

PRECOR[®] USA
move beyond[®]

C240i

Commercial StretchTrainer™



**Natural human resistance, complemented by machine.
Engineered to move the way you move.**

Engineered for efficiency.

Lightweight with a small footprint, so you can place it anywhere in your facility.

Designed to last.

High-quality components and superior construction mean years of trouble-free use.

Start by stretching.

The C240i offers users the ability to prepare their bodies for a more vigorous workout, and helps to prevent injury during and after exercise.

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Product Specifications

Length	52 in (132 cm)
Width	28 in (71 cm)
Height	36 in (91 cm)
Weight	60 lbs (27 kg)
Shipping Weight	90 lbs (41 kg)
Frame	Powder-coated steel

Proper Usage

Keep arms straight, knees on the kneepad. Slowly hold each stretch for 3 to 5 seconds. The stretch may be repeated 3 to 5 times.

Stretching made simple.

- 1 **Ease of use for all**—Placard instructs users on the eight essential stretches.
- 2 **A necessary component to all workouts**—Stretching is a great way to start and end each workout with warm-up and cooldown to help prevent injuries.
- 3 **Comfortable**—Cushioned seat and kneepads help users sit comfortably. Ergonomic design ensures the correct stretching position.
- 4 **Portable**—Light weight and small footprint allow for placement anywhere.
- 5 **Low maintenance**—Built to last, with durable construction and high-quality components.
- 6 **Immediate benefits**—Users will feel more flexible and prepared for their workouts every time.



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