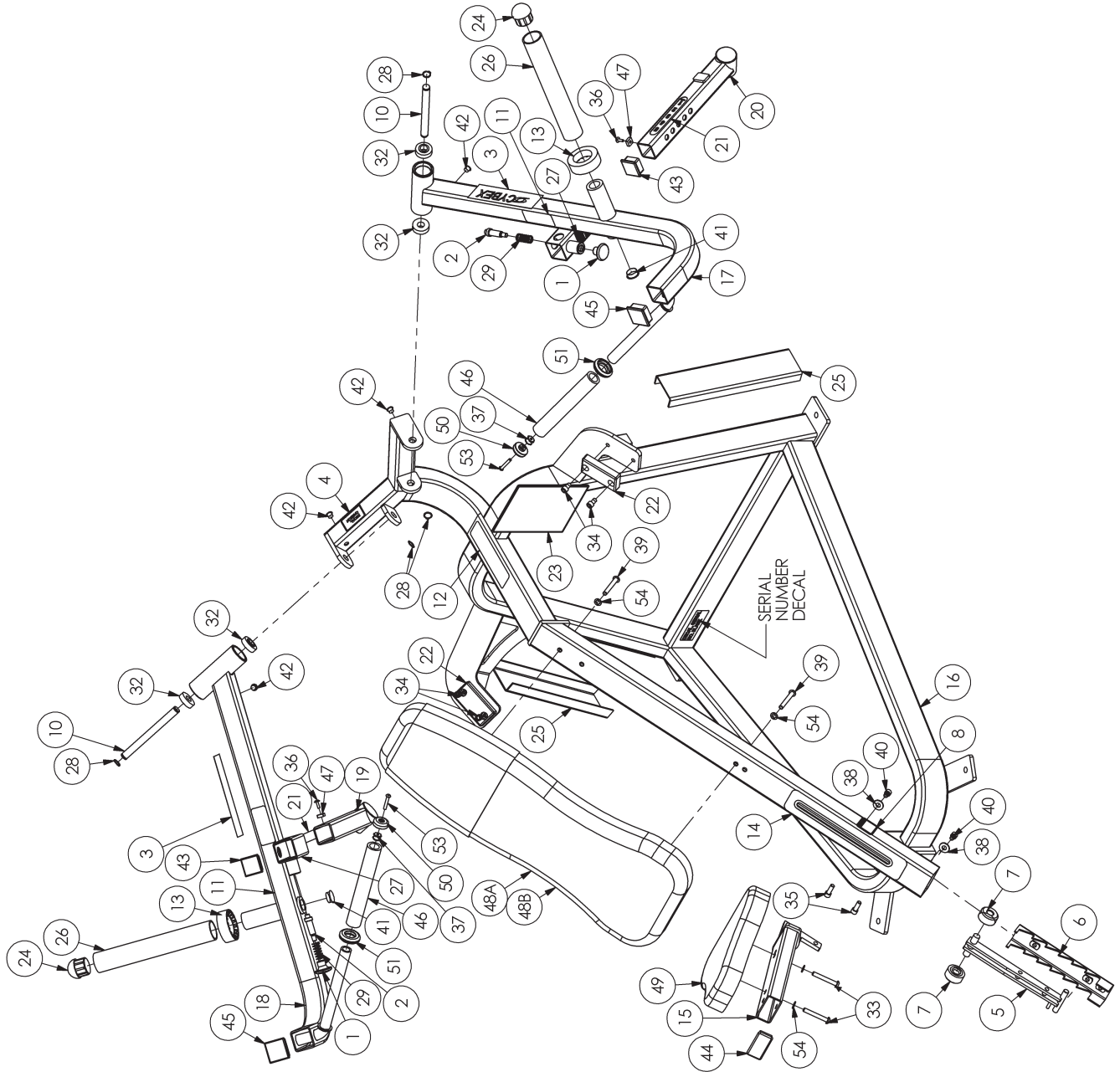
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Back Cushion w/Wear Cover.....	4800-103	G. Warning Decal	5220-364
B. Seat Cushion.....	4800-026	H. Caution Decal	8500-025
C. Cybex Decal Black	3900-445	I. Adjustable Seat Decal ..	5221-316
C. Cybex Decal Silver	3900-446	J. Adjusting Decal	5252-325
D. Caution Decal	4000Y316	K. Serial Number Decal	CM000202
E. Caution Decal	4520-362	L. Patent Pending Decal ...	CM000211
F. Warning Decal	5220-337	M. Grip	4605-502
		N. Wear Cover (Item A)	4800-106

5252 - Converging Plate Loaded Incline Press

ITEM	QTY	PART NO.	DESCRIPTION
1	2	11040-440	Cybox Knob
2	2	08229	Dentent Pin
3	2	3900-445	Cybox Decal 1.00 Horiz. Black
3	2	3900-446	Cybox Decal 1.00 Horiz. Silver
3			Removed 7-03
4	1	4000Y316	Caution Decal
5	1	4520-212	Seat Roller
6	1	4520-213	Bracket
7	2	4520-331	Roller
8	1	4520-362	Caution Decal
9			Removed 7-03
10	2	5220-320	Pivot Shaft 7.06
11	2	5220-337	Warning Decal
12	1	5220-364	Warning Decal
13	2	5220-367	Plastic Spacer
14	1	5221-316	Adjustable Seat Decal
15	1	5251-204	Seat
16	1	5252-200	Frame
17	1	5252-202	Arm (LH)
18	1	5252-203	Arm (RH)
19	1	5252-205	Adjusting Tube
20	1	5252-206	Adjusting Tube
21	2	5252-325	Adjusting Decal
22	2	5252-326	Bumper 2.00 x 4.00
23	1	5252-598	Placard Decal
24	2	5330M040	Plug
25	2	5362-312	Bumper
26	2	5490P055	Weight Tube 12.00
27	2	8500-025	Caution Decal

ITEM	QTY	PART NO.	DESCRIPTION
28	4	BR030210	Retaining Ring 17mm
29	2	BS070201	Com Spring .56 x .66 1.50 L
30			Removed
31	1	CM000211	Patent Pending Decal
32	4	FB030232	Bearing 17mm
33	2	HC700430	BHSCS .375-16 x 2.50
34	4	JC702814	SHCS .375-16 x .625
35	2	HC702817	SHCS .375-16 x 1.00
36	2	HT102214	Phil Hex Washer
37	2	HF449063	Insert 3/4 x 1/4-20
38	2	HS347700	Washer, USS .375
39	2	JC700434	BHSCS .375-16 x 3.00
40	2	JC702812	SHCS .375-16 x .50
41	2	PN660200	Plastic Insert 1.00 Dia.-11 G
42	4	PP080207	Plastic Insert .437 Dia. 11 G
43	2	PP090200	Plastic Insert 1.75 Sq 10-14
44	1	PP090202	Plastic Insert 1.50 x 3.00 x 11 G
45	2	PP090210	Plastic Insert 2.00 Sq x 10-14 G
46	2	4605-502	Grip 1.38 OD x .94 ID
47	2	PU060211	Bumper .62 x .62 x .25
48A	1	4800-103	Back Cushion w/Wear Cover
48B	1	4800-106	Wear Cover
49	1	4800-026	Seat Cushion
50	2	11090-374	End Cap
51	2	11090-376	Handle Grip Ring
52	1	51198	Strength Warranty Sheet (not shown)
53	2	JC620422	BHSCS .250-20 x 1.50
54	4	JS347400	Internal Tooth Lockwasher

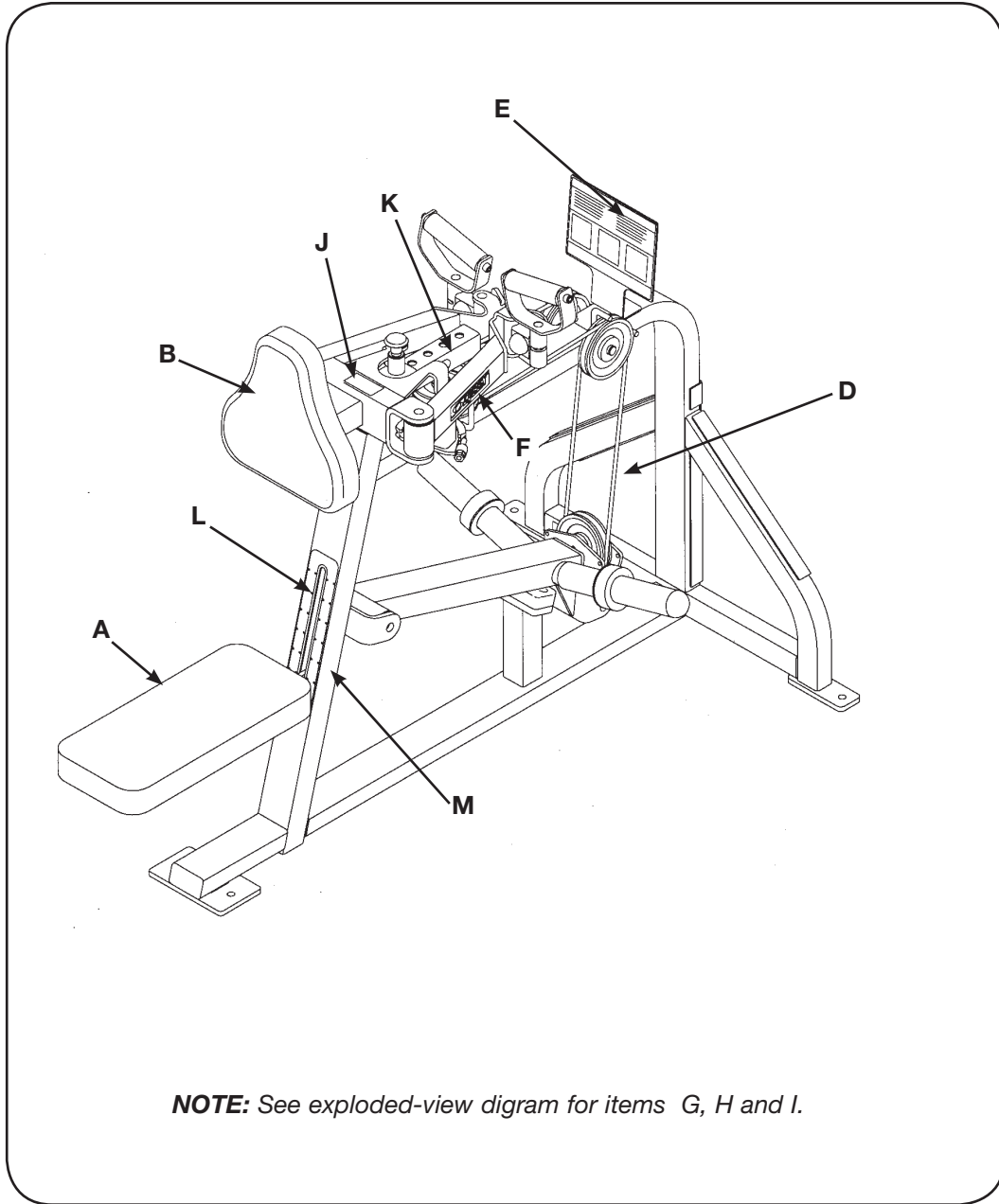
5252 - Converging Plate Loaded Incline Press



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REAR DELT

PRODUCT NO. 5255



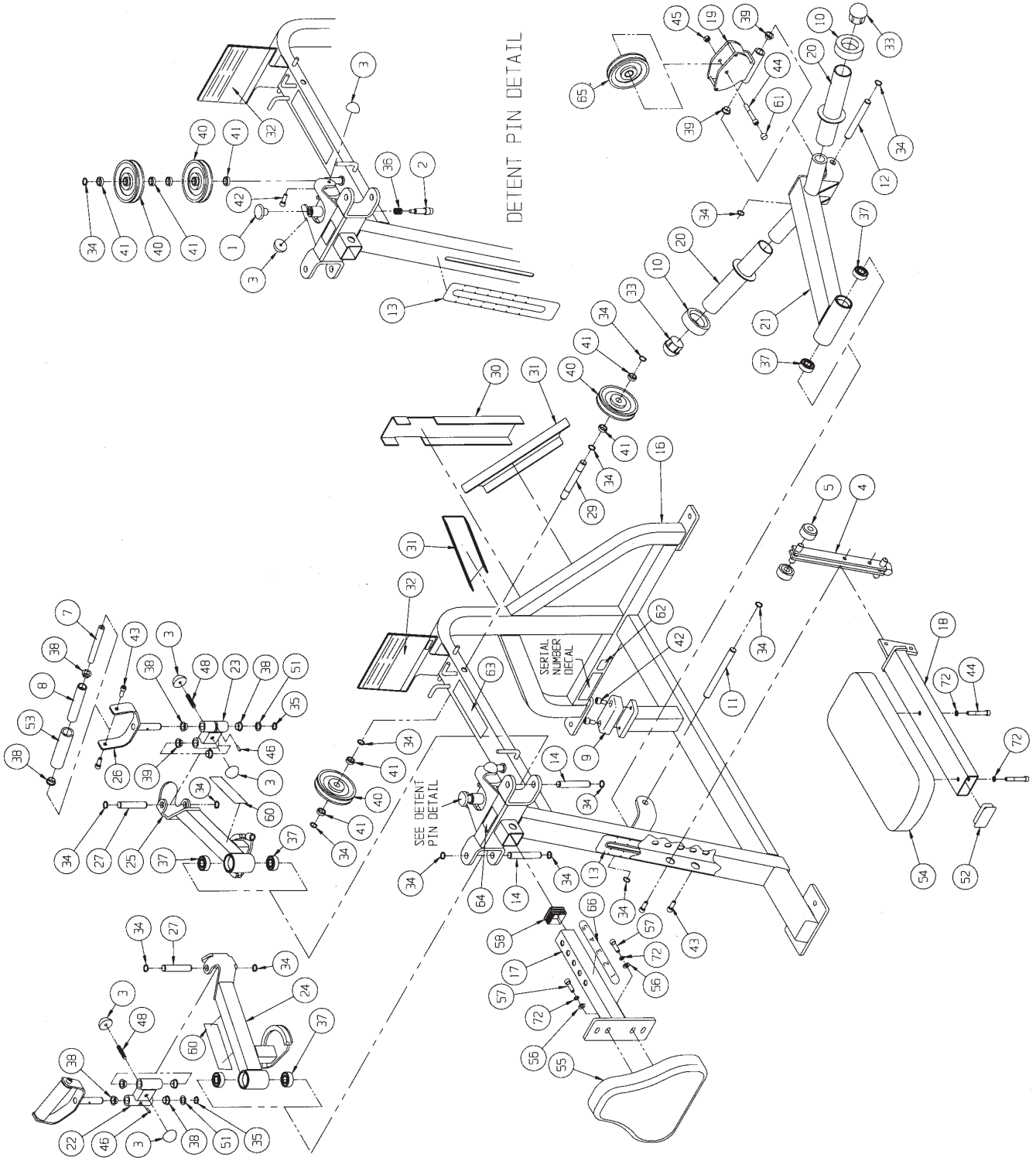
NOTE: See exploded-view diagram for items G, H and I.

DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Seat Cushion	4800-024	G. Serial Number Decal	
B. Chest Cushion	4800-026	H. Patent Pending Decal ...	CM000211
C. Removed		I. Warning Decal	5220-364
D. Cable Subassembly	5255-003	J. Caution Decal	4000Y316
E. Placard Decal	5255-598	K. Adjusting Tube Decal....	5255-339
F. Cybex Decal Black	3900-445	L. Adjustable Seat Decal ..	5221-316
F. Cybex Decal Silver	3900-446	M. Caution Decal	4520-362

