COMPLETE FITNESS SOLUTIONS

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MEMBER EXPERIENCE

WE’RE moved by people in motion
Improving the ways people improve themselves

For three decades we’ve driven fitness forward. We continue that heritage every day by advancing what’s possible in design innovation, member experience and service – all so people keep coming back and moving forward.


We recognise that a great workout is the sum of many parts. In your hands, the products, services and technologies we offer can be combined in countless ways to complement the member experience you’re creating.

*Source: 2009 IHRSA Benchmarking Survey of 400 U.S. facilities, ranking top 8 manufacturers.
DESIGN EXPERIENCE

WE’RE moved by the long haul

Greg May
VP of Engineering and Manufacturing
Precor
A proud history of innovation

We develop products to meet a need. When we design something new, we make sure it’s reliable, uncomplicated, and easy to service. It’s great to do things first, but it’s more important to do them right.

Take a moment and think how far the fitness industry has come in the past 30 years. Consider all the ways it’s grown and truly come into its own. Fitness is a cultural force. It’s a movement – one we joined as a proud participant in 1980.

We began by launching the first ergonomically sound rowing machine, and we’ve been moving with the natural motion of the human body ever since. Every breakthrough product and service we’ve brought to the industry has always put fitness first.

And it shows. We’ve done more than simply introduce new products, we’ve introduced entirely new categories, such as the industry’s first elliptical trainer, the Elliptical Fitness Crosstrainer (EFX®), in 1995, along with the Adaptive Motion Trainer® (AMT®) in 2007. They’ve done great things for the industry.

But, more importantly, they’ve done great things for the people who use them. That’s the end result we strive for – constant improvement for every participant in the fitness movement. It guides us as we pioneer and push the possibilities of fitness equipment for members and owners alike.
We’re moved by delivering excellence
Planning and Design

Creating great workout environments

Our complete, customised approach to design enables you to create a totally unique fitness environment that reflects your membership profile and represents the aspirations of your business.

We offer a fully comprehensive design service including:

- Complete design and project management
- Inspirational use of space and natural light
- Custom design tailored to individual requirements
- User flow and preference consideration
- Visualisation using 2D and 3D graphics and ‘flythrough’ presentations
- Custom design tailored to individual requirements
- User flow and preference consideration

Account Management

Real people building long-term partnerships

We’re proud of the fitness equipment we engineer, the services we offer and the role we play in supporting your efforts to keep members moving toward their goals. However, we believe our people really are what makes the difference.

True professionals, our team members work to build long-term relationships by understanding your needs and plans, contributing impactful ideas to develop your business and always doing the right thing.

EXPERIENCE

moved by delivering excellence
Marketing
Building your brand, building your business

Whether you need to create an effective brand identity, target potential members or retain existing ones, we can work with you to develop your established business or get your new business up and running, quickly and effectively.

Our marketing team can provide guidance throughout the development or refurbishment of your facility. We can offer assistance and support to help you create marketing materials, including promotional 3D graphics, posters and banners, and direct mail campaigns.

Financing and Leasing
The smart way to a better deal

We realise that every business is unique. This is why we have dedicated, experienced professionals working with you and in strategic partnerships with many financial institutions, to assemble a financing/lease package that meets the needs of your business.

- We have highly knowledgeable and experienced staff to help you make the right decisions for your business.
- We can offer a variety of financing solutions.
- We are committed to providing you with a fast, efficient and enjoyable financing experience.

For more information, please contact your Precor representative or one of the team of Precor Finance/Leasing professionals. Let us help you create a financing package that works for you.
Delivery and Installation
Professional attention to every detail

The moment you place your order, we begin the process of making sure you’re completely satisfied. From pre-install site surveys to equipment training and documentation at installation, our team provides first-class communication and attention to detail.

Our extensive network of equipment and AV installers spans the world. We provide them with ongoing service and technical training, widely recognised as the most comprehensive in the industry, so you can be assured of our high standards for a quality installation.

Service and Support
Keeping your facility and your users up and running

Helping you keep your business running smoothly is a top priority for us. We can provide training for your staff, will quickly resolve any issues and offer one of the best warranties in the industry.

With our own fully trained team of engineers we are committed to providing you with a responsive support service that keeps your facility working at its best. Every Precor product under warranty or with an all-inclusive service agreement includes comprehensive service and support encompassing:

- Human response to your call
- Breakdown first-time fix rate of over 98%
- 7 days a week cover
- On-site response time within 48 hours
- Regular preventative maintenance and service inspection visits
- Comprehensive staff training on general equipment maintenance.

*Subject to contract
Precor is part of Amer Sports Corporation, one of the leading sporting goods companies in the world, with a brand portfolio comprising of Precor, Salomon, Wilson, Suunto, Atomic, Arc’teryx and Mavic. The offering of sports equipment, apparel, footwear and accessories covers a wide range of sports, including tennis, golf, American football, soccer, baseball, basketball, alpine skiing, snowboarding, fitness training, cycling, running, hiking and diving.

Amer Sports’ strategy emphasises excellence in consumer-centric product creation. Through continuous research and development, Amer Sports seeks to develop new and better sporting goods that appeal to both consumers and its trade customers. Products are designed to improve the performance of all athletes – from beginners to professionals – to help them achieve their goals and provide them with more enjoyment from their activity of choice.

Amer Sports’ staff consists of over 6,500 employees operating in 24 countries and, in 2010, Amer Sports net sales totaled 1.7 billion Euros. Our shared values support and guide operations around the world. As in competition, success in business requires determination, team spirit, fair play and innovation: qualities we value highly.
Promotions with a difference

As part of Amer Sports Corporation, Precor provides you with unparalleled opportunities to operate highly successful promotions. With our exclusive access to the resources of a world-leading sports equipment company, we can offer world-renowned brands to support your promotional campaigns.

Whether you are seeking to attract new members to your facility or retain existing ones, Amer Sports’ range of premium brands can help your business gain a unique competitive edge.
We design equipment that delivers premium, smooth-flowing user experiences, making it possible for more people to enjoy comfortable, engaging and effective workouts.
Precor cardio equipment by category

**Adaptive Motion Trainers® (AMT®)** - Our new Adaptive Motion Trainers with Open Stride create a whole new feeling during a workout. Experience the benefits of a machine that enables members of all levels to personalise their workouts and keeps them engaged, challenged and loyal.

**Elliptical Fitness Crosstrainers (EFX®)** - Our EFX® machines make for smooth and more effective cardio through a natural, low-impact stride - which lets users exercise longer and harder. Plus, our exclusive CrossRamp® technology makes it easier for members to target key muscle groups by changing the angle with a simple push of a button.

**Treadmills** - When users step onto our treadmills they will get a feeling that's more like running outside. Members enjoy a stable, more comfortable stride on Precor treadmills through patented Ground Effects® and Integrated Footplant technology that absorbs impact and adjusts to natural fluctuations in stride.

**Climber** - Provides members with a tried and true workout option. Its ergonomic design facilitates good form and technique while delivering a workout that feels great.

**Bikes** - Offer your members more comfort with every ride. Both our upright and recumbent models feature great-feeling motion and biomechanically correct design that encourages proper form.
Precor cardio equipment
by line

Four distinct lines, four distinct ways of creating a cardio floor that keeps members coming back again and again. Within the new Experience Series you’ll find the same smooth flowing and precise cardio equipment Precor is renowned for, along with consoles backed by tens of thousands of hours of testing in the field to ensure proven, reliable equipment that clubs can count on. The four lines within the new Experience Series include:

**880 Line** – With a touchscreen console just like a high-end phone and a simple, intuitive interface that draws members deeper into their workout, the entire 880 Line is a fitness solution that gets more powerful the longer you own it.

