

PRECOR[®] USA
move beyond[®]

S3.25

Strength Training System



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



Ease of use.

With multiple upper- and lower-body exercise options in a fully adjustable weight system, it's easy to achieve maximum strength-training results in a short amount of time.

Workout variety.

Perform over 30 types of lifts, rows, raises, curls, crunches, pull-downs and presses at up to three compact stations designed to support proper form and a full range of motion.

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.

www.precor.com

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Product Specifications

Stacks	Single
Stack Weight	208 lbs (95 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
Floor Space	6 ft 8 in x 6 ft (203 cm x 183 cm) 6 ft 8 in x 7 ft 2 in (203 cm x 218 cm) with optional leg press
Height	6 ft 11 in (211 cm)
Optional Heavy Weight Stack	258 lbs (117 kg)
Top Plate	Cast iron top plate starting resistance of 8 lbs (4 kg)
Guide Rods	Free-floating 1-in diameter chromed steel
Accessories	Ergonomic lat bar, 18" chromed straight bar with rotating handle, ankle strap, ab/tri strap, detailed exercise wall chart

Features	Options
Adjustable Seat and Back Pad	Heavy Weight Stack
Freedom Press Arm	Leg Press
Lying Leg Curl	
Shrouds	

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Work out with more.

- 1 Natural grip**—With our ergonomic lat bar, the users' grip fits more naturally than with the traditional straight bar.
- 2 Shrouded weight stacks**—Our 208-pound weight stack is enclosed to conceal moving parts for a safe and attractive strength-training system.
- 3 Bio-mechanically correct**—Get results fast with the S3.25, designed to support good form and a full range of motion—two key elements in reaching your strength-training goals.
- 4 Greater range of motion**—Improve your range of motion with our unique design that provides resistance when arms move away from the body and inward while arms are outstretched.
- 5 Full-body workout**—Work your lower body with our fully adjustable leg-extension station. And your upper body with decline, incline, standard, and shoulder-press exercises using easy-to-adjust handlebar and seat positions.
- 6 Efficient exercise**—Precor strength-training equipment ergonomically adjusts to the individual, so you're always in the right position and exercising in the most efficient and effective way possible.
- 7 Greater comfort**—Get in the right position with ease for a comfortable workout with our "ratchet and lock" system for seat and pad positions.
- 8 Smooth, quiet operation**—Experience smooth, quiet weight movement with our free-floating guide rods and sound-absorbing rubber ends, which eliminate metal-to-metal contact.

