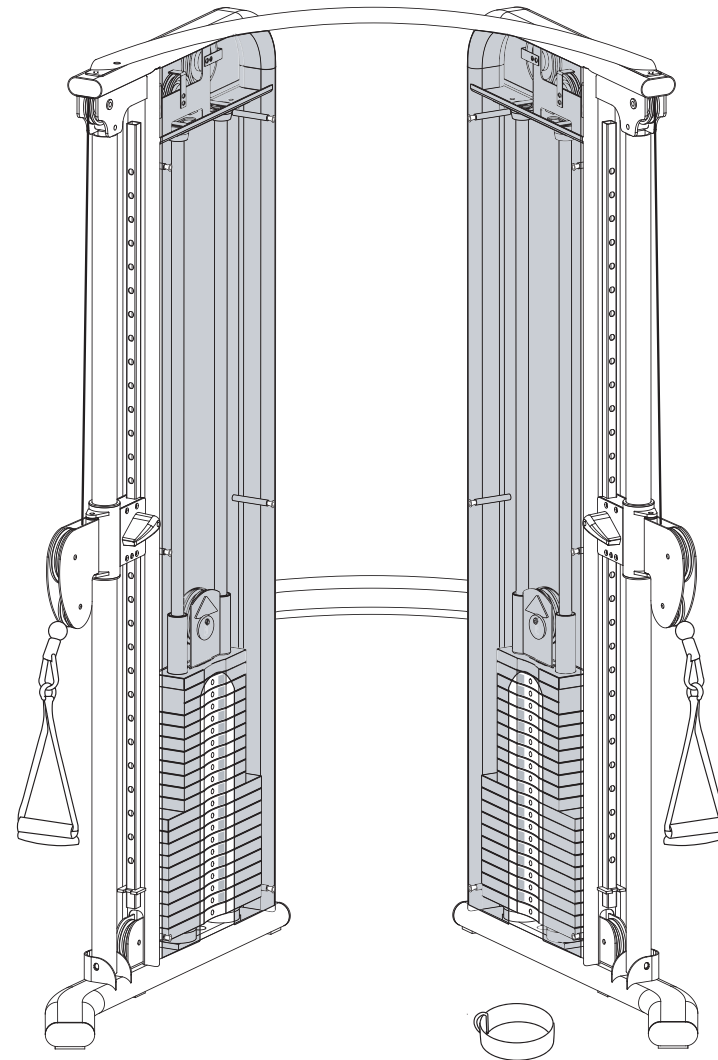


**PRECOR**<sup>USA</sup>  
move beyond<sup>®</sup>

## **S3.23**

Strength-Training  
Fitness Equipment



### Assembly and Maintenance Guide

## Important Safety Instructions

Before beginning any fitness program, consult your physician and receive a thorough physical examination.

*Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

When using exercise equipment, basic precautions should always be taken, including the following:

- Read all instructions before using the S3.23 equipment. These instructions are written for your safety and to protect the unit.
- Do not allow children or those unfamiliar with its operation on or near the equipment. Do not leave children unsupervised around the unit
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Wear proper exercise clothing and shoes for your workout and avoid loose clothing. Tie long hair back.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.

- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate the unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use outdoors.

### Personal Safety during Assembly

- **It is strongly recommended that a qualified dealer assemble the equipment. Assistance is required.**
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the S3.23 on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access.

### Obtaining Service

Do not attempt to service the S3.23 yourself except for the maintenance tasks described in this guide. This unit does not contain any user-serviceable parts.

For information about product operation, refer to the enclosed DVD. For service, refer to the Precor web site at [www.precor.com](http://www.precor.com). Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor website at [www.precor.com/contact](http://www.precor.com/contact).

If you call or e-mail Customer Service, have the serial number and part numbers available.

You can find the serial number printed on a label affixed to the side of the S3.23. For future reference, write the serial number in the space provided below.

Serial number: \_\_\_\_\_

## Table of Contents

	Important Safety Instructions .....	2
	Personal Safety During Assembly .....	2
	Obtaining Service .....	2
<b>1</b>	<b>Before You Begin .....</b>	<b>4</b>
	Unpacking the Equipment .....	4
<b>2</b>	<b>Preparations .....</b>	<b>5</b>
	Required Tools .....	5
	Installation Requirements .....	5
	Assembly Tips .....	5
<b>3</b>	<b>Assembly Instructions .....</b>	<b>6</b>
	Open Box 1 .....	7
	1. Assemble Main Structure .....	8
	2. Assemble Weight Stack .....	9
	Open Box 2 .....	13
	3. Attach Shrouds .....	14
	4. Attach Handles and Accessories .....	15
	5. Move the Pulley Assemblies .....	16
<b>4</b>	<b>Adjustments and Maintenance .....</b>	<b>17</b>
	1. Cable Adjustments .....	18
	2. Selector Stem Adjustments .....	18
	3. Maintenance .....	19
	Limited Warranty Statement .....	20
	Warranty Registration Card .....	21
	Specifications .....	Back cover

# 1

## Before You Begin

Thank you for purchasing the S3.23. This unit is part of the Precor Strength line of quality strength training machines, which let you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment, please study this guide thoroughly.

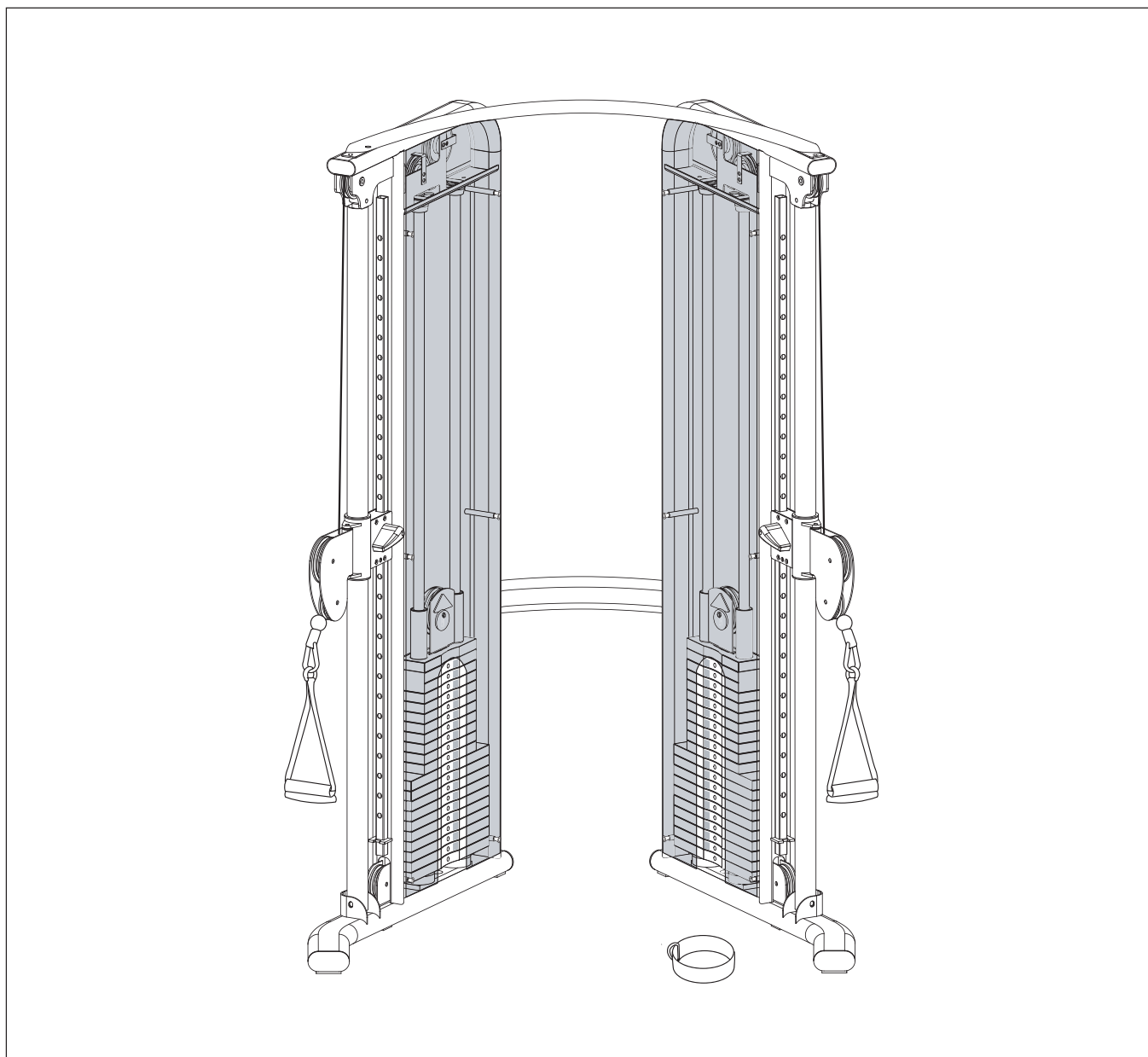
### Unpacking the Equipment

The S3.23 is carefully tested and inspected before shipment. Precor Strength ships the unit in several pieces that require assembly. Ask for assistance during the assembly process.

- Review the *Installation Requirements* found on the next page.
- When instructed to open a box, carefully unpack the pieces and lay them on the floor near the location where you plan to use the equipment.

*Be careful to open boxes and assemble components in the sequence presented in this manual.*

If any items are missing, contact the dealer from whom you purchased the unit. For more information, refer to *Obtaining Service*.



## Before You Begin

# 2

## Preparations

**CAUTION:** To set up this unit, you will need assistance. Do not attempt assembly by yourself.

You must review and follow the instructions in this guide. If you do not assemble and use the S3.23 according to the following guidelines, you could void the Precor Limited Warranty.

