

## CARDIO

# Adaptive Motion Trainer®

## AMT 835

### Product Highlights

The AMT 835 with Open Stride™ is the only piece of variable-stride cardio equipment with adjustable step height, allowing exercisers to train in a variety of stride paths, including running, jogging and stepping. With one piece of equipment that creates an array of movement patterns, you can maximise valuable floor space and help exercisers to stay engaged in their workouts. The AMT combines essential reliability and ease of use with smooth, flowing and precise motion to add value to your facility.

### Product features

#### P31 CONSOLE

A LED console that works harder for you, your exercisers and your servicers. Exercisers will appreciate the well-positioned resistance and incline controls, as well as accessible workout options. Supercharge your servicers' efficiency by providing detailed equipment status information, reducing downtime on your fitness floor.

#### OPEN STRIDE™

Open Stride™ is a unique feature that allows exercisers not only to dynamically adapt their stride length from 0 to 91 cm, but also to adjust their stride height from 17 to 25 cm, providing an infinite range of stride paths to engage several muscle groups. Open Stride can be adjusted from level 1 to 5 with the tactile motion controls.


#### HANDLEBARS FIT EVERYONE

The tapered moving handlebars provide a comfortable fit for nearly every exerciser. The stationary grip has a heart rate\* sensor built in, which provides monitoring and a stable, comfortable position when focusing on the lower body.

#### TOTAL BODY WORKOUT

Exercisers can shift from short stride to long stride, walking to running, climbing to striding, enabling them to target different muscle groups. Pushing and pulling the moving handlebars will engage the upper body, resulting in a total body workout.



  
Black Pearl

### Specifications

**Dimensions (L x W x H):** 80 x 35 x 69 in / 203 x 89 x 175 cm

**Product weight:** 187 kg

**Max. user weight:** 159 kg

**Power:** Self-powered

**Total workouts:** 6

**Resistance levels:** 8

**Adjustable stride length:** 0-91 cm

**Stride height:** 17-25 cm

**Language:** English, French, German, Hebrew, Italian, Japanese, Portuguese, Russian, Spanish, Turkish

**Accessories:** Integrated reading rack, mobile device charger (standard), cable management (optional)

**Warranty:** Visit [www.precor.co.uk](http://www.precor.co.uk) for warranty terms.

\*The heart rate feature is intended for reference only. They may not be accurate for every user or at every intensity and are not intended for use as a medical device.