

WE DESIRE A LIFE WITHOUT LIMITS

# PRECOR<sup>®</sup>

COMMERCIAL CATALOG



CARDIO | STRENGTH | NETWORKED FITNESS | GROUP TRAINING | SERVICE



# CONTENTS

<b>Who is Precor?</b>	2
<b>Cardio Equipment</b>	4
Treadmills	8
Elliptical Fitness Crosstrainers™ (EFX®)	9
Adaptive Motion Trainers (AMT®)	10
Bikes & Climber	11
Experience™ Series Lines	12
<b>Consoles, Entertainment &amp; Networked Fitness</b>	18
Preva® Networked Fitness	22
<b>Group Training</b>	28
<b>Spinning® Indoor Cycles</b>	30
<b>Assault Fitness</b>	34
<b>Queenax® Functional Training</b>	36
Training Apps & Optionals	40
Queenax Education	41
<b>Education</b>	42
<b>Strength Equipment</b>	44
Resolute™ Strength Selectorized Line	46
Discovery™ Series Plate Loaded Line	50
Discovery™ Series Benches & Racks Line	54
Vitality™ Series Line	59
Icarian® Strength Line	62
Core & Stretching	66
<b>Service &amp; Support</b>	67
Planning & Design	68
Financing & Leasing	68

# PART OF A PREMIER GLOBAL COMPANY

Precor is a member of **Amer Sports**, a global leader in sporting goods. 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 recognized brands includes Salomon®, Wilson®, Suunto®, Atomic®, Peak Performance® and Arc'teryx®.

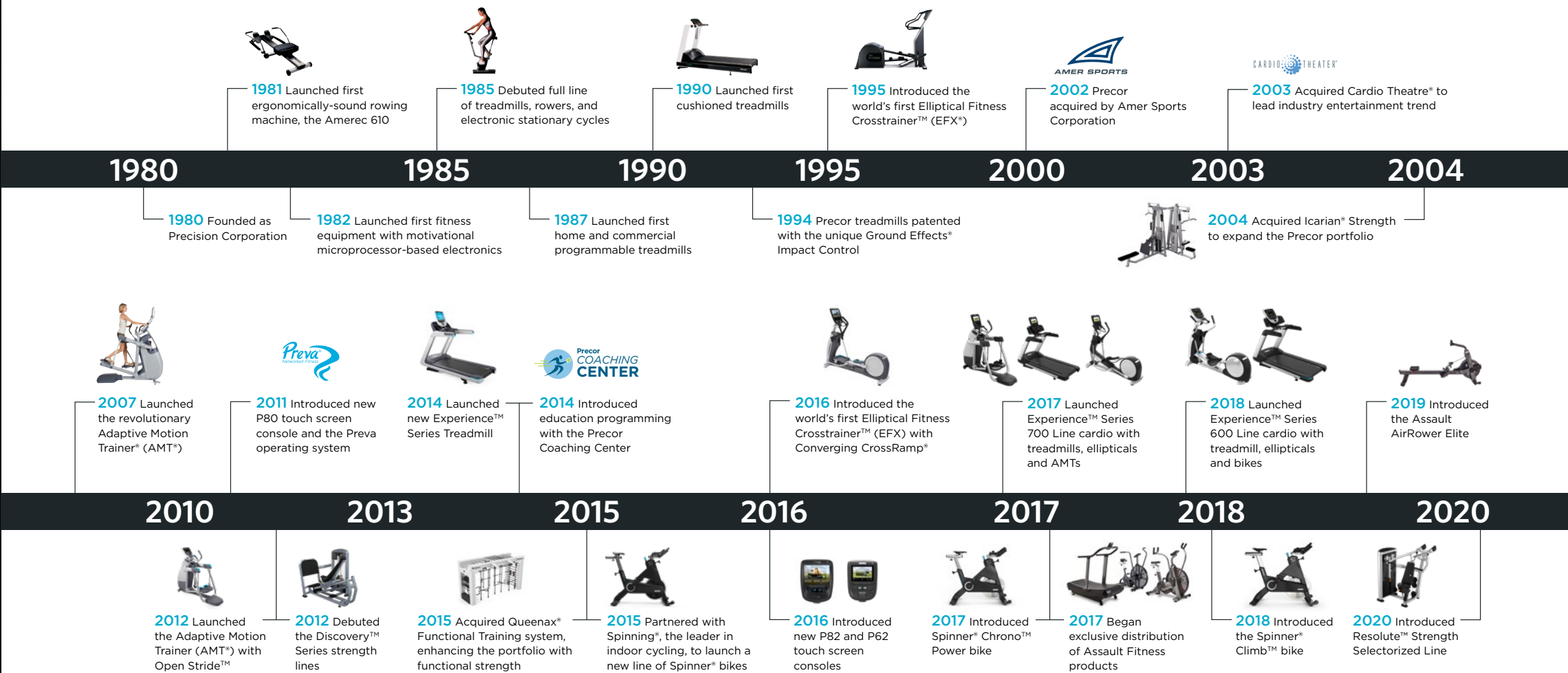
All the products of Amer Sports' affiliate brands are designed to improve the performance of all athletes—from beginners to professionals—to help them achieve their goals, and provide them with more enjoyment from their activity of choice.

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

The Fitness SF team purchased 53 pieces of networked cardio equipment, and installed Preva, the Precor networked fitness solution, onto each cardio unit. The new equipment increased operational efficiencies, and the decision to include Preva® gave them another marketing point for their members, and a helpful tool for the operators at each location.

*Fitness SF*  
*San Francisco, California*



# 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 mix-and-match portfolio enables any of our consoles to be compatible with any of our Experience® Series cardio models across the 800, 700, and 600 lines. Whether your clients 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, ease of care, and 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

A cardio line for light-use facilities looking for all the essentials, including an optimal balance between durability, reliability, and innovation. The 600 Line includes a treadmill, elliptical, recumbent, and upright bikes.



## A NEW LOOK FOR EXPERIENCE™ SERIES

Our new, warmer cardio colors enhance modern club design. Black Pearl frames add impact to your cardio floor. Color options are available across the 800, 700, and 600 lines.



Frame Color  
Black Pearl

Cover Color  
Tungsten Grey





Frame Color  
Gloss Metallic Silver

Cover Color  
Tungsten Grey



# TREADMILLS

## Personalized Performance for You and Your Exercisers

Meet the needs of your exercisers with treadmills that are personalized 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.
- **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 recognizes exercisers, natural foot speeds, and matches every stride for an ultra-smooth feel that enhances the workout experience.

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



### TRM 885

Speed Range: 0.5 - 16 mph / 0.8 - 25.5 kph  
Decline / Incline: -3 - 15%  
Side Handrail Length: 24 in / 61 cm  
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: 18 in / 46 cm  
Console Options: P82, P62, P31, and P30i\*  
\*Only available with the TRM 731 interval treadmill.

# 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 provides 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 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.
- **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

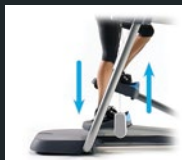


# ADAPTIVE MOTION TRAINER

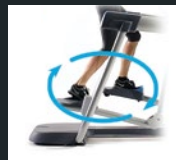
## One Machine. Multiple Workouts.

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.

