



AS VERSATILE AS THE HUMAN BODY.

Every aspect of our fitness equipment is made to mirror human movement — fluid, natural, and familiar. Intuitive engineering and thoughtful design offer an invigorating workout that helps users keep moving. Arising from our heritage of providing quality fitness solutions that work, Precor fitness equipment keeps your users satisfied no matter what their goal. Precor inspires a life in motion.

Easy to use. Precor products are designed for ease-of-use with intuitive displays that help users get on and get going.

User-defined cardio. The AMT provides workout variety and freedom of movement, making it a cardio floor essential. Users of all ability levels will love the low-impact, functional movement of the AMT.

Committed to excellence. For 25 years Precor has been a leader in the fitness industry, delivering breakthrough innovations and premium quality products for the home and club.

AMT[®]100i

ADAPTIVE MOTION TRAINER

COMMERCIAL/

1/ Contralateral arm movement for natural motion

Arm and leg movements are coordinated, reflecting the way you naturally move through life.

2/ Dual-plane resistance refines workload

A patented system that applies resistance to both horizontal and vertical planes of motion, adding yet another dimension for you to customize your workout.

3/ 0- to 27-inch stride length provides unlimited variation

Choose your movement and change it as often as your heart and mind desire. Adaptive motion helps create new possibilities and rewards.

4/ Users enjoy integrated entertainment.

An optional Cardio Theater[®] personal viewing screen is ergonomically integrated into the console that provides users with the entertainment options they demand while keeping them moving in the correct biomechanic position.

5/ Stride Dial™ tracks muscle engagement

Monitoring your motion in real-time, you get instant feedback on how your muscles respond to different movements.



PRODUCT SPECIFICATIONS

Length	74 in (188 cm)
Width	28 in (71 cm)
Height	69 in (175 cm)
Weight	445 lbs (202 kg)
Shipping Weight	520 lbs (236 kg)
Maximum Stride Length	27 in (69 cm)
Maximum Stride Length	Climber motion 0 in (0 cm)
Footplate Dimensions	14.5 x 7.5 in (37 x 19 cm)
Highest Position Footplate	18.5 in (47 cm)
Lowest Position Footplate	5.5 in (14 cm)
Maximum User Weight	350 lbs
Resistance Levels	1-20 (18-720 watts)
Programs	4
Box Dimensions	52 in long, 32 in wide, 60 in high
Frame	Powder-coated steel
Regulatory Approvals	FCE, ETL, CE, EN957

CARDIO THEATER ENTERTAINMENT OPTIONS

PVS/Integrated 12-inch personal viewing screen.

AUDIO/Integrated wireless (900 MHz, 863 MHz).

Personal Entertainment Player (PEP) support.

Compatible with video players (e.g., iPod, Zune, and others).

