Cardio
Strength
Networked Fitness
Education
Services

COMMERCIAL CATALOG

PRECOR®
Fitness Made Personal

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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, with 2015 net sales of €2.5 billion. 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®, Arc'teryx® and Mavic®.

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, cycling, running, hiking, and diving.

AMER SPORTS

salomon Wilson ATOMIC ARC'TERYX MAVIC SUUNTO PRECOR

PRECOR: A PROUD HISTORY OF INNOVATION

Take a moment and think how far the fitness industry has come in the past 37 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 puts fitness first.

1981 Launched first ergonomically sound rowing machine, the Amerec 610

1985 Debuted full line of treadmills, rowers and electronic stationary cycles

1990 Launched first cushioned treadmills

1995 Introduced the world's first Elliptical Fitness Crosstrainer (EFX®)

AMER SPORTS

2002 Precor acquired by Amer Sports Corporation

CARDIO THEATER®

2003 Acquired Cardio Theatre to lead industry entertainment trend

1980 **1985** **1990** **1995** **2002** **2003** **2004**

1980 Founded as Precision Corporation

1982 Launched first fitness equipment with motivational microprocessor-based electronics

1987 Launched first home and commercial programmable treadmills

1994 Precor treadmills patented with the unique Ground Effects® Impact Control

2004 Acquired Icarian® Strength to expand the Precor portfolio

2007 Launched the revolutionary Adaptive Motion Trainer (AMT®)

Preva Networked Fitness

2011 Introduced new P80 touch screen console and the Preva operating system

2014 Launched new Experience® Series Treadmill

Precor COACHING CENTER

2014 Introduced education programming with the Precor Coaching Centre

2016 Introduced the world's first Elliptical Fitness Crosstrainer with Converging CrossRamp®

2017 Launched Experience Series 700 Line cardio with treadmills, ellipticals and AMTs

2005 **2010** **2015** **2016** **2017** **2020**

2012 Launched the Adaptive Motion Trainer (AMT®) with Open Stride

2012 Debuted the Discovery Series strength lines

2015 Acquired Queenax Functional Training system enhancing the portfolio with functional strength

2015 Partnered with Spinning®, the leader in indoor cycling, to launch a new line of Spinner® bikes

2016 Introduced new P82 and P62 touch screen consoles

We Don’t Make Precor Equipment for Millions of People.

WE MAKE IT FOR EACH PERSON WHO USES IT.

At Precor, our vision is Fitness made Personal. That’s why we never lose sight of the fact that individuals use our products. Somewhere in a health club, exercise room at a hotel or in their home, someone is trying to get stronger, fitter and healthier.

With the hallmarks of revolutionary and innovative design, every Precor product provides a uniquely smooth alignment of exercise with human movement.

CARDIO EQUIPMENT

Precor cardio equipment is known for its reliability, ease of use, and the comfortable, engaging, effective workouts it delivers.

PRECOR CARDIO EQUIPMENT
by Line

Experience® Series 800 Line
The 800 Line is the most well-appointed cardio equipment that we offer, with features that support our reputation for reliable performance, ease of care, and service. In addition to patented designs that deliver 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, the Experience Series 700 Line delivers the reliability, performance, and efficiency that we're known for, with slight feature differences for facilities that regard unique motions as a lower priority. The Active Status Light, available on the treadmill and elliptical, makes maintenance easier for your staff. The 700 Line also includes the Adaptive Motion Trainer with Fixed Stride.

Assurance® Series
The Assurance Series provides a cost-effective option for a broad range of facilities that host fewer exercisers and less hours of daily use such as corporate gyms, multi-family housing complexes, and fire departments. The reliable performance, combined with the essential features exercisers seek, will make the Assurance Series treadmills, ellipticals, upright and recumbent bikes exceptional value.

TRM 731

EFX® 885
with Converging CrossRamp®

RBK 615

800 LINE CONSOLE OPTIONS

P82

P62

P30

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
- Shown with P82; also available with P62 and P30
- LxWxH: 80 x 35 x 73 in (203 x 89 x 186 cm)
- Weight: 422 lbs (191 kg)

EFX® 885
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
- 10 resistance levels
- Shown with P82; also available with P62 and P30
- LxWxH: 80 x 28 x 72 in (203 x 71 x 183 cm)
- Weight: 340 lbs (154 kg)

EFX® 883
Elliptical Fitness Crosstrainer

- Converging CrossRamp®: adjustable ramp between 10 and 35°
- Fixed upper body handlebars
- 10 resistance levels
- Shown with P82; also available with P62 and P30
- LxWxH: 80 x 28 x 71 in (203 x 71 x 183 cm)
- Weight: 340 lbs (154 kg)

TRM 885
Treadmill

- Ground Effects® & Integrated Footplant Technology
- Incline range: -3% decline to 15% incline
- Speed: 0.5 - 16 mph (0.8 - 25.5 kph) + Auto Stop
- 4.0 HP AC Drive System and next generation motor controller
- Shown with P82; also available with P62 and P30
- LxWxH: 83 x 35 x 68.5 in (211 x 89 x 174 cm)
- Weight: 430 lbs (195 kg)

UBK 885
Upright Bike

- Over-moulded handlebars and improved saddle design
- Dual-sided pedals with integrated straps
- Simple single-handed seat adjustment
- Shown with the P82; also available with the P62 and P30
- LxWxH: 48 x 21 x 62 in (122 x 53 x 157 cm)
- Weight: 169 lbs (77 kg)

RBK 885
Recumbent Bike

- Step-through design
- Ventilated, suspension-mounted air flex seat back
- Dual-sided pedals with integrated straps
- Shown with the P82; also available with the P62 and P30
- LxWxH: 67 x 23 x 54 in (170 x 58 x 136 cm)
- Weight: 219 lbs (99 kg)

700 LINE CONSOLE OPTIONS

P82

P62

P30

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
- Shown with P30; also available with P82 and P62
- LxWxH: 80 x 35 x 69 in (203 x 89 x 175 cm)
- Weight: 412lbs (187 kg)

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
- Shown with P30; also available with P82 and P62
- LxWxH: 80 x 28 x 67 in (203 x 71 x 170 cm)
- Weight: 278 lbs (126 kg)

TRM 731

Treadmill

- Ground Effects® & Integrated Footplant Technology
- Incline range: 0-15% incline
- 4.0 HP AC Drive System and next generation motor controller
- Active Status Light for maintenance status at a glance
- Shown with P30; also available with P82 and P62
- LxWxH: 83 x 35 x 62 in (211 x 89 x 157.5 cm)
- Weight: 405 lbs (184 kg)

TREADMILLS

Personalised Performance for You and Your Exercisers

Meet the exact 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 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.
- **Power Factor Correction (PFC)**** — Our highly efficient AC motor drive includes active PFC, which provides the maximum amount of power to the motor while requiring significantly less input current.
- **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

TRM 761

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

ELLIPTICAL FITNESS CROSSTRAINERS

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

Ensure your members get the most out of every workout while you enjoy exceptional reliability and performance. Our next-generation Elliptical Fitness Crosstrainers (EFX®) with Converging CrossRamp® 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 the standard.

- **Converging CrossRamp**** — Users can isolate or crosstrain 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. The new converging ramp design better mimics a person'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 with a covered ramp and rear drive housing.

- **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.

EFX 885
with Converging Crossramp®

EFX 761

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

ADAPTIVE MOTION TRAINER

One Machine. Multiple Workouts.

The Precor Adaptive Motion Trainer (AMT) provides your exercisers with a variety of movements in one piece of equipment. Through its versatility, it delivers the personalised exercise experience your members seek. With low energy consumption, the AMT also provides a low cost of ownership.

