



Vitality™ Series Selectorized Line Getting Started Guide



Get to know your Precor equipment

When using exercise equipment, you should always take basic precautions.

General use guidelines

- Read all warnings on the equipment and obtain instructions on the use of the equipment.
- Always inspect the equipment before using it. If you spot a potential problem, or a repair is required, contact someone in the facility immediately. **DO NOT** use the equipment until the facility has verified that the equipment is working properly.
- Check that the fasteners, cables, weight stacks, and handle attachments are securely tightened, connected, and functioning properly. Pay particular attention to the condition of cables and cable ends. If you notice a loose cable end or any fraying of the cable or cable jacket, **DO NOT** use the product and contact someone in the facility immediately.

User safety guidelines

- If you do not understand how to operate a piece of equipment, ask someone from the facility such as a trainer to demonstrate how to use it and to explain any safety instructions.
- **DO NOT** exceed maximum weight capacities.
- **DO NOT** overexert yourself or work to exhaustion. Use reasonable judgment when working with weights.
- If you feel pain, faintness, dizziness, or abnormal symptoms, stop exercising immediately and consult your physician.
- Avoid using excessive weight, which may cause injury.
- Keep head, limbs, fingers, and hair clear of all moving parts while the equipment is in use.
- Never drop or insert objects into any opening in the equipment.
- **DO NOT** drop or slam the weight stack while exercising.
- Be sure the selector pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, contact someone in the facility.
- Never pin the weights in an elevated position. **DO NOT** use the equipment if the top plate or weight stack is pinned in a raised position.
- **DO NOT** attempt to fix broken or jammed equipment.
- Use the equipment only for its intended purpose. **DO NOT** use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.

For complete equipment operating instructions and troubleshooting, visit www.precor.com. Make sure your trainers regularly read our blog (select languages) at www.precor.com for more ideas about fitness routines and advice from trusted industry experts.

Training and Exercise

CAUTION Before you begin 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 www.precor.com and look for your equipment name or model number.

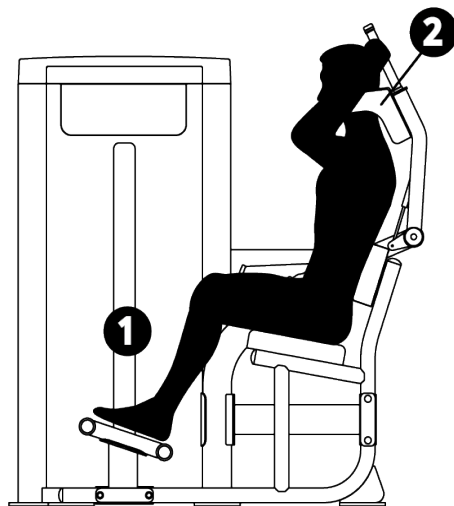
Product Specifications and Use

Abdominal

Equipment Dimensions	W38.3 x D56.8 x H60 inches/W97.2 x D144.3 x H152.4 cm
Working Area	W38.3 x D56.8 x H60 inches/W97.2 x D144.3 x H152.4 cm
Weight Stack	200 lb (91 kg)
Equipment Weight	465 lb (210 kg)

Set up

1. Select an appropriate weight.
2. Sit, grasp the handles, and pull the pads until they rest on your shoulders.



Exercise

- Curl down in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.



Training Tips

- Use your arms only to stabilize the pads on your shoulders.

Bicep Curl/Tricep Extension

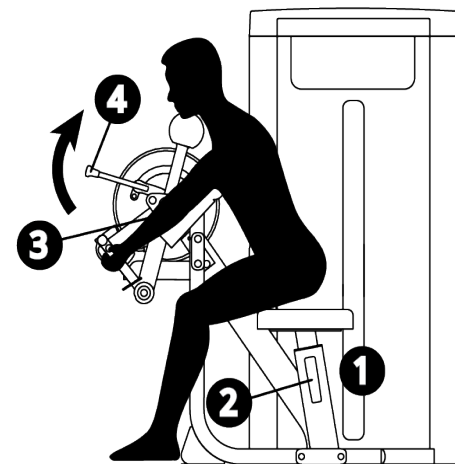
Equipment Dimensions	W42.5 x D52 x H60 inches/W107.9 x D132 x H152.4 cm
Working Area	W42.5 x D60.1 x H60 inches/W107.9 x D152.6 x H152.4 cm
Weight Stack	170 lb (78 kg)
Equipment Weight	395 lb (180 kg)