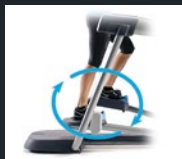
- **Open Stride™\*** — The proprietary Open Stride feature allows exercisers to adjust their stride height from 6.8 to 10 inches (17.3 to 25.4 cm) to mimic running stairs or climbing a hill. Users can go from short strides to long strides, walking to running.
- **Dynamic Adjustable Stride Length** — 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>



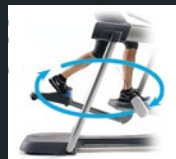
**Climber:** Similar to stair climbing, this exercises all leg muscles, especially the glutes, hip flexors, and calves.



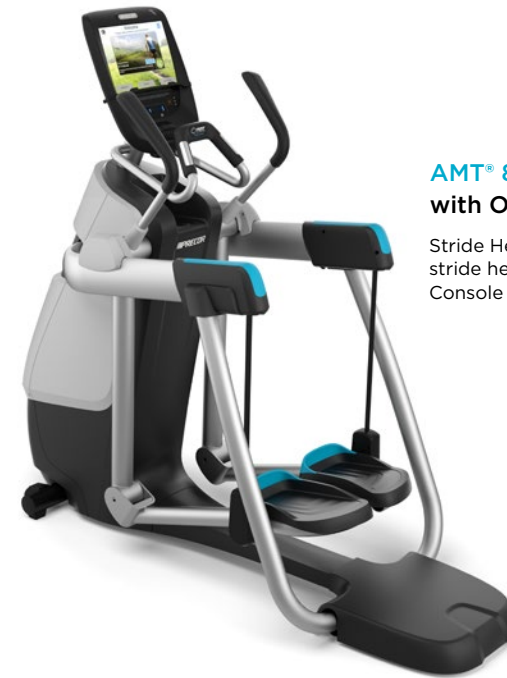
**Elliptical:** Similar to a jogging motion, this engages the hamstrings and glutes.



**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 pedaling 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 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. 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 Option: P30 only



## 800 LINE: DELIVERING A PREMIUM EXPERIENCE



### **AMT<sup>®</sup> 885 with Open Stride<sup>™</sup>** **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: 422 lb (191 kg)



### **EFX<sup>®</sup> 885** **Elliptical Fitness Crosstrainer<sup>™</sup>**

- Converging CrossRamp<sup>®</sup>: 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: 340 lb (154 kg)



### **EFX<sup>®</sup> 883** **Elliptical Fitness Crosstrainer<sup>™</sup>**

- Converging CrossRamp<sup>®</sup>: adjustable ramp between 10 and 35°
- Fixed upper body handlebars
- Active Status Light for maintenance status at a glance
- 20 resistance levels
- LxWxH: 80 x 28 x 71 in (203 x 71 x 180 cm)
- Weight: 340 lb (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) + 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: 430 lb (195 kg)



**UBK 885**  
**Upright Bike**

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



**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: 219 lb (99 kg)

MIX-AND-MATCH  
WITH A CHOICE  
OF CONSOLES



P82



P62



P31



## 700 LINE: HIGH VALUE AT A MID-TIER PRICE



### 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: 412 lb (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
- 20 resistance levels
- LxWxH: 80 x 28 x 67 in (203 x 71 x 170 cm)
- Weight: 278 lb (126 kg)





**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: 405 lb (184 kg)



**TRM 731 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)

MIX-AND-MATCH  
WITH A CHOICE  
OF CONSOLES



P82



P62



P31



## 600 LINE: OPTIMIZED FOR LIGHTER USE FACILITIES



**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)



**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)

MIX-AND-MATCH  
WITH A CHOICE  
OF CONSOLES



P82



P62



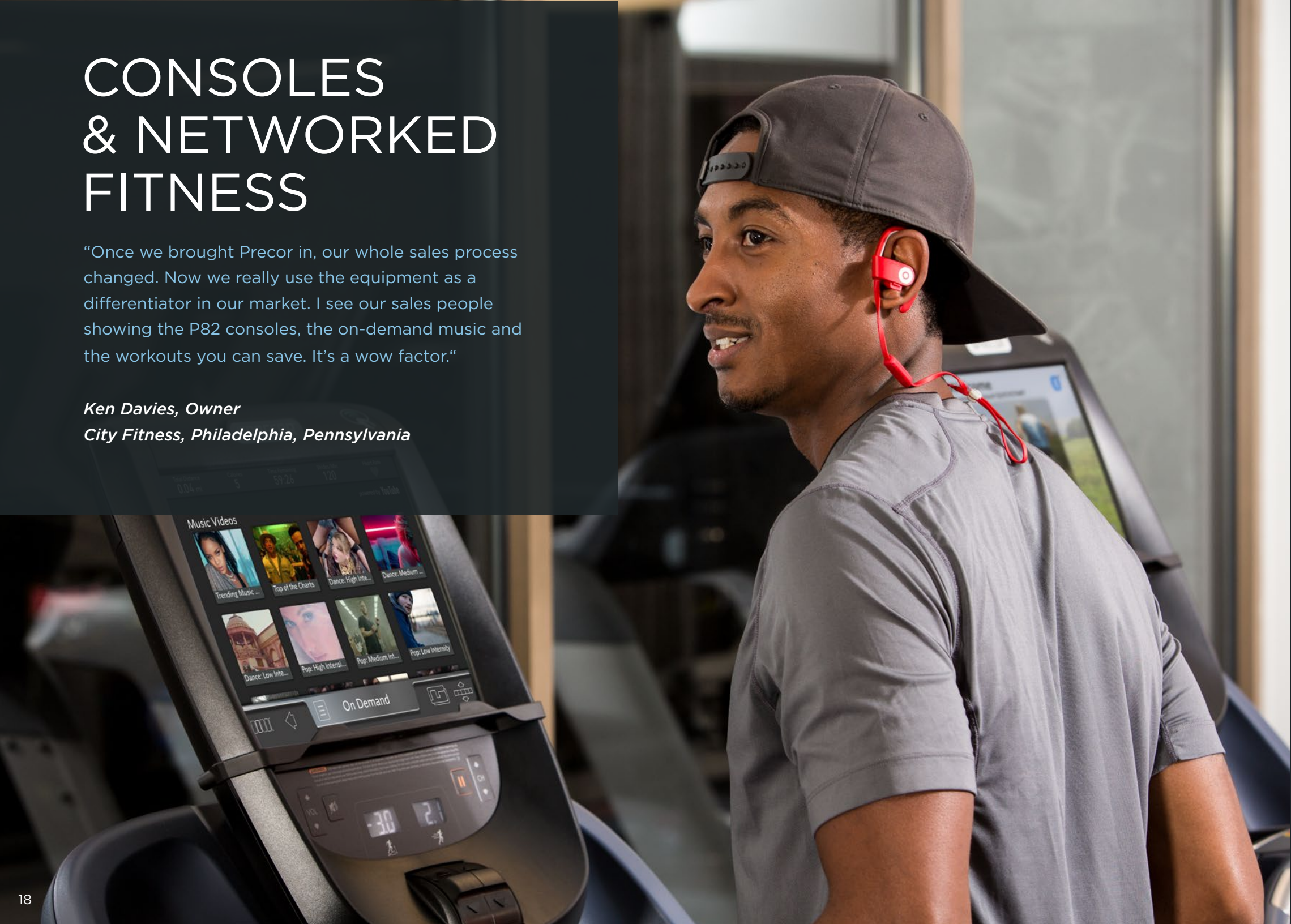
P30



# CONSOLES & NETWORKED FITNESS

“Once we brought Precor in, our whole sales process changed. Now we really use the equipment as a differentiator in our market. I see our sales people showing the P82 consoles, the on-demand music and the workouts you can save. It’s a wow factor.”

