

A woman with short dark hair is running on a Precor treadmill. She is wearing a grey off-the-shoulder sweater and green athletic pants. The treadmill is black and has the Precor logo on the front. The background is a dark, modern gym interior with a white wall and a dark ceiling.

# **PRECOR**<sup>®</sup>

COMMERCIAL CATALOGUE

CARDIO | NETWORKED FITNESS | STRENGTH | GROUP TRAINING | SERVICE





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## PART OF A PREMIER GLOBAL COMPANY

Precor is a proud member of **Amer Sports Corporation**, one of the leading sporting goods companies in the world. Through continuous research and development, Amer Sports seeks to develop new and better sporting goods that appeal to consumers and its trade customers. Its portfolio of internationally recognised brands includes Salomon®, Wilson®, Suunto®, Atomic®, Peak Performance® and Arc'teryx®.

All the products of Amer Sports' affiliate brands 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.

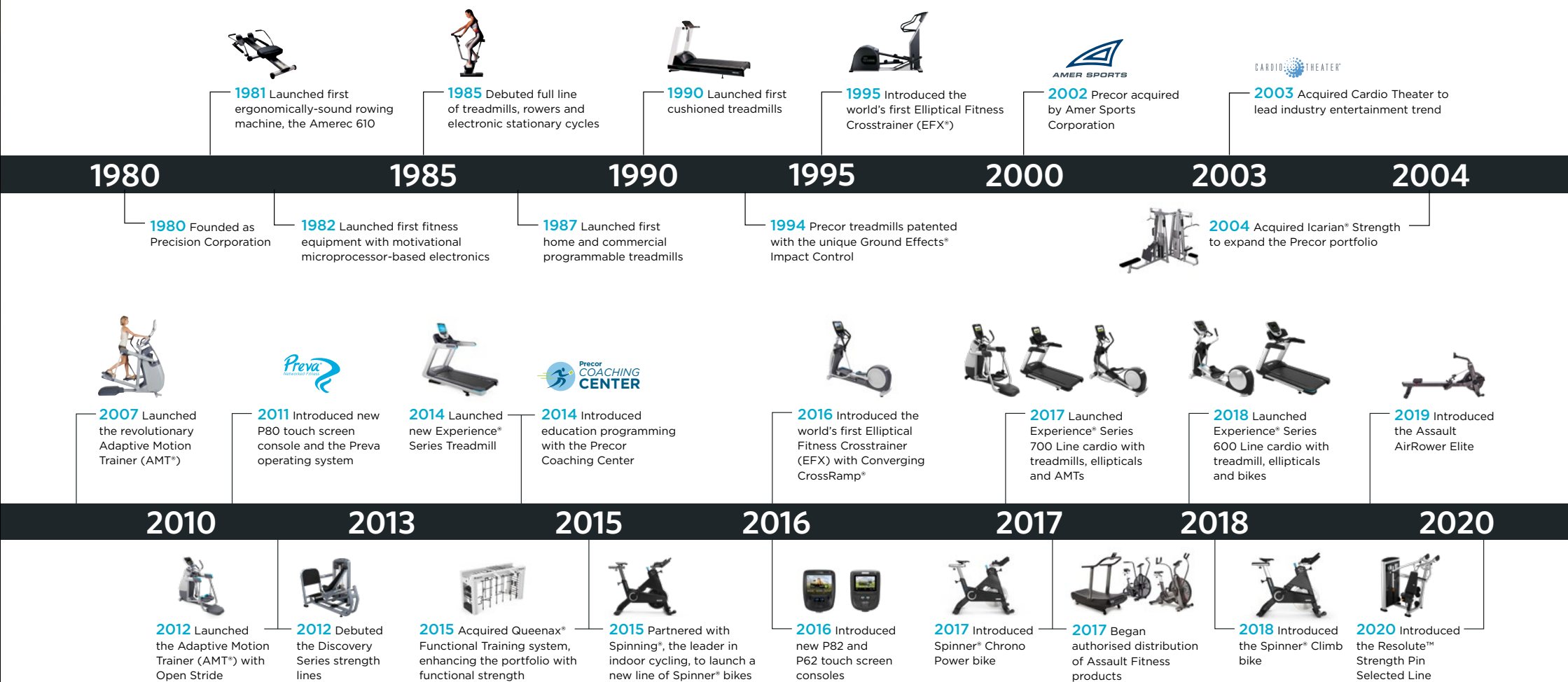
The company's sports equipment, footwear and apparel span a wide range of sports and outdoor activities including tennis, badminton, golf, American football, soccer, baseball, basketball, skiing, snowboarding, fitness training, running, hiking and diving.





# A PROUD HISTORY OF INNOVATION

Take a moment and think how far the fitness industry has come in the past 38 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 partnered with or brought to the industry has always put fitness first.



# CARDIO EQUIPMENT

“We were impressed by the 700 line’s technological punching power, so are trialling this kit to gauge member feedback in a live environment. It’s receiving strong, positive reviews so far, particularly with the recent release of Preva 7.0 on the networked consoles, which brings popular audio and video entertainment options, including Netflix and Spotify upgrades.”

*Cameron Ritchie,  
Deputy Director of Operations,  
University of Edinburgh Sport and Exercise*





# A MIX-AND-MATCH PORTFOLIO TO MEET YOUR NEEDS

No matter what kind of fitness facility you run, Precor has a cardio solution that can be tailored to meet your needs. Our Experience Series 800, 700 and 600 lines offer a mix-and-match cardio portfolio with three console options. Whether your members require a range of unique motions and tech savvy entertainment or just want to get on and go, or anything in between, we have you covered.

## Experience Series 800 Line

Meet the most well-appointed cardio equipment that Precor offers, with a reputation for reliable performance and ease of care, supported by outstanding service. In addition to our iconic smooth feel, the treadmill and elliptical include the Active Status Light for at-a-glance monitoring of equipment status. This line also includes our unique Adaptive Motion Trainer with Open Stride, recumbent and upright bikes.



## Experience Series 700 Line

Built for high-use environments on our commercial platform and delivering the same reliability, performance and efficiency that Precor is known for, but at a mid-tier price. The 700 Line includes the treadmill, elliptical and Adaptive Motion Trainer with Fixed Stride.



## Experience Series 600 Line

The 600 Line strikes the optimal balance between durability, reliability, and innovation for lower usage facilities. It is ideal for fitness facilities located in multi-family housing complexes, corporations and many hospitality venues. The 600 Line includes a treadmill, elliptical, recumbent and upright bikes.



# A NEW LOOK FOR EXPERIENCE SERIES

Our new bolder look introducing contemporary cardio colours that complement the aesthetics of any facility. A more neutral colour scheme with black pearl frames to add impact to your cardio floor. Colour options available across the full 800, 700 & 600 lines.

## 800 LINE



Frame colour  
Black Pearl

Shroud colour  
Tungsten Grey





Frame colour  
Gloss Metallic Silver

Shroud colour  
Tungsten Grey



## 700 LINE



Frame colour  
Black Pearl

Shroud colour  
Tungsten Grey





Frame colour  
Gloss Metallic Silver

Shroud colour  
Tungsten Grey

## 600 LINE



Frame colour  
Black Pearl

Shroud colour  
Tungsten Grey







Frame colour  
Gloss Metallic Silver

Shroud colour  
Tungsten Grey



# TREADMILLS

## Personalised Performance for You and Your Exercisers

Meet the needs of your exercisers with treadmills that are personalised to match their every step. Quiet and efficient, we've streamlined the assembly and included diagnostic tools to increase uptime and to keep operating costs down. Our treadmills make it easier for you to provide a customer-focused environment. Thoughtful design and performance deliver an exerciser experience that feels right and keeps them coming back.

- **Active Status Light\*** — To increase uptime, an external status light lets you and your staff know at a glance the operating condition of your treadmill and when to perform life-extending maintenance.
- **Ground Effects® Impact Control System (GFX)** — Our patented system combines ideal cushioning, support and stability for exercisers. Our treadmill decks are designed to provide more absorption in the front where exercisers' feet hit the belt and add rigidity at the back for a firm push-off.
- **Integrated Footplant Technology (IFT)** — Our unique, patented system recognises exercisers' natural foot speeds and matches every stride for an ultra-smooth feel that enhances the workout experience.



**TRM 885**  
**with Decline Function**

Speed Range: 0.5-16 mph / 0.8-25.5 kph  
Decline / Incline: -3 - 15%  
Side Handrail Length: 61 cm / 24 in  
Console Options: P82, P62, P31



**TRM 781**

Speed Range: 0.5 - 12 mph / 0.8 - 19.3 kph  
Decline / Incline: 0 - 15%  
Side Handrail Length: 46 cm / 18 in  
Console Options: P82, P62, P31 and P30i\*  
\*Only available with the TRM 731 interval treadmill.

\*Available on Experience Series 800 and 700 Lines only.

# ELLIPTICAL FITNESS CROSSTRAINERS

## Natural Movement, a Low-Impact Stride Motion and Proven Reliability

Give your members the ability to get more out of every workout while you enjoy exceptional reliability and performance. Our next-generation Elliptical Fitness Crosstrainers (EFX®) with a proprietary elliptical motion path provide a perfectly natural, low-impact stride, so exercisers can work out longer and harder. As it did in 1995, when we first introduced the elliptical to the world, the EFX still sets a standard.

- **CrossRamp\*** — Users can isolate or cross-train specific lower body muscle groups simply by adjusting the angle of the ramp from 10 to 35 degrees, making it easier for them to focus on their individual fitness goals.
- **Proprietary Converging Ramp Design\*** — The new converging ramp design better mimics an exerciser's natural converging path of motion as they walk and run.
- **Easy to Maintain** — Carrying on the tradition of Precor reliability and service, the EFX is easy to clean and maintain.
- **Active Status Light** — To increase uptime, an external status light lets you and your staff know at a glance the operating condition of your elliptical and when to perform life-extending maintenance.

\*Available on Experience Series 800 Line only.



**EFX® 885**  
**with Converging CrossRamp®**

Adjustable CrossRamp from 10-35 degrees  
Covered ramp and rear drive housing  
Arm Models: Moving and Fixed  
Console Options: P82, P62, P31



**EFX® 781**

Fixed CrossRamp at 20 degree incline  
Open ramp and covered rear drive housing  
Arm Models: Moving  
Console Options: P82, P62, P31





# ADAPTIVE MOTION TRAINER

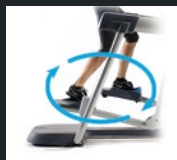
## One Machine. Multiple Workouts.

The Precor Adaptive Motion Trainer (AMT) can provide your exercisers with a variety of cardio experiences in one piece of equipment. It will take the pressure off your other equipment by delivering a range of motions similar to what's offered by your treadmills, ellipticals, bikes and climbers. With low energy consumption, the AMT also provides a low cost of ownership.

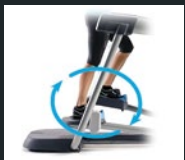
- **Open Stride\*** — The proprietary Open Stride feature allows exercisers to adjust their stride height from 6.8 to 10 inches (17.3 to 25.4 cm) to mimic running stairs or climbing a hill. Users can go from short strides to long strides, walking to running.
- **Dynamic Adjustable Stride Length** — Exercisers can spontaneously change their stride length from zero to 36 inches (0 to 91.4 cm) similar to the motions of running or cross country skiing.
- **A total body workout in one piece of equipment** — Pushing and pulling the moving handlebars will engage the upper body, resulting in a total body workout.
- **Better results** — Research proves the AMT elicits high levels of oxygen consumption and energy expenditure, allowing exercisers to take their cardio fitness to a higher level.<sup>1</sup>



**Climber:** Similar to stair climbing, this exercises all leg muscles, especially the glutes, hip flexors and calves.



**Elliptical:** Similar to a jogging motion, this engages the hamstrings and glutes.



**Bike:** Similar to a motion of cycling and great for working calves and quads.



**Treadmill:** Similar to running, this stride provides total body engagement, but without the impact.



**AMT® 885**  
**with Open Stride**

Stride height: Five levels of adjustable stride height from 6.8 - 10 in (17 - 25 cm)  
Console options: P82, P62, P31



**AMT® 783**

Stride height: Fixed stride height at 7.6 in (19 cm)  
Console options: P82, P62, P31

<sup>1</sup>Exercise Modality Comparison of Seven Exercise Modes, 2007. Len Kravitz, Ph.D., University of New Mexico, USA.  
\*Available on Experience Series 800 Line only.

# BIKES

## Delivering a Comfortable Ride

Our upright and recumbent bikes are designed to allow exercisers to enjoy efficient, smooth pedalling with biomechanically correct Knee Over Pedal Spindle (KOPS) geometry and extra-wide, dual-sided pedals. They 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.

Both styles of bike allow for convenient access to the belt-drive system with an easily removable shroud that comes off with the cranks and pedals still in place. A two-stage system\*\* enables a very low start resistance and smooth, consistent changes of resistance levels.

# CLIMBER

## Natural Motion with Superior Feel

Our ergonomically-designed climber encourages proper posture and technique to keep motion fluid and comfort. 31 climbing speed levels range from 30 to 180 steps-per-minute in five steps-per-minute increments to allow the exerciser to tailor workouts to their fitness level. Available with the P30 console only.

\*\*Available on Experience Series 800 Line only.

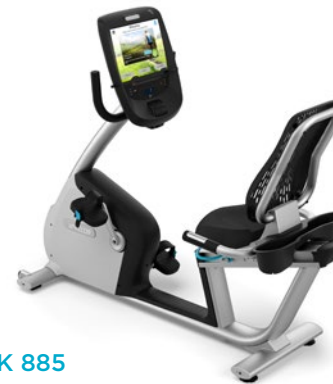


**UBK 885**  
Upright Bike

### Ergonomic Upright Handlebars

Over-molded style handlebars add comfort and durability while offering dual heart rate contacts and three ergonomic riding positions: upright, cruising and road.

