

Bravo Press

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.
- **Accessories***



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

SPECIFICATIONS

Product Number	18010
Dimensions L x W x H	35" x 53" x 83" (89 cm x 135 cm x 211 cm)
Weight Stacks	170 lbs (77 kg)
Machine Weight	719 lbs (327 kg)
Lifting Ratio	2:1
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

*Optional Utility Bench available

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