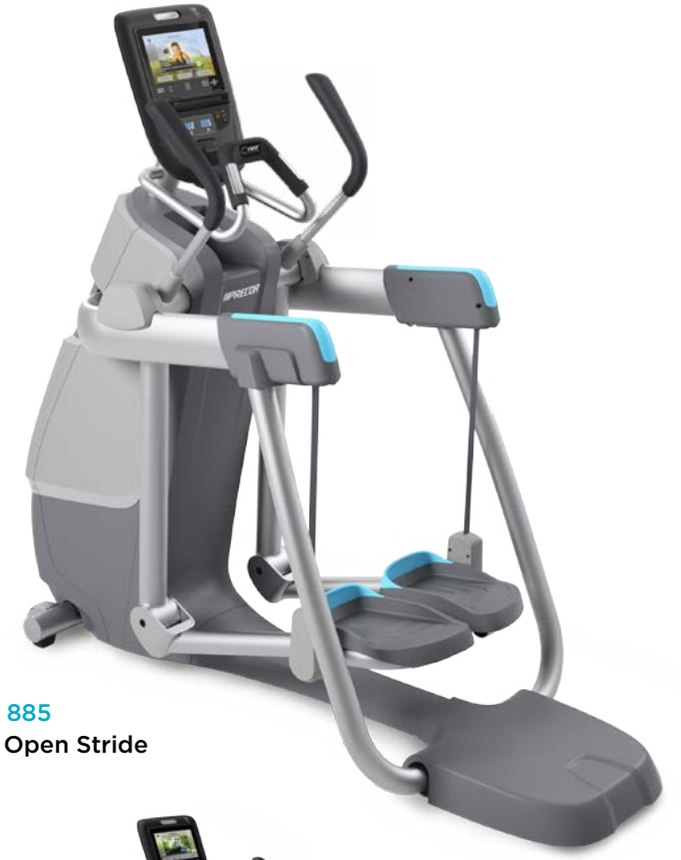
- **Open Stride**** — This feature allows exercisers to adjust their stride height from 6.8 to 10 inches (17.3 to 25.4 cm) as well as spontaneously change their stride length from 0 to 36 inches (0 to 91.4 cm). Users can go from short strides to long strides, walking to running, climbing to everything in between, allowing them to target different muscle groups.
- **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.
- **Burn more with more enjoyment** — The AMT with Open Stride delivers a higher level of calorie burn in a similar amount of workout time as other Precor cardio equipment while giving users a lower level of perceived exertion. So they can go longer and harder – and get better results.
- **Better results** — Research proves the AMT elicits high levels of oxygen consumption and energy expenditure, allowing users to take their cardio fitness to a higher level.[1]

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

AMT 763

[1]*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 stilll in place. A two-stage system** enables a very low start resistance and smooth, consistent changes of resistance levels.

UBK 885
Upright Bike

Ergonomic Upright Handlebars
Over-moulded style handlebars add comfort and durability while offering dual heart rate contacts and three ergonomic riding positions; upright, cruising, and road.

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.

CLIMBER
Natural Motion with Superior Feel

Our ergonomically designed climber encourages proper posture and technique to keep motion fluid and comfortable. Thirty-one climbing speed levels range from 30 to 180 steps-per-minute in 5 steps-per-minute increments to allow the exerciser to tailor workouts to their fitness level.

CLM 835
Climber

Designed for Durability
The durable 6-phase generator system has no contacting parts, providing smooth, quiet and durable operation

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

ASSURANCE® SERIES

It's the cardio line that provides club level innovations and proven mechnical designs at exceptional value.

Standard Console Streamlined LED Display

- Durable dome switches: tactile response
- Heart Rate Monitoring
- 6-7 programmes

Standard Console Advanced LED Display (for Treadmill 946i)

- Tap Control: tactile response with audible click
- Shown with Entertainment Cap
- 13 programmes

Entertainment Options

- Optional widescreen (15.6 in / 39.6 cm) Personal Viewing System (PVS)
- Optional 800/900 MHz Entertainment Cap

EFX® 536i
Elliptical Fitness Crosstrainer

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

EFX® 532i
Elliptical Fitness Crosstrainer

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

932i
Treadmill

- Incline range: 0% - 15% in 0.5% increments
- Ground Effects® and Integrated Footplant Technology
- 4.0 hp AC motor
- Speed: 0.5 - 12 mph (0.8 - 20 kph)
- 7 workouts and 14 electronic readouts
- LxWxH: 79 x 34 x 59 in (204 x 86 x 150 cm)
- Weight: 331 lbs (150 kg)

946i
Treadmill

- Incline range: 0% - 15% in 0.5% increments
- Ground Effects® and Integrated Footplant Technology
- 4.0 hp AC motor
- Speed: 0.5 - 12 mph (0.8 - 20 kph)
- 13 workouts and 24 electronic readouts
- LxWxH: 79 x 34 x 59 in (204 x 86 x 150 cm)
- Weight: 331 lbs (150 kg)

UBK 615
Upright Bike

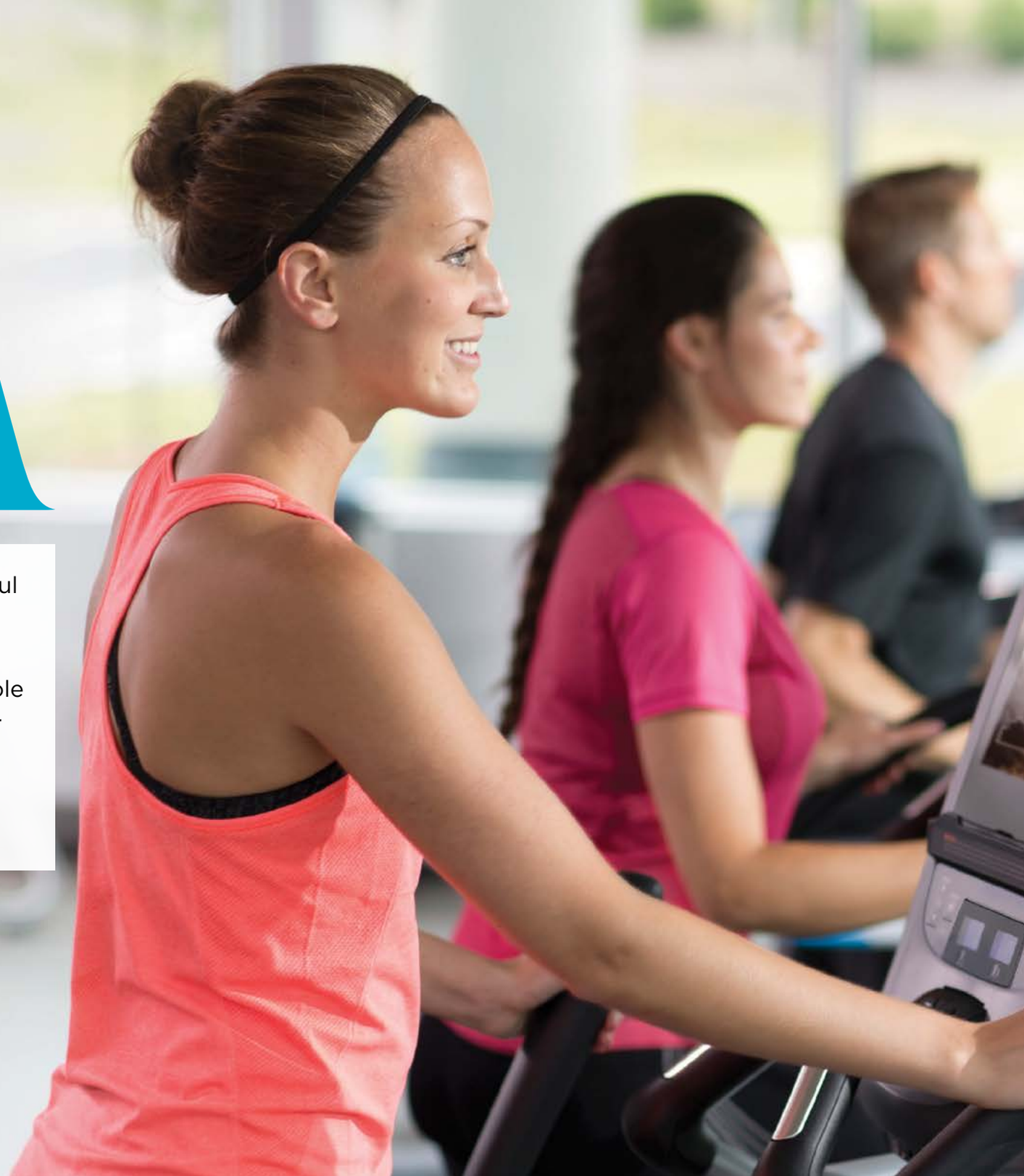
- Over-moulded handlebars
- Improved saddle design
- Over-sized pedals with integrated straps
- Familiar pop-pin seat
- 6 workouts and 12 electronic readouts
- LxWxH: 48 x 21 x 57 in (122 x 53 x 145 cm)
- Weight: 155 lbs (70 kg)