Console Options: P82, P62, P31



**RBK 885**  
Recumbent Bike

### Ultra Comfortable Seat Back

Custom-designed air flex seat back, featuring a ventilated panel and unique suspension system for a cool, cushioned ride.

Console Options: P82, P62, P31



**CLM 835**  
Climber

### Designed for Durability

The durable six-phase generator system has no contacting parts, providing smooth, quiet and durable operation.

Console Options: P30 only



# EXPERIENCE® SERIES 800 LINE



**AMT® 885 with Open Stride**  
**Adaptive Motion Trainer**

- Dynamic, adjustable stride length from 0 to 36 in (0 to 91 cm)
- Adjustable stride height of 6.8 to 10 in (17 to 25 cm)
- 20 resistance levels
- LxWxH: 80 x 35 x 73 in (203 x 89 x 186 cm)
- Weight: 191 kg (422 lb)



**EFX® 885 with Converging CrossRamp**  
**Elliptical Fitness Crosstrainer**

- Converging CrossRamp®: adjustable ramp between 10 and 35°
- Moving handlebars for upper and lower body workout
- Active Status Light for maintenance status at a glance
- 20 resistance levels
- LxWxH: 80 x 28 x 72 in (203 x 71 x 183 cm)
- Weight: 154 kg (340 lb)



**EFX® 883 with Converging CrossRamp**  
**Elliptical Fitness Crosstrainer**

- Converging CrossRamp®: adjustable ramp between 10 and 35°
- Fixed upper body handlebars
- 20 resistance levels
- LxWxH: 80 x 28 x 71 in (203 x 76 x 183 cm)
- Weight: 154 kg (340 lb)





### TRM 885 with Decline Function Treadmill

- Ground Effects® & Integrated Footplant Technology
- Decline / Incline: -3 - 15%
- Speed: 0.5 - 16 mph (0.8 - 25.5 kph) + AutoStop
- 4.0 HP AC Drive System and next-generation motor controller
- LxWxH: 83 x 35 x 68.5 in (211 x 98 x 174 cm)
- Weight: 195 kg (430 lb)



### UBK 885 Upright Bike

- Over-moulded handlebars and comfortable saddle design
- Dual-sided pedals with integrated straps
- Simple one-handed seat adjustment
- 25 resistance levels
- LxWxH: 48 x 21 x 62 in (122 x 53 x 157 cm)
- Weight: 77 kg (169 lb)



### RBK 885 Recumbent Bike

- Step-through design
- Ventilated, suspension-mounted air flex seat back
- Dual-sided pedals with integrated straps
- Convenient, one-handed seat adjustment
- 25 resistance levels
- LxWxH: 67 x 23 x 54 in (170 x 58 x 136 cm)
- Weight: 99 kg (219 lb)

MIX-AND-MATCH  
WITH A CHOICE OF  
CONSOLES



P82



P62



P31



# EXPERIENCE® SERIES 700 LINE



## AMT® 733

### Adaptive Motion Trainer

- Dynamic, adjustable stride length from 0 to 36 in (0 to 91 cm)
- Fixed stride height of 7.6 in (19 cm)
- 20 resistance levels
- LxWxH: 80 x 35 x 69 in (203 x 89 x 176 cm)
- Weight: 187 kg (412 lb)



## EFX® 731

### Elliptical Fitness Crosstrainer

- Fixed ramp angle (20°) with patented elliptical motion path
- Moving handlebars for upper and lower body workout
- Active Status Light for maintenance status at a glance
- 20 resistance levels
- LxWxH: 80 x 28 x 67 in (203 x 71 x 170 cm)
- Weight: 126 kg (278 lb)

MIX-AND-MATCH  
WITH A CHOICE OF  
CONSOLES



### TRM 731

#### Treadmill

- Ground Effects® & Integrated Footplant Technology
- Incline range: 0-15% incline
- Speed: 0.5-12 mph (0.8-19.3 kph)
- 4.0 HP AC Drive System and next generation motor controller
- Active Status Light for maintenance status at a glance
- LxWxH: 83 x 35 x 62 in (211 x 89 x 157.5 cm)
- Weight: 184 kg (405 lb)



### TRM 731i Interval

#### Treadmill

- Ground Effects® & Integrated Footplant Technology
- Incline range: 0-15% incline
- Speed: 0.5-12 mph (0.8-19.3 kph)
- 4.0 HP AC Drive System and next generation motor controller
- Active Status Light for maintenance status at a glance
- Exclusively with P30i console
- LxWxH: 83 x 35 x 62 in (211 x 89 x 157.5 cm)
- Weight: 405 lb (184 kg)



P82



P62



P31





# EXPERIENCE® SERIES 600 LINE



## TRM 631

### Treadmill

- Ground Effects® and Integrated Footplant Technology
- Incline range: 0% - 15%
- High-efficiency 3 HP AC motor
- Speed: 0-12 mph / 0-19 kmph
- 27 workouts and 19 electronic readouts
- LxWxH: 83 x 35 x 62 in (211 x 89 x 157.5 cm)
- Weight: 350 lb (159 kg)



## EFX 635

### Elliptical Fitness Crosstrainer

- Adjustable CrossRamp® from 10°-35°
- Moving handlebars for upper and lower body workout
- 20 resistance levels
- 22 workouts and 19 electronic readouts
- LxWxH: 80 x 30 x 72 in (203 x 76 x 183 cm)
- Weight: 340 lb (154 kg)

## MIX-AND-MATCH WITH A CHOICE OF CONSOLES



**UBK 635**  
**Upright Bike**

- Over-molded handlebars
- Improved saddle design
- Over-sized pedals with integrated straps
- Familiar pop-pin seat adjustment
- 12 workouts and 18 electronic readouts
- LxWxH: 43 x 21 x 57 in (109 x 53 x 145 cm)
- Weight: 144 lb (65 kg)



**RBK 635**  
**Recumbent Bike**

- Step-through design
- Ventilated, suspension-mounted air flex seat back
- Over-sized pedals with integrated straps
- Simple single-handed seat adjustment
- 12 workouts and 18 electronic readouts
- LxWxH: 65 x 23 x 51 in (165 x 58 x 130 cm)
- Weight: 179 lb (81 kg)



**P82**



**P62**



**P30**

# CONSOLES & NETWORKED FITNESS

“We looked at various brands but Precor offered the whole package: high quality, affordable equipment. The new P82 console is great for us as a business – its online maintenance updates mean there’s minimal disruption to the usage. We can also modify and personalise the screens with information, adverts and promotions as and when we need to, keeping members up to date with what’s going on at the centre.”

**Andy Smith, General Manager,  
Mark Hall Sports Centre, Harlow, Essex, England**





# IT'S ALL IN THE DETAIL

Add another highlight to the facility tour — your cardio floor — featuring the Experience Series consoles from Precor. From first glance to deeper inspection, the P82 and P62 consoles make quite an impression. With a brilliant touch screen and a simple, intuitive interface, they will draw members deeper into their workout.

The clean and proven design of these consoles makes it easy for exercisers, whether new to Precor or familiar, to locate controls, inputs and adjustments.

The Preva® operating system, available exclusively on the P82 and P62 consoles and in operation in nearly 6,000 networked sites globally, allows exercisers to display workout metrics and entertainment simultaneously.



## Capacitive Touch Screen

Exercisers can control their workout via screen gestures on a robust, responsive and intuitive industrial-grade capacitive touch screen.



## Mobile Device Charger

Experience Series consoles all feature a mobile device charger for electronic book readers, small MP3 players and mobile phones.



## Motion Controls

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



## Reading Rack

Sturdy enough for books, magazines, tablets and e-book readers, the rack has a hole to feed charging cables through to the Mobile Device Charger.



## Heads-up Viewing Angle

The upright screen position encourages proper biomechanics and posture while working out.



## Featured Workout

Exercisers are encouraged to try more variety in their workouts, as the touch screen consoles promote new workouts on a daily basis.

# CONSOLE AND ENTERTAINMENT OPTIONS

The Experience® Series features innovative and reliable cardio equipment with consoles backed by tens of thousands of hours of testing in the field to ensure proven performance that facilities can count on. The “heads up” positioning of all the consoles encourages proper biomechanics and posture during the workout.



## P82 Console

The P82 is a 15 in (38.1 cm) capacitive touch screen console with a quad core processor that seamlessly combines a fitness, television and internet experience into one simple design.



## P62 Console

The P62, is a 10 in (25.7 cm) capacitive touch screen console with a dual core processor that injects contemporary design and a premium networked fitness experience to the cardio floor.



## P31 Console

P31, available on the Experience Series 700 and 800 Lines, has a powerful combination of smarts and good looks to work harder for you, your servicers and your exercisers. Available with an optional personal viewing system, or an integrated audio receiver.



## P30i Console

Designed for interval training with one-touch speed and incline keys. Available only on the TRM 731 Interval Treadmill.



## P30 Console

The P30, available on the Experience Series 600 Line and 800 Line Climber, features a large LED display and motion controls along with mobile device charging for most mobile phones and small MP3 players.

## ENTERTAINMENT OPTIONS



## Personal Viewing System (PVS)

Provides individual television viewing, channel and volume control in a 15.6 in (39.6 cm) screen for the P30 and P31 consoles. The PVS has an energy saving “Auto Power Save” feature which shuts down the screen when not in use.



## Entertainment Cap (800/900 MHz)

Conveniently integrating with the console panel, these receivers provide access to a selection of audio channels from wall or ceiling-mounted displays. Available for P30 console.



## Cable Management

With this complete system, you can easily protect cables from damage and keep your facility organised and attractive.



**P82 Console**



**P62 Console**



**P31 Console**



**P30i Console**  
TRM 731 interval only



**P30 Console**

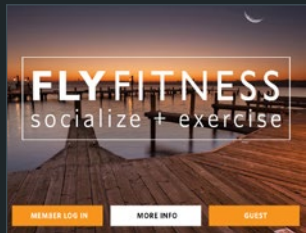
<b>Cardio Line</b>	880, 780 and 680 Line	860, 760 and 660 Line	830 and 730 Line	731 Interval Treadmill	630 Line, 835 Climber
<b>Display Type</b>	15-in (38.1 cm) LCD capacitive touch screen	10-in (25.7 cm) LCD capacitive touch screen	Advanced LED display with optional Preva®Sync Module	Advanced LED display	Advanced LED display
<b>Motion Controls</b>	■	■	■	■	■
<b>Languages</b>	English, Chinese, Danish, Dutch, French, Finnish, German, Italian, Japanese, Korean, Norwegian, Polish, Portuguese, Russian, Spanish, Swedish, Traditional Chinese, Turkish	English, Chinese, Danish, Dutch, French, Finnish, German, Italian, Japanese, Korean, Norwegian, Polish, Portuguese, Russian, Spanish, Swedish, Traditional Chinese, Turkish	English, Dutch, French, German, Italian, Japanese, Portuguese, Russian, Spanish	English	English, Dutch, French, German, Italian, Japanese, Portuguese, Russian, Spanish
<b>Connects to Internet</b>	■	■	-	-	-
<b>Asset Management</b>	Included with Preva OS	Included with Preva OS	Optional with Preva®Sync Module	No	No
<b>Personal Viewing System</b>	Embedded	Embedded	Optional	No	Optional
<b>TV Audio</b>	Embedded	Embedded	Optional integrated audio receiver	No	Optional audio receiver cap
<b>Mobile Device Charger</b>	■	■	■	■	■
<b>Reading Rack</b>	■	■	■	-	■

■ Standard    - Not offered



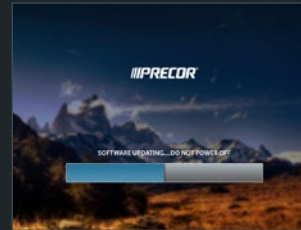
# TOOLS FOR YOUR BUSINESS

Incorporating technology and digital services into your gym can help you to build your brand, engage with your members and strengthen your gym community. We make it simple. When you connect the Precor P82 and P62 touch screen consoles, featuring the Preva® operating system, to the internet, you've got networked fitness. Leverage the MyUI suite of tools to customise the console experience and directly communicate with your exercisers to increase attraction, improve retention, drive revenue and optimise your cardio equipment management.



## Customisable Walk-up Screen

Extend the presence of your brand to the cardio floor with a high impact, customisable screen. Add a button that leads to content about your facility to keep in touch with your exercisers.



## Automatic Software Updates

All networked Precor touch screen consoles receive automatic software updates, refreshed content and new features—at no expense and without any action required by you.



## Asset Management Alerts

Choose from an immediate alert to a weekly summary to keep in touch with your Precor cardio equipment. Our system continually watches the alerts, preventing duplicates and an overflow of repeats.



## Welcome Screen Messages

Greet your exercisers with a short text message on the console before they start their workout. Consider promoting your services, special offers or operational information, such as a change in opening hours.