*Ken Davies, Owner  
City Fitness, Philadelphia, Pennsylvania*

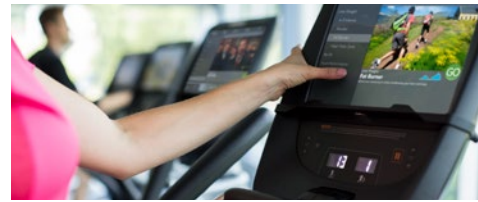


# TAP INTO THE FUTURE

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.



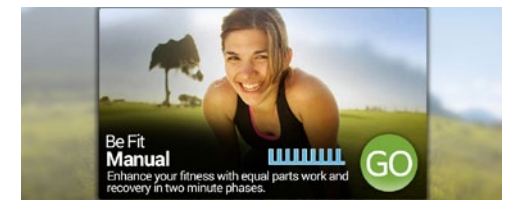
## Reading Rack

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, available on all Experience Series lines, is a 15-in (38.1 cm) capacitive touch screen console that seamlessly combines a fitness, television, and internet experience into one simple design.



## P62 Console

The P62, available on all Experience Series 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, at a mid-tier price.



## 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 exclusively on the TRM 731.



## 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.

## TV & 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 the P30 console.



## Cable Management

With this complete system, you can easily protect cables from damage and keep your facility organized 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	Optional with Ecofit®
<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 TO GROW 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. And 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 customize the console experience and directly communicate with your exercisers to increase attraction, improve retention, drive revenue, and optimize your cardio equipment management.



## Customizable Walk-up Screen

Extend the presence of your brand to the cardio floor with a high impact, customizable 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 hours.

User	Brand	Date	Time	Calories	Heart Rate	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
precorsports@precor.com	Preva	06/06/2018	08:00:00	200	140	100	100	0	0	0
precorsports@precor.com	Preva	06/06/2018	08:00:00	200	140	100	100	0	0	0
precorsports@precor.com	Preva	06/06/2018	08:00:00	200	140	100	100	0	0	0
precorsports@precor.com	Preva	06/06/2018	08:00:00	200	140	100	100	0	0	0
precorsports@precor.com	Preva	06/06/2018	08:00:00	200	140	100	100	0	0	0
precorsports@precor.com	Preva	06/06/2018	08:00:00	200	140	100	100	0	0	0
precorsports@precor.com	Preva	06/06/2018	08:00:00	200	140	100	100	0	0	0
precorsports@precor.com	Preva	06/06/2018	08:00:00	200	140	100	100	0	0	0
precorsports@precor.com	Preva	06/06/2018	08:00:00	200	140	100	100	0	0	0
precorsports@precor.com	Preva	06/06/2018	08:00:00	200	140	100	100	0	0	0

## Exerciser Activity Report

See the cardio activity of your Preva account holders with this simple online report. Great for supporting member challenges and contests, driving targeted communications, and measuring cardio preferences.





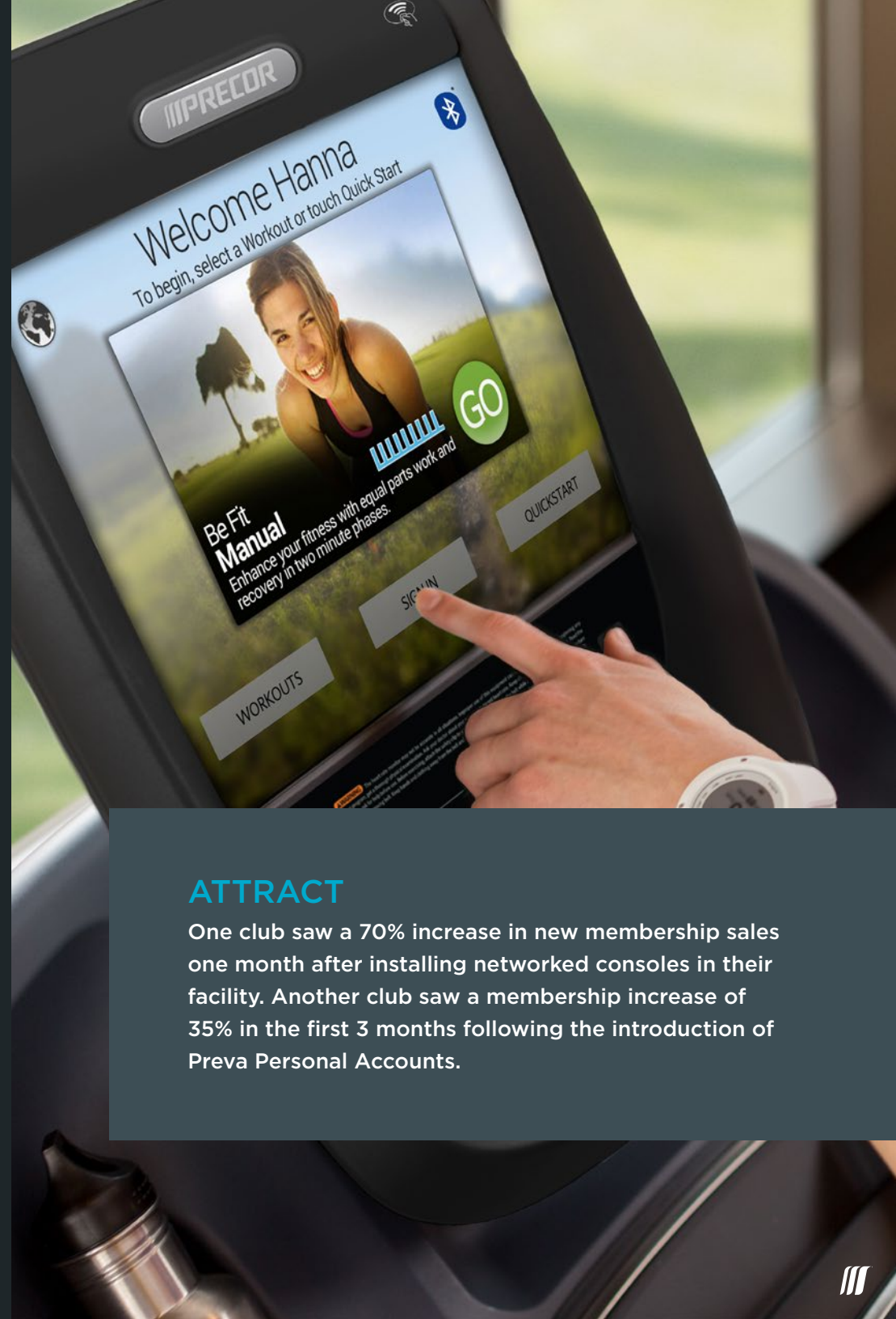
## Manage Apps

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.



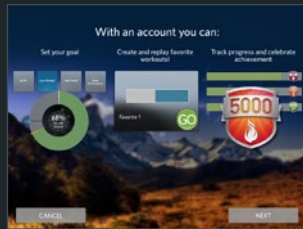
## ATTRACT

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



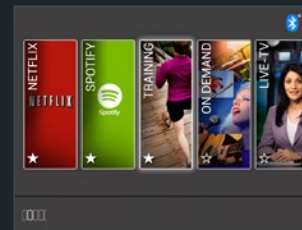
# DELIGHT YOUR EXERCISERS TO DRIVE RETENTION

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 personalize 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.