Set up

1. Select an appropriate weight.
2. Adjust the seat height so your upper arms rest flat on the pad.
3. Align your elbows with the pivot.
4. Set the movement arm to the desired start position.

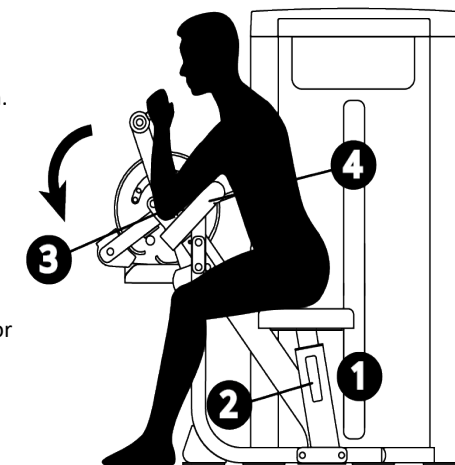
Exercise (Biceps Curl)

- Grasp both handles.
- Curl your arms in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.



Exercise (Triceps Extension)

- Grasp both handles.
- Extend your arms in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.



Training Tips

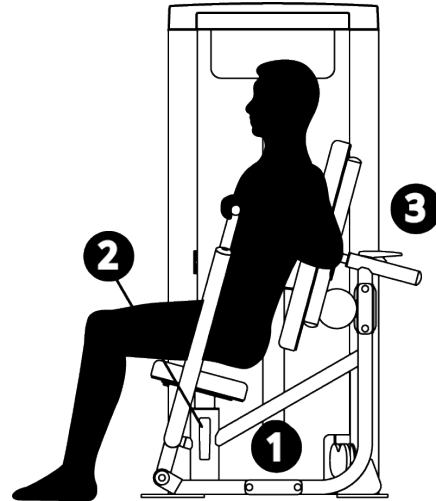
- Keep your upper arms flat on the pad.
- Lengthen your pause time at full contraction or extension.

Chest Press

Equipment Dimensions	W52.3 x D38.6 x H69 inches/W132.8 x D98 x H175.2 cm
Working Area	W52.3 x D59.1 x H69 inches/W132.8 x D150.2 x H175.2 cm
Weight Stack	240 lb (110 kg)
Equipment Weight	450 lb (205 kg)

Set up

1. Select an appropriate weight.
2. Adjust the seat so the handles are aligned with your mid-chest.
3. Adjust the back pad to your desired start position.

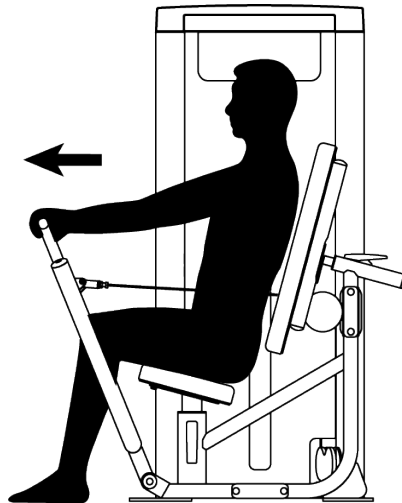


Exercise

- Grasp both handles.
- Extend your arms in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.

Training Tips

- Avoid locking your elbows.
- To vary your routine, use the vertical handles.