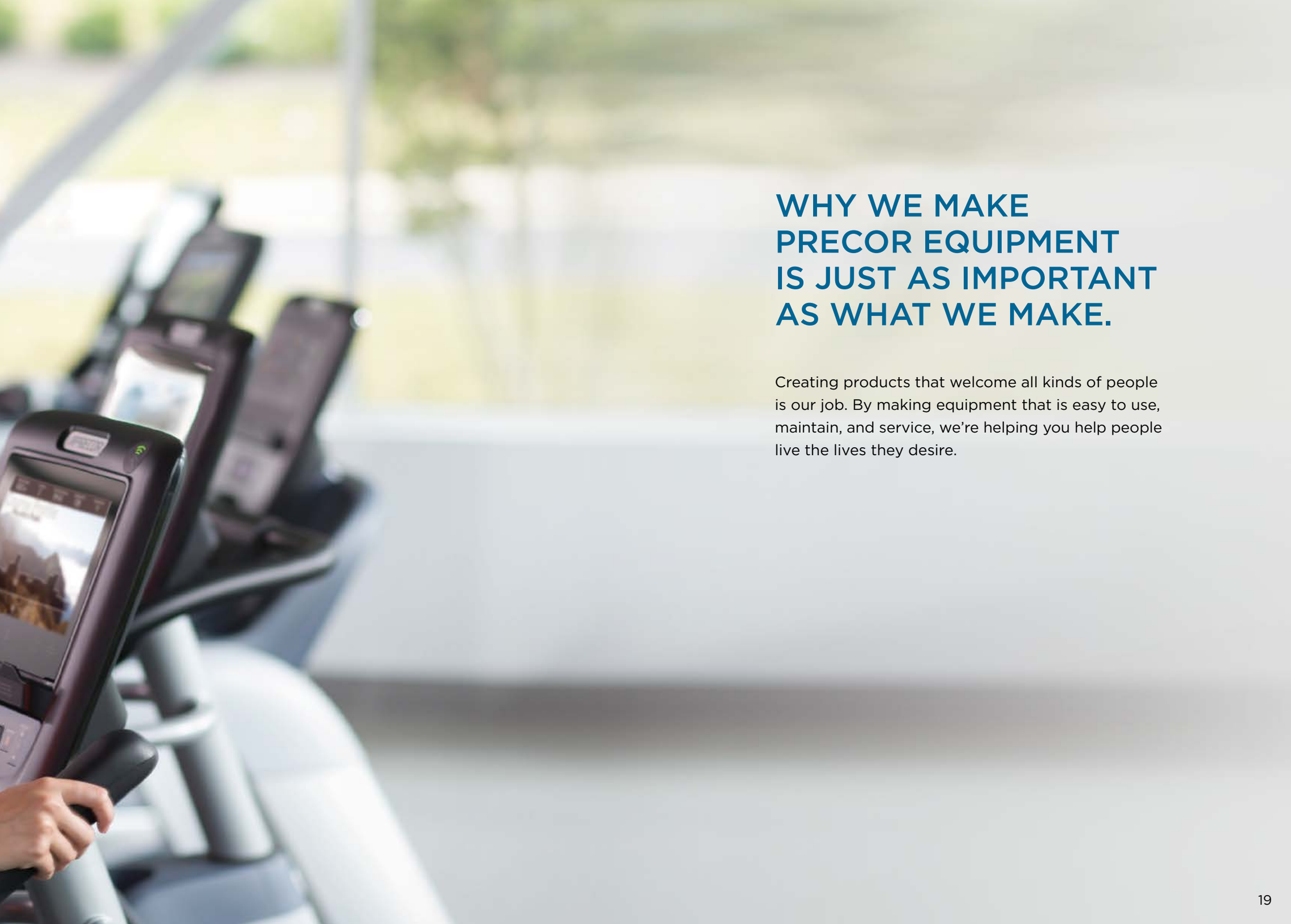
RBK 615
Recumbent Bike

- Step-through design
- Ventilated, suspension-mounted air flex seat back
- Over-sized pedals with integrated straps
- Simple single-handed seat adjustment
- 6 workouts and 12 electronic readouts
- LxWxH: 66 x 23 x 49 in (168 x 59 x 125 cm)
- Weight: 200 lbs (92 kg)

CONSOLES, ENTERTAINMENT & NETWORKED FITNESS

Entertainment and information are powerful tools for creating an engaging fitness environment. Whichever Precor cardio equipment you're considering, great console and entertainment options await. Consider networking to help drive revenue, attract members, increase retention, and provide enhanced cardio asset management.





WHY WE MAKE PRECOR EQUIPMENT IS JUST AS IMPORTANT AS WHAT WE MAKE.

Creating products that welcome all kinds of people is our job. By making equipment that is easy to use, maintain, and service, we're helping you help people live the lives they desire.

CONSOLE AND ENTERTAINMENT OPTIONS

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

P82 Console

The P82, available on the Experience Series 880 and 780 Lines, is a 15 in (38.1 cm) capacitive touch screen console which is positioned for the future. It seamlessy combines a fitness, television, and internet experience into one simple design that attracts new exercisers and helps motivate existing ones to keep coming back.

P62 Console

The P62, available on the Experience Series 860 and 760 Lines, is a 10 in (25.7 cm) capacitive touch screen console that injects contemporary design and a premium networked fitness experience to the cardio floor. Operators can save time and effort with easy-to-access diagnostics and usage information.

P30 Console

The P30 console, available on the Experience Series 830 and 730 Lines, features a large LED display and motion controls along with mobile device charging for most mobile phones and small MP3 players.

Standard Console

The Standard console complements the Assurance Series Line of cardio equipment, to deliver exceptional value along with a commercially proven mechanical design and durability.

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 Standard 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 and Standard consoles.

Cable Management

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

	Experience® Series			Assurance® Series
Compatible Cardio Line	880 Line and 780 Line	860 Line and 760 Line	830 Line and 730 Line	
Console	**P82 console**	**P62 console**	**P30 console**	**Standard console**
Display Type	15 in (38.1 cm) LCD capacitive touch screen	10 in (25.7 cm) LCD capacitive touch screen	Advanced LED Display	Streamlined LED Display Advanced LED Display (TRM 946i only)
Machine Controls	Motion Controls	Motion Controls	Motion Controls	Streamlined LED Display: Dome switch Advanced LED Display: Tap Control
Languages	English, Chinese, Danish, Dutch, French, Finnish, German, Italian, Japanese, Korean, Norwegian, Polish, Portuguese, Russian, Spanish, Swedish, Turkish	English, Chinese, Danish, Dutch, French, Finnish, German, Italian, Japanese, Korean, Norwegian, Polish, Portuguese, Russian, Spanish, Swedish, Turkish	English, Chinese, Dutch, French, German, Hebrew, Italian, Japanese, Portuguese, Russian, Spanish	English, Dutch, French, German, Hebrew, Italian, Japanese, Portuguese, Russian, Spanish
Network Capable	■	■	-	-
Personal Viewing System (PVS)	Embedded	Embedded	Available add-on	Available add-on
Entertainment Cap (800/900 MHz)	-	-	Available add-on	Available add-on
Mobile Device Charger	■	■	■	-
Reading Rack	Optional	■	■	■
Media Adapter	P80 with Media Adapter Only	-	-	-
Cable Management	Optional	Optional	Optional	Optional

■ *Standard* - *Not offered*

TOUCH SCREEN CONSOLES
for the Experience® Series 800 and 700 Lines

Add another highlight to the facility tour — your cardio floor, featuring the new 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 P62 shares a common software and hardware architecture with the P82, a proven and reliable console designed to respond to the rigours of a facility.

The P82 and P62 deliver the modern-day touch screen exercisers have come to enjoy from their personal technology devices.

The Preva® operating system, available exclusively on the P82 and P62 consoles, and in operation in over 3,500 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.

Featured Workout

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

Heads-up Viewing Angle

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

Mobile Device Charger

Experience Series consoles all feature a mobile device charger for electronic book readers, small MP3 players, and mobile phones including those running Android®, Apple®, BlackBerry® and Windows® operating systems.

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. The removable rack is optional for the P82 and integrated on the P62.

Motion Controls

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

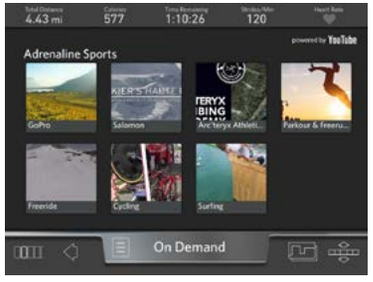
ENGAGE EXERCISERS WITH PERSONALISED EXPERIENCES

via the Experience® Series 800 and 700 Lines

When you connect Precor touch screen consoles, featuring the Preva® operating system, to the Internet, you've got networked fitness — a powerful combination that gives you the tools to increase attraction, improve retention, drive revenue, and optimise your cardio equipment management. In a networked environment, the P82 and P62 consoles offer Precor exclusives including:

MyUI

Unlike a simple logo, MyUI is a collection of features located in Preva Business Suite that enable you to have direct and personalised communication with exercisers on the cardio floor through several of the Precor console screens. MyUI allows your brand to shine through, creating an experience unique to your facility and helps to create awareness of your additional products and services to boost secondary revenue.



Video on Demand (VOD)

A selection of music, sports, and entertainment video playlists curated by Precor. While we use YouTube for content, we don't make exercisers slow down or interrupt workout time "surfing" for the "right" video. Our curator refreshes 36 playlists weekly with content that works well in an exercise environment.

