

A man in a black athletic tank top and shorts is seated on a Cybex Bravo machine, performing a seated row exercise. He is holding the handle with both hands, pulling it towards his chest. The machine is silver and black with yellow adjustment knobs. The background is a grey wall with a grid pattern.

**CYBEX**

**CYBEX**

**BRAVO™**

# Product Line Specs – Bravo

STENGTH TEAM | January 15<sup>th</sup>, 2020

# Bravo – General Product Line Specifications

## Frame

- Fully welded 11-gauge steel frames
- Electrostatic powder coat finish for maximum durability

## Weight Plates

- Solid steel 20 lb (9 kg) weight plates
- Magnetic weight selector pin locks into place

## Adjustments

- High visibility, color contrasting, yellow adjustment handles.
- Ergonomic latex free rubber over molded adjustment handles.

## Instructional Placards

- Placards pictorially illustrate the muscles trained, proper machine set up & use, for easy to follow instructions regardless of language

## Cable & Pulleys

- Pulleys
  - 4400-354 (3.5") Pulleys
- Cables
  - GQ000202 3/16" coated cable
  - Minimum Breaking Strength (MBS): 1000 lbf tensile strength

## Foot platforms

- All foot platforms have a slip-resistant texture (Bravo Lift)

## Certifications

- ASTM F1749, F2571, F2216, F2276, F2277
- EN/ISO 20957-1, 20957-2
- EMC Directive 2001/95/EC
- CA TB117

## Warranty

- 10 year limited warranty on the structural frame (coatings excluded)
- 5 year on the pulleys, weight plates, & guide rods
- 1 year on the bearings, cables, grips & electrical.
- 90 days on the upholstery, springs, & any items not specified.
- Warranties outside the U.S. may vary.



# Key Product Knowledge

## PROGRESSIVE STABILIZATION

- Cybex Bravo Series provides a unique and progressive stabilization system that offers maximizing stabilization, partial stabilization or free standing stabilization that allows users to build strength and incrementally modify stabilization

## ADVANCED ADJUSTMENTS

- Bravo Series allows users complete control with an advanced cable adjustment system where both the height of the cable and the width between cables can be adjusted for maximum versatility and endless training possibilities

## UNLIMITED CAPABILITIES

- With the capability of doing hundreds of exercises, Bravo Series offers the strength training that current medical literature stresses is important for overall health and fitness

## COMPLETE SOLUTIONS

- Bravo Series gives users more training options and versatility than any product in its class. Most Bravo products have a standard 2:1 cable ratio for enhanced resistance, while others have a 4:1 cable ratio for more performance-based movements and increased cable travel

## COMPREHENSIVE PLACARDS

- All Bravo Series placards review proper set-up as well as muscles trained and provide users with multiple exercise options that demonstrate correct form



# Bravo Basic

## 18000

---

Size (D x W x H): 34" x 67" x 83.5"

Metric (cm): 86 x 170 x 212

Recommended Live Area (L x W): 88" x 195" x 101.5"

Metric (cm): 224 x 495 x 258

Weight: 550 lbs ( kg)

Weight Stack (per side): 170 lbs (77 kg)

Max User Weight: 350 lbs (159 kg)

Resistance Ratio: 2:1

### Key Features:

- Standard Attachments: 2 handles, 1 Triceps Rope, 1 Ankle Cuff, Optional Lat Pull Bar
- Cable Travel: 81" (206 cm)
- 21 cable adjustment positions with 3" (7.6 cm) spacing
- Max Effective Load: 85 lbs (38.5 kg) per side
- Min Effective Load: 5 lbs (2.25 kg) per side



# Bravo Advanced (Compact)

## 8800

Size (D x W x H): 45" x 54" x 77"

Metric (cm): 114 x 137 x 196

Recommended Live Area (L x W): 99" x 182" x 95"

Metric (cm): 252 x 462 x 241

Weight: 866 lbs (393 kg)

