

# RSL0714

## Resolute™ Strength Selectorized Line

# Ab Crunch

### Biomechanically Sound

A fixed, non-slip footplate contributes stabilization to the supportive design of the Resolute Ab Crunch to assist exercisers while their torso contracts, mimicking a sit-up or crunch. The counter-balanced pivot system gives exercisers an easier start to their crunch and allows them to increase their working weight.

### Designed to Go the Distance

The upholstered pads of the Resolute Ab Crunch underwent 1.2 million cycles of testing to ensure that this machine will be the durable workhorse for any facility. One piece, soft rubber foot caps make the equipment easier to move and will remain in place even if kicked.

### Focused on the Experience

Exercisers can set themselves up for a successful set of crunches by using the easy-to-locate seat adjustment to reach the proper height. The patented add-on weight switch is within easy reach. The over-molded hand grips provide texture and padding for comfort.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 50 x 47 x 58 in / 126 x 118 x 148 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 559 lb / 254 kg

**Weight Stack:** 160 lb / 73 kg

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

## Standard Color Options

### Frame



Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

### Shroud



Tungsten

• Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay



Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

• Colors may vary.  
• Custom colors available.  
Please contact a Precor Sales Representative.

# RSL0204

## Resolute™ Strength Selectorized Line

# Biceps Curl

### Biomechanically Sound

The angled arm pad and handles on the Resolute Biceps Curl align the exerciser's elbows to the pivot point for maximum comfort and muscle engagement. The arm pad gives optimal support without restricting proper breathing.

### Designed to Go the Distance

The upholstered pads of the Resolute Biceps Curl underwent 1.2 million cycles of testing to ensure that this machine will be a durable workhorse for any facility. One piece, soft rubber foot caps make the equipment easier to move and will remain in place even if kicked.

### Focused on the Experience

The arm pad and gas-assisted, ratcheting seat are aligned for the exerciser's comfort, easy entry and exit, and to maintain proper body position and alignment.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 48 x 43 x 58 in / 122 x 110 x 148 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 431 lb / 196 kg

**Weight Stack:** 160 lb / 459 kg

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

## Standard Color Options

### Frame



Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

### Shroud



Tungsten

\* Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay



Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

\* Colors may vary.  
\* Custom colors available.  
Please contact a Precor Sales Representative.

# RSL0208

## Resolute™ Strength Selectorized Line

# Triceps Extension

### Biomechanically Sound

The angled arm pad and handles on the Resolute Triceps Extension support proper alignment of the exerciser's elbows to the pivot point for maximum comfort and targeted engagement of the triceps -- muscles essential to throwing and reaching movements.

### Designed to Go the Distance

The upholstered pads of the Resolute Triceps Extension underwent 1.2 million cycles of testing to ensure that this machine will be a durable workhorse for any facility. Sealed bearings in all pivot points, oversized steel tubing, and chrome-plated adjustment plates make for quiet, durable operation for years to come.

### Focused on the Experience

The gas-assisted ratcheting seat can be adjusted from a seated position so that exercisers can find the proper height relative to the angled arm pad. The weight stack pin and patented add-on weight switch are within easy reach to enable quick adjustments between sets.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 48 x 43 x 58 in / 122 x 110 x 148 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 460 lb / 209 kg

**Weight Stack:** 160 lb / 73 kg

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

## Standard Color Options

### Frame



Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

### Shroud



Tungsten

• Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay



Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

• Colors may vary.  
• Custom colors available.  
Please contact a Precor Sales Representative.

# RSL0215

## Resolute™ Strength Selectorized Line

# Seated Dip

### Biomechanically Sound

The design of the Resolute Seated Dip pivot arms closely matches the feel of the a traditional bar dip to properly engage the triceps muscles. The angle of the seat back helps ensure correct and supported position throughout the whole movement.

### Designed to Go the Distance

Over-sized steel tubing lends a sleek, contemporary shape, and contributes to a more durable product. One piece, soft rubber foot caps make the equipment easier to move and will remain in place even if kicked. Tested to 250,000 cycles, the Resolute Seated Dip is designed to go the distance.

