

# P82 Touchscreen Console

The clean and proven design of the console makes it easy for exercisers, whether new to Precor or familiar, to start, control their workout, be entertained, stay engaged, and achieve results. In addition, the P82 design allows exercisers to keep their head, neck and shoulders in an upright and natural position, making their exercise experience more comfortable and effective.

## Product Features

### 1. Personalized Viewing with Remarkable Clarity

Exercisers' proximity to the high quality screen gives them crisp clarity and personalized viewing they expect from their home entertainment system.

### 2. Supports Media Technologies Around the World

Connecting standard media systems, cable/satellite receivers, Pro:Idiom, and IPTV has never been easier. The P82 is designed with today's media technologies in mind.

### 3. Optimized for Use During Workouts

The 15-in (38.1 cm) screen, as well as the large and responsive motion controls located beneath the touchscreen, enable exercisers to make alterations to their workout and media experience easily.

### 4. Consistent Appearance Across the Cardio Floor

Precor consoles maintain a consistent, proven silhouette to ensure a clean appearance across the cardio floor.

### 5. A Platform Solution for Now and the Future

All networked P82 consoles receive automatic software updates, refreshed content, and new features without any action or expense on your part.

### 6. Tested for Durability and Reliability

Thousands of hours of hardware and software testing conducted internally and in facilities ensures you won't disappoint your cardio exercisers.

### 7. Integrated Asset Management

Save time and effort with easy-to-access diagnostics and usage information through integrated asset management.



## SPECIFICATIONS

<b>Dimensions (L x W x H):</b>	20.9 x 15.4 x 5.3 in / 53.1 x 39.1 x 13.5 cm
<b>Product Weight:</b>	15 lb / 6.8 kg
<b>Power Requirements:</b>	100v-240v
<b>Power Supply:</b>	60w / 12v
<b>Display Type:</b>	LCD Capacitive Touchscreen
<b>Visible Screen Size:</b>	15 in x 9.1 in / 38.1 cm x 23 cm
<b>Viewing Angle:</b>	170 degrees horizontal, 170 degrees vertical
<b>Resolution:</b>	XGA - 1024 x 768
<b>Display Color:</b>	16.2 M
<b>Aspect Ratio:</b>	4:3
<b>Contrast Ratio:</b>	1500:1
<b>Brightness:</b>	300 cd/m <sup>2</sup>
<b>Backlight:</b>	LED
<b>Screen Protection:</b>	Anti-glare and hard coating
<b>TV Controls:</b>	Built into console
<b>Default Channel:</b>	Yes
<b>Closed Captioning:</b>	CC1-4, Text 1-4 (US/CA only)

**Global TV Support:** NTSC, ATSC, PAL, SECAM, DVB-T/T2/C,  
\*Cable/Satellite Receiver support,  
\*Pro:Idiom®, \*IPTV

**Features of the Preva OS:** MyUI™ Suite, Video on Demand

**Languages:** English, Chinese, Danish, Dutch, French, Finnish, German, Italian, Japanese, Korean, Norwegian, Polish, Portuguese, Russian, Spanish, Swedish, Turkish

**Network Capabilities:** Preva® network capable

**Auto Shut-off:** Yes

**Mute:** Yes

**Video Decoding:** MPEG-2, MPEG-4, H.264

**Audio/video Inputs:** RF,\* HDMI

**Headphone:** Replaceable

**Wi-Fi:** 802.11 a/b/g/n, 2.4 GHz MIMO and 5 GHz multiple antenna

**Regulatory:** FCC, CE, IEC CB Scheme, TUV NRTL, US/CA

**Warranty:** 2 years parts; 1 year labor

\* Optional feature

# 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.



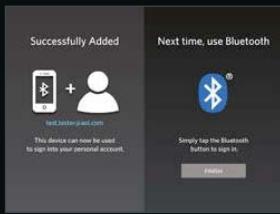
## Single Sign-On

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.