### Required Tools

Tools that you need to obtain before assembling the unit include:

- Standard set of hex keys
- Two  $\frac{9}{16}$ -inch wrenches
- One  $\frac{1}{2}$ -inch wrench
- Wire tie cutter (cuts plastic tie wraps)
- Step stool

**Note:** Use box-end, open-end or standard crescent wrenches.

### Installation Requirements

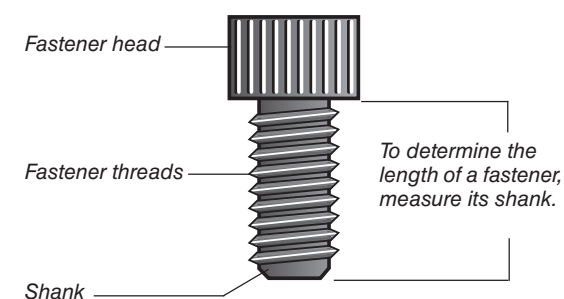
Follow these installation requirements when assembling the unit:

- **Fill out and mail the warranty registration card.**
- **Set up the S3.23 on a solid, flat surface.**  
A smooth, flat surface under the unit helps keep it level.
- **Provide ample space around the machine.**  
Open space around the machine allows for easier access.
- **Insert all fasteners in the same direction.** For aesthetic purposes, insert all the fasteners in the same direction unless specified (in text or illustrations) to do otherwise.
- **Leave room for adjustments.** Tighten fasteners (such as screws, nuts, and bolts), so the unit is stable, but leaves room for adjustments. **Do not** fully tighten fasteners until instructed (in the steps) to do so.

### Assembly Tips

- A black 6-inch scale with white numbers is provided at the bottom of every assembly instruction page. Use this scale to identify the correct fastener size. The head of a fastener is not used in measuring the length.

To find out the length of a particular fastener, measure its shank (the long, narrow part beneath the head). Refer to the following diagram:



- Silver fasteners are used within the silver painted areas. Black fasteners are used when assembling the gray painted surfaces.
- Some pieces have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.
- Read all caution notes on each page before completing that step.
- While you may be able to assemble the S3.23 by reading the illustrations only, refer to the text for important safety cautions and notes.

## Preparations

# 3

## Assembly Instructions

Assembly of the S3.23 takes professional installers about 1 hour to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

**Professional installers are highly recommended!**

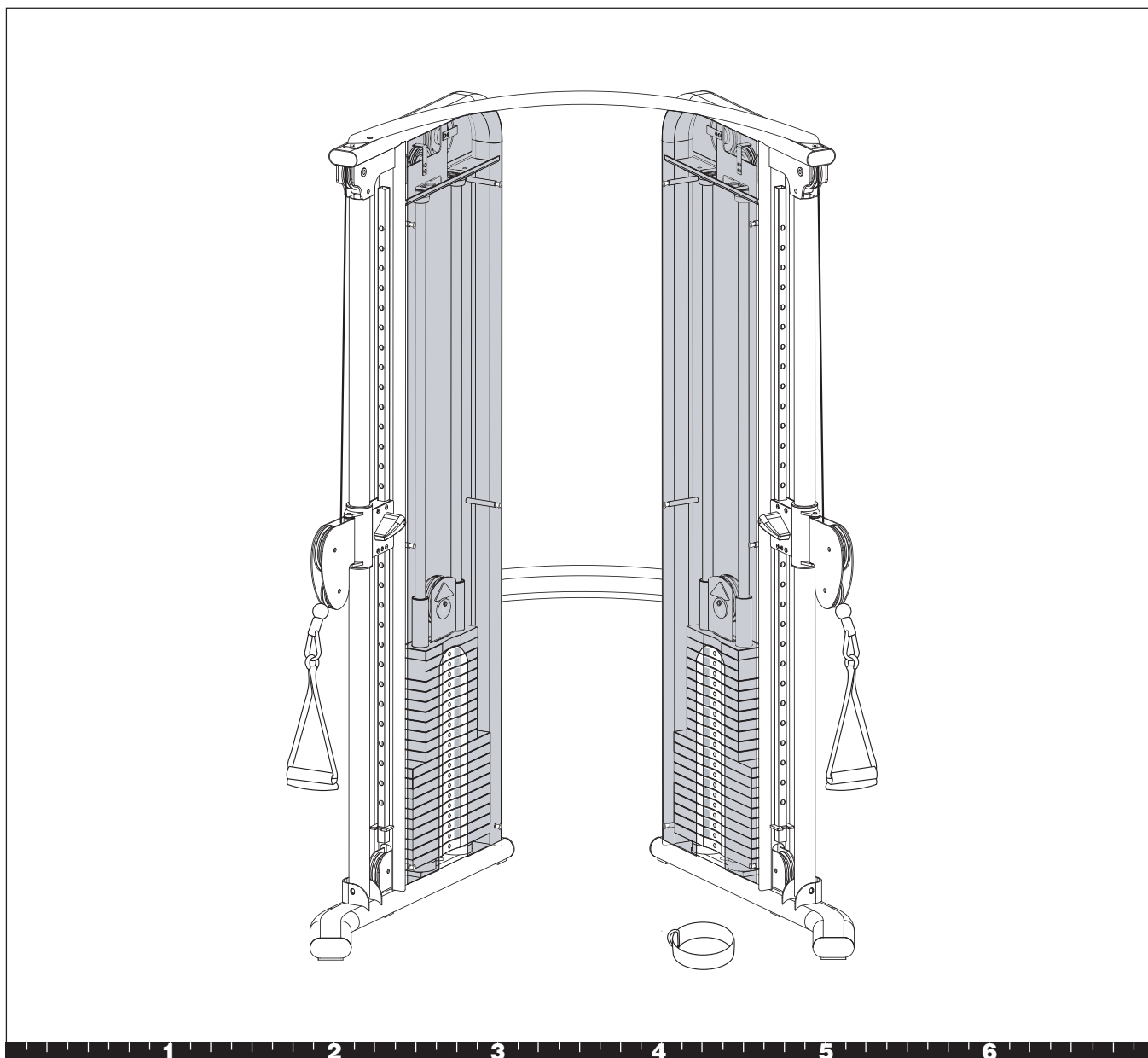
However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

**CAUTION: Obtain assistance! Do not attempt to assemble the S3.23 by yourself. Review the *Installation Requirements* on page 6 before proceeding with the following steps.**

The S3.23 comes in two long boxes with four smaller boxes of weights.

*Be careful to open boxes and assemble components in the sequence presented in this manual.*

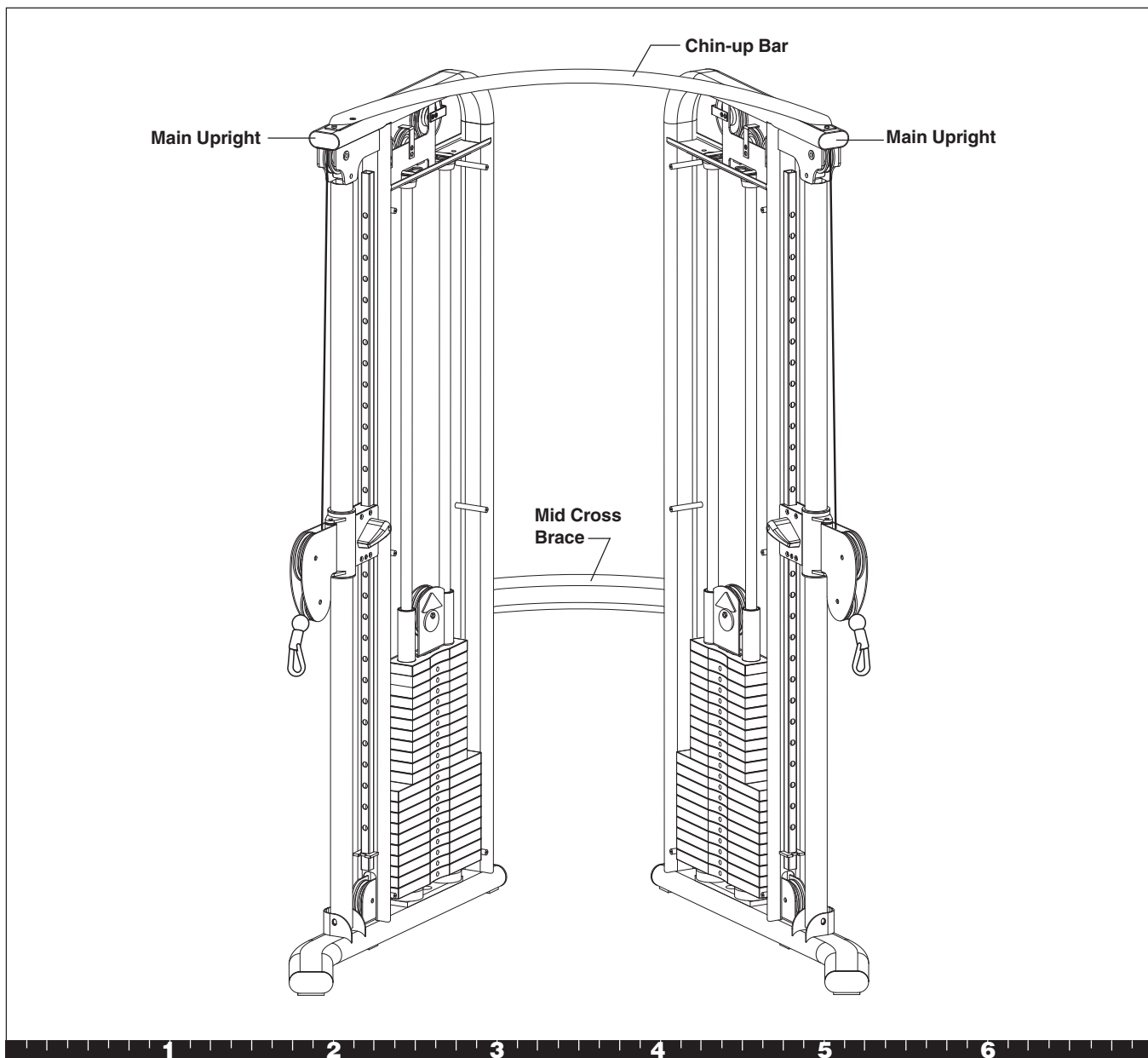
**Note:** With so many assembled parts, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. **Do not fully tighten fasteners until instructed to do so.**



## Open Box 1

Use wire tie cutters to open the boxes.