> ***Exercisers agree that using VOD allows them to enjoy their workout — and their gym — more, and that VOD encourages them to workout longer.[1]***

Preva Personal Accounts

Exercisers can personalise the layout of the screens, set and track weekly workout goals, receive fun achievement badges, and save their favorite workouts for replay at another time. With Preva tokens using RFID technology, exercisers can sign into their Preva account with a quick tap of the token to the console.

> ***Studies show that exercisers with a Preva personal account and a Preva token work out an average of four times more often than those without.[2] In a recent survey, 75% of exercisers agreed that Preva helps them achieve their personal goals.[3]***

[1] Preva account holder surveys conducted in the U.S., February 2014, and Canada, August 2014.
[2] UBL Data, April, July, October 2014
[3] Fitnessdk member survey in 2014

Preva Business Suite

Through Preva Business Suite, an online portal featuring data about your networked Precor cardio equipment and exercisers, you'll have visibility into equipment usage to enable optimal management.

Exerciser Activity Report

A feature of Preva Business Suite, this report lets your staff see the cardio activity of Preva account holders in your facility. It can help drive targeted communications as well as enabling you to host and track member challenges and competitions.

Automatic Software Updates

All networked Precor consoles receive automatic software updates, refreshed content, and new features without any action or expense required by you. In fact, over the past five years, we have updated consoles over 20 times, bringing new features to operators and exercisers.

PROVEN TO WORK FOR OPERATORS

Attract

Deliver a "wow" factor to new and existing exercisers.

> ***One club saw a 70% increase in new membership sales one month after installing networked consoles in their facility[1]. Another club saw a membership increase of 35% in the first 3 months following the introduction of Preva Personal Accounts[2].***

Retain

With features like Preva Accounts, Messaging and Exerciser Activity Reports, you can keep exercisers returning to your facility.

> ***One facility has 4 in 5 members say the Preva enabled equipment makes them more likely to renew their membership[3]. Another club experienced a 25% increase in membership renewals year on year due to Preva[4].***

Earn

Features of MyUI help drive promotions and educate exercisers directly on the console.

> ***One facility ran a Preva messaging "Healthy Heart Offer for £10" promotion which resulted in 35 Healthy Heart tests in one month[5].***

Optimise Equipment

With Preva Business Suite, you can access real-time equipment usage insights, trends, and reports that help you make informed decisions around utilisation, maintenance, and purchasing equipment.

1 Healthglo Fitness & Leisure
2 University of East London (UEL) SportsDock
3 University of Edinburgh's Centre for Sport and Exercise
4 Fitness Incentive USA
5 Wellington Health & Fitness Club

PARTNERSHIPS AND INTEGRATIONS

Precor is committed to maximising your business with meaningful exerciser experiences. We have an open API and continually work to broaden our partner ecosystem to ensure it features compelling solutions to improve participation, increase retention, and build revenue for your facilities. Some of our current integrations that enhance the fitness experience for you and your members include:

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 you to offer your 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. When facilities combine the mobile app with custom-branded MyUI walkup screens, they will have a branded experience that seamlessly extends from the touch screen console to the exerciser's mobile device.

Movescount

Movescount is an advanced tracking app which allows exercisers to plan routes, track their moves and share these with a community of like-minded outdoor fitness enthusiasts. Pairing Movescount with a Suunto® watch like the Ambit3 turns it into a multi-functional smart watch. Or simply use a smart phone for tracking. Either way, Movescount is fully integrated with Preva, allowing exercisers to capture and consolidate all their activity inside and outside of the fitness facility.

bounts

The Preva® operating system is integrated with bounts, a digital health app that rewards exercisers with prizes from big name brands and local stores. When Preva exercisers get active and earn bounts points, they can spend them in a bounts reward shop on premium brands, prizes, and experiences.

EveryMove®

Precor is proud to partner with EveryMove, the nation's first lifestyle-based rewards programme that enables exercisers to capture their healthy activities for rewards from brands, their employer, and their healthcare provider.

Microsoft® HealthVault™

Precor offers exercisers the ability to automatically add tracked workouts directly into their Microsoft HealthVault account with their Preva personal account and the Preva Mobile app. Users can then view their workout information in Microsoft HealthVault along with their other health and wellness information.

Links Modular Solutions

Links provides fitness facilities with a complete solution to manage staff, members and programmes. Links also allows you to effectively manage the booking of training sessions, classes, and appointments. Links facilities can connect with the Preva operating system so exercisers can share their cardio exercise data with the Link system.

VITALE

Vitale acts as an exerciser's virtual personal trainer. By means of powerful mathematical algorithms, Vital 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 an exerciser's progress. Through an integration with the Preva operating system, exercisers are able to easily record their Precor cardio workouts in the MyVitale system.

SPINNING®

Spinner® bikes by Precor distance themselves from the pack with a combination of reliable experience-driven design, comprehensive programming from a leading education company, and the largest community of enthusiasts and instructors.

INTRODUCING OUR LINE OF SPINNER® BIKES

SPINNER® Ride

SPINNER® Shift

SPINNER® Rally

	Spinner® Ride	Spinner® Shift	Spinner® Rally
Dimensions (L x W)	48 in x 20 in 122 x 51 cm	48 in x 20 in 122 x 51 cm	48 in x 20 in 122 x 51 cm
Overall Weight	124 lbs / 56.4 kg	140 lbs / 63.5 kg	126 lbs / 57.1 kg
Frame	Alloy Steel	E-Coated Performance Steel	Aluminum
Frame Colour	Metallic White	Charcoal	Semi-Gloss Metallic Black
Overall	All models have a flywheel weight of 43 lbs / 19.5 kg; support a maximum user weight of 350 lbs / 158.7 kg; include choice of Chain Drive or Poly-V Belt Drive; and employ a friction brake		

We're delighted to offer three Spinner® bikes featuring the reliability and durability you expect from Precor, and backed by more than 25 years of industry insights, education, and programming from Spinning®, the creators of group indoor cycling.

These bikes were engineered to deliver a personalised ride while also improving fit, feel, and longevity. Give your exercisers the riding experience they've always dreamed of with equipment and programming built for long-lasting results.

PRECOR® | SPINNING®

Spin®, Spinner®, Spinning® and the Spinning logo are registered trademarks owned by Mad Dogg Athletics, Inc.

Anatomy of a Spinner®

Overhead view of Q factor

Backside of chain guard

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 authentic feel of the road is established via a perimeter-weighted flywheel (43 lbs /19.5 kg). 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 pedaling 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

Spinner® bikes offer the most adjustability and best ergonomics of any indoor cycling bike in the industry. 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 Access Panel

An oversized one-bolt panel provides improved access to the drivetrain for easy maintenance.

6 Chain Tension Inspection Window

The chain tension inspection window offers a direct view of the current chain tension and allows for simple lubrication without removing any parts.

7 Q Factor

The measured space between the pedals, or Q factor, is an important element for comfort and performance on the bike. Spinner® bikes feature a precise Q factor, 162 mm, that is modeled after road bikes to deliver better comfort and biomechanics through the hips, knees and ankles.