**830 Line** – A premium feeling is the new standard. Introducing the Experience Series 830 Line, where tried and true performance gets a fresh look and feel, along with a technology upgrade that’s fit for today.

**820 Line** – The 820 Line offers the essential features with a premium feel.

**Standard Line** – An alternative to the ‘heavy commercial’ 880, 830 and 820 Lines, the Standard Line is designed for lower intensity environments, such as hotels, corporate gyms or apartment complexes.

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<th>830 Line</th>
<th>820 Line</th>
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<td></td>
<td></td>
<td></td>
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<tr>
<td>Display Type</td>
<td>15” LCD capacitive touch screen</td>
<td>Large LED display</td>
<td>14 x 3” single colour LCD</td>
<td>Streamlined / advanced LED display</td>
</tr>
<tr>
<td>Touch Screen</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Machine Controls</td>
<td>Motion Controls</td>
<td>Motion Controls</td>
<td>Dome switch</td>
<td>Dome switch or Tap Control</td>
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<td>Advanced</td>
<td>Advanced</td>
<td>Basic</td>
<td>Basic or advanced</td>
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<td>7</td>
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<td>-</td>
<td>-</td>
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<td>-</td>
</tr>
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<td>Personal Viewing System (PVS)</td>
<td>Viewing screen embedded</td>
<td>15” PVS (optional)</td>
<td>15” PVS (optional)</td>
<td>-</td>
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iPod and iPhone are registered trademarks of Apple Inc., registered in the U.S. and other countries.
Adaptive Motion Trainers®
Versatile, low impact user-defined motion

Allowing unparalleled freedom of motion, an AMT® goes from short to long strides, walking to running, and climbing to lunging. Users can change their workouts smoothly, easily and spontaneously just by moving naturally. A revolutionary cardio trainer, an AMT offers:

- **Broad Appeal** - User-defined adaptive motion, a variety of stride lengths and low impact make the perfect workout possible for a wide variety of users.

- **Faster Results** - Research proves the AMT elicits high levels of oxygen consumption and energy expenditure, allowing users to take their cardio fitness to a higher level.*

- **Variation in Muscle Engagement** - From a climb, run or walk, the AMT allows users to focus on different muscle groups, for a total body workout.

- **An engaging Stride Dial** - The pendulum-like swing of the Stride Dial helps exercisers see their stride length, to determine the muscle groups they are targeting.

*Exercise Modality Comparison of Seven Exercise Modes. Len Kravitz, Ph.D., University of New Mexico, USA.
Adaptive Motion Trainers®
AMT® with Open Stride

The only cardio machine that offers adaptable stride length and adjustable stride height, to offer exercisers of all sizes and fitness levels the most varied and highly-personalised workout experience.

- **Personalised workout** – The Open Stride feature provides adjustable stride height, to create a personalised fit and greater workout variety for exercisers of all sizes and levels of fitness.

- **A total body workout in one piece of equipment** – Users can go from short strides to long strides, walking to running, climbing to lunging, allowing them to target different muscle groups. Pushing and pulling the moving handlebars will engage the upper body, resulting in a total body workout.

- **Burn more with more enjoyment** – The new AMT® with Open Stride delivers a higher level of caloric burn while giving users a lower level of perceived exertion. So they can go longer and harder – and get better results.

AMT® with Open Stride: Adaptive stride length and adjustable stride height.
Adaptive Motion Trainers®
AMT® with Fixed Height

The AMT® with Fixed Height offers all of the benefits of adaptive motion training, whilst providing a stride height fixed optimally at 19 cm (7.6 in) for exercisers:

- **Broad Appeal** – User-defined adaptive motion, a variety of stride lengths and low impact make the perfect workout possible for a wide variety of users.

- **Faster Results** – Research proves the AMT® elicits high levels of oxygen consumption and energy expenditure, allowing users to take their cardio fitness to a higher level.*

- **Variation in Muscle Engagement** – From a climb, run or walk, the AMT allows users to focus on different muscle groups, for a total body workout.

*Exercise Modality Comparison of Seven Exercise Modes. Len Kravitz, Ph.D., University of New Mexico, USA.

AMT® with Fixed Height: Adaptive stride length and fixed stride height.
Elliptical Fitness Crosstrainers
Natural movement and a low-impact stride motion

Give your members the ability to get more out of every workout. Our Elliptical Fitness Crosstrainers (EFX®) provide a perfectly natural, low-impact stride, so they can work out longer and harder.

As it did in 1995 when we first introduced the elliptical machine to the world, the EFX still sets the standard. Users will notice and appreciate how the fluid motion reduces strain, while our patented CrossRamp® lets them target various muscle groups just by changing the angle.

• **CrossRamp** – Users can isolate or crosstrain specific lower body muscle groups simply by adjusting the angle of the ramp, making it easy for users to focus on their individual fitness goals.

• **Natural Motion** – Our patented elliptical path perfectly mimics a natural running stride, allowing users to keep their heels down, for a more comfortable, effective and ergonomically correct motion.

• **Lower Rate of Perceived Exertion (RPE)** – The smooth, flowing stride produces a lower RPE, making workouts actually feel easier, so users can reap the fitness rewards of exercising harder and longer.
Treadmills
Cushioning, stability and a more natural stride

Make it possible for your members to enjoy the benefits of treadmills without sacrificing stability and their natural stride. Our treadmills deliver superior impact absorption while maintaining these critical factors.

When users step onto our treadmills they’ll notice how it feels more like they’re running outdoors. The belts adjusts to natural fluctuations in their stride and they’ll be able to push off with ease, while enjoying great low-impact workouts.

- **Integrated Footplant Technology** – Our patented belt system adjusts belt velocity 100 times per second to match natural changes in foot speed, producing a smooth, rhythmic stride and reducing the jarring impact that can stress joints and cause injuries.

- **Ground Effects® Impact Control System** – Reducing fatigue and helping users maintain an even speed, our patented system combines ideal cushioning where feet land and vital stability where they push off.

- **Power-Factor Correction** – The robust IFT-drive controller powers the reliable 4.0 hp AC motor, ensuring long-lasting durability. Our premium treadmills also feature power-factor correction, to reduce energy consumption by up to 30%.*

*Not available on the Standard Line treadmills.
Bikes
A comfortable ride for your workout

Give users the comfort they need to get the most out of every ride. Our new bikes feature highly ergonomic designs to encourage proper form, along with a number of innovations to maximise comfort and ease-of-use.

Users will enjoy efficient, smooth pedaling with biomechanically correct Knee Over Pedal Spindle (KOPS) geometry and extra-wide, dual-sided pedals. Members will also appreciate the simple, one-handed seat adjustment and the accessibility of the console and accessories holder, allowing them to maintain form and stay focused on their workout.

- **Ultra Comfortable Recumbent Seat Back** – Custom-designed air flex seat, featuring a ventilated panel and unique suspension system for a cool, cushioned ride.

- **Ergonomic Upright Handlebars** – Over-molded style adds comfort and durability while offering dual heart rate contacts and three ergonomic riding positions: upright, cruising and road.

- **Convenient Maintenance Access** – Both styles of bike allow for easy access to the belt-drive system with easily removable shrouds.

