SOMPLETE SOM



VITALITY SERIES[™]



Vitality Series[™] - Upper Body, Lower Body and Core



COO3ES Biceps Curl

- Dimensions (LxWxH): 119 x 102 x 145 cm (47 x 40 x 57 in)
- Weight: 180 kg (395 lbs)
- Weight stack: 78 kg (170 lbs)



COO1ES Chest Press

- Dimensions (LxWxH):
 99 x 130 x 175 cm (39 x 51 x 69 in)
- Weight: 205 kg (450 lbs)
- Weight stack: 110 kg (240 lbs)



COO2ES Pulldown*

- Dimensions (LxWxH):
- 102 x 140 x 216 cm (40 x 55 x 85 in) • Weight: 215 kg (475 lbs)
- Weight stack: 100 kg (220 lbs)



CO19ES Seated Row

- Dimensions (LxWxH): 127 x 119 x 175 cm (50 x 47 x 69 in)
- Weight: 210 kg (460 lbs)
- Weight stack: 110 kg (240 lbs)



CO12ES Shoulder Press

- Dimensions (LxWxH): 150 x 142 x 145 cm (59 x 56 x 57 in)
- Weight: 195 kg (430 lbs)
- Weight stack: 91 kg (200 lbs)



CO23ES Triceps Extension

- Dimensions (LxWxH): 117 x 102 x 145 cm (46 x 40 x 57 in)
- Weight: 180 kg (395 lbs)
- Weight stack: 78 kg (170 lbs)



CO05ES Leg Extension

- Dimensions (LxWxH): 132 x 109 x 145 cm (52 x 43 x 57 in)
- Weight: 210 kg (460 lbs)
- Weight stack: 91 kg (200 lbs)



COO7ES Seated Leg Curl

- Dimensions (LxWxH): 157 x 109 x 145 cm (62 x 43 x 57 in)
- Weight: 205 kg (450 lbs)
- Weight stack: 78 kg (170 lbs)



CO14ES Abdominal

- Dimensions (LxWxH): 147 x 99 x 145 cm (58 x 39 x 57 in)
- Weight: 210 kg (460 lbs)
- Weight stack: 91 kg (200 lbs)



CO11ES Back Extension

- Dimensions (LxWxH): 135 x 99 x 145 cm (53 x 39 x 57 in)
- Weight: 205 kg (450 lbs)
- Weight stack: 91 kg (200 lbs)

*Also available with pulldown bar, as an optional extra.

Vitality Series[™] - Dual Exercise



CO24ES Multi Press

- Dimensions (LxWxH): 183 x 152 x 175 cm (72 x 60 x 69 in)
- Weight: 205 kg (450 lbs)
- Weight stack: 110 kg (240 lbs)



C015ES Rear Delt / Pec Fly

- Dimensions (LxWxH): 102 x 137 x 198 cm (40 x 54 x 78 in)
- Weight: 214 kg (470 lbs)
- Weight stack: 110 kg (240 lbs)



CO26ES Pulldown / Seated Row

- Dimensions (LxWxH): 193 x 122 x 221 cm (76 x 48 x 87 in)
- Weight: 222 kg (490 lbs)
- Weight stack: 100 kg (220 lbs)



CO25ES Biceps Curl / Triceps Extension

- Dimensions (LxWxH): 130 x 110 x 145 cm (51 x 43 x 57 in)
- Weight: 180 kg (395 lbs)
- Weight stack: 78 kg (170 lbs)



CO27ES Leg Extension / Leg Curl

- Dimensions (LxWxH): 163 x 109 x 145 cm (64 x 43 x 57 in)
- Weight: 240 kg (530 lbs)
- Weight stack: 110 kg (240 lbs)



CO10ES Leg Press / Calf Extension

- Dimensions (LxWxH): 193 x 109 x 175 cm (76 x 43 x 69 in)
- Weight: 250 kg (550 lbs)
- Weight stack: 135 kg (295 lbs)



COO8ES Inner / Outer Thigh

- Dimensions (LxWxH): 163 x 79 x 145 cm (64 x 31 x 57 in)
- Weight: 200 kg (440 lbs)
- Weight stack: 78 kg (170 lbs)



C028ES Abdominal / Back Extension

- Dimensions (LxWxH): 150 x 99 x 145 cm (59 x 39 x 57 in)
- Weight: 210 kg (460 lbs)
- Weight stack: 91 kg (200 lbs)

Vitality Series[™]

Designed for users of all levels, the Vitality Series is easy to use. These single and dual-station strength machines are intuitive, require minimal floor space and provide a comprehensive conditioning circuit that meets the budget requirements of a wide range of fitness facilities.

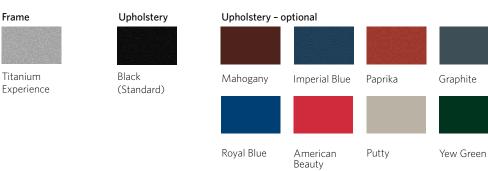


Add-on Weights – Each Vitality Series station features add-on weights. Users can easily engage the add-on weight with a simple push of a lever.



Compact - The Vitality Series is designed with limited space in mind. All machines have a small footprint and a low profile design.

Vitality Series Colors





· Colors may vary.

· Upholstery colors other than black are available at an additional cost.

· Custom colors are available. Please contact a Precor sales representative.



Dusty Jade

Terra Cotta

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