

Plate Loaded

Kneeling Leg Curl

Packed with features and exceptional movements, the Plate Loaded line merges superior technology with a passion for fitness. Cybex Plate Loaded and Free Weight lines are the definition of strength training – and equipment no club wants to be without.

EXTREME STRENGTH

Superior biomechanics in a space-efficient package. The Cybex Plate Loaded line is the most space-efficient user-friendly plate loaded line in the industry. It accommodates users of almost any size and its superior design meets the needs of advanced users, without intimidating others.

- Cybex science and design in a plate loaded line.
- Who said hard core has to be intimidating?
- Built tough to keep looking new.

FEATURES

- Cable and cam design provides for an accurate resistance profile.
- Ergonomic upright positioning for more comfortable use.
- Forearm pads are positioned to encourage the user to pull into the pads to a neutral spine throughout the movement reducing the possibility of hyper-extension.
- Unilateral training provides for greater focus and balanced strength development.



SPECIFICATIONS

Product Number	16310
Dimensions L x W x H	50" x 55" x 51" (127 cm x 140 cm x 130 cm)
Machine Weight	182 lb (83 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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& Built in America.



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