



# PRECOR<sup>®</sup>

COMMERCIAL CATALOG



CARDIO | CONNECTED FITNESS | STRENGTH



# WORLD-CLASS FITNESS FOR THE WORLD

At Precor, we work hard to earn customer trust. That means putting the needs of you and your exercisers first—from product design and engineering to sales, installation, and support.

Discover the Precor difference and see why our fitness solutions are preferred by exercisers, trainers, facility operators, and business owners alike in over 100 countries.







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# WHY PRECOR

Three reasons why  
we're in over 13,000  
facilities worldwide

## 1. PEOPLE-FIRST DESIGN

Our extensive design and engineering process prioritizes people—operators, exercisers, and servicers. The result? Easy-to-manage equipment that empowers exercisers.

## 2. TRUSTED PARTNER

More than just a product supplier, we've provided full-service, total fitness solutions to customers across industries and continents for over 40 years.

## 3. GLOBAL SCALE, LOCAL TOUCH

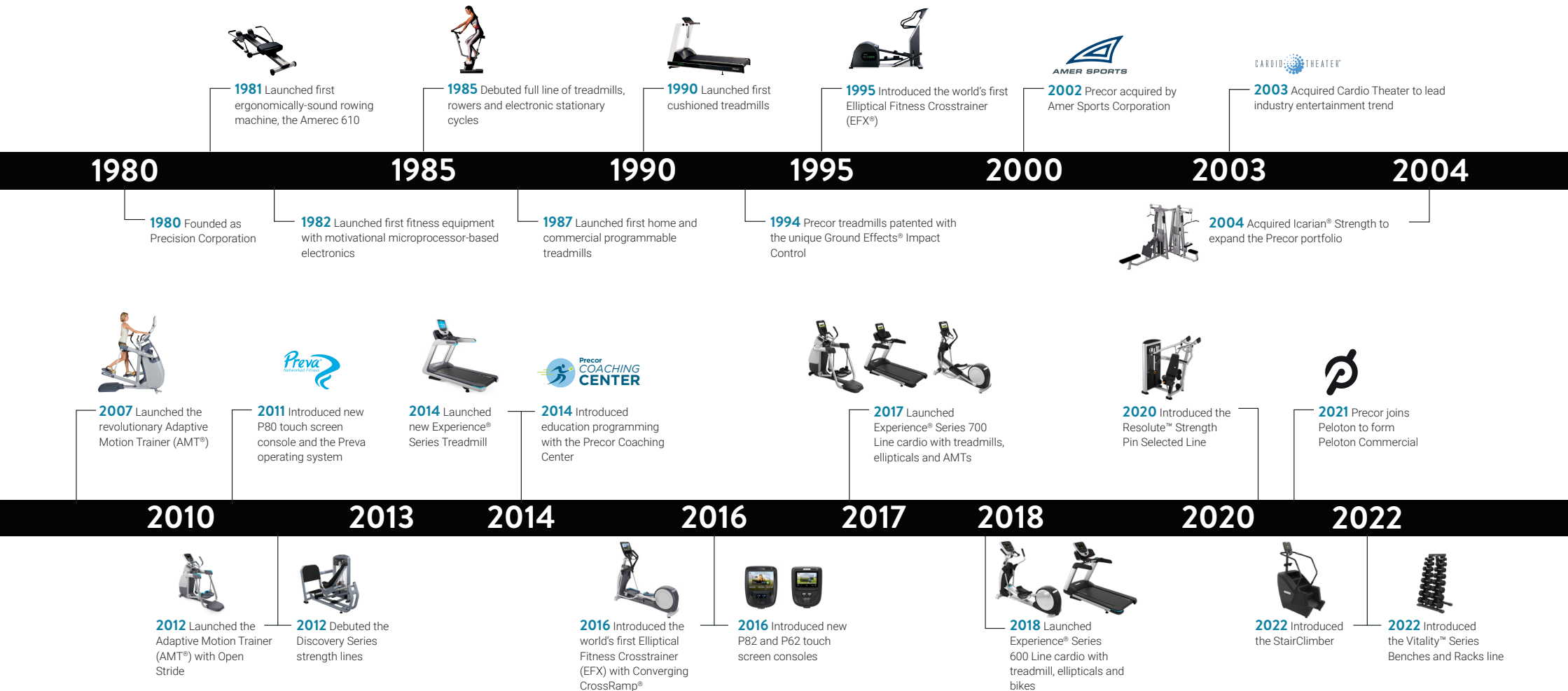
Our network of sales, support, service, and distributor partners ensures you have the help you need, where and when you need it.





# One-of-a-kind design, for over 40 years

Our legacy of “firsts” spans the first-ever ergonomic rowing machine and world’s premier elliptical—so you know we’ll keep your exercisers working out on the forefront of industry insight. With over 500 pending and issued patents worldwide, we sweat every detail to build products that are intuitive to use, easy to maintain, and deliver a low cost of ownership.



# CARDIO

Proven designs, high-performance parts, and premium materials

“

“We have our own team that maintains all of the equipment and when I asked them which brands to buy, Precor is always at the top of the list.”