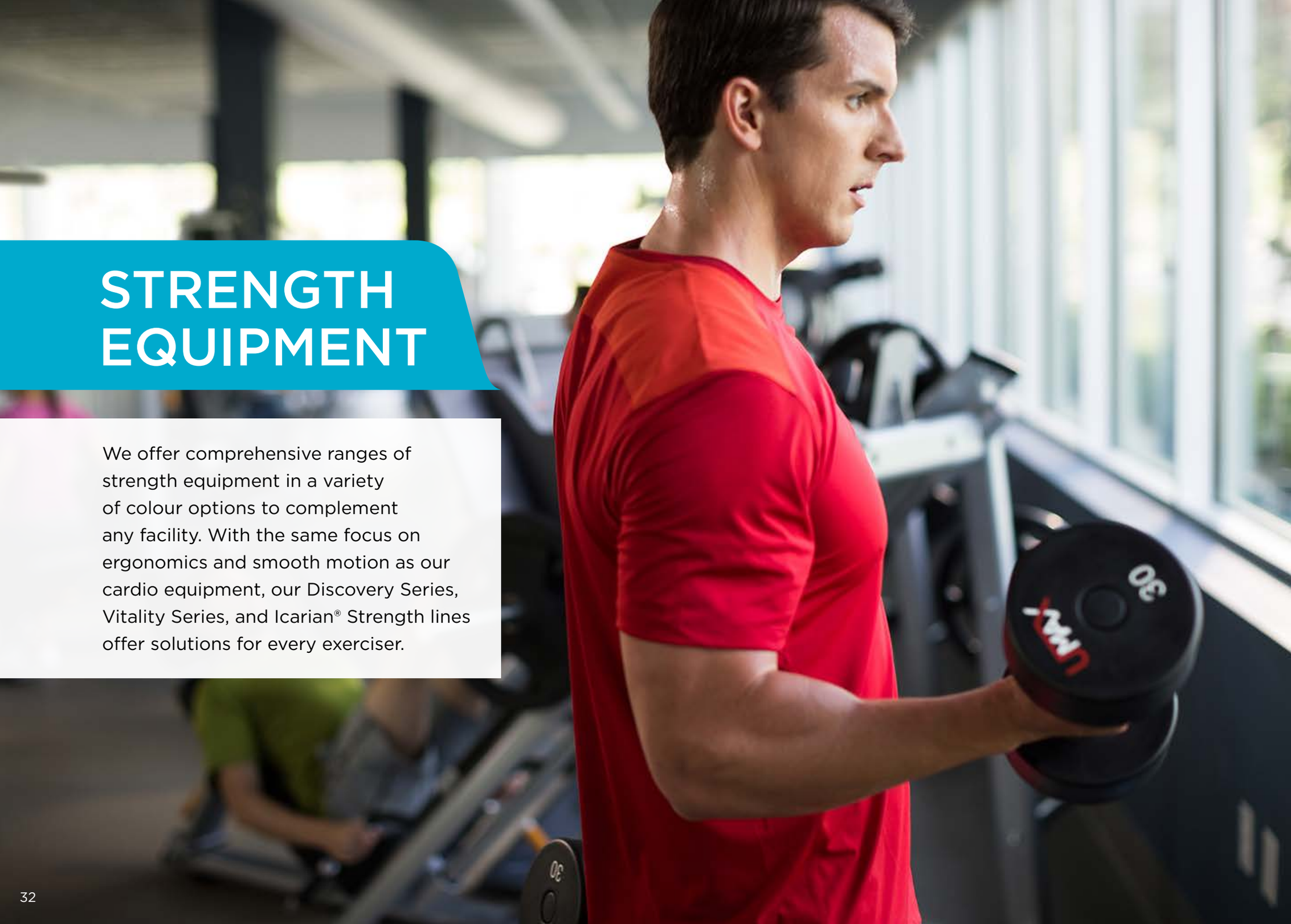
SPINNING®
Education and Programming

Support your purchase of world-class Spinner® bikes with world-class Spinning® instructors and programmes that keep exercisers engaged and coming back for more. Certifying your instructors in the Spinning® programme is easy.

Bring the full Spinning® experience to your gym or studio by becoming an Official Spinning® Facility. With this scalable, turn-key solution, you can take advantage of the worldwide recognition of Spinning® and introduce a consistent programme experience that builds community and loyalty among instructors and exercisers alike.

Use the powerful, internationally recognised Spinning® brand on your website, facility signage, class schedule and marketing materials, and get one of the best consultations from industry leaders to keep you ahead of the competition.

Certification Options	Description
Host an open training event	Open training events can bring great exposure to your facility. Such events are open to your trainers and outside participants. Spinning® will promote and market the training, while handling all the administrative efforts.
Enroll Instructors in an Existing Certification	Get instructors trained quickly by joining a scheduled certification course. Contact training@maddogg.com to check for availability.



STRENGTH EQUIPMENT

We offer comprehensive ranges of strength equipment in a variety of colour options to complement any facility. With the same focus on ergonomics and smooth motion as our cardio equipment, our Discovery Series, Vitality Series, and Icarian® Strength lines offer solutions for every exerciser.

PRECOR STRENGTH EQUIPMENT
by Line

Discovery Series

The Discovery Series Benches & Racks, Plate Loaded, and Selectorized Lines combine all of the functional performance elements demanded from a strength line, along with the design and attention to detail that is the hallmark of Precor premium quality. The result is an exceptional experience for the first-time user and the seasoned athlete alike.

Benches & Racks

Plate Loaded

Selectorized

Vitality Series

The Vitality Series consists of compact, space efficient selectorized units that can help you provide exercisers with the variety they crave, while working within space and budget requirements. To encourage comfortable and effective workouts, the Vitality Series incorporates a biomechanically correct and user-friendly design.

Single Exercise Selectorized

Dual Exercise Selectorized

Icarian® Strength

The Icarian Strength Line includes Functional Selectorized 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.

Functional Selectorized

Multi-Station

DISCOVERY SERIES
Selectorized Line

Instructional Placards
Easy-to-understand, large illustrations demonstrate correct form at a glance. QR codes link to instructional videos that make getting started easy for all exercisers.

Weight Tower
The consistent low-profile tower height and translucent shrouds create an open and inviting workout environment.

Adjustments
Highly visible and durable touch points, including the industrial gas-assisted seat adjustments, selector pin, and add-on weight switch make it easy and comfortable for exercisers to get the right fit.

Durability
The 11-gauge steel and fully-welded boxed frame provides a rock solid foundation that will not bend, flex, or creak under heavy loads or over time.

Discovery Series Selectorized Line

Frame: Gloss Metallic Silver
Shroud: Pacific Blue
Upholstery: Black

Frame: Desert Bronze
Shroud: Dark Cavern
Upholstery: Paprika

Discovery Series Selectorized Line Colour Options

Standard Frame Colours

Gloss Metallic Silver | Black Magic Gloss | Gloss White | Metallic Ash | Desert Bronze

Standard Shroud Colours

Black | Pacific Blue | Dark Cavern

Standard Upholstery Colours

Black | Graphite | Slate | Imperial Blue | Royal Blue | Mahogany | Paprika | American Beauty Red | Terra Cotta

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

Discovery Series Selectorized Line – Upper Body

DSL0204
Biceps Curl

- Dimensions (LxWxH):
  47 x 44 x 59 in (119 x 112 x 150 cm)
- Weight: 434 lbs (197 kg)
- Weight Stack: 160 lbs (73 kg)

DSL0208
Triceps Extension

- Dimensions (LxWxH):
  47 x 44 x 59 in (119 x 112 x 150 cm)
- Weight: 442 lbs (200 kg)
- Weight Stack: 160 lbs (73 kg)

DSL0215
Seated Dip

- Dimensions (LxWxH):
  47 x 49 x 59 in (119 x 125 x 150 cm)
- Weight: 563 lbs (255 kg)
- Weight Stack: 240 lbs (109 kg)

DSL0304
Lat Pulldown

- Dimensions (LxWxH):
  67 x 61 x 77 in (170 x 155 x 196 cm)
- Weight: 619 lbs (281 kg)
- Weight Stack: 240 lbs (109 kg)

DSL0310
Seated Row

- Dimensions (LxWxH):
  51 x 49 x 59 in (130 x 125 x 150 cm)
- Weight: 508 lbs (230 kg)
- Weight Stack: 240 lbs (109 kg)

DSL0313
Back Extension

- Dimensions (LxWxH):
  48 x 43 x 59 in (122 x 109 x 150 cm)
- Weight: 488 lbs (221 kg)
- Weight Stack: 160 lbs (73 kg)

DSL0404
Chest Press

- Dimensions (LxWxH):
  58 x 59 x 59 in (147 x 150 x 150 cm)
- Weight: 530 lbs (240 kg)
- Weight Stack: 240 lbs (109 kg)

DSL0500
Shoulder Press

- Dimensions (LxWxH):
  67 x 52 x 59 in (170 x 132 x 150 cm)
- Weight: 538 lbs (244 kg)
- Weight Stack: 200 lbs (91 kg)

DSL0504
Lateral Raise

- Dimensions (LxWxH):
  53 x 49 x 59 in (135 x 125 x 150 cm)
- Weight: 498 lbs (226 kg)
- Weight Stack: 160 lbs (73 kg)

DSL0505
Rear Delt / Pec Fly

- Dimensions (LxWxH):
  54 x 56 x 84 in (137 x 142 x 213 cm)
- Weight: 594 lbs (269 kg)
- Weight Stack: 240 lbs (109 kg)

Discovery Series Selectorized Line – Lower Body and Core

DSL0315
Rotary Torso

- Dimensions (LxWxH):
  50 x 54 x 59 in (127 x 137 x 150 cm)
- Weight: 451 lbs (205 kg)
- Weight Stack: 160 lbs (73 kg)

DSL0602
Leg Press

- Dimensions (LxWxH):
  77 x 48 x 59 in (196 x 122 x 150 cm)
- Weight: 875 lbs (397 kg)
- Weight Stack: 400 lbs (182 kg)

DSL0605
Leg Extension

- Dimensions (LxWxH):
  53 x 49 x 59 in (135 x 125 x 150 cm)
- Weight: 575 lbs (261 kg)
- Weight Stack: 240 lbs (109 kg)

DSL0606
Prone Leg Curl

- Dimensions (LxWxH):
  61 x 48 x 59 in (155 x 122 x 150 cm)
- Weight: 497 lbs (225 kg)
- Weight Stack: 200 lbs (91 kg)