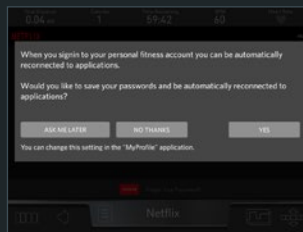
## Preva® Personal Accounts

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



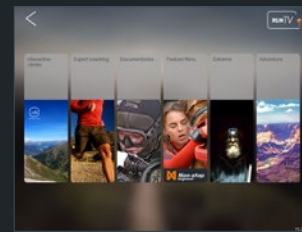
## Media & Entertainment Apps

Access personal audio and video entertainment apps, like Netflix®, Hulu®, 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.



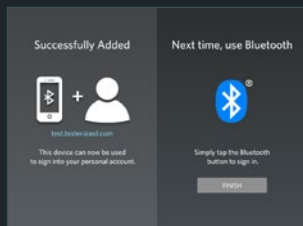
## Single Sign-On

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.



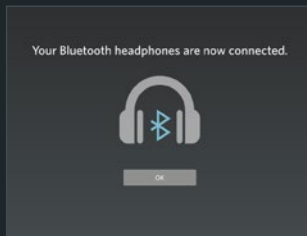
## RunTV

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.



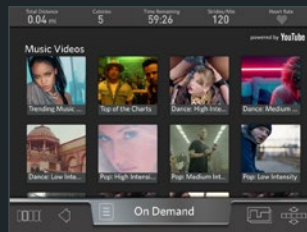
## Bluetooth® Sign-in

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.



### 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

One facility a saw 20% increase in retention over the year prior after installing networked fitness and introducing Preva. Another club experienced a 25% increase in membership renewals year-on-year due to Preva.

## EARN

In a recent study, one facility increased monthly revenue by \$900 through a workout message promotion.



# 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 customizing 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 subsidized by allowing third-party advertisers to promote their products and services via pre-workout video shorts.



## Netpulse

Netpulse offers fitness facilities a customized 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.



## eGym®

The integration of the eGym cardio training system with Precor cardio equipment provides two options to make fitness training easier, more intuitive, and motivating. Personal trainers can use the eGym trainer app to tailor and deliver custom cardio workouts to their clients. Exercisers can opt for Smart Workouts, an automated system with a brief fitness assessment, which delivers cardio programs personalized to the exerciser automatically. Both options report workout results to enable valuable conversations between the personal trainer and the exerciser, and allow exercisers to track their progress, and share their results with friends.



### 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 selectorized 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 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.



### EXOS®

Delivered on select Precor 880 Line treadmills, ellipticals, and bikes, EXOS Energy Systems Development goes beyond the one-size-fits-all static programming to deliver highly personalized and results-oriented cardio workouts to exercisers of all levels. Based on an exerciser's evaluation data, EXOS ESD recommends interval workouts tailored to their current ability, and evolves as their performance improves.



### ActivTrax®

The ActivTrax platform provides an affordable, proven and effective solution for improving member retention, increasing personal training, and helping members realize their fitness goals. ActivTrax facilities can connect the Preva operating system with ActivTrax, enabling exercisers to share their cardio exercise data with the ActivTrax system.



### Gym Farm

Easily share club events, promotions, and class schedules on club-branded, networked Precor cardio consoles, and your mobile app, using Gym Farm's suite of design tools. Take your mobile app further by allowing members to view workouts, check in, and access MYZONE and Perkvill®. Use the Gym Farm Health Data Network to securely connect your facility to health insurance programs, so Preva® personal account holders can seamlessly share workout data and automatically receive incentives and rewards.



### EveryMove®

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

# GROUP TRAINING

Did you know that exercisers engaged in group training are 26% less likely to cancel their membership than exercisers who only use the fitness floor? Group training is on the rise, nearing the top of the annual list from the American College of Sports Medicine (ACSM) regarding fitness trends for 2017. This style of training features a motivating coach leading exercisers of different fitness levels through thoughtfully-designed classes, helping them to achieve their fitness goals.

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



1 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).

# ENCOURAGE 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 the Queenax 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®

“Since installing the Spinner® Shift™ bikes, the South Tampa Family Y has seen an increase in Spin® class membership. They currently offer a wide variety of Spin classes, and also provide member rides on weekends. This wide array of offerings gives new and existing members the opportunity to find classes that fit their goals and schedule.”

*Nancy Belli, Senior Wellness Director and  
Angie Loflin, Membership Executive  
South Tampa Family YMCA  
Tampa, Florida*





# EXPERIENCE THE DIFFERENCE. EXPERIENCE SPINNING®.



**SPINNER® Ride™**

**SPINNER® Shift™**

**SPINNER® Climb™**

**SPINNER® Chrono™**

	Spinner® Ride™	Spinner® Shift™	Spinner® Climb™	Spinner® Chrono™ Power
<b>Resistance System</b>	Friction	Friction	Magnetic	Magnetic
<b>Power Measurement</b>	-	-	-	Direct Power Measurement
<b>Drive</b>	Chain or Poly-V Belt	Chain or Poly-V Belt	Kevlar® reinforced cogged belt	Kevlar® reinforced cogged belt
<b>Frame</b>	Alloy Steel	E-Coated Performance Steel	Aluminum	Aluminum
<b>Frame Color</b>	Metallic White	Charcoal	Semi-Gloss Metallic Black	Semi-Gloss Metallic Black
<b>Console</b>	Spinner® Studio console - Optional			Spinner® Power Console - Included
<b>Overall</b>	All models measure 48 x 20 in (122 x 51 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® program and Spinner® bikes define the indoor cycling category—reaching millions of riders worldwide.

The latest line of Spinner® bikes are engineered to deliver a personalized 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 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

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™ Power bike, the Power Console features an ultra-bright backlight that is always on, and never needs batteries. Designed to fit seamlessly with SPINPower® programming, and is 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 program experience builds loyalty and community among riders and instructors alike, and delivers the optimal experience for your riders.

The Spinning® program 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® program is specifically designed to work with Spinner® bikes.

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

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

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



A person wearing blue patterned leggings and black sneakers is running on a black Assault Fitness treadmill. The treadmill has 'ASSAULT FITNESS' printed vertically on its side and 'AIRRUNNER' on the front. The background shows a gym environment with other equipment.

# ASSAULT FITNESS

Assault Fitness takes HIIT cardio to the next level, with products that provide your exercisers with a challenging workout experience, deliver operational efficiency with a rugged, yet streamlined design, and bring renewal and freshness to your group training offerings.

# DESIGNED WITH HIIT IN MIND

## 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 max 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 quickly reconfigure your workout space and keep your training offerings adaptable.

## AirBike Elite & AirBike Classic

The exerciser's entire body will be engaged as they push, pedal, and pull against the unlimited fan resistance of the Assault AirBike Elite and AirBike Classic, resulting in a truly dynamic and adaptable workout experience. Individualized 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.

## AirRower Elite

With fan-based resistance and a dual stage drive, the 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.

