Operating and Maintaining the P80 Console

///PRECOR®

Operating and Maintaining the P80 Console

⫴⫴PRECOR®

Edition Information

This document applies to Preva version 4.0 and P80 console software version 4.0.

Trademark Note

Intellectual Property Notice

Important Safety Instructions

Important: *Save these instructions for future reference.*

Read all instructions in the documentation provided with your exercise equipment, including all assembly guides, user guides, and owner's manuals, before installation of this device.

Note: This product is intended for commercial use.

The display apparatus (hereinafter referred to as the *console*) is intended to be shipped with new Precor exercise equipment (hereinafter referred to as the *base unit*). It is not packaged for individual sale.

WARNING To prevent injury, the console must be attached securely to the base unit following all assembly and installation instructions shipped with the base unit. The console is intended to be connected to AC mains power through the furnished power supply ONLY. It should be powered on only when installed as described in the assembly and installation instructions shipped with the base unit. The console is intended for use only with Precor fitness equipment, not as a standalone device.

Safety Precautions

Always follow basic safety precautions when using this equipment to reduce the chance of injury, fire, or damage. Other sections in this manual provide more details of safety features. Be sure to read these sections and observe all safety notices. These precautions include the following:

- Read all instructions in this guide before installing and using the equipment and follow any labels on the equipment.

- Make sure all users see a physician for a complete physical examination before they begin any fitness program, particularly if they have high blood pressure, high cholesterol or heart disease; have a family history of any of the preceding conditions; are over the age of 45; smoke; are obese; have not exercised regularly in the past year; or are taking any medication.

  French equivalent of the above notice, for Canadian markets: *Il est conseillé aux utilisateurs de subir un examen médical complet avant d'entreprendre tout programme d'exercice, en particulier s'ils souffrent d'hypertension artérielle, ou de cardiopathie ou ont un taux de cholestérol élevé, s'ils ont des antécédents familiaux des précédentes maladies, s'ils ont plus de 45 ans, s'ils fument, s'ils sont obèses, s'ils n'ont pas fait d'exercices réguliers au cours de l'année précédente ou s'ils prennent des médicaments. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

- Do not allow children, or people unfamiliar with the operation of this equipment, on or near it. Do not leave children unsupervised around the equipment.

- Make sure all users wear proper exercise clothing and shoes for their workouts and avoid loose or dangling clothing. Users should not wear shoes with heels or leather soles, and they should check the soles of their shoes to remove any dirt and embedded stones. They should also tie long hair back.

- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use, before cleaning it, and before providing authorized service.

  Note: The optional power adapter is considered a power source for self-powered equipment.

- Use the power adapter provided with the equipment. Plug the power adapter into an appropriate, grounded power outlet as marked on the equipment.

- Care should be taken when mounting or dismounting the equipment.
- For Treadmills: Do not use typing or web surfing features while walking at speeds that exceed a **slow and relaxed leisurely pace**. Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.
- For AMT and EFX: Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.
- Read, understand, and test the emergency stop procedures before use.
- Keep the power cord or optional power adapter and plug away from heated surfaces.
- Route power cables so that they are not walked on, pinched, or damaged by items placed upon or against them, including the equipment itself.
- Ensure the equipment has adequate ventilation. Do not place anything on top of or over the equipment. Do not use on a cushioned surface that could block the ventilation opening.
- Assemble and operate the equipment on a solid, level surface.

- **SPACING—**The below minimum spacing recommendations are based on a combination of the ASTM (U.S.) voluntary standards and EN (European) regulations as of October 1, 2012, for access, passage around, and emergency dismount:

  – **Treadmills—**a minimum of 0.5 m (19.7 in.) on each side of the treadmill and 2 m (78 in.) behind the machine.

  – **Cardio equipment other than treadmills—**a minimum of 0.5 m (19.7 in.) on at least one side, and 0.5 m (19.7 in.) behind or in front the machine.

  Careful consideration should be given to the requirements of the Americans with Disabilities Act (ADA), US Code 28 CFR (*see Section 305*). ASTM standards are voluntary and may not reflect current industry standards. The actual area for access, passage around, and emergency dismount is the responsibility of the facility. The facility should consider the total space requirements for training on each unit, voluntary and industry standards, and any local, state, and federal regulations. Standards and regulations are subject to change at any time.

  Important: These spacing recommendations should be used when positioning equipment away from sources of heat, such as radiators, heat registers, and stoves. Avoid temperature extremes.

- Keep equipment away from water and moisture. Avoid dropping anything on or spilling anything inside the equipment to prevent electric shock or damage to the electronics.

- When using the treadmill, always attach the safety clip to your clothing before beginning your workout. Failure to use the safety clip may pose a greater risk of injury in the event of a fall.

- Keep in mind that heart rate monitors are not medical devices. Various factors, including the user'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.

- Do not operate electrically powered equipment in damp or wet locations.

- Never operate this equipment if it has a damaged cord or plug, if it is not working properly, or if it has been dropped, damaged, or exposed to water. Call for service immediately if any of these conditions exist.

- Maintain the equipment to keep it in good working condition, as described in the *Maintenance* section of the owner's manual. Inspect the equipment for incorrect, worn, or loose components, and then correct, replace or tighten prior to use.
- If you plan to move the equipment, obtain help and use proper lifting techniques.
- Equipment Weight Restrictions: Do not use the treadmill if you weigh more than 500 pounds (225 kg). If you weigh more than 350 pounds (160 kg), do not run on the treadmill. For all other fitness equipment, the weight limit is 350 pounds (160 kg).
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by Precor. Such attachments may cause injuries.
- Do not operate the equipment where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Do not attempt to service the equipment yourself, except to follow the maintenance instructions in the owner's manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Do not set anything on the stationary handrails, handlebars, control console, or covers. Place liquids, magazines, and books in the appropriate receptacles.
- Do not lean on or pull on the console at any time.