### Focused on the Experience

The tee-shaped, over-molded handle grips on the Resolute Seated Dip easily rotate to provide a variety of comfortable hand positions. The weight stack pin and patented add-on weight switch are within easy reach to enable quick adjustments between sets.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 55 x 48 x 58 in / 140 x 121 x 148 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 585 lb / 266 kg

**Weight Stack:** 240 lb / 109 kg

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

## Standard Color Options

### Frame



Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

### Shroud



Tungsten

• Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay



Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

• Colors may vary.  
• Custom colors available.  
Please contact a Precor Sales Representative.

# RSLO310

## Resolute™ Strength Selectorized Line

# Diverging Seated Row

### Biomechanically Sound

The Resolute Seated Row features independent movement arms that diverge as they draw back for a natural-feeling rowing motion. This provides better engagement of the back muscles, including the lats, trapezius, biceps, deltoids, and the rhomboids. The multi-grip option handles are angled to reduce wrist stress during the exercise.

### Designed to Go the Distance

The upholstered pads of the Resolute Seated Row underwent 1.2 million cycles of testing to ensure that this machine will be a durable workhorse for any facility. A contemporary, low profile design across the Resolute line gives even small facilities an open, spacious feel.

### Focused on the Experience

The upright, open design makes the Resolute Seated Row easy to access. The adjustable chest pad, in combination with the gas-assisted ratcheting seat, make it easy to get the proper fit and stabilization throughout the movement.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 63 x 55 x 58 in / 160 x 139 x 148 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 616 lb / 260 kg

**Weight Stack:** 240 lb / 109 kg

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

## Standard Color Options

### Frame



Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

### Shroud



Tungsten

• Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay



Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

• Colors may vary.  
• Custom colors available.  
Please contact a Precor Sales Representative.

# RSLO313

## Resolute™ Strength Selectorized Line

# Back Extension III

### Biomechanically Sound

The contoured back pad provides proper support to ensure back muscle activation throughout the movement. The fixed footplate provides stability during the full range of motion.

### Designed to Go the Distance

Sealed bearings in all pivot points, oversized steel tubing, and chrome-plated adjustment plates make for quiet, durable operation for years to come.

### Focused on the Experience

The open design and single adjustment of the movement arm allows for exercisers to start their workout quickly and easily. The start position, weight adjustment and patented add-on weight switch are all conveniently located from the seated position.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 48 x 49 x 58 in / 122 x 124 x 148 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 532 lb / 242 kg

**Weight Stack:** 200 lb / 91 kg

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

## Standard Color Options

### Frame



Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

### Shroud



Tungsten

• Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay



Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

• Colors may vary.  
• Custom colors available.  
Please contact a Precor Sales Representative.

# RSLO314

## Resolute™ Strength Selectorized Line

# Diverging Lat Pulldown

### Biomechanically Sound

Independent movement arms and rotating handles allow for various natural arm and hand positions during the full range of the diverging motion. The proprietary ergonomic design of the slip-resistant handles optimize grip with less forearm fatigue.

### Designed to Go the Distance

The over-sized steel tubing of the Diverging Lat Pulldown contributes to a more durable product while also giving one of the most popular pieces of the Resolute line a timeless, contemporary silhouette. One piece, soft rubber foot caps make the equipment easier to move and will remain in place even if kicked.

### Focused on the Experience

The independent movement arms move in a diverging motion, providing a more natural feel, greater range of motion and variety in exercise movement patterns. Exercisers can also target the lats on one side to strengthen the large muscle that helps rotate the arm and pull the shoulder down and back.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 58 x 50 x 81 in / 146 x 126 x 206 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 585 lb / 266 kg

**Weight Stack:** 240 lb / 109 kg

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

## Standard Color Options

### Frame



Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

### Shroud



Tungsten

• Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay



Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

• Colors may vary.  
• Custom colors available. Please contact a Precor Sales Representative.

# RSLO315

## Resolute™ Strength Selectorized Line

# Rotary Torso III

### Biomechanically Sound

The cylindrical arm, seat, and back pads support the posture of the exerciser as they rotate to engage their obliques. The Resolute Rotary Torso provides resistance for rotation in both directions, providing a complete oblique workout.

### Designed to Go the Distance

The upholstered pads of the Resolute Rotary Torso underwent 1.2 million cycles of testing to ensure that this machine will be a durable workhorse for any facility. All the pivot and adjustment points are designed for quiet operation for years to come.