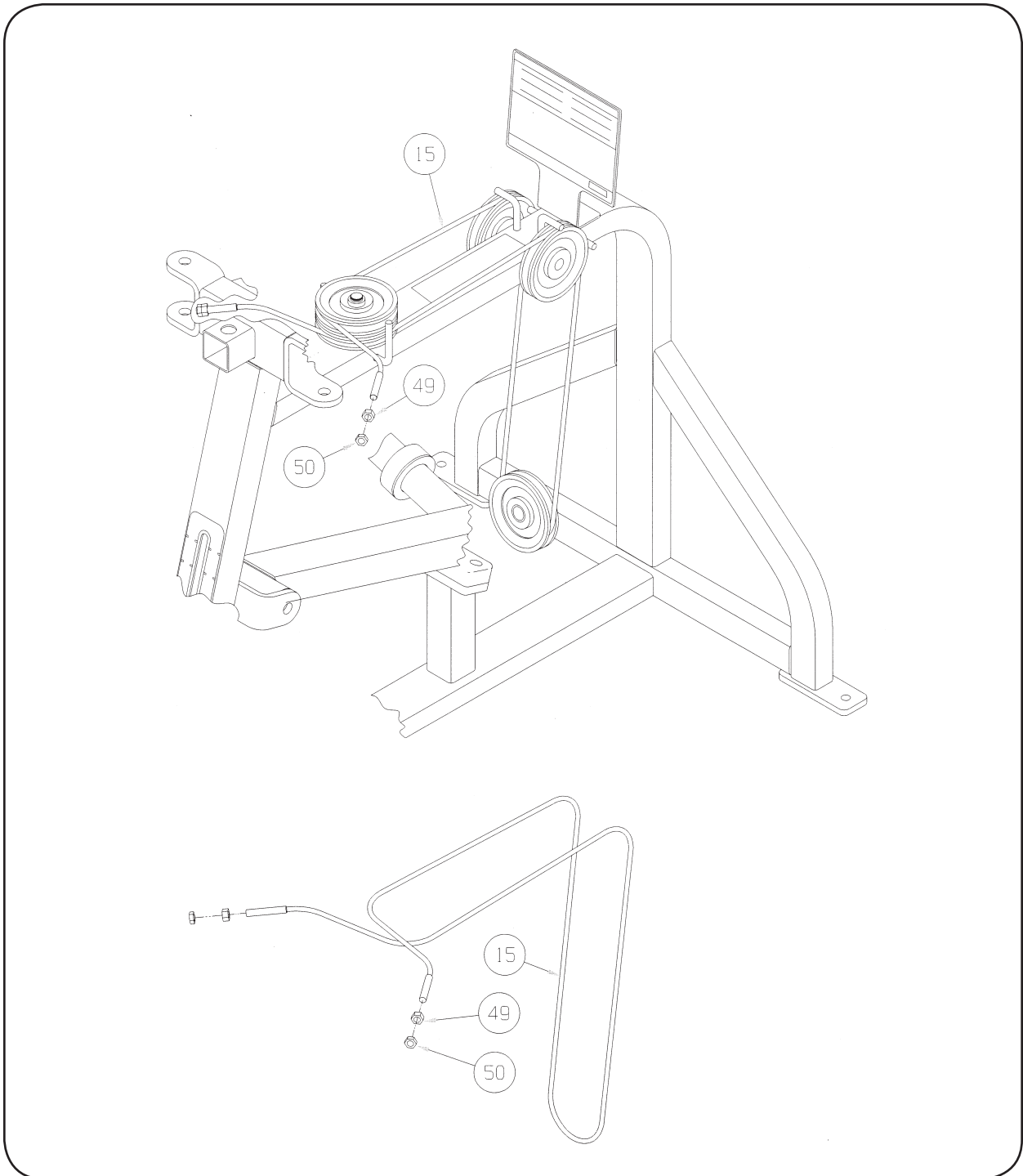
5255 - Rear Delt

ITEM	QTY	PART NO.	DESCRIPTION
1	1	11040-440	Cybox Knob
2	1	08229	Detent Pin
3	6	4505-331	Bumper 1.50 DIA
4	1	4520-212	Seat Roller
5	2	4520-331	Roller
6			Removed
7	2	4535-327	Long Pivot Pin
8	2	4535-330	Pivot Handle Tube
9	1	5220-305	Bumper 2.00 X 4.00
10	2	5220-367	Spacer
11	1	5220-320	Pivot Shaft 7.06
12	1	5220-359	Pivot Shaft 5.06
13	1	5221-316	Adjustable Seat Decal
14	2	5240-326	Pivot Shaft 4.06
15	1	5255-003	Cable Subassembly
16	1	5255-211	Frame
17	1	5255-215	Cushion Tube
18	1	5255-202	Seat Tube
19	1	5255-203	Pulley Bracket
20	2	5255-214	Weight Tube
21	1	5255-205	Weight Tube Arm
22	1	5255-206	Left Hand Pivot
23	1	5255-207	Right Hand Pivot
24	1	5255-212	Left Hand Cam Arm
25	1	5255-213	Right Hand Cam Arm
26	2	5255-210	Handle
27	2	5255-304	Pin
28			Removed
29	1	5255-328	Pin
30	1	5255-335	Bumper
31	2	5255-336	Bumper
32	1	5255-598	Placard Decal
33	2	5330M040	Plug
34	17	BR030210	Retaining Ring 17 mm
35	2	BR030214	Retaining Ring .625
36	1	BS070201	Com Spring .56 x .66 x 1.50 L
37	6	FB030232	Radial Bearing 17 mm ID
38	8	FB130205	Flange Bearing .62 x .75 x .38 L
39	6	FB130207	Flange Bearing 17 mm x 19 mm x 22 mm
40	4	GP000000	Pulley Assembly 4.50
41	8	GP000004	Pulley Spacer
42	4	HC702815	SHCS .375-16 x .75
43	6	HC702817	SHCS .375-16 x 1.00
44	3	HC702830	SHCS .375-16 x 2.50
45	1	HN704901	Nylon Locknut .375-16
46	2	HP286715	Roll Pin .188 x .75
47			Removed
48	2	HP707025	Stud .375-16 x 1.75
49	2	JN714200	Hex Nut .375-24
50	2	JN714400	Jam Nut .375-24
51	2	JS407100	Machinery Bushing .625
52	1	PP090202	Plastic Insert 1.50 x 3.00 x 11 G
53	2	4605-504	Grip 1.38 OD x .94 x 10 L
54	1	4800-024	Seat Cushion
55	1	4800-026	Chest Cushion
56	2	HS347600	Washer SAE .375
57	2	HC702826	SHCS .375-16 x 2.00
58	1	PP090200	Plastic Insert 1.75 Sq x 11 G
59			Removed 7-03
60	2	3900-445	Cybox Decal 1.00 Horiz. Black
60			Removed 7-03
60	2	3900-446	Cybox Decal 1.00 Horiz. Silver
61	1	PP080222	Vinyl End Cap
62	1	CM000211	Patent Pending Decal
63	1	5220-364	Warning Decal
64	1	4000Y316	Caution Decal
65	1	GP000213	Pulley Assembly
66	1	5255-339	Adjusting Tube Decal
67	1	4520-213	Bracket
68	1	4520-362	Caution Decal
69	2	HS347700	Washer USS .375
70	2	JC702812	SHCS .375-16 x .50
71	1	51198	Strength Warranty Sheet (not shown)
72	4	JS347400	Internal Tooth Lockwasher

5255 - Rear Delt

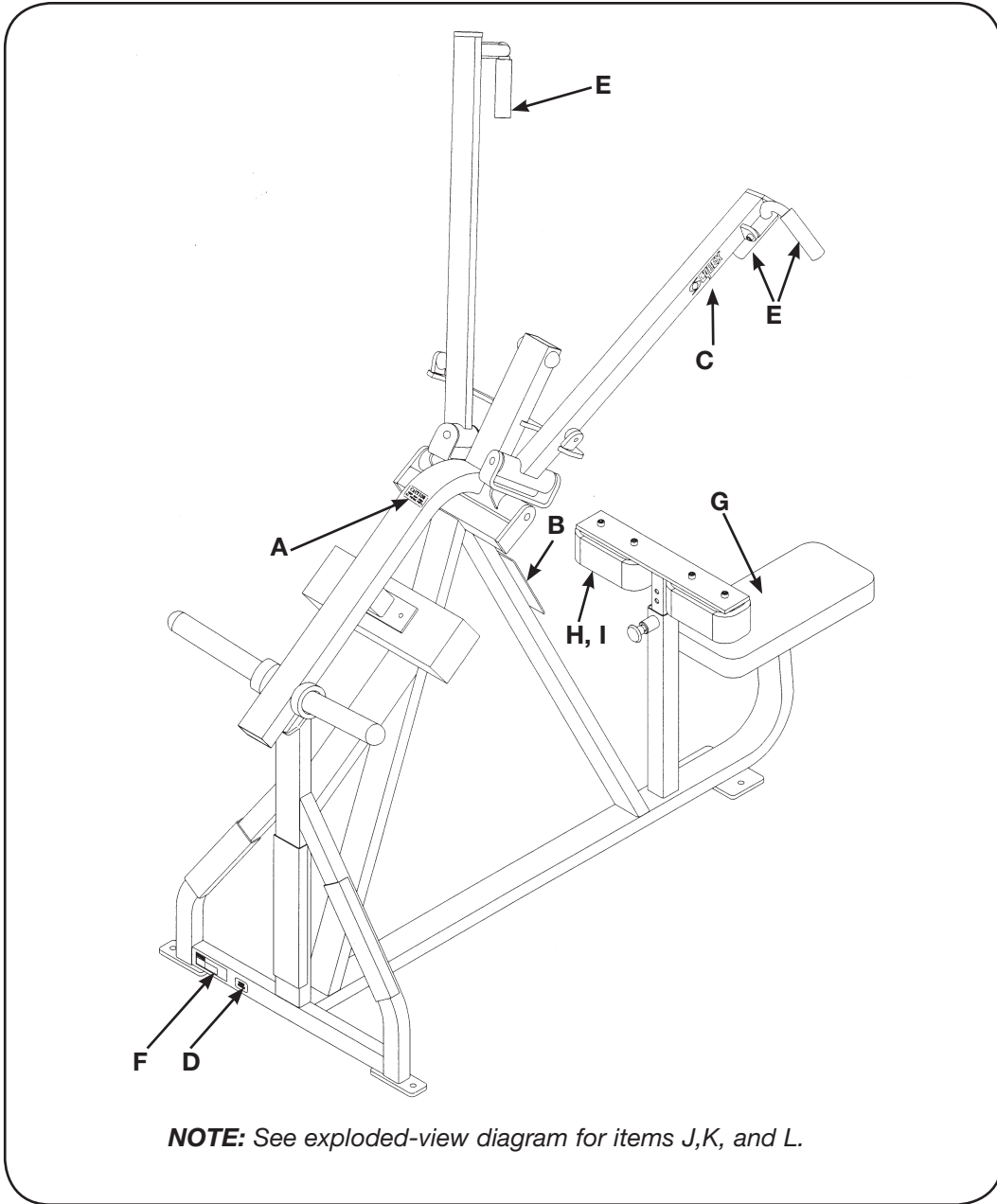


5255 - Rear Delt



ADVANCED PULLDOWN

PRODUCT NO. 5261



NOTE: See exploded-view diagram for items J, K, and L.

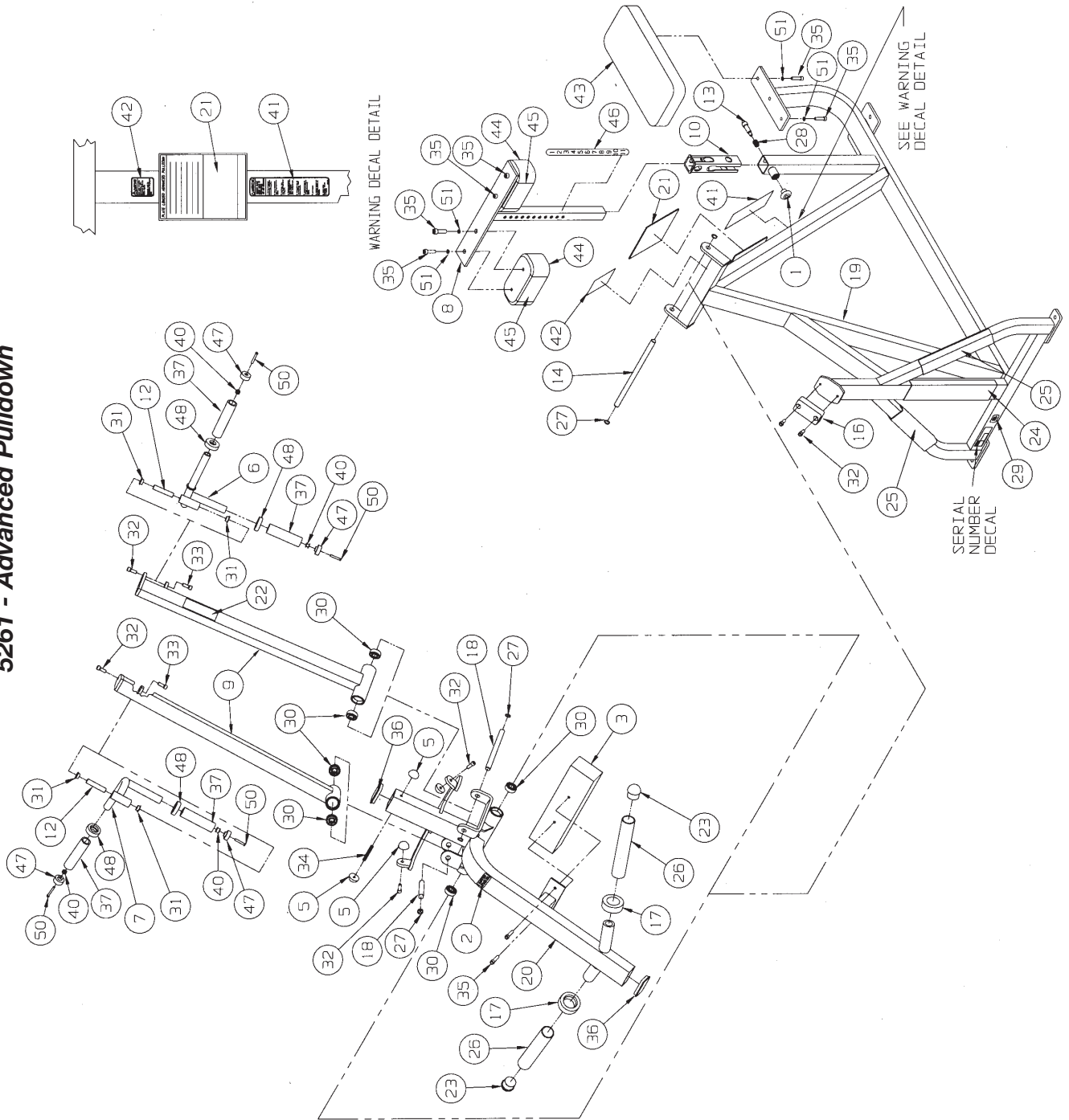
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Caution Decal	4000Y316	G. Seat Cushion	4800-024
B. Placard Decal	5261-310	H. Thigh Pad and	
C. Cybex Decal Black	3900-445	Wear Cover (Item I)	4800-071
C. Cybex Decal Silver	3900-446	I. Wear Cover	4800-101
D. Patent Pending Decal	CM000211	J. Warning Decal	5220-364
E. Grip	4605-501	K. Caution Decal	5221-319
F. Serial Number Decal		L. Adjusting Tube Decal ...	4810-310

5261 - Advanced Pulldown

ITEM	QTY	PART NO.	DESCRIPTION
1	1	11040-440	Cybox Knob
2	1	4000Y316	Caution Decal
3	1	ZC000001	Counterweight
4			Removed
5	4	4505-331	Bumper 1.50 Dia
6	1	4515-202	Left Hand Handle
7	1	4515-203	Right Hand Handle
8	1	4515-207	Seat Post
9	2	4515-205	Arm
10	1	4605-512	Plastic Insert
11			Removed
12	2	4535-328	Short Pivot Pin
13	1	4605-322	Detent Pin
14	1	4605-334	Pivot Shaft 13.06
15			Removed 7-03
16	1	5220-305	Bumper 2.00 x 4.00
17	2	5220-367	Spacer
18	2	5220-320	Pivot Shaft 7.06
19	1	5261-200	Frame
20	1	5261-201	Bearing Housing
21	1	5261-310	Placard Decal
22	2	3900-445	Cybox Decal 1.00 Horiz. Black
22			Removed 7-03
22	2	3900-446	Cybox Decal 1.00 Horiz. Silver
23	2	5330M040	Plug
24	1	5362-312	Machined Bumper
25	2	5410M012	Machined Bumper

ITEM	QTY	PART NO.	DESCRIPTION
26	2	5490P009	Weight Tube 10.00
27	6	BR030210	Retaining Ring 17 mm
28	1	BS070201	Com Spring .56 x .66 x 1.50
29	1	CM000211	Patent Pending Decal
30	6	FB030232	Radial Bearing 17 mm ID
31	4	FB130205	Flange Bearing .62 x .75 x .38 L
32	6	HC702815	SHCS .375-16 x .750
33	2	HC702817	SHCS .375-16 x 1.00
34	1	HP707038	Stud .375-16 x 3.50
35	8	JC702820	SHCS .375-16 x 1.25
36	2	PP090206	Plastic Insert
37	4	4605-501	Grip 5"
38			Removed
39			Removed
40	4	HF449063	Tube Insert
41	1	5220-364	Warning Decal
42	1	5221-319	Caution Decal
43	1	4800-024	Seat Cushion
44	2	4800-071	Thigh Pad with Wear Cover
45	2	4800-101	Wear Cover
46	1	4810-310	Adjusting Tube Decal
47	4	11090-374	End Cap
48	4	11090-376	Handle Grip Ring
49	1	51198	Strength Warranty Sheet (not shown)
50	4	JC620422	BHSCS .250-20 x 1.50
51	6	JS347400	Internal Tooth Lockwasher

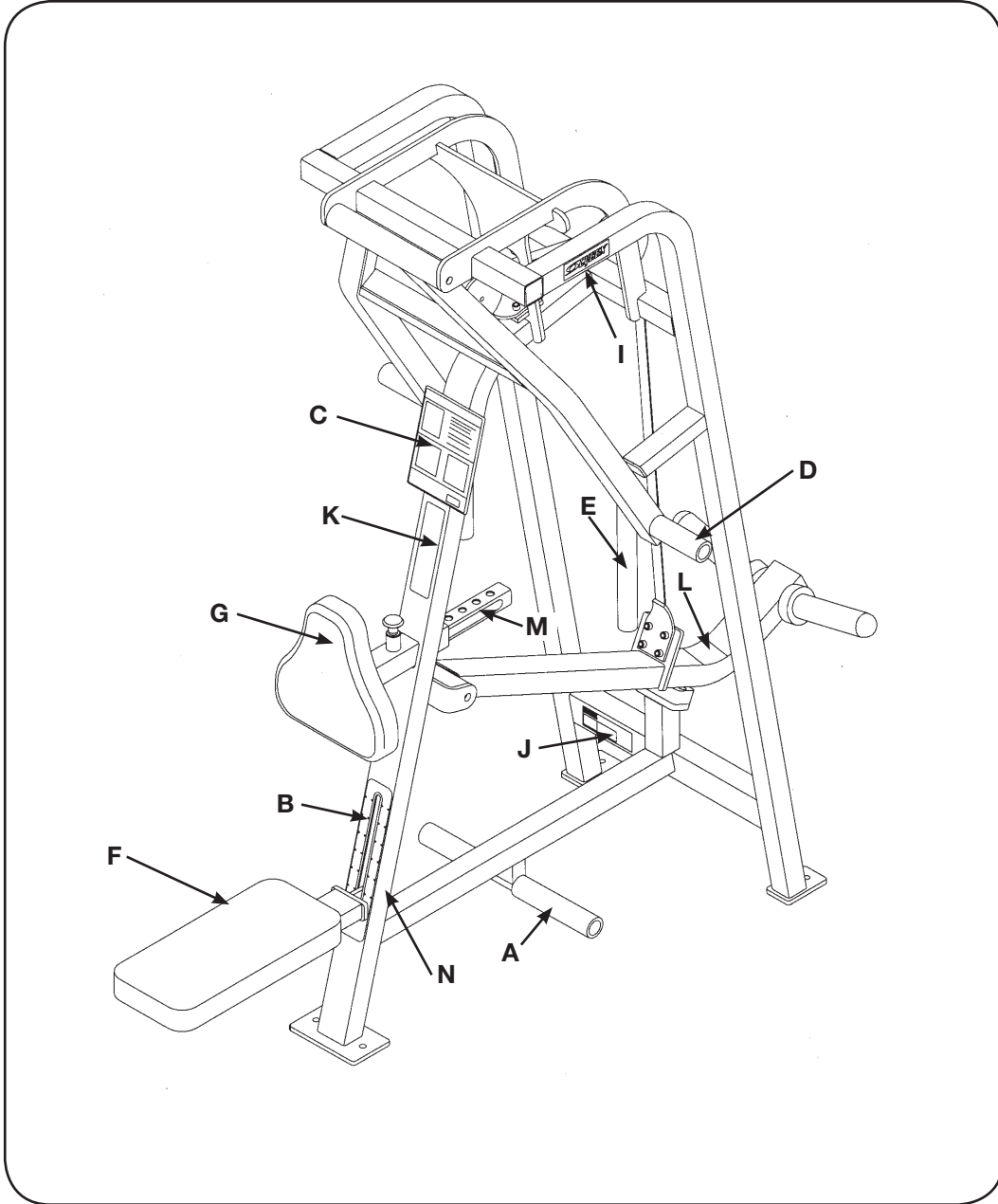
5261 - Advanced Pulldown



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ROW

PRODUCT NO. 5265



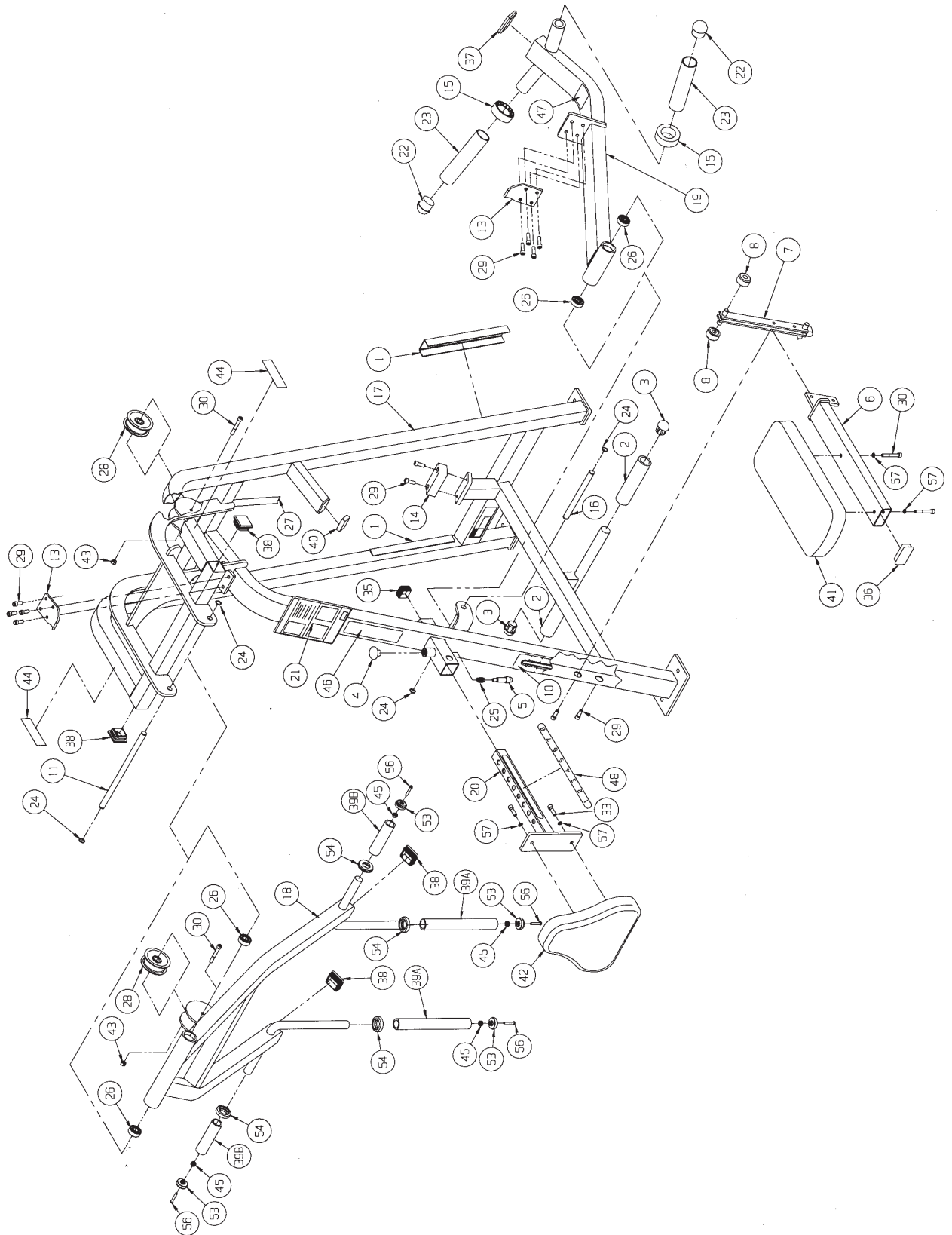
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Rubber Grip	02022	I. Cybex Decal Black	3900-445
B. Adjustable Seat Decal	5221-316	I. Cybex Decal Silver	3900-446
C. Placard Decal	5265-598	J. Serial Number Decal	
D. Grip 4.75	4605-510	K. Warning Decal	5220-364
E. Grip 9.00	4605-502	L. Caution Decal	4000Y316
F. Seat Cushion	4800-024	M. Adjusting Tube Decal ...	4520-357
G. Chest Cushion	4800-026	N. Caution Decal.....	4520-362
H. Removed			