In this section, you will assemble the Main Structure of the S3.23. The illustration shows how the Main Structure will look when you have completed its assembly.



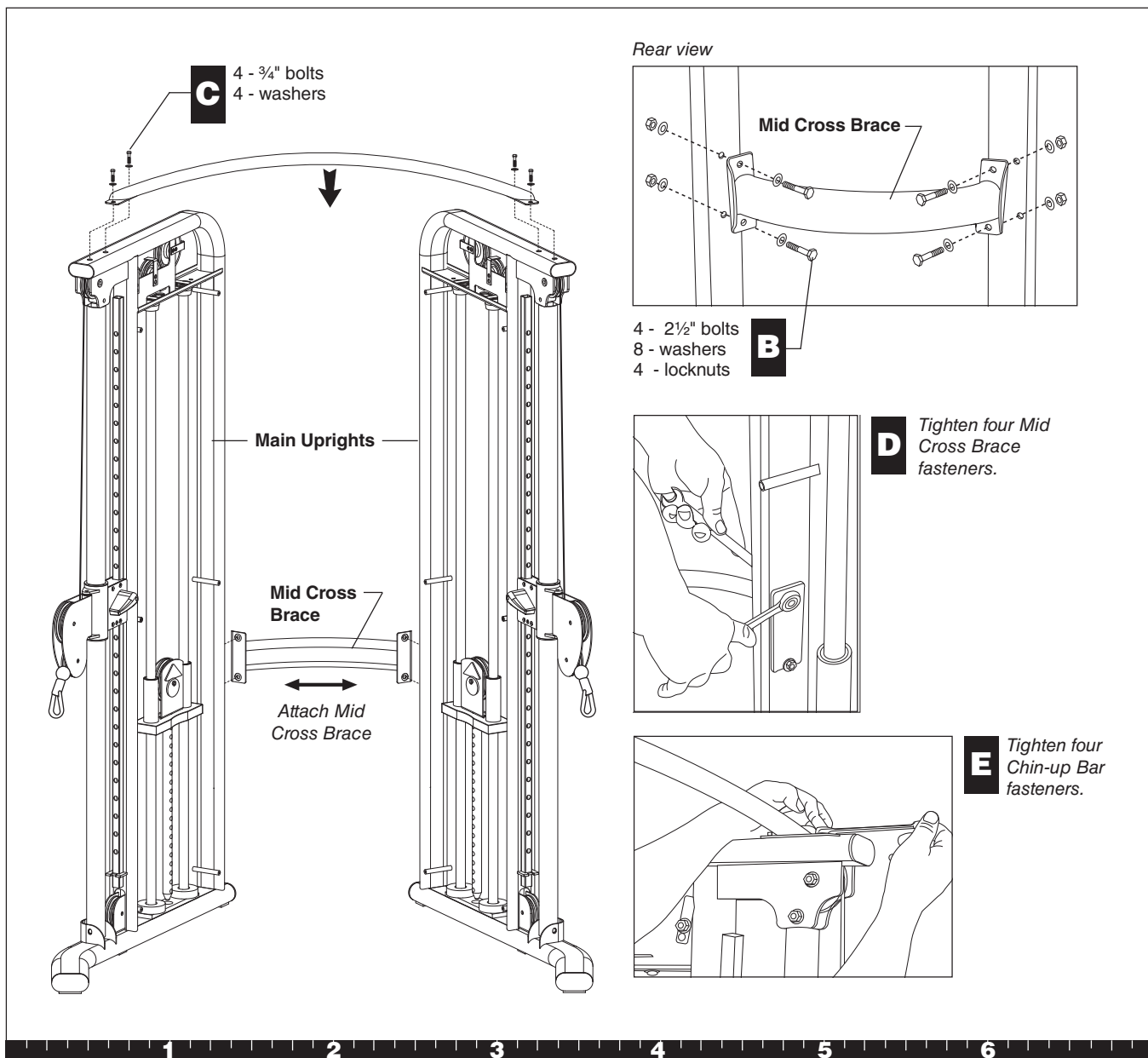
## Open Box 1

## 1. Assemble Main Structure

- A. Lift and stabilize the two Main Uprights.
- B. Have an assistant hold the Main Uprights steady while you attach the Mid Cross Brace using
  - four 2½-inch hex head bolts
  - eight washers
  - four locknuts

**Note:** Alternately finger tighten all four fasteners while adjusting the alignment of the Main Uprights.
- C. Attach the Chin-up Bar to the Main Uprights using
  - four ¾-inch hex head bolts
  - four washers

**CAUTION:** Make sure that the assembled parts are stable and balanced before your assistant lets go of the Main Uprights.
- D. Use two ⅜-inch wrenches to tighten the fasteners beginning with the Mid Cross Brace.
- E. Wrench tighten the Chin-up Bar fasteners.
- F. Set aside the accessories and handles found in Box 1.



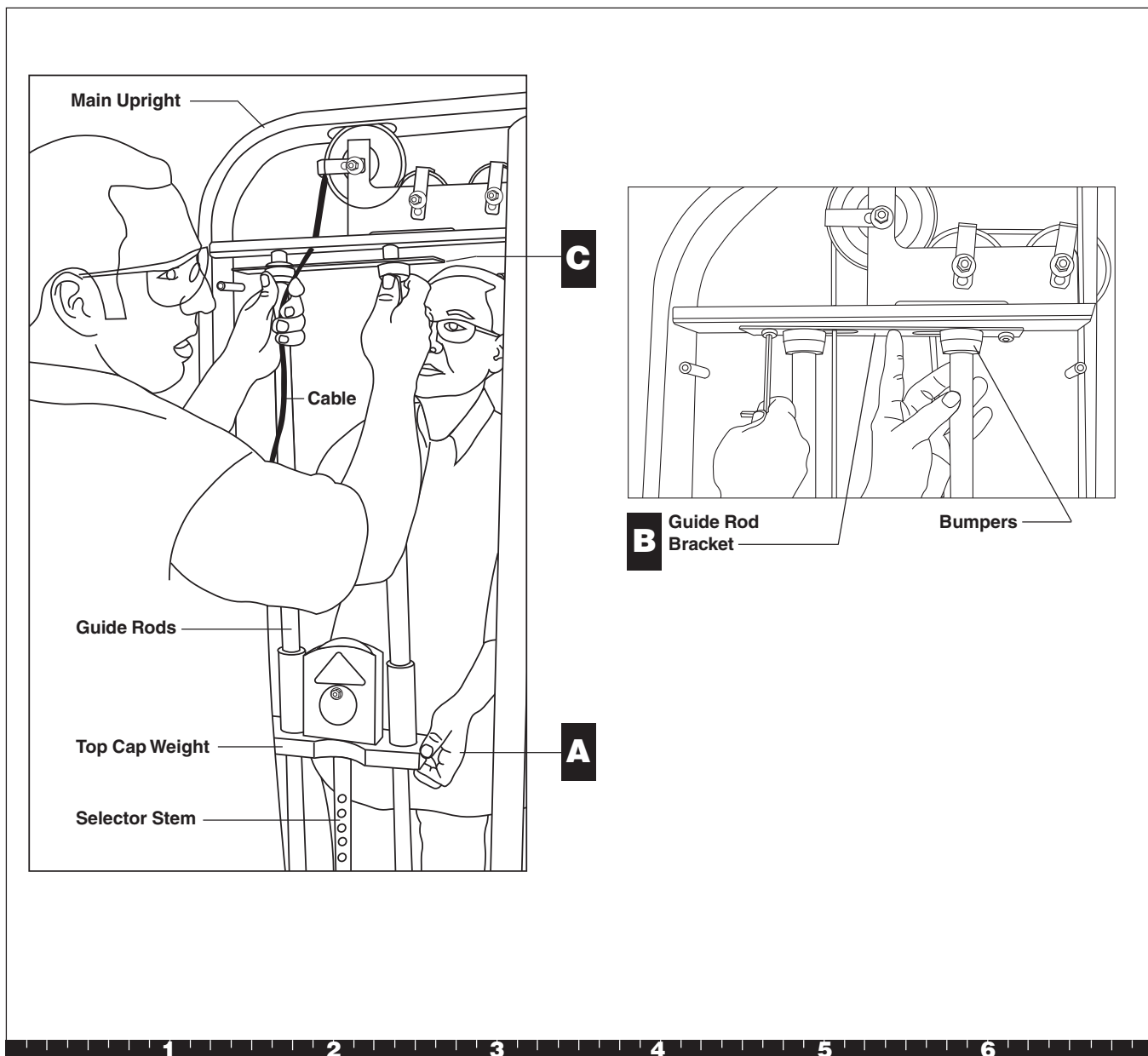
## Step 1. Assemble Main Structure



## 2. Assemble Weight Stack

**Note:** Perform the following steps on each Main Upright. Complete the assembly steps for one side before moving the other Main Upright.