User	Device	Time	Speed	Distance	Calories	Heart Rate	Max Heart Rate	Time	Speed	Distance	Calories	Heart Rate	Max Heart Rate
John@precor.com	P82	10:00	10.0	10.00	100	100	100	10:00	10.0	10.00	100	100	100
Jane@precor.com	P82	10:05	10.5	10.50	105	105	105	10:05	10.5	10.50	105	105	105
John@precor.com	P82	10:10	11.0	11.00	110	110	110	10:10	11.0	11.00	110	110	110
Jane@precor.com	P82	10:15	11.5	11.50	115	115	115	10:15	11.5	11.50	115	115	115
John@precor.com	P82	10:20	12.0	12.00	120	120	120	10:20	12.0	12.00	120	120	120
Jane@precor.com	P82	10:25	12.5	12.50	125	125	125	10:25	12.5	12.50	125	125	125
John@precor.com	P82	10:30	13.0	13.00	130	130	130	10:30	13.0	13.00	130	130	130
Jane@precor.com	P82	10:35	13.5	13.50	135	135	135	10:35	13.5	13.50	135	135	135
John@precor.com	P82	10:40	14.0	14.00	140	140	140	10:40	14.0	14.00	140	140	140
Jane@precor.com	P82	10:45	14.5	14.50	145	145	145	10:45	14.5	14.50	145	145	145
John@precor.com	P82	10:50	15.0	15.00	150	150	150	10:50	15.0	15.00	150	150	150
Jane@precor.com	P82	10:55	15.5	15.50	155	155	155	10:55	15.5	15.50	155	155	155
John@precor.com	P82	11:00	16.0	16.00	160	160	160	11:00	16.0	16.00	160	160	160
Jane@precor.com	P82	11:05	16.5	16.50	165	165	165	11:05	16.5	16.50	165	165	165
John@precor.com	P82	11:10	17.0	17.00	170	170	170	11:10	17.0	17.00	170	170	170
Jane@precor.com	P82	11:15	17.5	17.50	175	175	175	11:15	17.5	17.50	175	175	175
John@precor.com	P82	11:20	18.0	18.00	180	180	180	11:20	18.0	18.00	180	180	180
Jane@precor.com	P82	11:25	18.5	18.50	185	185	185	11:25	18.5	18.50	185	185	185
John@precor.com	P82	11:30	19.0	19.00	190	190	190	11:30	19.0	19.00	190	190	190
Jane@precor.com	P82	11:35	19.5	19.50	195	195	195	11:35	19.5	19.50	195	195	195
John@precor.com	P82	11:40	20.0	20.00	200	200	200	11:40	20.0	20.00	200	200	200
Jane@precor.com	P82	11:45	20.5	20.50	205	205	205	11:45	20.5	20.50	205	205	205
John@precor.com	P82	11:50	21.0	21.00	210	210	210	11:50	21.0	21.00	210	210	210
Jane@precor.com	P82	11:55	21.5	21.50	215	215	215	11:55	21.5	21.50	215	215	215
John@precor.com	P82	12:00	22.0	22.00	220	220	220	12:00	22.0	22.00	220	220	220
Jane@precor.com	P82	12:05	22.5	22.50	225	225	225	12:05	22.5	22.50	225	225	225
John@precor.com	P82	12:10	23.0	23.00	230	230	230	12:10	23.0	23.00	230	230	230
Jane@precor.com	P82	12:15	23.5	23.50	235	235	235	12:15	23.5	23.50	235	235	235
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Jane@precor.com	P82	12:25	24.5	24.50	245	245	245	12:25	24.5	24.50	245	245	245
John@precor.com	P82	12:30	25.0	25.00	250	250	250	12:30	25.0	25.00	250	250	250
Jane@precor.com	P82	12:35	25.5	25.50	255	255	255	12:35	25.5	25.50	255	255	255
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Jane@precor.com	P82	12:45	26.5	26.50	265	265	265	12:45	26.5	26.50	265	265	265
John@precor.com	P82	12:50	27.0	27.00	270	270	270	12:50	27.0	27.00	270	270	270
Jane@precor.com	P82	12:55	27.5	27.50	275	275	275	12:55	27.5	27.50	275	275	275
John@precor.com	P82	13:00	28.0	28.00	280	280	280	13:00	28.0	28.00	280	280	280
Jane@precor.com	P82	13:05	28.5	28.50	285	285	285	13:05	28.5	28.50	285	285	285
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Jane@precor.com	P82	13:15	29.5	29.50	295	295	295	13:15	29.5	29.50	295	295	295
John@precor.com	P82	13:20	30.0	30.00	300	300	300	13:20	30.0	30.00	300	300	300
Jane@precor.com	P82	13:25	30.5	30.50	305	305	305	13:25	30.5	30.50	305	305	305
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John@precor.com	P82	13:40	32.0	32.00	320	320	320	13:40	32.0	32.00	320	320	320
Jane@precor.com	P82	13:45	32.5	32.50	325	325	325	13:45	32.5	32.50	325	325	325
John@precor.com	P82	13:50	33.0	33.00	330	330	330	13:50	33.0	33.00	330	330	330
Jane@precor.com	P82	13:55	33.5	33.50	335	335	335	13:55	33.5	33.50	335	335	335
John@precor.com	P82	14:00	34.0	34.00	340	340	340	14:00	34.0	34.00	340	340	340
Jane@precor.com	P82	14:05	34.5	34.50	345	345	345	14:05	34.5	34.50	345	345	345
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John@precor.com	P82	14:20	36.0	36.00	360	360	360	14:20	36.0	36.00	360	360	360
Jane@precor.com	P82	14:25	36.5	36.50	365	365	365	14:25	36.5	36.50	365	365	365
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Jane@precor.com	P82	14:45	38.5	38.50	385	385	385	14:45	38.5	38.50	385	385	385
John@precor.com	P82	14:50	39.0	39.00	390	390	390	14:50	39.0	39.00	390	390	390
Jane@precor.com	P82	14:55	39.5	39.50	395	395	395	14:55	39.5	39.50	395	395	395
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John@precor.com	P82	15:10	41.0	41.00	410	410	410	15:10	41.0	41.00	410	410	410
Jane@precor.com	P82	15:15	41.5	41.50	415	415	415	15:15	41.5	41.50	415	415	415
John@precor.com	P82	15:20	42.0	42.00	420	420	420	15:20	42.0	42.00	420	420	420
Jane@precor.com	P82	15:25	42.5	42.50	425	425	425	15:25	42.5	42.50	425	425	425
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Jane@precor.com	P82	15:35	43.5	43.50	435	435	435	15:35	43.5	43.50	435	435	435
John@precor.com	P82	15:40	44.0	44.00	440	440	440	15:40	44.0	44.00	440	440	440
Jane@precor.com	P82	15:45	44.5	44.50	445	445	445	15:45	44.5	44.50	445	445	445
John@precor.com	P82	15:50	45.0	45.00	450	450	450	15:50	45.0	45.00	450	450	450
Jane@precor.com	P82	15:55	45.5	45.50	455	455	455	15:55	45.5	45.50	455	455	455
John@precor.com	P82	16:00	46.0	46.00	460	460	460	16:00	46.0	46.00	460	460	460
Jane@precor.com	P82	16:05	46.5	46.50	465	465	465	16:05	46.5	46.50	465	465	465
John@precor.com	P82	16:10	47.0	47.00	470	470	470	16:10	47.0	47.00	470	470	470
Jane@precor.com	P82	16:15	47.5	47.50	475	475	475	16:15	47.5	47.50	475	475	475
John@precor.com	P82	16:20	48.0	48.00	480	480	480	16:20	48.0	48.00	480	480	





## Manage Apps

Setting the vibe in your facility is an important component of your brand, indicating you know what your exercisers prefer. Exerciser access to entertainment and media apps can be controlled by you with a simple click.



## In-workout Messages

In-workout messages are a great way to stay connected to your cardio exercisers. Use them to promote your facility, events, specials, services and schedules.



## ATTRACT

“As an ex professional footballer, my husband has always been in the fitness industry and with three children, we wanted to start a business that would benefit us all as a family. We intuitively decided we wanted to furnish the gym with Precor equipment due to its high quality. The benefits of Preva networked fitness will motivate our members and enable them to easily gain access to all their data.”

Owner Anytime Fitness Southport.



# DELIGHT YOUR EXERCISERS TO DRIVE RETENTION

Technology has changed the world and continues to do so, especially in the delivery of entertainment and information. Investing in a fully connected experience for your gym will give you powerful tools for creating an engaging fitness environment. With the Preva operating system, exercisers can personalise their cardio experience to instantly access the apps, entertainment and information they want. Whether its interactive workouts, popular music or pro tips, content is always kept fresh to increase engagement.



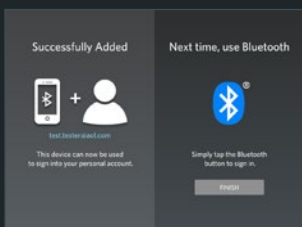
## Preva® Personal Accounts

With a Preva personal account, exercisers can set and track weekly workout goals, receive fun achievement badges, save favourite workouts to do another time and control the layout of their apps and entertainment so their favourites come first.



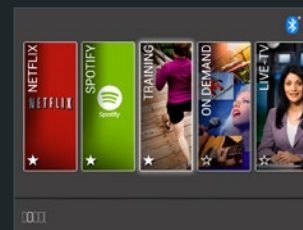
## Single Sign-On

Once your exercisers enter their account logins and password for their personal audio and video entertainment accounts, they won't have to do so again during future workouts. A single sign-on to start their workout is all they'll need.



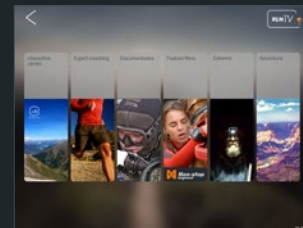
## Bluetooth® Sign-in

Mobile phones are a common accessory at the gym. Exercisers can use theirs to sign into their Preva personal account on the Precor touch screen console.



## Media & Entertainment Apps

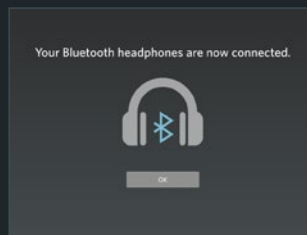
Access personal audio and video entertainment apps, like Netflix® and Spotify® through the Precor touch screen consoles. Workout finishes before the movie does? Exercisers can pick up right where they left off on their next workout or from any other personal device.



## Virtual RunTV Courses

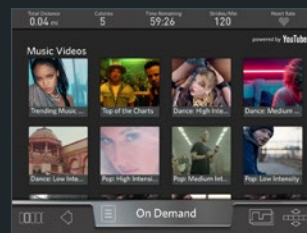
Your exercisers will 'escape to the gym' with RunTV, where inspiring, fitness-centric media and entertainment delivers an engaging workout every time. Multiple channels offer motivating, human-powered stories, training tips from fitness experts and stunning interactive trails that sync with the cardio lower for challenging, interactive runs, rides and climbs in some of the world's most iconic locations. There's always something new with frequent content refreshes.





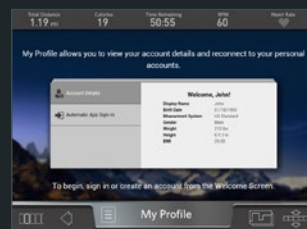
## Bluetooth® Headphones

Your exercisers can quickly and easily pair their Bluetooth headphones to the cardio console to enjoy tether-free audio.



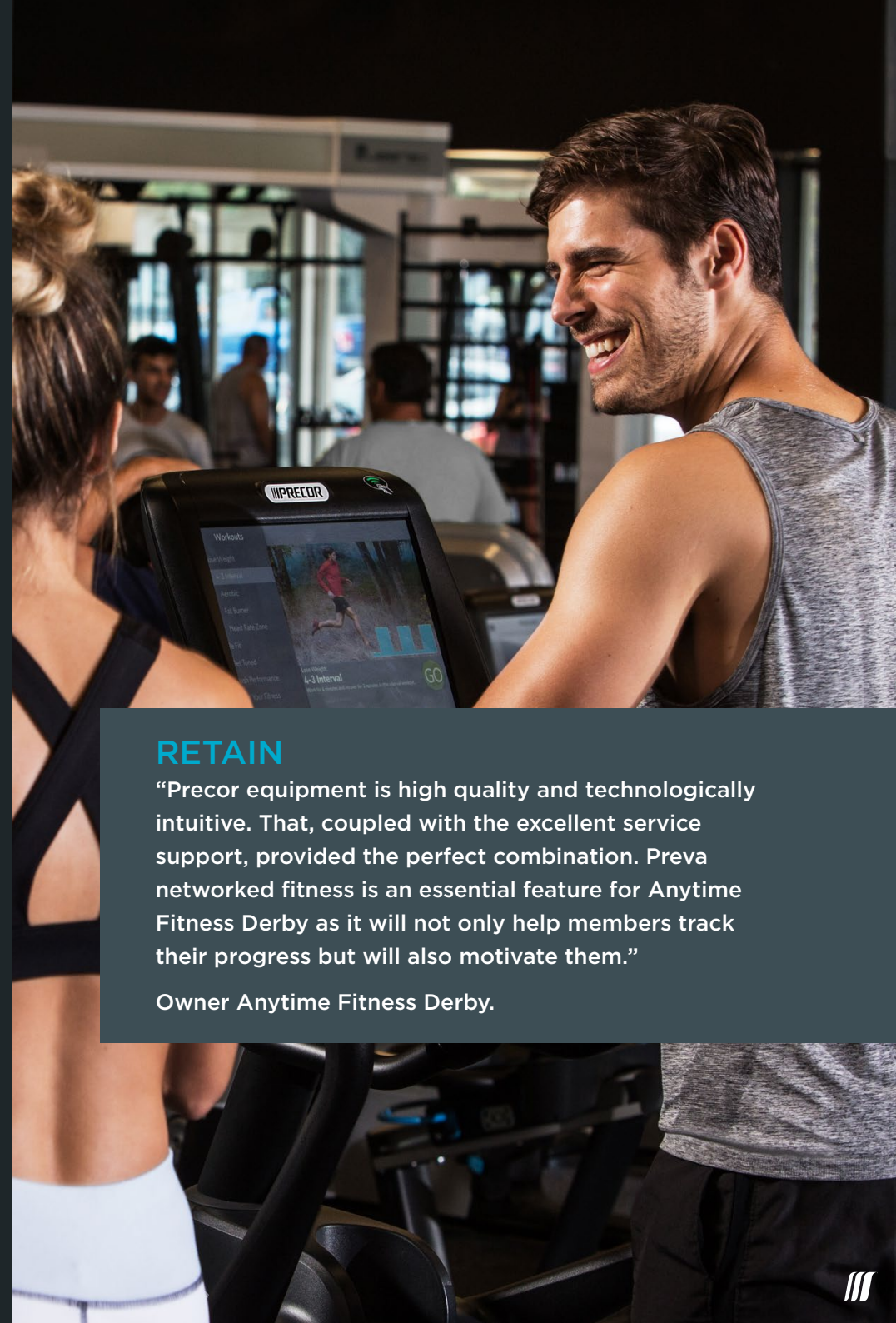
## Video On Demand

A hand-curated selection of music, sports and entertainment video playlists designed for the moving environment. Our curator refreshes 36 playlists weekly with popular content selected from YouTube®. A Precor original.



