

# MG-525 COMPACT MULTI-STATION

## SERIOUSLY SIMPLE. SENSIBLY SAFE.

Are you looking to provide for guest, residents, or employees with a simple way to stay fit? Do you want to avoid taking up a lot of space or hiring a staff of trainers to supervise workouts?

The Cybex MG-525 is versatile multi-gym that offers biomechanically correct exercises for a full body workout in a sleek, compact, 67-square-foot package. The exercises are easy to do and three people can get fit at the same time on this all-in-one gym. The MG-525 exercises include:

- ▶ Chest Press
- ▶ Overhead Press
- ▶ Leg Extension
- ▶ Leg Curl
- ▶ Arm Curl
- ▶ Tricep Pushdown
- ▶ Lat Row
- ▶ Lat Pulldown

Now everyone can enjoy a complete workout on quality strength training equipment created by the fitness company with a proven track record for rugged reliability and low-maintenance. The MG-525 is built to be used by everyday athletes and traveling superstars alike.

## REAL SIMPLE. REAL RESULTS.

The Cybex MG-525 makes getting a complete, full-body workout simple. Illustrated instructional placards guide users through the basic exercises needed to develop strength, improve coordination and learn movement patterns that enhance functional performance. No complex instructions are necessary.

## SMALL FOOTPRINT. BIG TIME WORKOUTS.

The Cybex MG-525 is an ideal centerpiece for facilities where space is at a premium, but fitness is a priority. Add a Cybex Arc Trainer and Treadmill to complement this quality strength training station. You're now in charge of a compact fitness facility where everyone can relax, recharge, and get ready for what's next.



## SPECIFICATIONS

Product No.	8701
Dimensions L x W x H	83" x 119" x 88" (211 x 302 x 224 cm)
3 Weight Stack	200 lbs (91 kg)
Machine Weight	904 lbs (410 kg)

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