



# product information

Volume 12

October 2009

## Introducing the CYBEX Jungle Gym

Cybex's new Jungle Gym has the ability to be configured to meet a facilities needs from Cable Crossover to Four-Stack to Attached Cable Crossover to an Eight-Stack or more. Designed for the most demanding environments this Jungle Gym presents a clean, modern architecture to compliment a facilities' décor.

A primary goal for the Jungle Gym was to replace the Modular Systems with a robust, open and space efficient design. The stations that will be available with the Jungle Gym make up the vast majority of Modular sales and are ideally suited for the club environment.

Currently we anticipate shipping to begin in mid-December.





## THE JUNGLE GYM

### The Quad Tower

The Jungle Gym is built around a center structure referred to as the “Quad Tower.” The Quad Tower is a single welded unit that provides the overall structural integrity of the Jungle Gym.

Two sides, opposite each other, are designed to accommodate the Heavy stations that include:

- Low Row 17030
- Dual Handle Low Row 17040
- Lat Pull 17070
- Dual Handle Lat Pull 17080

The remaining sides accommodate the Light stations. These include:

### Hi –Lo Cable 17050

- Triceps Pushdown 17060
- Adjustable Cable Column 17090
- Attached Cable Crossover 17120
- Embedded Cable Crossover 17130

The Quad Tower is product number **17000** and is the core of the Jungle Gym.





## HEAVY STATIONS

### Low Row 17030

- Seat cushion is ergonomically positioned at 17-inches from the ground.
- Seat is placed at a 10-degree angle to allow taller users unobstructed access to the footplates.
- Pulley position allows for an optimal arc of motion of the handle for rows.
- 250 Lb (113 kg) weight stack

### Dual Handle Low Row 17040

- Dual handles provide for independent movement, and provide a 2:1 lifting ratio when used independently.
- The diverging pulley alignment allows for natural movement.
- Seat cushion is ergonomically positioned at 17-inches from the ground.
- Seat is placed at a 10-degree angle to allow taller users unobstructed access to the footplates.
- Pulley position allows for an optimal arc of motion of the handle for rows.
- 250 Lb (113 kg) weight stack

### Lat Pull 17070

- The forward aligned pulley has been carefully located to encourage correct form for the lat pulldown movement.
- Adjustable thigh pad provides stabilization for a wide variety of user heights.
- 250 Lb (113 kg) weight stack

### Dual Handle Lat Pull 17080

- The forward aligned pulleys have been carefully located to encourage correct form for the lat pulldown movement.
- The diverging pulley alignment allows for natural movement.
- Dual handles provide for independent movement, and provide a 2:1 lifting ratio when used independently.
- Adjustable thigh pad provides stabilization for a wide variety of user heights.
- 250 Lb (113 kg) weight stack

## LIGHT STATIONS

### Hi /Lo Cable 17050

- Dual cable outlets make this an excellent multi-purpose station for movements like arm curls and triceps pushdowns.
- The 2:1 lifting ratio provides for low take-off resistance and controlled inertia.
- 200 Lb (91 kg) weight stack

### Triceps Pushdown 17060

- Overhead pulley location allow for a greater variety in body position
- 200 Lb (91 kg) weight stack

### Adjustable Cable Column 17090

- Adjustment tube has 22-positions.
- Adjustment positions are located 3" apart for fine-tuning the path of motion.
- The 2:1 lifting ratio provides for decreased inertia.
- Includes user-side weight shield
- 200 Lb (91 kg) weight stack

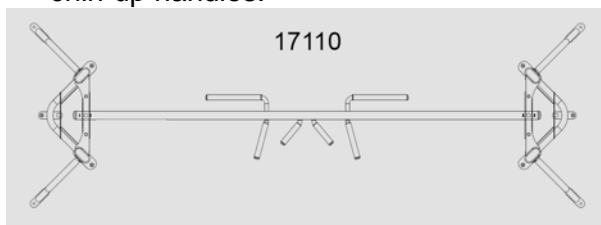


## CABLE CROSSOVERS

In order to streamline the ordering process, we have created three configurations of cable crossover. No longer is it necessary to quote or enter the cable crossover a piece at a time. Rather, there are three configurations based on whether Free Standing, Attached (usually referred to as a five stack) or Embedded (connecting two Quad Towers).

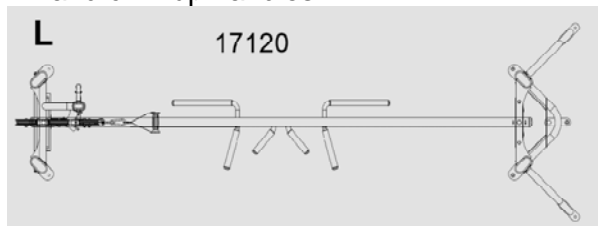
### Free Standing Cable Crossover 17110

- Includes two Adjustable Cable Columns with towers and stabilization, as well as a connecting tube with multiple pull up and chin-up handles.



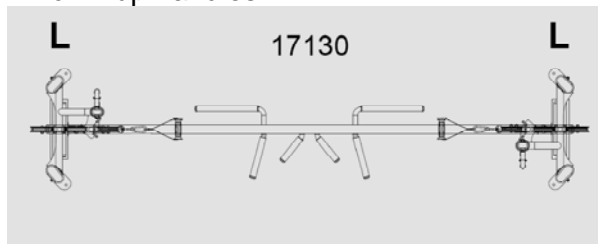
### Attached Cable Crossover 17120

- This Cable Crossover attaches to one side of the Quad Tower and extends outward to a free-standing end. The free standing end and quad tower are attached by a connecting tube with multiple pull up and chin-up handles.