## My Profile

Exercisers can easily manage their logins and passwords through a new feature on the touch screen console called My Profile.



## RETAIN

“Precor equipment is high quality and technologically intuitive. That, coupled with the excellent service support, provided the perfect combination. Preva networked fitness is an essential feature for Anytime Fitness Derby as it will not only help members track their progress but will also motivate them.”

Owner Anytime Fitness Derby.





# PARTNERSHIPS AND INTEGRATIONS

An open platform and a carefully chosen community of partners helps us integrate with the systems and services you value the most—systems dedicated to meaningful exerciser experiences that improve participation, increase retention and build revenue.



## ClubCom®

Let ClubCom do the work of further customising the exerciser experience on Precor networked cardio consoles. ClubCom leverages the industry-leading Preva open platform to provide custom branded and dedicated tiles that connect to your on-demand video library, personal trainer profiles, group exercise schedules and much more. These tiles are easily discoverable alongside the other Preva entertainment and workout tiles. The development work can be subsidised by allowing third-party advertisers to promote their products and services via pre-workout video shorts.



## eGym®

Integrating the eGym cardio training system with Precor cardio equipment makes fitness training easier, more intuitive and motivating. Smart Workouts, an automated system with a brief fitness assessment, targets exercisers with cardio programs that are personalised to each individual and incorporate gamification, making them fun and engaging. Personal Trainers can use the eGym Trainer App to create and deliver custom cardio workouts to Precor cardio equipment and strength workouts to the client's eGym Member App where they can view their training plan, track their workouts and view their progress. Using automatically generated workout reports, personal trainers can have valuable conversations with their clients, to improve engagement and retention.



## Netpulse

Netpulse offers fitness facilities a customised mobile app that integrates with the Preva operating system. The mobile app reflects the facility's branding, enabling them to offer their exercisers the ability to access class schedules, create workout goals, view and record Precor cardio and other workouts, receive deal alerts and connect via social media while on the go.





### Sony® Advagym™

Use the Sony® Advagym™ system to give your facility a digital infusion. Advagym is a complete strength training and tracking solution that retrofits existing pin selected strength equipment and offers a user app that will guide your exercisers' strength training and improve results. Using the app, exercisers "tap in" to a piece of strength equipment and are presented with their training plan. The app automatically tracks repetitions and presents the user with the next exercise and associated piece of equipment. Integration with Preva® enables the Advagym app to collate strength and Precor networked cardio data to provide users with one complete tracking experience. Personal Trainers can use the app to set workout plans and communicate with clients to help drive motivation. A web-based admin tool provides operators with valuable insights about equipment usage and user preferences.



### Vitale

Vitale acts as an exerciser's virtual personal trainer. By means of powerful mathematical algorithms, Vitale can take into account an exerciser's current fitness level, state of mind, available time, training facilities, weekly training frequency and equipment at their disposal to offer a fully personalised and varied training plan with month-by-month changes, to adapt to their progress. Through integration with the Preva operating system, exercisers are able to easily record their Precor cardio workouts in the MyVitale system.



### Gantner

Gantner offers facilities a fully integrated solution for access control, check-in, locker systems, cashless payments and ticket servicing. Furthermore, through RFID technology, members can use their Preva® token to open their locker and access the facility, subsequently streamlining their membership experience.



### elan

elan is a club management system that enables members to pay for their membership and other items on offer at their club. elan also allows members to complete operational tasks, such as booking classes or providing the club with feedback. The integration with Preva® offers users RFID log in capabilities in addition to customised console screens based on their membership level.

A close-up, high-angle shot of a man lying on a black weight bench, performing a bench press. He is wearing a black tank top and is lifting a silver barbell with black weight plates. The weight plates are marked with '45' and '20.4'. The man has a focused expression, with his mouth slightly open. The background is blurred, showing more of the gym equipment.

# STRENGTH EQUIPMENT

“We have always had one of London’s most extraordinary exercise spaces, with a triple-height ceiling and glass roof, but now we also have the latest in high-quality equipment to complete the experience. The broad range of Discovery Pin Selected and Plate Loaded strength equipment will appeal to first-time users and seasoned strength trainers alike.”

*Oliver Deen, Jubilee Hall Club Manager*

# RAISE THE BAR ON YOUR STRENGTH

Buying strength equipment is not the way it used to be. The available space has changed, the exerciser has changed, the competition has changed, the products have changed. One of the things that hasn't changed is that buying strength equipment is a longer-term ownership commitment than other types of fitness equipment. That's why we offer a variety of strength equipment that will get used by exercisers of all experience levels.

## Resolute™ Strength Pin Selected Line

Make your pin selected strength equipment purchase with confidence—choose the Resolute Strength line from Precor. It delivers on what matters most: your investment will withstand the test of time.

## Discovery Series

We discovered that people weren't afraid of strength training, they were afraid of the machines. That's why we launched the Discovery Series, the first serious plate loaded, benches and racks strength lines designed to be more inviting than intimidating. Discover a full range of products that are approachable and intuitive, perform for exercisers of all ability levels and will withstand the test of time.

## Vitality Series

The Vitality Series consists of compact, space-efficient selectorised units that can help you provide exercisers with the variety they crave, while working within space and budget requirements.

## Icarian® Strength

The Icarian Strength Line includes Cable Machines and Multi-Station units that serve as a solid foundation to support your strength offerings, making it easy for exercisers to begin and progress in strength training.



Pin Selected



Plate Loaded



Benches & Racks



Single Exercise Pin Selected



Dual Exercise Pin Selected



Cable Machines



Multi-Stations



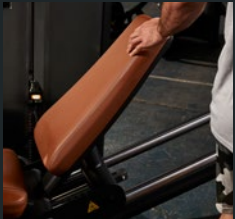
# RESOLUTE™ STRENGTH

## Pin Selected Line



### Designed to Go the Distance

The upholstered pads of the Resolute equipment underwent 1.2 million cycles of testing to ensure that this machine will be a durable workhorse for any facility. One piece, soft rubber foot caps make the equipment easier to move and will remain in place even if kicked.



### Focused on the Experience

The open design makes the Resolute equipment easy to access. The adjustable pads, in combination with the gas-assisted ratcheting seat, make it easy to get the proper fit and stabilisation throughout the movement.



### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can recommend workouts and monitor their clients' progress.





## Colour Options

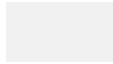
### Standard Frame Colours



Gloss Metallic Silver



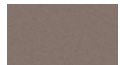
Black Pearl



Gloss White



Metallic Ash



Desert Bronze

### Standard Shroud Colour



Tungsten

- Custom shroud wraps are available at an additional cost.

### Standard Upholstery Colours



Black



Burgundy



All Spice



Deep Clay



American Beauty



New Purple



Slate



Navy



Hunter Green



Grey



Blue Jay



Regal Blue

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



### RSLO414

#### Converging Chest Press

Frame: Black Pearl

Upholstery: Black



### RSLO414

#### Converging Chest Press

Frame: Gloss Metallic Silver

Upholstery: Blue Jay



### RSLO414

#### Converging Chest Press

Frame: Metallic Ash

Upholstery: Hunter Green



### RSLO414

#### Converging Chest Press

Frame: Black Pearl

Upholstery: American Beauty

## Resolute™ Strength Upper Body



### RSL0204

#### Biceps Curl

- Dimensions (LxWxH): 122 x 110 x 148 cm (48 x 43 x 58 in)
- Weight: 196 kg (431 lb)
- Weight Stack: 73 kg (160 lb)



### RSL0208

#### Triceps Extension

- Dimensions (LxWxH): 122 x 110 x 148 cm (48 x 43 x 58 in)
- Weight: 209 kg (460 lb)
- Weight Stack: 73 kg (160 lb)



### RSL0215

#### Seated Dip

- Dimensions (LxWxH): 140 x 121 x 148 cm (55 x 48 x 58 in)
- Weight: 266 kg (585 lb)
- Weight Stack: 109 kg (240 lb)



### RSL0310

#### Diverging Seated Row

- Dimensions (LxWxH): 160 x 139 x 148 cm (63 x 55 x 58 in)
- Weight: 279 kg (616 lb)
- Weight Stack: 109 kg (240 lb)



### RSL0313

#### Back Extension

- Dimensions (LxWxH): 122 x 124 x 148 cm (48 x 49 x 58 in)
- Weight: 242 kg (532 lb)
- Weight Stack: 91 kg (200 lb)



### RSL0314

#### Diverging Lat Pulldown

- Dimensions (LxWxH): 146 x 126 x 206 cm (58 x 50 x 81 in)
- Weight: 266 kg (585 lb)
- Weight Stack: 109 kg (240 lb)



### RSL0324

#### Diverging Low Row

- Dimensions (LxWxH): 201 x 121 x 148 cm (79 x 48 x 58 in)
- Weight: 264 kg (581 lb)
- Weight Stack: 109 kg (240 lb)



### RSL0414

#### Converging Chest Press

- Dimensions (LxWxH): 185 x 126 x 185 cm (73 x 50 x 73 in)
- Weight: 270 kg (594 lb)
- Weight Stack: 109 kg (240 lb)



### RSL0504

#### Lateral Raise

- Dimensions (LxWxH): 137 x 125 x 148 cm (54 x 49 x 58 in)
- Weight: 232 kg (510 lb)
- Weight Stack: 73 kg (160 lb)



### RSL0505

#### Rear Delt / Pec Fly

- Dimensions (LxWxH): 142 x 96 x 214 cm (56 x 38 x 84 in)
- Weight: 265 kg (583 lb)
- Weight Stack: 109 kg (240 lb)



### RSL0515

#### Converging Shoulder Press

- Dimensions (LxWxH): 154 x 151 x 153 cm (61 x 59 x 60 in)
- Weight: 253 kg (557 lb)
- Weight Stack: 91 kg (200 lb)

## Resolute™ Strength Lower Body and Core



### RSL0315

#### Rotary Torso

- Dimensions (LxWxH): 122 x 110 x 148 cm (48 x 43 x 58 in)
- Weight: 210 kg (462 lb)
- Weight Stack: 73 kg (160 lb)



### RSL0602

#### Leg Press

- Dimensions (LxWxH): 196 x 122 x 148 cm (77 x 48 x 58 in)
- Weight: 375 kg (826 lb)
- Weight Stack: 182 kg (400 lb)



### RSL0605

#### Leg Extension

- Dimensions (LxWxH): 155 x 127 x 148 cm (61 x 50 x 58 in)
- Weight: 280 kg (616 lb)
- Weight Stack: 109 kg (240 lb)



### RSL0606

#### Prone Leg Curl

- Dimensions (LxWxH): 156 x 122 x 148 cm (61 x 48 x 58 in)
- Weight: 235 kg (517 lb)
- Weight Stack: 91 kg (200 lb)



### RSL0618

#### Glute Extension

- Dimensions (LxWxH): 137 x 101 x 148 cm (54 x 40 x 58 in)
- Weight: 216 kg (475 lb)
- Weight Stack: 73 kg (160 lb)



### RSL0619

#### Seated Leg Curl

- Dimensions (LxWxH): 161 x 121 x 148 cm (63 x 48 x 58 in)
- Weight: 277 kg (609 lb)
- Weight Stack: 109 kg (240 lb)



### RSL0620

#### Inner Thigh

- Dimensions (LxWxH): 181 x 77 x 148 cm (71 x 30 x 58 in)
- Weight: 260 kg (572 lb)
- Weight Stack: 91 kg (200 lb)



### RSL0621

#### Outer Thigh

- Dimensions (LxWxH): 181 x 77 x 148 cm (71 x 30 x 58 in)
- Weight: 260 kg (572 lb)
- Weight Stack: 91 kg (200 lb)



### RSL0623

#### Seated Calf Extension

- Dimensions (LxWxH): 135 x 112 x 148 cm (53 x 44 x 58 in)
- Weight: 311 kg (684 lb)
- Weight Stack: 182 kg (400 lb)



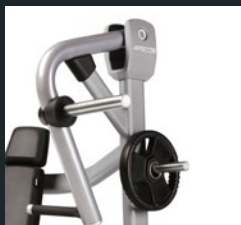
### RSL0714

#### Ab Crunch

- Dimensions (LxWxH): 126 x 118 x 148 cm (50 x 47 x 58 in)
- Weight: 254 kg (559 lb)
- Weight Stack: 73 kg (160 lb)

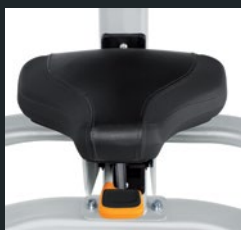
# DISCOVERY SERIES

## Plate Loaded Line



### Inviting

Designed to perform for exercisers of all levels, the Discovery Series Plate Loaded Line features optimally-positioned load heights, low starting weights and instructional placards.



### Adjustments

Highly-durable, gas-assisted seat adjustments and large, ergonomic rubber adjustment handles make it easy and comfortable for exercisers to get the right fit.