**ASSAULTFITNESS**  
AUTHORIZED DISTRIBUTOR



### AirRunner

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



### AirBike Classic

- LxWxH: 50.9 x 23.3 x 48.4 in (129.4 x 59.3 x 123 cm)
- Weight: 98.1 (44.5 kg)
- 8 pre-programmed workouts



### AirBike Elite

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



### 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\*

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



# QUEENAX<sup>®</sup>

“We have people in their 70s using the Wall Solution for cardio and strength, as well as people of all ages who are training for certain sports or just trying to stay in shape. The entire Queenax system is useful for those in rehab, recovering from cancer treatment or injury, the fine-tuned athlete, or moms looking to keep up with a busy lifestyle.”

*Lori Campbell, Healthy Living  
Coordinator  
Wilmington Family YMCA,  
Wilmington, North Carolina*



# 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.



## The One Wall

- 1 suspension station, 2 total training stations
- Dimensions (LxWxH): 5 ft 3 in x 2 ft 2 in x 8 ft 7 in  
160 x 66 x 262 cm



## The One Self-Standing

- 1 suspension station, 3 total training stations
- Dimensions (LxWxH): 7 ft 8 in x 5 ft 10 in x 8 ft 7 in  
234 x 178 x 262 cm



## The Corner

- 2 suspension stations, 6 total training stations
- Dimensions (LxWxH): 6 ft 1 in x 6 ft 1 in x 8 ft 9 in  
186 x 186 x 267 cm



## W175 2D Wall Solution

- 1 suspension station, 3 total training stations
- Dimensions (LxWxH): 13 ft 9 in x 2 ft 2 in x 8 ft 7 in  
420 x 66 x 262 cm



## W475 2D Wall Solution

- 2 suspension stations, 7 total training stations
- Dimensions (LxWxH): 20 ft x 2 ft 2 in x 9 ft 7 in  
610 x 66 x 293 cm



## W500 3D Wall Solution

- 3 suspension stations, 12 total training stations
- Dimensions (LxWxH): 17 ft 6 in x 7 ft 9 in x 9 ft 6 in  
534 x 237 x 290 cm



## W700 3D Wall Solution

- 4 suspension stations, 15 total training stations
- Dimensions (LxWxH): 23 ft 5 in x 7 ft 9 in x 9 ft 6 in  
714 x 237 x 290 cm



# QUEENAX OPTIONS FOR YOUR SPACE



## X2 500

### Open Format

- 6 suspension stations, 15 total training stations
- Dimensions (LxWxH): 21 ft 8 in x 8 ft x 9 ft 5 in  
661 x 244 x 287 cm



## X2 700

### Open Format

- 8 suspension stations, 18 total training stations
- Dimensions (LxWxH): 28 ft 3 in x 8 ft x 9 ft 5 in  
861 x 244 x 287 cm



## X2 800

### Open Format

- 10 suspension stations, 20 total training stations
- Dimensions (LxWxH): 31 ft 7 in x 8 ft x 9 ft 5 in  
963 x 244 x 287 cm



## X3 500

### Open Format

- 9 suspension stations, 21 total training stations
- Dimensions (LxWxH): 21 ft 8 in x 12 ft 11 in x 9 ft 5 in  
661 x 394 x 287 cm



## X3 700

### Open Format

- 12 suspension stations, 25 total training stations
- Dimensions (LxWxH): 28 ft 3 in x 12 ft 11 in x 9 ft 5 in  
861 x 394 x 287 cm



## X3 800

### Open Format

- 15 suspension stations, 28 total training stations
- Dimensions (LxWxH): 31 ft 7 in x 12 ft 11 in x 9 ft 5 in  
963 x 394 x 287 cm





**X1 500**

**Bridge**

- 3 suspension stations, 6 total training stations
- Dimensions (LxWxH): 16 ft 5 in x 7 ft 9 in x 9 ft 5 in  
501 x 237 x 287 cm



**X1 900**

**Bridge**

- 5 suspension stations, 9 total training stations
- Dimensions (LxWxH): 29 ft 7 in x 7 ft 9 in x 9 ft 5 in  
902 x 237 x 287 cm



**X2 500**

**Bridge**

- 6 suspension stations, 11 total training stations
- Dimensions (LxWxH): 16 ft 6 in x 9 ft 2 in x 9 ft 5 in  
503 x 280 x 287 cm



**X2 900**

**Bridge**

- 10 suspension stations, 18 total training stations
- Dimensions (LxWxH): 29 ft 8 in x 9 ft 2 in x 9 ft 5 in  
905 x 280 x 287 cm



**X3 500**

**Bridge**

- 9 suspension stations, 17 total training stations
- Dimensions (LxWxH): 16 ft 5 in x 14 ft 9 in x 9 ft 5 in  
501 x 450 x 287 cm



**X3 900**

**Bridge**

- 15 suspension stations, 26 total training stations
- Dimensions (LxWxH): 29 ft 7 in x 14 ft 9 in x 9 ft 5 in  
902 x 450 x 287 cm

# 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.

## TRAINING APPS



### Suspension Fitness

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



### Performance & Combat

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



### Elastic

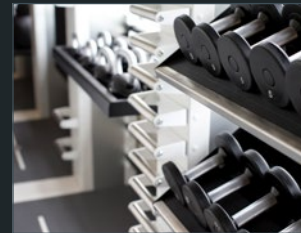
Appeal to exercisers of all ability levels with space-efficient resistance training.

## OPTIONALS



### Functional

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



### Storage

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



### 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 PROGRAM 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 program 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 energizing Superfunctional group training classes.



## UFO Trainer Course

Learn how to train and build programs 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.



## 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-centers your exercisers.



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

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

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



# EDUCATION

“We had a great trainer, who provided us with a plethora of knowledge while also making the training fun and relatable. He allowed us to think outside the box and try everything for ourselves including instruction.”

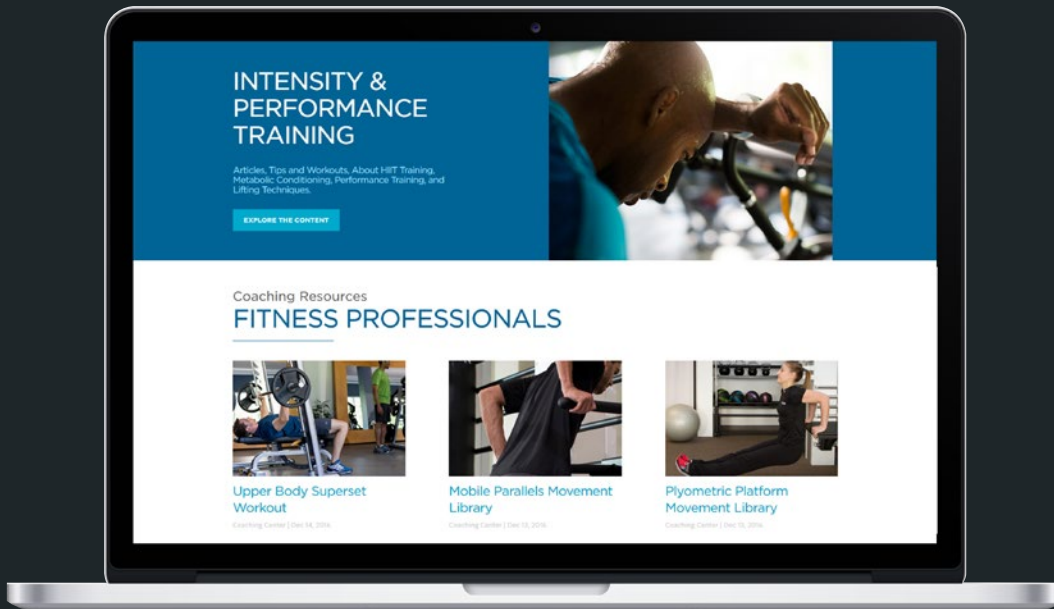
*Jasmine Lee,  
Health and Wellness Director  
Countryside YMCA  
Mason, Ohio*



