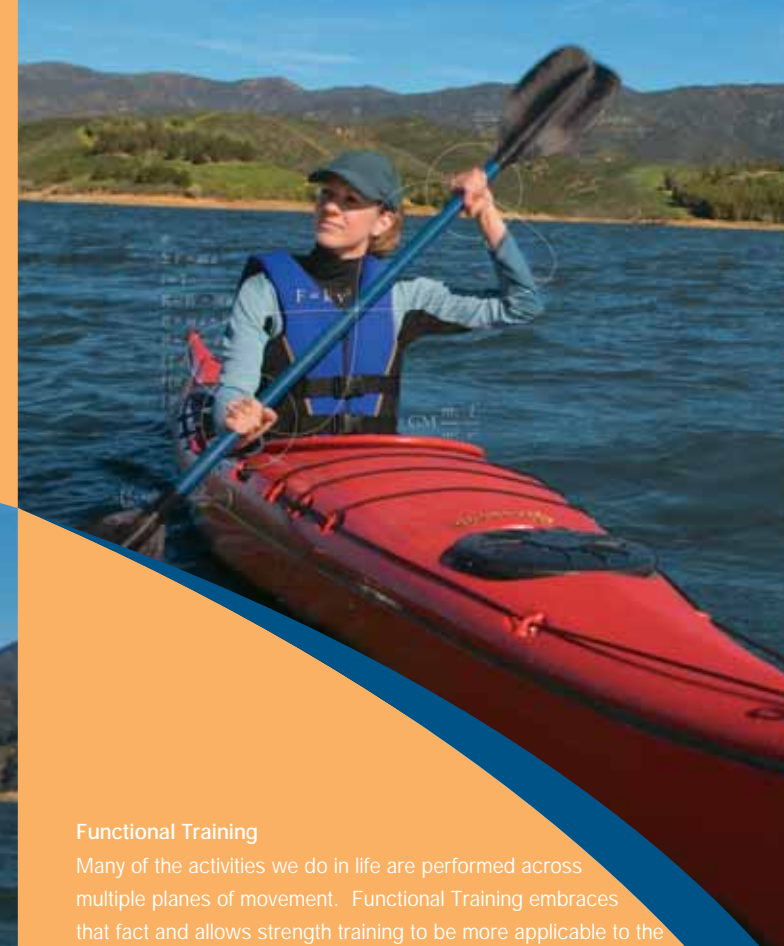


# S3.23

Functional Trainer



**Form and function, perfectly matched.  
Engineered to move the way you move.**

#### Functional Training

Many of the activities we do in life are performed across multiple planes of movement. Functional Training embraces that fact and allows strength training to be more applicable to the everyday movements of the human body as well as sports-specific training. In addition to building strength, significant improvements in balance and coordination are principle benefits of the unrestricted motion of functional training.

#### Build a Strong Core

Because the body's core muscles are the foundation for all movement, core stability training is essential to daily living and injury prevention.

#### Improve Balance, Stability, and Coordination

Functional Training engages more than one muscle, and often more than one joint, teaching them all to work together and work equally. Stabilizers and core muscles are recruited to build true overall strength.

#### For Users of All Sizes

Resistance training with freedom of movement allows users of all sizes, freedom to define their own motion path and find the movement that is comfortable for them.

# S3.23

## Functional Trainer

### Product Specifications

Stacks	Two
Stack Weight	300 lbs (136 kg) – 150 lbs (68 kg) per stack
Frame Height	6 ft 11 in (211 cm)
Frame Finish	Electrostatic powder coating
Cables	1/8-in military spec cables with nylon sheath; 2,000 lbs (909 kg) tensile strength, swiveling cable ends
Pulleys	Nylon/fiberglass pulleys; ABEC rated ball bearings
Floor Space	4 ft 5 in x 3 ft 2 in (135 cm x 97 cm)
Top Plate	Cast iron aluminum top plate; starting resistance of 10 lbs (4.5 kg)
Guide Rods	Free-floating 1-in diameter chromed steel
Accessories	Ankle strap, 2 D-ring hand grips, instructional DVD
User Guide	Core exercises are illustrated in an easy-to-read placard on shroud and demonstrated in DVD

### Features

- Instructional DVD
- Shrouds
- Single handed pulley adjustment

### Options

- Multi-angle bench

### Work out with more.

- 1 Dual independent weight stacks** – Rather than working on just one or two planes of your body, the dual weight stack allows you to engage more than one muscle and often more than one joint for isolateral resistance training.
- 2 Compact footprint** – Space-efficient design makes the S3.23 easy to incorporate into your home.
- 3 User-friendly adjustments** – Unique pulley system with one-handed ergonomic handle easily adjusts to over thirty optimal starting positions, allowing unlimited exercises to keep routines fresh.
- 4 Fully concealed weight stacks** – This attractive functional trainer offers fully enclosed weight stacks to conceal moving parts.
- 5 Instructional placard** – Nine key exercises illustrated on shroud for quick reference. Comes with instructional DVD of specific exercises.
- 6 Integrated bar** – Allows for back, ab workouts and chin-ups.
- 7 Smooth and sturdy** – High-mass/low-travel weight stack reduces bounce and friction for a smooth feel. High-grade components offer substantial sturdiness and meet American Society for Testing and Materials (ASTM) standards.
- 8 Optional adjustable bench** – Has six adjustment positions and easily wheels in and out of the functional trainer.



\* Bench shown is optional.

**PRECOR** USA  
move beyond®