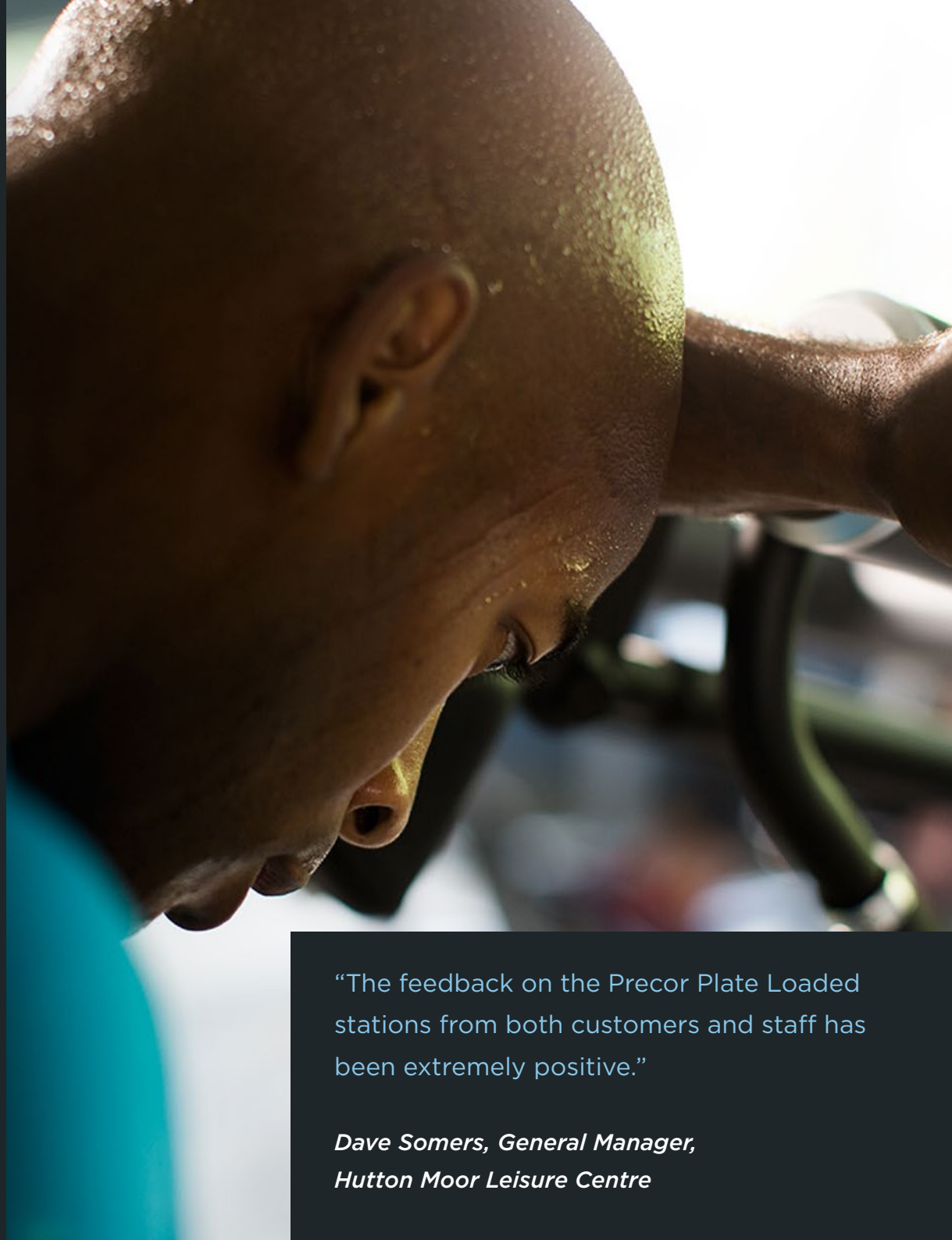
### Grips

Oversized grips make pressing exercises more comfortable by distributing the load over a larger area of the exerciser's hand, reducing strain.



### Pivots

Cast pivot housing adds strength and provides a polished appearance.



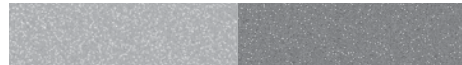
"The feedback on the Precor Plate Loaded stations from both customers and staff has been extremely positive."

*Dave Somers, General Manager,  
Hutton Moor Leisure Centre*



## Colour Options

### Standard Frame Colour Movement Arms / Carriage



Gloss Metallic Silver      Metallic Ash



Black Pearl      Metallic Ash



Gloss White      Metallic Ash



Metallic Ash      Gloss Metallic Silver



Desert Bronze      Gloss Metallic Silver

### Standard Upholstery Colours



Black      Burgundy      All Spice      Deep Clay



American Beauty      New Purple      Slate      Navy



Hunter Green      Grey      Blue Jay      Regal Blue

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



### DPL0802

#### Smith Machine

- Dimensions (LxWxH):  
56 x 84 x 90 in (142 x 214 x 229 cm)
- Weight: 179 kg (395 lb)
- Start Weight: 11.3 kg (25 lb)
- Max. Lift Load Capacity: 272 kg (600 lb)
- Angle of Glide Path: 11 degrees



### DPL0603

#### Hack Squat

- Dimensions (LxWxH):  
83 x 63 x 56.5 in (211 x 160 x 144 cm)
- Weight: 206 kg (455 lb)
- Start Weight: 40 kg (89 lb)
- Max. Lift Load Capacity: 327 kg (720 lb)



### DPL0624

#### Squat Machine

- Dimensions (LxWxH):  
91 x 67 x 61 in (230 x 170 x 155 cm)
- Weight: 226 kg (498 lb)
- Start Weight: 18.14 kg (40 lb)
- Max. Lift Load Capacity: 245 kg (540 lb)



### DPL0601

#### Angled Leg Press

- Dimensions (LxWxH):  
94 x 55 x 56.5 in (239 x 140 x 144 cm)
- Weight: 252 kg (556 lb)
- Start Weight: 62 kg (136 lb)
- Max. Lift Load Capacity: 490 kg (1080 lb)



#### **DPL0561**

##### **Leg Curl**

- Dimensions (LxWxH):  
48 x 66 x 55 in (122 x 167 x 140 cm)
- Weight: 150 kg (331 lb)
- Start Weight: 5 kg (11 lb)
- Max. Lift Load Capacity: 82kg (180 lb)



#### **DPL0560**

##### **Leg Extension**

- Dimensions (LxWxH):  
62 x 63 x 47 in (158 x 159 x 120 cm)
- Weight: 132 kg (291 lb)
- Start Weight: 5.9 kg (13 lb)
- Max. Lift Load Capacity: 82 kg (180 lb)



#### **DPL0616**

##### **Calf Raise**

- Dimensions (LxWxH):  
59 x 30 x 40 in (150 x 76 x 101 cm)
- Weight: 75 kg (165 lb)
- Start Weight: 11 kg (25 lb)
- Max. Lift Load Capacity: 204 kg (450 lb)



#### **DPL0550**

##### **Shoulder Press**

- Dimensions (LxWxH):  
57 x 61 x 62 in (144 x 153 x 157 cm)
- Weight: 141 kg (310 lb)
- Start Weight: 4.5 kg (10 lb)
- Max. Lift Load Capacity: 163 kg (360 lb)



#### **DPL0541**

##### **Incline Press**

- Dimensions (LxWxH):  
43 x 78 x 70.5 in (109 x 199 x 179 cm)
- Weight: 157 kg (346 lb)
- Start Weight: 5.5 kg (12 lb)
- Max. Lift Load Capacity: 204 kg (450 lb)



#### **DPL0540**

##### **Chest Press**

- Dimensions (LxWxH):  
43 x 67 x 70 in (110 x 169.5 x 177.5 cm)
- Weight: 160 kg (353 lb)
- Start Weight: 5.5 kg (12 lb)
- Max. Lift Load Capacity: 204 kg (450 lb)

## Discovery Series Plate Loaded Line



### DPL0305

#### Pulldown

- Dimensions (LxWxH):  
66 x 51 x 76.5 in (168 x 130 x 194 cm)
- Weight: 148 kg (326 lb)
- Start Weight: 2.5 kg (5 lb)
- Max. Lift Load Capacity: 204 kg (450 lb)



### DPL0308

#### Low Row

- Dimensions (LxWxH):  
61 x 50.5 x 67 in (155 x 128 x 171 cm)
- Weight: 156 kg (344 lb)
- Start Weight: 6.5 kg (15 lb)
- Max. Lift Load Capacity: 204 kg (450 lb)



### DPL0309

#### Seated Row

- Dimensions (LxWxH):  
58 x 50 x 49 in (148 x 127 x 124 cm)
- Weight: 154 kg (340 lb)
- Start Weight: 4.5 kg (10 lb)
- Max. Lift Load Capacity: 204 kg (450 lb)



### DPL0520

#### Biceps Curl

- Dimensions (LxWxH):  
53 x 38 x 48 in (136 x 97 x 121 cm)
- Weight: 117 kg (258 lb)
- Start Weight: 5.4 kg (12 lb)
- Max. Lift Load Capacity: 102 kg (225 lb)



### DPL0521

#### Seated Dip

- Dimensions (LxWxH):  
72 x 41 x 37 in (184 x 103 x 94 cm)
- Weight: 130 kg (287 lb)
- Start Weight: 3.6 kg (8 lb)
- Max. Lift Load Capacity: 163 kg (360 lb)



### DPL0311

#### Incline Lever Row

- Dimensions (LxWxH):  
75 x 39 x 47.5 in (190.5 x 98 x 120.5 cm)
- Weight: 87 kg (191 lb)
- Start Weight: 18 kg (40 lb)
- Max. Lift Load Capacity: 127 kg (280 lb)

## DISCOVERY SERIES

### Benches and Racks Line



#### Functional Excellence

The attention to product design enhances traditional and functional exercise movements, creating a wide range of exercise opportunities.



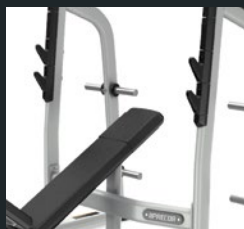
#### Sturdy

Heavy-duty, oversized tubing, high-impact polyurethane covers and replaceable, non-slip wear guards optimise product strength and durability.



#### Storage

Bumper plate accommodating weight plate horns, Olympic Bar storage and functional apparatus storage is built in and conveniently located, increasing accessibility and keeping accessories within reach.

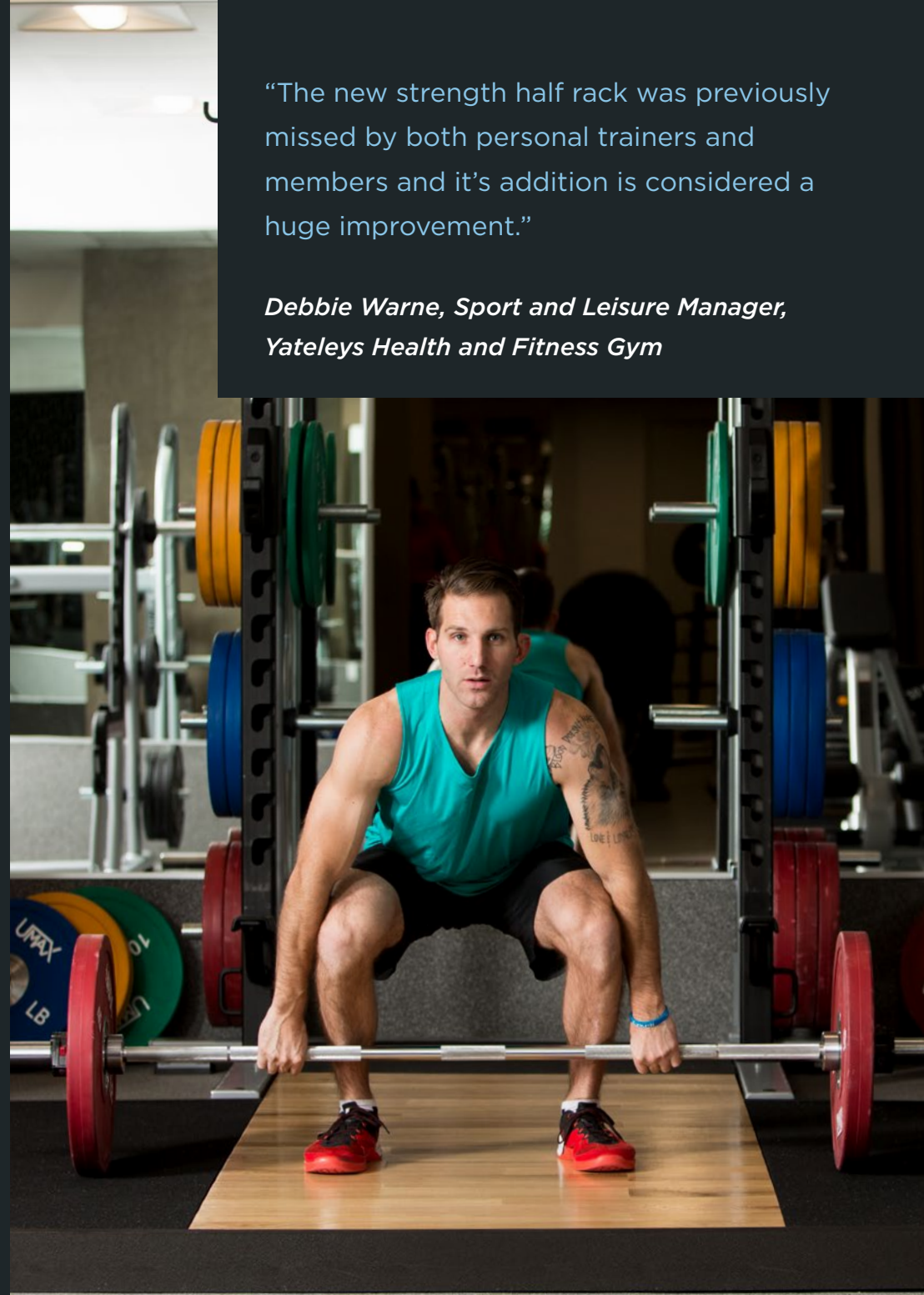


#### Ergonomically Designed

Low bench height profiles accommodate a wide range of exercisers in a stable position that helps minimise external shoulder rotation and allows for unencumbered lifts.

“The new strength half rack was previously missed by both personal trainers and members and it’s addition is considered a huge improvement.”