### Focused on the Experience

No workout is complete if only one side is worked. The unique ratchet system on the Rotary Torso allows the exerciser to easily adjust the start position from left to right and back from a seated position.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 48 x 43 x 58 in / 122 x 110 x 148 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 462 lb / 210 kg

**Weight Stack:** 160 lb / 73 kg

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

## Standard Color Options

### Frame



Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

### Shroud



Tungsten

• Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay



Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

• Colors may vary.  
• Custom colors available.  
Please contact a Precor Sales Representative.



# RSL0324

## Resolute™ Strength Selectorized Line

# Diverging Low Row

### Biomechanically Sound

The proprietary, ergonomic design of the slip-resistant handles optimizes grip with less forearm fatigue, while also allowing the exerciser to move their hand position freely.

### Designed to Go the Distance

The upholstered pad of the Resolute Diverging Low Row underwent 1.2 million cycles of testing to ensure that this machine will be a durable workhorse for any facility. All the pivot and adjustment points are designed for quiet operation for years to come.

### Focused on the Experience

The independent moving arms, large foot plate, and extended seat pad provide the exerciser with a variety of engaging movement possibilities that keep the workout fresh and interesting. With no adjustments other than weight selection, the Diverging Low Row lets exercisers get on and go.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 79 x 48 x 58 in / 201 x 121 x 148 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 581 lb / 264 kg

**Weight Stack:** 240 lb / 109 kg

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

## Standard Color Options

### Frame



Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

### Shroud



Tungsten

• Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay



Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

• Colors may vary.  
• Custom colors available.  
Please contact a Precor Sales Representative.

# RSLO414

## Resolute™ Strength Selectorized Line

# Converging Chest Press

### Biomechanically Sound

The movement arm handles of the Resolute Strength Chest Press can be angled to keep wrists in correct alignment as the exerciser's hands converge. Independent moving arms offer the option to target training to a single arm.

### Designed to Go the Distance

The over-sized steel tubing of the Converging Chest Press contributes to a more durable product while also giving one of the most popular pieces of the Resolute line a timeless, contemporary silhouette. All the pivot and adjustment points are designed for quiet operation for years to come.

### Focused on the Experience

The Resolute Chest Press starts with an open design that's easy to enter, and offers comfortable upper-body support while seated. Bright adjustment points beneath the seat and on the movement arm handles remind the exerciser to personalize the fit prior to starting the movement.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 73 x 50 x 73 in / 185 x 126 x 185 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 594 lb / 270 kg

**Weight Stack:** 240 lb / 109 kg

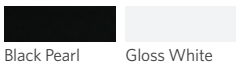
**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.

## Standard Color Options

### Frame

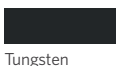


Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

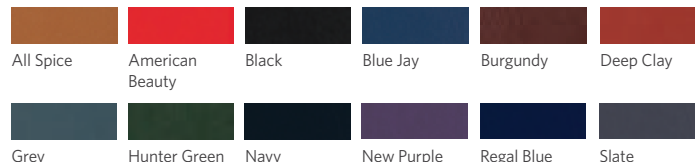
### Shroud



Tungsten

• Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay  
Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

• Colors may vary.  
• Custom colors available. Please contact a Precor Sales Representative.

# RSL0504

## Resolute™ Strength Selectorized Line

# Lateral Raise

### Biomechanically Sound

The fixed position and inward orientation of the handles on the Resolute Series Lateral Raise ensure the exerciser maintains proper positioning as they work their deltoid muscles during the movement.

### Designed to Go the Distance

The upholstered pads of the Resolute Lateral Raise underwent 1.2 million cycles of testing to ensure that this machine will be a durable workhorse for any facility. Over-sized steel tubing lends a sleek, contemporary shape, and contributes to a more durable product.

### Focused on the Experience

Isolating the deltoid muscles requires correct positioning to prevent shoulder impingement. The gas-assisted adjustable seat helps exercisers align their shoulder joints to the pivot points so that they're properly loaded during the movement.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 54 x 49 x 58 in / 137 x 125 x 148 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 510 lb / 232 kg

**Weight Stack:** 160 lb / 73 kg

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

## Standard Color Options

### Frame



Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

### Shroud



Tungsten

• Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay



Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

• Colors may vary.  
• Custom colors available.  
Please contact a Precor Sales Representative.