- **2-Stage Belt-Drive System** – Yields a very low start resistance and smooth, consistent changes of resistance levels.
Experience Series
880 Line

From first glance to deeper inspection, the Experience Series 880 Line makes quite an impression. With a touch screen console just like a high-end phone, and a simple, intuitive interface that draws members deeper into their workout, it’s a fitness solution that gets more powerful the longer you own it.

The 880 Line has been designed with a principle of ‘fitness is foremost’, and features a simple and intuitive user interface that focuses on the workout. No games or distractions, just the flow of a smooth and immersive exercise experience. The 880 Line’s software is also upgradable, meaning that the member and owner experiences can be continually refreshed and enhanced over time.

Capacitive touch screen – The 880 Line experience is equal to the best interactions outside the gym. Users will enjoy controlling their workout via screen gestures on a robust, responsive and intuitive industrial-grade capacitive touch screen.

Head-up viewing angle – The upright screen position encourages correct posture whilst working out. The user is able to keep their head, neck and shoulders in an upright and natural position, making the exercise experience more comfortable and effective.
Featured workout – Users are encouraged to try more variety in their workouts, as the 880 Line promotes new workouts on a daily basis.

iPod®/iPhone® compatible – Users can control their device and enjoy audio and visual media via the console. A flexible connection and cushioned compartment protects the iPod®/iPhone® and automatically charges it during workouts.

Workout guides – A range of tutorial videos guide both new and long-term users on how to properly use a variety of exercise equipment.

Customisable screen – Users can customise a variety of aspects of their workout, including preferred metrics and TV viewing options.

Motion Controls – Large and responsive controls are independent of the touch screen, enabling users to alter the motion and resistance of their workout with ease.

iPod and iPhone are registered trademarks of Apple Inc., registered in the U.S. and other countries.
Experience Series – 880 Line

**AMT® 885 Adaptive Motion Trainer® with Open Stride**
- Adaptive stride length: 0 to 91 cm (0 to 36 in)
- Adjustable stride height: 17 to 25 cm (6.8 to 10 in)
- 12 workouts and 20 electronic readouts
- Dimensions (LxWxH): 203 x 89 x 186 cm (80 x 35 x 73 in)
- Weight: 191 kg (422 lbs)

**EFX® 885 Elliptical Fitness Crosstrainer**
- CrossRamp®: adjustable ramp between 13 and 40°
- Total body workout and moving upper body handlebars
- 22 workouts and 20 electronic readouts
- Dimensions (LxWxH): 203 x 81 x 173 cm (80 x 32 x 73 in)
- Weight: 158 kg (348 lbs)

**EFX® 883 Elliptical Fitness Crosstrainer**
- CrossRamp®: adjustable ramp between 13 and 40°
- Fixed upper body handlebars
- 15 workouts and 20 electronic readouts
- Dimensions (LxWxH): 203 x 81 x 173 cm (80 x 32 x 73 in)
- Weight: 158 kg (348 lbs)
UBK 885 Upright Bike
• Over-molded handlebars and improved saddle design
• Dual-sided pedals with integrated straps
• Simple single-handed seat adjustment
• 16 workouts and 18 electronic readouts
• Dimensions (LxWxH): 122 x 53 x 157 cm (48 x 21 x 62 in)
• Weight: 77 kg (169 lbs)

RBK 885 Recumbent Bike
• Step-through design
• Ventilated, suspension-mounted air flex seat back
• Dual-sided pedals with integrated straps
• 16 workouts and 18 electronic readouts
• Dimensions (LxWxH): 170 x 58 x 136 cm (67 x 23 x 54 in)
• Weight: 99 kg (219 lbs)
Welcome to Networked Fitness

Technology has dramatically changed our lives and has become the underlining element of our day to day lives at work and home. Just as technology has transformed how we entertain, educate and connect ourselves to one another, there’s yet another revolution on the horizon – Networked Fitness.

Networked Fitness is the technologies that connect people to their fitness journey, empowering exercisers with the tools and experiences to achieve their goals. Networked Fitness technologies also help facility operators to better manage their business with solutions that help drive revenue, increase retention and provide enhanced cardio asset management.

Now this powerful combination comes to fitness with Preva, the leader in Networked Fitness solutions that will forever change how your exercisers work out, and how you optimise your business.

Exclusively available on the 880 Line, Preva offers a wide variety of benefits for both the facility and the exerciser. Create a competitive edge to attract new members and grow loyalty from your current members by providing exercisers with an enhanced personalised experience designed to help achieve and exceed fitness goals.
The management solution

Preva Business Suite is the cardio asset management solution that will boost the performance of your facility.

- **Easy management** – Simplify the management of your cardio equipment and monitoring with real-time status and reporting.

- **Revenue generation** – With In-Touch, increase revenue and communicate more effectively with your exercisers to increase member retention and secondary spend. Communicate with exercisers through messages of your choice right through the cardio equipment console without being intrusive to their workout. Easily promote group exercise classes, sporting events, personal training sessions, or anything else you like.

- **Harness the power of the internet** – Preva Business Suite is a cloud-based solution, so you can access monitoring and reporting through any internet-connected computer.

- **Ever-expanding** – The Preva in-house development team investment means that the software platform offerings will continue to expand, continually growing the value of your software. Updates are provided over the internet directly to your networked equipment, which means hassle-free software upgrades.

Preva exerciser benefits

For years, cardio equipment has provided exercisers a typical lineup of entertainment options while working out: watch TV or listen to music.

With Preva Net, your members will now get an enhanced fitness experience that entertains and informs, banishing dull workouts with an experience that is fun and productive. Preva Net delivers a wide variety of internet content selected to give your members access to popular topics all delivered in a format designed specifically for the in-motion exerciser. Plus Preva Net provides your members with access to their favourite internet sites, so they can go ahead and read an email, view an interesting website or even update their Facebook status about the great workout they just completed.
Experience Series
830 Line

A premium feeling is the new standard. Introducing the Experience Series 830 Line, where tried and true performance gets a fresh look and feel – along with a technology update that’s fit for today.

Right from the start, you’ll see that the form and function of the 830 Line console has many similarities to the 880 Line console, right down to the same easy-to-use Motion Controls. From there, the 830 Line console uses an LED-based display that focuses on the essential fitness stats and displays that keep members moving.

Optional Personal Viewing System
AMT® 835 Adaptive Motion Trainer®
with Open Stride
- Adaptive stride length: 0 to 91 cm (0 to 36 in)
- Adjustable stride height: 17 to 25 cm (6.8 to 10 in)
- 6 workouts and 21 electronic readouts
- Dim. (LxWxH): 203 x 89 x 176 cm (80 x 35 x 64 in)
- Weight: 187 kg (412 lbs)

AMT® 833 Adaptive Motion Trainer®
with Fixed Height
- Adaptive stride length: 0 to 91 cm (0 to 36 in)
- Fixed stride height optimally set at 19 cm (7.6 in)
- 6 workouts and 21 electronic readouts
- Dim. (LxWxH): 203 x 89 x 176 cm (80 x 35 x 69 in)
- Weight: 187 kg (412 lbs)

TRM 833 Treadmill
- Incline range: 0% to 15% incline
- Ground Effects® Impact Control System
- Integrated Footplant Technology
- Speed 1 - 25.5 km/h (0.5 - 16 mph) + AutoStop
- 6 workouts and 21 electronic readouts
- Dim. (LxWxH): 224 x 89 x 163 cm (88 x 35 x 64 in)
- Weight: 207 kg (456 lbs)

UBK 835 Upright Bike
- Over-molded handlebars
- Improved saddle design
- Dual-sided pedals with integrated straps
- Simple single-handed seat adjustment
- 12 workouts and 18 electronic readouts
- Dim. (LxWxH): 122 x 53 x 157 cm (48 x 21 x 62 in)
- Weight: 73 kg (160 lbs)

