



# The Proof is in the Numbers, No One Tops Bravo

## Functional Training System

The real world does not cut you any slack. It does not lower the incline as you pedal up a mountain, or give you a boost as you carry groceries up three flights of stairs. The real world requires a level of strength and power that calls for functional training.



Cybex won the prestigious FIBO Innovation Award 2012 for the Bravo Series' patented Progressive Stabilization.

The Cybex Bravo Functional Training System has become the go-to choice for personal trainers and solo fitness enthusiasts alike. It combines the best of selectorized and cable-based strength training to deliver a safe, simple way to get results faster. The numbers tell the story. Bravo delivers a 221% increase in load capacity, a 184% improvement in core activation and a 38% strength gain over freestanding cable systems. No other functional training or selectorized systems can touch Bravo's scientifically documented results.

With Bravo, users have the power to increase core strength and workload at the same time. Its state-of-the-art, patented Progressive Stabilization technology – winner of a prestigious FIBO Award 2012 – allows them to gradually modify the amount of stabilization provided. Its cable adjustment system is the only one that lets users change both height and width, resulting in unlimited exercise possibilities.



561-712-0381



COASTALFITNESS@AOL.COM



WWW.COASTALFITNESS.COM

# Bravo Advanced Functional Training System

The truly innovative Bravo™ Functional Training System combines unique technologies and the best aspects of selectorized and cable-based strength training equipment to offer simple, safe operation, expanded functionality and better results.

## FEATURES

- Progressive Stabilization System:** The Bravo Functional Trainer features the patented Progressive Stabilization System, which is a pad that adjusts for height and horizontal position. The system offers maximum support (like selectorized equipment) or free standing movement (like most functional trainers). It gives users a greater variety of training options, and compared to other free-standing machines, the system delivers a 212% increase in load capacity, a 184% improvement in core activation, and a 38% strength gain over free standing cable systems.
- Advanced Cable Adjustment:** The Bravo Functional Trainer includes the Advanced Cable Adjustment System, which lets users control the height and width between the cables' origin. This means the direction of resistance can be completely controlled. Welcome to a new level of versatility and almost endless training possibilities.
- Dual weight stacks:** Two weight stacks allow for fully independent motion and asymmetrical loads for single users, or individual stations for two users.
- Variable grip chinup bar:** The integrated chinup bar's higher position and multiple grip options target different movements and muscles.
- Dedicated accessories\*:** Grips, straps and bars are available to produce an almost unlimited array of exercises and functional applications.

## UTILITY BENCH

Designed specifically for use with the Bravo Functional Training system to provide even greater training possibilities, the optional Utility Bench allows users to perform a variety of movements from the seated position with or without the Progressive Stabilization pad.



Cybex Wins Prestigious FIBO Innovation Award 2012 for the Bravo series' patented Progressive Stabilization

## SPECIFICATIONS

<b>Product Number</b>	8800 Bravo, Compact, 2:1 8810 Bravo, Tall, 2:1 8830 Bravo, Compact, 4:1 8840 Bravo, Tall, 4:1
<b>Dimensions L x W x H</b>	45" x 54" x 77" (114 cm x 137 cm x 196 cm); 45" x 54" x 87" (114 cm x 137 cm x 221 cm)
<b>Weight Stacks</b>	8800 Compact: 170 lbs (77 kg); 8810 Tall: 170 lbs (77 kg); 8830 Compact Light: 170 lbs (77 kg); 8830 Compact Heavy: 325 lbs (147 kg); 8840 Tall Light: 170 lbs (77 kg); 8840 Tall Heavy: 325 lbs (147 kg)
<b>Color</b>	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

Cybex Products are Designed  
& Built in America.



# CYBEX®



561-712-0381



COASTALFITNESS@AOL.COM



WWW.COASTALFITNESS.COM



# Bravo Pro

The larger Bravo Pro functional trainer, a new addition to the award-winning Bravo line, promises to continue to do the same, offering greater loading capabilities and cable range. With two 400 lb. weight stacks, a higher chin-up bar, and 77% greater cable travel, the Bravo Pro redefines functional training, while enhancing the essential features that make the original unique, including its patented Progressive Stabilization technology and adjustable cable width.



561-712-0381



COASTALFITNESS@AOL.COM



WWW.COASTALFITNESS.COM