

RUN, CLIMB, STRIDE, JOG,  
INTERVALS, STEP, FORWARD,  
BACKWARD, BURN FAT,  
LUNGE, WALK, SPRINT,  
CORE, UPPER BODY—FROM  
EVERYDAY EXERCISERS TO  
REHABBING SENIORS,  
**ONE NEW MACHINE.**



Discover the all-new Precor  
Adaptive Motion Trainer®  
(AMT®) with Open Stride™

**PRECOR®**





## This is better than running or climbing. It's like doing them in mid-air.

Our new Adaptive Motion Trainer® — AMT® 885 with Open Stride™ creates a whole new feeling during a workout. Savvy operators immediately see the benefits of a machine that enables exercisers of all levels to personalize their workouts and keep them engaged, challenged and loyal. The AMT has already proven that it burns calories at a higher rate than other cardio equipment. And it doesn't hurt that the AMT® 885 takes pressure off your other equipment by delivering a range of motions similar to what they offer.

The AMT® 885 from Precor will be the hardest working piece of cardio equipment in your facility, and the easiest, most enjoyable to use. Our new AMT® featuring Open Stride™ is also available with a P30 console, providing a cost-effective part of the Experience Series™ cardio equipment.

### AMT® 885 FEATURES



#### **A total body workout in one piece of equipment**

Users can go from stride to long stride, walking to running, climbing to lunging, allowing them to target different muscle groups. Pushing and pulling the moving handlebars will engage the upper body, resulting in a total body workout.



#### **Handlebar grip positions fit everyone**

Three distinct positions on the moving handlebars provide a comfortable fit for nearly every user. The rodeo grip has a heart rate sensor built-in that provides monitoring and a stable, comfortable position when focusing on the lower body.



#### **Burn more with more enjoyment**

Our new AMT® delivers a higher level of caloric burn while giving users a lower level of exertion. So they can go longer and harder—and get better results.



#### **Stride Dial™ tunes them in**

The pendulum-like swing of the Stride Dial helps exercisers see their stride length to determine the muscle group they are targeting.

# They won't have to wait for an elliptical, treadmill or bike since Open Stride™ can deliver similar workouts.

Our previous AMTs redefined elliptical exercise, but when people take a few strides on our new AMT® 885, most simply exclaim, "Wow." The 885 with Open Stride™ creates a whole new feeling for a workout. Open Stride™ lets you not only change the length of your stride but also the height, providing an infinite variety of motion paths. Go vertical and it's a stepper. Increase resistance and it's a climber. Then go more horizontal and walk, jog or sprint with a stride length that goes up to 36 inches (91 cm).