Cybox Plate Loaded Owner's Manual

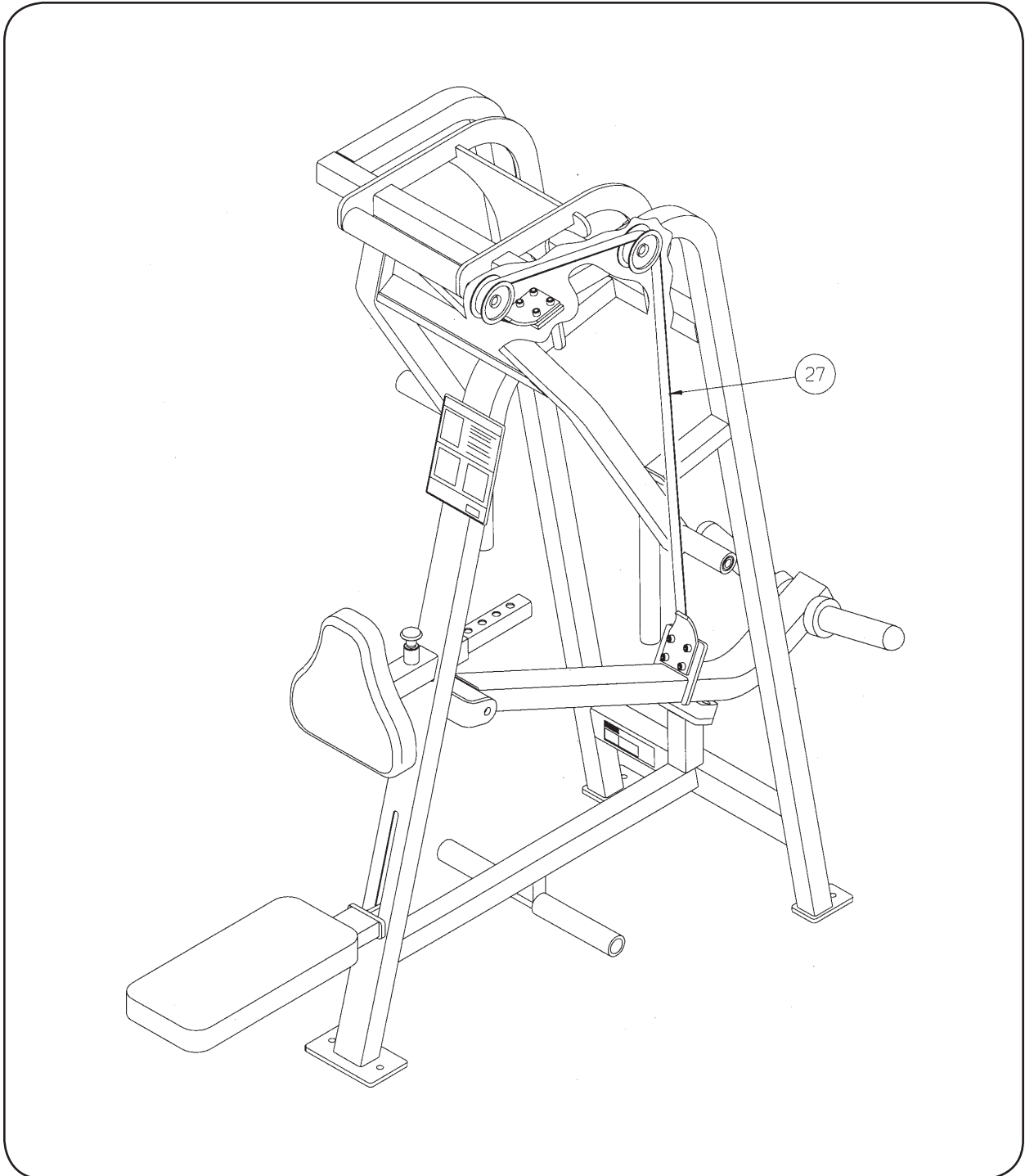
5265 - Row

ITEM	QTY	PART NO.	DESCRIPTION
1	2	01442	Machined Bumper
2	2	11190-350	Rubber Grip 7" long
3	2	08001	Plug
4	1	11040-440	Cybox Knob
5	1	08229	Detent Pin
6	1	4520-204	Seat Tube
7	1	4520-212	Seat Roller
8	2	4520-331	Roller
9			Removed
10	1	5221-316	Seat Adjustment Decal
11	1	4605-334	Pivot Shaft 13.06
12			Removed 7-03
13	2	4620-336	Belt Bracket
14	1	5220-305	Bumper 2.00 x 4.00
15	2	5220-367	Spacer
16	1	5220-320	Pivot Shaft 7.06
17	1	5265-200	Frame
18	1	5265-201	Arm
19	1	5265-203	Input Pivot Arm
20	1	5265-205	Cushion Tube
21	1	5265-598	Placard Decal
22	2	5330M040	Plug
23	2	5490P010	Weight Tube 8.00"
24	4	BR030210	Retaining Ring 17 mm
25	1	BS070201	Com. Spring .56 x .66 x 1.50 L
26	4	FB030232	Radial Bearing 17 mm ID
27	72"	GB000202	Belt .95" Wide
28	2	GP000209	Pulley Assembly 3.50
29	12	HC702817	SHCS .375-16 x 1.00
30	4	HC702830	SHCS .375-16 x 2.50
31			Removed
32			Removed 7-03
33	2	HC702826	SHCS .375-16 x 2.00
34			Removed
35	1	PP090200	Plastic Insert 1.75 Sq x 11 G
36	1	PP090202	Plastic Insert 1.50 x 3.00 x 11 G
37	1	PP090206	Plastic Insert 2.00 x 3.00 x 11 G
38	4	PP090210	Plastic Insert 2.00 Sq x 10-14 G
39 A	2	4605-502	Grip 9.00" L
39 B	2	4605-510	Grip 4.75" L
40	1	PU060203	Bumper
41	1	4800-024	Seat Cushion
42	1	4800-026	Chest Cushion with Wear Cover
43	2	HN704901	Locknut .375-16 Nylon
44	2	3900-445	Cybox Decal 1.00 Horiz. Black
44			Removed 7-03
44	2	3900-446	Cybox Decal 1.00 Horiz. Silver
45	4	HF449063	Tube Insert
46	1	5220-364	Warning Decal
47	1	4000Y316	Caution Decal
48	1	4520-357	Adjusting Tube Decal
49	1	4520-213	Bracket
50	1	4520-362	Caution Decal
51	2	HS347700	Washer USS .375
52	2	JC702812	SHCS .375-16 x .50
53	4	11090-374	End Cap
54	4	11090-376	Handle Grip Ring
55	1	51198	Strength Warranty Sheet (not shown)
56	4	HC620422	BHSCS .250-20 x 1.50
57	4	JS347400	Internal Tooth Lockwasher

5265 - Row

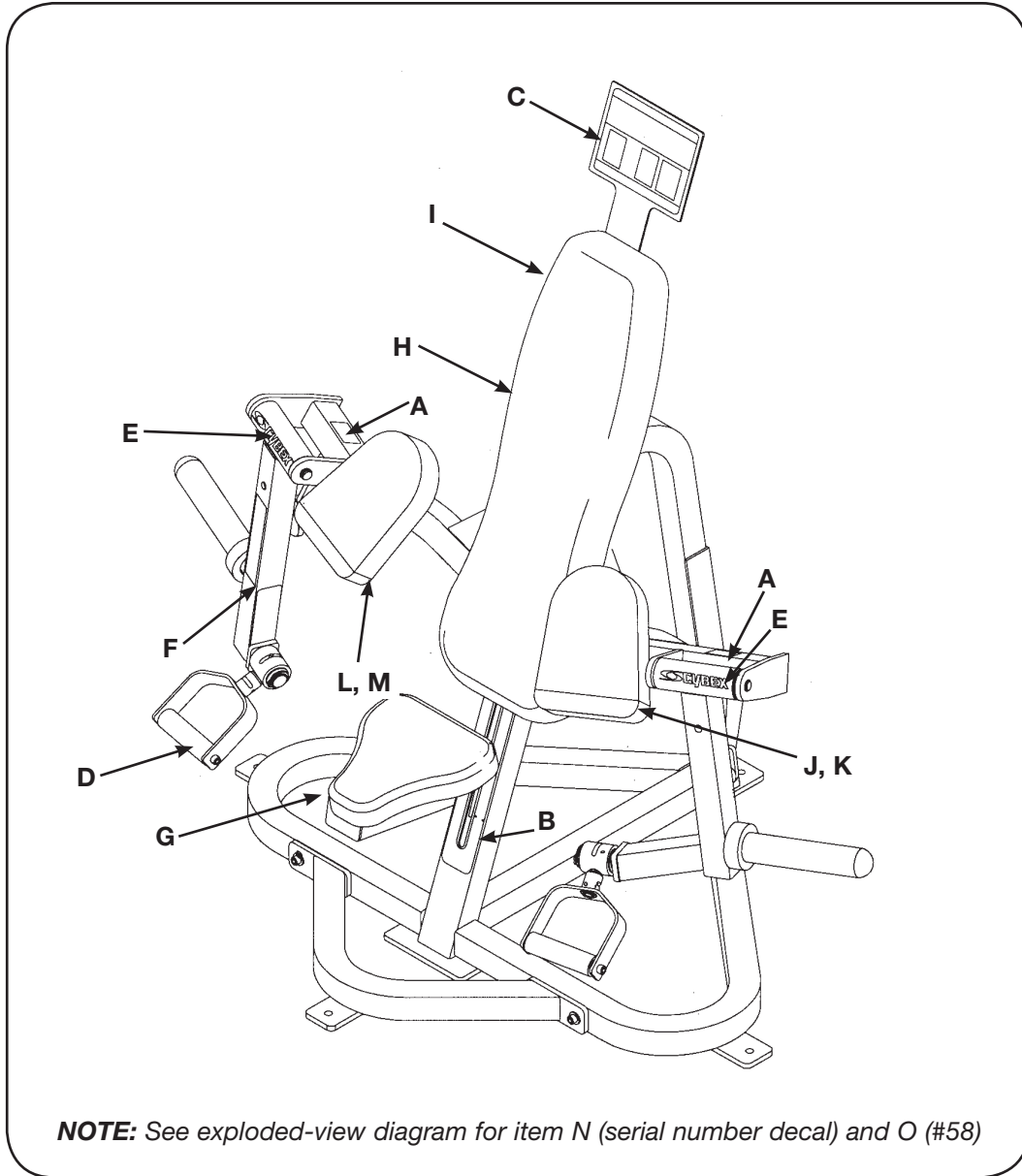


5265 Row



ARM CURL

PRODUCT NO. 5281



NOTE: See exploded-view diagram for item N (serial number decal) and O (#58)

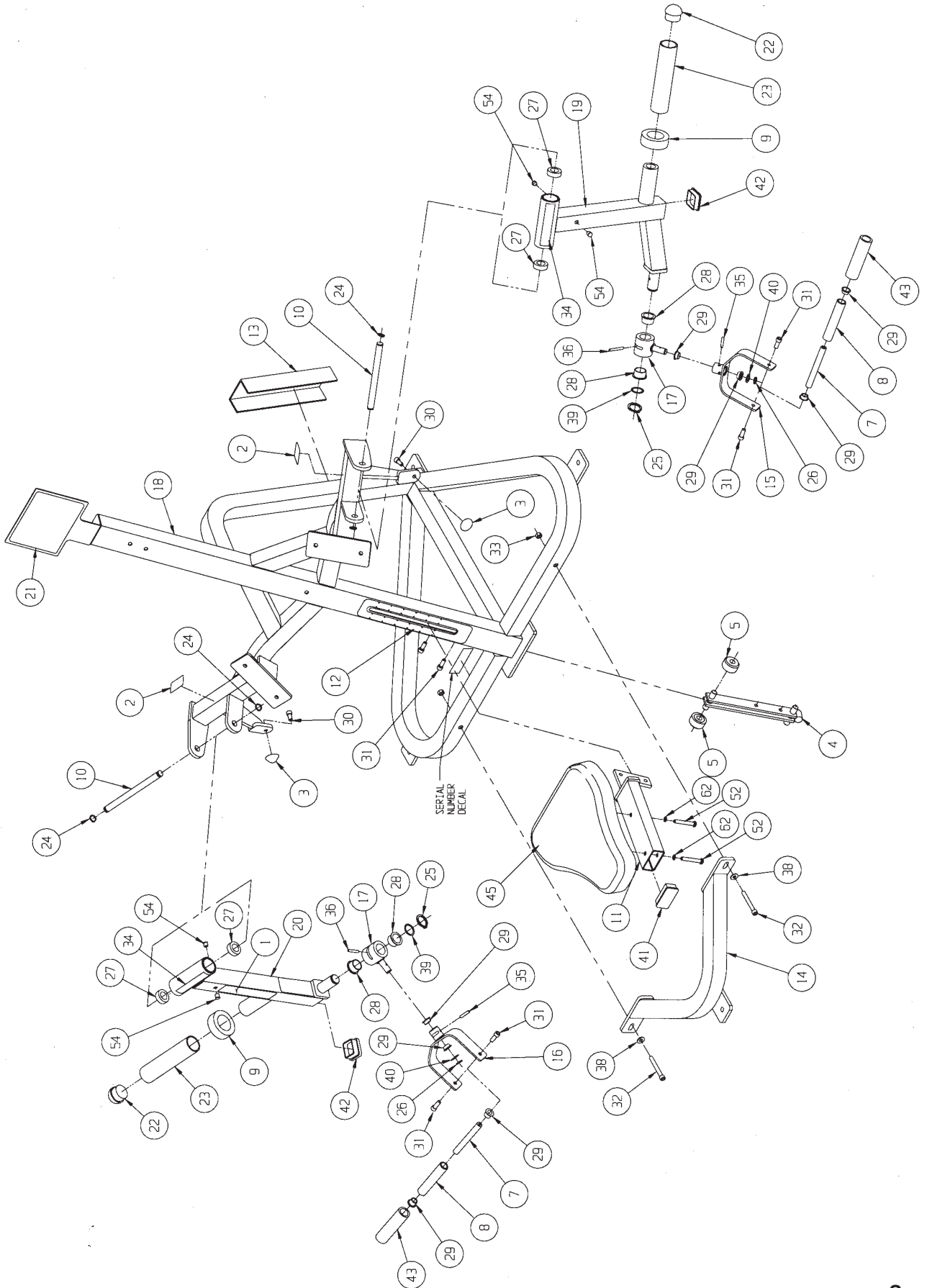
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Caution Decal	4000Y316	I. Wear Cover (Item H)	4800-106
B. Adjustable Seat Decal	5221-316	J. Arm Cushion (LH) w/Wear Cover	5281-004
C. Placard Decal	5281-361	K. Wear Cover (Item J)	5281-011
D. Grip	4605-504	L. Arm Cushion (RH) w/Wear Cover	5281-005
E. Cybex Deca Black	3900-445	M. Wear Cover (Item L)	5281-012
E. Cybex Decal Silver	3900-446	N. Serial Number Decal	
F. Warning Decal	5220-364	O. Caution Decal	4520-362
G. Seat Cushion	4800-026		
H. Back Cushion w/Wear Cover.....	4800-103		

Cybox Plate Loaded Owner's Manual

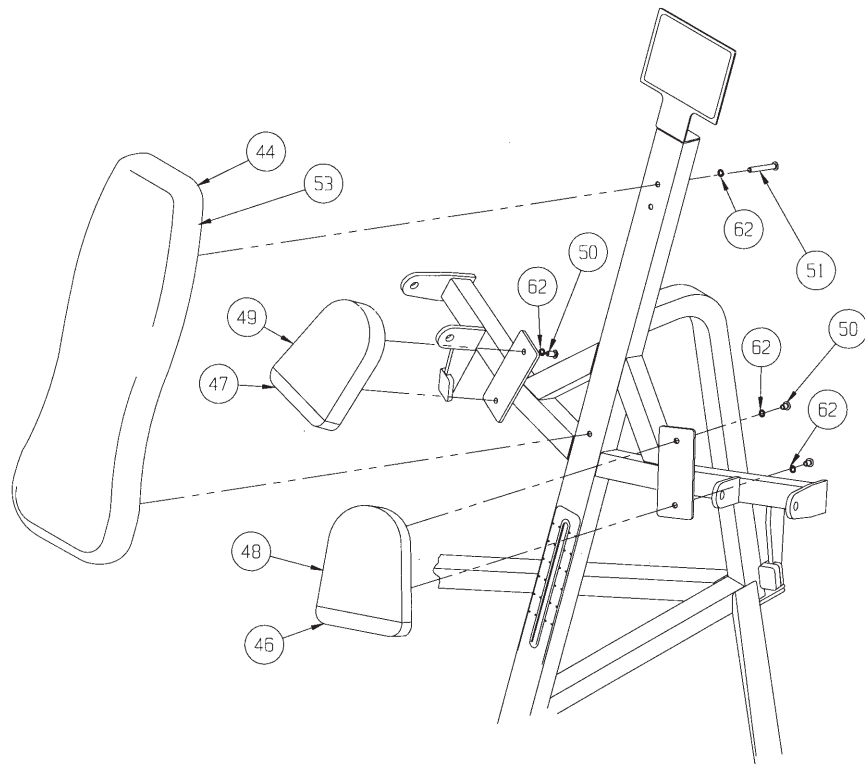
5281 - Arm Curl

ITEM QTY	PART NO.	DESCRIPTION	
1	5220-364	Warning Decal	
2	4000Y316	Caution Decal	
3	4505-331	Bumper 1.50 Dia	
4	4520-212	Seat Roller	
5	4520-331	Roller	
6		Removed	
7	4535-327	Long Pivot Pin	
8	4535-330	Pivot Handle Tube	
9	5220-367	Spacer	
10	5220-320	Pivot Shaft 7.06	
11	5221-204	Seat	
12	5221-316	Adjustable Seat Decal	
13	5226-316	Machined Bumper	
14	5280-203	Front Support	
15	5280-204	Handle (Left Hand)	
16	5280-205	Handle (Right Hand)	
17	5280-206	Handle Pivot	
18	5281-230	Frame	
19	5281-231	Arm (Left Hand)	
20	5281-232	Arm (Right Hand)	
21	5281-361	Placard Decal	
22	5330M040	Plug	
23	5340P003	Weight Tube 6"	
24	BR030210	Retaining Ring 17 mm	
25	BR030211	Retaining Ring 1.125 Ext.	
26	BR030214	Retaining Ring .625	
27	FB030232	Radial Bearing 17 mm ID	
28	FB050224	Flange Bearing 1.12 x 1.28 x .75 L	
29	FB130205	Flange Bearing .62 x .75 x .38 L	
30	HC702815	SHCS .375-16 x .750	
31	HC702817	SHCS .375-16 x 1.00	
32	HC702834	SHCS .375-16 x 3.00	
33	2	HN704901	Nylon Locknut .375-16
34			Removed 7-03
34	2	3900-445	Cybox Decal 1.00 Horiz. Black
34	2	3900-446	Cybox Decal 1.00 Horiz. Silver
35	2	HP286715	Groove Pin .188 x .75
36	2	HP286819	Spiral Pin .188 x 1.12
37			Removed
38	2	HS347600	Washer SAE .375
39	2	HS760102	Flat Washer
40	2	JS407100	Machinery Bushing .625
41	1	PP090202	Plastic Insert 1.50 x 3.00 x 11 G
42	2	PP090210	Plastic Insert 2.00 Sq x 10-14 G
43	2	4605-504	Grip 5.19 L
44	1	4800-103	Back Cushion w/ Wear Cover
45	1	4800-026	Seat Cushion
46	1	5281-004	Arm Cushion (LH) w/Wear Cover
47	1	5281-005	Arm Cushion (RH) w/Wear Cover
48	1	5281-011	Wear Cover for item #46
49	1	5281-012	Wear Cover for item #47
50	4	JC700420	BHSCS .375-16 x 1.25
51	2	JC700434	BHSCS .375-16 x 3.00
52	2	HC700430	BHSCS .375-16 x 2.50
53	1	4800-106	Wear Cover for item #44
54	4	PP080207	Plastic Insert
55			Removed
56			Removed
57	1	4520-213	Bracket
58	1	4520-362	Caution Decal
59	2	HS347700	Washer USS .375
60	2	JC702812	SHCS .375-16 x .50
61	1	51198	Strength Warranty Sheet (not shown)
62	8	JS347400	Internal Tooth Lockwasher