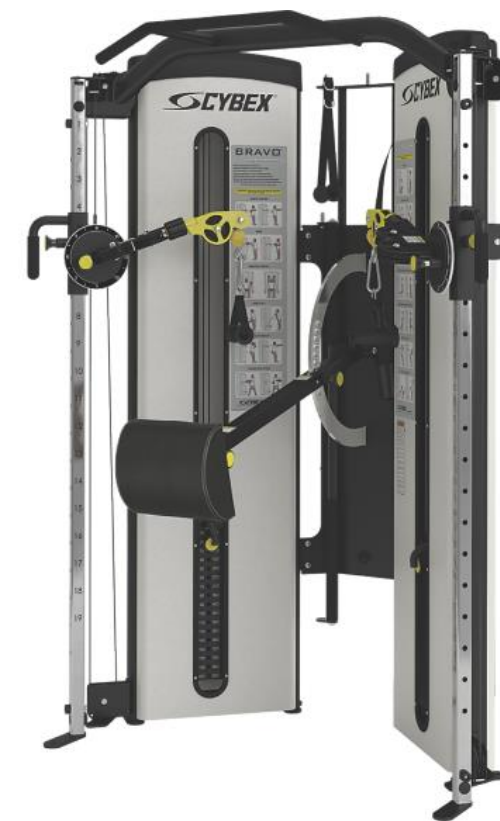
Weight Stack (per side): 170 lbs (77 kg)

Max User Weight: 350 lbs (159 kg)

Resistance Ratio: 2:1

### Key Features:

- Standard Attachments: 2 Strap Handles, 2 Multi-length Strap Extensions, 1 Ankle Cuff, 1 Rotating Arm Bar, 1 Triceps Rope, 1 Lat Pull Bar
- Cable Travel: 79" (200 cm)
- Progressive Stabilization System has 10 height positions, 9 fore/aft positions in 2" (5 cm) increments
- Advanced Cable Adjustment system rotates 315° and has adjustments every 45
  - Min Cable Width: 15" (38 cm)
  - Max Cable Width: 58" (147 cm)



# Bravo Advanced (Tall)

## 8810 (Light)

---

Size (D x W x H): 45" x 54" x 87"

Metric (cm): 114 x 137 x 221

Recommended Live Area (L x W): 99" x 182" x 105"

Metric (cm): 252 x 462 x 267

Weight: 901 lbs (407 kg)

Weight Stacks (per side): 170 lbs (77 kg)

Max User Weight: 350 lbs (159 kg)

Resistance Ratio: 2:1

### Key Features:

- Standard Attachments: 2 Strap Handles, 2 Multi-length Strap Extensions, 1 Ankle Cuff, 1 Rotating Arm Bar, 1 Triceps Rope, 1 Lat Pull Bar
- Cable Travel: 79" (200 cm)
- Progressive Stabilization System has 10 height positions, 9 fore/aft positions in 2" (5 cm) increments
- Advanced Cable Adjustment system rotates 315° and has adjustments every 45
  - Min Cable Width: 15" (38 cm)
  - Max Cable Width: 58" (147 cm)

**CYBEX®**



# Bravo Advanced (Compact)

## 8830 (Heavy)

Size (D x W x H): 45" x 54" x 77"

Metric (cm): 114 x 137 x 196

Recommended Live Area (L x W): 109" x 192" x 95"

Metric (cm): 277 x 488 x 241

Weight:

Light – 874 lbs (396 kg)

Heavy – 1184 lbs (537 kg)

Weight Stacks (per side):

Light – 170 lbs (77 kg)

Heavy – 325 lbs (147 kg)

