

PRECOR[®] USA
move beyond[®]

\$3.45

Strength Training System



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



Ease of use.

With a full array of upper- and lower-body exercises in a fully adjustable weight system, it's easy to achieve maximum strength-training results in a short time.

Workout variety.

Perform over 30 types of lifts, rows, raises, curls, crunches, pull-downs and presses at up to four compact stations with three individual weight stacks that make it easy and convenient for multiple users to work out at the same time.

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

S3.45

Strength Training System

Work out with more.

Product Specifications

Stacks	Three
Stack Weight	624 lbs (283 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	9 ft 9 in x 6 ft 6 in (298 cm x 199 cm) 9 ft 9 in x 7 ft 8 in (298 cm x 234 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
Back Extensions (Roman Crunches)	Leg Press
Freedom Press Arm	
Lying Leg Curl	
Preacher Curl Station	
Shrouds	

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1 Multi-purpose pulling station—Perform lat pull-downs, seated rows, bicep curls and back extensions all at one station without changing handles.

2 User-defined motion—Increase the number of reps and overall effectiveness of your workouts with our unique press design that lets you drive the arched path of motion, as you exercise.

3 Biomechanically correct—Get results fast with the S3.45, 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 dual resistance when arms move away from the body and inward while arms are outstretched.

5 Greater comfort—Get in the right position with ease for a comfortable workout with our “ratchet and lock” system for seat and pad positions.

6 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 handle bar and set positions.

7 Smooth, quiet movement—Experience smooth, quiet weight movement with our free-floating guide rods and sound-absorbing rubber ends that eliminate metal-to-metal contact.

8 Fully concealed weight stacks—This attractive, top-of-the-line multi-station system offers fully enclosed weight stacks to conceal moving parts and hosts up to three users at one time.