Inner/Outer Thigh

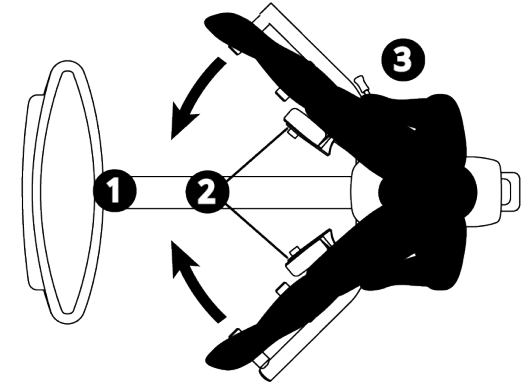
Equipment Dimensions	W31.7 x D65.3 x H60 inches/W80.5 x D165.9 x H152.4 cm
Working Area	W71.1 x D65.3 x H60 inches/W180.7 x D165.9 x H152.4 cm
Weight Stack	170 lb (78 kg)
Equipment Weight	440 lb (200 kg)

Set up

1. Select an appropriate weight.
2. Rotate pads to face outward (inner thigh) or to face each other (outer thigh).
3. Set the movement arms to your desired start position.

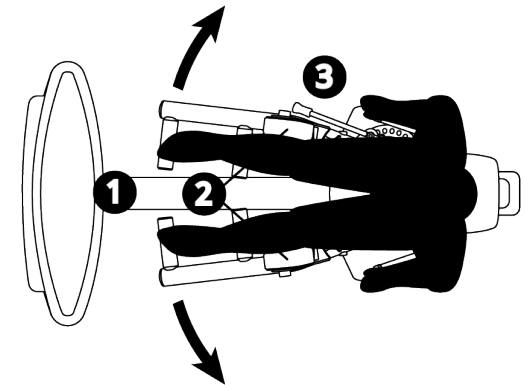
Exercise (Inner Thigh)

- Grasp both handles.
- Squeeze thighs inward in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to start position.



Exercise (Outer Thigh)

- Grasp both handles.
- Push thighs outward in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to start position.



Training Tips

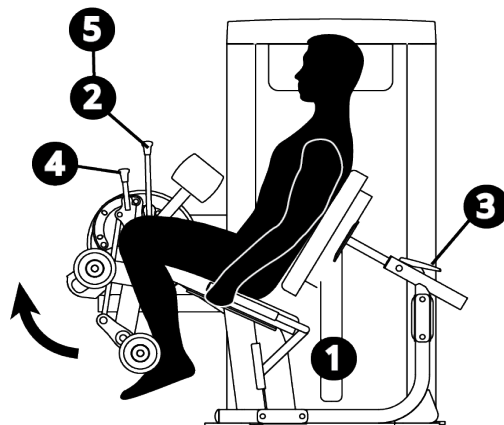
- Exercise through a full range of motion.

Leg Extension/Leg Curl

Equipment Dimensions	W44.6 x D55.3 x H60 inches/H113.4 x D140.4 x W152.4 cm
Working Area	W44.6 x D63.4 x H60 inches/H113.4 x D161 x W152.4 cm
Weight Stack	240 lb (110 kg)
Equipment Weight	530 lb (240 kg)

Set up

1. Select an appropriate weight.
2. Set the movement arm to position 1 and place your legs against the pads as shown for the exercise.
3. Align your knees with the pivot by adjusting the back pad.
4. Adjust the ankle pad as shown for the exercise.
5. Set the movement arm to your desired start position.



Exercise (Leg Curl)

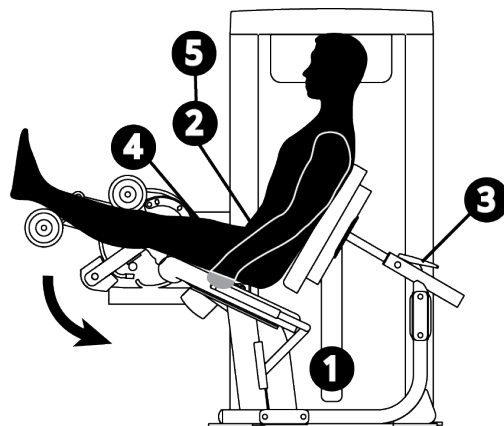
- Grasp both handles.
- Curl your legs in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.

