

PRECOR[®] USA
move beyond[®]

S3.19

Strength Training System



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

Workout variety.

Achieve all of your strength training goals with a combination of fixed-path and functional training exercises that includes numerous types of lifts, rows, presses and curls to build muscle, strength and balance.

Improve Balance, Stability, and Coordination.

Functional Training, provided via the high-low pulley tower, engages multiple muscle groups and joints, teaching them all to work together and work equally. Stabilizers and core muscles are recruited to build true overall strength.

Built-in quality.

Our 10-year warranty exceeds the industry standard with a worry-free pledge that reflects a 25-year commitment to excellence in fitness equipment design.

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Strength Training System

Form and function perfectly matched to move the way you do.

Product Specifications

Stacks	Single
Stack Weight	150 lbs (68 kg)
Frame	2 in x 2 in x .1 in (51 mm x 51 mm x 3 mm) wall 2 in x 3 in x .1 in (51 mm x 76 mm x 3 mm) wall tubing
Frame Finish	Electrostatic powder coating
Upholstery	Black stitched vinyl over contoured foam
Cables	1/8-in military spec cable with nylon sheath 2,000 lbs (909 kg) tensile strength swiveling cable ends
Pulleys	Nylon/fiberglass pulleys; ABEC-rated ball bearings
Minimum Space Requirements	6ft x 7ft (183cm x 213cm) 10ft x 7ft (305cm x 213cm) w/ optional leg press
Height	6 ft 11 in (211 cm)
Optional Heavy Weight Stack	200 lbs (91 kg)
Top Plate	Cast iron top plate starting resistance of 10 lbs (5 kg)
Guide Rods	Free-floating 1-in diameter chromed steel
Accessories	Straight bar, ankle strap, D-ring hand grip, ergonomic lat bar, ab/tricep strap, wall chart

Features

Options

High-low Pulley Tower	•	Heavy Weight Stack	•
Multi-position Leg Curl/ Leg Extension	•	Leg Press	•
Chest Supported Row	•		
Multi-directional Press Arm (13 positions)	•		
Adjustable Seat & Seat Back	•		
Weight Stack Shrouds	•		

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- 1 Increased exercise options**—Perform a full array of functional training exercises via the high-low pulley tower to build strength and improve balance, stability and coordination.
- 2 User-friendly adjustments**—High-low pulley tower features a unique pulley system with one-handed ergonomic handle that easily adjusts to over thirty optimal starting positions to suit users of all sizes.
- 3 Unique upper-body workout**—Improve overall back and bicep development with the Chest Supported Seated Row, or perform pressing exercises with the Multi-directional Press Arm.
- 4 Proper positioning**—Ergonomically correct design helps you find and hold the correct body position, with adjustable seat height and seatback positioning, to help you personalize your exercise starting position and level of support.
- 5 More standard leg exercises**—The leg extension platform is equipped with an adjustable three-roller system that provides both comfort and support for optimal leg curl and leg extension positioning.
- 6 Fully concealed weight stacks**—The S3.19 strength training system offers a fully enclosed weight stack to conceal moving parts.
- 7 Optional leg press**—Add variety and flexibility to your workout with the optional leg press. Features adjustable seat and floating footplate to assure natural, smooth, thigh, hamstring, glute and calf exercises.
- 8 Smooth, quiet operation**—Enjoy smooth, quiet weight movement with our free-floating guide rods and sound-absorbing rubber ends, which reduce noise and wear from metal-to-metal contact.



*shown with all options