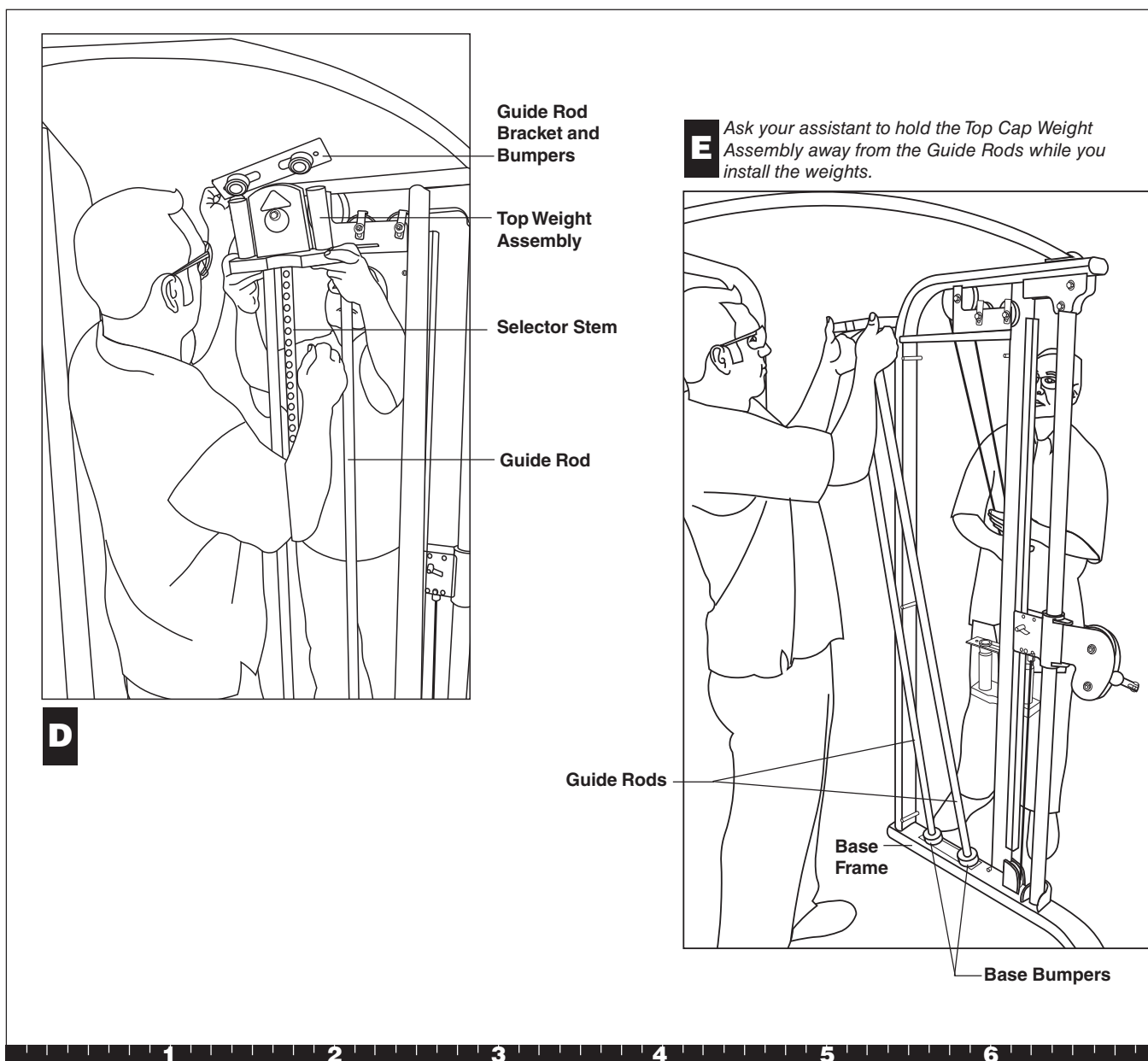
- A. Have your assistant lift the Top Cap Weight to remove cable tension.
- B. Use a hex key to remove the two buttonhead screws and two washers that secure the Guide Rod Bracket.
- C. Remove the Guide Rod Bracket and Bumpers.



## Step 2. Assemble Weight Stack

- D. Have your assistant slide the Top Weight Assembly and Selector Stem off the Guide Rods. Ask your assistant to hold the Top Weight Assembly away from the Guide Rods while you install the weights.
- E. Add the ten 10-lb weights and the ten shorter-length 5-lb weights. Note that the curve on the weight plate faces inside. Hold your finger over the plastic bushing in each weight to prevent the bushing from popping out.

**CAUTION: The weights are heavy! Handle the weights carefully so as not to drop them or injure yourself. Pick up and place one weight at a time on the Guide Rods. Do not angle the Guide Rods to such a degree that they dislodge the Base Bumpers and come out of the Base Frame.**

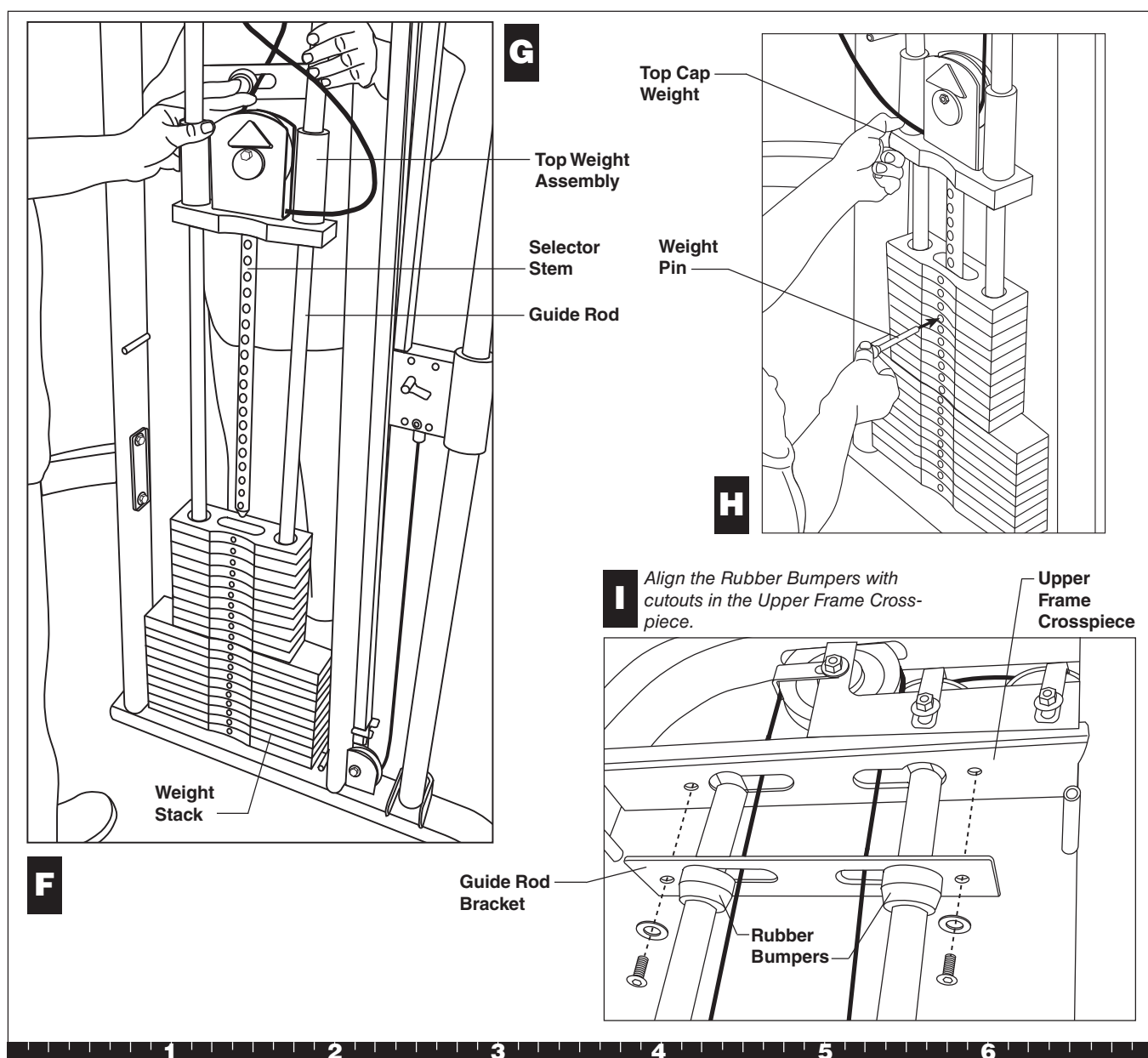


## Step 2. Assemble Weight Stack, Continued

- F. Hold the Guide Rods while your assistance replaces the Selector Stem and Top Weight Assembly.