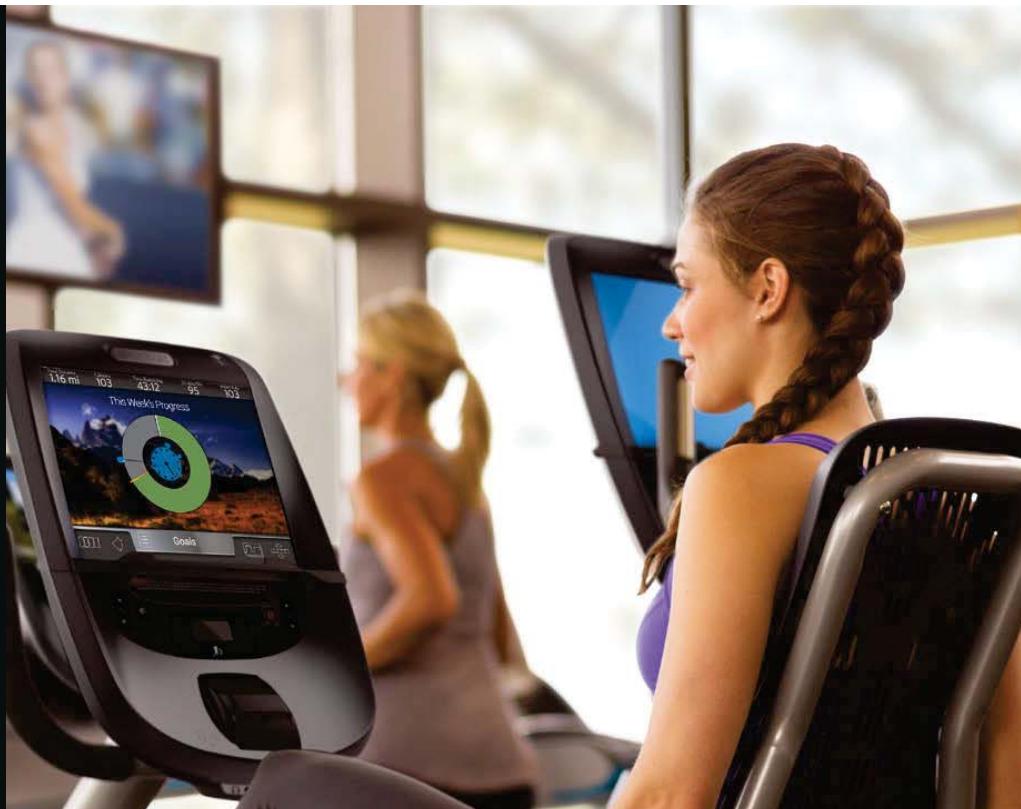
## Video On Demand

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 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.



# TRM 781 Treadmill

Experience™ Series

## Product Features

### 1. P82 Console

The P82 console not only offers a brilliant 15 in / 38.1 cm screen that's ergonomically positioned to deliver crystal-clear entertainment viewing for exercisers in motion, but when networked is also a direct-to-exerciser communication portal allowing you an opportunity to build your brand, share information about activities and services, and strengthen the sense of community within your facility.

### 2. Motor Drive System

The motor drive system improves performance, efficiency, and reliability through improved internal cooling, a wider operating range, and unique input current averaging to identify more precisely when a running belt requires replacement.

### 3. Integrated Footplant Technology™

Recognizes exercisers' natural foot speeds and matches every stride for an ultra-smooth feel that enhances their workout experience.

### 4. Ground Effects® Impact Control System

Our patented GFX system combines ideal cushioning, support, and stability for exercisers. Precor decks are designed to provide more absorption in the front where exercisers' feet hit the belt and added rigidity at the back for a firm push-off.

### 5. 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.



## SPECIFICATIONS

**Dimensions (L x W x H):** 83 x 35 x 68.5 in / 211 x 89 x 174 cm

**Weight:** 412 lb / 187 kg

**Step-up Height:** 9.5 in / 24 cm

**Handrail Length:** 18 in / 61 cm

**Running Surface:** 60 x 22 in / 153 x 56 cm

**Power:** 120 volt, 20 amp individual branch circuit

**Total Workouts:** 27

**Elevation Range:** 0% to 15% incline in 0.5% increments

**Speed Range:** 0.5 - 12 mph / 0.8 - 19.2 km/h

**Language:** English, Chinese, Danish, Dutch, French, Finnish, German, Italian, Japanese, Korean, Norwegian, Polish, Portuguese, Russian, Spanish, Swedish, Turkish

**Network Capabilities:** Preva® network capable

**Entertainment:** 15 in / 38.1 cm LCD Capacitive Touch Screen  
Mobile Device Charger and Audio Jack

**Accessories:** Integrated Reading Rack  
Optional - Cable Management

**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.

Learn More: [go.precor.com/trm781](http://go.precor.com/trm781)

# AMT® 885 Adaptive Motion Trainer® with Open Stride™

## Product Features

### 1. Console

The P82 console not only offers a brilliant 15 in / 38.1 cm screen that is ergonomically positioned to deliver crystal-clear entertainment viewing for exercisers in motion, but when networked, is also a direct-to-exerciser communication portal allowing you an opportunity to build your brand, share information about activities and services, and strengthen the sense of community within your facility.

