

# Download Precor Zuma Exercise Guide

Zuma Assembly and Maintenance Guide page 2 IMPORTANT SAFETY INSTRUCTIONS ... service, check out the Precor web site at ... workout options for the Zuma. You can purchase this equipment through your dealer. Lat Bar Tricep Straps Leg Extension Arm Row Handlebar Weight Stack Handlebars. Precor manufactures premium fitness equipment chosen by health clubs, hotels, universities, and fitness enthusiasts around the world. Video 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