



Inclusive Fitness
Accredited Item
2016-2018

CYBEX®

Inclusive Fitness Equipment



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Total Access - Treadmill Model 750T IFI



Key Features

Multiple Belt Logos



Raised Console Iconography



Emergency Kill Cord Switch



Colour Contrasted Deck & Belt



- Multiple belt logos ensure that one logo is always completely visible at all times so that visually impaired and other users can recognise if the belt is moving
- Raised console iconography and colour allows easy identification of the main controls both by colour, large buttons and text for older users, plus raised iconography for visually impaired users
- Emergency kill cord switch provides safe emergency stop for users with limited upper limb function
- Running deck and belt colour contrast. An important feature for users to be able to determine whether the belt is moving from the static side rails



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Total Access - Recumbent Cycle Model 750R IFI



Key Features

Central Seat Adjustment



Easy Access Handlebars



Raised Console Iconography



Unicam Pedals with Heel Straps



- Central height adjustment for saddle allows users to adjust saddle height with either hand
- Easy access side handles below seat height for ease of transfer
- Raised console iconography and colour allows easy identification of the main controls both by colour, large buttons and text for older users, plus raised iconography for visually impaired users
- Unicam pedals with heel straps prevents users feet from slipping off pedals
- Raised iconography on seat adjustments. Seat carriage positions have large text and raised numbers for easy and quick seat positioning
- Colour contrasted handlebar grips offer ease of identification and support when mounting and dismounting
- Easy start up of 20 watts provides appropriate resistance for any user



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Total Access - Upright Cycle Model 750C IFI



Key Features

Raised Console Iconography



Colour Contrasted Handlebars



Central Adjustment for Saddle



Unicam Pedals with Heel Straps



- Raised console iconography and colour allows easy identification of the main controls both by colour, large buttons and text for older users, plus raised iconography for visually impaired users
- Colour contrasted handlebar grips offer ease of identification and support when mounting and dismounting
- Central height adjustment for saddle allows users to adjust saddle height with either hand
- Unicam pedals with heel straps prevents users feet from slipping off pedals
- Raised iconography on seat adjustments. Seat carriage positions have large text and raised numbers for easy and quick seat positioning
- Easy start up of 20 watts provides appropriate resistance for any user



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Total Access - Total Body Arc Trainer Model 750 AT IFI



- Locking mechanism for foot pedals provides complete stability for users when stepping on and off the equipment
- Static side handles offer added stability when mounting, dismounting and exercising
- Raise console iconography and colour allows easy identification of the main controls both by colour, large buttons and text for older users, plus raised iconography for visually impaired users
- Large colour contrasted foot pedals ensure easy identification when mounting and dismounting
- Easy start up of 15 watts provides appropriate resistance for any user

Key Features

Foot Pedal Locking Mechanism



Static Side Handles



Raised Console Iconography



Colour Contrasted Foot Pedals





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Total Access - Treadmill Model 625 T IFI



Key Features

Raised console iconography and colour



Multiple Belt logos



Emergency stop lanyard



- Raised Console iconography and colour allows easy identification of the main controls both by colour, large buttons and text for older users, plus raised iconography for visually impaired users
- Multiple belt logos ensure that on logo is always completely visible at all times so that visually impaired and other users can recognise if the belt is moving
- Emergency stop lanyard provides safe emergency stop for users with limited upper limb function
- Step (not shown)



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Total Access Recumbent Cycle Model 625R IFI



- Central Height Adjustment for Saddle allows users to adjust saddle height with either hand
- Easy Access Side Handles below seat height for ease of transfer
- Raised Console Iconography and Colour allows easy identification of the main controls both by colour, large buttons and text for older users, plus raised iconography for visually impaired users
- Unicam Pedals with Heel Straps prevents users feet from slipping off pedals
- Raised Iconography on Seat Adjustments. Seat carriage positions have large text and raised iconography numbers for easy and quick seat positioning
- Colour Contrasted Handlebar Grips offer ease of identification and support when mounting and dismounting
- Easy start up of 20 watts provides appropriate resistance for any user

Key Features

Central Seat Adjustment and
Easy Access Handlebars



Raised Console Iconography



Raised Pedals with Heel Straps





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Total Access Upright Cycle Model 625C IFI



