



## AMT<sup>®</sup> 783 Adaptive Motion Trainer<sup>®</sup> Experience<sup>™</sup> Series

The AMT<sup>®</sup> 783 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 783 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 P82 touch screen console provides crisp entertainment for the best value, while delivering an engaging workout to exercisers. The clean and proven design of the P82 touch screen

console makes it easy for exercisers, whether new to Precor or familiar, to locate controls, inputs, and adjustments. The user interface delivers the touch screen responsiveness to swipes and selections as exercisers enjoy an uninterrupted workout.

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/amt783](https://go.precor.com/amt783)

**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. P82 Console

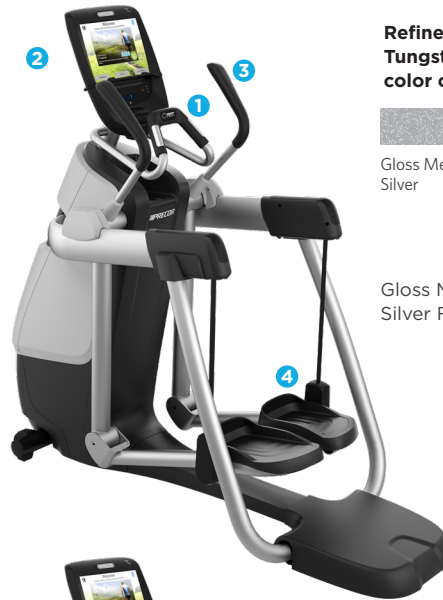
The P82 touch screen console not only offers a brilliant 15 in / 38.1 cm screen that is ergonomically positioned to deliver crystal-clear entertainment viewing for exercisers in motion, but when networked, is also a direct-to-exercisers communication portal allowing you an opportunity to build your brand, share information about activities and services, and strengthen the sense of community within your facility.

### 3. Handlebars

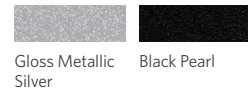
The tapered moving handlebars provide a comfortable fit for nearly every exerciser. The stationary grip has a heart rate sensor built-in that provides monitoring and a stable, comfortable position when focusing on the lower body.

### 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 73 in / 203 x 89 x 186 cm

**Equipment Weight:** 422 lb / 191 kg

**Power:** Dedicated 120 volt, 15 amp circuit

**Total Workouts:** 12

**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, Danish, Dutch, French, Finnish, German, Italian, Japanese, Korean, Norwegian, Polish, Portuguese, Russian, Spanish, Swedish, Turkish

**Network Capabilities:** Preva<sup>®</sup> Network Capable

**Entertainment:** 15 in / 38.1 cm LCD Capacitive Touch Screen  
Mobile Device Charger and Audio Jack

**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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