*Randy Karr, President  
California Family Fitness*







EXPERIENCE  
CARDIO

## CARDIO

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## CARDIO

# Treadmills

A lineup built to adapt to anyone who sets foot on them

- **INTEGRATED FOOTPLANT TECHNOLOGY™ (IFT™)**

Recognizes natural foot speeds and matches strides for a smooth experience.

- **GROUND EFFECTS® IMPACT CONTROL SYSTEM (GFX®)**

Our patented system that combines ideal cushioning, support and stability.

- **ACTIVE STATUS LIGHT**

Designed to let you know at a glance the operating condition of your treadmill.

- **QUIET & CLEANABLE**

Designed to make less noise and with fewer seams for an easy clean.

[WATCH THE VIDEO »](#)

[DOWNLOAD PRODUCT SPECS »](#)



### 800 LINE

- Incline range -3 decline to 15% incline
- Speed 0.5 - 16 mph (0.8 - 25 kph) + Auto Stop™
- AC drive system and next-generation motor controller
- Active Status Light for maintenance status at a glance

#### Frame color options



Black Pearl



Storm Grey







## 700 LINE

- Incline range 0 - 15% incline
- Speed 0.5 - 12 mph (0.8 - 19 kph) + Auto Stop™
- AC drive system and next-generation motor controller
- Active Status Light for maintenance status at a glance



## 600 LINE

- Incline range 0 - 15% incline
- Speed 0.5-12 mph (0.8 - 19 kph) + Auto Stop™
- High-efficiency 3 HP AC motor
- 27 workouts and 19 electronic readouts

## CONSOLES



P82



P62



P31

## CARDIO

# Ellipticals

Machines made to mimic  
the most natural movement

- **EXCLUSIVE CONVERGING CROSSRAMP® TECHNOLOGY**

Mimics the natural converging path of motion while walking or running.

- **ELLIPTICAL EXPERTS**

We've studied and improved elliptical performance for the 25 years since we invented it.

- **ACTIVE STATUS LIGHT**

Designed to let you know the operating condition of your elliptical at a glance.

- **PROTECT AND MAINTAIN**

Easy to clean and maintain with a covered ramp, frame and pivot joints.

[WATCH THE VIDEO »](#)

[DOWNLOAD PRODUCT SPECS »](#)



### 800 LINE MOVING HANDLEBARS

- A premium experience with all the bells and whistles
- Converging CrossRamp® is adjustable between 10 and 35 degrees
- Moving handlebars for a total body workout
- Active Status Light

#### Frame color options



Black Pearl



Storm Grey







### 800 LINE FIXED HANDLEBARS

- A premium experience with all the bells and whistles
- Converging CrossRamp® is adjustable between 10 and 35 degrees
- Fixed handlebars for a lower body workout
- Active Status Light



### 600 LINE MOVING HANDLEBARS

- All the essentials at a value price
- CrossRamp® is adjustable between 10 and 35 degrees
- Moving handlebars for a total body workout

## CONSOLES



P82



P62



P31



“

“Precor looked at the operator pain points of the other equipment manufacturers and fixed them. Our exercisers love how smooth the StairClimber is, Precor took the best of the best and put it together into one amazing machine.”

*Kim Kenyon, Owner  
Gold's Gym Dutchess County*

## CARDIO

# StairClimber

A low-maintenance, high-impact machine that stays a step ahead

- **LOST ITEM SLIDE**

Earbuds fell into the gap? A unique design returns personal items without the hassle.

- **EASY ON, EASY OFF**

Thoughtful step-on and step-off platforms make it easy for exercisers of all levels.

- **FAST ACCESS**

To decrease downtime, service panels can be removed in under one minute.

- **DYNAMIC STEP CONTROL™**

Creates a consistent step for your size and speed.

[WATCH THE VIDEO »](#)

[DOWNLOAD PRODUCT SPECS »](#)



### 800 LINE

- Largest step area
- Tested beyond industry standards
- Low maintenance step chain
- Active Status Light
- Recommended ceiling height 9 ft 9 in (3 m)

#### Frame color options



Black Pearl



Storm Grey





## CARDIO

# Adaptive Motion Trainer®

The only one of its kind that lets you climb, cycle, jog or run without impact

- **OPEN STRIDE™ & DYNAMIC ADJUSTABLE STRIDE LENGTH**

Two features. Four movements. Infinite number of workouts.

- **FULL BODY, BETTER RESULTS**

Push and pull handlebars work the upper body for a total body workout.

- **NEXT-LEVEL CARDIO FITNESS**

Research shows that the AMT® drives a high energy expenditure.

- **SAVE ON SPACE, AND COST OF OWNERSHIP**

Packs a big punch yet low energy use.

[WATCH THE VIDEO »](#)

[DOWNLOAD PRODUCT SPECS »](#)



## 800 LINE

- An infinite number of workout options
- Adaptive stride length 0 to 36 in / 0 to 91 cm
- Adjustable stride height 5 levels, 6.8 to 10 in / 17 to 25 cm
- Resistance levels 20

### Frame color options



Black Pearl



Storm Grey

## CARDIO

# Bikes

Easy-to-use fitness staples,  
for smooth rides every time

- **STURDY AND SMOOTH**

The well-built, durable frame makes for a stable and comfortable ride.

