



CYBEX 770AT COMMERCIAL ARC TRAINER TOTAL BODY

SKU: Cybex-770AT





PRODUCT
DESCRIPTION



Discover why everyone loves the Arc Trainer

Burn more calories

Research reveals 16% more calorie burn than an elliptical in a 60-minute workout.

THAT'S

500

MORE CALORIES IN A WEEK, OR...

26,000

MORE CALORIES IN ONE YEAR, OR...

7 POUNDS OF FAT!

(1lb of fat equals 3,500 calories)

For the **SAME** time, **SAME** effort, and **SAME** perceived exertion.

Build more muscle

The Arc Trainer can significantly increase lower body strength and power.

Increased lower body strength and power means you can...

JUMP HIGHER
Increase your vertical leap.**

RUN FASTER
Improve your sprinting speed and squat strength.**

IMPROVE MUSCULAR ENDURANCE
Train harder and longer.

IMPROVE MUSCLE TONE
Firm your butt and lower body.

Improves overall fitness and ability to do more work in less time.

Feel less stress

Research reveals that the patented Arc pattern of motion results in 84% less knee stress compared to the elliptical.*

ELLIPTICAL KNEE STRESS IS COMPARABLE TO LUNGING.

ARC TRAINER KNEE STRESS IS COMPARABLE TO WALKING.

The Arc Trainer delivers a more comfortable workout, so you can exercise longer and recover faster.

It's The Top Choice For Gyms

Easy maintenance and less downtime

Over **32%** trade-in value.

More durable and reliable.

Versatile machine with many applications

- Cross country skier glides at lower levels
- Cross Trainer strides mid-range levels
- Stepper climbs at high levels

Smaller footprint than an elliptical

Your Members Will ❤️ It

Decreases joint pain and discomfort.

Burn more calories in 30 minutes than on an elliptical.*

Increases speed, endurance, and power.

Activates total body

Tones muscles



Overview

Perfect for fitness fans of any level, the 770AT Arc Trainer from Cybex has a user-friendly touch display and a long list of settings for workout customization. This is a high-end commercial upgrade from the 625AT that offers a wider range of options for strength, power, and weight loss while burning more calories than most other cross trainers or elliptical machines.

Key features of the Cybex 770AT:

The 770AT Arc Trainer is a high-end commercial cross training workout machine that does the work of three machines in one.

- **Muscle Map Display:** This standard display screen allows you to easily monitor your progress without distraction.
- **Glide, Stride, and Climb Zones:** This broadens your workout and allows you to train like you are using three different machines. Set in low position for the Glide zone, medium position for Stride, and high position for Climb.
- **Muscle Targeting:** The machine's unique range of incline and resistance settings allows you to focus on different muscle groups throughout your body, which you can monitor using the innovative Muscle Map.
 - **Reverse Arc Motion:** Using patented advanced stride technology, the Reverse Arc Motion makes it so your legs move in a natural, biomechanically correct pathway while taking stress off the knees and hip joints. This also allows you to burn more calories and take on more advanced workouts.
- **Workout Selections:** Start in Quick Start mode to begin training right away, or choose from two weight loss workouts, three strength, two shaping, two cardio (including heart rate control), and two power workouts. This also includes Adaptive Power Mode, which changes the machine's resistance according to your speed.

Optional Accessories

- **E3 HD View Monitor:** A 15.6 inch, wide screen high definition screen that is embedded into the machine's display area and allows users to easily view their progress and customize their workout settings. It also can charge iPods and iPhones and play a variety of entertainment options.

The 770AT Arc Trainer makes your workout session easy to customize and more effective than other machines. You can:

- Align the resistance and incline with your personal training needs.
- Focus on different muscle groups to strengthen areas that need the most attention.
- Burn more calories than traditional machines thanks to the Reverse Arc Motion technology.
- Use Glide, Stride, and Climb settings to engage in strength, endurance, cardio, power, and weight loss training.
- Prevent knee joint strain by moving in the biomechanically correct position.

Note: The CYBEX GO console is only the price of the product itself and does not include any of the peripheral networking components or system gateway. For U.S. domestic use only.



Crank Arm / Stride Length

18" - 24" Stride

Warranty

5 years main frame, 1 year other parts

Other Features

Self Powered

Level Of Resistance

100 Levels Resistance

Product Dimension

76" X 37"X 62.5"

Max Load

400 lbs

Product Weight

412 lbs

Incline

21 Levels