

625AT ARC TRAINER

LOWER BODY CROSS TRAINER

A commercial cross trainer with the patented Arc Trainer design that gives fast fitness results. Train for strength, power and weight loss on one machine. The Cybex 625AT Arc Trainer® offers broad incline and resistance ranges to do the work of three machines in one. At the lower incline levels, the “glide” is a cross-country skier. In the mid-range levels, the motion is a “stride” (like an elliptical except with proper positioning). At the high levels, it’s the “climb” of a stepper or climber. Research shows that the Cybex Arc Trainer burns more calories than any other cross trainer or elliptical tested.

USER-FRIENDLY TECHNOLOGY

Optional technology features include iPod®/iPhone® connectivity, the embedded MYE wireless audio receiver and the E3 View high definition monitor which offers three viewing modes on a 15.6” embedded display.



1 Standard Display



Exercise.



Entertainment.



Escape.



2 E3 View Optional Display

SPECIFICATIONS



Product Name	625AT
Dimensions (L x W x H)	76" x 32" x 62.5" (193 cm x 81 cm x 159 cm)
Resistance Range	Up to 900 Watts
Incline Levels	21
Stride Length	24" (61 cm)
Max User Weight	400 lbs. (182 kg)
Power	Self powered, E3 View available in standard AC voltages, optional AC adaptor for full time display
Display	Graphic display of profile via 8 x 15 LED matrix; Numeric display of time, distance, calories, calories/hour, METs, Watts, strides per minute and heart rate including multi-color indication of heart rate range; Lower display shows incline and resistance level
Workouts	Quick Start (Manual Mode), three Weight Loss, three Cardio; two Strength and Heart Rate Control; Workouts have 10 levels and control both incline and resistance
Entertainment Options	MYE wireless audio receiver; E3 View embedded HD monitor
Made for iPod® Works with iPhone® (Optional)	iPod/iPhone integration with 30-pin connector. Users can easily charge an iPod or iPhone, listen to music, switch tracks, and control volume
Heart Rate Monitoring	Contact Grips and Wireless
Compliance	ETL listed to UL1647, ASTM, EN 957, and CSA; FCC Class B; CE Low Voltage, EMC and RoHS Directives
Color	Available in five standard frame colors or a virtually unlimited variety of custom colors with gray enclosures



CYBEX PRODUCTS ARE DESIGNED AND BUILT IN THE USA

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