

Download Precor Zuma Exercise Guide

Precor manufactures premium fitness equipment chosen by health clubs, hotels, universities, and fitness enthusiasts around the world. Precor - Fitness Equipment - Commercial Exercise Equipment - Home Gym - Precor (United States)Zuma Assembly and Maintenance Guide page 2 IMPORTANT SAFETY INSTRUCTIONS ... you purchased the unit or call 1-800-4-PRECOR for the dealer nearest you. Optional Equipment The Leg Press and Multi-Hip Options expand the workout options for the Zuma. You can purchase this equipment through your dealer. Lat Bar Tricep Straps Leg Extension ArmVideo tutorials showing how to properly use Precor cardio and strength equipment.PROVIDES TOTAL BODY WORKOUT ERGONOMICALLY CORRECT DESIGN VARIETY OF EXERCISES IN A SMALL FOOTPRINT ... 25 versatile Zuma exercises engineered to build muscle, strength and balance. Highlights include the ... See owner's manual for additional exercises. Precor Incorporated 20031 142nd Ave. NE P.O. Box 7202 Woodinville, WA 98072-4002