# GET TIPS FROM THE PROS

Our mission at the Precor Coaching Center 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 Center is your one-stop shop online for the latest Precor education and training resources. Content is optimized 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-center](https://precor.com/coaching-center)



## Top Features

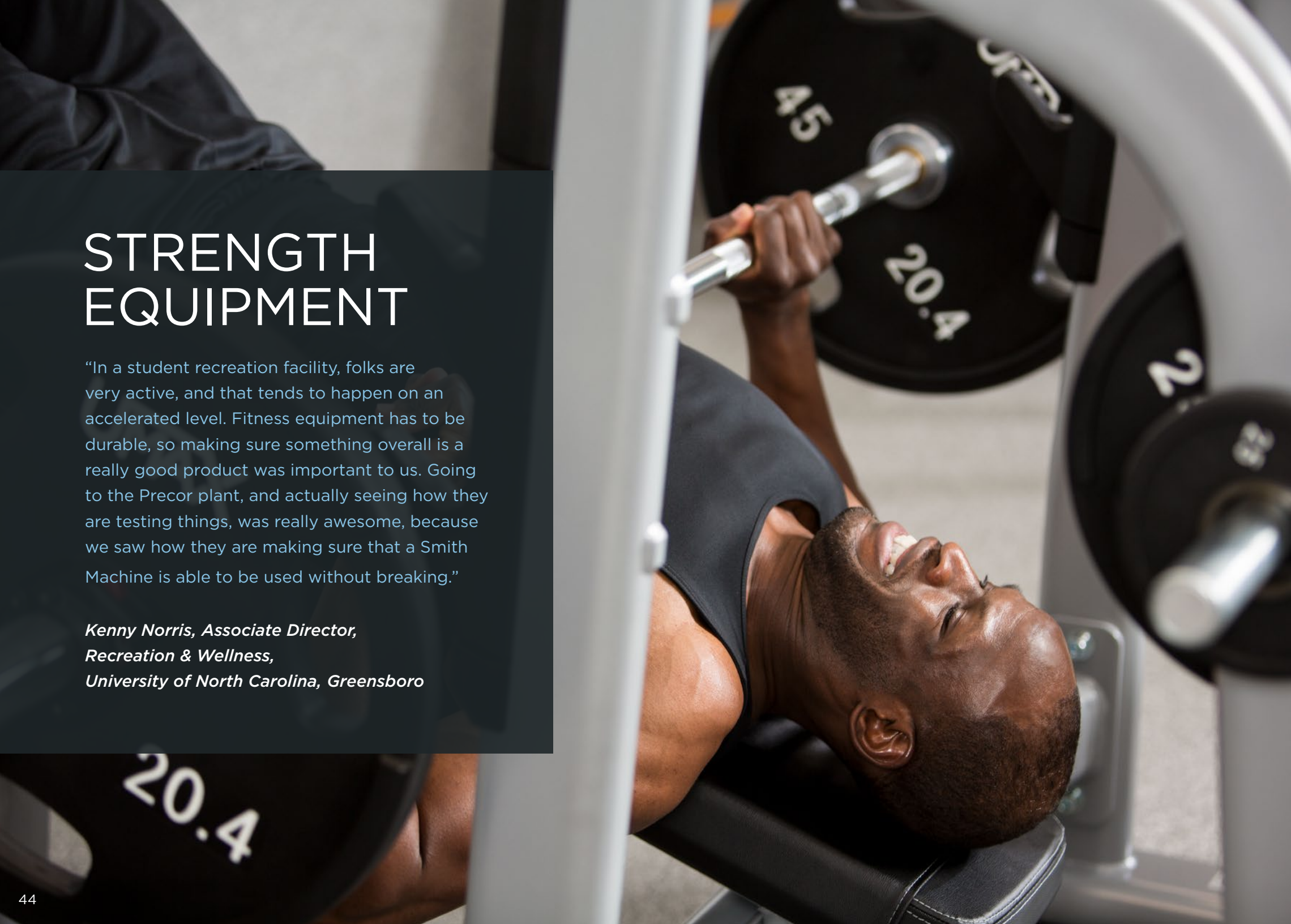
- Available in six languages and accessible 24/7
- Free of charge, open-access content
- Regular content updates from the Precor coaching team and leading industry educators
- Content is driven by industry trends and fundamental exercise principles
- Video and written content is designed for the time-sensitive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



# STRENGTH EQUIPMENT

“In a student recreation facility, folks are very active, and that tends to happen on an accelerated level. Fitness equipment has to be durable, so making sure something overall is a really good product was important to us. Going to the Precor plant, and actually seeing how they are testing things, was really awesome, because we saw how they are making sure that a Smith Machine is able to be used without breaking.”

*Kenny Norris, Associate Director,  
Recreation & Wellness,  
University of North Carolina, Greensboro*



# 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 Selectorized Line

Resolve to make your selectorized 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 selectorized 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 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.



Selectorized

Plate Loaded

Benches & Racks



Single Exercise Selectorized



Dual Exercise Selectorized



Functional Selectorized



Multi-Stations

## RESOLUTE™ STRENGTH Selectorized Line



### Designed to Go the Distance

The upholstered pads of the Resolute equipment underwent 1.2 million cycles of testing to ensure that the machines 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 stabilization 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 prescribe workouts and monitor their clients' progress.



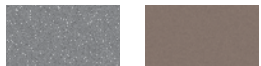


## Color Options

### Standard Frame Colors



Gloss Metallic Silver    Black Pearl    Gloss White



Metallic Ash    Desert Bronze

### Standard Shroud Color



- Custom shroud wraps are available at an additional cost.

Tungsten

### Standard Upholstery Colors



Black    Burgundy    All Spice    Deep Clay



American Beauty    New Purple    Slate    Navy



Hunter Green    Grey    Blue Jay    Regal Blue

- Colors may vary.
- Custom colors 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



### RSLO204

#### Biceps Curl

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



### RSLO208

#### Triceps Extension

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



### RSLO215

#### Seated Dip

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



### RSLO310

#### Diverging Seated Row

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



### RSLO313

#### Back Extension

- Dimensions (LxWxH): 48 x 49 x 58 in (122 x 124 x 148 cm)
- Weight: 200 lb (91 kg)
- Weight Stack: 160 lb (73 kg)



### RSLO314

#### Diverging Lat Pulldown

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



### RSLO324

#### Diverging Low Row

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



### RSLO414

#### Converging Chest Press

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



### RSLO504

#### Lateral Raise

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



### RSLO505

#### Rear Delt / Pec Fly

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



### RSLO515

#### Converging Shoulder Press

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

## Resolute™ Strength Lower Body and Core



**RSLO315**  
**Rotary Torso**

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



**RSL0602**  
**Leg Press**

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



**RSL0605**  
**Leg Extension**

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



**RSL0606**  
**Prone Leg Curl**

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



**RSL0618**  
**Glute Extension**

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



**RSL0619**  
**Seated Leg Curl**

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



**RSL0620**  
**Inner Thigh**

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



**RSL0621**  
**Outer Thigh**

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



**RSL0623**  
**Seated Calf Extension**

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



**RSL0714**  
**Ab Crunch**

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

# 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.



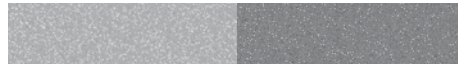
### Pivots

Cast pivot housing adds strength and provides a finished appearance.



