



S321 Strength Training System

S321

Strengthen and tone all of your upper and lower muscle groups at home with the S321, featuring a single weight stack and bi-directional arm press.



Provides a total body workout.

By accommodating multiple upper and lower body exercises, Precor strength training systems enable users to quickly and easily achieve the overall benefits of strength training.

Ergonomically correct design.

Precor strength training systems are adjustable to the individual so users are always in the proper position. This encourages more effective exercise for better, quicker results.

Saves in a small footprint.

Since all Precor strength training systems allow several upper and lower body exercises at each station, the machines are incredibly space efficient.

PRECOR
move beyond™

www.precor.com

Product Specifications

Electrical	Single
Deck Weight	200 lbs (90 kg)
Frame	2 in x 2 in x 1/4 in (51 mm x 51 mm x 6 mm) wall 2 in x 2 in x 1/4 in (51 mm x 51 mm x 6 mm) wall tubing
Frame Finish	Electrocoat powder coating
Operation	Push/pull vertical motion loaded and unloaded
Cables	1/2 in hollow steel cables with nylon sheath 2,000 lbs (900 kg) tensile strength including cable ends
Foot Space	5 ft x 2 ft 6 in (152 cm x 76 cm) 6 ft 7 in x 2 ft 6 in (200 cm x 76 cm) w/adjustable foot plate
Padlock	Water/burglary resistant ANSI Level 2 lock ratings
Height	4 ft 9 in (145 cm)
Top Plate	Cast steel top plate, starting resistance of 15 lbs (7 kg)
Guide Rods	Free-Rolling 1 in diamond chromed steel
Accessories	Strength bar, wrist strap, ankle strap, exercise wall chart

Features

- Bi-directional Press Arm ☒
- Steel Frame ☒
- Adjustable Seat and Back Pad ☒
- Hand Levers ☒
- Footrest Adjustment ☒

Options

- Long Frame ☒
- Heavier Weight Stack ☒ 200 lbs (90 kg)

Precor S 3 21 Manual

RS Peters



Precor S 3 21 Manual:

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