5281 - Arm Curl

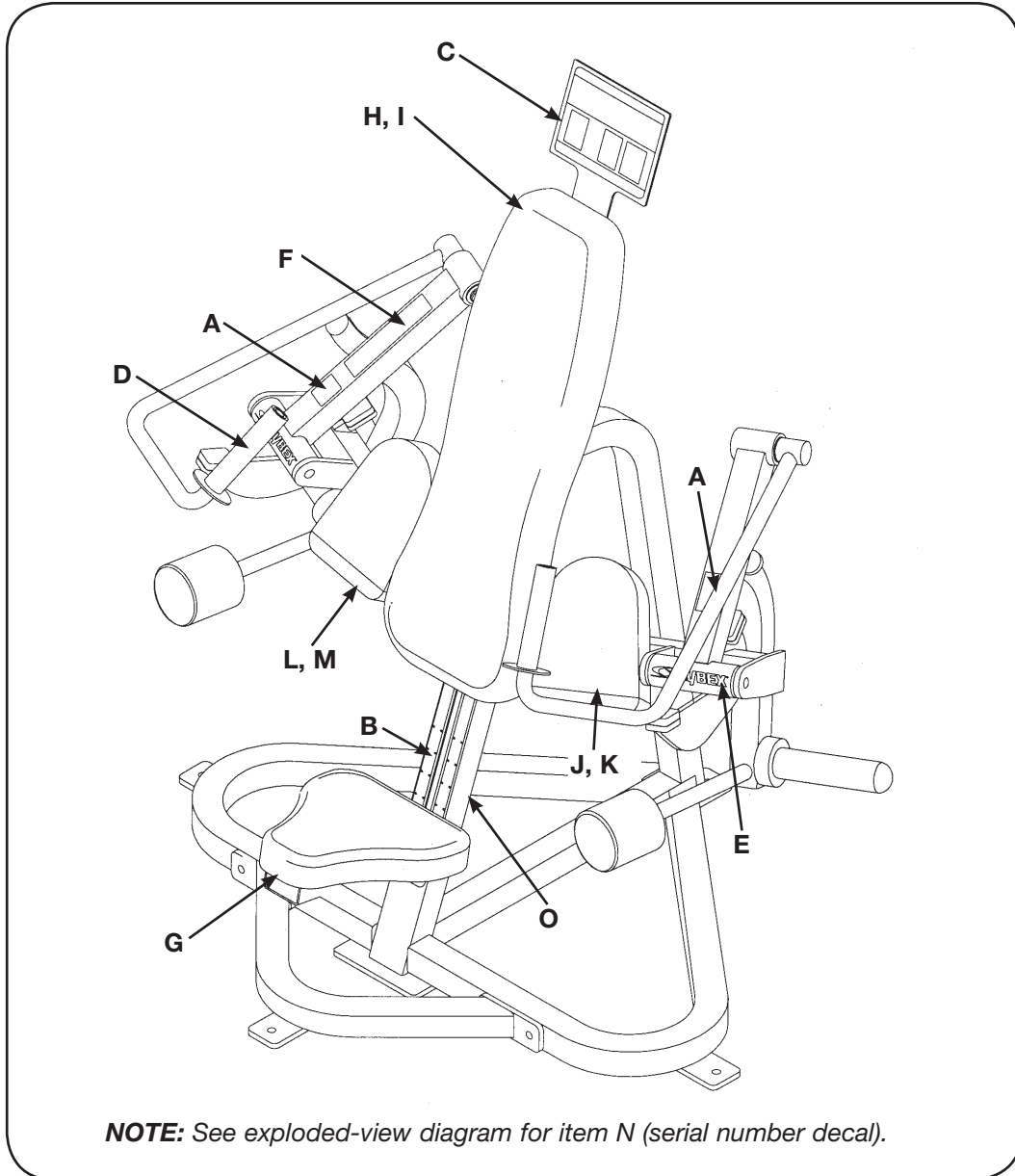


5281 - Arm Curl



ARM EXTENSION

PRODUCT NO. 5286



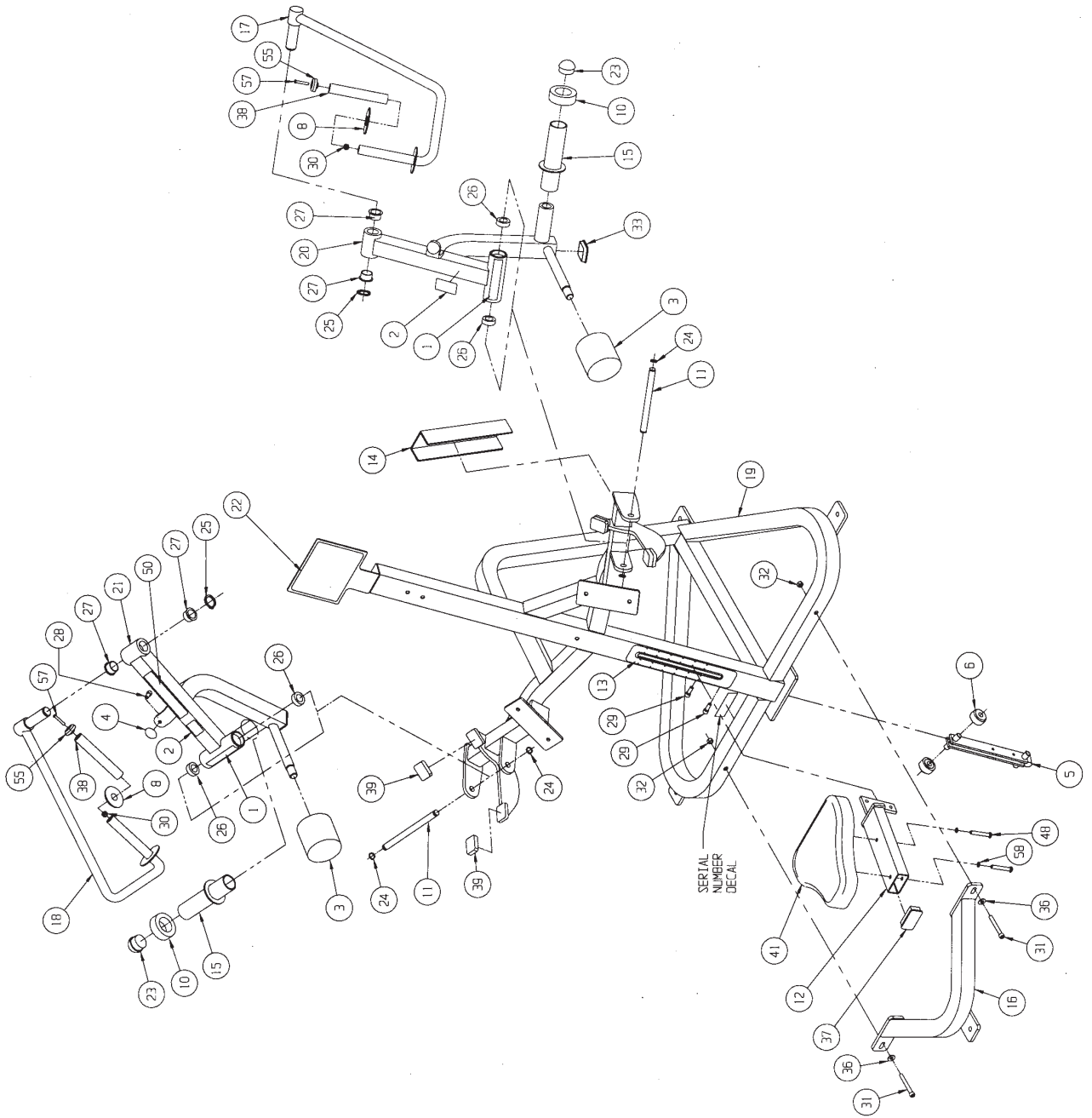
NOTE: See exploded-view diagram for item N (serial number decal).

DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Caution Decal	4000Y316	I. Wear Cover (Item H)	4800-106
B. Seat Adjustment Decal	5221-316	J. Arm Cushion (LH) w/Wear Cover	5281-004
C. Placard Decal	5286-342	K. Wear Cover (Item J)	5281-011
D. Grip 6" Long	4605-500	L. Arm Cushion (RH) w/Wear Cover	5281-005
E. Cybex Decal Black	3900-445	M. Wear Cover (Item L)	5281-012
E. Cybex Decal Silver	3900-446	N. Serial Number Decal	
F. Warning Decal	5220-364	O. Caution Decal	4520-362
G. Seat Cushion	4800-026		
H. Back Cushion w/Wear Cover	4800-103		

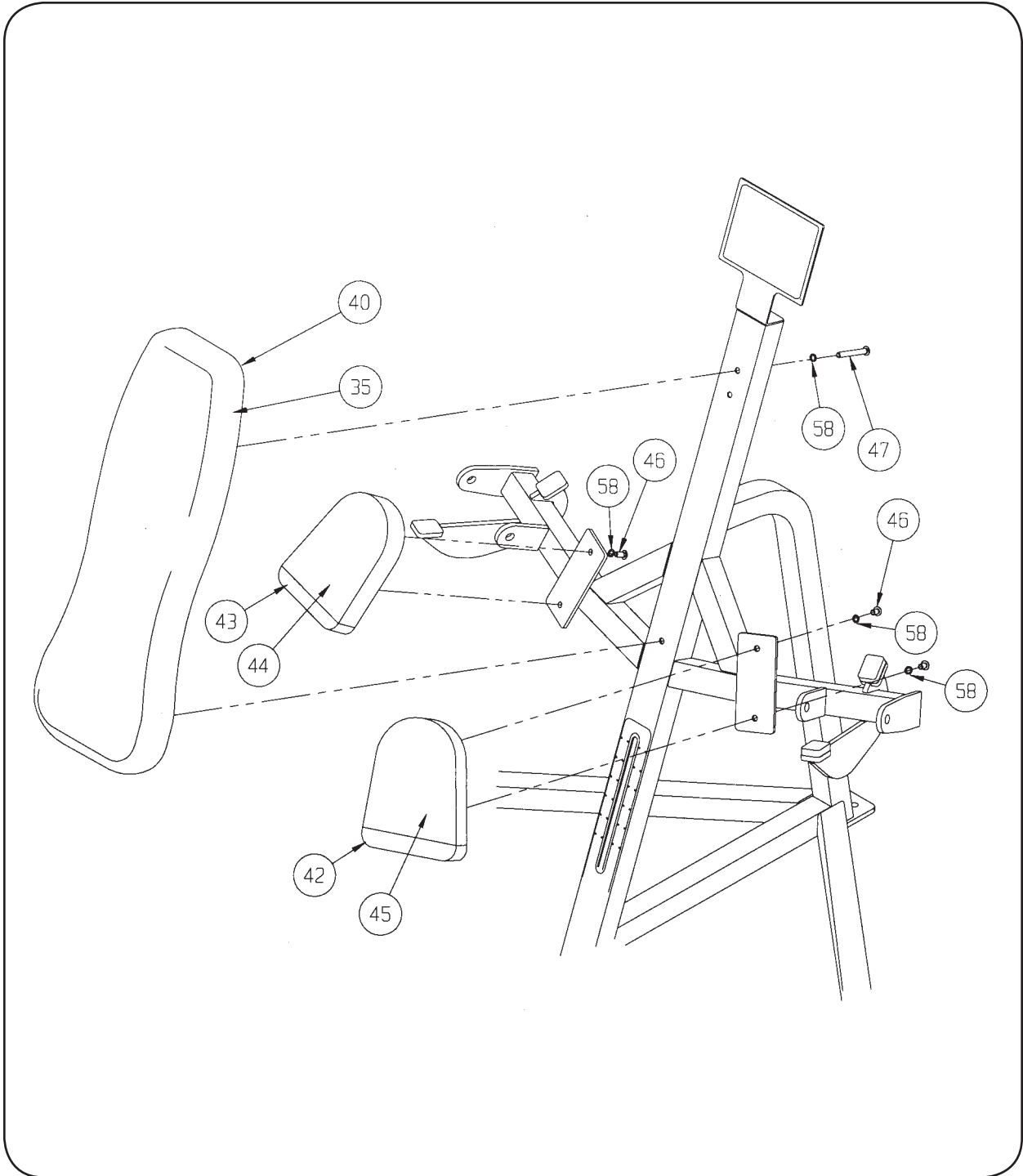
5286 - Arm Extension

ITEM	QTY	PART NO.	DESCRIPTION
1			Removed 7-03
1	2	3900-445	Cybox Decal 1.00 Horiz. Black
1	2	3900-446	Cybox Decal 1.00 Horiz. Silver
2	2	4000Y316	Caution Decal
3	2	4505-318	Counterweight
4	2	4505-331	Bumper 1.50 DIA
5	1	4520-212	Seat Roller
6	2	4520-331	Roller
7			Removed
8	2	4540-321	Handle Bumper
9			Removed 7-03
10	2	5220-367	Spacer
11	2	5220-320	Pivot Shaft 7.06
12	1	5221-204	Seat Support
13	1	5221-316	Seat Adjustment Decal
14	1	5226-316	Machined Bumper
15	2	5255-204	Weight Tube
16	1	5280-203	Front Support
17	1	5285-253	Pull Handle (Left Hand)
18	1	5285-254	Pull Handle (Right Hand)
19	1	5286-240	Frame
20	1	5286-241	Arm (Left Hand)
21	1	5286-242	Arm (Right Hand)
22	1	5286-342	Placard Decal
23	2	5330M040	Plug
24	4	BR030210	Retaining Ring 17 mm
25	2	BR030211	Retaining Ring 1.125 Ext.
26	4	FB030232	Radial Bearing 17 mm ID
27	4	FB050224	Flange Bearing 1.12 x 1.28 x .75 L
28	2	HC702815	SHCS .375-16 x .750
29	2	HC702817	SHCS .375-16 x 1.00
30	2	HF449063	Connector Insert 3/4 x1/4-20
31	2	HC702834	SHCS .375-16 x 3.00
32	2	HN704901	Nylon Locknut .375-16
33	2	PP090210	Plastic Insert 2.00 Sq x 10-14 G
34			Removed
35	1	4800-106	Wear Cover for item #40
36	2	HS347600	Washer SAE .375
37	1	PP090202	Plastic Insert 1.5 x 3.0 x 11 G
38	2	4605-500	Grip 6" L
39	4	PU060203	Bumper
40	1	4800-103	Back Cushion w/ Wear Cover
41	1	4800-026	Seat Cushion
42	1	5281-004	Arm Cushion (LH) w/Wear Cover
43	1	5281-005	Arm Cushion (RH) w/ Wear Cover
44	1	5281-012	Wear Cover for item #43
45	1	5281-011	Wear Cover for item #42
46	4	JC700420	BHSCS .375-16 x 1.25
47	2	JC700434	BHSCS .375-16 x 3.00
48	2	HC700430	BHSCS .375-16 x 2.50
49			Removed
50	1	5220-364	Warning Decal
51	1	4520-213	Bracket
52	1	4520-362	Caution Decal
53	2	HS347700	Washer USS .375
54	2	JC702812	SHCS .375-16 x .50
55	2	11090-374	End Cap
56	1	51198	Strength Warranty Sheet (not shown)
57	2	JC620422	BHSCS .250-20 x 1.50
58	8	JS347400	Internal Tooth Lockwasher

