

A woman with her hair in a ponytail, wearing a bright green tank top, black leggings, and white sneakers, is using a Precor S3.23 Functional Trainer. She is standing in a home gym with wooden floors and white walls. The machine is a large, silver-colored piece of equipment with a curved overhead bar and multiple handles. The text "MOVE WELL. LIVE WELL." is overlaid in large, white, sans-serif font on the left side of the image.

MOVE WELL.
LIVE WELL.

Our fitness equipment is designed to reflect human movement—fluid, natural and familiar. With an intuitive feel and a warm, attractive color palette, Precor fitness machines move with you for workouts as invigorating as they are exhilarating, making your fitness regimen the springboard for a world of possibilities. Whether you're striving to lose a few pounds, exploring new levels of strength and endurance, or taking your dog for his morning run, Precor inspires a life in motion.

S3.23

FUNCTIONAL TRAINER

HOME/

Functional Training

Most of the activities we do in life are performed across multiple planes of movement. Functional Training allows strength training to be more applicable to the everyday movements of the human body, and sports-specific training. In addition to building overall strength and a strong core, significant improvements in balance, stability and coordination are principle benefits of the unrestricted motion of functional training.

1/ Compact footprint fits into your home.

With its space efficient design and subtle color palette the S3.23 complements your home decor and suits your lifestyle.

2/ Wide range-of-motion for a flexible workout.

High-mass/low-travel weight stack increases the cable range-of-motion, allowing you greater flexibility in your workout.

3/ User-friendly adjustments vary your workout.

The unique pulley system with one-handed ergonomic handle easily adjusts to over thirty starting positions, allowing unlimited exercises to keep routines fresh.

4/ Dual independent weight stacks engage your muscles.

Rather than working on just one or two planes of your body, the dual independent weight stacks allow you to engage more than one muscle and often more than one joint for isolateral resistance training.

5/ Optional adjustable bench.

The optional bench has six adjustment positions to focus your workouts and easily wheels in and out of the functional trainer.



PRODUCT SPECIFICATIONS

Width	4 ft 5 in (135 cm)
Depth	3 ft 2 in (97 cm)
Height	6 ft 11 in (211 cm)
Stacks	2
Weight	584 lbs (265 kg)
Weight Stack	300 lbs (136 kg) 150 lbs (68 kg) per stack
Frame	Powder-coated steel
Cables	1/8-in military spec cables with nylon sheath; swiveling cable ends
Pulleys	Nylon/fiberglass pulleys; ABEC rated ball bearings
Top Plate	Cast aluminum top plate; starting resistance of 10 lbs (4.5 kg)
Accessories	Foot/ankle strap, 2 D-ring hand grips, instructional DVD
User Guide	Core exercises are illustrated in an easy-to-read placard
Options	Multi-angle bench; Accessory Kit w/ pull bar, curl bar and foot/ankle strap (not shown)