Exercise (Leg Extension)

- Grasp both handles.
- Extend your legs in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.

Training Tips

- Lengthen your pause time at full contraction or extension.

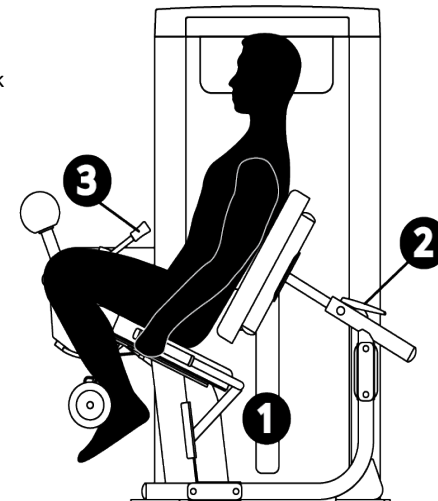


Leg Extension

Equipment Dimensions	W44.7 x D49.2 x H60 inches/W113.5 x D125 x H152.4 cm
Working Area	W44.7 x D64.3 x H60 inches/W113.5 x D163.3 x H152.4 cm
Weight Stack	Standard unit: 200 lb (91 kg) IFI-accredited unit: 175 lb (80 kg)
Equipment Weight	462 lb (210 kg)

Set up

1. Select an appropriate weight.
2. Align your knees with the pivot by adjusting the back pad.
3. Set the movement arm to your desired start position.

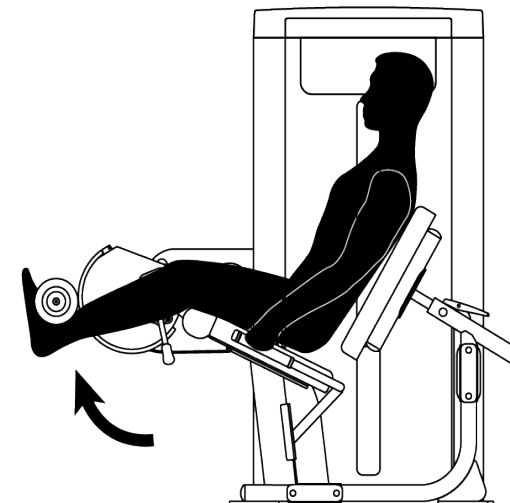


Exercise

- Grasp both handles.
- Extend your legs in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.

Training Tips

- Lengthen your pause time at full extension.



Leg Press/Calf Extension

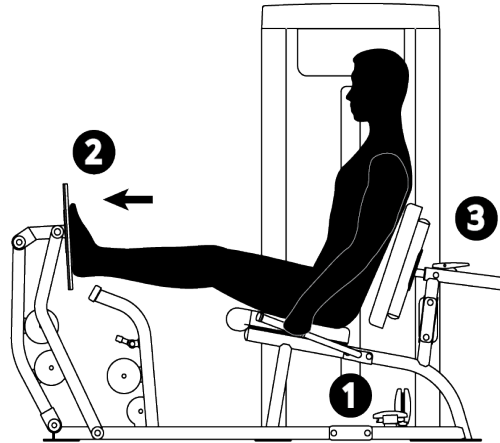
Equipment Dimensions	W43.6 x D75.7 x H69 inches/W110.7 x D192.3 x H175.2 cm
Working Area	W43.6 x D78.1 x H69 inches/W110.7 x D198.4 x H175.2 cm
Weight Stack	295 lb (135 kg)
Equipment Weight	550 lb (250 kg)

Set up

1. Select an appropriate weight.
2. Sit and place your feet on the footplate approximately shoulder-width apart (leg press) or with the balls of the feet at the bottom of the footplate (calf raise).
3. Adjust the back pad so that your knee angle is at a 90° start position.