DSL0618
Glute Extension

- Dimensions (LxWxH):
  53 x 40 x 59 in (135 x 102 x 150 cm)
- Weight: 448 lbs (203 kg)
- Weight Stack: 160 lbs (73 kg)

DSL0619
Seated Leg Curl

- Dimensions (LxWxH):
  61 x 49 x 59 in (155 x 125 x 150 cm)
- Weight: 594 lbs (269 kg)
- Weight Stack: 240 lbs (109 kg)

DSL0620
Inner Thigh

- Dimensions (LxWxH):
  66 x 30 x 59 in (168 x 76 x 150 cm)
- Weight: 544 lbs (247 kg)
- Weight Stack: 200 lbs (91 kg)

DSL0621
Outer Thigh

- Dimensions (LxWxH):
  66 x 30 x 59 in (168 x 76 x 150 cm)
- Weight: 544 lbs (247 kg)
- Weight Stack: 200 lbs (91 kg)

DSL0623
Seated Calf Extension

- Dimensions (LxWxH):
  53 x 44 x 59 in (135 x 112 x 150 cm)
- Weight: 679 lbs (308 kg)
- Weight Stack: 400 lbs (182 kg)

DSL0714
Abdominal

- Dimensions (LxWxH):
  51 x 50 x 59 in (130 x 127 x 150 cm)
- Weight: 523 lbs (237 kg)
- Weight Stack: 400 lbs (182 kg)

DISCOVERY SERIES SELECTORIZED LINE

Advanced Movement Design

Your exercisers can achieve greater strength through training with Advanced Movement Design products, exclusive to the Discovery Series Selectorized Line.

This progressive platform challenges the body in a way that engages more muscles to functionally develop strength and stabilise movement patterns. The converging/diverging axis allows exercisers to move in a more natural movement pattern to provide a greater range of motion and muscle recruitment. The ergonomic design of the angled movement arms, ellipse-shaped handle grips, and an improved pulley system design ensures exercisers experience a smoother, more natural and fluid motion during the workout.

DSL0414
Converging Chest Press

- Dimensions (LxWxH):
  64 x 49 x 72 in (163 x 125 x 183 cm)
- Weight: 575 lbs (260 kg)
- Weight Stack: 240 lbs (109 kg)

DSL0314
Diverging Lat Pulldown

- Dimensions (LxWxH):
  47 x 50 x 84 in (118 x 127 x 213 cm)
- Weight: 565 lbs (256 kg)
- Weight Stack: 240 lbs (109 kg)

DSL0515
Converging Shoulder Press

- Dimensions (LxWxH):
  61 x 59 x 61 in (154 x 150 x 154 cm)
- Weight: 527 lbs (239 kg)
- Weight Stack: 200 lbs (91 kg)

DSL0324
Diverging Low Row

- Dimensions (LxWxH):
  77 x 48 x 59 in (196 x 122 x 150 cm)
- Weight: 561 lbs (255 kg)
- Weight Stack: 240 lbs (109 kg)

DISCOVERY SERIES
Plate Loaded Line

Inviting
Designed to suit a wide range of exercisers, the Discovery Series Plate Loaded Line features elements such as easy load heights, low starting weights, and ample weight plate storage.

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

Pivots
Cast pivot housing adds strength and provides a finished appearance.

Adjustments
Precision adjustments, including highly durable industrial-grade seat adjustments and large, ergonomic rubber adjustment handles make it easy and comfortable for exercisers to get the right fit.

Discovery Series Plate Loaded Line Colour Options

Standard Frame Colour	Movement Arms
Gloss Metallic Silver	Metallic Ash
Black Magic Gloss	Metallic Ash
Gloss White	Metallic Ash
Metallic Ash	Gloss Metallic Silver
Desert Bronze	Gloss Metallic Silver

Upholstery

Black	Graphite	Slate
Imperial Blue	Royal Blue	Mahogany
Paprika	American Beauty Red	Terra Cotta

• 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: 395 lbs (179 kg)
- Start Weight: 25 lbs (11.3 kg)
- Max. Lift Load Capacity: 600 lbs (272 kg)
- Angle of Glide Path: 11 degrees

DPL0624
Squat Machine

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

DPL0603
Hack Squat

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

DPL0601
Angled Leg Press

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

Discovery Series Plate Loaded Line

DPL0561

Leg Curl

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

DPL0560

Leg Extension

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

DPL0616

Calf Raise

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

DPL0550

Shoulder Press

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

DPL0541

Incline Press

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

DPL0540

Chest Press

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

Discovery Series Plate Loaded Line

DPL0305
Pulldown

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

DPL0308
Low Row

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

DPL0309
Seated Row

- Dimensions (LxWxH):
  58 x 50 x 49 in (148 x 127.5 x 124 cm)
- Weight: 340 lbs (154 kg)
- Start Weight: 10 lbs (4.5 kg)
- Max. Lift Load Capacity: 450 lbs (204 kg)

DPL0520
Biceps Curl

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

DPL0521
Seated Dip

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

DPL0311
Incline Lever Row

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

DISCOVERY SERIES
Benches and Racks Line

Functional Excellence
Our attention to product design enhances traditional and functional exercise movements, creating a wide range of exercise opportunities for a variety of exercisers.

Sturdy
Heavy duty, oversized commercial 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
The low bench profile accommodates a wide range of exercisers in a stable position that helps minimise external shoulder rotation and allows for unencumbered lifts.

Discovery Series Benches & Racks Line

DBR0610
Power Rack

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

DBR0611
Half Rack

- Dimensions (LxWxH):
  71 x 61 x 98.5 in (180 x 155 x 250 cm)
- Weight: 453 lbs (206 kg)
- Weight Storage Horns: 10
- Max. Lift Load Capacity: 600 lbs (272 kg)
- Max. Storage Weight: 1800 lbs (817 kg)

DBR0608
Olympic Squat Rack

- Dimensions (LxWxH):
  67 x 64 x 74 in (171 x 163 x 188 cm)
- Weight: 273 lbs (124 kg)
- Weight Storage Horns: 8
- Max. Lift Load Capacity: 600 lbs (273 kg)
- Max. Storage Weight: 1760 lbs (799 kg)

Optional Half Rack & Power Rack Accessories:

- Band Peg Kit
- Combo Rack Connector Kit
- Side by Side Connector Kit
- Reverse Bar Catches
- Torso Trainer
- Dip Station
- Lifting Platforms

Discovery Series Benches & Racks Line Colour Options

Standard Frame Colours

- Gloss Metallic Silver
- Metallic Ash
- Black Magic Gloss
- Desert Bronze
- Gloss White

Upholstery

- Black
- Graphite
- Slate
- Imperial Blue
- Royal Blue
- Mahogany
- Paprika
- American Beauty Red
- Terra Cotta

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

DBR0408
Olympic Flat Bench

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

DBR0410
Olympic Incline Bench

- Dimensions (LxWxH):
  79 x 65 x 55 in (201 x 165 x 139.7 cm)
- Weight: 221 lbs (100 kg)
- Weight Storage Horns: 8
- Max. Lift Load Capacity: 500 lbs (227 kg)
- Max. Storage Weight: 1760 lbs (798 kg)

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: 217 lbs (98.4 kg)
- Weight Storage Horns: 8
- Max. Lift Load Capacity: 500 lbs (227 kg)
- Max. Storage Weight: 1760 lbs (798 kg)

DBR0507
Olympic Shoulder Press Bench

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

DBR0119
Multi-Adjustable Bench

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

DBR0101
Flat Bench

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

DBR0116
Multi-Purpose Bench

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

DBR0113
Adjustable Decline Bench

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

DBR0202
Preacher Curl Bench

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

DBR0312
Back Extension

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

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: 201 lbs (91 kg)

DBR0808
Barbell Rack

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

DBR0818
Handle Rack

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

DBR0817
Weight Plate Tree

- Dimensions (LxWxH):
  26 x 30 x 47 in (65 x 75 x 120 cm)
- Weight: 77 lbs (35 kg)
- Weight Storage Horns: 6

DBR0813
Beauty Bell Rack

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

DBR0814
3 Tier, 10 Pair Dumbbell Rack

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

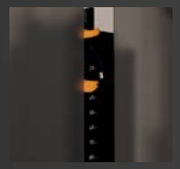
DBR0812
2 Tier, 10 Pair Dumbbell Rack

- Dimensions (LxWxH):
  87 x 28 x 32 in (220 x 70 x 81 cm)
- Weight: 207 lbs (94 kg)
- Max. Storage Weight: 1600 lbs (726 kg)

DBR0815
3 Tier, 15 Pair Dumbbell Rack

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

VITALITY SERIES



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.