5286 - Arm Extension

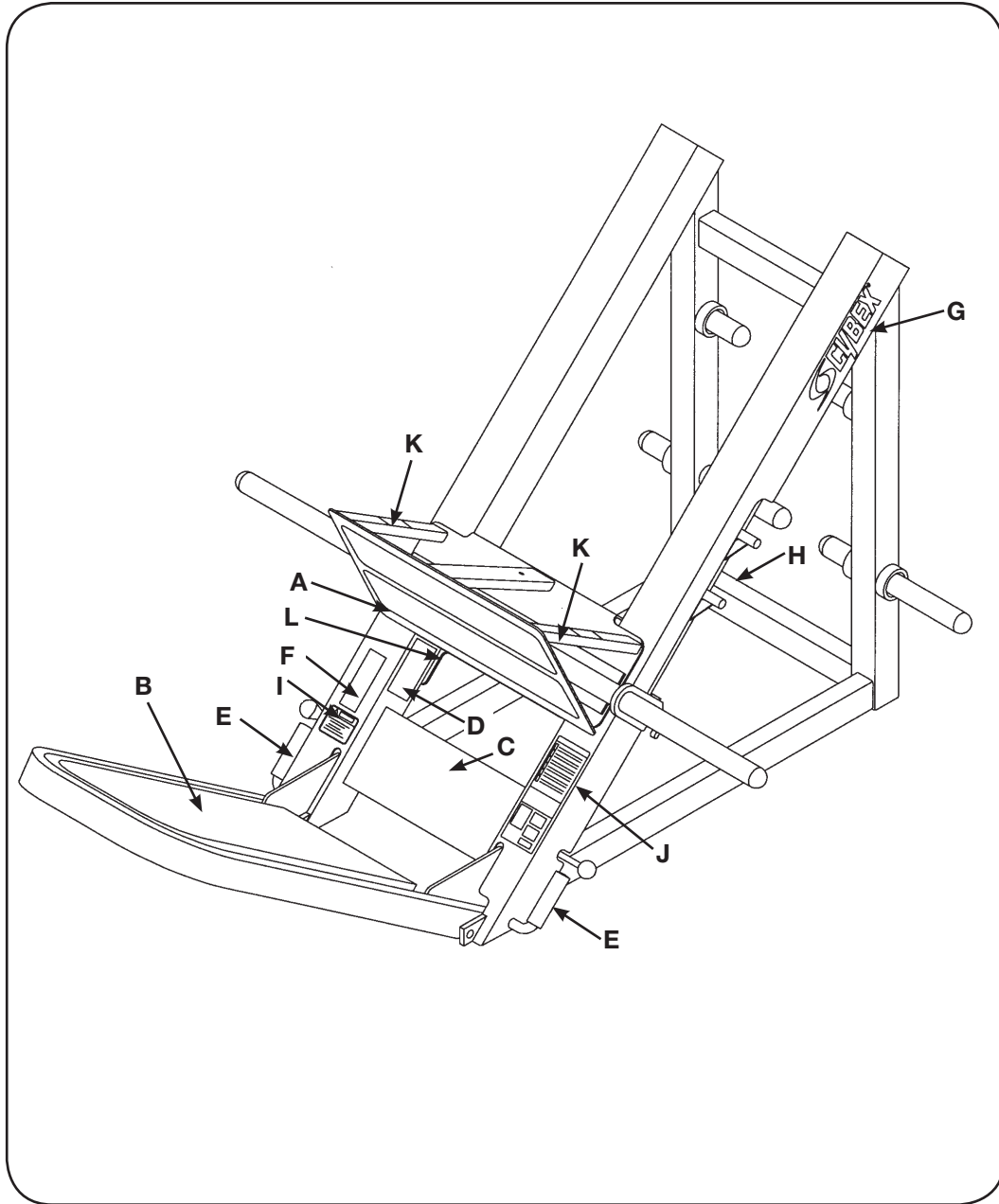


5286 - Arm Extension



LEG PRESS

PRODUCT NO. 5321

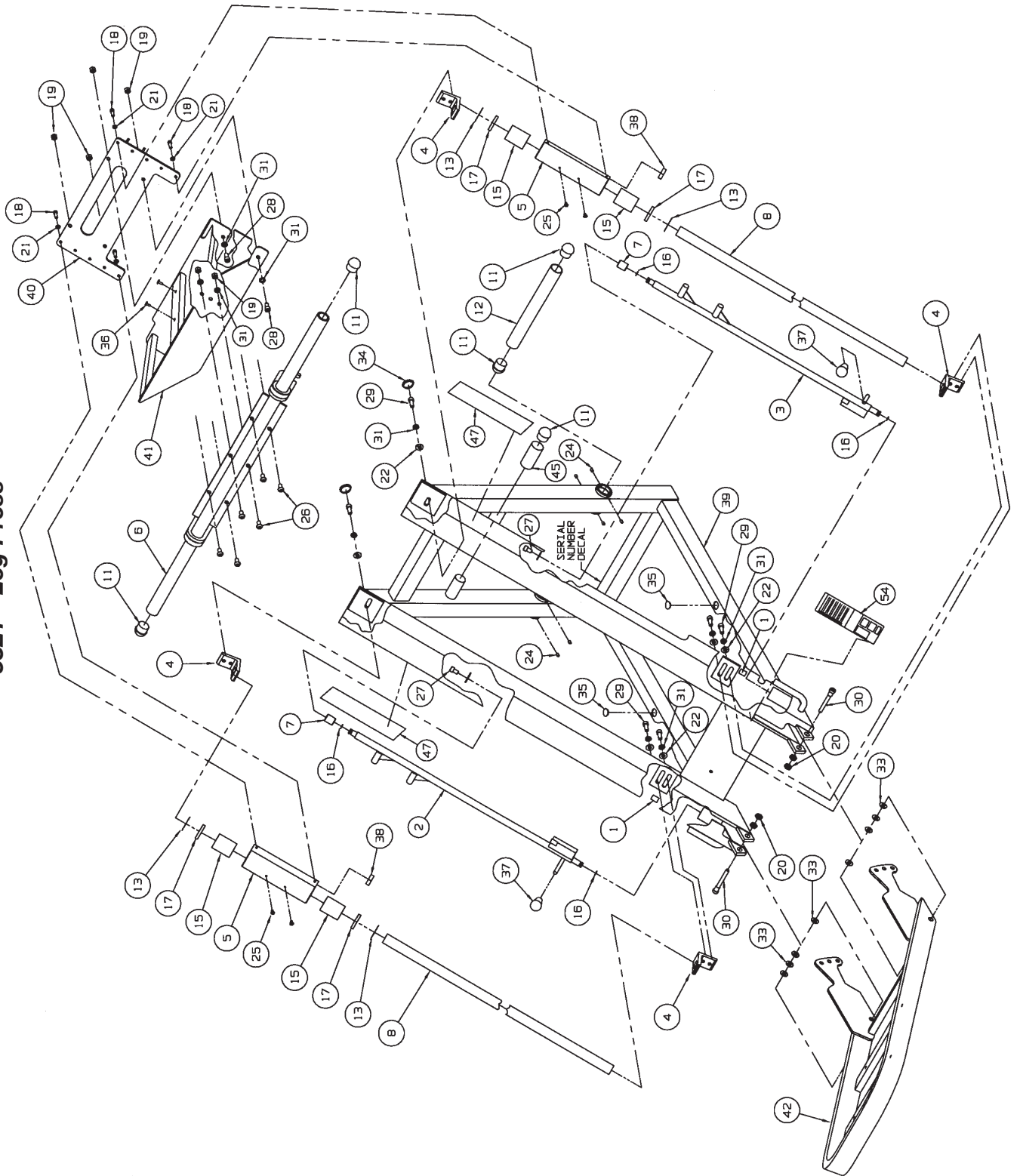


DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Non-slip Fabric	5320-300	H. Serial Number Decal	
B. Back Cushion	5321-011	I. Warning Decal	5320-346
C. Seat Cushion	4800-024	J. Placard	5320-347
D. Back Pad Adj. Decal	5320-336	K. Caution Decal	5220-337
E. Hand Grip	PR400204	L. Non-slip Fabric	5320-301
F. Warning Decal	5220-364		
G. Cybox Decal Black	3900-447		
G. Cybox Decal Silver	3900-448		

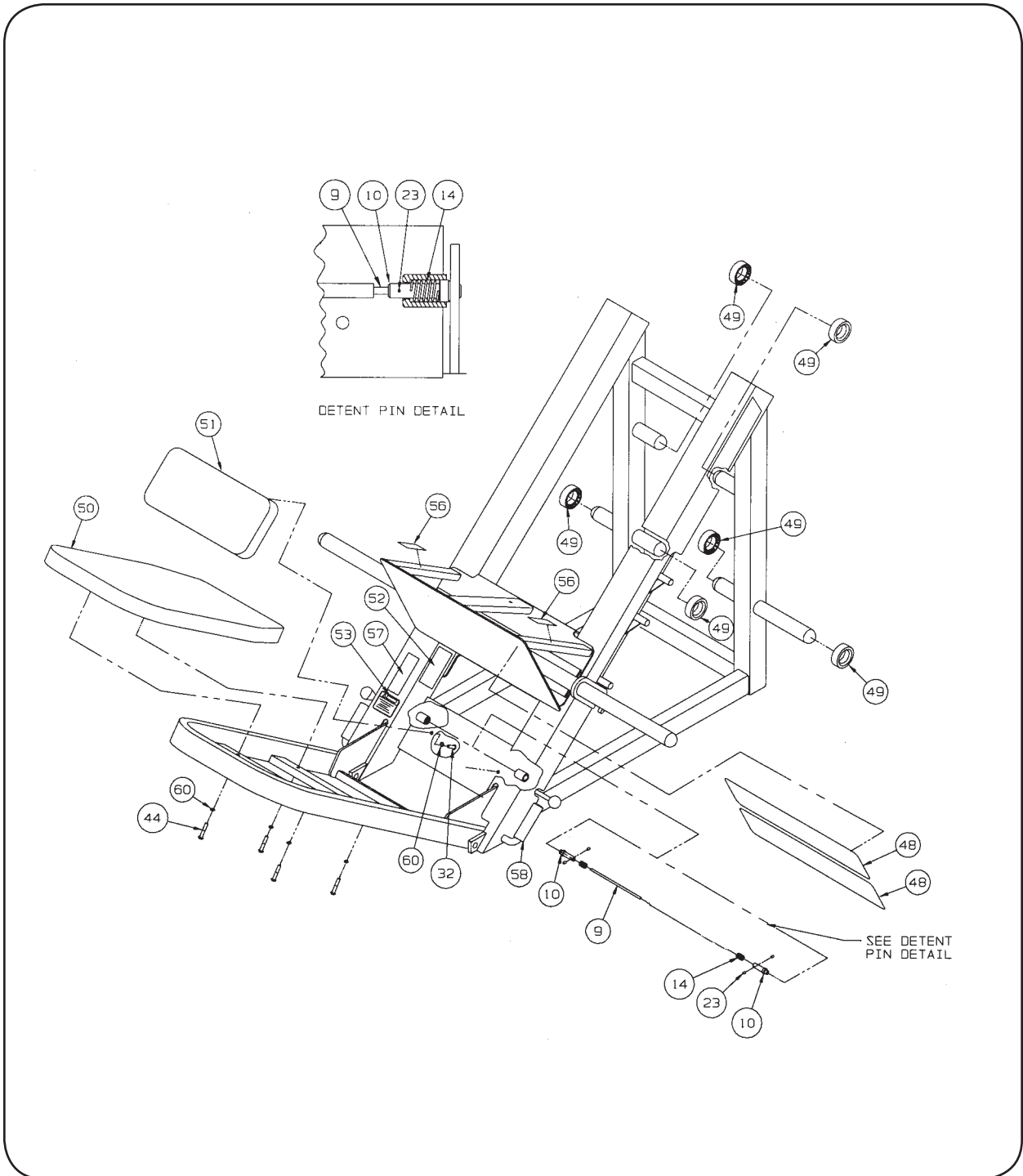
5321 - Leg Press

ITEM	QTY	PART NO.	DESCRIPTION
1	2	4113M064	Bumper
2	1	5321-201	Left Hand Stop Rod
3	1	5321-202	Right Hand Stop Rod
4	4	5321-303	Angle
5	2	5320-204	Bearing Sleeve
6	1	5320-208	Weight Bar
7	2	5320-332	Stop Rod Collet
8	2	5321-302	Shaft 1.50 Dia. x 50.00 L
9	1	5320M042	Cable 17.00
10	2	5320P040	Detent Pin
11	8	5330M040	Plug
12	2	5330P029	Weight Tube
13	4	BR030203	Linear Bearing Retaining Ring 1.50
14	2	BS070201	Com Spring .56 x .66 x 1.50 L
15	4	FB110200	Linear Bearing 1.50
16	4	FS100006	O-Ring
17	4	FS110200	Linear Bearing Seal 1.50
18	10	HC702817	SHCS .375-16 x 1.00
19	10	HN784000	Hex Nut .500-13
20	4	HN814400	Jam Nut .625-11
21	10	HS348300	Split Lockwasher .375
22	6	HS387700	Washer SAE .50
23	4	HY582910	Set Screw #10-32 x .19 Cup Pt
24	8	HY622910	Set Screw .250-20 x .375
25	4	JC660412	BHSCS .312-18 x .50
26	6	JC780420	BHSCS .500-13 x 1.25
27	2	JC782815	SHCS .500-13 x .75
28	4	JC782817	SHCS .500-13 x 1.00
29	6	JC782820	SHCS .500-13 x 1.25
30	2	JD423338	S/Bolt .75 x 3.50 .625-11
31	16	JS388300	Split Lockwasher .50
32	2	JC700420	BHSCS .375-16 x 1.25
33	8	JS427600	Washer SAE .75
34	2	PP080201	Plastic Insert 1.75 Dia x 11 G
35	2	PP080202	Plastic Insert 1.19 Dia x 11 G
36	2	PP080207	Plastic Insert .437 Dia x 11 G
37	2	PP470006	Oval Knob
38	2	PU060201	Bumper
39	1	5320-200	Frame
40	1	5320-205	Side Plate
41	1	5320-206	Platform
42	1	5321-203	Seat
43	1	5320-301	Non-slip Fabric
44	4	HC700426	BHSCS .375-16 x 2.00
45	2	5330P012	Weight Tube 5.00
46			Removed 9/04
47	2	3900-447	Cyberx Decal 1.94 Horiz. Black
47	2	3900-448	Cyberx Decal 1.94 Horiz. Silver
47			Removed 7-03
48	2	5320-300	Non-slip Fabric
49	6	5220-367	Spacer
50	1	5321-011	Back Cushion
51	1	4800-024	Seat Cushion
52	1	5320-336	Back Pad Adjustment Decal
53	1	5320-346	Warning Decal
54	1	5321-598	Placard Decal
55	1	55321	Leg Press Bar Assembly Inst.
56	2	5220-337	Caution Decal
57	1	5220-364	Warning Decal
58	2	PR400204	Grip 4.78 L
59	1	51198	Strength Warranty Sheet (not shown)
60	6	JS347400	Internal Tooth Lockwasher

5321 - Leg Press

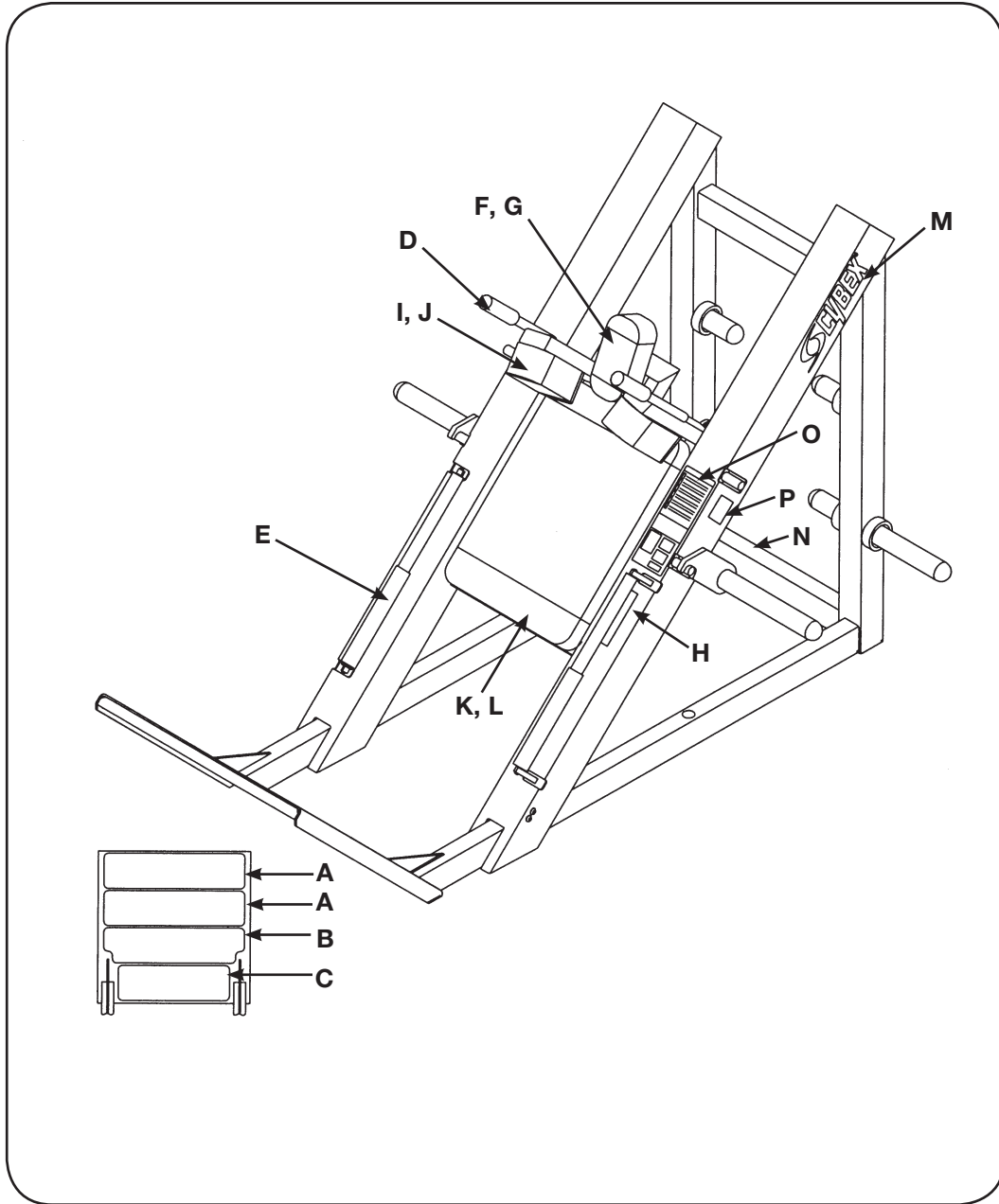


5321 - Leg Press



HACK SQUAT

PRODUCT NO. 5330



DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Non-Slip Fabric	5320-300	J. Wear Cover (Item I)	4800-101
B. Non-Slip Fabric	5330-300	K. Back Cushion	
C. Non-Slip Fabric	5330-301	w/Wear Cover	01034
D. Hand Grip	4605-501	L. Wear Cover (Item K).....	5330S055-0
E. Hand Grip	PR400200	M. Cybex Decal Black	3900-447
F. Head Cushion		M. Cybex Decal Silver	3900-448
w/Wear Cover	01215	N. Serial Number Decal	
G. Wear Cover (Item F)	4800-058	O. Placard	5320-347
H. Warning Decal	5220-364	P. Caution Decal	5220-337
I. Shoulder Cushion			
w/Wear Cover	4800-071		