# RSL0505

## Resolute™ Strength Selectorized Line

# Rear Delt / Pec Fly III

### Biomechanically Sound

The dual-pivoting arms accommodate different arm lengths allowing exercisers to comfortably perform each opening and closing movement while maintaining proper form. The gas-assisted ratcheting seat helps exercisers optimally position their arm height.

### Designed to Go the Distance

The over-sized steel tubing of the Rear Delt / Pec Fly contributes to a more durable product while also giving the tallest of the Resolute line a timeless, contemporary silhouette. Sealed bearings in all pivot points and chrome-plated adjustment plates make for quiet operation for years to come.

### Focused on the Experience

With intuitive, clearly marked adjustment points, the Resolute Rear Delt / Pec Fly allows exercisers to transition between the two exercises seamlessly on this single piece of equipment. The word-free instructional placard clearly highlights the two sets of muscles this single machine will work.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 56 x 38 x 84 in / 142 x 96 x 214 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 583 lb / 265 kg

**Weight Stack:** 240 lb / 109 kg

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

## Standard Color Options

### Frame



Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

### Shroud



Tungsten

• Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay



Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

• Colors may vary.  
• Custom colors available. Please contact a Precor Sales Representative.

# RSL0515

## Resolute™ Strength Selectorized Line

# Converging Shoulder Press

### Biomechanically Sound

The Resolute Converging Shoulder Press correctly positions the exerciser to ensure proper joint stabilization during lifting. Independent moving arms, converging movement, as well as horizontal and neutral hand positions provide options for a personalized fit and exercise variety.

### Designed to Go the Distance

The over-sized steel tubing of the Converging Shoulder Press contributes to a more durable product as well as a timeless, contemporary silhouette. One piece, soft rubber foot caps make the equipment easier to move and will remain in place even if kicked.

### Focused on the Experience

The open design and overhead pivot make entry and exit fast and easy. The counter-balanced movement arms create a proper motion path and low starting lift weight. Our patented add-on weight switch is within a convenient reach.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 61 x 59 x 60 in / 154 x 151 x 153 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 557 lb / 253 kg

**Weight Stack:** 200 lb / 91 kg

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

## Standard Color Options

### Frame



Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

### Shroud



Tungsten

• Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay



Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

• Colors may vary.  
• Custom colors available.  
Please contact a Precor Sales Representative.

# RSL0602

## Resolute™ Strength Selectorized Line

# Leg Press III

### Biomechanically Sound

The back pad of the Resolute Leg Press is angled at 35 degrees to encourage proper exerciser form and provides the optimum position for transmitting force to the platform without spinal compression. The oversized, fixed footplate offers a stable platform to work from.

### Designed to Go the Distance

Sealed ball-bearings traveling on chrome plated rails means quieter operation. Over-sized steel tubing lends a sleek, contemporary shape and a more durable product. Tested to 250,000 cycles, the Resolute Leg Press is designed to go the distance.

### Focused on the Experience

Thoughtful design elements like the integrated step ledge allow exercisers to enter and exit the Resolute Leg Press with ease. Once seated, exercisers can easily personalize the fit and the weight load. Our patented add-on weight requires just a flip of a switch.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 77 x 48 x 58 in / 196 x 122 x 148 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 826 lb / 375 kg

**Weight Stack:** 400 lb / 182 kg

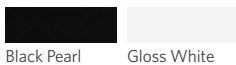
**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.

## Standard Color Options

### Frame

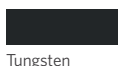


Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

### Shroud



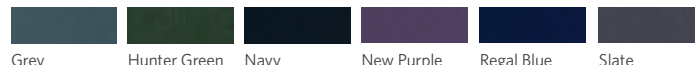
Tungsten

• Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay



Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

• Colors may vary.  
• Custom colors available.  
Please contact a Precor Sales Representative.

# RSL0605

## Resolute™ Strength Selectorized Line

# Leg Extension III

### Biomechanically Sound

Before performing the quadriceps contraction on the Resolute Leg Extension, exercisers can easily adjust the ankle pad to the optimal position for a comfortable lift.