- **QUIET AND CLEANABLE**

Designed to make less noise and designed with fewer seams for an easy clean.

- **ULTRA-COMFORTABLE SEAT BACK**

Recumbents feature custom-designed, ventilated seat back with unique suspension.

- **ERGONOMICALLY SOUND**

Designed for smooth, biomechanically correct pedaling with extra-wide pedals.

[DOWNLOAD PRODUCT SPECS »](#)



### 800 LINE UPRIGHT

- Over-molded handlebars and comfortable saddle design
- Dual-sided pedals with integrated straps
- Simple one-handed seat adjustment
- 25 resistance levels

### 800 LINE RECUMBENT

- Step-through design
- Ventilated, suspension-mounted air flex seat back
- Dual-sided pedals with integrated straps
- Convenient, one-handed seat adjustment
- 25 resistance levels



#### Frame color options



Black Pearl



Storm Grey







### 600 LINE UPRIGHT

- Over-molded handlebars and comfortable saddle design
- Over-sized pedals with integrated straps
- Familiar pop-pin seat adjustment
- 12 workouts and 18 electronic readouts



### 600 LINE RECUMBENT

- 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

## CONSOLES



P82



P62



P31

# CONNECTED FITNESS

Personalized platforms for  
your exercisers and business

“

“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*







EXPERIENCE  
CONNECTED FITNESS

## CONNECTED FITNESS

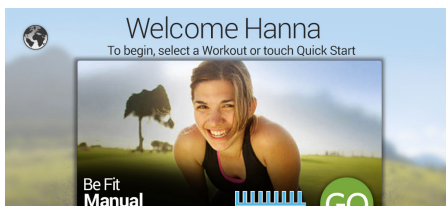
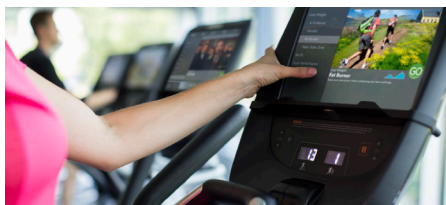
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## CONNECTED FITNESS

# Consoles

Add another highlight to the facility tour - your cardio floor - featuring consoles from Precor. 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. With a brilliant touchscreen and a simple, intuitive interface, they will draw members deeper into their workout.



- **CAPACITIVE TOUCHSCREEN**

With a few simple swipes, exercisers select their workout, entertainment and get moving.

- **MOBILE DEVICE CHARGER**

All consoles feature a convenient mobile device charger to keep the tunes and entertainment flowing.

- **MOTION CONTROLS**

Large toggle-style controls are within arm's reach making adjustments to speed, resistance and ramps quick and easy.

- **READING RACK**

The perfect spot for phone and tablet viewing with the bonus of a hole for feeding charging cables to the mobile device charger.

- **FEATURED WORKOUT**

The touchscreen consoles promote new workouts everyday to prevent boredom and encourage variety.

[DOWNLOAD PRODUCT SPECS »](#)





### P82 TOUCHSCREEN

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



### P62 TOUCHSCREEN

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



### P31 LED

P31 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.



## CONNECTED FITNESS

# Preva® Networked Fitness

Media and metrics to keep your exercisers motivated and you up to speed

- **SYNC UP**

100+ countries connected.

- **GLOBAL CONNECTIONS**

More than 14,000 facilities worldwide.

- **SCREEN TIME**

Over 143,000 consoles around the world and growing.

- **MILEAGE MATTERS**

More than 1 billion workouts recorded and growing every second.







# Delight your exercisers to drive retention

- **PREVA: THE CARDIO CONNECTON**

Preva is our operating system that pairs with a console of your choice. It connects you to the facility floor and connects your exercisers to everything they need—music, movies and more.

- **ON-POINT ENTERTAINMENT**

Preva gives your exercisers access to media like video on demand (VOD) with curated YouTube® playlists.

- **INTERFACE WITH INTELLIGENCE**

Better insights are better for everyone. Preva helps exercisers measure activity and track goals and workouts while giving you access to data and insights across your facility.

- **STRENGTHEN YOUR CONNECTION**

Stay connected through Preva Mobile at any time, and keep in touch with your exercisers to keep them motivated. You can even customize the interface to match your branding.







# Partnerships and integrations



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.



Integrating the EGYM cardio training system with Precor cardio equipment makes fitness training easier, more intuitive and motivating. Smart Workouts, an automated system with a brief fitness assessment, targets exercisers with cardio programs that are personalized to each individual and incorporate gamification, making them fun and engaging.



Networked Precor cardio equipment sync effortlessly with RunTV, by partner VO2 Media, to offer a revolution in immersive exercise, offering exercisers multiple channels, inspiring human-powered short films, training tips and expert coaching from fitness professionals, as well as stunning interactive trails.



