



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 (225 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	Single joint, non-adjustable, loaded and ready
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 (201 cm x 76 cm) w/adjustable foot plate
Pad(s)	HydroFoam® pad(s) 40 x 12 in (101 cm x 30 cm)
Height	4 ft 9 in (145 cm)
Top Plate	Cast steel top plate, starting resistance of 15 lbs (7 kg)
Guide Rod(s)	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 ☒
- Wrist Lever ☒
- Footrest Adjustment ☒

Options

- Long Press ☒
- Resistor Weight Stack ☒ 200 lbs (225 kg)

Precor S 3 21 Manual

DP Hallahan



Precor S 3 21 Manual:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, Experience Love's Journey in **Precor S 3 21 Manual** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

https://crm.avenza.com/public/Resources/HomePages/Section_32_2_The_Muscular_System_Answers.pdf

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