

AMT® Adaptive Motion Trainer®



CLUB-QUALITY
EQUIPMENT THAT
FEELS RIGHT
AT HOME

PRECOR®

A total customized workout

Innovation in thought comes from freedom of expression. Innovation in our award-winning Adaptive Motion Trainer® (AMT®) comes from freedom of movement. The revolutionary AMT actually adapts to your body's movements, providing an amazing low-impact workout on your terms. Walk, run, stair climb, deep lunges – you choose how to challenge yourself. That's because the unrivalled AMT liberates your body and imagination, delivering a new and engaging workout every time you exercise.

With the AMT, there's no learning curve. You change the motion of your steps on-the-fly – without so much as the push of a button. Because no two strides are alike, no two workouts are alike.



Climbing Strides or Deep Lunges

Similar to stair climbing, works all your leg muscles, especially your glutes, hip flexors and calves.



Short Strides

Similar to walking, primarily works your quads, with some emphasis on your calves.



Mid-Range Strides

Like a jogging motion, puts more focus on your hamstrings and glutes.



Long Strides

Similar to running but without the impact, works all your major leg muscles.



Unparalleled freedom of motion

You've customized your workouts. But have you ever used fitness equipment that lets you customize your leg movement? Simply put, the AMT redefines fitness equipment. Using the Stride Dial™ on the console, you can monitor your motions in real-time, giving yourself a crash course in how your muscles respond to different movements. It's a great way to customize workouts and target specific muscle groups.

And with Dual-plane Resistance of two planes of motion – up and down, forward and back – you can push yourself beyond what you thought possible while helping burn off calories faster than with most traditional cardio equipment.

Features: **AMT®** Adaptive Motion Trainer

For more information about our
AMT 835 visit Precor.com.

Stride Length	0 - 27" / 0 - 69 cm
Number of Workouts	4
Heart Rate Monitoring	Touch/Telemetry
Resistance Levels	20
Equipment Dimensions	74" L x 28" W x 69" H 188 cm L x 71 cm W x 176 cm H
Equipment Weight	445 lbs. / 202 kg.
Warranty	Lifetime frame & welds; 10 years parts and wear items; 1 year labor when purchased for home use
Power	Self-Powered

- A Variable Stride Length**
Go from zero to 27 inches (69 cm) on-the-fly to match your desired workout.
- B Dual-plane Resistance**
Increase your caloric burn with resistance to both horizontal and vertical planes of motion.
- C Stride Dial™**
See your stride length and muscle activation in real time.
- D Motion Control**
Easily alter your resistance. The longer you hold the control, the faster it changes.
- E Heart Rate Monitoring**
Maximize your workout results whether you walk or run with touch and telemetry heart rate monitoring.





JACLINE BURNS
PRECOR QUALITY ASSURANCE

WE'RE MOVED BY quality you can feel

We're proud of our reputation for designing durable and quality equipment. That's why we confidently offer one of the best warranties available for fitness equipment:

- LIFETIME FRAME AND WELDS
- 10 YEAR OR 5 YEAR PARTS AND WEAR ITEMS
- 1 YEAR LABOR

Innovation & Performance

At Precor, we stretch the boundaries of fitness, designing equipment that moves and works the way you do. Since 1980 we've been showcasing our pioneering and award-winning equipment in health clubs, hotels, recreation centers, and personal homes the world over. From the first cushioned treadmill, to the break-through technology of the first, and still number one elliptical brand in health clubs*, our designs have revolutionized the world of fitness equipment. However far you want to take your personal fitness, we want to be right there with you every step of the way.



Why buy from a Precor Authorized Dealer store?

We select Precor Authorized Dealers and Servicers whom we believe share our vision of high quality and service. When you purchase Precor fitness equipment, always look for the Precor Authorized Dealer logo.

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*BASED ON 2009 IHRSA U.S. BENCHMARKING STUDY