Key Features

Central Adjustment for Seat



Raised Console Iconography



Raised Pedals with Heel Straps



- Raised Console Iconography and Colour allows easy identification of the main controls both by colour, large buttons and text for older users, plus raised iconography for visually impaired users
- Central Height Adjustment for Saddle allows users to adjust saddle height with either hand
- Unicam Pedals with Heel Straps prevents users feet from slipping off pedals
- Raised Iconography on Seat Adjustments. Seat carriage positions have large text and raised iconography numbers for easy and quick seat positioning
- Easy start up of 20 watts provides appropriate resistance for any user



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Total Access Total Body Arc Trainer Model 625AT IFI



Key Features

Foot Pedal Locking Mecha-



Static Side Handles



Raised Console Iconography



Colour Contrasted Foot Pedals



- Locking Mechanism for Foot Pedals provides complete stability for users when stepping on and off the equipment
- Static Side Handles offer added stability when mounting, dismounting and exercising
- Raised Console Iconography and Colour allows easy identification of the main controls both by colour, large buttons and text for older users, plus raised iconography for visually impaired users
- Large Colour Contrasted Foot Pedals ensure easy identification when mounting and dismounting
- Easy start up of 15 watts provides appropriate resistance for any user



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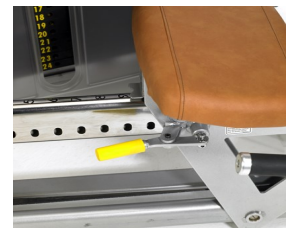
VR3 Total Access Seated Leg Press



- Centrally Mounted Seat Adjustment with lever, which can be easily operated with either right or left hand by pressing lever, no grip is required
- Instructions at Seated User Height ensures ease of reading from a seated position by all users including wheelchair users
- Large Foot Plate for stability when exercising
- Laser Cut Numbering for seat adjustments, which can be viewed whilst seated. The large numbers can be easily identified by visually impaired users
- Side Handles below seat height for ease of transfer
- Large Backrest and Seat Base offers more stability and confidence for older users as well as those with balance problems
- Integral 3-position Twist Select mechanism offers ease of weight selection from seated exercise position
- Weight Stacks with Low Start Weights and 2.5kg Increments suitable for inexperienced and older users.

Key Features

Central Seat Adjustment



Instructions at Seated Height



Large Foot Plate



Laser Cut Numbers





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VR3 Total Access Seated Leg Extension



Key Features

Adjustment for Tibia
Length Pad



Seat Back Adjustment
Lever



Side handles



Raised Numbering



- Sliding Adjustment for Tibia Pad Length. The foot pads can be quickly and accurately positioned at the base of the shins without the need to screw or unscrew a lever
- Spring Loaded Seat Back Adjustment Lever which can be adjusted either from on or off the equipment. The push down lever is easy to operate for users with limited grip
- Side Handles parallel to seat side to assist with transfer
- Raised Numbers and Large Font on ROM. These make start positions easy to adjust and identify for visually impaired and older users
- Large Seat Base facilitates easy transfer from a wheelchair
- Start ROM on Cam Synchronised with User. Regardless of the starting position, the Cybex Patent Pending ROM adjustment ensures the cam moves to maintain the correct strength profile for the user
- Weight Stacks with Low Start Weights and 2.5kg Increments suitable for inexperienced and older users



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VR3 Total Access Seated Leg Curl



- 5 Position Adjustable Calf Pad accommodates different lower leg lengths.
- Large Seat Base facilitates easy transfer from a wheelchair
- Thigh Pad Clamping Mechanism allows the thighs to be clamped above the knee, which reduces shear force on the knee joint and keeps it in a stable position
- Raised Numbers and Large Font on ROM. Start positions are easy to adjust/identify for visually impaired and older users
- Low Start Weights with Counterbalanced Lever Arms. 2.5kg start weight and increments permit both single and two legged exercise for users with stroke or lower body impairment
- Start ROM on Cam Synchronised with User. Regardless of the starting position, the Cybex Patent Pending ROM adjustment ensures the cam moves to maintain the correct strength profile for the user
- Integral 3-position Twist Select mechanism offers ease of weight selection from seated exercise position.