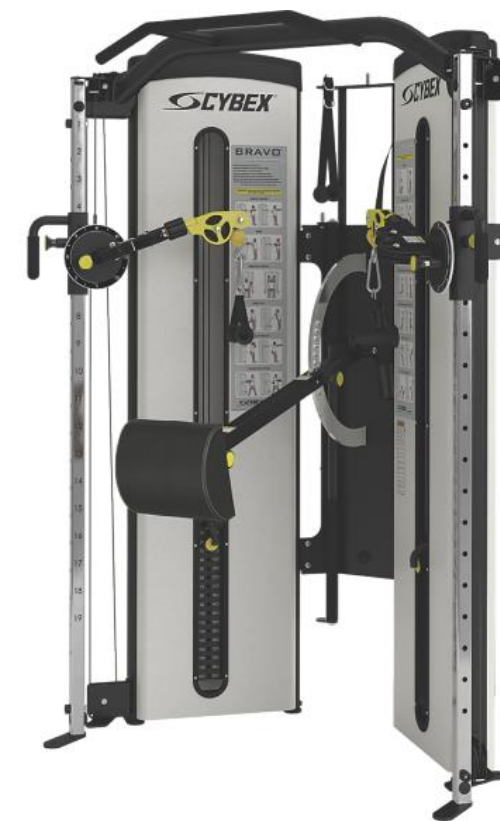
Max User Weight: 350 lbs (159 kg)

Resistance Ratio: 4:1

Key Features:

- Standard Attachments: 2 Strap Handles, 2 Multi-length Strap Extensions, 1 Ankle Cuff, 1 Rotating Arm Bar, 1 Triceps Rope, 1 Lat Pull Bar
- Cable Travel: 110" (279 cm)
- Progressive Stabilization System has 10 height positions, 9 fore/aft positions in 2" (5 cm) increments
- Advanced Cable Adjustment system rotates 315° and has adjustments every 45
  - Min Cable Width: 15" (38 cm)
  - Max Cable Width: 58" (147 cm)

**CYBEX®**



# Bravo Advanced (Tall)

## 8840 (Heavy)

---

Size (D x W x H): 45" x 54" x 87"

Metric (cm): 114 x 137 x 221

Recommended Live Area (L x W): 99" x 182" x 105"

Metric (cm): 252 x 462 x 267

Weight:

Light – 907 lbs (411 kg)

Heavy – 1,217 lbs (552 kg)

Weight Stacks (per side):

Light – 170 lbs (77 kg)

Heavy – 325 lbs (147 kg)

Max User Weight: 350 lbs (159 kg)

Resistance Ratio: 4:1

Key Features:

- Standard Attachments: 2 Strap Handles, 2 Multi-length Strap Extensions, 1 Ankle Cuff, 1 Rotating Arm Bar, 1 Triceps Rope, 1 Lat Pull Bar
- Cable Travel: 110" (279 cm)
- Progressive Stabilization System has 10 height positions, 9 fore/aft positions in 2" (5 cm) increments
- Advanced Cable Adjustment system rotates 315° and has adjustments every 45
  - Min Cable Width: 15" (38 cm)
  - Max Cable Width: 58" (147 cm)

**CYBEX®**





# Bravo Pro

## 18080 (w/ Chin) & 18085 (w/o Chin)

Size (D x W x H): **18080** – 45" x 83" x 98", **18085** – 45" x 83" x 88"

Metric (cm): 18080 – 114 x 211 x 249, 18085 – 114 x 211 x 224

Recommended Live Area (L x W): **18080**: 119" x 232" x 116", **18085**: 119" x 232" x 88"

Metric (cm): 18080: 302 x 589 x 295, 18085: 302 x 589 x 224

Weight: 18080 – 1,310 lbs (595 kg), 18085 – 1,276 (580 kg)