RBK 835 Recumbent Bike
- Step-through design
- Ventilated, suspension-mounted air flex seat back
- Dual-sided pedals with integrated straps
- Simple single-handed seat adjustment
- 12 workouts and 18 electronic readouts
- Dim. (LxWxH): 170 x 58 x 127 cm (67 x 23 x 50 in)
- Weight: 95 kg (210 lbs)

EFX® 835 Elliptical Fitness Crosstrainer
- CrossRamp®: adjustable ramp between 13 and 40°
- Total body workout and moving upper body handlebars
- 15 workouts and 21 electronic readouts
- Dim. (LxWxH): 203 x 81 x 173 cm (80 x 32 x 68 in)
- Weight: 153 kg (338 lbs)

EFX® 833 Elliptical Fitness Crosstrainer
- CrossRamp®: adjustable ramp between 13 and 40°
- Fixed upper body handlebars
- 10 workouts and 21 electronic readouts
- Dim. (LxWxH): 203 x 81 x 173 cm (80 x 32 x 68 in)
- Weight: 153 kg (338 lbs)

CLM 835 Climber
- Smooth feel and quiet movement
- Self-powered generator resistance system
- Pulley drive system
- 14 workouts and 21 electronic readouts
- Dim. (LxWxH): 119 x 81 x 175 cm (47 x 32 x 69 in)
- Weight: 113 kg (250 lbs)
Experience Series
820 Line

The exceptional feel of the Experience Series cardio continues, and covers all the essentials, with the 820 Line.

In the 820 Line, you’ll find the same, exact physical exercise experience and quality as the higher lines. Whether on its own or alongside the rest of the Experience Series equipment, the 820 Line offers the essential features with a premium feel.

Optional Personal Viewing System
AMT® 823 Adaptive Motion Trainer® with Fixed Height
- Adaptive stride length: 0 to 91 cm (0 to 36 in)
- Fixed stride height optimally set at 19 cm (7.6 in)
- 8 workouts and 21 electronic readouts
- Dim. (LxWxH): 203 x 81 x 173 cm (80 x 32 x 68 in)
- Weight: 187 kg (412 lbs)

TRM 823 Treadmill
- Incline range: 0% to 15% incline
- Ground Effects® Impact Control System
- Integrated Footplant Technology
- Speed 1 - 19.3 km/h (0.5 - 12 mph) + AutoStop
- 9 workouts and 12 electronic readouts
- Dim. (LxWxH): 224 x 89 x 163 cm (88 x 35 x 64 in)
- Weight: 207 kg (456 lbs)

EFX® 825 Elliptical Fitness Crosstrainer
- CrossRamp®: adjustable ramp between 13 and 40°
- Total body workout and moving upper body handlebars
- 8 workouts and 12 electronic readouts
- Dim. (LxWxH): 203 x 81 x 173 cm (80 x 32 x 68 in)
- Weight: 153 kg (338 lbs)

UBK 825 Upright Bike
- Over-molded handlebars
- Improved saddle design
- Dual-sided pedals with integrated straps
- Simple single-handed seat adjustment
- 8 workouts and 11 electronic readouts
- Dim. (LxWxH): 122 x 53 x 157 cm (48 x 21 x 62 in)
- Weight: 73 kg (160 lbs)

EFX® 823 Elliptical Fitness Crosstrainer
- CrossRamp®: adjustable ramp between 13 and 40°
- Fixed upper body handlebars
- 8 workouts and 12 electronic readouts
- Dim. (LxWxH): 203 x 81 x 173 cm (80 x 32 x 68 in)
- Weight: 153 kg (338 lbs)

EFX® 821 Elliptical Fitness Crosstrainer
- Fixed ramp: ramp incline set optimally at 20°
- Total body workout a. moving upper body handlebars
- 8 workouts and 11 electronic readouts
- Dim. (LxWxH): 203 x 81 x 173 cm (80 x 32 x 68 in)
- Weight: 153 kg (338 lbs)

RBK 825 Recumbent Bike
- Step-through design
- Ventilated, suspension-mounted air flex seat back
- Dual-sided pedals with integrated straps
- Simple single-handed seat adjustment
- 8 workouts and 11 electronic readouts
- Dim. (LxWxH): 170 x 58 x 127 cm (67 x 23 x 50 in)
- Weight: 95 kg (210 lbs)
Experience Series
Standard Line

It’s the cardio line that members have enjoyed time and time again. The Experience Series Standard Line features a console that provides clear visuals and a familiar layout that makes it easy for users to explore a variety of satisfying workouts.

The Standard Line is built to withstand the rigours of a broad range of environments, including facilities such as hotels, corporate gyms or apartment complexes.
932i Treadmill
- Incline range: 0% - 15% in 0.5% increments
- Total body workout and moving upper body handlebars
- 6 workouts and 14 electronic readouts
- Dim. (LxWxH): 204 x 86 x 150 cm (79 x 34 x 59 in)
- Weight: 150 kg (331 lbs)

EFX® 536i Elliptical Fitness Crosstrainer
- CrossRamp™: adjustable ramp between 15 and 40°
- Total body workout and moving upper body handlebars
- 6 workouts and 14 electronic readouts
- Dim. (LxWxH): 213 x 79 x 168 cm (84 x 31 x 67 in)
- Weight: 111 kg (245 lbs)

EFX® 532i Elliptical Fitness Crosstrainer
- CrossRamp™: adjustable ramp between 15 and 40°
- Fixed upper body handlebars
- 6 workouts and 14 electronic readouts
- Dim. (LxWxH): 213 x 79 x 168 cm (84 x 31 x 67 in)
- Weight: 111 kg (245 lbs)

946i Treadmill
- Incline range: 0% - 15% in 0.5% increments
- Ground Effects® Impact Control System
- Integrated Footplant Technology
- Speed 1 - 20 km/h (0.5 - 12 mph)
- 13 workouts and 24 electronic readouts
- Dim. (LxWxH): 204 x 86 x 150 cm (79 x 34 x 59 in)
- Weight: 150 kg (331 lbs)

UBK 815 Upright Bike
- Over-molded handlebars
- Improved saddle design
- Dual-sided pedals with integrated straps
- Simple single-handed seat adjustment
- 6 workouts and 13 electronic readouts
- Dim. (LxWxH): 122 x 53 x 146 cm (48 x 21 x 57 in)
- Weight: 73 kg (160 lbs)

RBK 815 Recumbent Bike
- Step-through design
- Ventilated, suspension-mounted air flex seat back
- Dual-sided pedals with integrated straps
- Simple single-handed seat adjustment
- 6 workouts and 13 electronic readouts
- Dim. (LxWxH): 170 x 58 x 124 cm (67 x 23 x 49 in)
- Weight: 95 kg (210 lbs)
Entertainment Solutions
Options for the Precor cardio lines

If you’re considering the Precor 830, 820 or Standard Line of cardio equipment, great entertainment options await. The console in each line can feature an entertainment cap for providing your members with a selection of audio channels, such as those from your wall-mounted televisions.