Key Features

Adjustable Calf Pad



Large Seat Base



Thigh Pad Clamping Mechanism



Raised Numbering





VR3 Total Access Chest Press



- Locking Plunger Adjustment on swing away seat allows easy access for wheelchairs users and one-handed seat adjustment for users with limited mobility
- Adjustable Lever Arm enables a non-stressed start position for users with limited shoulder flexibility and wheelchairs users
- Upright Seat Back Support (10°) allows wheelchair users to maintain stability with heavier weights
- Integral 3-position Twist Select mechanism offers ease of weight selection from seated exercise position
- Top Mounted Exercise Pivot Position ensures correct biomechanical chest press movement from the hinged lever arm pivoting at the top
- Choice of Upper and Lower Handle Positions which caters for wheelchair users, shorter users and those with balance problems
- Weight Stacks with Low Start Weights and 2.5kg Increments suitable for inexperienced and older users

Key Features

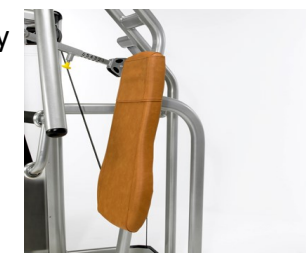
Locking Plunger Adjustment



Adjustable Lever Arm



Upright Back Seat Support



Twist Select





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VR3 Total Access Row



Key Features

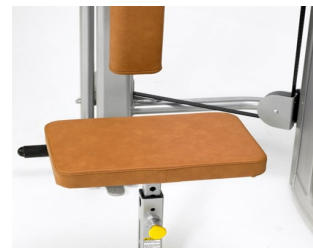
Choice of Handle Position



9 Position Reversible Chest Pad



Large Seat Base



Top Mounted Lever Arm Pivot



- Choice of Upper and Lower Handle Positions which cater for wheelchair users who cannot adjust seat height, shorter users and those with balance problems, who can then maintain full foot contact with the floor
- 8 position Reversible Chest Pad ensures a full range of movement is achieved by both tall and short users
- Large Seat Base offers more stability and confidence for older users as well as those with trunk stability problems
- Top Mounted Lever Arm Pivot position maintains the natural body movement of a gradually descending hand position during the movement
- Integral 3-position Twist Select mechanism offers ease of weight selection from seated exercise position



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VR3 Total Access Lat Pull



Key Features

Bar Handle Height Adjustment



Adjustable Knee Restraint



Instructions at Seated Height



Raised Numbering



- Bar Handle Height Adjustment. This lever operated single arm handle height adjustment allows the bar to be adjusted for shorter and wheelchair users down to 1400mm start height from a seated position
- Adjustable Knee Restraint and Seat Height allows shorter users and others with poor trunk stability to maintain full flat foot contact with the floor. This permits correct pelvic position and avoids a round back during exercise
- Instructions at Seated User Height ensures ease of reading from a seated position by all users including wheelchair users
- Raised Numbering with large font on adjustment, facilitates easy adjustment for older or visually impaired users
- Integral 3-position Twist Select mechanism offers ease of weight selection from seated exercise position
- Weight Stacks with Low Start Weights and 2.5kg Increments suitable for inexperienced and older users



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VR3 Total Access Overhead Press



- Swing Away Seat with locking plunger adjustment allows easy access for wheelchair users and one-handed seat adjustment for users with limited mobility
- Choice of Upper and Lower Handle Positions which caters for wheelchair users, shorter users and those with balance problems
- Counterbalanced Lever Arm with 2.5kg start weight. This allows all users a light start weight for single arm (unilateral) use benefiting inexperienced and disabled users, including amputees and stroke patients.
- Large Type Instructions with clear font, including written and graphic instructions to suit all users
- Integral 3-position Twist Select mechanism offers ease of weight selection from seated exercise position
- Weight Stacks with Low Start Weights and 2.5kg Increment suitable for inexperienced and older users
- Raised Weight Stack Iconography for visually impaired users

Key Features

Locking Plunger Adjustment



Choice of Handle Positions



Counterbalanced Lever Arm



Large Type Instructions





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VR3 Total Access Cable Column