### Designed to Go the Distance

Chrome-plated linkages not only make adjustments smoother and easier, the high-quality material contributes to a more durable product. Tested to 250,000 cycles using the full weight stack, the Resolute Leg Extension is designed to go the distance.

### Focused on the Experience

With intuitive, conveniently placed adjustments, and a wide comfortable seat, the Leg Extension is quickly adjusted to fit most every exerciser. Exercisers can adjust the weight stack selection easily from the seated position.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 61 x 50 x 58 in / 155 x 127 x 148 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 616 lb / 280 kg

**Weight Stack:** 240 lb / 109 kg

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

## Standard Color Options

### Frame



Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

### Shroud



Tungsten

• Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay



Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

• Colors may vary.  
• Custom colors available.  
Please contact a Precor Sales Representative.

# RSL0606

## Resolute™ Strength Selectorized Line

# Prone Leg Curl

### Biomechanically Sound

The angled hip and chest pads on the Resolute Prone Leg Curl ensure proper alignment of the exerciser's knee with the pivot point to maximize comfort while isolating the hamstring.

### Designed to Go the Distance

The upholstered pads of the Resolute Prone Leg Curl underwent 1.2 million cycles of testing to ensure that this machine will be a durable workhorse for any facility. A contemporary, low profile design across the Resolute line gives even small facilities an open, spacious feel.

### Focused on the Experience

The open design, easily-adjusted ankle pad, and ready access to the weight stack make it quick and simple to get started on the Resolute Prone Leg Curl. Our patented add-on weight requires just a flip of a switch to increase the workload.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 61 x 48 x 58 in / 156 x 122 x 148 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 517 lb / 235 kg

**Weight Stack:** 200 lb / 91 kg

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

## Standard Color Options

### Frame



Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

### Shroud



Tungsten

• Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay



Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

• Colors may vary.  
• Custom colors available.  
Please contact a Precor Sales Representative.



# RSL0618

## Resolute™ Strength Selectorized Line

# Glute Extension

### Biomechanically Sound

The Resolute Glute Extension isolates the powerhouse muscles of the glutes from a ground-based, standing position. The range of the movement arm provides maximum hip extension during the exercise movement, while the standing leg engages to provide balance.

### Designed to Go the Distance

Over-sized steel tubing lends a sleek, contemporary shape, and contributes to a more durable product. Tested to 250,000 cycles using the full weight stack, the Resolute Glute Extension is designed to go the distance.

### Focused on the Experience

No adjustments are needed to begin working from the ground-based standing position. The elbow pads and hand grips stabilize the exerciser, while the foot placement markings make getting started quick and efficient.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 54 x 40 x 58 in / 137 x 101 x 148 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 475 lb / 216 kg

**Weight Stack:** 160 lb / 73 kg

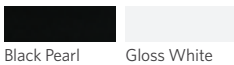
**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.

## Standard Color Options

### Frame

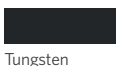


Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

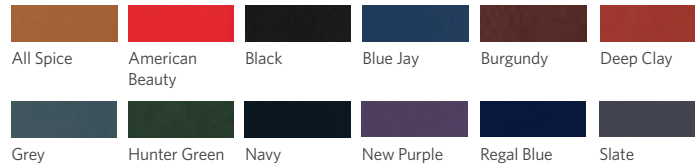
### Shroud



Tungsten

• Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay  
Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

• Colors may vary.  
• Custom colors available. Please contact a Precor Sales Representative.

# RSL0619

## Resolute™ Strength Selectorized Line

# Seated Leg Curl

### Biomechanically Sound

The wide seat pad on the Resolute Seated Leg Curl, with a slight 15 degree tilt, properly aligns the exerciser's knee with the pivot point to deliver better muscle isolation and increased comfort.

### Designed to Go the Distance

The upholstered pads of the Resolute Seated Leg Curl underwent 1.2 million cycles of testing to ensure that this machine will be the durable workhorse for any facility. Sealed bearings in all pivot points make for quiet, durable operation to go the distance.

