

# CYBEX® 525AT



7 7 & H L V L G H D O O W H G W R U N R V S D F H V U H O H W L V P R U H L N H W H O V F R U S R U D W H  
 O O Q H W F H Q W H U V D Q G U H V L G H Q W L D O H Q Y L U R Q P H Q W V 7 V S U R Y H Q F 7 U D L Q H U R I I H U V E U R D G L Q F O L Q H D Q G  
 U H V L W D Q F H U D Q V O L W H U D O O D N L Q W W H H P D F Q H V L Q R Q H

W O R U L Q F O L Q H O H Y H O V L W L G H V O L N H D F U R V F R W U N L H U Q W P L G G O H L W W U L G H V O L N H D Q H O O L S W L F D O  
 W W U O H Y H O V L W D F O L P E H U R U V W H S S H U W H Y H U H Y H O L W G H O L Y H U V W O H Q G U D O R U L H E Q  
 D Q G V D I H W I D O O F 7 U D L Q H U V E W L Q D P R U H W U H D P O L Q H G S D F N D 7 4 5 F R G H P D N H V L W H D V R  
 D F F H V W H T S P H Q W L Q I R U P D W L R Q D Q G U N R W Y L D D P R E L O H G H Y L F H 2 S W L R Q D O L 3 R G L 3 Q H  
 L Q W H D W L R Q

727



Standard display

7 D N H X U U G L R 6 H U L H V  
 W R W K H Q H W O H Y H O W K H D Q L Q R Y D W L Y H L 3 D G D S S W K D W  
 L Q W H U D F W V G L U H F W O W K X U H T X L S P H Q W W U D Q V I R U P L Q W K H F R Q V R O H  
 L Q W R D Q D G Y D Q F H G W R X F K V F U H H Q U N R X W G L V S O D H U V Q R D Y H  
 D F F H V W R D I X O O V X L W H R I G L W D O I H D W X U H V D Q G F R Q W U R O V W K D W O H W W W  
 S H U V R Q D O L W K H L U U N R X W H H U L H Q F H





# Arc Trainer – One Revolutionary Machine does it All

A cardio and strength machine in one: calorie-burner, shaper, power-builder, endurance and stamina booster. The Arc Trainer is scientifically proven to burn 16% more calories than an elliptical in a 30-minute workout – with less strain on the knees, hips, or back. It raises heart rates, activates the total body, tones muscles, and builds power, all while minimizing joint stress. The Arc Trainer makes the most intense workouts feel easier.

With its broad incline and resistance ranges, the Arc Trainer is literally three machines in one. At lower incline levels, it glides like a cross country skier. In the middle, it strides like an elliptical. At the higher levels, it's a climber or stepper. The biomechanically correct path of motion, which the Arc's footplates travel in, cause less stress on the knees, with more activation of the glutes and hamstrings.

Regardless of which level your members choose, they'll get a more complete and safer workout in the shortest time possible.



Strides like an  
**ELLIPTICAL**



Climbs like a  
**STEPPER**



561-712-0381



COASTALFITNESS@AOL.COM



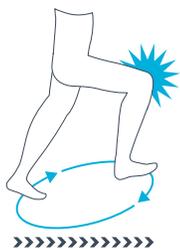
WWW.COASTALFITNESS.COM



# Arc vs Elliptical Motion

On an elliptical, the footplate moves in an ellipse, forcing the user to push down and then farther forward until it can move down again. Pushing the footplate forward, when the knee is bent, places more stress on the knee.

On an Arc Trainer, the user pushes down and back on the footplate while the opposite footplate is already forward and ready for you to shift your weight. No unnecessary forward pushing here means less stress and improved comfort.



Elliptical motion requires a constant pushing forward which may cause overuse issues on the knees



The Arc motion is down and back. It's controlled direction of force increases energy demand, oxygen consumption, and calorie burn

## BURN MORE CALORIES

Research reveals 16% more calorie burn than an elliptical in a 60-minute workout.

THAT'S

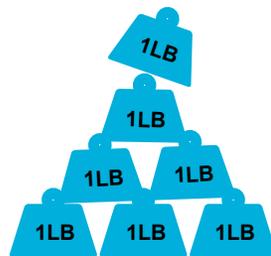
# 500



**MORE CALORIES A WEEK, OR...**

# 26,000

**MORE CALORIES IN ONE YEAR, OR...**



**7 POUNDS OF FAT!**

3,500 calories = 1 lb of fat



For the **SAME** time, **SAME** effort, and **SAME** perceived exertion.

## BUILD MORE MUSCLE

Research reveals that the unique movement pattern stimulates more glute and hamstring activity than an elliptical.

Greater activation of the glutes and hamstrings means you can ... **JUMP HIGHER**  
Increase your vertical leap.\*\*

### RUN FASTER

Improve your sprinting speed.\*\*

### IMPROVE MUSCULAR ENDURANCE

Train harder and longer.

Improves overall fitness & the ability to do more work in less time

### IMPROVE MUSCLE TONE

Firm your butt & tone your lower body



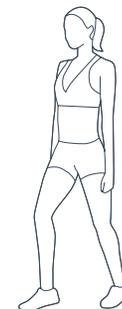
## FEEL LESS STRESS

Research reveals 84% less stress on the knees because the hip and knee move synchronously while the foot stays under the knee.

**ELLIPTICAL** knee stress is comparable to lunging.



**ARC TRAINER** knee stress is comparable to Walking.



The Arc Trainer delivers a more comfortable workout, so you can exercise longer and recover faster.



561-712-0381



COASTALFITNESS@AOL.COM



WWW.COASTALFITNESS.COM