



## AMT<sup>®</sup> 763 Adaptive Motion Trainer<sup>®</sup> Experience<sup>™</sup> Series

The AMT<sup>®</sup> 763 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 763 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.

The P62 touch screen console provides crisp entertainment for the best value, while delivering an engaging workout to exercisers.

At Precor, we recognize that a great workout is the sum of many parts. In your hands, the products, services, and technologies we offer can be combined in countless ways to complement the programs and atmosphere you're creating.

Learn More: [go.precor.com/amt763](https://go.precor.com/amt763)

**PRECOR<sup>®</sup>**  
Fitness Made Personal

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## 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. P62 Console

The P62 touch screen console provides the personalized viewing experience, remarkable TV clarity, and internet options that exercisers crave, all in a 10 in / 25.4 cm screen. With the ability to "favorite" selections for the future, exercisers can customize their workout experience based on what is important to them.

### 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.



## SPECIFICATIONS

**Dimensions (L x W x H):** 80 x 35 x 73 in / 203 x 89 x 186 cm

**Equipment Weight:** 422 lb / 191 kg

**Power:** Dedicated 120 volt, 15 amp circuit

**Total Workouts:** 12

**Resistance Levels:** 20

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

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

**Language:** English, Chinese, Danish, Dutch, French, Finnish, German, Italian, Japanese, Korean, Norwegian, Polish, Portuguese, Russian, Spanish, Swedish, Turkish

**Network Capabilities:** Preva<sup>®</sup> Network Capable

**Entertainment:** 10 in / 25.4 cm LCD Capacitive Touch Screen  
Mobile Device Charger and Audio Jack

**Accessories:** Integrated Reading Rack  
Optional - Cable Management

**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.

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