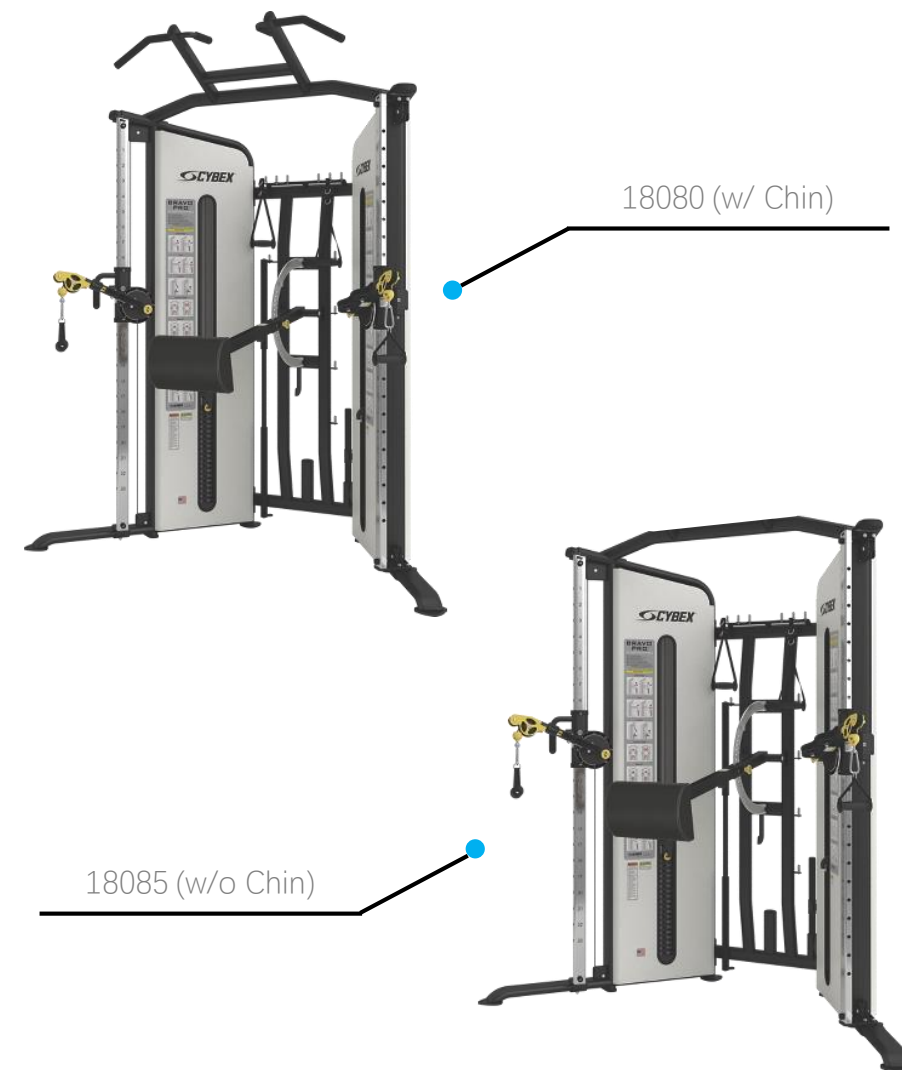
Weight Stack (per side): 400 lbs (181 kg)

Max User Weight: 350 lbs (159 kg)

Resistance Ratio: 4:1

### Key Features:

- Standard Attachments: 2 Strap Handles, 2 Multi-length Strap Handles, 1 Ankle Cuff, 1 Rotating Arm Bar, 1 Triceps Rope, 1 Lat Pull Bar w/ Swivel End
- Cable Travel: 139" (353 cm)
- Progressive Stabilization system has 10 height positions and 9 fore/aft positions in 2" (5 cm) increments
- 23 cable adjustment positions spaced 3" (7.6 cm) apart
- Has a No-Chin option as well (see image on right)



# Bravo Press

## 18010

---

Size (D x W x H): 35" x 53" x 83"

Metric (cm): 89 x 135 x 211

Recommended Live Area (L x W): 89" x 181" x 83"

Metric (cm): 226 x 460 x 211

Weight: 719 lbs (327 kg)

Weight Stack (per side): 170 lbs (77 kg)

Max User Weight: 350 lbs (159 kg)

Resistance Ratio: 2:1

### Key Features:

- Standard Attachments: 2 Strap Handles
- Max Effective Load: 85 lbs (38.6 kg) per handle
- Progressive Stabilization system has 10 height positions and 9 fore/aft positions in 2" (5 cm) increments

**CYBEX®**



# Bravo Pull

## 18020

---

Size (D x W x H): 45.5" x 62.7" x 90.7"

Metric (cm): 115.5 x 159.3 x 230.4

Recommended Live Area (L x W): 99.5" x 190.7" x 102.7"