- Pistol Grip Height Adjustment Lever enables adjustment of start height with one hand, essential for amputees and stroke users
- Two Large Stability Handles provide wheelchair and other users with the ability to stabilise when performing unilateral (single arm) exercises
- Large Type Instructions with clear font, including graphic instructions to suit all users
- Laser Cut Numbers on vertical height adjustment pole. The large numbers can be easily identified by visually impaired users
- Low 2.5kg Start Weights and 1.25kg Increments permit single arm exercise for users with stroke or other upper body impairment
- Multi Function Exerciser offering a very wide variety of exercises for all non disabled and disabled users
- Integral 3-position Twist Select mechanism offers ease of weight selection from seated exercise position

Key Features

Height Adjustment Level



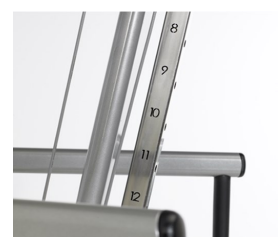
Large Stability Handles



Large Type Instructions



Laser Cut Numbers





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Total Access—Prestige Leg Press IFI



Key Features

Large backrest and seat base



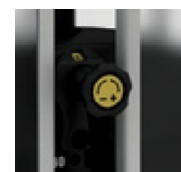
Large type instructions



Smartphone/tablet holder



Twist select incremental weight system



- Centrally mounted seat adjustment with lever. Can be easily operated with either right or left hand by pressing lever, no grip is required
- Innovative counterbalance system provides for exceptionally low minimum resistance with consistent feel
- Large backrest and seat base offer more stability and confidence for older users as well as those with reduced balance
- Large type instructions and easy-to-understand graphics guide proper set-up, movement and muscles trained
- Your mobile device is safe and secure with our adjustable clip, designed for all smartphones and tablets. Simply clip in and go
- Keep your water and towel within arms reach with our convenient water bottle and towel holder
- Twist select incremental weight system allows ease of weight selection from seated exercise position



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Total Access—Prestige Leg Extension IFI



Key Features

Spring loaded seat
back adjustment lever



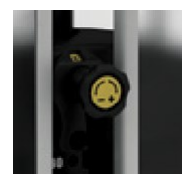
Raised number and large font



Large type instructions



Twist select incremental
weight system



- Sliding adjustment for shin pad length easily adjusts with one hand
- Spring loaded seat back adjustment lever can be adjusted either from on or off the equipment. The push down lever is easy to operate for users with limited grip
- Raised numbers and large font makes a start position easier to adjust and identify for visually impaired and older users
- Optional step (not shown)
- Large type instructions and easy-to-understand graphics guide proper set-up, movement and muscles trained
- Your mobile device is safe and secure with our adjustable clip, designed for all smartphones and tablets. Simply clip in and go
- Keep your water and towel within arms reach with our convenient water bottle and towel holder
- Twist select incremental weight system allows ease of weight selection from seated exercise position



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Total Access—Prestige Seated Leg curl IFI



Key Features

Five position
adjustable calf pad



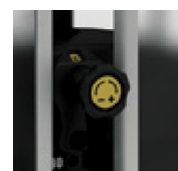
Raised number and large font



Large type instructions



Twist select incremental
weight system



- Five position adjustable calf pad accommodates different lower leg lengths
- Thigh Pad hold-down mechanism allows the thighs to be secured above knee for reduced shear force on the knee joint while keeping it in a stable position
- Raised numbers and large font makes a start position easier to adjust and identify for visually impaired and older users
- Optional step (not shown)
- Large type instructions and easy-to-understand graphics guide proper set-up, movement and muscles trained
- Your mobile device is safe and secure with our adjustable clip, designed for all smartphones and tablets. Simply clip in and go
- Keep your water and towel within arms reach with our convenient water bottle and towel holder
- Twist select incremental weight system allows ease of weight selection from seated exercise position



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Total Access—Prestige Chest Press IFI



- Locking plunger adjustment on swing away seat allows easy access for wheelchair users and one-handed seat adjustment for users with limited mobility
- Adjustable input arm enables a non-stressed start position users with limited shoulder flexibility and wheelchair users
- Choice of upper and lower handle positions caters to wheelchair users, shorter users and those with reduced balance
- Optional step (not shown)
- Large type instructions and easy-to-understand graphics guide proper set-up, movement and muscles trained
- Your mobile device is safe and secure with our adjustable clip, designed for all smartphones and tablets. Simply clip in and go
- Keep your water and towel within arms reach with our convenient water bottle and towel holder
- Twist select incremental weight system allows ease of weight selection from seated exercise position