## Color Options

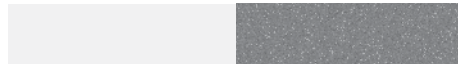
### Standard Frame Color Movement Arms / Carriage



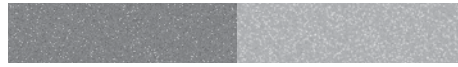
Gloss Metallic Silver    Metallic Ash



Black Pearl    Metallic Ash



Gloss White    Metallic Ash



Metallic Ash    Gloss Metallic Silver



Desert Bronze    Gloss Metallic Silver

### Standard Upholstery Colors



Black    Burgundy    All Spice    Deep Clay



American Beauty    New Purple    Slate    Navy



Hunter Green    Grey    Blue Jay    Regal Blue

- Colors may vary.
- Custom colors are available. Please contact a sales representative.



### DPL0802

#### Smith Machine

- Dimensions (LxWxH):  
56 x 84 x 90 in (142 x 214 x 229 cm)
- Weight: 395 lb (179 kg)
- Start Weight: 25 lb (11.3 kg)
- Max. Lift Load Capacity: 600 lb (272 kg)
- 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: 455 lb (206 kg)
- Start Weight: 89 lb (40 kg)
- Max. Lift Load Capacity: 720 lb (327 kg)



### DPL0624

#### Squat Machine

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



### DPL0601

#### Angled Leg Press

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



#### **DPL0561**

##### **Leg Curl**

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



#### **DPL0560**

##### **Leg Extension**

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



#### **DPL0616**

##### **Calf Raise**

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



#### **DPL0550**

##### **Shoulder Press**

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



#### **DPL0541**

##### **Incline Press**

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



#### **DPL0540**

##### **Chest Press**

- Dimensions (LxWxH):  
43 x 67 x 70 in (110 x 169.5 x 177.5 cm)
- Weight: 353 lb (160 kg)
- Start Weight: 12 lb (5.5 kg)
- Max. Lift Load Capacity: 450 lb (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 lb (148 kg)
- Start Weight: 5 lb (2.5 kg)
- Max. Lift Load Capacity: 450 lb (204 kg)



**DPL0308**  
**Low Row**

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



**DPL0309**  
**Seated Row**

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



**DPL0520**  
**Biceps Curl**

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



**DPL0521**  
**Seated Dip**

- Dimensions (LxWxH):  
72 x 41 x 37 in (184 x 103 x 94 cm)
- Weight: 287 lb (130 kg)
- Start Weight: 8 lb (3.6 kg)
- Max. Lift Load Capacity: 360 lb (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 lb (87 kg)
- Start Weight: 40 lb (18 kg)
- Max. Lift Load Capacity: 280 lb (127 kg)

## 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 for a variety of exercisers.



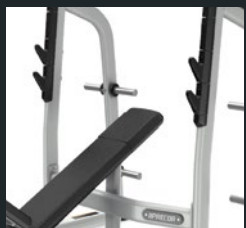
#### Sturdy

Heavy-duty, oversized tubing, high-impact polyurethane covers, and replaceable, non-slip wear guards optimize 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 minimize external shoulder rotation and allows for unencumbered lifts.





## Color Options

### Standard Frame Colors



Gloss Metallic Silver    Black Pearl    Gloss White



Metallic Ash    Desert Bronze

### Standard Upholstery Colors



Black    Burgundy    All Spice    Deep Clay



American Beauty    New Purple    Slate    Navy



Hunter Green    Grey    Blue Jay    Regal Blue

- Colors may vary.
- Custom colors are available. Please contact a 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: 613 lb (278 kg)
- Weight Storage Horns: 10
- Max. Lift Load Capacity: 800 lb (363 kg)
- Max. Storage Weight: 1800 lb (817 kg)



**DBR0611**  
**Half Rack**

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



**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: 273 lb (124 kg)
- Weight Storage Horns: 8
- Max. Lift Load Capacity: 600 lb (273 kg)
- Max. Storage Weight: 1760 lb (799 kg)



**DBR0408**  
**Olympic Flat Bench**

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



**DBR0410**  
**Olympic Incline Bench**

- Dimensions (LxWxH): 79 x 65 x 55 in (201 x 165 x 140 cm)
- Weight: 221 lb (100 kg)
- Weight Storage Horns: 8
- Max. Lift Load Capacity: 500 lb (227 kg)
- Max. Storage Weight: 1760 lb (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 lb (98.4 kg)
- Weight Storage Horns: 8
- Max. Lift Load Capacity: 500 lb (227 kg)
- Max. Storage Weight: 1760 lb (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 lb (136.3 kg)
- Weight Storage Horns: 4
- Max. Lift Load Capacity: 500 lb (227 kg)
- Max. Storage Weight: 880 lb (400 kg)



**DBR0119**  
**Multi-Adjustable Bench**

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



**DBR0101**  
**Flat Bench**

- Dimensions (LxWxH): 52.4 x 29.5 x 15 in (133 x 75 x 38 cm)
- Weight: 64 lb (29 kg)
- Max. Lift Load Capacity: 200 lb (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 lb (37.3 kg)
- Max. Lift Load Capacity: 200 lb (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 lb (57 kg)
- Max. Lift Load Capacity: 200 lb (91 kg)



**DBR0202**  
**Preacher Curl Bench**

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



**DBR0312**  
**Back Extension**

- Dimensions (LxWxH): 53 x 40 x 30 in (133.5 x 101.5 x 76 cm)
- Weight: 141 lb (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 lb (91 kg)



### DBR0808

#### Barbell Rack

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



### DBR0818

#### Handle Rack

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



### DBR0817

#### Weight Plate Tree

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



### DBR0813

#### Beauty Bell Rack

- Dimensions (LxWxH): 51 x 30.3 x 41 in (130 x 77 x 105 cm)
- Weight: 205 lb (93 kg)
- Max. Storage Weight: 400 lb (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 lb (96.7 kg)
- Max. Storage Weight: 500 lb (227 kg)



### DBR0812

#### 2 Tier, 10 Pair Dumbbell Rack

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



### DBR0815

#### 3 Tier, 15 Pair Dumbbell Rack

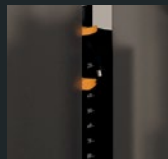
- Dimensions (LxWxH): 87 x 30.3 x 42 in (220 x 77 x 106 cm)
- Weight: 300 lb (136 kg)
- Max. Storage Weight: 1200 lb (544 kg)

