

ADAPTIVE MOTION TRAINER

The AMT 783 intuitively responds to users' natural motion, allowing them to adapt their stride length for a comprehensive cardio workout — all without so much as the push of a button. The 780 Line 15" touchscreen console provides exercisers with a premium entertainment experience and engaging workout through an intuitive interface.



ADAPTIVE MOTION

Exercisers can change stride length at will from zero to 36 inches (0 to 91 cm), providing a variety of stride paths to engage several muscle groups.



A VERSATILE TOTAL BODY WORKOUT

With a combination of climbing, walking and running movements, moving handle bars and dual action movements between the arms and legs, the AMT® delivers a total body workout with high levels of oxygen consumption and energy expenditure.



CONSOLE

The Line console features easy-to-use motion controls and an LED display that focuses on the essential fitness stats that keep users informed and engaged.

USER GUIDE

- Remember The AMT is self generated so will not start until you start moving.
- Simply hold onto the non-movable bars
- step into the pedals
- Then start stepping and the machine will switch on.
- Programme in what you wish to do and select the level.
- You control the pace and stride of the machine. You can make it a stepper or extend the stride further like running (but without the impact on the joints). This is all shown on the console with a visual.
- The movable bars are there to incorporate a full body workout.

HEALTH
HUB

Remember to never lock your joints, keep your body in line, control the speed & never drop the weight.
ALWAYS put back any equipment you have used & wipe down.

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