### 2. Open Stride™

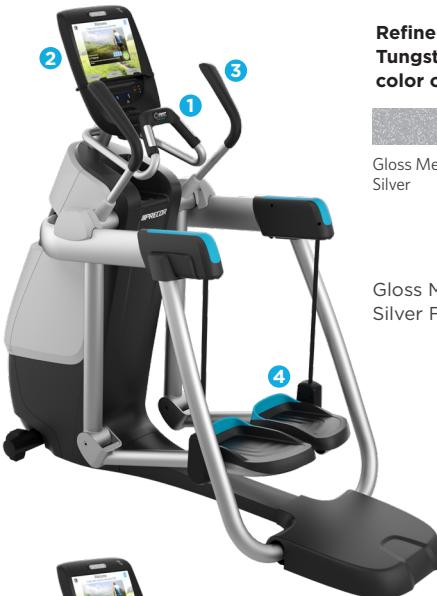
Open Stride™ is a unique feature that allows exercisers not only to dynamically adapt their stride length from zero to 36 inches (0 to 91 cm), but also to adjust their stride height from 6.8 to 10 in (17 to 25 cm), providing an infinite range of stride paths to engage several muscle groups. Open Stride™ can be adjusted from level 1 to 5 with the tactile motion controls.

### 3. Handlebars Fit Everyone

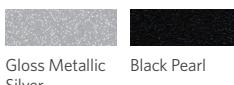
The tapered moving handlebars provide a comfortable fit for nearly every exerciser. The stationary grip has a heart rate sensor built-in that provides monitoring and a stable, comfortable position when focusing on the lower body.

### 4. Total Body Workout in One Piece of Equipment

Exercisers can go from short stride to long stride, walking to running, and climbing to striding, allowing them to target different muscle groups. Pushing and pulling the moving handlebars will engage the upper body, resulting in a total body workout.



Refined colorways with dark Tungsten covers and two frame color options.



Gloss Metallic Silver Frame



Black Pearl Frame

## SPECIFICATIONS

**Dimensions (L x W x H):** 80 x 35 x 73 in / 203 x 89 x 186 cm

**Equipment Weight:** 422 lb / 191 kg

**Power:** 120 volt, 15 amp circuit

**Total Workouts:** 12

**Resistance Levels:** 20

**Adjustable Stride Length:** 0 - 36 in / 0 - 91 cm

**Adjustable Stride Height:** 6.8 - 10 in / 17 - 25 cm (Five levels)

**Language:** English, Chinese, Danish, Dutch, French, Finnish, German, Italian, Japanese, Korean, Norwegian, Polish, Portuguese, Russian, Spanish, Swedish, Turkish

**Network Capabilities:** Preva™ network capable

**Entertainment:** 15 in / 38.1 cm LCD Capacitive Touch Screen  
Mobile Device Charger and Audio Jack

**Accessories:** Integrated Reading Rack  
Optional - Cable Management

**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.

\* The heart rate feature is intended for reference only. They may not be accurate for every user or at every intensity and are not intended for use as a medical device.

Learn More: [go.precor.com/amt885](http://go.precor.com/amt885)

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**PRECOR®**  
Fitness Made Personal

# EFX® 885

## Elliptical Fitness Crosstrainer® with Converging CrossRamp®

### Product Features

#### 1. Handlebars

With moving handlebars exercisers can achieve a total body workout.

#### 2. P82 Console

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#### 3. Converging CrossRamp®

Patented converging footpath design and incline adjustments between 10 - 35 degrees, along with 20 levels of resistance, give exercisers a challenging workout with a more natural feeling stride.

#### 4. Covered Ramp & Rear Drive Housing

Maintenance is easy with a covered ramp and rear drive housing that enable quick access for cleaning.

#### 5. Active Status Light

Alerts staff at a glance when the EFX needs maintenance or service.



Refined colorways with dark Tungsten covers and two frame color options.