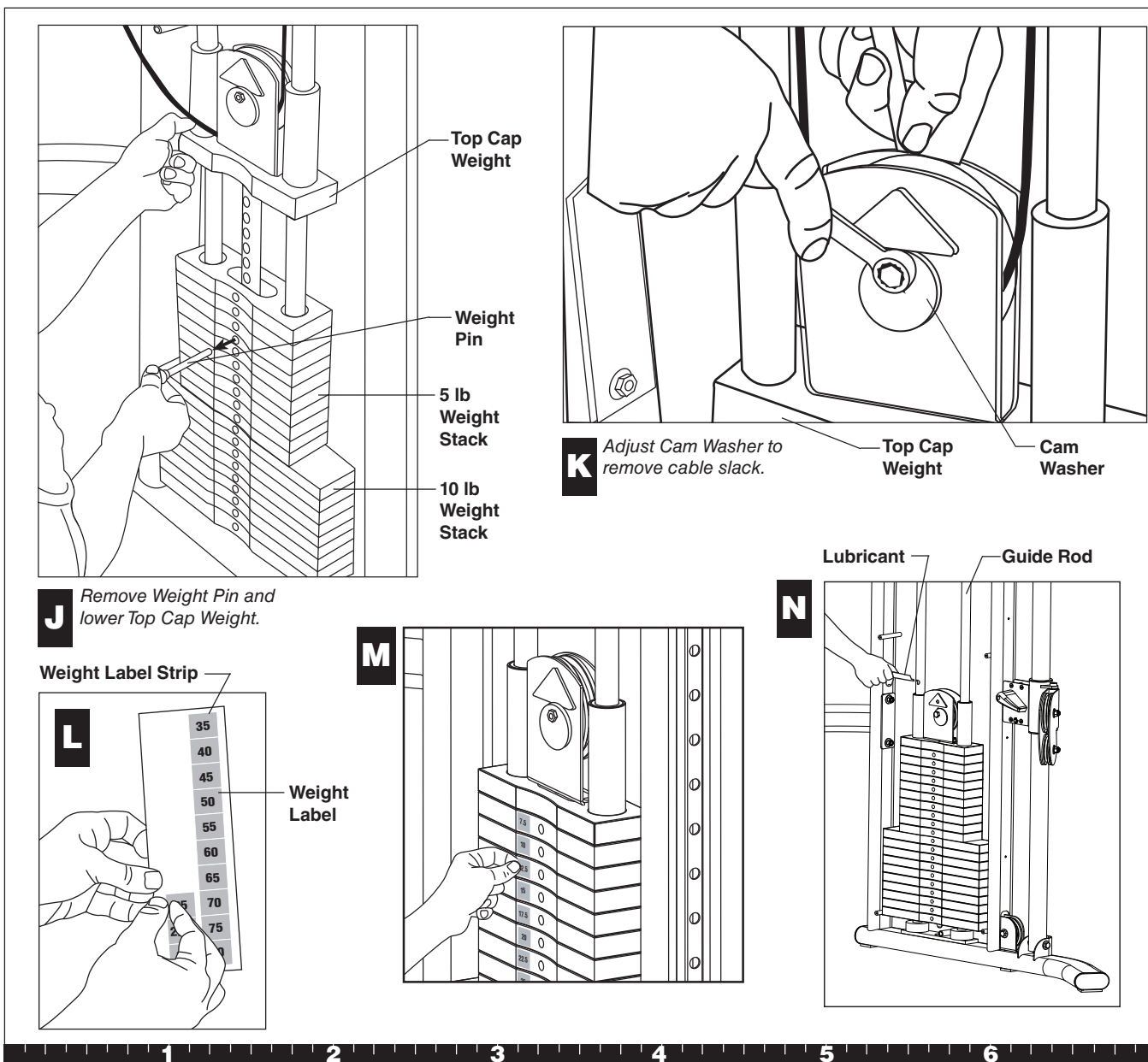
**Important:** During reassembly, do not lower the Guide Rod Bracket more than three inches along the Guide Rods. Have your assistant hold the Guide Rods firmly because they can be pulled out of the Base Bumpers. It is difficult to replace the Guide Rods in an assembled Weight Stack. If the Guide Rods become dislodged, you will need to disassemble the Weight Stack to make sure that the Guide Rods are seated properly in the Base Frame.

- G. Ask your assistant to hold the Guide Rods while you check the cables to make sure they are centered between the Guide Rods. Remove any twists in the cables.
- H. To relieve cable tension, lift the Top Cap Weight about a foot above the Weight Stack and secure it with the Weight Pin.
- I. While your assistant continues to hold the Guide Rods, realign the Rubber Bumpers with the cutouts in the Upper Frame Crosspiece. Replace the Guide Rod Bracket using two buttonhead screws and two washers (removed in step 2B). Wrench tighten.



## Step 2. Assemble Weight Stack, Continued

- J. Remove the Weight Pin and gently lower the Top Cap Weight onto the Weight Stack.
  - K. Remove the slack in the cable. Use two  $\frac{9}{16}$ -inch wrenches to loosen the fastener that holds the Cam Washer. Rotate the Cam Washer to remove any slack in the cable. Check the Top Cap Weight to make sure it remains well-seated on the Weight Stack and then wrench tighten the Cam Washer fasteners.
  - L. Peel the Weight Label off the Weight Label Strip.
  - M. Peel the backing off the Weight Label to expose the adhesive and place a label on each Weight Plate. The recommended location of the label is toward the rear of the unit.
  - N. Apply one tube of lubricant to each Guide Rod.
- CAUTION: The lubricant can stain clothes. Wear proper attire when lubricating the Guide Rods.**

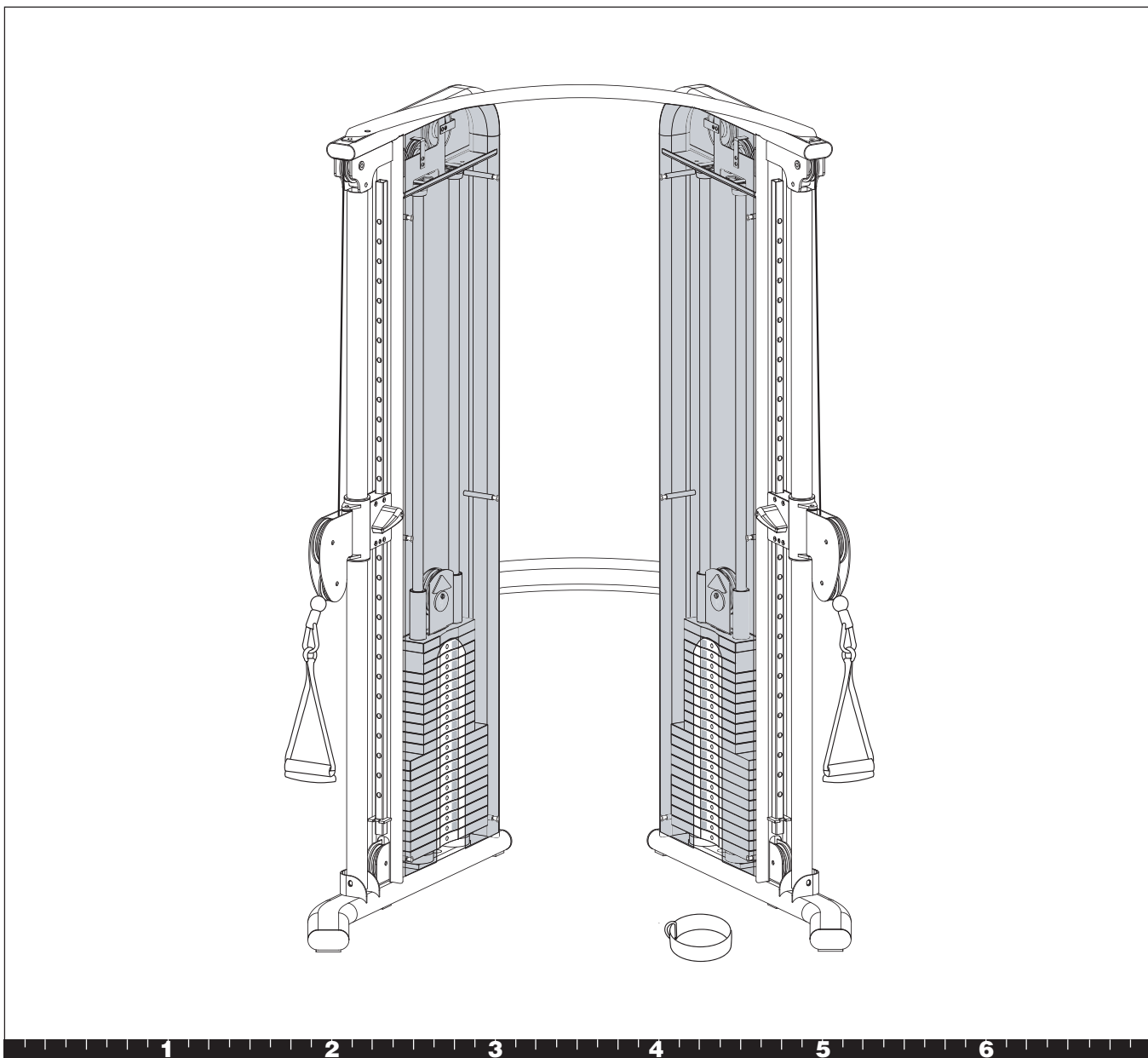


## Step 2. Assemble Weight Stack, Continued

## Open Box 2

Use tie cutters to open the box.

The illustration shows the entire S3.23 assembly once you have completed installing the contents of Box 2.



## Open Box 2

### 3. Attach Shrouds

Two Shrouds are attached to each Main Upright. Complete the assembly steps for one side before moving the other Main Upright.

**Important:** Handle the Shroud with care. The acrylic Shrouds require special handling as they are easily scratched. For proper care and maintenance, refer to the Adjustments and Maintenance section in this guide.