A close-up, slightly blurred photograph of a person's hands and arms using a Smith Machine. The person is wearing a black tank top. The machine's frame is white, and the barbell is black. The background is dark and out of focus.

# STRENGTH

Durable and adaptable  
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*





EXPERIENCE  
STRENGTH

## STRENGTH

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## STRENGTH

# Resolute™ Selectorized

Smooth, quiet operation and a variety of motion paths

- **OPTIMIZED FOR THE LONG HAUL**

1.2 million cycles of testing so equipment lasts and looks great while doing it.

- **EASY TO USE**

Illustrated instructions and QR codes leading to teaching and tips from a fitness professional will inspire multiple workouts.

- **BUILT WITH EVERY BODY IN MIND**

Reimagined position and performance design optimizes function for all exercisers.

- **HIGH QUALITY, SAY "HELLO" TO PREMIUM DESIGN**

From grips to finishes, every detail is designed for lasting quality and ease of use.

[WATCH THE VIDEO »](#)

[DOWNLOAD PRODUCT SPECS »](#)



## THREE YEARS OF BLOOD, SWEAT AND TEARS

With decades of industry experience and three years of studying, developing and testing, we designed these premium, biomechanically sound products to fit the unique needs of every exerciser.

### Frame color options



Black Pearl



Gloss Metallic Silver

### Upholstery color options



Black



All Spice



Grey

# Resolute™ Selectorized upper body



**RSL0204**  
**BICEPS CURL**

**Dimensions (LxWxH)**  
48 x 43 x 58 in (122 x 110 x 148 cm)  
**Weight** 434 lb (197 kg)  
**Weight Stack** 160 lb (73 kg)



**RSL0208**  
**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)



**RSL0215**  
**SEATED DIP**

**Dimensions (LxWxH)**  
55 x 48 x 58 in (140 x 122 x 148 cm)  
**Weight** 585 lb (266 kg)  
**Weight Stack** 240 lb (109 kg)



**RSL0310**  
DIVERGING SEATED ROW

**Dimensions (LxWxH)**  
63 x 55 x 58 in (160 x 140 x 148 cm)  
**Weight** 616 lb (280 kg)  
**Weight Stack** 240 lb (109 kg)



**RSL0314**  
DIVERGING LAT PULLDOWN

**Dimensions (LxWxH)**  
57 x 50 x 81 in (145 x 127 x 206 cm)  
**Weight** 585 lb (266 kg)  
**Weight Stack** 240 lb (109 kg)



**RSL0324**  
DIVERGING LOW ROW

**Dimensions (LxWxH)**  
79 x 48 x 58 in (201 x 122 x 148 cm)  
**Weight** 581 lb (264 kg)  
**Weight Stack** 240 lb (109 kg)



# Resolute™ Selectorized upper/lower body



**RSL0414**  
**CONVERGING CHEST PRESS**

**Dimensions (LxWxH)**  
73 x 50 x 73 in (185 x 127 x 185 cm)  
**Weight** 594 lb (269 kg)  
**Weight Stack** 240 lb (109 kg)



**RSL0504**  
**LATERAL RAISE**

**Dimensions (LxWxH)**  
54 x 49 x 58 in (137 x 124 x 148 cm)  
**Weight** 510 lb (231 kg)  
**Weight Stack** 160 lb (73 kg)



**RSL0505**  
**REAR DELT PEC FLY**

**Dimensions (LxWxH)**  
56 x 38 x 84 in (142 x 97 x 214 cm)  
**Weight** 583 lb (265 kg)  
**Weight Stack** 240 lb (109 kg)



**RSL0515**  
**CONVERGING SHOULDER PRESS**

**Dimensions (LxWxH)**  
61 x 59 x 60 in (155 x 150 x 152 cm)  
**Weight** 557 lb (253 kg)  
**Weight Stack** 200 lb (91 kg)



**RSL0618**  
**GLUTE EXTENSION**

**Dimensions (LxWxH)**  
54 x 40 x 58 in (137 x 102 x 148 cm)  
**Weight** 475 lb (216 kg)  
**Weight Stack** 160 lb (73 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)

# Resolute™ Selectorized lower body



**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 (155 x 122 x 148 cm)  
**Weight** 517 lb (235 kg)  
**Weight Stack** 200 lb (91 kg)





**RSL0619**  
SEATED LEG CURL

**Dimensions (LxWxH)**  
63 x 48 x 58 in (160 x 122 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 (180 x 76 x 148 cm)  
**Weight** 570 lb (260 kg)  
**Weight Stack** 200 lb (91 kg)



**RSL0621**  
OUTER THIGH

**Dimensions (LxWxH)**  
71 x 30 x 58 in (180 x 76 x 148 cm)  
**Weight** 572 lb (260 kg)  
**Weight Stack** 200 lb (91 kg)

# Resolute™ Selectorized core



**RSL0315**  
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)



**RSL0313**  
BACK EXTENSION

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



**RSL0714**  
ABDOMINAL

**Dimensions (LxWxH)**  
57 x 47 x 58 in (130 x 119 x 148 cm)  
**Weight** 559 lb (254 kg)  
**Weight Stack** 160 lb (73 kg)











## STRENGTH

# Vitality™ Selectorized

Luxe look, compact and a variety of motion paths

- **DUALS DELIVER 2 FOR 1**

More than half of the Vitality line features dual exercise models.