Compact

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

Easy to Use

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

Welcoming Design

Translucent shrouds enclose weight stacks, creating a sense of privacy helpful to new users, while maintaining openness throughout your facility.

Vitality Series Colour Options

Frame

Gloss Metallic Silver

Upholstery

Black (Standard)

Upholstery – optional

Mahogany

Imperial Blue

Paprika

Graphite

Royal Blue

Slate

American Beauty Red

Terra Cotta

• Colours may vary.
• Upholstery colours other than black are available at an additional cost.

Vitality Series – Single Exercise

C003ES
Biceps Curl
- Dimensions (LxWxH):
  47 x 40 x 57 in (119 x 102 x 145 cm)
- Weight: 395 lbs (180 kg)
- Weight Stack: 170 lbs (78 kg)

C001ES
Chest Press
- Dimensions (LxWxH):
  39 x 51 x 69 in (99 x 130 x 175 cm)
- Weight: 450 lbs (205 kg)
- Weight Stack: 240 lbs (110 kg)

C002ES
Pulldown*
- Dimensions (LxWxH):
  55.5 x 40 x 88 in (141 x 102 x 223.5 cm)
- Weight: 475 lbs (215 kg)
- Weight Stack: 220 lbs (100 kg)

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

C019ES
Seated Row
- Dimensions (LxWxH):
  50 x 47 x 69 in (127 x 119 x 175 cm)
- Weight: 460 lbs (210 kg)
- Weight Stack: 240 lbs (110 kg)

C012ES
Shoulder Press
- Dimensions (LxWxH):
  59 x 56 x 57 in (150 x 142 x 145 cm)
- Weight: 430 lbs (195 kg)
- Weight stack: 200 lbs (91 kg)

C023ES
Triceps Extension
- Dimensions (LxWxH):
  46 x 40 x 57 in (117 x 102 x 145 cm)
- Weight: 395 lbs (180 kg)
- Weight Stack: 170 lbs (78 kg)

C005ES
Leg Extension
- Dimensions (LxWxH):
  52 x 43 x 57 in (132 x 109 x 145 cm)
- Weight: 460 lbs (210 kg)
- Weight Stack: 200 lbs (91 kg)

C007ES
Seated Leg Curl
- Dimensions (LxWxH):
  62 x 43 x 57 in (157 x 109 x 145 cm)
- Weight: 450 lbs (205 kg)
- Weight Stack: 170 lbs (78 kg)

C014ES
Abdominal
- Dimensions (LxWxH):
  58 x 39 x 57 in (147 x 99 x 145 cm)
- Weight: 465 lbs (210 kg)
- Weight Stack: 200 lbs (91 kg)

C011ES
Back Extension
- Dimensions (LxWxH):
  53 x 39 x 57 in (135 x 99 x 145 cm)
- Weight: 450 lbs (205 kg)
- Weight stack: 200 lbs (91 kg)

Vitality Series – Dual Exercise

C024ES
Multi-Press

- Dimensions (LxWxH):
  72 x 60 x 69 in (183 x 152 x 175 cm)
- Weight: 450 lbs (205 kg)
- Weight Stack: 240 lbs (110 kg)

C015ES
Rear Delt / Pec Fly

- Dimensions (LxWxH):
  40 x 54 x 78 in (102 x 137 x 198 cm)
- Weight: 470 lbs (214 kg)
- Weight Stack: 240 lbs (110 kg)

C026ES
Pulldown / Seated Row

- Dimensions (LxWxH):
  76 x 48 x 87 in (193 x 122 x 221 cm)
- Weight: 490 lbs (222 kg)
- Weight Stack: 220 lbs (100 kg)

C025ES
Bicep Curl / Tricep Extension

- Dimensions (LxWxH):
  51 x 43 x 57 in (130 x 110 x 145 cm)
- Weight: 395 lbs (180 kg)
- Weight Stack: 170 lbs (78 kg)

C027ES
Leg Extension / Leg Curl

- Dimensions (LxWxH):
  64 x 43 x 57 in (163 x 109 x 145 cm)
- Weight: 530 lbs (240 kg)
- Weight Stack: 240 lbs (110 kg)

C010ES
Leg Press / Calf Extension

- Dimensions (LxWxH):
  76 x 43 x 69 in (193 x 109 x 175 cm)
- Weight: 550 lbs (250 kg)
- Weight Stack: 295 lbs (135 kg)

C008ES
Inner / Outer Thigh

- Dimensions (LxWxH):
  64 x 31 x 57 in (163 x 79 x 145 cm)
- Weight: 440 lbs (200 kg)
- Weight Stack: 170 lbs (78 kg)

C028ES
Abdominal / Back Extension

- Dimensions (LxWxH):
  59 x 39 x 57 in (150 x 99 x 145 cm)
- Weight: 460 lbs (210 kg)
- Weight Stack: 200 lbs (91 kg)

ICARIAN® STRENGTH LINE

With a selection of Functional Selectorized 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.

Icarian® Functional Selectorized

FTS Glide
Functional Training System

- Dimensions (LxWxH): 53 x 48 x 85 in (135 x 122 x 216 cm)
- Weight: 672 lbs (305 kg)
- Weight Stack: 2 x 200 lbs (2 x 91 kg)

FTS
Functional Training System

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

Icarian® Functional Selectorized

407B
Adjustable Cable Crossover

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

302
Longpull

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

304
Pulldown

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

320
Dip / Chin Assist

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

Icarian® Colours Options

Frame

Gloss Metallic Silver | Metallic Ash | Desert Bronze | Black Magic Gloss | Gloss White

Upholstery

Black | Mahogany | Imperial Blue | Paprika | Graphite

Royal Blue | Slate | American Beauty Red | Terra Cotta

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

Icarian® Multi-Stations

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

820 Multi-Gym

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

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

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

Icarian® Multi-Stations

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 x38 in (173 x 90 x 97 cm)
- Weight: 150 lbs (68 kg)

V-Crunch

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

StretchTrainer 240i

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

Core and Stretching Colours Options

Frame

Gloss Metallic Silver

Gloss White

Upholstery

Black

- *Colours may vary.*
- *Custom colours are available. Please contact a Precor sales representative.*
- *StretchTrainer is only available with a Gloss Metallic Silver frame.*

QUEENAX

Queenax is a unique, functional training system that can multiply the training space within your facility. It is offered with comprehensive education to ensure your trainers deliver a variety of 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

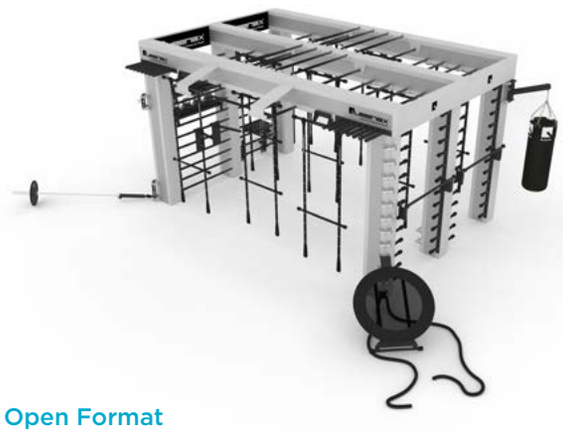
Provides space-constrained facilities with the functionality of a much larger structure

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

Wall Solutions

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 stations

Queenax™
Functional Fitness by Precor

** indicates unit pictured*

TRAINING APPS

Training Apps are accessory items that quickly attach to the training bars or wall bars, such as suspended bodyweight training systems, and allow you to conduct group training classes like Superfunctional, CrossCore®, and TRX®.

OPTIONALS

Optionals are storage solutions and accessory items, like plyometric platforms, rebounders, and torso trainers, which can be added to the frame of your Queenax in order to accommodate exercises or storage. They can be removable or permanently mounted to create additional training stations.

EDUCATION

Get more out of your Precor equipment with video tutorials, downloadable workouts, online training courses, and onsite workshops. Enjoy easy access to our growing library of Precor training materials that will support your trainers and motivate your exercisers.

OUR PHILOSOPHY

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.

