



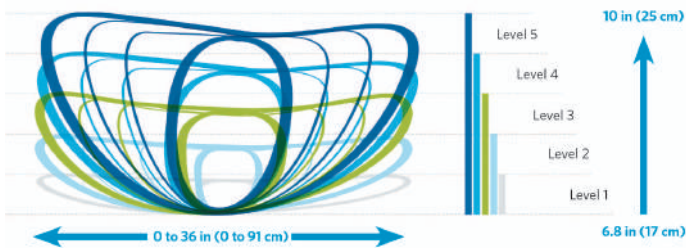
## EXPERIENCE™ SERIES AMT GETTING STARTED GUIDE

Welcome to a **personalized fitness experience** for your members

The Experience™ Series cardio line gives operators the proven, reliable performance they count on. Each piece delivers the personalized exercise experience and entertainment choices your members seek. The Adaptive Motion Trainer (AMT) keeps exercisers engaged, challenged, and loyal. For more information about the AMT, visit us at [www.amtfitness.com](http://www.amtfitness.com).

### Get to know Precor equipment

The AMT with Open Stride™ lets the exerciser adjust stride height from 6.8 to 10 inches (17 to 25 cm). Combine this with the AMT's ability to dynamically adapt the exerciser's stride length from 0 to 36 inches (0 to 91 cm). Open Stride applies to AMT 800 models only. AMT with dynamic stride length applies to AMT 800 and AMT 700 models.



The **StrideGuide™** diagram illustrates the ratio of stride length to stride height.

AMT offers a total body workout in one piece of equipment:

- Handlebar positions are optimized for pushing and pulling motions
- Helps exercisers burn more calories with more enjoyment
- Monitor stride length with Stride Dial™

The AMT fully engages exercisers of all fitness levels with an infinite range of stride paths to create a uniquely effective low-impact workout, making every workout a personalized experience. Your members get boundless training variety without the need to change machines: improve aerobic and anaerobic fitness, as well as strength, coordination, and balance on the AMT.

### Get to know Precor cardio workouts

Our instructional videos provide information vital to the safe and effective use of the equipment and can help users, trainers, and operators get the most out of their EFX.

A variety of manual and preset programs such as Lose Weight, Be Fit, Get Toned, and Push Performance can help trainers and users meet their goals and build training programs tailored to produce the best possible results.



Instructional videos and complete EFX operating instructions are available at [www.precor.com](http://www.precor.com).

Also available at [www.precor.com](http://www.precor.com) are regularly-updated blog posts with more ideas about fitness routines and advice from trusted industry experts.

## TRAINING AND EXERCISING

**CAUTION** Before beginning any fitness program, see your physician for a thorough physical exam. Seek advice from your physician to learn the target heart rate appropriate for your fitness level.

Read all safety and operating instructions included with your equipment. For more information, visit us at [www.precor.com](http://www.precor.com) and look for your equipment model number.

### Start a workout



**Step 1:** Place your hands on the fixed side rails and place a foot on each pedal to enter the equipment.



**Step 2:** Hold on to the stationary grips in the center.



**Step 3:** Start stepping in a vertical motion.



**Step 4:** Press **QuickStart** (on screen for touchscreen consoles), or choose a preset workout, then press **OK** to begin.



**Step 5:** Adjust the left motion control to change your stride height in one of five levels. You can vary your stride style by lengthening your stride to a maximum of 36 inches.



**Step 6:** Adjust the right motion control to select a resistance level, (low for warming up and gradually higher as you start exercising).



**Step 7:** Press **Pause** to finish. To dismount safely, hold the fixed hand rails then slowly step off the AMT.



Check out our trend-based workouts and Precor product tutorials at [www.precor.com/education](http://www.precor.com/education).