You can also create an even more immersive experience by adding a Personal Viewing System (PVS) to the 830 or 820 Line.

| Entertainement Cap (863 / 900 MHz) - Conveniently integrating with the console panel, these receivers provide access to a selection of audio channels, including those from wall or ceiling-mounted displays. |
| Personal Viewing System (PVS) - Designed to give the user a more personal experience, with total choice and control. A PVS provides the ultimate in individual visual entertainment incorporating digital technology and an energy saving ‘Auto Power Save’ feature, which shuts down the screen when not in use. |
| Personal Entertainment Player (PEP) - The PEP allows users to upload music and video content from their iPod® / iPhone® to Personal Viewing Systems, thus enhancing the workout experience. |

<table>
<thead>
<tr>
<th>Cardio Line</th>
<th>830 Line</th>
<th>820 Line</th>
<th>Standard Line</th>
</tr>
</thead>
</table>

iPod and iPhone are registered trademarks of Apple Inc., registered in the U.S. and other countries.
Teambike 800 Indoor Cycle
Superior comfort for a high energy workout

The Teambike 800 is designed not only to look good but also to give easy and immediate access for service. Only the Teambike 800 has a front fork around the wheel and a brake aperture in the frame, for easy access and maintenance.

- **Components** – Using strong, high-quality parts and materials, the Teambike 800 is built to withstand the rigours of any busy fitness facility. Areas of high exposure are made of stainless steel and the flywheel is chrome-plated.

- **Ergonomic saddle design** – The Velo saddle is suited to both beginners and experienced users and is pre-shaped to encourage correct posture and offer maximum comfort.

- **Strong dual-pedals** – The dual-option Shimano pedals, with easily adjustable foot straps, are designed to meet the demands of different user experience levels and are suitable for cycle shoes or trainers.

Teambike 800 Indoor Cycle
- Multi-grip and adjustable handlebar
- Ergonomic and adjustable saddle
- Belt drive
- Dual use pedals
- Pin and hole adjustment system
- Dimensions (LxWxH): 95 x 53 x 112 cm (38 x 21 x 44 in)
- Weight: 58 kg (139 lbs)

StretchTrainer 240i
The base for every workout

Stretching is an important component in a proper warm-up and cool-down at the start and end of each workout. The 240i StretchTrainer enables users to prepare their bodies for a stronger and more satisfying workout and helps to prevent injury during and after exercise. Users will feel more flexible and prepared for their workouts every time.

Lightweight, with a small footprint, it can be placed anywhere.

240i StretchTrainer
- Dedicated resistance with true isolateral movements
- Instructional placard with eight key stretches
- Cushioned seat and knee pads help users sit comfortably
- Dimensions (LxWxH): 132 x 71 x 91 cm (52 x 28 x 36 in)
- Weight: 27 kg (60 lbs)
A wider range of people are incorporating strength training into their overall fitness routines. With the same focus on ergonomics and smooth motion as our cardio equipment, our Experience Strength and Icarian® Strength lines offer something for everyone.
Experience Strength C-Line
A premium experience from first look to final repetition

The Experience Strength C-Line is an ideal choice if you’re looking to engage your users with a premium strength training offering. With outstanding attention to detail, this range of selectorised equipment feels as good as it looks.

Key features of the Experience Strength C-Line include:

• **A Superior Workout** – Sound biomechanics and a focus on ease-of-use deliver optimal resistance, form and motion.

• **Premium Design** – Sleek, sculptured design and a variety of colour options.

• **Integrated Add-on Weights** – Weights can be increased by 15 lbs (7 kg) to reach the desired total, with two integrated add-on weights of 5 lbs (2.5 kg) each*, for a more precise workout.

* The weight figures provided are rounded to the nearest whole number.
Experience Strength C-Line

Both you and your users will appreciate the combination of biomechanics and aesthetics in our Experience Strength C-Line. With modern, high-end design and exceptional feel, the entire range delivers a premium workout experience.

Highly Refined Touch Points – Every component the user touches is designed to enhance the workout experience, including extra large grips for pushing and standard-sized grips for pulling.

Instructional Placards – Simple, step-by-step instructions for setup and exercise tips that help users maximise their workout.

C-Line Colour Option 1

<table>
<thead>
<tr>
<th>Shroud Front</th>
<th>Shroud Back</th>
</tr>
</thead>
<tbody>
<tr>
<td>Silver Grey</td>
<td>Pacific Blue/Grey</td>
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<table>
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C-Line Colour Option 2

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<tr>
<th>Shroud Front</th>
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<tbody>
<tr>
<td>Amazon Stone</td>
<td>Dark Cavern</td>
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<table>
<thead>
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<tr>
<td>Desert Bronze</td>
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<table>
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<tr>
<th>Upholstery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black</td>
</tr>
</tbody>
</table>

- Colours may vary.
- Custom colours are available. Please contact a Precor sales representative.

Shroud front: Silver Grey
Shroud back: Pacific Blue/Grey
Frame: Titanium Experience
Upholstery: Black

Shroud front: Amazon Stone
Shroud back: Dark Cavern
Frame: Desert Bronze
Upholstery: Mahogany
C-Line – Upper and Lower Body

**C204EC**  
Bicep Curl  
- Dimensions (LxWxH): 112 x 109 x 170 cm (44 x 43 x 67 in)  
- Weight: 208 kg (455 lbs)  
- Weight stack: 78 kg (170 lbs)

**C404EC**  
Chest Press  
- Dimensions (LxWxH): 147 x 150 x 170 cm (58 x 59 x 67 in)  
- Weight: 262 kg (575 lbs)  
- Weight stack: 119 kg (260 lbs)

**C304EC**  
Lat Pulldown  
- Dimensions (LxWxH): 168 x 160 x 196 cm (66 x 63 x 77 in)  
- Weight: 308 kg (675 lbs)  
- Weight stack: 119 kg (260 lbs)

**C504EC**  
Lateral Raise  
- Dimensions (LxWxH): 135 x 122 x 170 cm (53 x 48 x 67 in)  
- Weight: 240 kg (525 lbs)  
- Weight stack: 78 kg (170 lbs)

**C208EC**  
Tricep Extension  
- Dimensions (LxWxH): 112 x 109 x 170 cm (44 x 43 x 67 in)  
- Weight: 210 kg (460 lbs)  
- Weight stack: 78 kg (170 lbs)

**C215EC**  
Seated Dip  
- Dimensions (LxWxH): 122 x 122 x 170 cm (48 x 48 x 67 in)  
- Weight: 258 kg (565 lbs)  
- Weight stack: 119 kg (260 lbs)

**C310EC**  
Seated Row  
- Dimensions (LxWxH): 132 x 124 x 196 cm (52 x 49 x 77 in)  
- Weight: 258 kg (565 lbs)  
- Weight stack: 119 kg (260 lbs)

**C500EC**  
Shoulder Press  
- Dimensions (LxWxH): 165 x 132 x 170 cm (65 x 52 x 67 in)  
- Weight: 258 kg (565 lbs)  
- Weight stack: 98 kg (215 lbs)

**C505EC**  
Rear Delt / Pec Fly  
- Dimensions (LxWxH): 135 x 122 x 170 cm (53 x 48 x 67 in)  
- Weight: 290 kg (635 lbs)  
- Weight stack: 119 kg (260 lbs)

**C623EC**  
Calf Extension  
- Dimensions (LxWxH): 137 x 99 x 196 cm (54 x 39 x 77 in)  
- Weight: 208 kg (455 lbs)  
- Weight stack: 78 kg (170 lbs)

**C404EC**  
Chest Press  
- Dimensions (LxWxH): 147 x 150 x 170 cm (58 x 59 x 67 in)  
- Weight: 262 kg (575 lbs)  
- Weight stack: 119 kg (260 lbs)