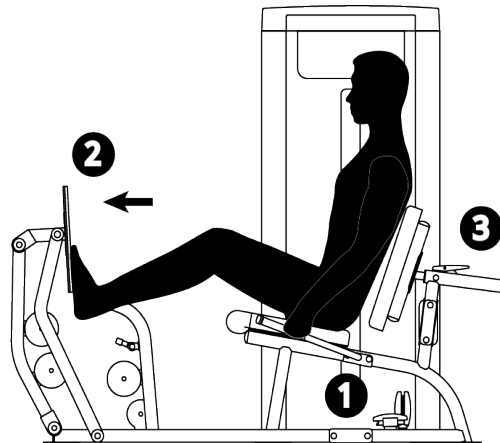
Exercise (Leg Press)

- Extend your legs in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.



Exercise (Calf Extension)

- Push with your feet in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.



Training Tips

- Avoid locking your knees.
- For a full range of calf extension motion, start with your ankles flexed and push to full extension.

Multi-Press

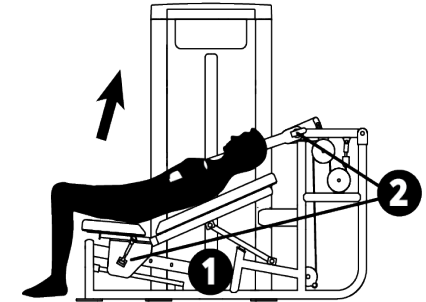
Equipment Dimensions	W58.1 x D71.5 x H69 inches/W147.7 x D181.7 x H175.2 cm
Working Area	W58.1 x D71.5 x H69 inches/W147.7 x D181.7 x H175.2 cm
Weight Stack	240 lb (110 kg)
Equipment Weight	450 lb (205 kg)

Set up

1. Select an appropriate weight.
2. Adjust the seat and movement arm to your desired start position.

Exercise (Chest Press)

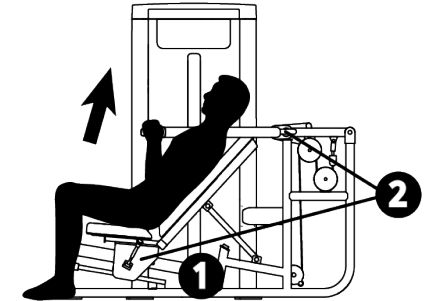
- Grasp both handles.
- Extend your arms in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.



Chest Press

Exercise (Incline Press)

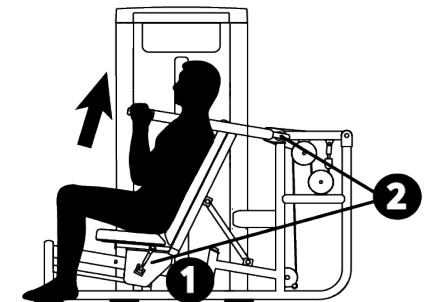
- Grasp both handles.
- Extend your arms in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.



Incline Press

Exercise (Shoulder Press)

- Grasp both handles.
- Extend your arms in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.



Shoulder Press

Training Tips

- Exercise through a full range of motion.

Pulldown/Seated Row

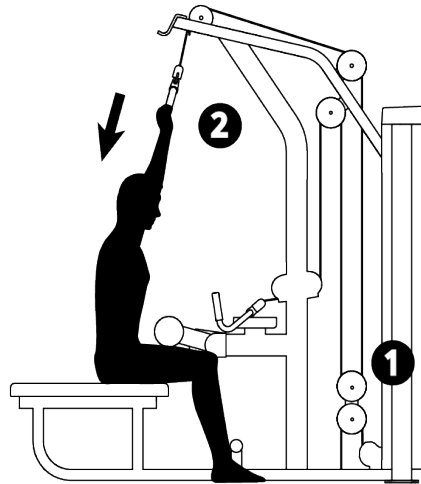
Equipment Dimensions	W51.7 x D78.9 x H86.7 inches/W131.2 x D200.4 x H220.2 cm
Working Area	W51.7 x D78.9 x H86.7 inches/W131.2 x D200.4 x H220.2 cm
Weight Stack	220 lb (100 kg)
Equipment Weight	490 lb (222 kg)

Set up

1. Select an appropriate weight.
2. For **Pulldown**, adjust the thigh pads to hold your legs securely in place. Then stand, grasp the pulldown bar with both hands, and return to the seated position.
3. For **Row**, sit back on the seat and place your feet on the foot pedals. Then grasp the row handle with both hands and start with back in straight up position.