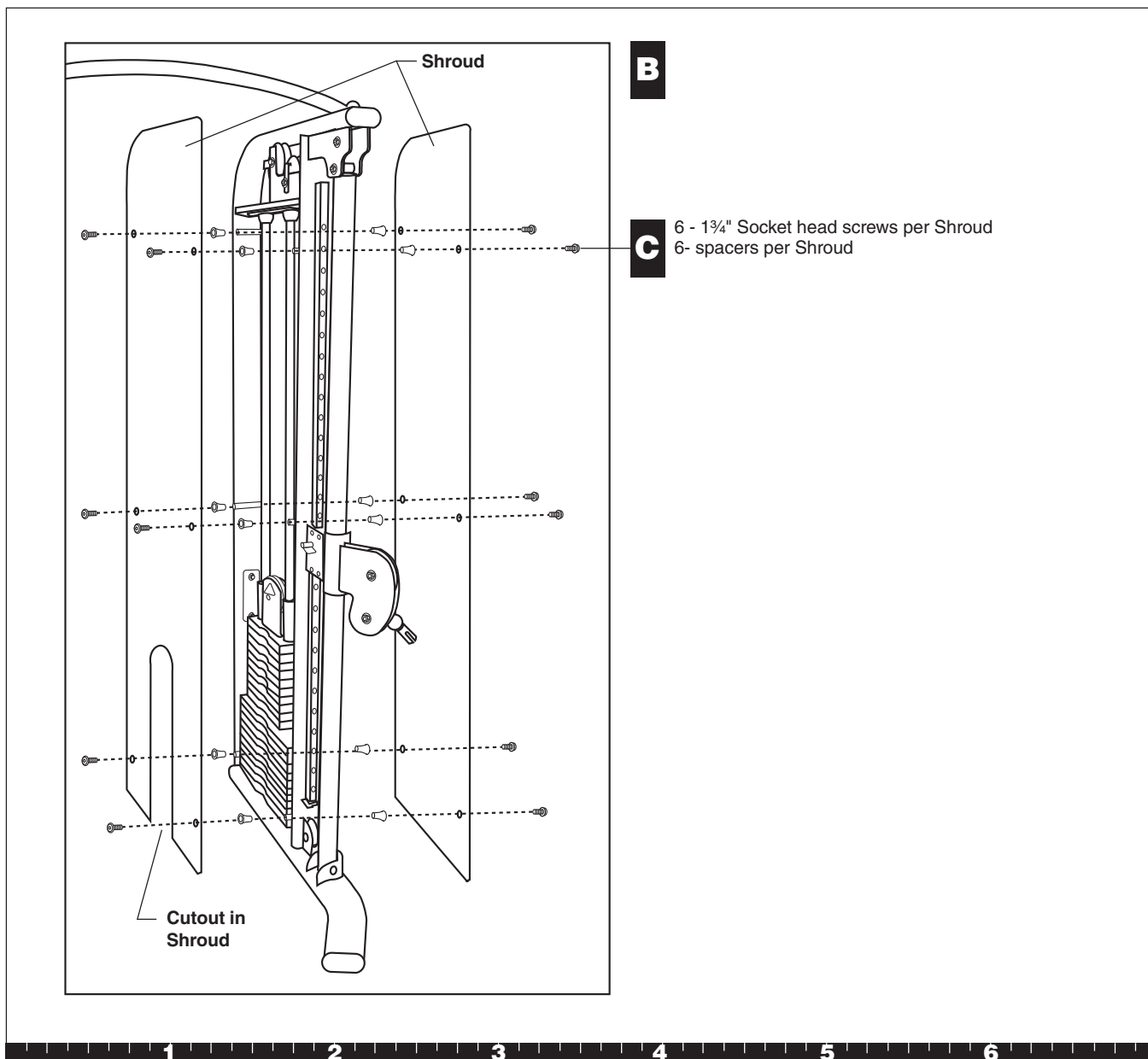
A. Install the Shrouds so the cutouts allow access to the Weight Stack Pin.

B. Attach a Shroud to each side of the Main Upright using  
 six 1 $\frac{3}{4}$ -inch Socket head screws  
 six spacers

**Note:** Start at the top two mounts and work toward the base. Ask your assistant to hold the Shroud in place while you insert the top spacers and fasteners. Alternately finger tighten all six fasteners while adjusting the alignment.

C. Wrench tighten all the fasteners using a hex key.

**CAUTION:** Do not over tighten. You can crack or warp the Shroud if too much pressure is applied to the fasteners.



### Step 3. Attach Shrouds

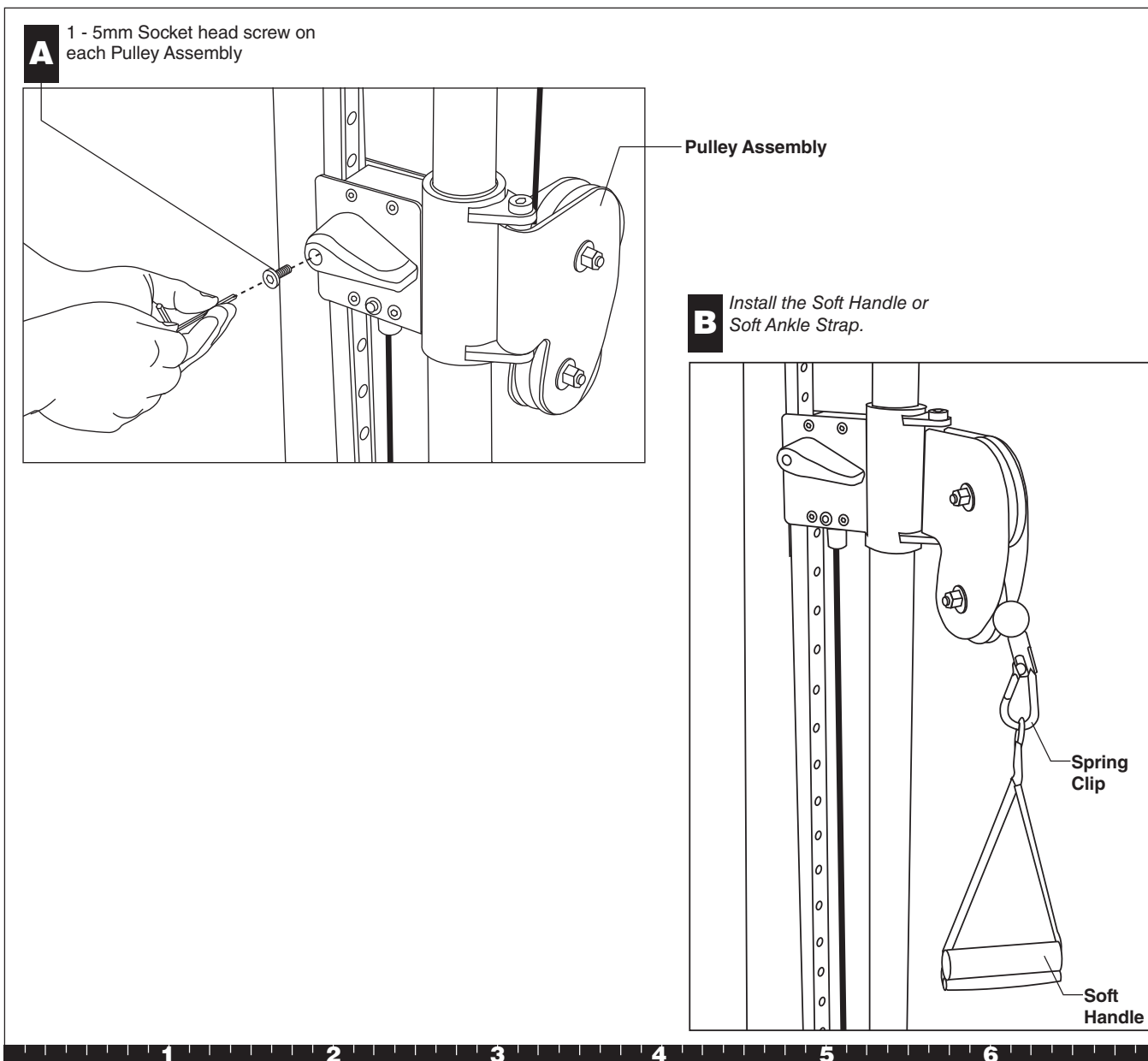
## 4. Attach Handles and Accessories

- A. Install a Handle on each Pulley Assembly using one 5mm Socket head screw. Wrench tighten with a hex key.

**Note:** To adjust the outside pulley location, lift the Handle and slide it to the desired location.

- B. Attach the two Soft Handles or a Soft Ankle Strap to the end of the cable using a Spring Clip.

This completes the assembly of your S3.23 Strength-Training Fitness Equipment.