### Focused on the Experience

The adjustable back pad, start position, thigh stabilizing pad, and weight stack pin are all within easy reach so that the exerciser can personalize the fit of the Seated Leg Curl. Wear-resistant materials on all the touchpoints ensure a long-lasting appearance.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 63 x 48 x 58 in / 161 x 121 x 148 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 609 lb / 277 kg

**Weight Stack:** 240 lb / 109 kg

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

## Standard Color Options

### Frame



Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

### Shroud



Tungsten

\* Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay



Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

\* Colors may vary.  
\* Custom colors available.  
Please contact a Precor Sales Representative.

# RSL0620

## Resolute™ Strength Selectorized Line

# Inner Thigh

### Biomechanically Sound

The Resolute Strength Inner Thigh offers a foot support bar and slightly reclined seat back for stabilization and comfort as exercisers work their adductor muscles. The unique ratchet adjustment allows exercisers to set or change the start position once they are seated.

### Designed to Go the Distance

Sealed bearings in all pivot points, oversized steel tubing, and chrome-plated adjustment plates make for quiet, durable operation for years to come.

### Focused on the Experience

Exercisers face the shrouded weight stack tower of the Resolute Inner Thigh to provide privacy during the movement. The thigh pads are easily adjusted to accommodate entry and exit from the equipment.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 71 x 30 x 58 in / 181 x 77 x 148 cm

**Weight Stack Tower Height:** 58 in / 148 cm

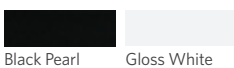
**Equipment Weight:** 572 lb / 260 kg

**Weight Stack:** 200 lb / 91 kg

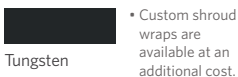
**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.

## Standard Color Options

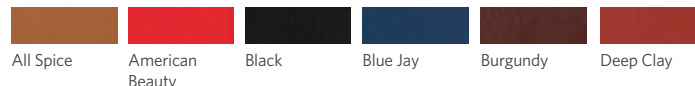
### Frame



### Shroud



### Upholstery



- Colors may vary.
- Custom colors available. Please contact a Precor Sales Representative.

# RSL0621

## Resolute™ Strength Selectorized Line

# Outer Thigh

### Biomechanically Sound

The Resolute Strength Outer Thigh offers a foot support bar and slightly reclined seat back for stabilization and comfort as exercisers work their abductor muscles. The unique ratchet adjustment allows exercisers to set or change the start position once they are seated.

### Designed to Go the Distance

Sealed bearings in all pivot points, oversized steel tubing, and chrome-plated adjustment plates make for quiet, durable operation for years to come.

### Focused on the Experience

Exercisers face the shrouded weight stack tower of the Resolute Outer Thigh to provide privacy during the movement. The thigh pads are easily adjusted to accommodate entry and exit from the equipment.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 71 x 30 x 58 in / 181 x 77 x 148 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 572 lb / 260 kg

**Weight Stack:** 200 lb / 91 kg

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

## Standard Color Options

### Frame



Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

### Shroud



Tungsten

• Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay



Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

• Colors may vary.  
• Custom colors available.  
Please contact a Precor Sales Representative.

# RSL0623

## Resolute™ Strength Selectorized Line

# Seated Calf Extension

### Biomechanically Sound

The curved foot platform supports and stabilizes the ankles to properly activate calf muscles during the exercise. The adjustable seat position and back support pad enable the exerciser to direct force through the hips for better muscle isolation.

### Designed to Go the Distance

Over-sized steel tubing lends a sleek, contemporary shape, and contributes to a more durable product. Tested to 250,000 cycles using the full weight stack, the Resolute Seated Calf Extension is designed to go the distance.

### Focused on the Experience

Adjustments for the seat and weight stack are conveniently located from the seated position. Exercisers can grip the handles on either side of the seat for stabilization.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 53 x 44 x 58 in / 135 x 112 x 148 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 684 lb / 311 kg

**Weight Stack:** 400 lb / 182 kg

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

## Standard Color Options

### Frame



Gloss Metallic Silver    Metallic Ash    Desert Bronze



Black Pearl    Gloss White

### Shroud



Tungsten

• Custom shroud wraps are available at an additional cost.

### Upholstery



All Spice    American Beauty    Black    Blue Jay    Burgundy    Deep Clay



Grey    Hunter Green    Navy    New Purple    Regal Blue    Slate

• Colors may vary.  
• Custom colors available. Please contact a Precor Sales Representative.