///PRECOR®

P82 CONSOLE

GETTING STARTED GUIDE

Welcome to a *personalized fitness experience* for your members

Set up the console

The P82 Console has a built-in Administrator account for owners.

The Settings menu is visible only to administrators and registered service technicians. Changes made to these settings are saved to the fitness equipment.

An Administrator uses a password (see below) to access and configure the console settings to enhance an exerciser's workout as well as benefit the facility.
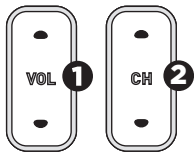
Change system settings

To change system settings:

1. Press and hold **Volume Down**.
2. Press **Channel** in the following order:
   Channel Up
   Channel Down
   Channel Down
   Channel Up

3. On the screen, enter the password:
   5 6 5 1 5 6 5
4. Touch **OK**. The System Settings banner appears.

System	Information
About	Displays serial number and event log
Equipment Use	Shows data on equipment use
System Settings	*Connectivity:* Determines network type (wired and Wi-Fi) and configuration
	Display: Customizes language, time zone, and date format.
	TV settings: Sets up channels and closed captions.
	Workout limits: Sets limits on equipment use during peak hours, limits maximum treadmill speed or maximum pause time.
	Manage Settings: Allows servicer to upload console, network, and TV settings.

For complete equipment operating instructions and troubleshooting, visit us at *www.precor.com*.

Get to know the Networked Fitness Console

The P82 Console features either single- or dual-motion controls, uses an LCD touchscreen with an embedded TV tuner, and is Preva® Network capable.

No.	Function	No.	Function
1	Pause	5	Channel up/down
2	Incline or stride height* indicator	6	Mute
3	Intensity or resistance indicator	7	Audio jack
4	Volume up/down	8	Mobile device charger

* Stride height indicator for AMT only. Incline indicator only on the dual-motion control. The motion control(s) are located right below the indicator.

Start exercising

Ready to up your game and give your clients great workouts and training programs?

Take advantage of Precor's product tutorials, best-in-class training resources, and content libraries — which we refresh regularly *(select regions only)* on *www.precor.com/education*.

⚠ **CAUTION**
Before beginning any fitness program, see your physician for a thorough medical exam. Ask your physician for the appropriate target heart rate for your fitness level.

❗ **IMPORTANT**
Heart rate monitors are not medical devices. Various factors, including the exerciser's movement, may affect the accuracy of the heart rate readings. The heart rate monitors are intended only as exercise aids in determining heart rate trends in general.

To start a workout:

Touch **QuickStart** to launch the Manual Program. Calculations, such as calories used, are based on a 170-lb (77 kg), 40-year old individual. Your clients can complete a workout using this program with the default values, or you can change workout settings to suit the training program you set up for them.

To start a featured workout:

The Featured Workout appears on the Welcome Screen and changes daily. Touch **GO** on the Featured Workout screen.

To start a preset workout:

Preset workouts are a great way to tailor your client's workouts to their fitness goals, stay challenged, and add variety to their sessions. These workouts are arranged in the following groups: *Manual, Heart Rate, Interval, Weight Loss* (Fat Burner on Climbers), *Variety*, and *Performance*.

1. Touch **Workouts**, select a workout, then touch **GO**. At the end of a workout, a summary screen displays the average heart rate and accumulated metrics achieved during a workout.
2. Save the workout for replay later (for Preva accounts only).