- **UPSCALE CONTEMPORARY STYLING**

Easily blends with Vitality Benches & Racks and Resolute Strength™ Selectorized.

- **EASY TO USE**

Step-by-step placards are a helpful boost in unstaffed facilities.

- **DESIGNED WITH LIMITED SPACE IN MIND**

All models have a smaller footprint and low profile design.



### OPTIMIZED FOR THE LONG HAUL

Vitality Series Selectorized delivers on what's vital in a comprehensive conditioning circuit: workout variety, ease of use, space efficiency – all at a budget-friendly price.

#### Frame color options



Black Pearl

#### Upholstery color options



Black

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# Vitality™ Selectorized upper body



**VSL001BP**  
CHEST PRESS

**Dimensions (LxWxH)**  
39 x 52 x 69 in (99x 132 x 176 cm)  
**Weight** 489 lb (222 kg)  
**Weight Stack** 240 lb (109 kg)



**VSL015BP**  
REAR-DELT / PEC FLY

**Dimensions (LxWxH)**  
56 x 54 x 78 in (142 x 137 x 199 cm)  
**Weight** 532 lb (241 kg)  
**Weight Stack** 240 lb (109 kg)



**VSL024BP**  
MULTI-PRESS

**Dimensions (LxWxH)**  
72 x 58 x 69 in (183 x 148 x 176 cm)  
**Weight** 567 lb (257 kg)  
**Weight Stack** 240 lb (109 kg)





**VSL025BP**  
BICEPS CURL / TRICEP EXTENSION

**Dimensions (LxWxH)**  
52 x 42 x 60 in (132 x 107 x 152 cm)  
**Weight** 447 lb (203 kg)  
**Weight Stack** 170 lb (78 kg)



**VSL026BP**  
PULLDOWN

**Dimensions (LxWxH)**  
79 x 52 x 87 in (201 x 131 x 221 cm)  
**Weight** 503 lb (228 kg)  
**Weight Stack** 220 lb (100 kg)



**VSL014BP**  
ABDOMINAL

**Dimensions (LxWxH)**  
57 x 38 x 60 in (145 x 97 x 152 cm)  
**Weight** 503 lb (228 kg)  
**Weight Stack** 200 lb (91 kg)

# Vitality™ Selectorized lower body



**VSL005BP**  
LEG EXTENSION

**Dimensions (LxWxH)**

49 x 45 x 60 in (124 x 114 x 152 cm)

**Weight** 486 lb (221 kg)

**Weight Stack** 200 lb (91 kg)



**VSL008BP**  
INNER / OUTER THIGH

**Dimensions (LxWxH)**

65 x 32 x 60 (165 x 81 x 152 cm)

**Weight** 442 lb (201 kg)

**Weight Stack** 170 lb (77 kg)

## VITALITY™ SELECTORIZED - LOWER BODY



**VSL010BP**  
**LEG PRESS / CALF EXTENSION**

**Dimensions (LxWxH)**  
76 x 44 x 69 in (193 x 112 x 176 cm)  
**Weight** 638 lb (289 kg)  
**Weight Stack** 295 lb (134 kg)



**VSL027BP**  
**LEG EXTENSION / LEG CURL**

**Dimensions (LxWxH)**  
55 x 45 x 60 in (140 x 114 x 152 cm)  
**Weight** 585 lb (265 kg)  
**Weight Stack** 240 lb (109 kg)





## PLATE LOADED

# Discovery™ Plate Loaded

Put some luxe in that lift

- **DESIGNED FOR THE MASSES TO ADD MASS**

Approachable and easy for first timers, but adaptive for the seasoned athlete.

- **LONG-LIVED PERFORMANCE**

Durable, solid frame built to perform for the long run and the most intense use.

- **SIMPLE SOPHISTICATION**

Premium finish, clean lines and open design make sure the look stands the test of time.

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## DISCOVERY™ PLATE LOADED



### DPL0802 SMITH MACHINE

**Dimensions (LxWxH)**

58 x 84 x 91 in (148 x 213 x 231 cm)

**Weight** 414 lb (188 kg)

**Start Weight** 35 lb (16 kg)

**Max. Lift Load Capacity** 600 lb (272 kg)

**Angle of Glide Path** 11 degrees

**Frame color options**



Black Pearl



Gloss Metallic Silver

**Upholstery color options**



Black



All Spice



Grey



# Discovery™ Plate Loaded



## **DPL0603** HACK SQUAT

**Dimensions (LxWxH)**  
82 x 64 x 58 in (208 x 162 x 148 cm)  
**Weight** 485 lb (220 kg)  
**Start Weight** 89 lb (40 kg)  
**Max. Lift Load Capacity** 720 lb (327 kg)



## **DPL0601** ANGLED LEG PRESS

**Dimensions (LxWxH)**  
96 x 57 x 57 in (244 x 145 x 145 cm)  
**Weight** 595 lb (270 kg)  
**Start Weight** 136 lb (62 kg)  
**Max. Lift Load Capacity** 1080 lb (490 kg)