*Debbie Warne, Sport and Leisure Manager,  
Yateleys Health and Fitness Gym*





## Colour Options

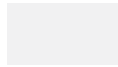
### Standard Frame Colours



Gloss Metallic Silver



Black Pearl



Gloss White



Metallic Ash



Desert Bronze

### Standard Upholstery Colours



Black



Burgundy



All Spice



Deep Clay



American Beauty



New Purple



Slate



Navy



Hunter Green



Grey



Blue Jay



Regal Blue

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



### DBR0408

#### Olympic Flat Bench

Frame: Metallic Ash

Upholstery: Black



### DBR0408

#### Olympic Flat Bench

Frame: Black Magic Gloss

Upholstery: All Spice



### DBR0408

#### Olympic Flat Bench

Frame: Gloss White

Upholstery: Regal Blue



### DBR0408

#### Olympic Flat Bench

Frame: Desert Bronze

Upholstery: New Purple



### DBR0610 Power Rack

- Dimensions (LxWxH):  
83 x 63 x 98.5 in (210 x 160 x 250 cm)
- Weight: 278 kg (613 lb)
- Weight Storage Horns: 10
- Max. Lift Load Capacity: 363 kg (800 lb)
- Max. Storage Weight: 817 kg (1800 lb)



### DBR0611 Half Rack

- Dimensions (LxWxH):  
71 x 61 x 98.5 in (180 x 155 x 250 cm)
- Weight: 205 kg (453 lb)
- Weight Storage Horns: 10
- Max. Lift Load Capacity: 272 kg (600 lb)
- Max. Storage Weight: 817 kg (1800 lb)



### Optional Half Rack & Power Rack Accessories

- Band Peg Kit (pair)
- Combo Rack Connector Kit
- Side by Side Connector Kit
- Reverse Bar Catches
- Torso Trainer
- Dip Station (Power Rack only)
- Lifting Platform (3 in / 7.6 cm thick,  
8 ft W x 6 ft D / 244 x 183 cm -  
A custom logo option is available at  
an additional cost)



### DBR0608 Olympic Squat Rack

- Dimensions (LxWxH):  
67 x 64 x 74.5 in (171 x 163 x 189 cm)
- Weight: 124 kg (273 lb)
- Weight Storage Horns: 8
- Max. Lift Load Capacity: 273 kg (600 lb)
- Max. Storage Weight: 798 kg (1760 lb)



### DBR0408 Olympic Flat Bench

- Dimensions (LxWxH):  
73 x 65 x 51.2 in (185 x 165 x 130 cm)
- Weight: 85.4 kg (188.3 lb)
- Weight Storage Horns: 8
- Max. Lift Load Capacity: 227 kg (500 lb)
- Max. Storage Weight: 798 kg (1760 lb)



### DBR0410 Olympic Incline Bench

- Dimensions (LxWxH):  
79 x 65 x 55 in (201 x 165 x 140 cm)
- Weight: 100 kg (221 lb)
- Weight Storage Horns: 8
- Max. Lift Load Capacity: 227 kg (500 lb)
- Max. Storage Weight: 798 kg (1760 lb)

## Discovery Series Benches & Racks Line



### DBR0411

#### Olympic Decline Bench

- Dimensions (LxWxH): 83 x 65 x 51.2 in (210 x 165 x 130 cm)
- Weight: 98.4 kg (217 lb)
- Weight Storage Horns: 8
- Max. Lift Load Capacity: 227 kg (500 lb)
- Max. Storage Weight: 798 kg (1760 lb)



### DBR0507

#### Olympic Shoulder Press Bench

- Dimensions (LxWxH): 53.4 x 64 x 72 in (135.5 x 162 x 183 cm)
- Weight: 136.3 kg (301 lb)
- Weight Storage Horns: 4
- Max. Lift Load Capacity: 227 kg (500 lb)
- Max. Storage Weight: 400 kg (880 lb)



### DBR0119

#### Multi-Adjustable Bench

- Dimensions (LxWxH): 55 x 29.5 x 18 in (140 x 75 x 46 cm)
- Weight: 48 kg (106 lb)
- Max. Lift Load Capacity: 181.5 kg (400 lb)



### DBR0101

#### Flat Bench

- Dimensions (LxWxH): 52.4 x 29.5 x 15 in (133 x 75 x 38 cm)
- Weight: 29 kg (64 lb)
- Max. Lift Load Capacity: 91 kg (200 lb)



### DBR0116

#### Multi-Purpose Bench

- Dimensions (LxWxH): 49.2 x 29.5 x 33.3 in (125 x 75 x 84.5 cm)
- Weight: 37.3 kg (82 lb)
- Max. Lift Load Capacity: 91 kg (200 lb)



### DBR0113

#### Adjustable Decline Bench

- Dimensions (LxWxH): 58.3 x 29.5 x 44 in (148 x 75 x 112 cm)
- Weight: 57 kg (125.7 lb)
- Max. Lift Load Capacity: 91 kg (200 lb)



### DBR0202

#### Preacher Curl Bench

- Dimensions (LxWxH): 42.5 x 37 x 36.5 in (108 x 94 x 93 cm)
- Weight: 58 kg (128 lb)



### DBR0312

#### Back Extension

- Dimensions (LxWxH): 53 x 40 x 30 in (133.5 x 101.5 x 76 cm)
- Weight: 64 kg (141 lb)

## Discovery Series Benches & Racks Line



### DBR0702

#### Vertical Knee-Up

- Dimensions (LxWxH):  
26.5 x 43.3 x 65.5 in (67 x 110 x 166 cm)
- Weight: 91 kg (201 lb)



### DBR0808

#### Barbell Rack

- Dimensions (LxWxH):  
41.3 x 33.5 x 59 in (105 x 85 x 150 cm)
- Weight: 83 kg (183 lb)
- Max. Storage Weight: 363 kg (800 lb)



### DBR0818

#### Handle Rack

- Dimensions (LxWxH):  
37 x 26 x 42 in (94 x 66 x 107 cm)
- Weight: 57.8 kg (128 lb)
- Max. Storage Weight: 227 kg (500 lb)



### DBR0817

#### Weight Plate Tree

- Dimensions (LxWxH):  
26 x 30 x 47 in (65 x 75 x 120 cm)
- Weight: 35 kg (77 lb)
- Weight Storage Horns: 6
- Max. Storage Weight: 454 kg (1000 lb)



### DBR0813

#### Beauty Bell Rack

- Dimensions (LxWxH):  
51 x 30.3 x 41 in (130 x 77 x 105 cm)
- Weight: 93 kg (205 lb)
- Max. Storage Weight: 181.5 kg (400 lb)



### DBR0814

#### 3 Tier, 10 Pair Dumbbell Rack

- Dimensions (LxWxH):  
51 x 30.3 x 41 in (130 x 77 x 105 cm)
- Weight: 96.7 kg (213 lb)
- Max. Storage Weight: 227 kg (500 lb)



### DBR0812

#### 2 Tier, 10 Pair Dumbbell Rack

- Dimensions (LxWxH):  
87 x 28 x 32 in (221 x 71 x 81 cm)
- Weight: 94 kg (207 lb)
- Max. Storage Weight: 726 kg (1600 lb)



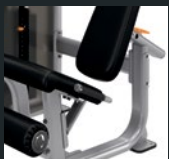
### DBR0815

#### 3 Tier, 15 Pair Dumbbell Rack

- Dimensions (LxWxH):  
87 x 30.3 x 42 in (220 x 77 x 106 cm)
- Weight: 136 kg (300 lb)
- Max. Storage Weight: 544 kg (1200 lb)

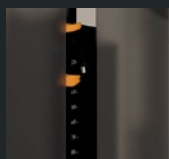


# VITALITY SERIES



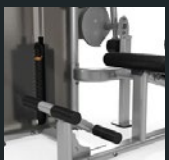
## Compact

The Vitality Series is designed with limited space in mind. All machines have a small footprint and a low profile design.



## Add-on Weight

Each station features an add-on weight. Exercisers can easily engage the add-on weight with a simple push of a lever.



## Easy to Use

Simple, step-by-step instructional placards help exercisers of all levels get set up and include tips to help maximise workouts.



## Colour Options

### Standard Frame Colour



Gloss Metallic Silver

### Optional Upholstery Colours



Burgundy



All Spice



Deep Clay



American Beauty



New Purple



Slate

### Standard Upholstery Colour



Black



Navy



Hunter Green



Grey



Blue Jay



Regal Blue

- Colours may vary.
- Upholstery colors other than black are available at an additional cost. Please contact a Precor sales representative.

“The Vitality Series Dual-Use strength machines provide a greater range of exercises for our members within a smaller footprint space and this has furnished us with the opportunity to install additional and different cardio and functional fitness equipment.”

**Andy Smith, General Manager,**  
**Mark Hall Sports Centre, Harlow, Essex**



## Vitality Series Single Exercise



### CO03ES

#### Biceps Curl

- Dimensions (LxWxH): 55 x 41 x 61 in (140 x 104 x 155 cm)
- Weight: 181 kg (399 lb)
- Weight Stack: 78 kg (170 lb)



### CO01ES

#### Chest Press

- Dimensions (LxWxH): 39 x 53 x 70 in (99 x 135 x 178 cm)
- Weight: 210 kg (464 lb)
- Weight Stack: 109 kg (240 lb)



### CO02ES

#### Pulldown\*

- Dimensions (LxWxH): 56 x 51 x 88 in (142 x 130 x 224 cm)
- Weight: 196 kg (433 lb)
- Weight Stack: 100 kg (220 lb)

*\*Also available with pulldown bar, as an optional extra.*



### CO19ES

#### Seated Row

- Dimensions (LxWxH): 56 x 48 x 70 in (142 x 122 x 178 cm)
- Weight: 211 kg (464 lb)
- Weight Stack: 109 kg (240 lb)



### CO12ES

#### Shoulder Press

- Dimensions (LxWxH): 58 x 57 x 61 in (147 x 145 x 155 cm)
- Weight: 205 kg (453 lb)
- Weight Stack: 91 kg (200 lb)



### CO23ES

#### Triceps Extension

- Dimensions (LxWxH): 47 x 42 x 61 in (119 x 107 x 155 cm)
- Weight: 181 kg (399 lb)
- Weight Stack: 78 kg (170 lb)



### CO05ES

#### Leg Extension

- Dimensions (LxWxH): 53 x 45 x 61 in (135 x 114 x 155 cm)
- Weight: 214 kg (473 lb)
- Weight Stack: 91 kg (200 lb)



### CO07ES

#### Seated Leg Curl

- Dimensions (LxWxH): 64 x 45 x 61 in (163 x 114 x 155 cm)
- Weight: 208 kg (457 lb)
- Weight Stack: 78 kg (170 lb)



### CO14ES

#### Abdominal

- Dimensions (LxWxH): 57 x 38 x 61 in (145 x 97 x 155 cm)
- Weight: 218 kg (480 lb)
- Weight Stack: 91 kg (200 lb)



### CO11ES

#### Back Extension

- Dimensions (LxWxH): 38 x 52 x 61 in (97 x 132 x 155 cm)
- Weight: 209 kg (462 lb)
- Weight Stack: 91 kg (200 lb)

## Vitality Series Dual Exercise



### CO24ES

#### Multi-Press

- Dimensions (LxWxH):  
72 x 59 x 70 in (183 x 150 x 178 cm)
- Weight: 258 kg (567 lb)
- Weight Stack: 109 kg (240 lb)



### CO15ES

#### Rear Delt / Pec Fly

- Dimensions (LxWxH):  
56 x 54 x 79 in (142 x 137 x 201 cm)
- Weight: 236 kg (520 lb)
- Weight Stack: 109 kg (240 lb)



### CO26ES

#### Pulldown / Seated Row

- Dimensions (LxWxH):  
79 x 52 x 87 in (201 x 132 x 221 cm)
- Weight: 225 kg (497 lb)
- Weight Stack: 100 kg (220 lb)



### CO25ES

#### Biceps Curl / Triceps Extension

- Dimensions (LxWxH):  
52 x 43 x 61 in (132 x 109 x 155 cm)
- Weight: 200 kg (441 lb)
- Weight Stack: 78 kg (170 lb)



### CO27ES

#### Leg Extension / Leg Curl

- Dimensions (LxWxH):  
64 x 45 x 61 in (163 x 114 x 155 cm)
- Weight: 261 kg (575 lb)
- Weight Stack: 109 kg (240 lb)



### CO10ES

#### Leg Press / Calf Extension

- Dimensions (LxWxH):  
76 x 44 x 70 in (193 x 112 x 178 cm)
- Weight: 287 kg (631 lb)
- Weight Stack: 134 kg (295 lb)



### CO08ES

#### Inner / Outer Thigh

- Dimensions (LxWxH):  
66 x 32 x 61 in (168 x 81 x 155 cm)
- Weight: 203 kg (448 lb)
- Weight Stack: 78 kg (170 lb)



### CO28ES

#### Abdominal / Back Extension

- Dimensions (LxWxH):  
60 x 41 x 61 in (152 x 104 x 155 cm)
- Weight: 215 kg (474 lb)
- Weight Stack: 91 kg (200 lb)



# ICARIAN® STRENGTH LINE

With a selection of Cable Machines and Multi-Station products, our Icarian Strength Line is the solid foundation to support your strength offering, making it easy for everyone to begin and progress in strength training.