### Embedded Cable Crossover 17130

- This Cable Crossover is used when a cable crossover is desired as part of a "dual quad" Jungle Gym. It includes two adjustable cable columns and a connecting tube with multiple pull up and chin-up handles.

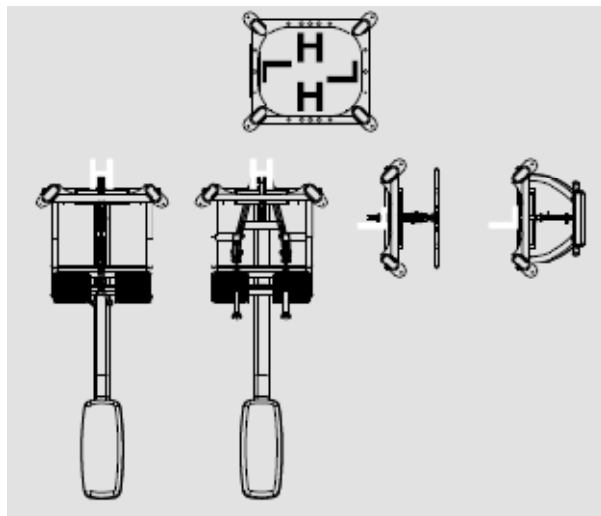




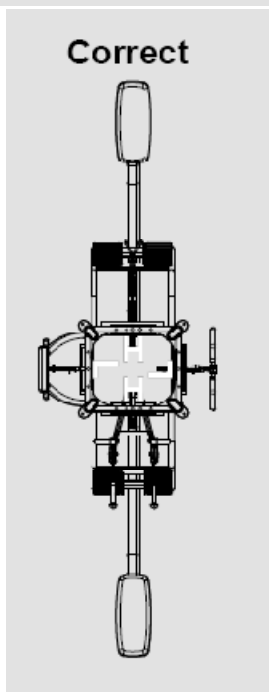


## CONFIGURING THE JUNGLE GYM

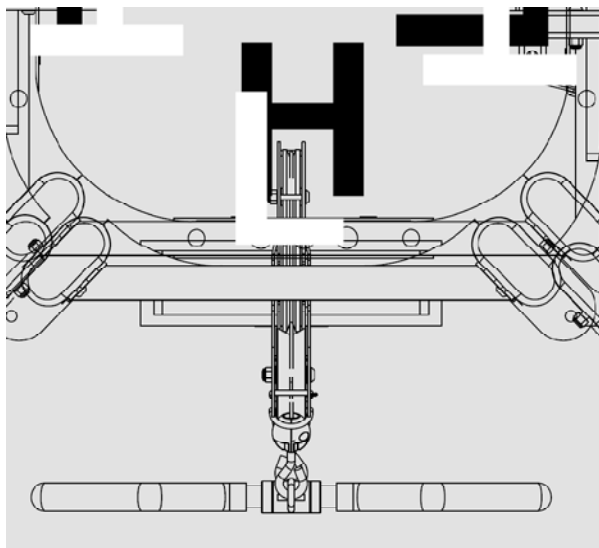
As previously noted, the Quad tower will accept two Heavy and two Light Stations. When laying out using the GYM PLANNER some added graphic elements ensure that two heavy and two light stations are appropriately positioned on the Quad Tower.



When properly aligned the white H and L from the station will overlap the black Hand L on the Quad Tower. A good configuration would look like this:



An invalid placement would show a mis-match like this:



Please note that any of the Heavy Stations can be placed in one of the two Heavy positions and any of the Light Stations can be placed in either of the Light positions.

## Modular End-of-Life

The introduction of the Jungle Gym also signals the End-of-Life for one of the longest-lived product lines in the fitness industry.

The last day to enter orders for the Modular line is February 26<sup>th</sup>.

The last day for shipment is March 26<sup>th</sup>.

Two modular pieces will remain in production:

- 5345 Free Standing Modular Dip Chin Assist
- 5316 Free Standing Modular Cable Column with Booms.



<i>Product No.</i>	<i>Description</i>	<i>Length</i>		<i>Width</i>		<i>Height</i>		<i>Weight Stack</i>		<i>Machine Weight</i>	
<b>JUNGLE GYM</b>		IN.	CM	IN.	CM	IN.	CM	LBS	Kg	LBS	Kg
17000	Quad Tower	32	81	28	71	86	218			240	94
17030	Low Row	71	180			86	218	250	98	425	167
17040	Dual Handle Low Row	71	180			86	218	250	98	435	171
17050	Hi / Lo Cable	10	25			86	218	200	79	320	126
17060	Triceps Pushdown	13	33			88	224	200	79	325	128
17070	Lat Pull	38	97			87	221	250	98	390	154
17080	Dual Handle Lat Pull	38	97			88	224	250	98	405	159
17090	Adjustable Cable	14	36			86	218	200	79	350	138
17110	Free Standing Cable Crossover	146	371	48	122	88	224	200	79	1070	421
17120	Attached Cable Crossover	129	328	48	122	88	224	200	79	910	358
17130	Embedded Cable Crossover	111	282			88	224	200	79	750	295

Note: Length refers to the “Length” of that station added to the base dimension of the Quad Tower.