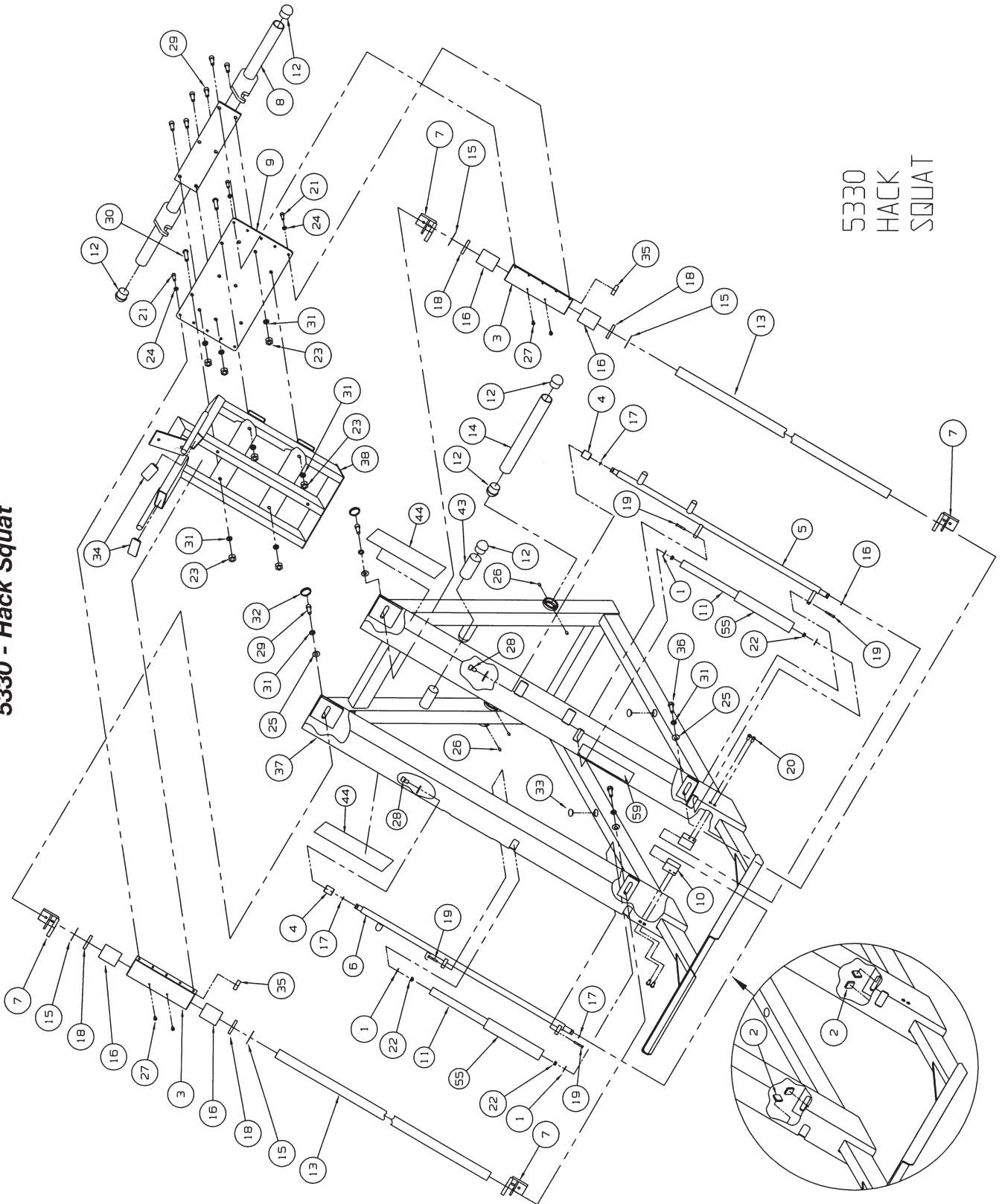
Cybox Plate Loaded Owner's Manual

5330 - Hack Squat

ITEM	QTY	PART NO.	DESCRIPTION
1	4	4050M048	Nylon Washer .312
2	4	4113M064	Bumper
3	2	5320-204	Bearing Sleeve
4	2	5330-332	Stop Rod Collet
5	1	5330-201	Stop Rod (Left Hand)
6	1	5330-202	Stop Rod (Right Hand)
7	4	5321-303	Pillow Block
8	1	5330-204	Weight Bar
9	1	5330-309	Slide Plate
10	2	5330-312	Stop Block
11	2	5330-313	Handle Tube
12	8	5330M040	Plug
13	2	5330-328	Shaft 1.50 Dia. x 54.00 L
14	2	5330P029	Weight Tube
15	4	BR030203	Linear Bearing Retaining Ring 1.50
16	4	FB110200	Linear Bearing 1.50
17	4	FS100006	O-Ring
18	4	FS110200	Linear Bearing Seal 1.50
19	6	JC620422	BHSCS .250-20 x 1.50
20	4	HC700415	BHSCS .375-16 x .75
21	10	HC702817	SHCS .375-16 x 1.00
22	6	HF449063	Insert
23	10	HN784000	Hex Nut .500-13
24	10	HS348300	Split Lockwasher .375
25	4	HS387700	Washer SAE .50
26	8	HY622910	Set Screw .250-20 x .375
27	4	JC660412	BHSCS .312-18 x .50
28	2	JC782815	SHCS .500-13 x .75
29	8	JC782820	SHCS .500-13 x 1.25
30	4	JC780426	BHSCS .500-13 x 2.00
31	14	JS388300	Split Lockwasher .50
32	2	PP080201	Plastic Insert 1.75 Dia. x 11 G
33	2	PP080202	Plastic Insert 1.19 Dia. x 11 G

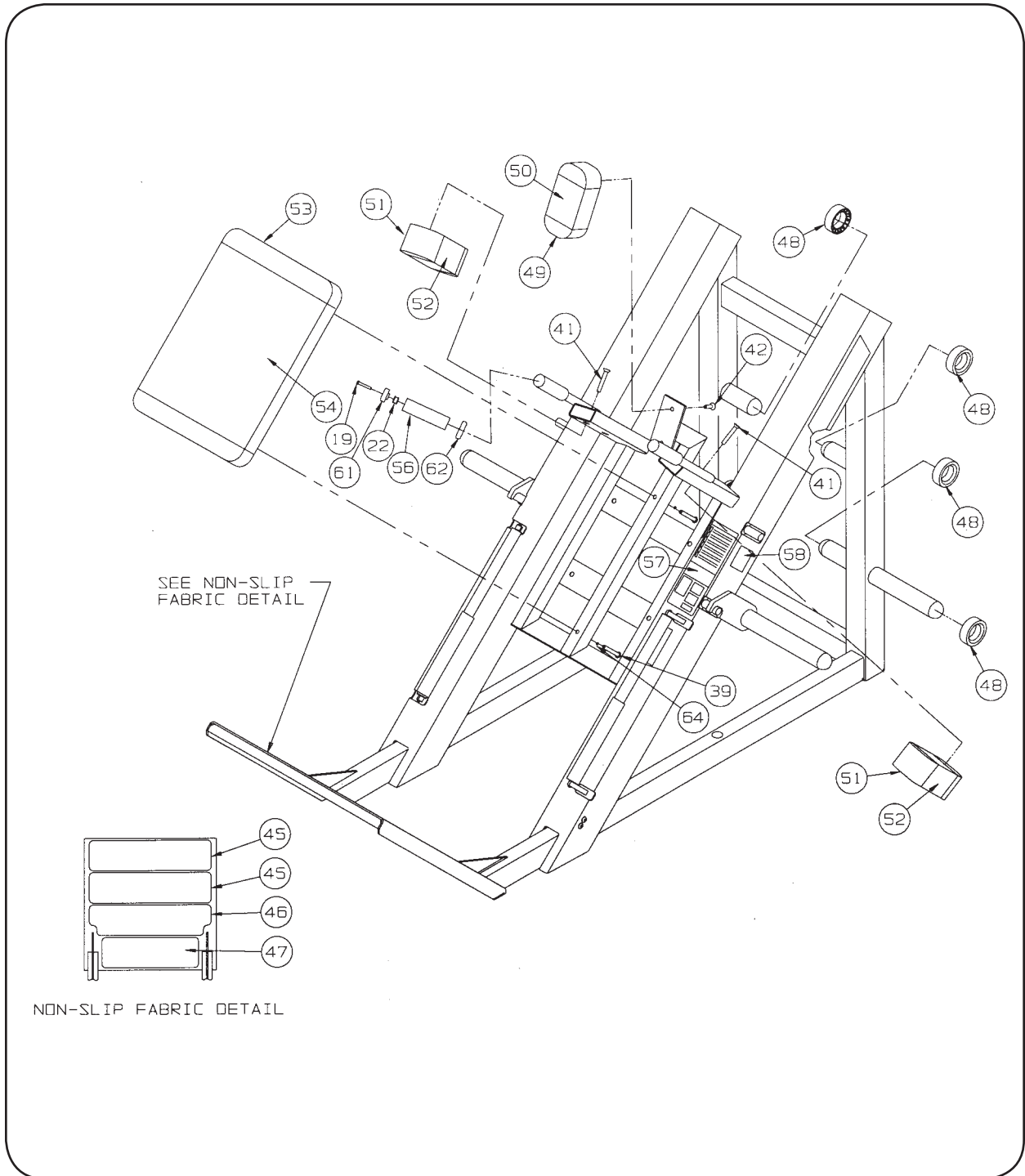
ITEM	QTY	PART NO.	DESCRIPTION
34	2	PP090202	Plastic Insert 1.50 x 3.00 x 11 G
35	2	PU060201	Bumper
36	2	JC781222	HHCS .500-13 x 1.50
37	1	5330-200	Frame
38	1	5330-205	Carriage
39	2	JC700434	BHSCS .375-16 x 3.00
40			Removed
41	4	JC700930	FHSCS .375-16 x 2.50
42	2	JC700920	FHSCS .375-16 X 1.25
43	2	5330P012	Weight Tube 5.00
44	2	3900-447	Cybox Decal 1.94 Horiz. Black
44	2	3900-448	Cybox Decal 1.94 Horiz. Silver
44			Removed 7-03
45	2	5320-300	Non-Slip Fabric
46	1	5330-300	Non-Slip Fabric
47	1	5330-301	Non-Slip Fabric
48	6	5220-367	Spacer
49	1	01215	Head Cushion with Wear Cover
50	1	4800-087	Wear Cover
51	2	4800-071	Shoulder Cushion with Wear Cover
52	2	4800-101	Wear Cover
53	1	01034	Back Cushion with Wear Cover
54	1	5330S055-0	Wear Cover
55	4	PR400200	Hand Grip 14" Long
56	2	4605-501	Hand Grip 4.78" Long
57	1	5330-316	Placard Decal
58	2	5220-337	Caution Decal
59	1	5220-364	Warning Decal
60	1	5330-317	Instruction Sheet (not shown)
61	2	11090-374	End Cap
62	2	11090-376	Handle Grip Ring
63	1	51198	Strength Warranty Sheet (not shown)
64	2	JS347400	Internal Tooth Lockwasher

5330 - Hack Squat



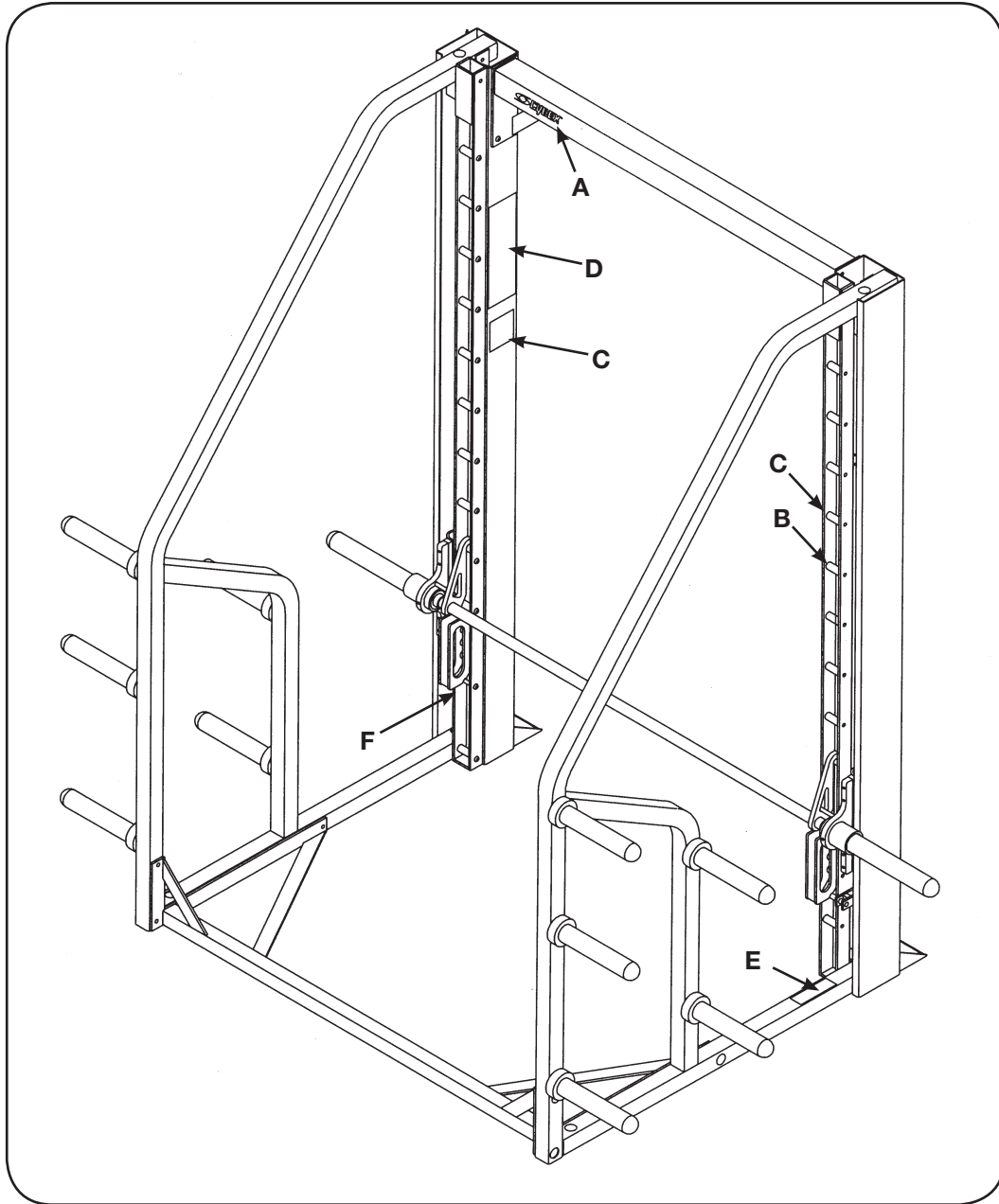
5330
HACK
SQUAT

5330 - Hack Squat



SMITH PRESS

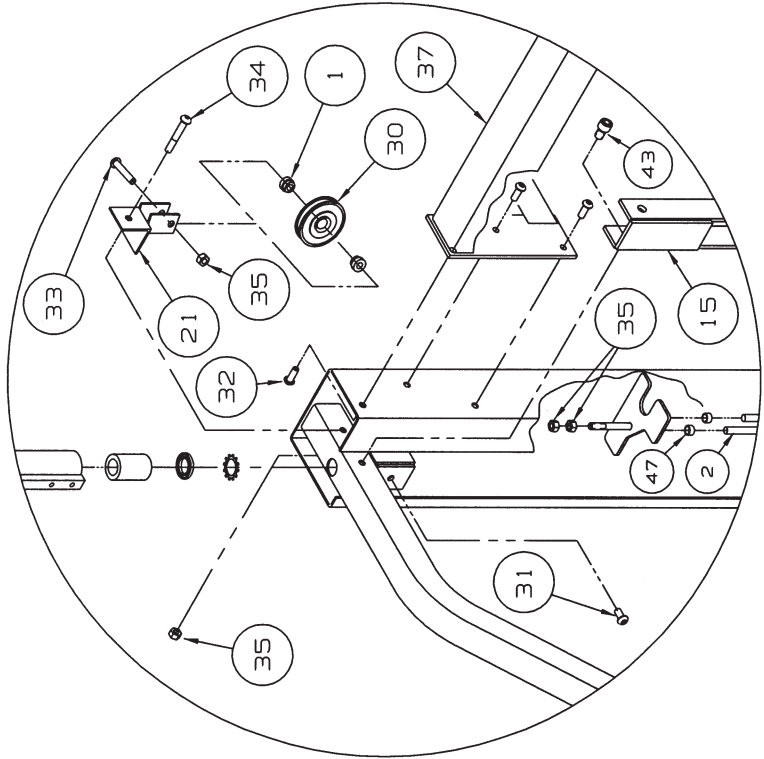
PRODUCT NO. 5341



DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Cybox Decal Black	3900-443	D. Placard Decal	5341-598-X
A. Cybox Decal Silver	3900-444	E. Serial Number Decal	
B. Warning Decal	5220-324	F. Adjustable Stop Decal ...	5341-302
C. Caution Decal	5341-306		

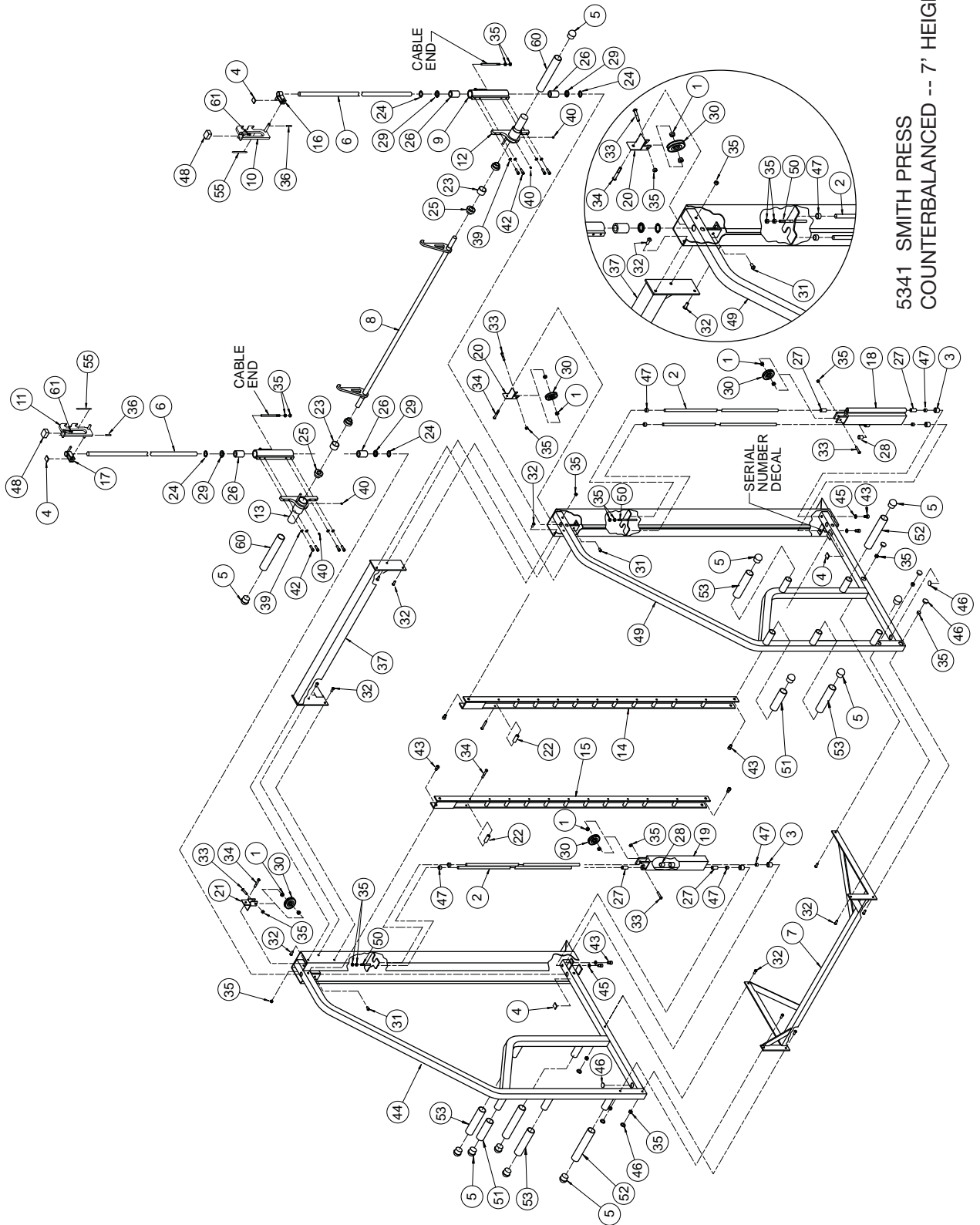
5341 - Smith Press (Counterbalanced - 7' Height)

ITEM	QTY	PART NO.	DESCRIPTION
1	8	01053	Pulley Clevis Adapter
2	4	4000M228	Weight Stack Guide Rod
3	4	4000P220	Guide Rod Collet
4	4	4113M064	Bumper
5	12	5330M040	Plug
6	2	5340M042	Shaft 1.00 Dia x 79.88
7	1	5341-208	Lower Cross Tube
8	1	5341-203	Weight Bar
9	2	5341-204	Bearing Housing
10	1	5341-219	Adjustable Stop (Right Hand)
11	1	5341-220	Adjustable Stop (Left Hand)
12	1	5341-221	Weight Bar Bracket (Right Hand)
13	1	5341-222	Weight Bar Bracket (Left Hand)
14	1	5341-211	Ladder (Right Hand)
15	1	5341-212	Ladder (Left Hand)
16	1	5341-213	Adjusting Tube Stop (Right Hand)
17	1	5341-214	Adjusting Tube Stop (Left Hand)