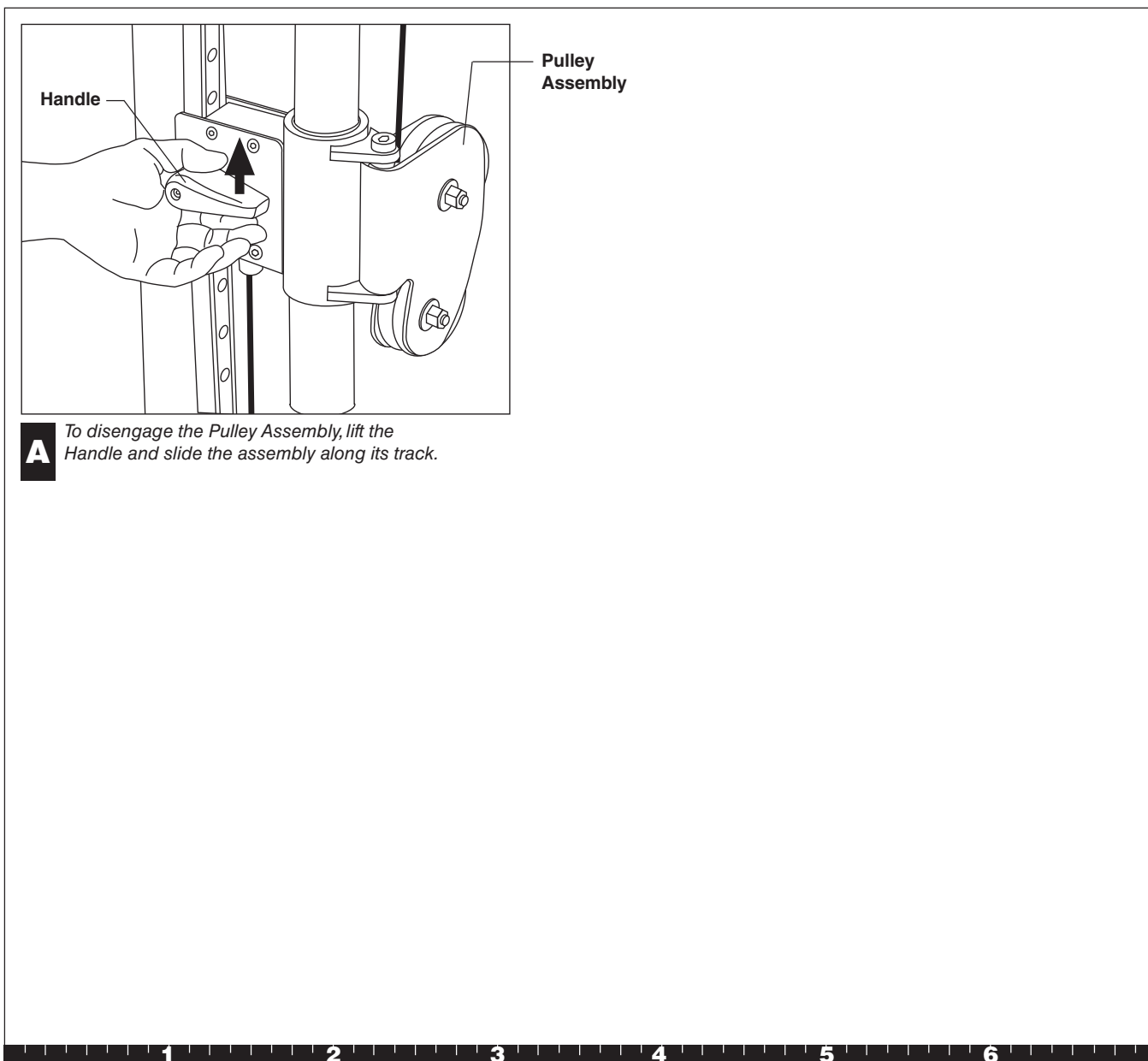


## Step 4. Attach Handles and Accessories

## 5. Move the Pulley Assemblies

A. To raise the Pulley Assembly, simply push the Handle up along the track. The Pulley Assembly automatically locks into position.

To lower the Pulley Assembly, lift the Handle up so it disengages from the track and then lower the Pulley Assembly. Let go of the Handle to lock the Pulley Assembly into position.



## Step 5. Move the Pulley Assemblies



# 4

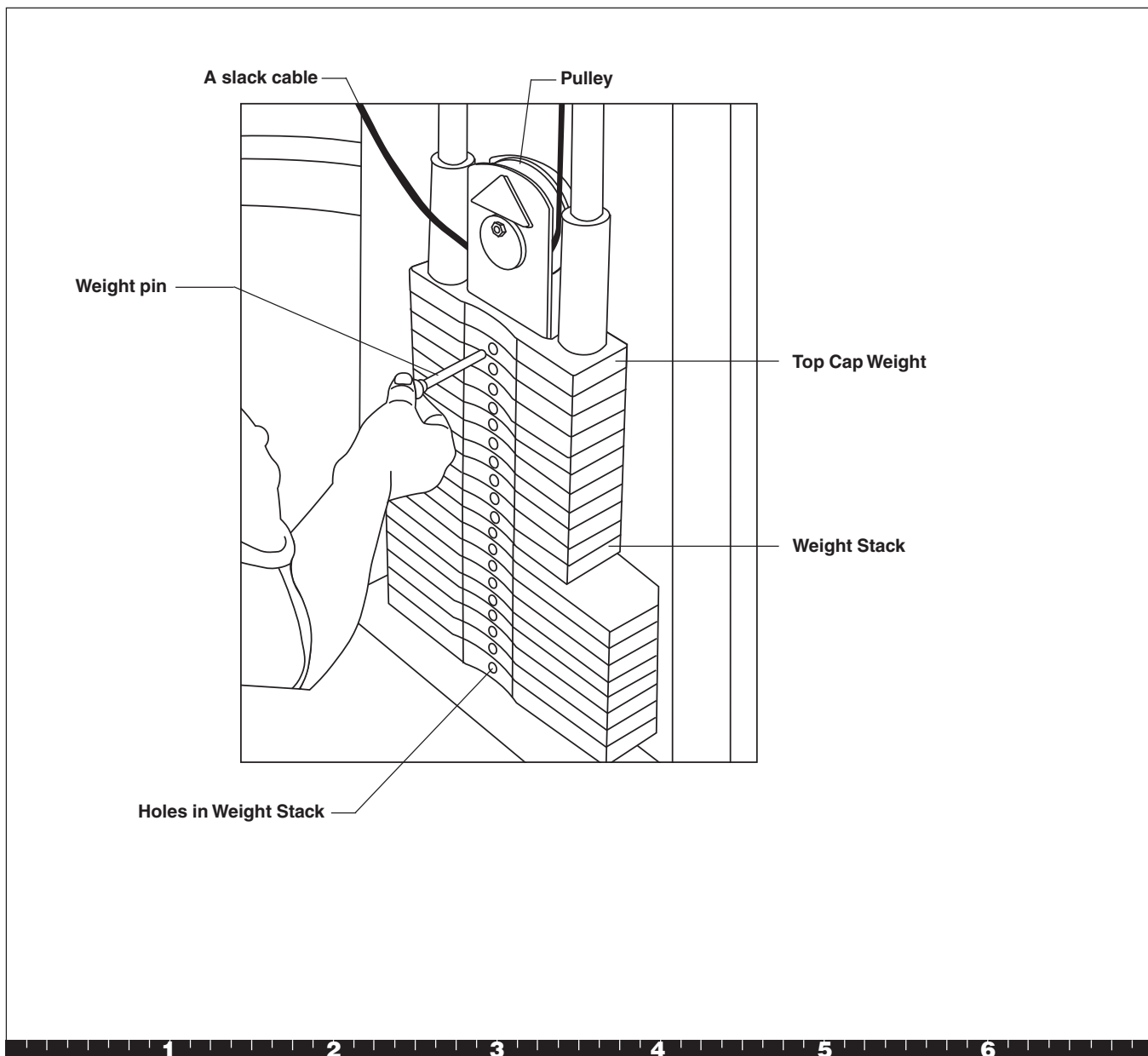
## Adjustments and Maintenance

When the S3.23 is completely assembled, you need to check the cables for proper tension. Obvious signs that cable problems exist include:

- ✓ Top Cap Weight does not rest squarely on the top weight of the Weight Stack.
- ✓ Cable rubs the inside edges of the pulleys.
- ✓ Excess slack exists in the cable.
- ✓ Weight Pin cannot be easily inserted in or removed from each hole in the Weight Stack.
- ✓ Selector Stem rubs inside the Weight Stack.

**CAUTION:** Take the time to perform the following steps. If the cables do not have the proper tension you could void the Precor Limited Warranty.

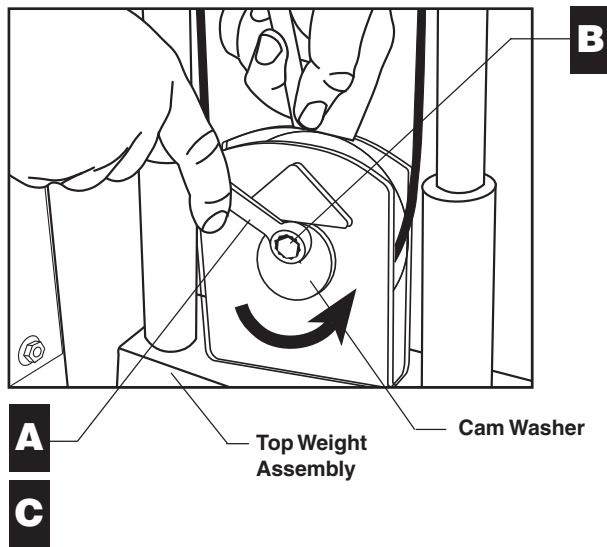
**Important:** To access cables and the Selector Stem, you will need to remove the Shrouds.



## 1. Cable Adjustments

The Cam Washer ensures easy cable adjustments.

- A. To remove the slack in the cable. Use two  $\frac{9}{16}$ -inch wrenches to loosen the fastener that holds the Cam Washer.
- B. Rotate the Cam Washer so that the slack is removed.
- C. Check the Top Cap Weight to make sure it remains well-seated on the Weight Stack and then wrench tighten the Cam Washer fasteners.
- D. Check the Selector Stem alignment by inserting the Weight Pin into every hole on the Weight Stack.