## **DPL0616** CALF RAISE

**Dimensions (LxWxH)**  
59 x 30 x 40 in (150 x 76 x 102 cm)  
**Weight** 165 lb (75 kg)  
**Start Weight** 25 lb (11 kg)  
**Max. Lift Load Capacity** 450 lb (204 kg)



**DPL0624**  
**SQUAT MACHINE**

**Dimensions (LxWxH)**  
91 x 67 x 61 in (231 x 170 x 155 cm)  
**Weight** 498 lb (226 kg)  
**Start Weight** 40 lb (18 kg)  
**Max. Lift Load Capacity** 540 lb (245 kg)



**DPL0520**  
**BICEPS CURL**

**Dimensions (LxWxH)**  
53 x 38 x 48 in (135 x 97 x 122 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 (183 x 104 x 94 cm)  
**Weight** 287 lb (130 kg)  
**Start Weight** 8 lb (3.6 kg)  
**Max. Lift Load Capacity** 360 lb (163 kg)



# Discovery™ Plate Loaded



## **DPL0540** CHEST PRESS

### Dimensions (LxWxH)

43 x 67 x 70 in (110 x 170 x 176 cm)

**Weight** 353 lb (160 kg)

**Start Weight** 12 lb (5.5 kg)

**Max. Lift Load Capacity** 450 lb (204 kg)



## **DPL0541** INCLINE PRESS

### Dimensions (LxWxH)

43 x 78 x 70.5 in (110 x 198 x 179 cm)

**Weight** 346 lb (157 kg)

**Start Weight** 12 lb (5.5 kg)

**Max. Lift Load Capacity** 450 lb (204 kg)



## **DPL0550** SHOULDER PRESS

### Dimensions (LxWxH)

57 x 61 x 62 in (145 x 155 x 157 cm)

**Weight** 310 lb (141 kg)

**Start Weight** 10 lb (4.5 kg)

**Max. Lift Load Capacity** 360 lb (163 kg)



**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)



**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)



**DPL0311**  
**INCLINE LEVER ROW**

**Dimensions (LxWxH)**  
75 x 39 x 47.5 in (190.5 x 99 x 121 cm)  
**Weight** 191 lb (87 kg)  
**Start Weight** 40 lb (18 kg)  
**Max. Lift Load Capacity** 280 lb (127 kg)

## STRENGTH

# Discovery™ Benches & Racks

The perfect tools for seasoned lifters and those new to strength training

---

- **BUILT FOR THE MASSES TO ADD MASS**

Approachable and easy for first-timers, but adaptive for the seasoned athlete.

- **LONG-LIVED PERFORMANCE**

Intelligent design and optimized durability, so you can make your strength purchase with confidence.

- **CONVENIENT STORAGE**

Thoughtful and functional built-in storage puts accessories within reach.

[DOWNLOAD PRODUCT SPECS »](#)







### DBR0610 POWER RACK

#### Dimensions (LxWxH)

83 x 63 x 98.5 in (211 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)

#### Frame color options



Black Pearl



Gloss Metallic Silver



### 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)

#### Upholstery color options



Black



### 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)
- Olympic Lifting Platforms and inserts (3.7 in / 9.4 cm thick, approximately 8 ft W x 6 ft D / 244 x 183 cm, excluding inserts). A custom logo option is available at an additional cost.

# Discovery™ Benches & Racks



**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 (798 kg)



**DBR0408**  
OLYMPIC FLAT BENCH

**Dimensions (LxWxH)**  
72 x 65 x 51 in (183 x 165 x 130 cm)  
**Weight** 188 lb (85 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)



**DBR0411**  
OLYMPIC DECLINE BENCH

**Dimensions (LxWxH)**  
83 x 65 x 51.2 in (211 x 165 x 130 cm)  
**Weight** 217 lb (98 kg)  
**Weight Storage Horns** 8  
**Max. Lift Load Capacity** 500 lb (227 kg)  
**Max. Storage Weight** 1760 lb (798 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 (182 kg)



**DBR0101**  
FLAT BENCH

**Dimensions (LxWxH)**  
52 x 30 x 15 in (132 x 76 x 38 cm)  
**Weight** 64 lb (29 kg)  
**Max. Lift Load Capacity** 400 lb (182 kg)



# Discovery™ Benches & Racks



**DBR0116**  
MULTI-PURPOSE BENCH

**Dimensions (LxWxH)**  
49 x 30 x 33 in (125 x 76 x 84 cm)  
**Weight** 82 lb (37 kg)  
**Max. Lift Load Capacity** 400 lb (182 kg)



**DBR0113**  
ADJUSTABLE DECLINE BENCH

**Dimensions (LxWxH)**  
58 x 30 x 44 in (147 x 76 x 112 cm)  
**Weight** 126 lb (57 kg)  
**Max. Lift Load Capacity** 400 lb (182 kg)