**C504EC**  
Lateral Raise  
- Dimensions (LxWxH): 135 x 122 x 170 cm (53 x 48 x 67 in)  
- Weight: 240 kg (525 lbs)  
- Weight stack: 78 kg (170 lbs)

**C208EC**  
Tricep Extension  
- Dimensions (LxWxH): 112 x 109 x 170 cm (44 x 43 x 67 in)  
- Weight: 210 kg (460 lbs)  
- Weight stack: 78 kg (170 lbs)
C-Line – Lower Body and Core

**C618EC**  
Glute Extension  
- Dimensions (LxWxH): 132 x 102 x 170 cm (52 x 40 x 67 in)  
- Weight: 226 kg (495 lbs)  
- Weight stack: 78 kg (170 lbs)

**C620EC**  
Inner Thigh  
- Dimensions (LxWxH): 165 x 76 x 170 cm (65 x 30 x 67 in)  
- Weight: 265 kg (580 lbs)  
- Weight stack: 98 kg (215 lbs)

**C621EC**  
Outer Thigh  
- Dimensions (LxWxH): 165 x 76 x 170 cm (65 x 30 x 67 in)  
- Weight: 265 kg (580 lbs)  
- Weight stack: 98 kg (215 lbs)

**C606EC**  
Prone Leg Curl  
- Dimensions (LxWxH): 155 x 119 x 170 cm (61 x 47 x 67 in)  
- Weight: 246 kg (540 lbs)  
- Weight stack: 98 kg (215 lbs)

**C619EC**  
Seated Leg Curl  
- Dimensions (LxWxH): 163 x 124 x 170 cm (64 x 49 x 67 in)  
- Weight: 292 kg (640 lbs)  
- Weight stack: 119 kg (260 lbs)

**C712EC**  
Abdominal  
- Dimensions (LxWxH): 137 x 130 x 170 cm (54 x 51 x 67 in)  
- Weight: 240 kg (525 lbs)  
- Weight stack: 98 kg (215 lbs)

**C313EC**  
Back Extension  
- Dimensions (LxWxH): 112 x 109 x 170 cm (44 x 43 x 67 in)  
- Weight: 237 kg (520 lbs)  
- Weight stack: 98 kg (215 lbs)

**C602EC**  
Leg Press  
- Dimensions (LxWxH): 196 x 122 x 196 cm (77 x 48 x 77 in)  
- Weight: 429 kg (940 lbs)  
- Weight stack: 194 kg (425 lbs)

**C605EC**  
Leg Extension  
- Dimensions (LxWxH): 135 x 124 x 170 cm (53 x 49 x 67 in)  
- Weight: 278 kg (610 lbs)  
- Weight stack: 119 kg (260 lbs)
Experience Strength S-Line
Compact, efficient stations to fit any facility

The Experience Strength S-Line can help you provide the variety users need while working within space and budget requirements. To encourage comfortable and effective workouts, the range incorporates biomechanically correct and user-friendly design.

Key features of the Experience Strength S-Line include:

- **Natural Feel** – Sound biomechanics deliver a smooth, fluid motion that moves with the body and feels natural to the user.

- **Welcoming Design** – Translucent shrouds partially enclose weight stacks, creating a sense of privacy helpful to new users, while maintaining some openness throughout your facility.

- **Easy To Use** – Users will enjoy a walk-in design and a minimum number of necessary adjustments. Any required adjustments can be easily made from the seated position.
Experience Strength S-Line

Designed for users of all levels, the Experience Strength S-Line is easy to use. These single and dual-station strength machines are intuitive, require minimal floor space and provide a comprehensive conditioning circuit that meets the budget requirements of a wide range of fitness facilities.

Add-on Weight – Each S-Line station features an add-on weight. Users can easily engage the add-on weight with a simple push of a lever.

Compact – The S-Line is designed with limited space in mind. All machines have a small footprint and a low profile design.

S-Line Colours

<table>
<thead>
<tr>
<th>Frame</th>
<th>Upholstery</th>
<th>Upholstery – optional</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Yew Green</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Terra Cotta</td>
</tr>
</tbody>
</table>

• Colours may vary.
• Upholstery colours other than black are available at an additional cost.
• Custom colours are available. Please contact a Precor sales representative.
S-Line – Upper Body, Lower Body and Core

**CO03ES Bicep Curl**
- Dimensions (LxWxH): 119 x 102 x 145 cm (47 x 40 x 57 in)
- Weight: 180 kg (395 lbs)
- Weight stack: 78 kg (170 lbs)

**CO01ES Chest Press**
- Dimensions (LxWxH): 99 x 130 x 175 cm (39 x 51 x 69 in)
- Weight: 205 kg (450 lbs)
- Weight stack: 110 kg (240 lbs)

**CO02ES Pulldown**
- Dimensions (LxWxH): 102 x 140 x 216 cm (40 x 55 x 85 in)
- Weight: 215 kg (475 lbs)
- Weight stack: 100 kg (220 lbs)

**CO19ES Seated Row**
- Dimensions (LxWxH): 127 x 119 x 175 cm (50 x 47 x 69 in)
- Weight: 210 kg (460 lbs)
- Weight stack: 110 kg (240 lbs)

**CO12ES Shoulder Press**
- Dimensions (LxWxH): 150 x 142 x 145 cm (59 x 56 x 57 in)
- Weight: 195 kg (430 lbs)
- Weight stack: 91 kg (200 lbs)

**CO23ES Tricep Extension**
- Dimensions (LxWxH): 117 x 102 x 145 cm (46 x 40 x 57 in)
- Weight: 180 kg (395 lbs)
- Weight stack: 78 kg (170 lbs)

**CO05ES Leg Extension**
- Dimensions (LxWxH): 132 x 109 x 145 cm (52 x 43 x 57 in)
- Weight: 210 kg (460 lbs)
- Weight stack: 91 kg (200 lbs)

**CO07ES Seated Leg Curl**
- Dimensions (LxWxH): 157 x 109 x 145 cm (62 x 43 x 57 in)
- Weight: 205 kg (450 lbs)
- Weight stack: 78 kg (170 lbs)

**CO14ES Abdominal**
- Dimensions (LxWxH): 147 x 99 x 145 cm (58 x 39 x 57 in)
- Weight: 210 kg (460 lbs)
- Weight stack: 91 kg (200 lbs)

**CO11ES Back Extension**
- Dimensions (LxWxH): 135 x 99 x 145 cm (53 x 39 x 57 in)
- Weight: 205 kg (450 lbs)
- Weight stack: 91 kg (200 lbs)

*Also available with pulldown bar, as an optional extra.*
S-Line – Dual Exercise

C024ES
Multi Press
• Dimensions (LxWxH): 183 x 152 x 175 cm (72 x 60 x 69 in)
• Weight: 205 kg (450 lbs)
• Weight stack: 110 kg (240 lbs)

C015ES
Rear Delt / Pec Fly
• Dimensions (LxWxH): 102 x 137 x 198 cm (40 x 54 x 78 in)
• Weight: 214 kg (470 lbs)
• Weight stack: 110 kg (240 lbs)

C026ES
Pulldown / Seated Row
• Dimensions (LxWxH): 193 x 122 x 221 cm (76 x 48 x 87 in)
• Weight: 222 kg (490 lbs)
• Weight stack: 100 kg (220 lbs)

C025ES
Bicep Curl / Tricep Extension
• Dimensions (LxWxH): 130 x 110 x 145 cm (51 x 43 x 57 in)
• Weight: 180 kg (395 lbs)
• Weight stack: 78 kg (170 lbs)

