



## AMT<sup>®</sup> 733 Adaptive Motion Trainer<sup>®</sup> Experience<sup>™</sup> Series

The AMT<sup>®</sup> 733 combines essential reliability and ease-of-use with innovative design. With an adaptive stride length, this product provides exercisers of all fitness levels with a wider range of motion for an effective workout. The AMT 733 intuitively responds to exercisers' natural motion, allowing them to change their stride length for a comprehensive cardio workout - all without so much as the push of a button.

The P30 console complements the line through form and function, with easy-to-use motion controls, an LED display with essential workout stats to keep exercisers moving, and a mobile device charger.

At Precor, we recognize that a great workout is the sum of many parts. In your hands, the products, services, and technologies we offer can be combined in countless ways to complement the programs and atmosphere you're creating.

Learn More: [go.precor.com/amt733](https://go.precor.com/amt733)

**PRECOR**<sup>®</sup>  
Fitness Made Personal

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## Product Features

### 1. Heart Rate Monitoring

Touch and telemetry heart rate monitoring instantly analyze an exerciser's heart rate when they enter their age and weight. Heart rate monitoring helps exercisers stay in their fat burn, cardio, or peak target zone for a more efficient workout.

### 2. P30 Console

The P30 console features easy-to-use motion controls and an LED display that focuses on the essential fitness stats to keep users informed and engaged. Add an optional Entertainment Cap to provide access to a selection of audio channels, including those from wall or ceiling-mounted displays, or a Personal Viewing System (PVS) to give exercisers a more personal entertainment experience with total choice and control.

### 3. Handlebars

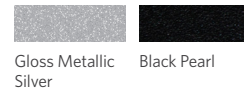
The tapered moving handlebars provide a comfortable fit for nearly every exerciser. The stationary grip has a heart rate sensor built-in that provides monitoring and a stable, comfortable position when focusing on the lower body.

### 4. Dynamic Adjustable Stride Length

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



Refined colorways with dark Tungsten covers and two frame color options.



Gloss Metallic Silver    Black Pearl

Gloss Metallic Silver Frame



Black Pearl Frame

## SPECIFICATIONS

**Dimensions (L x W x H):** 80 x 35 x 69 in / 203 x 89 x 176 cm

**Equipment Weight:** 412 lb / 187 kg

**Power:** Self-Powered

**Total Workouts:** 6

**Resistance Levels:** 20

**Adjustable Stride Length:** 0 - 36 in / 0 - 91 cm

**Stride Height:** 7.6 in / 19 cm Fixed Stride Height

**Language:** English, Chinese, Dutch, French, German, Hebrew, Italian, Japanese, Portuguese, Russian, Spanish

**Network Capabilities:** C-SAFE enabled  
Mobile Device Charger and Audio Jack

**Entertainment:** Optional - 15 in / 38.1 cm Personal Viewing System (PVS)  
Optional - Wireless Entertainment Cap

**Accessories:** Integrated Reading Rack  
Optional - Cable Management

**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.

\* The heart rate feature is intended for reference only. They may not be accurate for every user or at every intensity and are not intended for use as a medical device.

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