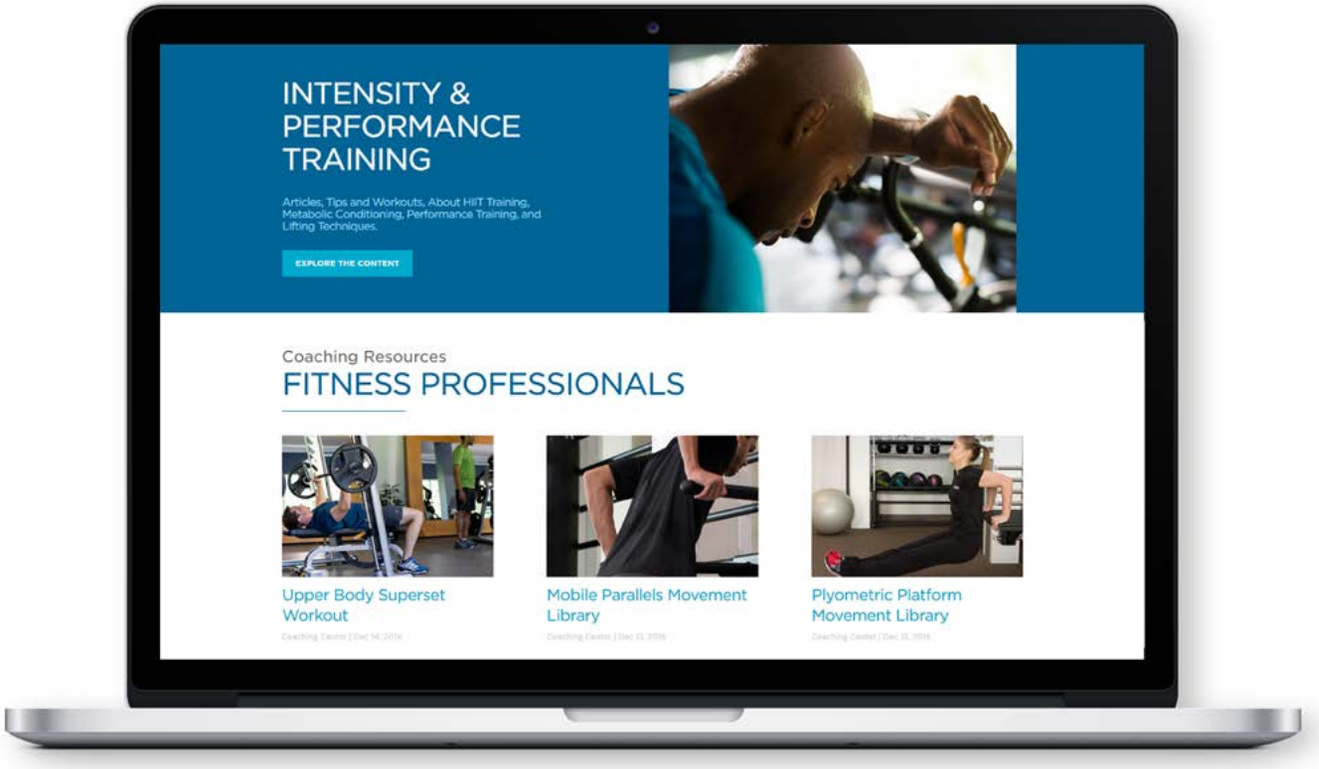
Our content is developed by industry experts and organisations, aligns with industry trends, and is targeted for different audiences including exercisers, operators, and fitness professionals.

PRECOR COACHING CENTRE

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

Precor COACHING CENTRE

www.precor.com/coaching-centre

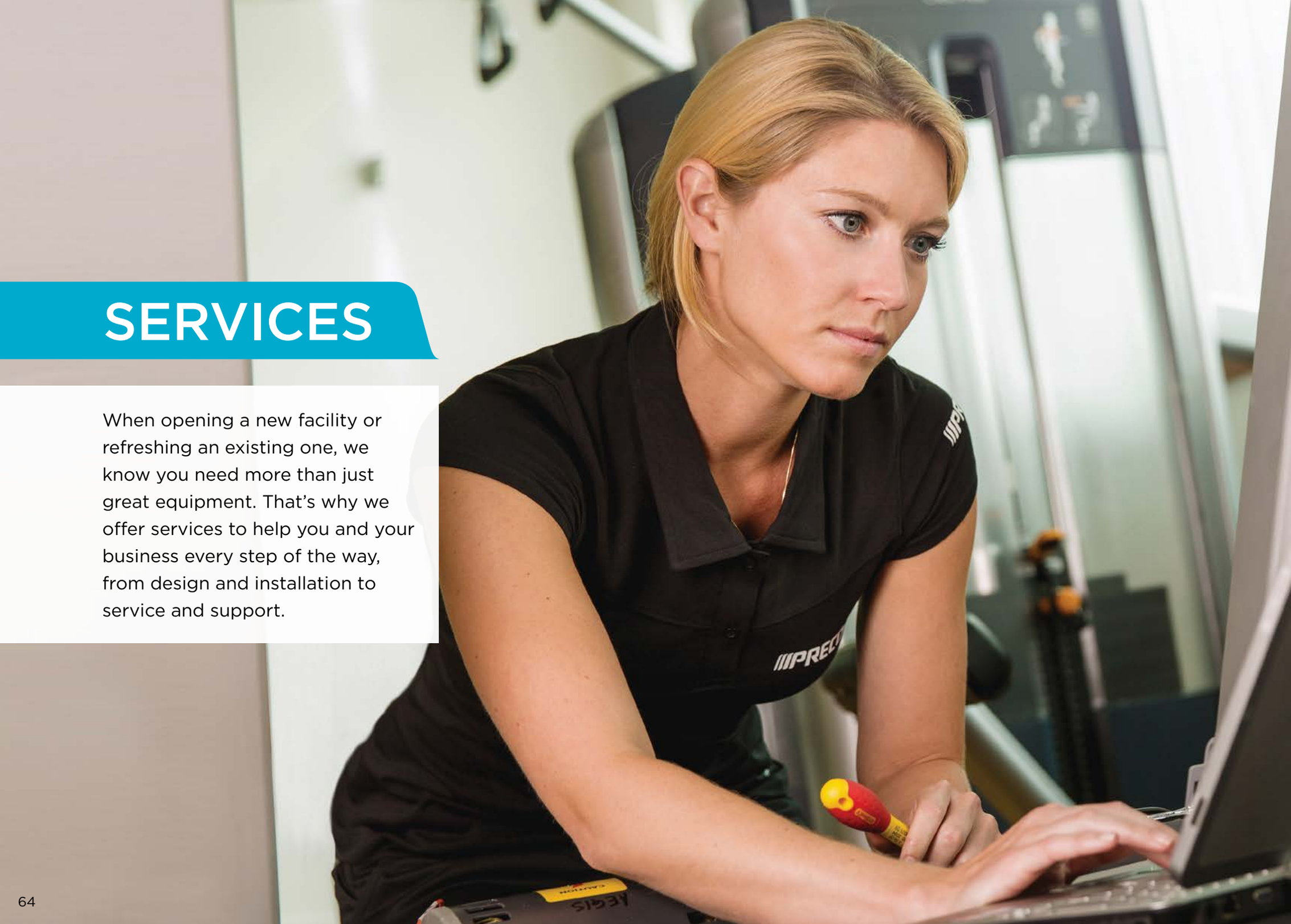


Top Features

- Available in six languages and accessible 24/7 from anywhere in the world
- Free of charge, open access content at your finger tips
- Intuitive navigation optimised for fitness professionals, operators, and exercisers
- Regular content updates provided by the Precor coaching team and leading industry educators
- Content is driven by industry trends and fundamental exercise principles
- Video and PDF content is designed for the time-sensitive fitness educator

ONSITE EDUCATION SUPPORT

In addition to open access content online, Precor offers onsite training workshops with our elite Master Coach team. Master Coaches travel to your facility to deliver half or full day CEC-approved training workshops. Precor provides training manuals and marketing materials to support programme launches in your facility. If an onsite training isn't included with the purchase of Precor equipment, operators can work with their local sales representative to purchase an onsite training workshop. Check out the Precor Coaching Centre for the latest updates on onsite training.



SERVICES

When opening a new facility or refreshing an existing one, we know you need more than just great equipment. That's why we offer services to help you and your business every step of the way, from design and installation to service and support.

WE'RE COMMITTED TO THE HEALTH AND FITNESS OF YOUR COMPANY.

We're into fiscal fitness as much as physical fitness. That's why we design and build our equipment to last, to be easy to maintain, and have service programmes in place to to solve problems if they arise.

Creating Great Workout Environments:
PLANNING AND DESIGN

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
- User flow and preference consideration
- Access and accessibility as defined by ADA
- Audio/visual planning

The Smart Way to a Better Deal:
FINANCING AND LEASING

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

Adding Predictability to Your Equipment Ownership Experience:
SERVICE AND SUPPORT

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 to keep your equipment going. Our payment programmes take the surprises and guesswork out of your equipment maintenance and repair.

About our service package:

- 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[1]
- Our off-the-shelf parts availability is 97%

[1]Research conducted by TNS 2015

Professional Attention to Every Detail:
DELIVERY AND INSTALLATION

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.

FOR US
THE WORKOUT IS NEVER OVER.

The world's first Elliptical Fitness Crosstrainer,
the Precor EFX® 544.

For product specification tables, please visit www.Precor.com/spectables

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Fitness Made Personal

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