

# 500 Series

## 525AT Arc Trainer

The 525AT is streamlined to fit your space and your budget. The Arc Trainer® burns up to 16% more calories than competing ellipticals or cross-trainers. It reduces knee strain by 83% and improves muscular endurance by 38%\*.



Standard display shown with iPad\*\* and Cybex FIT app



### STANDARD DISPLAY

Take your 500 Cardio Series to the next level with Cybex FIT, an innovative iPad app that interacts directly with your equipment, transforming the console into an advanced touchscreen workout display. Users now have access to a full suite of digital features and controls that lets them personalize their workout experience.



### E3 VIEW HD OPTIONAL DISPLAY

The 500 Cardio Series also offers optional technology features including 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.

### SPECIFICATIONS

Product Name	525AT
Dimensions (L x W x H)	76" x 30" x 62.5" (193 cm x 76 cm x 159 cm)
Resistance Range	Up to 600 Watts
Incline Levels	21
Stride Length	24" (61 cm)
Max User Weight	400 lbs (182 kg)
Power	115V, 208V-220V, 230V
Display	Graphic display of profile via 8 x 5 LED matrix; Numeric display of time, calories, strides per minute, calories per hour 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 Power; Workouts have 10 levels and control both incline and resistance
Cybex FIT App	Available for the iPad and iPad mini on the App Store**
Entertainment Options	MYE wireless audio receiver; E3 View embedded HD monitor
Made for iPod®	iPod/iPhone integration with 30-pin connector. Users can easily charge an iPod or iPhone, listen to music, switch tracks, and control volume
Works with iPhone® (optional)	
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 15 standard frame colors or a virtually unlimited variety of custom colors

\*According to an independent study at the University of Wisconsin-La Crosse  
\*\*iPod not included. For use with products installed with optional iPod/iPhone connector.



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