

Core and Stretching



CLUB-QUALITY  
EQUIPMENT THAT  
**FEELS RIGHT**  
AT HOME

**PRECOR**<sup>®</sup>

## A flexible workout that maintains your health

Whether you're warming up or cooling down, our 240i StretchTrainer™ delivers a consistent, relaxing stretching regimen every time. Effective and easy to use, the lightweight design - found in fitness clubs worldwide- provides ergonomically-correct positions that can help improve your flexibility, coordination, and athletic performance. Straightforward instructional graphics illustrate eight essential stretches while a cushioned seat and kneepads help you sit comfortably without straining yourself.

## Features: 240i StretchTrainer

For more information about our StretchTrainer visit [Precor.com](http://Precor.com).

<b>Essential Stretches</b>	Lower back, hamstrings, gluteal/hips, hips/legs/back, inner thighs/groin, upper back, shoulders and quadriceps
<b>Design</b>	Accommodates most heights
<b>Comfort</b>	Cushioned seat and kneepads
<b>Equipment Dimensions</b>	52" L x 28" W x 36" H 132 cm L x 71 cm W x 91 cm H
<b>Equipment Weight</b>	60 lbs. / 27 kg.
<b>Warranty</b>	Lifetime frame & welds; 10 years parts and wear items; 1 year labor when purchased for home use



- A Instructional Placard**  
Perform the eight essential stretches shown to target your key muscle groups.
- B Unique Seated Design**  
The design helps stabilize your back while gravity aids your stretches.
- C Ergonomic Positioning**  
Ensure an ergonomically correct position for optimal stretching.
- D Space Efficient**  
Light weight and small size fit conveniently in your home.

## A core stabilizer promoting strength and body support

Precor® takes the exact same innovative and engaging Ab-X Abdominal Trainer out of the health club and into your own home. Mixing the best in abdominal workouts with core strengthening, the Ab-X helps build up your core muscles to better support your body and make everyday movements easier. And with its efficient design, the Ab-X lets you target your abdominal muscles without being down on the floor. It's a great solution for promoting healthy posture and flexibility.

## Features: **Ab-X** Abdominal Trainer

For more information about our Ab-X visit [Precor.com](https://www.precor.com).

<b>Design</b>	Designed for biomechanically correct movement
<b>Comfort</b>	Supportive back and head pads
<b>Equipment Dimensions</b>	57" L x 32" W x 39" H 145 cm L x 81 cm W x 99 cm H
<b>Equipment Weight</b>	150 lbs. / 68 kg.
<b>Warranty</b>	Lifetime frame & welds; 10 years parts and wear items; 1 year labor when purchased for home use



- A Ideal Crunch Movement**  
Perform the ideal crunches with our unique floating pivot point design, while minimizing stress on head and shoulders.
- B Superior Support**  
Maintain proper body alignment and lessen strain with supportive back and head pads.
- C Multiple Feet and Arm Positions**  
No matter what your size, multiple feet and arm positions fit you just right.
- D Space Efficient**  
Space efficient design allows you to work out your abs without being down on the floor.



**JACLINE BURNS**  
PRECOR QUALITY ASSURANCE

# WE'RE MOVED BY quality you can feel

We're proud of our reputation for designing durable and quality equipment. That's why we confidently offer one of the best warranties available for fitness equipment:

- LIFETIME FRAME AND WELDS
- 10 YEAR OR 5 YEAR PARTS AND WEAR ITEMS
- 1 YEAR LABOR

## Innovation & Performance

At Precor, we stretch the boundaries of fitness, designing equipment that moves and works the way you do. Since 1980 we've been showcasing our pioneering and award-winning equipment in health clubs, hotels, recreation centers, and personal homes the world over. From the first cushioned treadmill, to the break-through technology of the first, and still number one elliptical brand in health clubs\*, our designs have revolutionized the world of fitness equipment. However far you want to take your personal fitness, we want to be right there with you every step of the way.



### Why buy from a Precor Authorized Dealer store?

We select Precor Authorized Dealers and Servicers whom we believe share our vision of high quality and service. When you purchase Precor fitness equipment, always look for the Precor Authorized Dealer logo.

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**Precor.com**

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\*BASED ON 2009 IHRSA U.S. BENCHMARKING STUDY