C027ES
Leg Extension / Leg Curl
• Dimensions (LxWxH): 163 x 109 x 145 cm (64 x 43 x 57 in)
• Weight: 240 kg (530 lbs)
• Weight stack: 110 kg (240 lbs)

C010ES
Leg Press / Calf Extension
• Dimensions (LxWxH): 193 x 109 x 175 cm (76 x 43 x 69 in)
• Weight: 250 kg (550 lbs)
• Weight stack: 135 kg (295 lbs)

C008ES
Inner / Outer Thigh
• Dimensions (LxWxH): 163 x 79 x 145 cm (64 x 31 x 57 in)
• Weight: 200 kg (440 lbs)
• Weight stack: 78 kg (170 lbs)

C028ES
Abdominal / Back Extension
• Dimensions (LxWxH): 150 x 99 x 145 cm (59 x 39 x 57 in)
• Weight: 210 kg (460 lbs)
• Weight stack: 91 kg (200 lbs)
Icarian® Strength Line
The solid foundation to support your strength offering

Help members of all abilities benefit from the value of strength training. Our Icarian Strength Line makes it easy for everyone to begin and progress. Attention to biomechanics, comfortable touch points and easy to use adjustments let all users enjoy the smooth, fluid motion.

To complement your facility, every machine is durable, streamlined and available in a variety of colour combinations.

Icarian Multi-Station and Functional Trainers

FTS
Functional Training System
- Dimensions (LxWxH): 249 x 147 x 230 cm (98 x 58 x 91 in)
- Weight: 382 kg (840 lbs)
- Weight stack: 86 kg (190 lbs)
- ASP (Adjustable Start Position)

407B
Adjustable Cable Crossover
- Dimensions (LxWxH): 447 x 109 x 231 cm (176 x 43 x 91 in)
- Weight: 396 kg (870 lbs)
- Weight stack: 68 or 86 kg (150 or 190 lbs)
- ASP (Adjustable Start Position)

820
Multi-Gym
- Dimensions (LxWxH): 465 x 402 x 234 cm (183 x 158 x 92 in)
- Weight: 1475 kg (3251 lbs)
- Optional add-on weights
Icarian Functional Trainers and Machine-Defined

**FTS Glide**
- Dimensions (LxWxH): 135 x 123 x 216 cm (53 x 48 x 85 in)
- Weight: 305 kg (672 lbs)
- Weight stack: 2 x 91 kg (2 x 200 lbs)

**302 Longpull**
- Dimensions (LxWxH): 282 x 109 x 236 cm (111 x 43 x 93 in)
- Weight: 268 kg (590 lbs)
- Weight stack: 114 or 136 kg (250 or 300 lbs)

**304 Pulldown**
- Dimensions (LxWxH): 185 x 109 x 234 cm (73 x 43 x 92 in)
- Weight: 248 kg (545 lbs)
- Weight stack: 114 or 136 kg (250 or 300 lbs)

**320 Dip / Chin Assist**
- Dimensions (LxWxH): 155 x 137 x 236 cm (61 x 54 x 93 in)
- Weight: 289 kg (635 lbs)
- Weight stack: 91 kg (200 lbs)

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Icarian Colours

- Frame: Titanium Experience, Titanium Metallic, Black, Sky White, Stone, Light Bronze Metallic, Sapphire Blue Metallic, Steel Blue, Desert Bronze
- Upholstery: Putty, Black, Imperial Blue, Graphite, Royal Blue, American Beauty, Yew Green, Dusty Jade, Terra Cotta, Paprika, Mahogany

*Colours may vary.*
*All Icarian frame colours can be coordinated with Experience Strength lines.*
*Custom colours are available. Please contact a Precor sales representative.*
Icarian – User-Defined and Plate-Loaded

**FT332 Row**
- Dimensions (LxWxH): 175 x 175 x 135 cm (68 x 68 x 53 in)
- Weight: 343 kg (755 lbs)
- Weight stack: 91 or 114 kg (200 or 250 lbs)
- Optional add-on weights

**FT334 Pulldown**
- Dimensions (LxWxH): 135 x 173 x 239 cm (53 x 68 x 94 in)
- Weight: 375 kg (824 lbs)
- Weight stack: 91 or 114 kg (200 or 250 lbs)
- Optional add-on weights

**FT444 Chest**
- Dimensions (LxWxH): 132 x 173 x 135 cm (52 x 68 x 53 in)
- Weight: 270 kg (595 lbs)
- Weight stack: 69 or 114 kg (150 or 250 lbs)
- Optional add-on weights

**FT555 Shoulder**
- Dimensions (LxWxH): 119 x 170 x 135 cm (47 x 67 x 53 in)
- Weight: 250 kg (550 lbs)
- Weight stack: 45 or 91 kg (100 or 200 lbs)
- Optional add-on weights

**311 Incline Lever Row**
- Dimensions (LxWxH): 185 x 79 x 119 cm (73 x 31 x 47 in)
- Weight: 86 kg (190 lbs)

**601 Angled Leg Press**
- Dimensions (LxWxH): 221 x 163 x 135 cm (87 x 64 x 53 in)
- Weight: 266 kg (585 lbs)
- Plate holders

**603 Hack Slide**
- Dimensions (LxWxH): 234 x 163 x 127 cm (92 x 64 x 50 in)
- Weight: 241 kg (530 lbs)
- Plate holders

**624 Super Squat**
- Dimensions (LxWxH): 201 x 163 x 147 cm (70 x 64 x 58 in)
- Weight: 196 kg (430 lbs)
- Plate holders

**802 Smith Machine**
- Dimensions (LxWxH): 142 x 221 x 236 cm (56 x 87 x 93 in)
- Weight: 289 kg (635 lbs)
- ASP (Adjustable Start Position)
- Plate holders
Icarian® Modular Systems

Modular systems are cable-based functional training stations offering space efficiency for the number of exercise stations they incorporate.

The exercise movements on the machines are identical to single station units without ever compromising the function users have come to expect. With a wide range of pre-configured stations for your convenience, Precor modular systems are available in 2-stack, 4-stack, 5-stack, 6-stack, 8-stack or 12-stack.

For more information please contact your Precor sales representative.
Discovery Line
Plate-Loaded

The new Discovery Line Plate-Loaded range combines all of the functional performance elements demanded from a strength line but with the design and attention to detail that is the hallmark of Precor premium quality. The result is an exceptional experience for the first-time user and the seasoned athlete alike.

Key features of the Discovery Line Plate-Loaded range include:

- **Biomechanical excellence** - Resistance strength curves tailored to match the body’s natural force curves.

- **Workout-enhancing design** - Independent arm resistance demands greater balance and core muscle engagement from the user, while the converging / diverging movement paths provide a greater range of motion and muscle recruitment.

- **Longevity** - Built to withstand the toughest commercial fitness environments.

- **Made for everyone** - Designed to suit a wide range of users, featuring elements such as easy load heights, low starting weights and ample plate storage.

- **Placards** - Large, easy to see, text free illustrations demonstrate correct form and muscle usage at a glance, whilst QR codes provide smart phone links to instructional videos.

- **Upholstery** - Premium pads and upholstery provides superior fit and control for the user, as well as enhanced strength and durability.

- **Profiles** - Sculptured tubing profiles coordinate with key design elements of Precor CV equipment.

- **Grips** - Ergonomic grips allow for maximum grip power and distribution of weight across the entire palm, for improved comfort and feel.

- **Pivots** - Cast pivot housing adds strength and provides an enhanced finished appearance.