Gloss Metallic  
Silver



Black Pearl

### SPECIFICATIONS

**Dimensions (L x W x H):** 80 x 28 x 72 in / 203 x 71 x 183 cm

**Equipment Weight:** 340 lb / 154 kg

**Step-up Height:** 8 in / 20 cm (pedal at lowest point)

**Power:** 120 volt, 15 amp circuit

**Total Workouts:** 22

**Resistance Levels:** 20

**Ramp Angle:** 10-35 degrees

**Language:** English, Chinese, Danish, Dutch, Finnish, French, German, Italian, Japanese, Korean, Norwegian, Polish, Portuguese, Russian, Spanish, Swedish, Turkish

**Network Capabilities:** Preva® network capable

**Entertainment:** 15 in / 38.1 cm LCD Capacitive Touch Screen  
Mobile Device Charger and Audio Jack

**Accessories:** Integrated Reading Rack  
Optional - Cable Management

**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.

Learn More: [go.precor.com/efx885](http://go.precor.com/efx885)

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**PRECOR®**  
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# RBK 885 Recumbent Bike

## EXPERIENCE™ SERIES

### Product Features

#### 1. Console

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#### 2. Step-through Design

Designed for easy entry, the recumbent bike has a step-through design (14 in / 36 cm wide) with a low step-over height (4 in / 10 cm).

#### 3. Air Flex Seat Back

The custom-designed air flex seat features a ventilated panel and unique suspension system for a cool, cushioned ride.

#### 4. Seat Adjustment

The simple seat adjustment allows the exerciser to change the position of the seat with one hand, either on or off the bike.

#### 5. Ease of Maintenance

The easy-to-remove shroud ensures quick access to the belt-drive system for maintenance and servicing without removing the pedals or crank.

#### 6. Dual-sided Pedals

The dual-sided pedals allow the exerciser to use the pedals with or without the integrated straps. The extra wide pedals comfortably accommodate feet of all sizes to encourage proper pedaling form.



Refined colorways with dark Tungsten covers and two frame color options.



Gloss Metallic  
Silver



Black Pearl

### SPECIFICATIONS

**Dimensions (L x W x H):** 67 x 23 x 54 in / 170 x 58 x 136 cm

**Weight:** 219 lb / 99 kg

**Power:** 120 volt, 15 amp circuit

**Total Workouts:** 17

**Resistance Levels:** 25

**Minimum Watts:** 18 (level 1 at 20 RPM)

**Maximum Watts:** 750 (level 25 at 150 RPM)

**Language:** English, Chinese, Danish, Dutch, Finnish, French, German, Italian, Japanese, Korean, Norwegian, Polish, Portuguese, Russian, Spanish, Swedish, Turkish

**Network Capabilities:** Preva® network capable

**Entertainment:** 15 in / 38.1 cm LCD capacitive touch screen  
Mobile device charger and audio jack

**Accessories:** Reading Rack  
Accessories holder  
Optional - Cable Management

**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.

Learn More: [go.precor.com/rbk885](http://go.precor.com/rbk885)

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**PRECOR®**  
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# UBK 885 Upright Bike EXPERIENCE™ SERIES

## Product Features

### 1. Console

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### 2. Over-molded Handlebars

The over-molded style adds comfort and durability while offering dual heart rate contacts and three ergonomic riding positions: upright, cruising, and road.

### 3. Seat Adjustment and Improved Saddle Design

The simple seat adjustment allows the exerciser to change the position of the seat with one hand, either on or off the bike.

### 4. Dual-sided Pedals

The dual-sided pedals allow the exerciser to use the pedals with or without the integrated straps. The extra-wide pedals comfortably accommodate feet of all sizes to encourage proper pedaling form.

### 5. Ease of Maintenance

The easy-to-remove shroud ensures quick access to the belt-drive system for maintenance and servicing without removing the pedals or crank.



## SPECIFICATIONS

**Dimensions (L x W x H):** 48 x 21 x 62 in / 122 x 53 x 157 cm

**Weight:** 169 lb / 77 kg

**Power:** 120 volt, 15 amp circuit

**Total Workouts:** 17

**Resistance Levels:** 25

**Minimum Watts:** 18 (level 1 at 20 RPM)

**Maximum Watts:** 750 (level 25 at 150 RPM)

**Language:** English, Chinese, Danish, Dutch, Finnish, French, German, Italian, Japanese, Korean, Norwegian, Polish, Portuguese, Russian, Spanish, Swedish, Turkish

**Network Capabilities:** Preva® network capable

**Entertainment:** 15 in / 38.1 cm LCD Capacitive Touch Screen  
Mobile device charger and audio jack

**Accessories:** Reading rack  
Dual bottle holder  
Optional - Cable management

**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.

Learn More: [go.precor.com/ubk885](http://go.precor.com/ubk885)

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**PRECOR®**  
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# STEP ONE™ RECUMBENT STEPPER

**SCI-FIT®**  
*Scientific Solutions For Fitness™*



The low impact StepOne recumbent stepper provides a smooth, total body functional exercise. StepOne features low starting resistance, wheelchair access, natural movement and a step range that provides patterning similar to walking or climbing stairs. The belt drive provides a smooth, quiet workout.