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



## FTS Glide Functional Training System

- Dimensions (LxWxH):  
53 x 48 x 85 in (135 x 123 x 216 cm)
- Weight: 305 kg (672 lb)
- Weight Stack: 2 x 200 lb (2 x 91 kg)



## FTS Functional Training System

- Dimensions (LxWxH):  
98 x 58 x 91 in (249 x 147 x 230 cm)
- Weight: 382 kg (840 lb)
- Weight Stack: 86 kg (190 lb)
- Adjustable Start Position

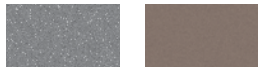


## Colour Options

### Standard Frame Colours



Gloss Metallic Silver   Black Magic Gloss   Black Pearl   Gloss White



Metallic Ash   Desert Bronze

### Standard Upholstery Colours



Black   Burgundy   All Spice   Deep Clay



American Beauty   New Purple   Slate   Navy



Hunter Green   Grey   Blue Jay   Regal Blue

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



### 407B

#### Adjustable Cable Crossover

- Dimensions (LxWxH): 176 x 43 x 91 in (447 x 109 x 231 cm)
- Weight: 396 kg (870 lb)
- Weight Stack: 91 kg (200 lb)
- Adjustable Start Position



### 302

#### Longpull

- Dimensions (LxWxH): 111 x 43 x 93 in (282 x 109 x 236 cm)
- Weight: 268 kg (590 lb)
- Weight Stack: 250 or 300 lb (114 or 136 kg)



### 304

#### Pulldown

- Dimensions (LxWxH): 73 x 43 x 92 in (185 x 109 x 234 cm)
- Weight: 248 kg (545 lb)
- Weight Stack: 250 or 300 lb (114 or 136 kg)



### 320

#### Dip-Chin Assist

- Dimensions (LxWxH): 61 x 54 x 93 in (155 x 137 x 236 cm)
- Weight: 289 kg (635 lb)
- Weight Stack: 91 kg (200 lb)



### CW2004 2-Stack

Pulldown, Longpull

#### Other Configurations

- CW2006: Longpull (2)
- CW2008: Pulldown (2)

### CW2055 3-Stack

Dip-Chin Assist, Cable Crossover



### CW2131 4-Stack

Pulldown, Longpull, Dip-Chin Assist, Adjustable Hi/Lo Pulley

#### Other Configurations

- CW2137: Pulldown, Longpull, Adjustable Hi/Lo Pulley (2)
- CW2151: Pulldown (2), Adjustable Hi/Lo Pulley, Dip-Chin Assist
- CW2163: Pulldown, Longpull, Triceps Pushdown, Dip-Chin Assist
- CW2168: Pulldown, Longpull, Triceps Pushdown, Adjustable Hi/Lo Pulley
- CW2180: Cable Crossover, Pulldown, Dip-Chin Assist
- CW2190: Cable Crossover, Pulldown, Longpull



### CW2201 5-Stack

Cable Crossover, Pulldown, Longpull, Dip-Chin Assist

#### Other Configurations

- CW2200: Cable Crossover, Pulldown, Longpull, Adjustable Hi/Lo Pulley
- CW2205: Cable Crossover, Pulldown, Longpull, Adjustable Hi/Lo Pulley

### 820 Multi-Gym

- Dimensions (LxWxH):  
183 x 158 x 92 in (465 x 402 x 234 cm)
- Weight: 1475 kg (3251 lb)
- Optional add-on weights

Icarian Multi-Station weight stack shrouds are not available  
Cable Crossover has two Adjustable Hi/Lo Pulley stations connected by an overhead beam with pull-up bar



### CW2222 6-Stack

Cable Crossover, Pulldown, Longpull, Adjustable Hi/Lo Pulley, Dip-Chin Assist

#### Configurations

- CW2223: Cable Crossover, Pulldown, Longpull, Adjustable Hi/Lo Pulley, Dip-Chin Assist
- CW2224: Cable Crossover, Pulldown, Longpull, Adjustable Hi/Lo Pulley, Pulldown
- CW2270: Cable Crossover, Longpull, Triceps Pushdown, Pulldown, Dip-Chin Assist
- CW2275: Cable Crossover, Longpull, Triceps Pushdown, Pulldown, Dip-Chin Assist



### CW2505 8-Stack

Cable Crossover, Pulldown (2), Longpull (2), Adjustable Hi/Lo Pulley (2)

#### Configurations

- CW2501: Cable Crossover, Longpull, Triceps Pushdown, Dip-Chin Assist, Pulldown (2), Adjustable Hi/Lo Pulley
- CW2502: Cable Crossover, Longpull (2), Triceps Pushdown, Dip-Chin Assist, Pulldown (2)
- CW2503: Cable Crossover, Longpull (2), Triceps Pushdown, Dip-Chin Assist, Pulldown, Adjustable Hi/Lo Pulley
- CW2504: Cable Crossover, Pulldown (2), Longpull (2), Dip-Chin Assist, Adjustable Hi/Lo Pulley



### CW2912 12-Stack

Cable Crossover (2), Longpull (2), Triceps Pushdown (2), Adjustable Hi/Lo Pulley, Pulldown (2), Dip-Chin Assist

#### Configurations

- CW2913: Cable Crossover (2), Longpull (3), Triceps Pushdown (2), Pulldown (3)

Icarian Multi-Station weight stack shrouds are not available  
Cable Crossover has two Adjustable Hi/Lo Pulley stations connected by an overhead beam with pull-up bar

# CORE AND STRETCHING

## Ab-X

The unique “floating pivot point” design of the Ab-X creates the ideal “crunch” movement while the contoured pads reduce stress to neck and shoulders.

## V-Crunch

Using the body’s own weight as leverage, the V-Crunch allows exercisers to perform leg raises with resistance that’s less than their own body weight.

## StretchTrainer 240i

The StretchTrainer 240i enables exercisers to prepare their bodies for a stronger and more satisfying workout.



## Ab-X

- Dimensions (LxWxH): 68 x 36 x 38 in (173 x 90 x 97 cm)
- Weight: 68 kg (150 lb)



## V-Crunch

- Dimensions (LxWxH): 50 x 28 x 63 in (127 x 71 x 160 cm)
- Weight: 93 kg (205 lb)



## StretchTrainer 240i

- Dimensions (LxWxH): 52 x 28 x 36 in (132 x 71 x 91 cm)
- Weight: 68 kg (150 lb)

## Colour Options

### Frame



Gloss Metallic Silver

### Upholstery



Black

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



# GROUP TRAINING

Gym members today are demanding, with many looking for small group high intensity interval (HIIT) and functional group training classes. Those engaged in group training are 26% less likely to cancel their membership than exercisers who use only the fitness floor<sup>1</sup>.

This trend is on the rise, with the 2018 annual list from the American College of Sports Medicine (ACSM) naming HIIT & Group Training as No. 1 & 2.

Our comprehensive portfolio ensures we can provide the solutions your customers want.

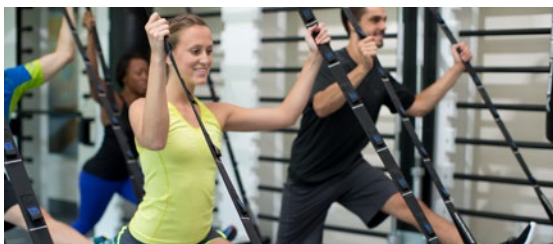
Visit [go.precor.com/grouptrainingmanual](http://go.precor.com/grouptrainingmanual)

<sup>1</sup> Harbourne, Emily. "Group X: The Key to Retention." Club Solutions Magazine. August 1, 2017. <http://clubsolutionsmagazine.com/2017/08/group-x-key-retention/> (accessed January 8, 2018).



# BUILD YOUR COMMUNITY WITH GROUP TRAINING

Whether you're focused on class, team, HIIT or circuit-style group training, combining Precor products and innovative programming can bring new solutions to invigorate your group training offerings, attract new exercisers and keep them coming back.



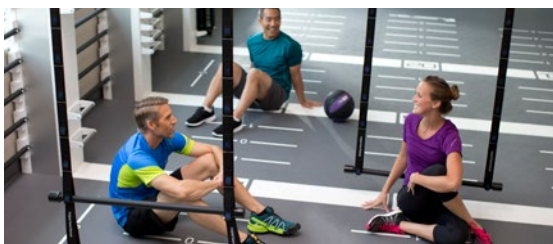
## Keep Your Open Space

The open architecture of Queenax preserves the open space in your facility, allowing you to use the space beneath the unit for other activities when it is not in use. Integrated transport wheels make the Assault Fitness products and Spinner® bikes quick and easy to move, restoring the open space in your facility for other uses.



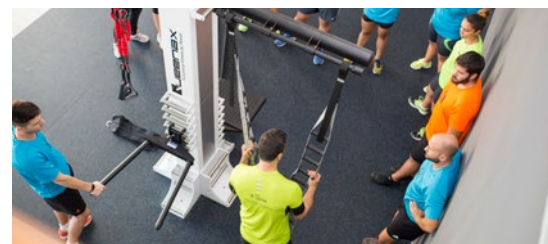
## Make HIIT Happen

Incorporate equipment designed for short bursts of high-intensity activity, like the TRM 731 Interval Treadmill or the Assault AirRunner or AirBike Elite, into your group training programming. Complement these HIIT cardio options with Queenax functional training, for a powerful cardio and strength training session.



## Make It Fun with Adaptable Products

Precor offers products that can be mixed and matched in unexpected ways throughout your group training sessions to create unique workouts that keep exercisers engaged and achieving the results they want.



## Add Programming to Increase Value

When your trainers are educated with the knowledge to deliver specific programming or themed workouts in the group training environment, your exercisers will reap the rewards. Precor offers a variety of training classes, delivered at your facility by Precor Master Coaches, in half or full day sessions.



# SPINNING®

“Our philosophy is to provide our members with the best gym experience they can possibly have by insisting on high-quality equipment and high-level, energetic teachers. Precor equipment exceeds expectations and we continue to improve our offering to meet our members’ needs. They love knowing how fast they are going, how far they are riding and how long it’s taking them. It’s one of the key features of the bike, along with the smooth ride, that they comment on.”

*Peter Guy, Director,  
Gymworks, Chorley, UK*



# EXPERIENCE THE DIFFERENCE. EXPERIENCE SPINNING®



**SPINNER® Ride      SPINNER® Shift      SPINNER® Climb      SPINNER® Chrono**

	Spinner® Ride	Spinner® Shift	Spinner® Climb	Spinner® Chrono
Resistance System	Friction	Friction	Magnetic	Magnetic
Power Measurement	-	-	-	Direct Power Measurement
Drive	Chain or Poly-V Belt	Chain or Poly-V Belt	Kevlar® Reinforced Cogged Belt	Kevlar® Reinforced Cogged Belt
Frame	Alloy Steel	E-Coated Performance Steel	Aluminium	Aluminium
Frame Colour	Metallic White	Charcoal	Semi-Gloss Metallic Black	Semi-Gloss Metallic Black
Console	Spinner® Studio Console - Optional			Spinner® Power Console - Included
Overall	All models measure 48 x 20 in (51 x 122 cm) and have a perimeter-weighted flywheel. They support a maximum rider weight of 350 lb/158.7 kg.			

Spinning® launched global indoor cycling by uniting innovation in indoor stationary bike technology with an unprecedented cycling experience. The Spinning® programme and Spinner® bikes define the indoor cycling category—reaching millions of riders worldwide.

The latest line of Spinner® bikes are engineered to deliver a personalised ride while also improving fit, feel and longevity. Distance your facility from the pack and give your exercisers the riding experience they’ve always dreamed of.

In addition to innovative bikes, Spinning® is the global leader in providing world-class instructor certification and education. High quality bikes and high quality programming means results for your facility. Experience the difference. Experience Spinning®.





# ANATOMY OF A SPINNER®



## 1 Materials

All frame materials are powder-coated for lasting protection from sweat and moisture to deliver a great ride, class after class.

## 2 Drivetrain and Flywheel

The inertia of our flywheel system smooths out the pedal stroke to eliminate any “dead spots” at the top and bottom, enabling riders to improve their pedalling technique and efficiency.

## 3 Pedals and Crank Arms

All commercial Spinner® bikes use oversized, forged-steel crank arms that accommodate the push and power of even the strongest rider. Our dual-sided, SPD®-compatible pedals feature threadless Morse taper connections, making them the strongest and most durable crank and pedal system on the market.

## 4 Saddle and Handlebar Adjustments

On most models, the saddle and handlebars can easily be adjusted both up/down and fore/aft to fit every rider, regardless of their size.

## 5 Studio Console

Featuring low power consumption and automatic pairing with any ANT+ compatible heart rate monitors, the Spinner® Studio console is optional for the Spinner® Ride, Shift and Climb models.

## 6 Power Console

Included with the Spinner® Chrono bike, the Power Console features an ultra-bright backlight that is always on and never needs batteries. Designed to fit seamlessly with SPINPower® programming, Bluetooth® compatible to share data with a smartphone and ANT+ compatible for heart rate straps and leaderboard pairing.



5 Studio Console



6 Power Console

## DELIVER THE FULL EXPERIENCE

Bring the full Spinning® experience to your facility by combining your purchase of world-class Spinner® bikes with world-class certified Spinning® instructors and programming. A consistent programme experience builds loyalty and community among riders and instructors alike and delivers the optimal experience for your riders.

The Spinning® programme is not just about exercise. Spinning® classes offer a variety of rides, movements, coaching and motivation that keep riders safe, excited and engaged. And the Spinning® programme is specifically designed to work with Spinner® bikes.

Certifying your instructors in the Spinning® programme is easy. The international team of 150+ Master Instructors help deliver the world's most respected and recognised indoor cycling certification and continuing education programmes, which include multiple curriculum levels so your instructors can keep progressing. Your instructors will join over 250,000 people that have been certified worldwide.

With SPINPower® certification, they'll be able to deliver challenging, watt-based classes on the popular Spinner® Chrono bike.

Learn more at [go.precor.com/spinning](https://go.precor.com/spinning)







# HIGH INTENSITY INTERVAL TRAINING (HIIT)

“Beat Theory Fitness is a unique brand offering heart rate monitored sessions so clients can track their progress every step of the way. We also have Assault AirRunners, supplied by Precor, that are pretty new to the market, which helps us to stand out from our competitors.”

*Leon Chee-a-tow, Owner,  
Beat Theory Fitness*

# DESIGNED WITH HIIT IN MIND

## Assault AirRunner

The Assault AirRunner is an elite fitness running machine that packs an intense workout into a small package. As an exerciser-powered treadmill with no maximum speed, exercisers can push themselves to their limit and change speeds at their own rate. A built-in handle and transport wheels make it easy to manoeuvre, allowing you to quickly reconfigure your workout space and keep your training offerings adaptable.



### Assault AirRunner

- LxWxH: 69.9 x 32.8 x 64 in (177.5 x 83.3 x 162.6 cm)
- Weight: 127 kg (280 lb)
- 8 pre-programmed workouts
- Bluetooth® connectivity\*

## Assault AirBike Elite

The exerciser's entire body will be engaged as they push, pedal and pull against the unlimited fan resistance of the Assault AirBike Elite, resulting in a truly dynamic and adaptable workout experience. Individualised and infinite adjustments allow exercisers to keep it mellow and level to target a heart rate, or jump to high intensity interval training for a serious workout.