**CLIMBING**



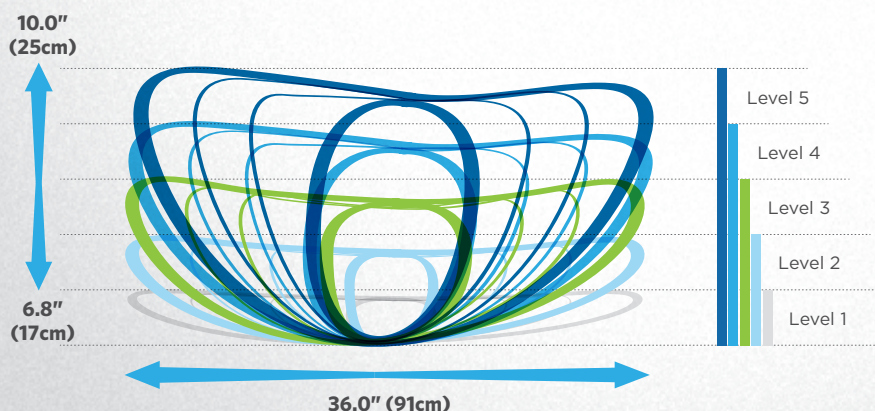
**SHORT STRIDES**



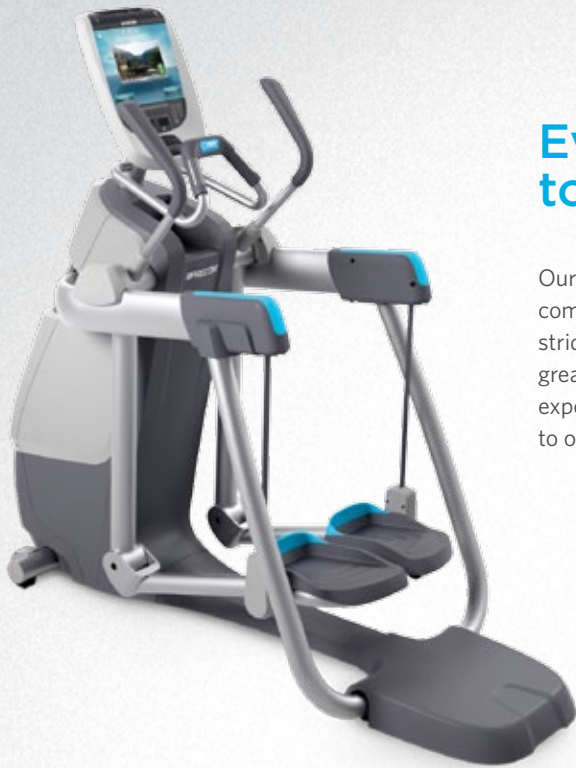
**MEDIUM STRIDES**



**LONG STRIDES**

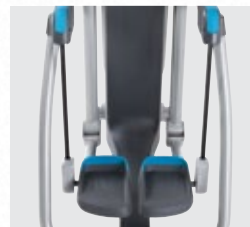


For once, one-size-fits-all is not a compromise in performance. The engineered flexibility built into the new AMT® means that no exerciser has to spend time adjusting the equipment or settling for a machine that doesn't quite fit. This AMT® with Open Stride™ fits virtually every exerciser regardless of size and fitness level, while providing an infinite range of motion paths that will deliver the workout they want.



## Every little thing adds up to an amazing experience.

Our AMT® has dramatically evolved to help make you even more competitive. Along with the significant breakthroughs of user-defined stride length and adjustable stride height of Open Stride™, there is a great attention to detail to provide exercisers with an unmatched workout experience but also to deliver our customers with a machine that is easy to own and to service.



Support tubes curve out for easy access.



Open Stride™ provides adjustable stride height to create a personalized fit and greater workout variety for exercisers of all sizes and levels of fitness.



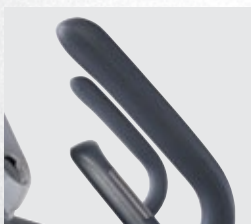
New pedal and toe cap for greater range and no pinching.



Longer stride, the new AMT® increases from 27" (69cm) to a 36" (91cm) stride length to accommodate runners and taller users.



Handholds allow secure mounting and different usage modes and are equipped with belt guards for safety



New right and left grips with 3 distinct positions accommodate smaller hands.



The large drink and accessories shelf is conveniently located with easy access while working out.



Rodeo grip provides stability when focusing on a lower body workout.



New center cover protects frame from liquids and adds a finished look. Large step-up removable platform is easy to position and move.

# Personalizing their experience starts with a touch.

Using the P80 console on our new AMT® 885 is as easy for exercisers as using their smart phone. A touch, a swipe, a gesture and they are experiencing a new intuitive level of personalized workout. This simple interface puts control into the hands of users so they stay connected to the experience and your facility.

The P80 console has been a huge hit with users and people managing facilities because of ease-of-use, ability to stand heavy use, and the fact that the more you use it, the richer the experience.



## INDIVIDUAL SCREEN FEATURES

- 1 Touch Screen**  
Bright, engaging graphics and a simple, intuitive screen creates an inviting environment from first trial.
- 2 Language Selection**  
Users get to pick from a wide selection of languages.
- 3 Featured Workout**  
Keep users motivated by letting them select from pre-set workouts that change daily. All they have to do is touch GO and they're off.
- 4 Workout Library**  
We've made achieving goals easier by providing a library of goal-oriented workouts, contained within numerous categories.
- 5 QuickStart**  
Getting started is easier with a simple one-button manual mode.
- 6 iPod®, iPod touch®, iPhone® Dock**  
Exercisers personalize their workout by picking the music or videos they love by plugging their Apple device into the dock and enjoy their chosen media right on the display. Their device even gets a charge out of the workout.
- 7 Motion Controls**  
Open Stride™ and resistance are easily adjusted without missing a stride.
- 8 Entertainment Controls**  
Users are able to change channels or adjust volume quickly and easily, without interfering with the on-screen display.

## THE P30 CONSOLE UTILIZES FAMILIAR TECHNOLOGY AND PERFECTLY COMPLEMENTS THE P80.

Using the P30 console on our new AMT® 835 is an easy transition as the programming and display technology is similar to the current Experience Series™. We've made the controls easier to use and the menus are simple to navigate. You'll immediately see that the P30 console features the same profile as the P80 helping these units work in mixed installations. The large LED display and built-in optional features make the AMT® 835 an excellent cost-effective part of the Experience Series™.



SEE OPEN STRIDE IN ACTION AT  
**AMTFITNESS.COM**

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