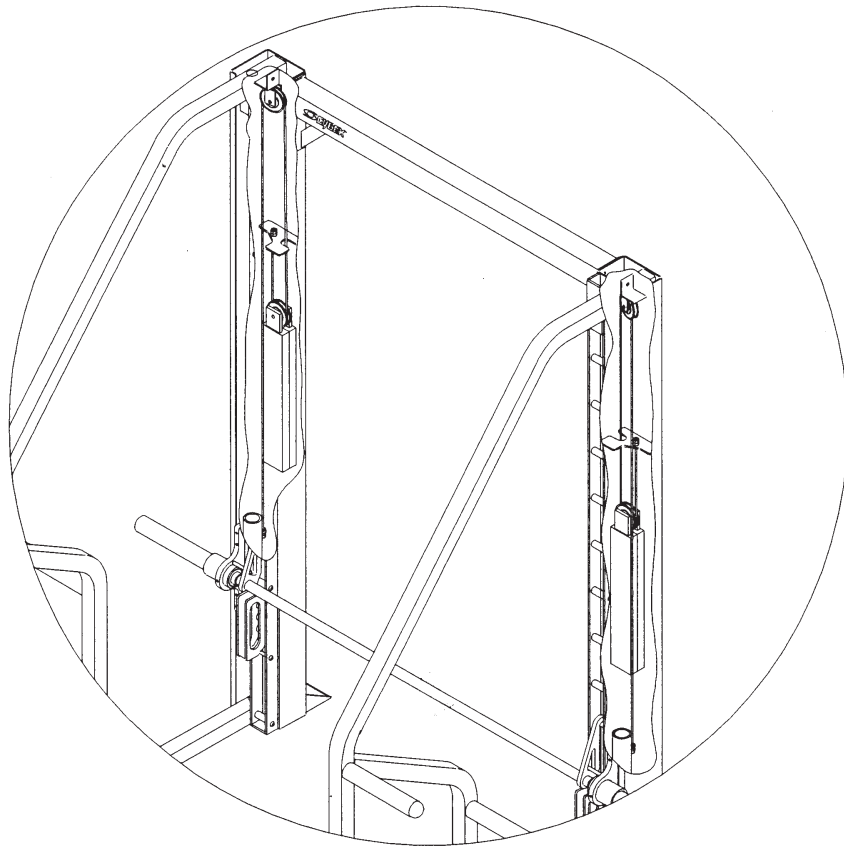
ITEM	QTY	PART NO.	DESCRIPTION
18	1	5341-215	Counterweight (Right Hand)
19	1	5341-216	Counterweight (Left Hand)
20	1	5341-217	Pulley Angle (Right Hand)
21	1	5341-218	Pulley Angle (Left Hand)
22	22	5341-334	Spacer (Plated)
23	2	5341-340	Spacer (Coated)
24	4	BR030204	Retaining Ring
25	4	FB030234	Radial Bearing
26	4	FB110201	Linear Bearing 1.00
27	4	FB110203	Bearing Sleeve
28	2	FB130203	.62 ID x .75 OD x 1.5 L Bearing
29	4	FS110201	.75 ID x .875 OD x 1.00 L Linear Bearing Seal 1.00
30	4	GP000204	Pulley Assembly 3.00
31	2	HC700415	BHSCS .375-16 x .75
32	16	HC700417	BHSCS .375-16 x 1.00
33	4	HC700426	BHSCS .375-16 x 2.00
34	24	HC702830	SHCS .375-16 x 2.50
35	22	HN704000	Hex Nut .375-16
36	2	HP286819	Spiral Pin .188 x 1.12
37	1	5341-205	Top Cross Tube
38	Removed		Removed
39	8	HS348300	Split Lockwasher .375
40	4	HY582910	Set Screw #10-32 x .19 Cup Pt.
41	Removed		Removed
42	8	JC702820	SHCS .375-16 x 1.25
43	8	JC782815	SHCS .500-13 x .75
44	1	5341-202	Side Channel (Left Hand)
45	4	JS388300	Split Lockwasher .500
46	8	PP080202	Plastic Insert 1.19 Dia. x 11 G
47	8	PP080204	Plastic Cap .625 ID X .68 OD
48	2	11000-384	Bumper
49	1	5341-201	Side Channel (Right Hand)
50	2	5341-002	Cable Subassembly
51	2	5340P003	Weight Tube 6.00
52	4	5490P009	Weight Tube 10.00
53	4	5490P010	Weight Tube 8.00
54	Removed		Removed 7-03
54	2	3900-443	Cybox Decal 1.57 Black
54	2	3900-444	Cybox Decal 1.57 Silver
55	2	5341-366	Adjustable Stop Decal
56	1	5341-598-X	Placard Decal
57	2	5341-306	Caution Decal
58	1	5220-364	Warning Decal
59	10	5220-367	Spacer
60	2	5341-365	Weight Tube 10.50"
61	4	JC620415	BHSCS .250-20 x .75

5341 - Smith Press (Counterbalanced - 7' Height)



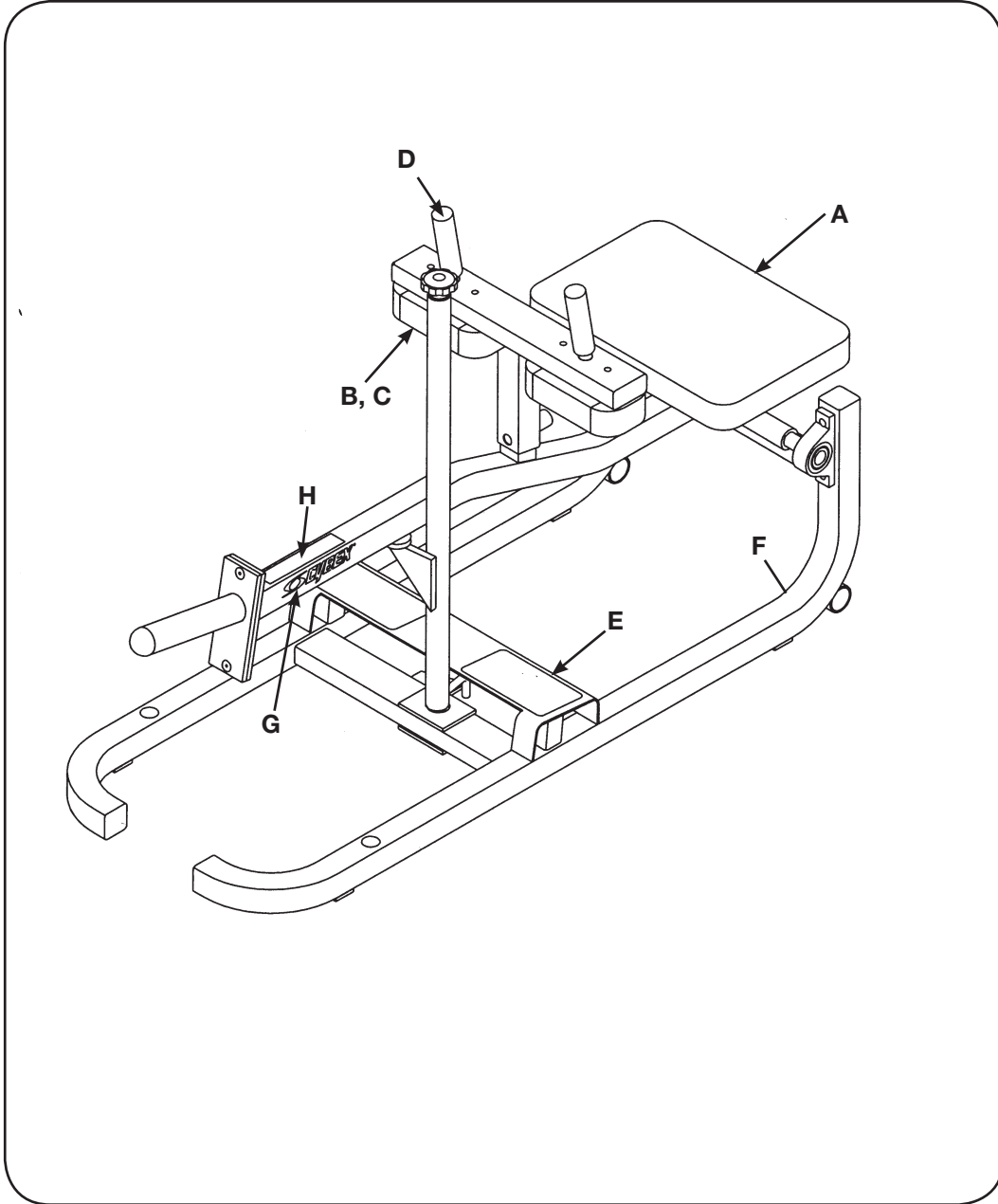
5341 SMITH PRESS
COUNTERBALANCED -- 7' HEIGHT

5341 - Smith Press



SEATED CALF

PRODUCT NO. 5450



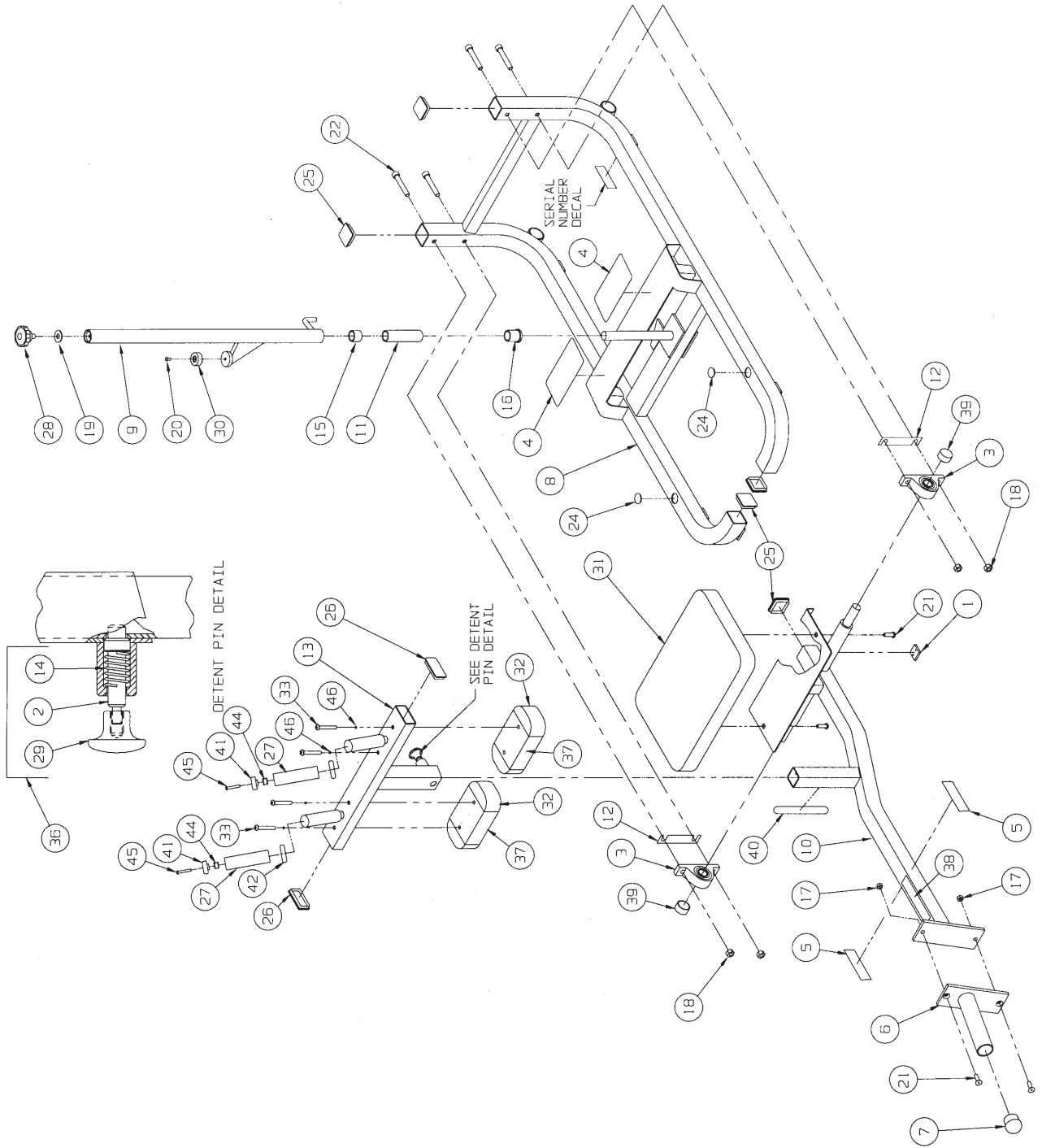
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Seat Cushion	5207S043-0	E. Non-Slip Fabric	4015M116
B. Knee Cushion w/Wear Cover	4800-071	F. Serial Number Decal	
C. Wear Cover (Item B)	4800-101	G. Cybex Decal Black	3900-443
D. Hand Grip	4605-514	G. Cybex Decal Silver	3900-444
E. Non-Slip Fabric	4015M116	H. Warning Decal	5220-364

5450 - Seated Calf

ITEM	QTY	PART NO.	DESCRIPTION
23			Removed
24	2	PP080202	Plastic Insert 1.19 Dia. x 11 G
25	5	PP090210	Plastic Insert 2.00 Sq x 10-14 G
26	2	PP090202	Plastic Insert 1.5 x 3.0 x 11 G
27	2	4605-514	Hand Grip
28	1	PP460013	Plastic Knob .500-13 x 1.00
29	1	PP460200	Plastic Knob .312-18
30	1	PR060003	Recess Bumper
31	1	5207S043-0	Seat Cushion
32	2	4800-071	Knee Cushion
33	4	HC700430	BHSCS .375-16 X 2.50
34			Removed
35			Removed
36	1	4121K117	Detent Pin Kit
37	2	4800-101	Wear Cover
38	1	5220-364	Warning Decal
39	2	01190	Vinyl Cap
40	1	5500-302	Adjusting Tube Decal
41	2	11090-374	End Cap
42	2	11090-376	Handle Grip Ring
43	1	51198	Strength Warranty Sheet (not shown)
44	2	HF449063	Insert
45	2	JC620422	BHSCS .250-20 x 1.50
46	4	JS347400	Internal Tooth Lockwasher

ITEM	QTY	PART NO.	DESCRIPTION
1	1	2400M171	Bearing Block
2	1	4000M218	Detent Pin
3	2	4000-100	Pillow Block Bearing
4	2	4015M116	Non-Slip Fabric
5	2	3900-443	Cybox Decal 1.00 Horiz. Black
5	2	3900-444	Removed 7-03
6	1	5320-209	Cybox Decal 1.00 Horiz. Silver
7	1	5330M040	Weight Bracket
8	1	5450-200	Plug
9	1	5450-201	Frame
10	1	5450-204	Support Bar
11	1	5450-302	Pivot Tube
12	2	5580-324	Spacer
13	1	5450-203	Shim
14	1	BS070201	Adjusting Cushion Tube
15	1	FB050202	Com Spring .56 x .66 x 1.50 L
16	1	FB050217	Sleeve Bearing 1.00 x 1.25 x 1.00 L
17	2	HN704901	Flange Bearing 1.00 x 1.25 x 1.50 L
18	4	HN784900	Nylon Locknut .375-16
19	1	HS357600	Nylon Locknut .500-13
20	1	JC620412	Flat Washer .531 x 1.50 x .070 T
21	4	JC700920	BHSCS .250-20 x .50
22	4	JC782836	FHSCS .375-16 x 1.25
			SHCS .500-13 x 3.25

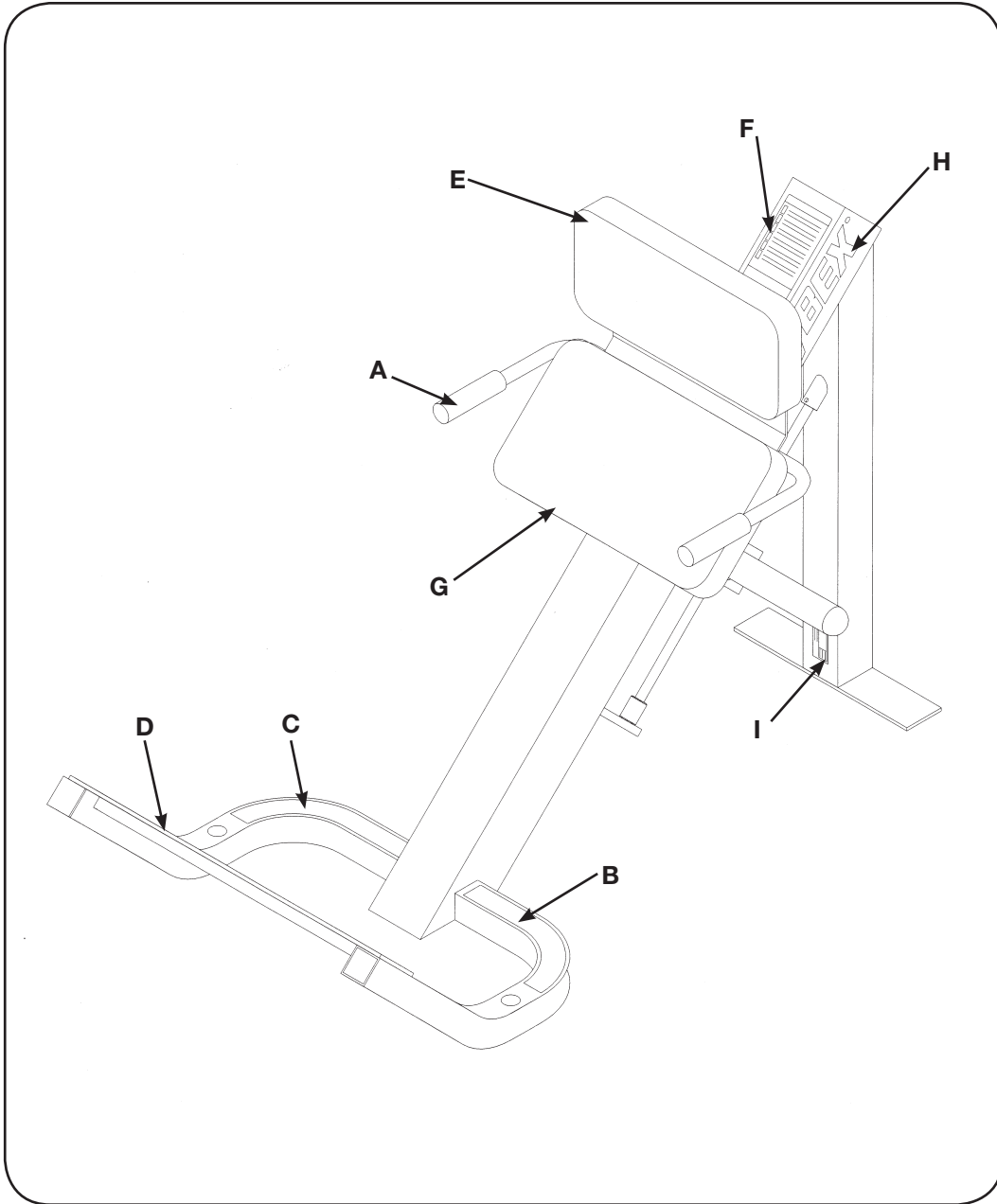
5450 - Seated Calf



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45° CALF

PRODUCT NO. 5560



DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Hand Grip	4605-501	F. Placard	5560-301
B. Non-Slip Fabric (left).....	01026	G. Seat Cushion.....	4106S055-0
C. Non-Slip Fabric (right).....	01027	H. Cybex Decal Black	3900-447
D. Non-Slip Fabric.....	01028	I. Cybex Decal Silver	3900-448
E. Back Cushion	4800-024	I. Serial Number Decal	
Upholstery Hardware Pack.....	5410S045		

