

# Bravo Advanced 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

- Progressive Stabilization System:** The Bravo Functional Trainer features the patented Progressive Stabilization System, which is a pad that adjusts for height and horizontal position. The system offers maximum support (like selectorized equipment) or free standing movement (like most functional trainers). It gives users a greater variety of training options, and compared to other free-standing machines, the system delivers a 212% increase in load capacity, a 184% improvement in core activation, and a 38% strength gain over free standing cable systems.
- Advanced Cable Adjustment:** The Bravo Functional Trainer includes the Advanced Cable Adjustment System, which lets users control the height and width between the cables' origin. This means the direction of resistance can be completely controlled. Welcome to a new level of versatility and almost endless training possibilities.
- Dual weight stacks:** Two weight stacks allow for fully independent motion and asymmetrical loads for single users, or individual stations for two users.
- Variable grip chinup bar:** The integrated chinup bar's higher position and multiple grip options target different movements and muscles.
- Dedicated accessories\*:** Grips, straps and bars are available to produce an almost unlimited array of exercises and functional applications.

\*Optional Utility Bench available



Cybox Wins Prestigious FIBO Innovation Award 2012 for the Bravo series' patented Progressive Stabilization

## SPECIFICATIONS

<b>Product Number</b>	8800 Bravo, Compact, 2:1 8810 Bravo, Tall, 2:1 8830 Bravo, Compact, 4:1 8840 Bravo, Tall, 4:1
<b>Dimensions L x W x H</b>	45" x 54" x 77" (114 cm x 137 cm x 196 cm); 45" x 54" x 87" (114 cm x 137 cm x 221 cm)
<b>Weight Stacks</b>	8800 Compact: 170 lbs (77 kg); 8810 Tall: 170 lbs (77 kg); 8830 Compact Light: 170 lbs (77 kg); 8830 Compact Heavy: 325 lbs (147 kg); 8840 Tall Light: 170 lbs (77 kg); 8840 Tall Heavy: 325 lbs (147 kg)
<b>Color</b>	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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