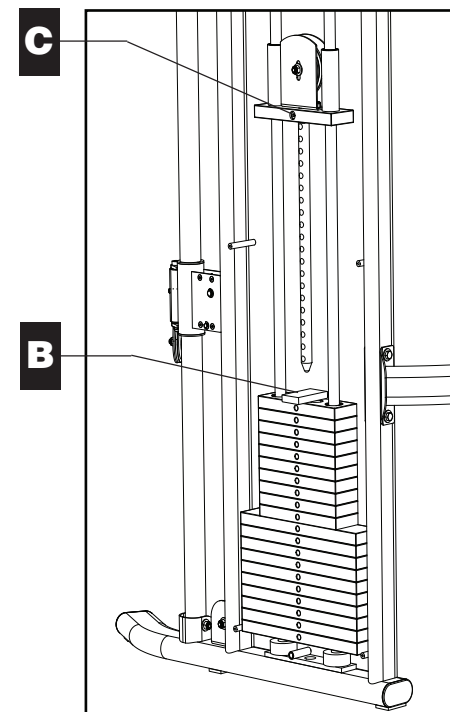
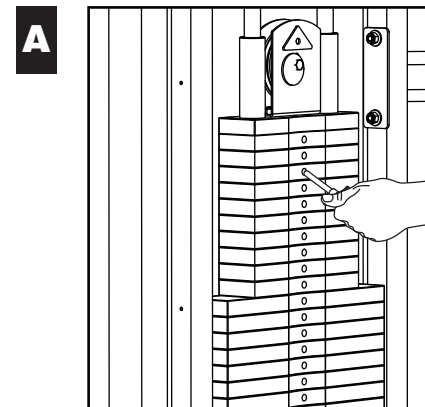
## 2. Selector Stem Adjustments

If the Selector Stem consistently strikes the inside of the weight stack or it is misaligned with the Weight Stack hole, you can re-center the Selector Stem by taking the following steps:

- A. To free the Selector Stem, remove the Weight Pin from the Weight Stack.
- B. Pull up the Selector Stem and place a cover over the opening in the Weight Stack. Rest the Selector Stem on the cover.
- C. Use an 8mm hex key to loosen the socket head bolt in the center of the Top Cap Weight.

**Important:** Do not remove the socket head bolt.

- D. Remove the cover from the Weight Stack and lower the Selector Stem so the Top Cap Weight rests on the Weight Stack.
- E. To lock the Selector Stem, insert the Weight Pin into the Weight Plate hole at the bottom of the Weight Stack.
- F. Wrench-tighten the socket head bolt in the center of the Top Cap Weight.
- G. Check the adjustment by inserting the Weight Pin into every Weight Plate hole. The Weight Pin should slide easily in and out of each Weight Plate and Selector Stem.
- H. Insert the Weight Pin into the appropriate Weight Plate for your level of fitness.
- J. Replace the Shroud, if necessary.

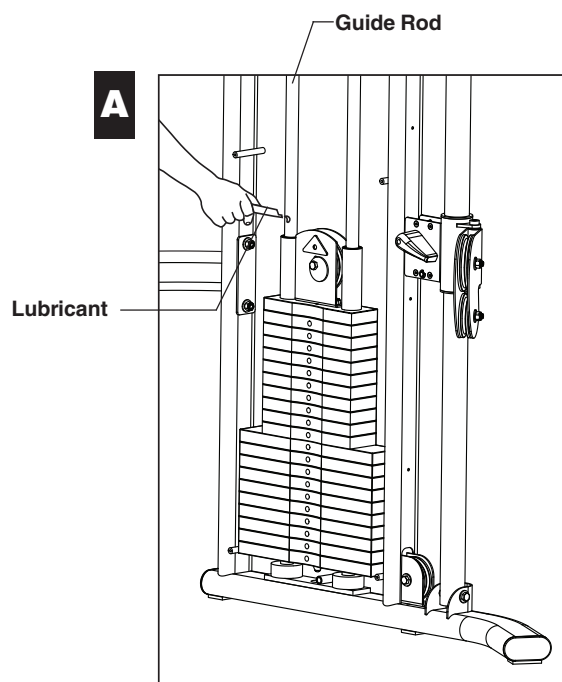


### 3. Maintenance

#### Guide Rods

- A Apply one tube of lubricant to each Guide Rod.
- B. Lubricate the Guide Rods every six months. Obtain the proper lubricant from your dealer.

**CAUTION: The lubricant can stain clothes. Wear proper attire when lubricating the Guide Rods.**



#### Inspection

Inspect the unit daily.

Look and listen for frayed or worn parts, loose fasteners, cable tension issues, unusual noises, and any other indications that the equipment may be in need of service.

You are responsible for the proper maintenance of the unit as discussed in this manual. For other service issues, contact Customer Support. Refer to *Obtaining Service*.

#### Shrouds

**CAUTION: Clean the Shrouds with product specifically labeled as safe for acrylic. Use a clean, nonabrasive cloth and light pressure to avoid scratching the acrylic surface.**

The acrylic Shrouds on the S3.23 are easily scratched or damaged through improper cleaning techniques. To avoid problems, dust the shrouds often with a clean, lint-free cloth and light pressure. Avoid rubbing dirt or grit into the surface. If you use glass cleaner or a similar product, make sure the label states that it is safe to use on Plexiglas® or acrylic products.

**Important: DO NOT use ketones, aromatics, esters, halogens, window cleaning sprays, alcohol, kitchen scouring compounds, or solvents (such as acetone, benzene, gasoline, carbon tetrachloride, or thinners). Do not use ammonia-based cleaning solutions because the ammonia destroys the plastic coating.**

To remove light scratches, use a buffing compound such as, car wax. Lightly buff the acrylic sheet using a clean buffer until the scratches disappear.

# Precor Residential Equipment Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

## Limited Warranty.

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty period set forth below. The warranty period commences on the invoice date of original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To make claim under warranty, the buyer must notify Precor or their authorized Precor dealer within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited and set forth below.

## Warranty Periods and Coverage

All residential products and commercial products used in the home are warranted for the following periods:

- Lifetime frame and welds
- 10 years parts and wear items
- 1 year labor
- Coverage for options and accessories defined below.

## Options / Accessories

Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a 90-day parts and labor limited warranty. All components that are not internally connected have 90-day parts only limited warranty. Satisfactory proof of purchase is required in all cases.

## Conditions and Restrictions

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Precor product only while:
  - a. It remains in the possession of the original purchaser and proof of purchase is demonstrated
  - b. It has not been subjected to accident, misuse, abuse, improper service, or non-Precor modifications
  - c. Claims are made within the warranty period
2. This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.

## Complete this portion and keep for your records.

Purchased From: \_\_\_\_\_ Example: Dealer or store name.  
Phone Number: \_\_\_\_\_ Example: Dealer or store telephone number.  
Product/model: \_\_\_\_\_ Example: M9.31  
Serial number: \_\_\_\_\_ The serial number is found on the shipping container

3. Warranty of all Precor products applies to residential use only and is void when products are used in a nonresidential environment or installed in a country other than where sold.
4. Except in Canada, Precor does not pay labor outside the United States.
5. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details.

## This limited warranty shall not apply to:

1. Software version upgrades
2. Cosmetic items, including, but not limited to the following: grips, seats, and labels.
3. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
4. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
5. Pickup, delivery, or freight charges involved with repairs.
6. Any labor costs incurred beyond the applicable labor warranty period.

## Disclaimer and Release

The warranties provided herein are the exclusive warranties given by Precor and supersede any prior, contrary or additional representations, whether oral or written. ANY IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE THAT APPLY TO ANY PARTS DESCRIBED ABOVE ARE LIMITED IN DURATION TO THE PERIODS OF EXPRESS WARRANTIES GIVEN ABOVE FOR THOSE SAME PARTS. PRECOR HEREBY DISCLAIMS AND EXCLUDES THOSE WARRANTIES THEREAFTER. Some states do not allow limitation on how long an implied warranty lasts, so the above limitation may not apply to you. PRECOR ALSO HEREBY DISCLAIMS AND EXCLUDES ALL OTHER OBLIGATIONS OR LIABILITIES, EXPRESS OR IMPLIED, ARISING BY LAW OR OTHERWISE, WITH RESPECT TO ANY NONCONFORMANCE OR DEFECT IN ANY PRODUCT, INCLUDING BUT NOT LIMITED TO: (A) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY IN TORT, WHETHER OR NOT ARISING FROM THE NEGLIGENCE OF PRECOR OR ITS SUPPLIERS (WHETHER ACTIVE, PASSIVE OR IMPUTED); AND (B) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM, OR REMEDY FOR LOSS OF OR DAMAGE TO ANY EQUIPMENT. This disclaimer and release shall apply even if the express warranty set forth above fails of its essential purpose.

## Exclusive Remedies

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item. Precor compensates Servicers for warranty trips within their normal service area to repair equipment at the owner's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

## Exclusion of Consequential and Incidental Damages

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COST INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purpose and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation might not apply.

This warranty gives you specific legal rights, and you may also have other rights, which vary state to state.

Effective 01 January 2003  
P/N 36287-110

**Thank You and Welcome to Precor**

**PRECOR**<sup>®</sup>  
USA  
**move beyond**<sup>®</sup>

To allow us to serve you better, please take a few moments to complete and return your warranty registration.

**YOU MAY ALSO REGISTER ONLINE AT**

**[www.precor.com/warranty](http://www.precor.com/warranty)**

If you have questions or need additional information, contact your local dealer or call Precor Customer Support at 800-347-4404.

Fold along dotted line and tape closed before mailing.

RET.

**PRECOR**<sup>®</sup>  
Precor Incorporated  
20031 142nd Avenue NE  
PO Box 7202  
Woodinville, WA 98072-4002

PLACE  
STAMP  
HERE





## S3.23 Specifications

Length: 38 inches (97 cm)

Height: 83 inches (211 cm)

Width: 52.5 inches (133 cm)

Shipping weight: 289 lb (131 kg)

**PRECOR**<sup>®</sup>  
USA

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