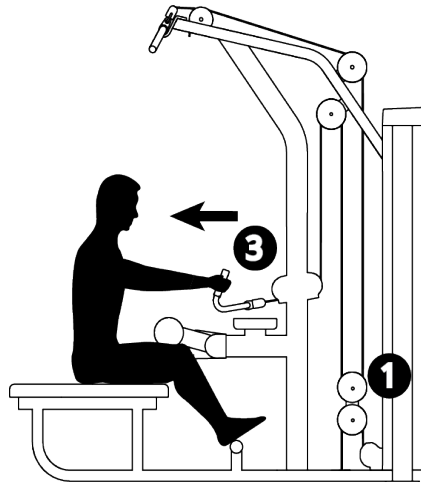
Exercise (Pulldown)

- Begin with your arms extended, elbows slightly bent.
- Pull the pulldown bar to chin level in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.



Exercise (Row)

- Begin with your arms extended, elbows slightly bent.
- Pull the row handle toward you in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.



Training Tips

- Avoid leaning back during exercise.

Rear Delt/Pec Fly

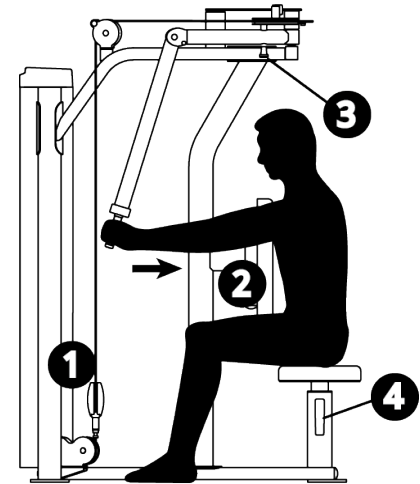
Equipment Dimensions	W53.7 x D55.7 x H78.4 inches/W136.3 x D141.4 x H199.2 cm
Working Area	W101.9 x D89.1 x H78.4 inches/W258.9 x D226.2 x H199.2 cm
Weight Stack	240 lb (110 kg)
Equipment Weight	470 lb (214 kg)

Set up

1. Select an appropriate weight.
2. Face in (chest) or out (back) against the pad.
3. Rotate the handles to your desired start position.
4. Adjust the seat so the handles are at shoulder height.

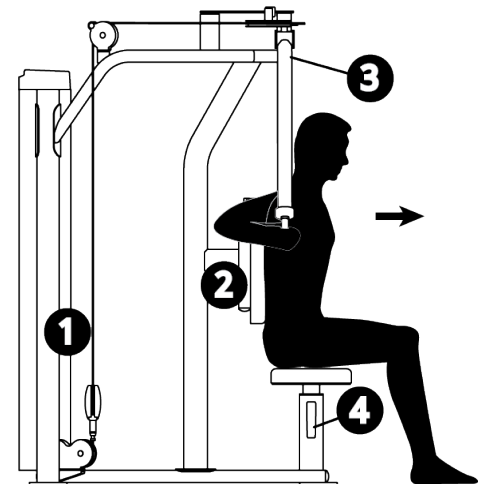
Exercise (Rear Delt)

- Grasp the horizontal handles.
- Pull the handles around to the side of your body in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.



Exercise (Pec Fly)

- Grasp the vertical handles.
- Pull the handles around in front of you in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.



Training Tips

- Keep your chest (Rear Delt) or back (Pec Fly) against the pad.

Maintenance information

It is important that the equipment be maintained in accordance to the Vitality Selectorized Line Maintenance Guide. Please visit any Vitality product page at www.precor.com to view the guide.