### Assault AirBike Elite

- LxWxH: 55.1 x 26.1 x 58.6 in (140 x 66.3 x 148.8 cm)
- Weight: 56.7 kg (125 lb)
- 8 pre-programmed workouts

## Assault AirRower Elite

With fan-based resistance and a dual stage drive, the Assault AirRower Elite takes rowing to the next level. It provides a complete upper body, lower body, and core workout that is great for High Intensity Interval Training, cardio, and endurance training.



### Assault AirRower Elite

- LxWxH: 92.5 x 20 x 48.5 in (235 x 51 x 123 cm)
- Weight: 125 lb / 56.7 kg
- 8 pre-programmed workouts
- Bluetooth® connectivity

**ASSAULTFITNESS**  
AUTHORIZED DISTRIBUTOR

\* With compatible heart rate transmission strap; chest strap not included.



# QUEENAX<sup>®</sup>

“Having expanded the centre’s group exercise programme, Queenax classes are proving exceptionally popular, with attendance quadrupling since their introduction and over 800 members attending classes each week.”

*Simon Kirby, Sport and Leisure Manager,  
Salt Ayre Leisure Centre*



# IMAGINE THE POSSIBILITIES



Queenax is a unique functional training system that can multiply the training space within your facility and support small group training. It's offered with comprehensive education to ensure your trainers deliver programming with confidence, consistency and excitement to drive exerciser engagement.

## Queenax



### The One

A wall oriented or self-standing unit ideal for 1:1 personal training

- **The One Wall:**  
1 suspension station, 2 total training stations
- **The One Self-Standing:**  
1 suspension station, 3 total training stations



### The Corner

Provides space-constrained facilities with the functionality of a much larger structure

- **The Corner:**  
2 suspension stations, 6 total training stations



### Wall Solution

Takes advantage of a training area that is often underutilised: the space along the walls

- **W175 2D Wall Solution:** 1 suspension station, 3 total training stations
- **W475 2D Wall Solution:** 2 suspension stations, 7 total training stations
- **W500 3D Wall Solution:** 3 suspension stations, 12 total training stations
- **W700 3D Wall Solution:** 4 suspension stations, 15 total training stations



### The Open Format

A free-standing system that preserves the open floor space beneath the unit

- **X2 500 Open Format:** 6 suspension stations, 15 total training stations
- **X2 700 Open Format:** 8 suspension stations, 18 total training stations
- **X2 800 Open Format:** 10 suspension stations, 20 total training stations
- **X3 500 Open Format:** 9 suspension stations, 21 total training stations
- **X3 700 Open Format:** 12 suspension stations, 25 total training stations
- **X3 800 Open Format:** 15 suspension stations, 28 total training stations

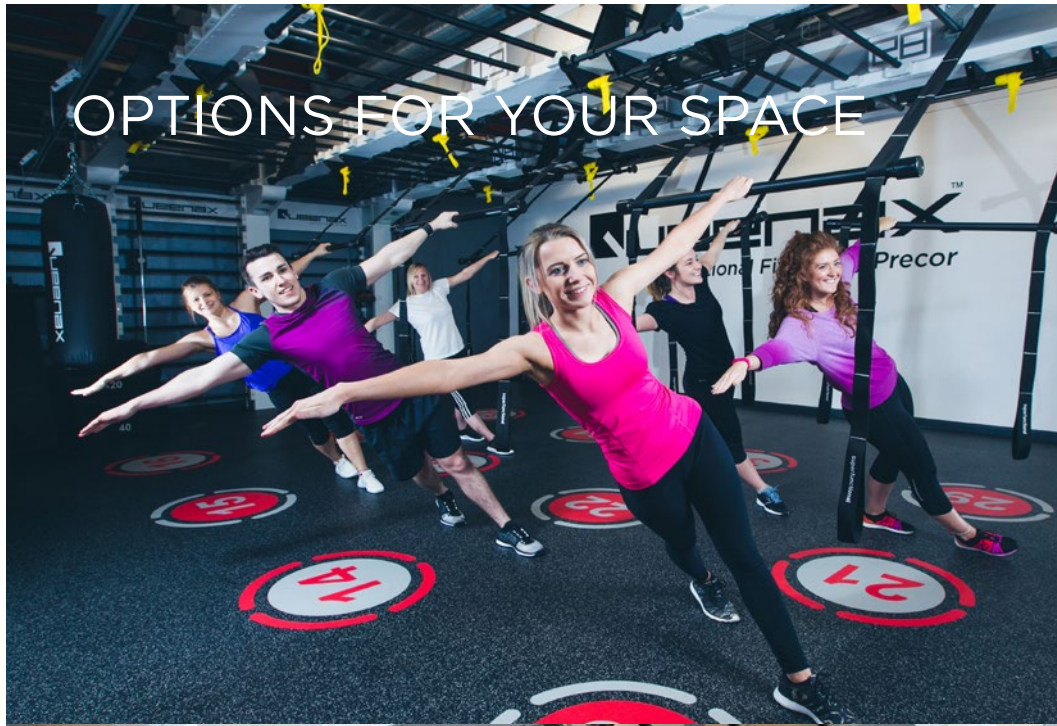


### The Bridge

A wall-to-wall solution that supports a dynamic variety of training opportunities

- **X1 500 Bridge:** 3 suspension stations, 6 total training stations
- **X1 900 Bridge:** 5 suspension stations, 9 total training stations
- **X2 500 Bridge:** 6 suspension stations, 11 total training stations
- **X2 900 Bridge:** 10 suspension stations, 18 total training stations
- **X3 500 Bridge:** 9 suspension stations, 17 total training stations
- **X3 900 Bridge:** 15 suspension stations, 26 total training stations











# KEEP IT FUN AND FRESH

Keep your group exercise and personal training offerings fresh and dynamic with a selection of over 100 Training Apps and Optionals for your Queenax. Attach, remove and reconfigure training accessories to convert your Queenax from circuit to group exercise training environments. Carabiner clips, reinforced loops, sliding heavy bags and storage solutions are easy to access and change.



## Suspension Fitness

Offer group and circuit-style classes that allow exercisers to support their own body weight in a variety of postures and positions.



## Functional

Train for the movements of everyday life with Mobile Parallels, Torso Trainers, Rebounders and more.



## Performance & Combat

Capitalise on the popularity of boxing, kickboxing, mixed-martial arts classes and rope training.



## Storage

Thoughtful, integrated storage keeps training accessories off the floor, yet easily retrievable.



## Elastic

Appeal to exercisers of all ability levels with space-efficient resistance training.



## Frame and Beam

Increase the number of training stations and variety of your Queenax, with elements such as Pull Up Bars, additional Training Bars and Boxing Lines.

Learn more about Queenax Training Apps & Optionals at [go.precor.com/appsandoptionals](https://go.precor.com/appsandoptionals)



# EXPAND YOUR PROGRAMME WITH QUEENAX EDUCATION

Precor offers a variety of onsite training classes, delivered by a Precor Master Coach, to ensure that your trainers and your exercisers get the most out of your Queenax. Master Coaches travel to your facility to deliver half or full day training workshops. Precor provides training manuals and marketing materials to support programme launches in your facility.



## Queenax Foundations

Queenax Foundations is a seven-hour, full day training curriculum delivered by a Precor Master Coach. Your trainers will learn a system for building movements and workouts with an array of functional training tools and provide a pathway for developing small-group coaches and leadership skills by leveraging the open architecture of Queenax.



## Ultimate Superfunctional: Stacks

Your trainers will learn the building blocks and design strategy to help them deliver energising Superfunctional group training classes.



## Superfunctional Move

Your trainers will learn all about the components of recovery and regeneration work that will help them teach a class that engages, relaxes and re-centres your exercisers.



## UFO Trainer Course

Learn how to train and build programmes with the UFO, the first suspension fitness tool that allows exercisers to suspend their whole body weight on a platform while reacting to three-dimensional forces.



## 4D PRO® Bungee Fitness Trainer Course: Speciality Course for Queenax

Learn how to coach with this playful, dynamic and core-intensive suspension fitness tool.

Check out the Precor Coaching Centre for the latest updates on onsite training offerings at [go.precor.com/coachingcentre](https://go.precor.com/coachingcentre)

# EDUCATION

“The Queenax training provided to us and the use of the Movement Library have been great support tools to help us deliver unique classes to our customers within the weekly timetable. It has been very successful.”

*David Fitzpatrick, Xcite Livingston,  
West Lothian Leisure, UK*

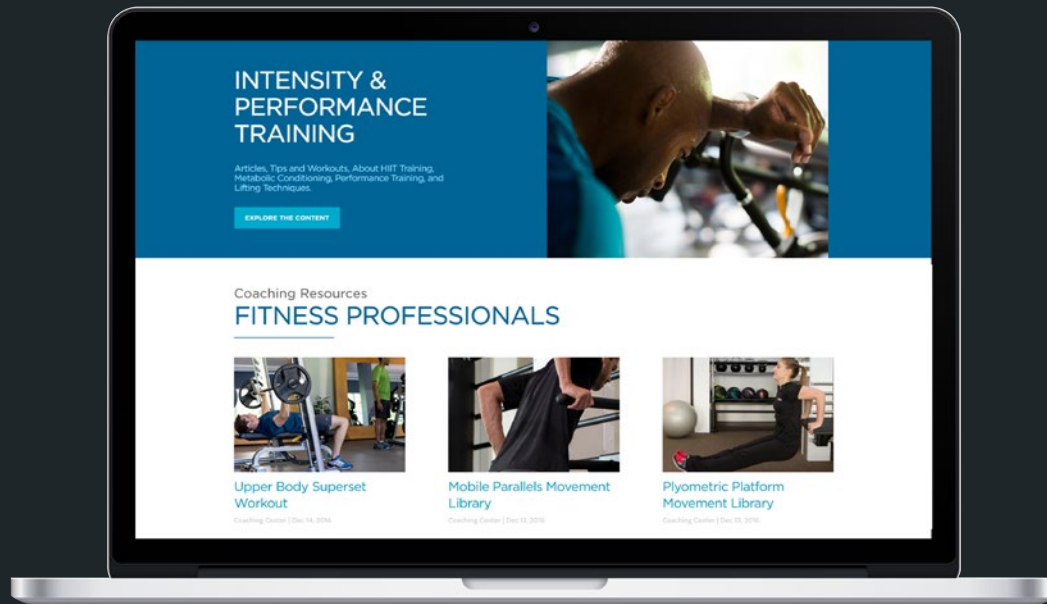




# GET TIPS FROM THE PROS

Our mission at the Precor Coaching Centre is to help your training staff and exercisers get the most out of your Precor equipment. Whether your trainers have five minutes between clients to catch up on the latest training trends applied to Precor equipment, or you are looking for in-depth onsite training workshops to teach your staff how to drive programming on the equipment, we offer a solution.

The Precor Coaching Centre is your one-stop shop online for the latest Precor education and training resources. Content is optimised for different audiences so you can quickly access the material that is most relevant to your training and your business. We invite you to explore our education channels that are uniquely designed to provide best-in-class content.



[precor.com/coaching-centre](https://precor.com/coaching-centre)



## Top Features

- Available in six languages and accessible 24/7
- Free of charge, open-access content
- Regular content updates from the Precor coaching team and leading industry educators
- Content is driven by industry trends and fundamental exercise principles
- Video and written content is designed for the time-sensitive fitness educator



A man with a grey beard and short grey hair is smiling. He is wearing a dark blue polo shirt with the Precor logo on the left chest. He is standing next to a black Precor treadmill. The background is a wall made of horizontal wooden slats.

# SERVICES

“Precor continues to offer a world-class service to the University and our community by offering high quality products at competitive prices. From the sales team to installation and ongoing servicing, Precor have proven their level of professionalism and commitment time and time again and this partnership for our first satellite roll out has been no exception. This facility will prove to be much more than just a gym—offering us a base to engage with the entire Easter Bush community.”

*Cameron Ritchie,  
Deputy Director of Operations,  
University of Edinburgh Sport  
and 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 comprehensive design service including:**

- Complete design and project management
- Visualisation using 2D and 3D graphics
- Inspirational use of space and natural light
- Custom design tailored to individual requirements
- Access and accessibility as defined by ADA
- Audio/visual planning



## FINANCING AND LEASING

### The Smart Way to a Better Deal

We realise that every business is unique, which is why we have dedicated, experienced professionals work with you. In strategic partnership with many financial institutions, they'll help assemble financing and leasing packages that meet 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 sales representative or one of the team of Precor finance/leasing professionals.



## DELIVERY AND INSTALLATION

### Professional Attention to Detail

The moment you place your order, we begin the process of making sure you're completely satisfied. From pre-installation 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, so you can be assured of our high standards for quality installation.



## SERVICE AND SUPPORT

### Adding Predictability to Your Equipment Ownership Experience

Helping you keep your business running smoothly is a top priority for us. Our warranties and extended warranties provide comprehensive coverage from the start. Adding preventative maintenance keeps your equipment running in top shape and when your warranty expires, we offer service agreement options that keep your equipment going. Our payment programmes take the surprises and guesswork out of your equipment maintenance and repair.

#### About our service:

- We guarantee the work performed by our certified technicians
- 97% of service requests are dispatched within 24 hours
- Over 90% of our customers rated their service experience as good, very good, or excellent<sup>1</sup>
- Our off-the-shelf parts availability is 97%

<sup>1</sup>Research conducted by TNS 2015











PRECOR

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PRECOR

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PRECOR MASTER COACHES





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Precor is widely recognised for its innovative, award-winning designs of exercise equipment. Precor aggressively seeks U.S. and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor product designs is hereby forewarned that Precor considers the unauthorised appropriation of its proprietary rights to be a very serious matter. Precor will aggressively pursue all unauthorised appropriation of its proprietary rights.

For product specification tables, please visit

[go.precor.com/spectables](https://go.precor.com/spectables)

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