Key Features

Locking plunger adjustment on swing away seat



Adjustable input arm



Choice of upper/lower handle positions



Large type instructions





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Total Access—Prestige Row/Rear Delt



- Locking plunger adjustment on swing away seat allows easy access for wheelchair users and one-handed seat adjustment for users with limited mobility
- Adjustable input arm enables a non-stressed start position users with limited shoulder flexibility and wheelchair users
- Choice of upper and lower handle positions caters to wheelchair users, shorter users and those with reduced balance
- Optional step (not shown)
- Large type instructions and easy-to-understand graphics guide proper set-up, movement and muscles trained
- Your mobile device is safe and secure with our adjustable clip, designed for all smartphones and tablets. Simply clip in and go
- Keep your water and towel within arms reach with our convenient water bottle and towel holder
- Twist select incremental weight system allows ease of weight selection from seated exercise position

Key Features

Locking plunger
adjustment on
swing away seat



Choice of upper/lower
handle positions



Eight position reversible
chest pad



Large type instructions





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Total Access—Prestige Lat Pull IFI



- Locking plunger adjustment on swing away seat allows easy access for wheelchair users and one-handed seat adjustment for users with limited mobility
- Lever-operated single arm handle height adjustment allows the bar to be adjusted for shorter and wheelchair users down to 55" (140cm) start height from a seated position
- Adjustable knee restraint and seat height allows shorter users and others with reduced trunk mobility stability to maintain full flat foot contact with the floor. This permits correct pelvis positioning and avoids a round back exercise
- Large type instructions and easy-to-understand graphics guide proper set-up, movement and muscles trained
- Your mobile device is safe and secure with our adjustable clip, designed for all smartphones and tablets. Simply clip in and go
- Keep your water and towel within arms reach with our convenient water bottle and towel holder
- Twist select incremental weight system allows ease of weight selection from seated exercise position

Key Features

Locking plunger adjustment on swing away seat



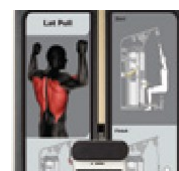
Lever operated single arm handle height adjustment



Adjustable knee restraint and seat height



Large type instructions





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Total Access—Prestige Overhead Press IFI



- Swing away seat with locking plunger adjustment allows easy access for wheelchair users and one-handed seat adjustment for users with limited mobility
- Choice of upper and lower handle positions caters to wheelchair users, shorter users and those with reduced balance
- Counterbalanced input arm with 5.5lb (2.5kg) start weight allows users with low starting resistance for single arm (unilateral) use
- Large type instructions and easy-to-understand graphics guide proper set-up, movement and muscles trained
- Your mobile device is safe and secure with our adjustable clip, designed for all smartphones and tablets. Simply clip in and go
- Keep your water and towel within arms reach with our convenient water bottle and towel holder
- Twist select incremental weight system allows ease of weight selection from seated exercise position

Key Features

Locking plunger adjustment on swing away seat



Lever operated single arm handle height adjustment



Adjustable knee restraint and seat height



Large type instructions





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Total Access—Prestige Cable Column IFI



Key Features

Two large stability



Pistol grip height
adjustment

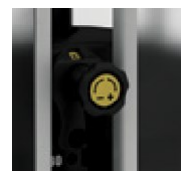


Large type instructions



Twist select incremental

Weight system



- Multi function exerciser offering a very wide variety of exercises for all non-disable and disable users
- Two large stability handles provide wheelchair and other users with the ability to stabilize when performing unilateral (single arm) exercises
- Pistol grip height adjustment enables adjustment of start height with one hand essential for amputees and stroke users
- Large type instructions and easy-to-understand graphics guide proper set-up, movement and muscles trained
- Your mobile device is safe and secure with our adjustable clip, designed for all smartphones and tablets. Simply clip in and go
- Keep your water and towel within arms reach with our convenient water bottle and towel holder
- Twist select incremental weight system allows ease of weight selection from seated exercise position