**DBR0202**  
PREACHER CURL BENCH

**Dimensions (LxWxH)**  
42 x 37 x 36 in (107 x 94 x 91 cm)  
**Weight** 128 lb (58 kg)  
**Max. Lift Load Capacity** 400 lb (182 kg)

## DISCOVERY™ BENCHES & RACKS



**DBR0312**  
**BACK EXTENSION**

**Dimensions (LxWxH)**  
53 x 40 x 30 in (135 x 102 x 76 cm)

**Weight** 141 lb (64 kg)

**Max. Lift Load Capacity** 100 lb (45.4 kg)



**DBR0702**  
**VERTICAL KNEE-UP**

**Dimensions (LxWxH)**  
27 x 43 x 66 in (69 x 109 x 168 cm)

**Weight** 201 lb (91 kg)

**Max. Lift Load Capacity** 100 lb (45.4 kg)



**DBR0808**  
**BARBELL RACK**

**Dimensions (LxWxH)**  
41 x 34 x 59 in (104 x 86 x 150 cm)

**Weight** 183 lb (83 kg)

**Max. Storage Weight** 800 lb (363 kg)

# Discovery™ Benches & Racks



**DBR0818**  
**HANDLE RACK**

**Dimensions (LxWxH)**

37 x 26 x 42 in (94 x 66 x 107 cm)

**Weight** 128 lb (58 kg)

**Max. Storage Weight** 500 lb (227 kg)



**DBR0817**  
**WEIGHT PLATE TREE**

**Dimensions (LxWxH)**

26 x 30 x 47 in (65 x 75 x 119 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 104 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 104 cm)

**Weight** 214 lb (97 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 (221 x 77 x 107 cm)

**Weight** 300 lb (136 kg)

**Max. Storage Weight** 1200 lb (544 kg)

## STRENGTH

# Vitality™ Benches & Racks

Offers great exercise variety for smaller spaces

- **MAKE A STRONG FIRST IMPRESSION**

High-quality materials and construction deliver a premium appearance for years to come.

- **MEETS THE PREMIUM STANDARD**

Tested and warrantied to the same standards as our premium strength lines.

- **DESIGNED TO COMPLEMENT**

Mixes and matches with FTS Glide, Resolute Strength and Discovery Series.

[DOWNLOAD PRODUCT SPECS »](#)





**VBR6117**  
FLAT INCLINE DECLINE BENCH

**Dimensions (LxWxH)**  
54 x 30 x 18 in (137 x 76 x 46 cm)  
**Weight** 82 lb (37 kg)  
**Max. Lift Load Capacity** 200 lb (91 kg)



**VBR6804**  
3 TIER, 10 PAIR FLAT DUMBBELL RACK

**Dimensions (LxWxH)**  
48 x 30 x 39 in (122 x 76 x 99 cm)  
**Weight** 145 lb (65 kg)  
**Max. Storage Weight** 550 lb (249 kg)



**VBR6805**  
3 TIER, 15 PAIR FLAT DUMBBELL RACK

**Dimensions (LxWxH)**  
80 x 30 x 39 in (203 x 76 x 99 cm)  
**Weight** 212 lb (96 kg)  
**Max. Storage Weight** 1200 lb (544 kg)

**Frame color options**



Black Pearl

**Upholstery color options**



Black



# Vitality™ Benches & Racks



## VBR6809

### VERTICAL 8 PAIR DUMBBELL RACK

#### Dimensions (LxWxH)

25 x 31 x 56 in (64 x 79 x 141 cm)

**Weight** 88 lb (40 kg)

**Max. Storage Weight** 360 lb (163 kg)



## VBR6814

### 3 TIER, 10 PAIR SADDLE DUMBBELL RACK

#### Dimensions (LxWxH)

56 x 30 x 40 in (142 x 76 x 102 cm)

**Weight** 139 lb (63 kg)

**Max. Storage Weight** 550 lb (249 kg)



## VBR6815

### 3 TIER, 15 PAIR SADDLE DUMBBELL RACK

#### Dimensions (LxWxH)

82 x 30 x 40 in (208 x 76 x 102 cm)

**Weight** 178 lb (81 kg)

**Max. Storage Weight** 1200 lb (544 kg)



**VBR6820B**

**2 TIER, HORIZONTAL KETTLEBELL SHELF**

**Dimensions (LxWxH)**

48 x 30 x 23 in (122 x 76 x 58 cm)

**Weight** 95 lb (43 kg)

**Max. Storage Weight** 560 lb (255 kg)



**VBR6820**

**UTILITY AND ACCESSORY STORAGE\***

**Dimensions (LxWxH)**

65 x 30 x 92 in (165 x 76 x 234 cm)

**Weight** 181 lb (82 kg)

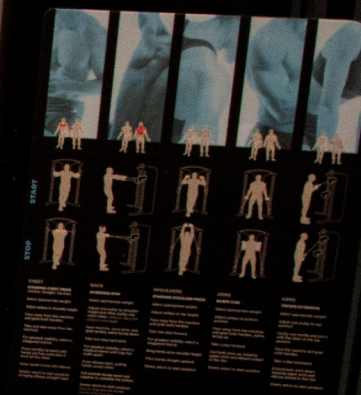
**Max. Storage Weight** 710 lb (322 kg)

\*Unit includes kettlebell shelves





**PRECOR** FTS GLIDE





## STRENGTH

# FTS Glide

Compact functional training system that delivers near-endless possibilities

- **SMALL PACKAGE. BIG PUNCH.**

A serious full-body workout in the compact footprint of a single machine.