- **Adjustments** - Precision adjustments, including highly durable industrial-grade seat adjustments and large, ergonomic rubber adjustment paddles.
**Discovery Line Plate-Loaded**

**305 Pulldown**
- Dimensions (LxWxH): 168 x 130 x 194 cm (66 x 51 x 76.5 in)
- Weight: 148 kg (326 lbs)
- Start weight: 2.5 kg (5 lbs)
- Max. load weight: 204 kg (450 lbs)

**308 Low Row**
- Dimensions (LxWxH): 155 x 128 x 171 cm (61 x 50.5 x 67 in)
- Weight: 156 kg (344 lbs)
- Start weight: 6.5 kg (15 lbs)
- Max. load weight: 204 kg (450 lbs)

**309 Seated Row**
- Dimensions (LxWxH): 148 x 127.5 x 124 cm (58 x 50 x 49 in)
- Weight: 154 kg (340 lbs)
- Start weight: 4.5 kg (10 lbs)
- Max. load weight: 204 kg (450 lbs)

**308 Low Row**
- Dimensions (LxWxH): 155 x 128 x 171 cm (61 x 50.5 x 67 in)
- Weight: 156 kg (344 lbs)
- Start weight: 6.5 kg (15 lbs)
- Max. load weight: 204 kg (450 lbs)

**309 Seated Row**
- Dimensions (LxWxH): 148 x 127.5 x 124 cm (58 x 50 x 49 in)
- Weight: 154 kg (340 lbs)
- Start weight: 4.5 kg (10 lbs)
- Max. load weight: 204 kg (450 lbs)

**540 Chest Press**
- Dimensions (LxWxH): 110 x 169.5 x 177.5 cm (43 x 67 x 70 in)
- Weight: 160 kg (353 lbs)
- Start weight: 5.5 kg (12 lbs)
- Max. load weight: 204 kg (450 lbs)

**541 Incline Press**
- Dimensions (LxWxH): 109 x 199 x 179 cm (43 x 78 x 70.5 in)
- Weight: 157 kg (346 lbs)
- Start weight: 5.5 kg (12 lbs)
- Max. load weight: 204 kg (450 lbs)

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**550 Shoulder Press**
- Dimensions (LxWxH): 131.5 x 148 x 143.5 cm (52 x 58 x 56.5 in)
- Weight: 140 kg (308 lbs)
- Start weight: 7.5 kg (17 lbs)
- Max. load weight: 163 kg (360 lbs)

**616 Calf Raise**
- Dimensions (LxWxH): 150 x 76 x 101 cm (59 x 30 x 40 in)
- Weight: 75 kg (165 lbs)
- Start weight: 11 kg (25 lbs)
- Max. load weight: 204 kg (450 lbs)

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**Colours may vary. Custom colours on request.**

- **Main Frame and Casting Pivot**
  - Option 1: Ocean Blue
  - Option 2: Gloss Metallic Silver
  - Option 3: Desert Bronze
  - Option 4: Black or Sky White

- **Press Arms**
  - Option 1: Gloss Metallic Silver
  - Option 2: Metallic Ash
  - Option 3: Gloss Metallic Silver
  - Option 4: Metallic Ash

- **Upholstery**
  - Option 1: Black with LED Blue Stitching
  - Option 2: Black, Imperial Blue, Mahogany, Paprika
  - Option 3: Black, Imperial Blue, Mahogany, Paprika
  - Option 4: Black, Imperial Blue, Mahogany, Paprika
Benches and Racks
Stable, functional and built to last

Keep even your most committed, knowledgeable and demanding users satisfied. Our complete line of benches and racks will meet their needs and expectations of functional, stable, well-built equipment.

Available in the same comprehensive choice of colours as our strength lines, our benches and racks are sure to complement the look of your facility. Plus, all of our racks feature rubber-coated saddles to protect the finish on your dumbbells and barbells.

<table>
<thead>
<tr>
<th>Model</th>
<th>Description</th>
<th>Dimensions (LxWxH):</th>
<th>Weight:</th>
</tr>
</thead>
<tbody>
<tr>
<td>101</td>
<td>Flat Bench</td>
<td>133 x 76 x 42 cm (53 x 30 x 17 in)</td>
<td>29 kg (65 lbs)</td>
</tr>
<tr>
<td>113</td>
<td>Adjustable Decline Bench</td>
<td>163 x 76 x 99 cm (64 x 30 x 39 in)</td>
<td>59 kg (131 lbs)</td>
</tr>
<tr>
<td>116</td>
<td>Multi-Purpose Bench</td>
<td>116 x 76 x 82 cm (46 x 30 x 32 in)</td>
<td>30 kg (65 lbs)</td>
</tr>
<tr>
<td>119</td>
<td>Super Bench</td>
<td>140 x 66 x 99 cm (54 x 26 x 39 in)</td>
<td>37 kg (81 lbs)</td>
</tr>
<tr>
<td>702</td>
<td>Vertical Knee Up</td>
<td>90 x 76 x 145 cm (36 x 30 x 57 in)</td>
<td>86 kg (190 lbs)</td>
</tr>
<tr>
<td>312</td>
<td>Back Extension</td>
<td>120 x 89 x 67 cm (47 x 35 x 26 in)</td>
<td>57 kg (125 lbs)</td>
</tr>
<tr>
<td>408</td>
<td>Olympic Bench</td>
<td>178 x 172 x 121 cm (70 x 68 x 48 in)</td>
<td>82 kg (180 lbs)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Plate holders</td>
</tr>
<tr>
<td>410</td>
<td>Olympic Incline Bench</td>
<td>196 x 170 x 140 cm (77 x 67 x 55 in)</td>
<td>125 kg (275 lbs)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Plate holders</td>
</tr>
</tbody>
</table>
Benches and Racks

411 Olympic Decline Bench
- Dimensions (LxWxH): 204 x 178 x 109 cm (78 x 70 x 43 in)
- Weight: 98 kg (215 lbs)
- Plate holders

507 Olympic Seated Bench
- Dimensions (LxWxH): 178 x 78 x 179 cm (70 x 31 x 70 in)
- Weight: 143 kg (315 lbs)
- Plate holders

608 Squat Rack
- Dimensions (LxWxH): 183 x 173 x 179 cm (72 x 68 x 70 in)
- Weight: 143 kg (315 lbs)
- Plate holders

202 Seated Preacher Curl
- Dimensions (LxWxH): 133 x 84 x 96 cm (52 x 33 x 38 in)
- Weight: 54 kg (120 lbs)
- Plate holders

818 Handle Rack
- Dimensions (LxWxH): 93 x 76 x 105 cm (37 x 30 x 41 in)
- Weight: 61 kg (135 lbs)

812 Dumbbell Rack (20)
- Dimensions (LxWxH): 246 x 73 x 80 cm (97 x 29 x 32 in)
- Weight: 111 kg (245 lbs)

813 Beautybell Rack
- Dimensions (LxWxH): 137 x 67 x 101 cm (54 x 26 x 40 in)
- Weight: 109 kg (240 lbs)
- Plate holders

816 Vertical Plate Tree
- Dimensions (LxWxH): 61 x 59 x 123 cm (24 x 30 x 49 in)
- Weight: 39 kg (85 lbs)
- Plate holders

808 Barbell Rack
- Dimensions (LxWxH): 90 x 76 x 145 cm (36 x 30 x 57 in)
- Weight: 79 kg (175 lbs)
- Plate holders

610 Power Cage
- Dimensions (LxWxH): 157 x 124 x 234 cm (62 x 49 x 92 in)
- Weight: 164 kg (360 lbs)