Metric (cm): 253 x 484 x 261

Weight: 758 lbs (344 kg)

Weight Stack: 170 lbs (77 kg)

Max User Weight: 350 lbs (159 kg)

Resistance Ratio: 2:1

### Key Features:

- Standard Attachments: 4 Strap Handles, 1 Ankle Cuff
- Cable Travel: 98" ( cm)
- Progressive Stabilization system has 10 height positions and 9 fore/aft positions in 2" (5 cm) increments
- Upper handle locations (not adjustable) and adjustable cable columns in center, making this ideal for pulling exercises (i.e., High Row, Mid Row, Low Row, Lat Pulldowns)

**CYBEX®**



# Bravo Lift

## 18030

---

Size (D x W x H): 71.4" x 46.7" x 83.6"

Metric (cm): 181.3 x 118.6 x 212.4

Recommended Live Area (L x W): 95.4" x 82.7" x 83.6"

Metric (cm): 242 x 210 x 212

Weight: 747 lbs (339 kg)

Weight Stack: 400 lbs (181 kg)

Max User Weight: 300 lbs (136 kg)

Resistance Ratio: 2:1

### Key Features:

- Free Start Technology allows users to select a desired starting height and get to it with minimal load, which helps them get into the correct start position before weight is engaged
- Large base platform helps to ensure proper positioning for a wide variety of exercises



# Utility Bench

## 8821

---

Size (L x W x H): 21" x 15.5" x 16.5"

Metric (cm): 39.4 x 53.3 x 41.9

Recommended Live Area (L x W): N/A

Metric (cm): N/A

Weight: 18.5 lbs (8.4 kg)

Max User Weight: 300 lbs (136 kg)

### Key Features:

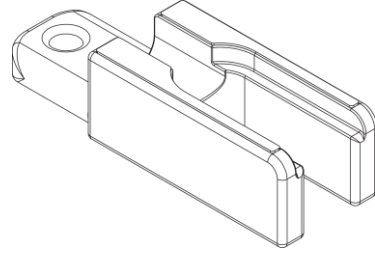
- Allows users to perform a variety of movements from the seated position
- Enhances training possibilities for exercisers of all levels
- Supplement to Bravo Functional Trainers with Progressive Stabilization system



# Bravo Extras

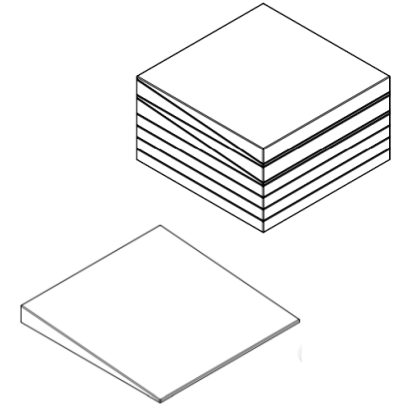
## Increment Weight

- Allows users to target smaller increments when choosing a desired weight
- Weight: 5 lbs (2.27 kg)



## Foot Support Pads

- Provide added stability for products on unlevel surfaces
- Dimensions (L x W): 5" x 5" (12.7 x 12.7 cm)



# Comparison Chart – Bravo

Model Info	Bravo Basic 18000	Bravo Advanced 8800	Bravo Advanced 8810	Bravo Advanced 8830	Bravo Advanced 8840	Bravo Pro 18080	Bravo Pro 18085
<b>Weight Stack</b>	170 lbs (77 kg)	170 lbs (77 kg)	170 lbs (77 kg)	170 lbs (77 kg) 325 lbs (147 kg)	170 lbs (77 kg) 325 lbs (147 kg)	400 lbs (181 kg)	400 lbs (181 kg)
<b>Cable Ratio</b>	2:1	2:1	2:1	4:1	4:1	4:1	4:1
<b>Cable Travel</b>	81" (206 cm)	79" (200 cm)	79" (200 cm)	110" (279 cm)	110" (279 cm)	139" (353 cm)	139" (353 cm)
<b>Ceiling Height Needed</b>	7'	7'	8'	7'	8'	9'	8'