- **ONE MACHINE. LIMITLESS POTENTIAL.**

Push, pull, press, curl and extend for dozens of workouts for every muscle.

- **RELIABLY DURABLE**

Equipment that stands the test of time, backed by industry-best service.

- **EASY TO USE**

Illustrated instructions teach and inspire multiple workouts.

- **CONVENIENT STORAGE**

Thoughtful and functional built-in storage puts accessories within reach.

[WATCH THE VIDEO »](#)

[DOWNLOAD PRODUCT SPECS »](#)



## FTS GLIDE FUNCTIONAL TRAINING SYSTEM

### Dimensions (LxWxH)

53 x 48 x 85 in (135 x 122 x 216 cm)

**Weight** 672 lb (305 kg)

**Weight Stack** 2 x 200 lb (2 x 91 kg)

### Frame color options



Black Pearl



Gloss Metallic Silver

## STRENGTH

# Functional Selectorized

A tried and true must-have for your functional strength area

- **TRAIN FOR DAY-TO-DAY DEMANDS**

Pushing-pulling-twisting-lifting movements prepare exercisers for life.

- **ADD TRAINING VARIETY**

Choose from an assortment of optional handles, grips and bars.

- **PROVEN RECORD**

With decades of real world use, you can count on our Multi-stations for the long haul.

[DOWNLOAD PRODUCT SPECS »](#)





### 820 MULTI-GYM

Dimensions (LxWxH)  
183 x 158 x 92 in (465 x 402 x 234 cm)  
Weight 3251 lb (1475 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 150 lb (68 kg) or 200 lb (91 kg)



### 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)



### 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)

#### Frame color options



Black Pearl



Gloss Metallic Silver

#### Upholstery color options



Black



# Functional Selectorized



## CW2163

### 4-STACK

Pulldown, Longpull, Triceps Pushdown, Dip-Chin Assist

#### Other Configurations

**CW2131** Pulldown, Longpull, Dip-Chin Assist, Adjustable Hi/Lo Pulley

**CW2137** Pulldown, Longpull, Adjustable Hi/Lo Pulley (2)

**CW2180** Cable Crossover, Pulldown, Dip-Chin Assist

**CW2190** Cable Crossover, Pulldown, Longpull



## CW2201

### 5-STACK

Cable Crossover, Pulldown, Longpull, Dip-Chin Assist

#### Other Configurations

**CW2205** Cable Crossover, Pulldown, Longpull, Adjustable Hi/Lo Pulley

Icarian Multi Station weight stack shrouds are not available in all configurations.

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



### CW2505

#### 8-STACK

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

#### Other Configurations

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

**CW2504** Cable Crossover, Pulldown (2), Longpull (2), Dip-Chin Assist, Adjustable Hi/Lo Pulley

Icarian Multi Station weight stack shrouds are not available in all configurations.

Cable Crossover has two Adjustable Hi/Lo Pulley stations connected by an overhead beam with pull-up bar







## CORE AND STRETCHING

# Strengthen and stretch off the floor

### 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.

### STRETCHTRAINER 240I

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

[WATCH THE VIDEO »](#)

[DOWNLOAD PRODUCT SPECS »](#)



### AB-X

#### Dimensions (LxWxH)

68 x 36 x 38 in (173 x 91 x 97 cm)

**Weight** 150 lb (68 kg)

#### Frame color options



Gloss Metallic Silver



### STRETCHTRAINER 240I

#### Dimensions (LxWxH)

52 x 28 x 36 in (132 x 71 x 91 cm)

**Weight** 150 lb (68 kg)

#### Upholstery color options



Black

# SERVICES

Full-service offerings, tailored to help your brand or community grow

“

“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*





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## SERVICES

# Planning & design

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.

- 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 the Americans with Disabilities Act (ADA)
- Audio/visual planning

[GO TO SPACE PLANNER »](#)

# Financing & Leasing

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

[CONTACT SALES »](#)





## Delivery & 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.

[LEARN MORE »](#)



## Service & Support

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.

- 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.

[LEARN MORE »](#)



## SERVICES

# Movement Library

Quickly access more than a thousand movements and tutorials for Precor cardio, strength, Queenax®, and other functional training equipment to support your training and business.

- English-only video and written materials for the time-sensitive fitness educator
- Includes guidelines for safe set up of equipment and movements
- Content is driven by industry trends and fundamental exercise principles
- Free of charge, 24/7 open-access

[GO TO MOVEMENT LIBRARY »](#)

“

“If there’s ever anything we need, I know I can pick up the phone and will receive an immediate response. I value that. I trust in that. The success that we’re having is a direct result of our strong relationship.”

*Boyd Williams*

*YMCA Pikes Peak*

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