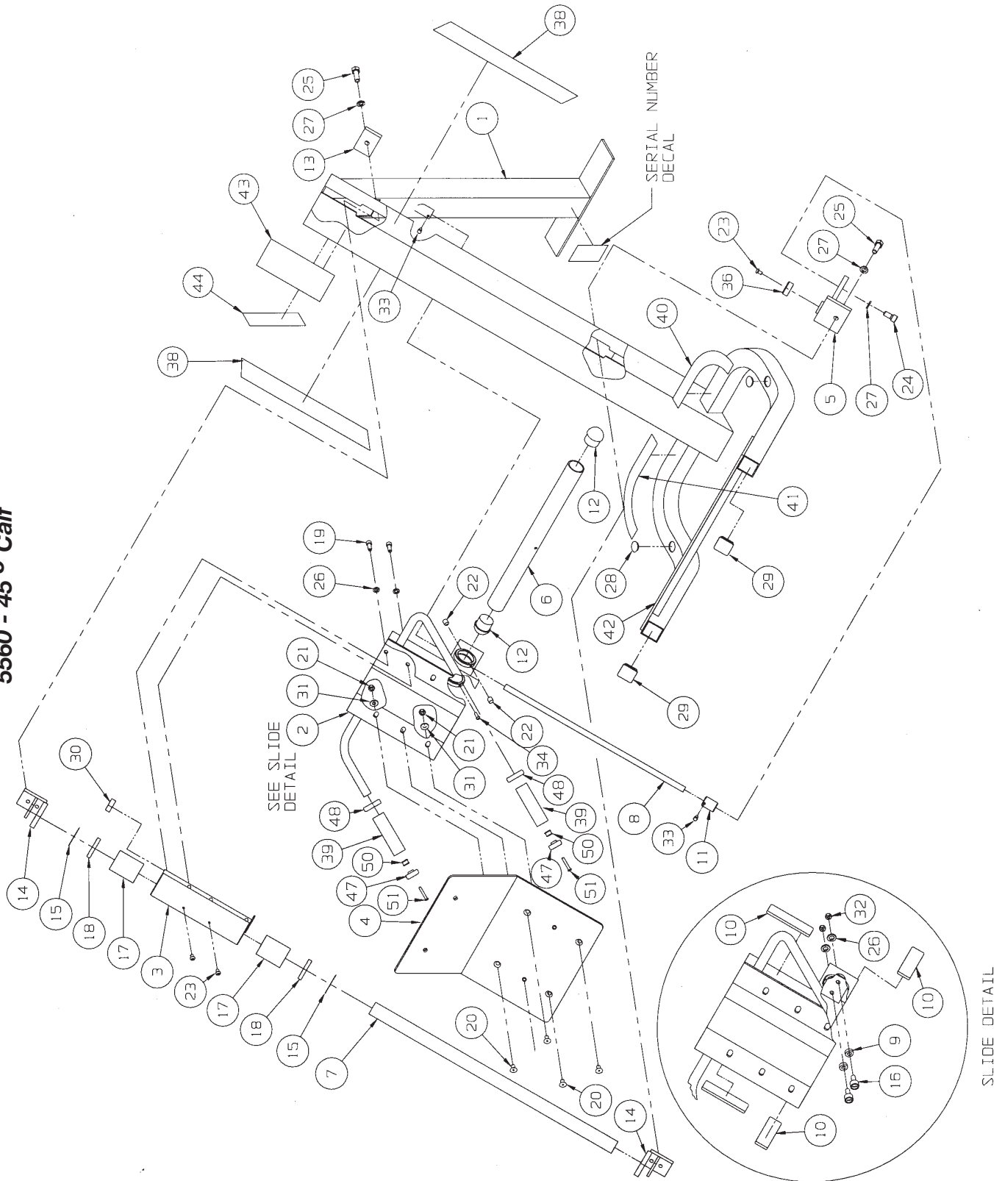
Cybox Plate Loaded Owner's Manual

5560 - 45 ° Calf

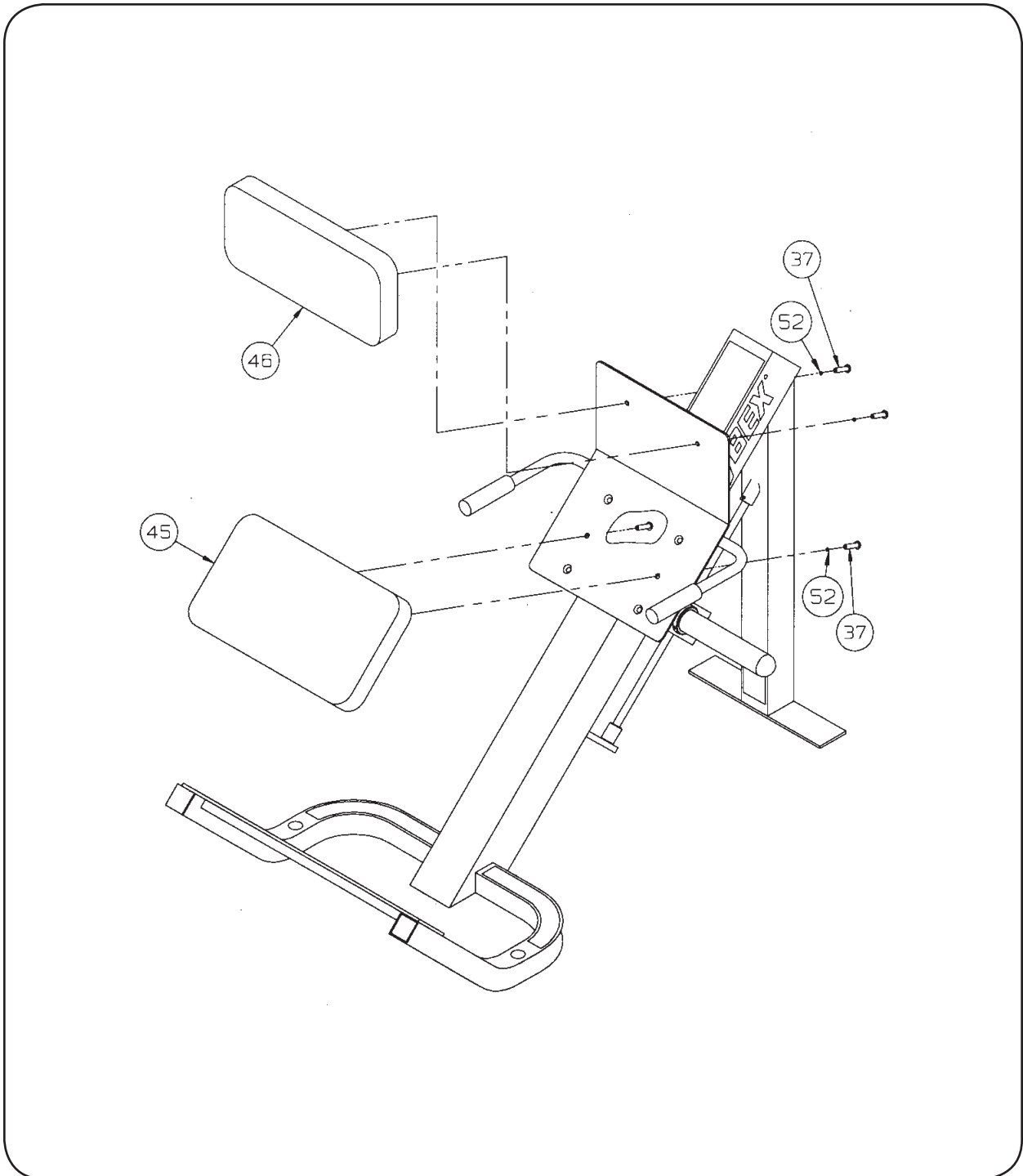
ITEM	QTY	PART NO.	DESCRIPTION
1	1	01000	Frame
2	1	01009	Slide
3	1	01015	Bearing Sleeve
4	1	01017	Seat Plate
5	1	01018	Rod Support
6	1	01021	Weight Tube
7	1	5560-302	Shaft 1.50 Dia x 30.50 L
8	1	01023	Weight Rod .625 Dia. x 22.50
9	2	01024	Spacer
10	4	01025	Wear Strip
11	1	01549	Guide Rod Collet
12	2	5330M040	Plug
13	1	5330C042	Locking Plate
14	2	5560-303	Pillow Block
15	2	BR030203	Linear Bearing Retaining Ring 1.50
16	2	01029	Hex Socket Cam Follower Bearing
17	2	FB110200	Linear Bearing 1.50
18	2	FS110200	Linear Bearing Seal 1.50
19	4	HC702816	SHCS .375-16 x .875
20	4	HC700915	FHSCS .375-16 x .75
21	4	HN704000	Hex Nut .375-16
22	3	HY622910	Set Screw .250-20 x .375
23	3	JC660412	BHSCS .312-18 x .50
24	1	JC782817	SHCS .500-13 x 1.00
25	2	JC781222	HHCS .500-13 x 1.50
26	6	HS348300	Split Lockwasher .375
27	3	JS388300	Split Lockwasher .500

ITEM	QTY	PART NO.	DESCRIPTION
28	2	PP080202	Plastic Insert 1.19 Dia. x 11 G
29	2	PP090210	Plastic Insert 2.00 Sq x 11 G
30	1	PU060201	Bumper
31	4	HS347600	Washer SAE .375
32	2	JN714200	Hex Nut .375-24
33	2	HC621211	HHCS .250-20 x .437
34	1	JC620415	BHSCS .250-20 x .75
35			Removed
36	1	PR060003	Recess Bumper
37	4	JC700420	BHSCS .375-16 x 1.25
38	2	3900-447	Cybox Decal 1.94 Horiz. Black
38	2	3900-448	Cybox Decal 1.94 Horiz. Silver
38			Removed 7-03
39	2	4605-501	Hand Grip
40	1	01026	Non-Slip Fabric (Left)
41	1	01027	Non-Slip Fabric (Right)
42	1	01028	Non-Slip Fabric
43	1	5560-301	Placard Decal
44	1	5220-364	Warning Decal
45	1	4106S055-0	Seat Cushion
46	1	4800-024	Back Cushion
47	2	11090-374	End Cap
48	2	11090-376	Handle Grip Ring
49	1	51198	Strength Warranty Sheet (not shown)
50	2	HF449063	Insert
51	2	JC620422	BHSCS .250-20 x 1.50
52	4	JS347400	Internal Tooth Lockwasher

5560 - 45 ° Calf

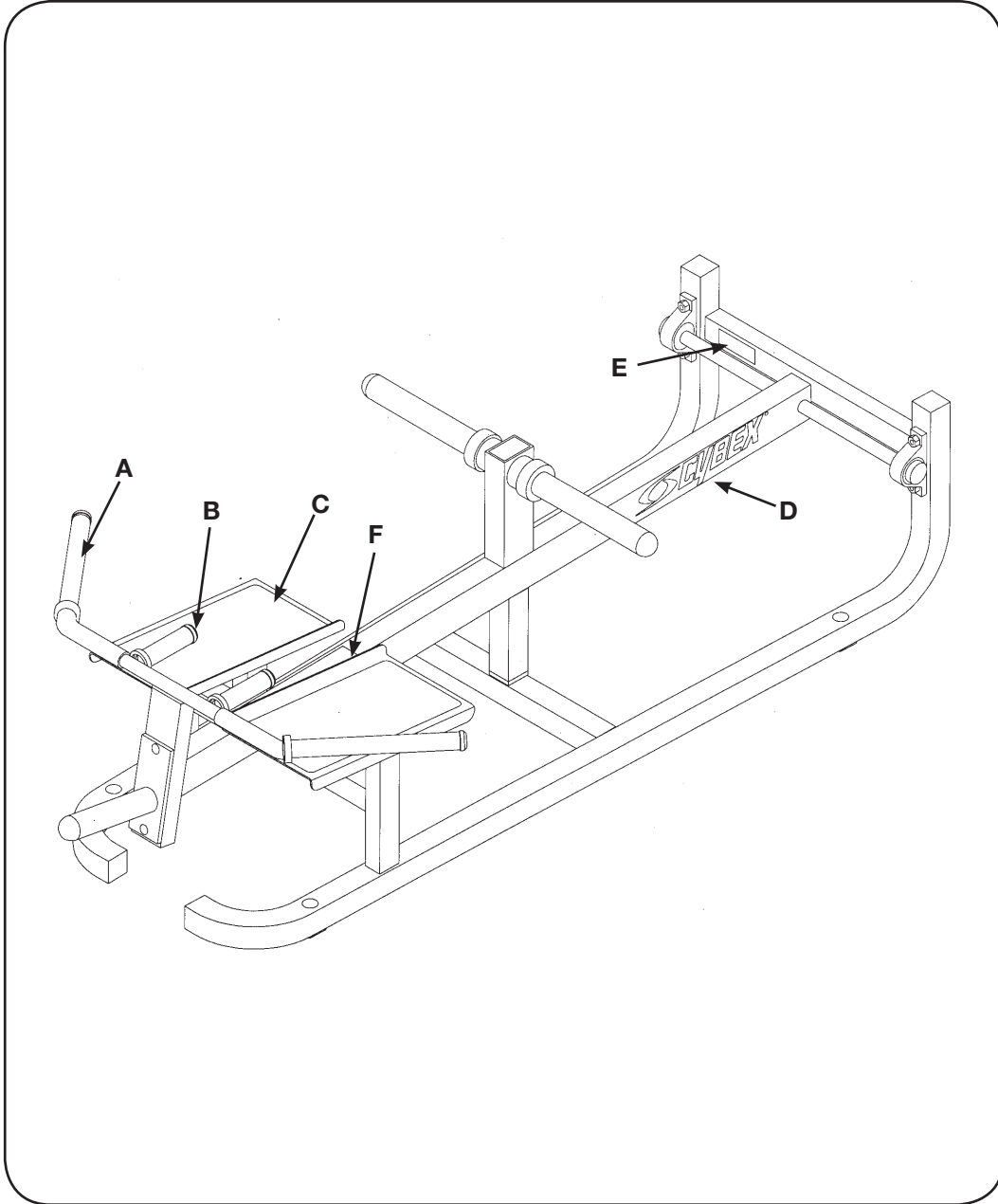


5560 - 45° Calf



T-BAR ROW

PRODUCT NO. 5580

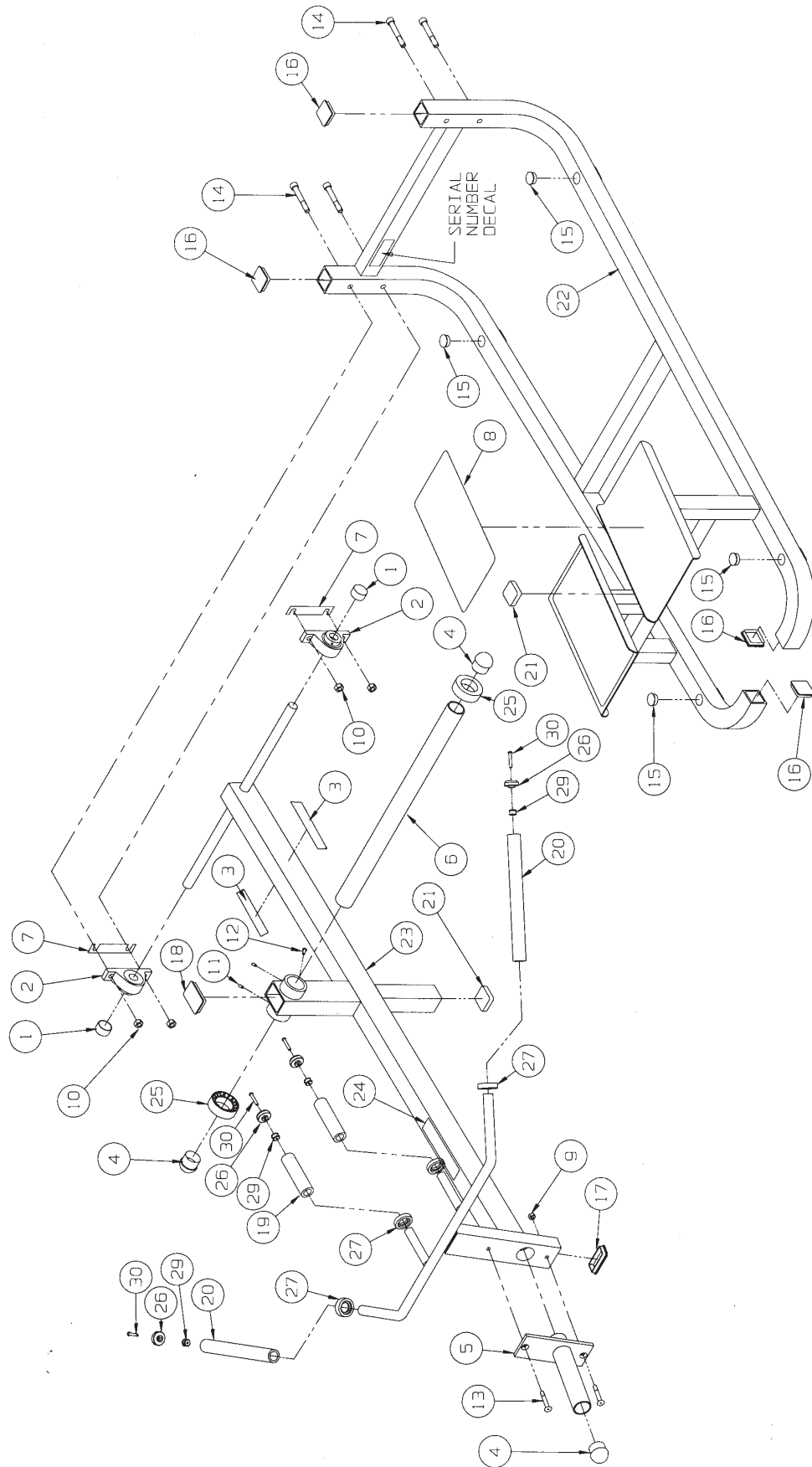


DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Grip	PR400202	D. Cybex Decal Black	3900-443
B. Hand Grip	4605-514	D. Cybex Decal Silver	3900-444
C. Non-Slip Fabric	5580-325	E. Serial Number Decal	
		F. Warning Decal	5220-364

5580 - T-Bar Row

ITEM	QTY	PART NO.	DESCRIPTION	ITEM	QTY	PART NO.	DESCRIPTION
1	2	01190	Vinyl End Cap	15	4	PP080202	Plastic Insert 1.19 Dia x 11 G
2	2	4000-100	Pillow Block Bearing	16	4	PP090210	Plastic Insert 2.00 Sq x 10-14 G
3	2	3900-443	Removed 7-03	17	1	PP090202	Plastic Insert 1.50 x 3.00 x 11 G
3	2	3900-444	Cybox 1.57 Horiz. Black	18	1	PP090206	Plastic Insert
3	2	3900-444	Cybox 1.57 Horiz. Silver	19	2	4605-514	Hand Grip
4	3	5330M040	Plug	20	2	4605-525	Grip
5	1	5580-203	Weight Bracket	21	2	PU060204	Bumper
6	1	5580-314	Weight Tube	22	1	5580-201	Base
7	1	5580-324	Shim	23	1	5580-202	Upper Frame
8	2	5580-325	Non-Slip Fabric	24	1	5520-364	Warning Decal
9	2	HN704901	Nylon Locknut .375-16	25	2	5220-367	Spacer
10	4	HN784900	Nylon Locknut .500-13	26	4	11090-374	End Cap
11	3	HY622910	Set Screw .250-20 x .375	27	4	11090-376	Handle Grip Ring
12	1	JC620415	BHSCS .250-20 x .75	28	1	51198	Strength Warranty Sheet (not shown)
13	2	JC700930	FHSCS .375-16 x 2.50	29	4	HF449063	Insert
14	4	JC782836	SHCS .500-13 x 3.25	30	4	JC620422	BHSCS .250-20 x 1.50

5580 - T-Bar Row





10 Trotter Drive Medway, MA 02053 • 508-533-4300 • FAX 508-533-5183
www.cybexinternational.com • techhelp@cybexintl.com • techpubs@cybexintl.com