

PRECOR[®] USA
move beyond[®]

Solana

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.

Achieve all of your strength-training goals with more than 25 types of lifts, rows, presses and curls. Plus, a dedicated lower body station designed to build muscle, strength and balance.

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
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	3 ft 8 in x 8 ft 3 in (112 cm x 252 cm) 4 ft 11 in x 8 ft 3 in (150 cm x 252 cm) w/optional leg press
Height	6 ft 10 in (209 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	Straight bar, ankle strap, ergonomic lat bar, wall chart

Features	Options
Freedom Press Arm	• Heavy Weight Stack
Hand Lever	• Leg Press
Pre-stretch Adjustment	
Lying Leg Curl	
Multi-angle Bench (8 positions)	

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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 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.
- 3 Graduated weight stack**—Achieve results, regardless of your fitness level, with our 208-pound weight stack. Start with as little as eight pounds and add on as much weight as you need to build more strength.
- 4 Extend your exercise options**—Alter your range of motion and increase resistance with the optional leg press to develop your thigh and glute muscles.
- 5 Greater versatility**—Perform incline, decline and flat exercises with the multi-angle bench to target specific muscle groups.
- 6 Biomechanically correct**—The Solana gym is ergonomically designed to ensure proper form and a full range of motion—two key elements in reaching your strength-training goals.
- 7 Comfortable seating**—Find the most comfortable starting position for your body type by easily adjusting your seat height and securely locking it into place.
- 8 Compact footprint**—Modern and space-efficient design makes the Solana gym easy to incorporate into your home.