# VITALITY™ SERIES



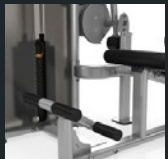
## Compact

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



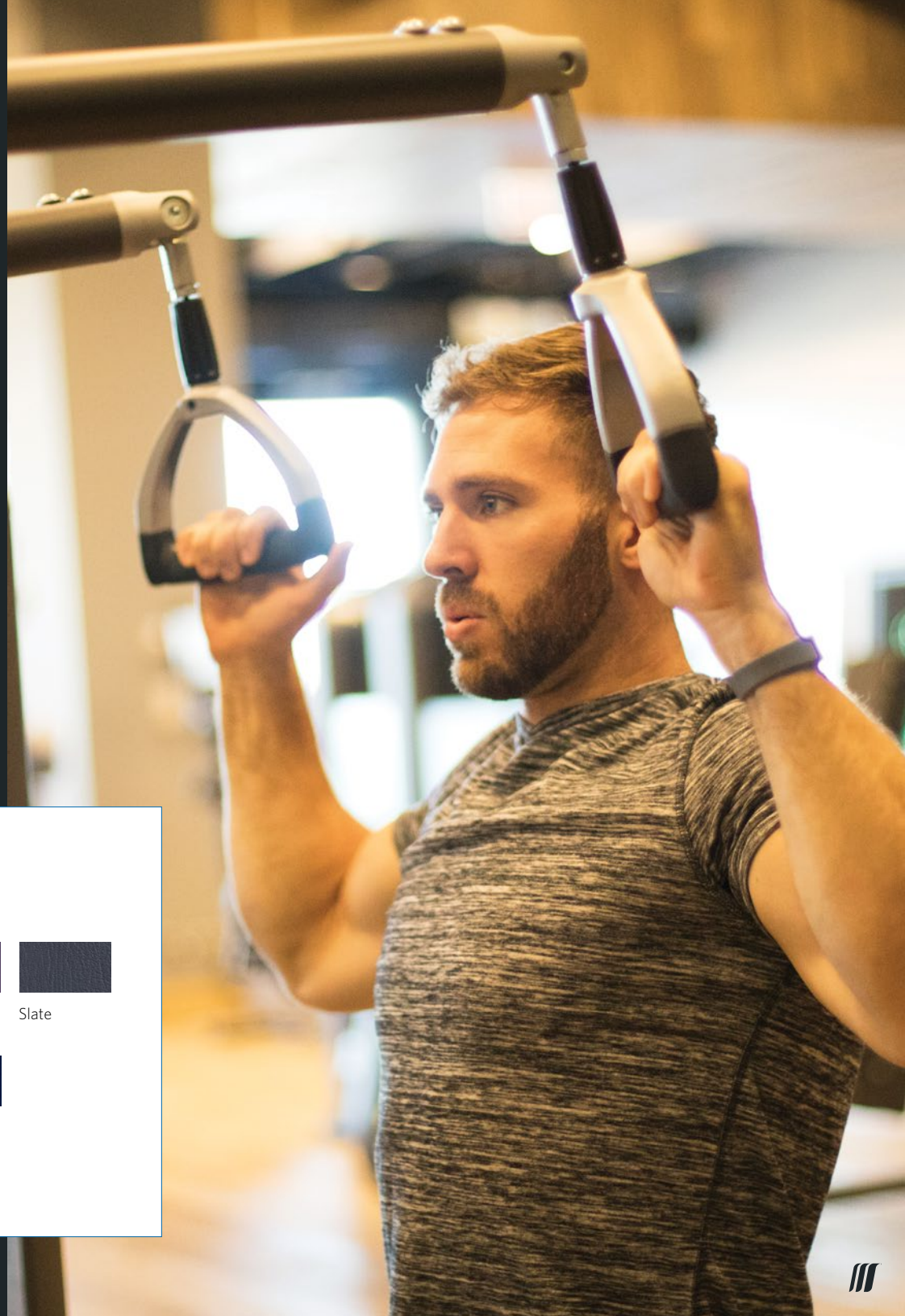
## Add-on Weight

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 maximize workouts.



## Color Options

### Standard Frame Color



Gloss Metallic Silver

### Standard Upholstery Color



Black

### Optional Upholstery Colors



Burgundy



All Spice



Deep Clay



American Beauty



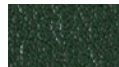
New Purple



Slate



Navy



Hunter Green



Grey



Blue Jay



Regal Blue

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

## Vitality™ Series Single Exercise



### C003ES

#### Biceps Curl

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



### C001ES

#### Chest Press

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



### C002ES

#### Pulldown\*

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

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



### C019ES

#### Seated Row

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



### C012ES

#### Shoulder Press

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



### C023ES

#### Triceps Extension

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



### C005ES

#### Leg Extension

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



### C007ES

#### Seated Leg Curl

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



### C014ES

#### Abdominal

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



### C011ES

#### Back Extension

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

## Vitality™ Series Dual Exercise



**CO24ES**  
**Multi-Press**

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



**CO15ES**  
**Rear Delt / Pec Fly**

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



**CO26ES**  
**Pulldown / Seated Row**

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



**CO25ES**  
**Biceps Curl / Triceps Extension**

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



**CO27ES**  
**Leg Extension / Leg Curl**

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



**CO10ES**  
**Leg Press / Calf Extension**

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



**CO08ES**  
**Inner / Outer Thigh**

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



**CO28ES**  
**Abdominal / Back Extension**

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



## FTS Glide Functional Training System

- Dimensions (LxWxH):  
53 x 48 x 85 in (135 x 123 x 216 cm)
- Weight: 672 lb (305 kg)
- 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: 840 lb (382 kg)
- Weight Stack: 190 lb (86 kg)
- Adjustable Start Position

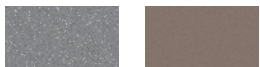


Color Options

Standard Frame Colors



Gloss Metallic Silver    Black Magic Gloss    Black Pearl    Gloss White



Metallic Ash    Desert Bronze

Standard Upholstery Colors



Black    Burgundy    All Spice    Deep Clay



American Beauty    New Purple    Slate    Navy



Hunter Green    Grey    Blue Jay    Regal Blue

- Colors may vary.
- Custom colors are available. Please contact a sales representative.



407B

Adjustable Cable Crossover

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



302

Longpull

- Dimensions (LxWxH): 111 x 43 x 93 in (282 x 109 x 236 cm)
- Weight: 590 lb (268 kg)
- 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: 545 lb (248 kg)
- 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: 635 lb (289 kg)
- Weight Stack: 200 lb (91 kg)



### CW2004 2-Stack

Pulldown, Longpull

#### Other Configurations

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

### CW2055 3-Stack

Dip-Chin Assist, Cable Crossover



### 820 Multi-Gym

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



### 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

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: 150 lb (68 kg)



### V-Crunch

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



### StretchTrainer™ 240i

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

### Colors Options

#### Frame



Gloss Metallic Silver

#### Upholstery



Black

- Colors may vary.
- Custom colors are available. Please contact a sales representative.



# SERVICES

“When I was designing my club I wanted to go with a nationally-recognized, established brand that not only offered top of the line equipment, but had the service to back it up. I got quotes and I talked to a lot of different vendors and equipment manufacturers. Precor stood out amongst the crowd as the best of the best. The service that I received from them is second to none; these guys are incredible and they are with you every step of the way when you open your club.”

*Austin Wright, Owner  
Anytime Fitness  
El Segundo, California*





## PLANNING AND DESIGN

### Creating Great Workout Environments

Our complete, customized 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
- Visualization 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 realize 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.



## 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 programs 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

## 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.





PRECOR MASTER COACHES





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For product specification tables,  
please visit [go.precor.com/spectables](https://go.precor.com/spectables)



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