

# AMT® 733

## Experience™ Series

# ADAPTIVE MOTION TRAINER®

### Product Highlights

The AMT® 733 combines essential reliability and ease-of-use with innovative design. With an adaptive stride length, this product provides exercisers of all fitness levels with a wider range of motion for an effective workout. The AMT 733 intuitively responds to exercisers' natural motion, allowing them to change their stride length for a comprehensive cardio workout – all without so much as the push of a button.

### Product Features

#### 1. Heart Rate Monitoring

Touch and telemetry heart rate monitoring instantly analyze an exerciser's heart rate when they enter their age and weight. Heart rate monitoring helps exercisers stay in their fat burn, cardio, or peak target zone for a more efficient workout.

#### 2. P31 Console

Finally, an LED console that works harder for you, your servicers, and your exercisers. Get integrated asset management to supercharge your service techs with extra information, right at their fingertips. Exercisers will enjoy the well-placed channel or volume change controls. The black color on the P31 looks great across the full range of Precor cardio equipment.

#### 3. Handlebars

The tapered moving handlebars provide a comfortable fit for nearly every exerciser. The stationary grip has a heart rate sensor built-in that provides monitoring and a stable, comfortable position when focusing on the lower body.

#### 4. Dynamic Adjustable Stride Length

Exercisers can go from short stride to long stride, walking to running, and climbing to striding, allowing them to target different muscle groups. Pushing and pulling the moving handlebars will engage the upper body, resulting in a total body workout.



Storm Grey

Refined colorways with dark Tungsten covers and two frame color options, Storm Grey and Black Pearl.



Black Pearl

### Specifications

**Dimensions (L x W x H):** 80 x 35 x 69 in / 203 x 89 x 176 cm

**Equipment Weight:** 412 lb / 187 kg

**Power:** Self-Powered

**Total Workouts:** 6

**Resistance Levels:** 20

**Adjustable Stride Length:** 0 - 36 in / 0 - 91 cm

**Stride Height:** 7.6 in / 19 cm Fixed Stride Height

**Language:** English, French, German, Italian, Japanese, Portuguese, Russian, Spanish

**Network Capabilities:** C-SAFE enabled  
Mobile Device Charger and Audio Jack

**Entertainment:** Optional - 15 in / 38.1 cm Personal Viewing System (PVS)

**Accessories:** Integrated Reading Rack  
Optional - TV Audio Receiver

**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.

\*The heart rate feature is intended for reference only. They may not be accurate for every user or at every intensity and are not intended for use as a medical device.