

# Bravo Lift

## 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

- Free Start technology:** The Bravo Lift's patent pending Free Start technology paves a path to an easier, safer and more effective workout by correctly positioning the user before any weight is ever engaged. The Free Start mechanism allows for 30 inches of bilateral start position adjustment, but always returns the handle to the resting position. It lets the user select a predetermined amount of cable to pull from the machine with minimal resistance before the actual weight stack load engages. With the Bravo Lift, the user has the ability to select the length of cable that they can comfortably get to their shoulders in a squat position with minimal load to allow for much more natural movement experience.
- Make it yours:** You can match the Cybex Bravo Lift to the décor and color palette of your facility. Choose from standard, duo-tone, or a virtually unlimited selection of custom colors to make a dramatic branding statement with this dynamic functional trainer.



### SPECIFICATIONS

Product Number	18030
Dimensions L x W x H	71" x 47" x 83" H (180 cm x 119 cm x 211 cm)
Weight Stacks	400 lbs (181 kg)
Machine Weight	747 lbs (340 kg)
Lifting Ratio	2:1
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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