Removable seat and optional wheelchair platforms for easy wheelchair access.



Also available with height adjustable, swivel seat.



Rotate hand grips within a 60 degree range.

## PRODUCT HIGHLIGHTS

### ACCESSIBILITY

Seat slides off easily for direct wheelchair access.

Pedals always come back to neutral starting position for easy entry and start up, and easy entry from both sides.

Swivel seat sits on a flat, horizontal monorail, making it easy to move back and forth and providing easy patient transfer.

Integrated grab bar for easy entry and support.

### USER-DEFINED STRIDE LENGTH

SCI-FIT's 2" to 11.5" user-defined stride length gives therapists the ability to transition patients from a low functional state (post cardiac incident, joint replacement, hospital stay) to regaining function.

### Intelli-Stride™

Intelli-Stride™ accurately measures and displays average stride length to help monitor range of motion and improvement. Ideal for users regaining range of motion, documentation purposes and goal setting.

### EASY TO START, EASY TO PROGRESS

Low starting resistance (6 watts) with 20 levels of resistance adjustable in .1 increments, providing 191 levels of incremental resistance.

### EASY ADJUSTMENTS

Multiple adjustments fit StepOne to any user. Arm length adjusts from 1 to 12 inches and hand grips are positioned in a 60 degree range.

### RANGE OF MOTION

StepOne is ideal for hip and knee patients. By moving the seat back and adjusting the length of the handles, the therapist can move the patient into a comfortable exercise position while accommodating their limited range of motion.

### EASY TO POSITION AND MOVE

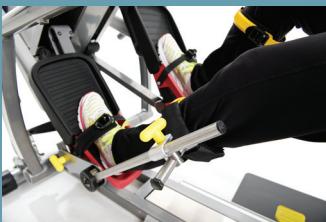
StepOne is a space-saver, with a footprint that is five inches shorter than other leading recumbent steppers. The unit is easy to move with integrated transport handle and wheels.

StepOne joins the SCIFIT family of medical exercise therapy products.

From post-surgery to wellness, SCIFIT products provide a continuum of exercise therapy for individuals regardless of the scope and severity of their conditions. SCIFIT allows them to progress as they improve with the right equipment for their needs.



## OPTIONS & ACCESSORIES



### Leg Stabilizer

Comfortable, secure support without interfering with movement.



### Assist Gloves

Support the wrist and help the user maintain grip and position.



### Wheelchair Platform

Optional, sturdy foundation for wheelchair use.



### Bariatric Seat

Optional seat provides 600 lb. user weight capacity.

## SPECIFICATIONS

Unit Weight	275 lbs.
Unit Size	68" L x 30" W x 48" H
User Weight Capacity	Standard Seat: 450 lbs. Height Adjustable Seat: 450 lbs. Bariatric Seat: 600 lbs.
Stride Length	2" - 11.5" user-defined stride length
Power Requirements	Self-generating with auto recharge battery backup. Low voltage AC adapter included.
Network Capability Standards	CSAFE port & 8-volt DC power port Accuracy to EN 957-8 standard
Manufacturing	Assembled in USA
Warranty	Frame: 10 years Parts: 5 years Labor: 1 year

## IDEAL FOR

Active Aging	Physical Therapy
Assisted Living	Retirement Communities
CCRC	Skilled Nursing
Cardiac Rehabilitation	Hospital Wellness
Independent Living	Special Needs
Long Term Care	Weight Loss/Bariatric
Nursing Homes	Wellness & Fitness

## Model E Indoor Rower

The **Model E Indoor Rower** offers presence and durability with its 20 inch frame height and powder coat with glossy finish. From a practical standpoint, the higher frame means easier on-and-off for those with tired knees or mobility considerations. One-piece leg design for both the front and rear legs results in stability and a sure, solid feel. A fully enclosed chain housing keeps the nickel plated chain clean.

The Model E includes all the proven features of the Model D plus those listed here.