CAUTION: DO NOT remove the cover, or you may risk injury due to electric shock. Read the assembly and maintenance guide before operating. There are no user-serviceable parts inside. Contact Customer Support if the equipment needs servicing. For use with single phase AC power only.

Hazardous Materials and Proper Disposal

The batteries within self-powered equipment contain materials that are considered hazardous to the environment. Federal law requires proper disposal of these batteries.

If you plan to dispose of your equipment, contact Precor Commercial Products Customer Support for information regarding battery removal. Refer to *Obtaining Service*.

Product Recycling and Disposal

This equipment must be recycled or discarded according to applicable local and national regulations.

Product labels, in accordance with European Directive 2002/96/EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product is not to be thrown away, but rather reclaimed upon end of life per this Directive.

In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to be collected separately and to be reused, recycled, or recovered at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste, but use the collection framework available to customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to the potential presence of hazardous substances in EEE. For proper collection and treatment, refer to *Obtaining Service*.

Regulatory Notices for the RFID Module

When equipped with a control console as described in this document, this equipment may include a radio-frequency identification (RFID) module. The RFID module has been certified to operate at temperatures between -20°C and 85°C (-4°F and 185°F).

Radio Frequency Interference (RFI)

The RFID module conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, can cause harmful interference to radio communications.

Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

WARNING **Per FCC rules, changes or modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment.**

Industry Canada

This device complies with RSS-210:2007 of the Spectrum Management & Telecommunications Radio Standards Specification. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This Class A digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.

ATTENTION: Haute Tension
Débranchez avant de réparer

European Applications

CE compliance is claimed to the following directives:

- 1999/5/EC R&TTE Directive
- 2006/95/EC LVD Directive
- 2002/95/EC RoHS Directive

Directive compliance has been verified to the following standards:

- EN 55022
- EN 300 330-1 V1.5.1
- EN 300 330-2 V1.3.1
- EN 301 489-3 V1.4.1
- EN 301 489-1 V1.8.1
- EN 60950-1

Regulatory Notices for Cardiovascular Exercise Equipment

The regulatory information in this section applies to the exercise equipment and its control console.

Safety Approvals for Cardiovascular Equipment

Precor equipment has been tested and found to comply with the following applicable safety standards.

Cardiovascular Type Equipment:

- CAN/CSA, IEC, EN 60335-1 (Household and similar electrical appliances - Safety)
- EN 957 (Stationary training equipment, class S/B compliant equipment)

PVS and P80 Regulatory Notice

This Precor equipment has been tested and found to comply with the following applicable safety standards.

- CAN/CSA, UL, IEC, EN 60065 (Audio, video and similar electronic apparatus - Safety)

Radio Frequency Interference (RFI)

This Precor exercise equipment conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

WARNING **Per FCC rules, changes or modifications not expressly approved by Precor could void the user's authority to operate the equipment.**

Industry Canada

This Class A digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.

ATTENTION: Haute Tension
Débranchez avant de réparer

European Applications

CE compliance is claimed to the following directives:

- 2004/108/EC EMC Directive
- 2006/95/EC LVD Directive
- 2002/95/EC RoHS Directive

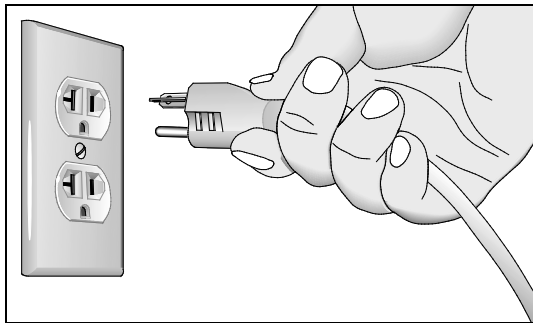Directive compliance has been verified to the following standards:

- EN 55022
- EN 55024
- EN 60335-1
- EN 60065 (P80 and PVS)

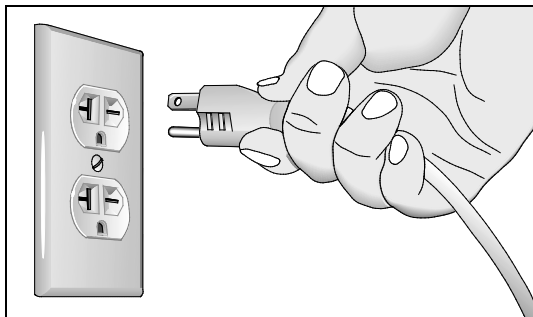# Electrical Recommendations: 120 V and 240 V Treadmills

Note: This is a recommendation only. NEC (National Electric Code) guidelines or local region electric codes must be followed.

You should have received a power cable that meets your local electrical code requirements along with the equipment. Precor treadmills must be connected to a 20 amp individual branch circuit that can be shared only with one PVS. If you need additional help with the power connections contact your Precor authorized dealer.

Important: An individual branch circuit provides a hot conductor and neutral conductor to a receptacle. The conductors must not be looped, "daisy-chained", or connected to any other conductors. The circuit must be grounded according to NEC guidelines or local region electric codes.

**Figure 1: North American 120-volt, 20-amp power receptacle**

Figure 2: North American 240-volt, 20-amp power receptacle

Electrical Recommendations: All Equipment Excluding Treadmills

Note: This is a recommendation only. NEC (National Electric Code) guidelines or local region electric codes must be followed.

For equipment fitted with a P80 console or Personal Viewing System (PVS) screen a separate power connection is required. For a 20 amp branch circuit up to 10 screens can be connected. If the branch circuit has any other devices plugged into the circuit, then the number of screens must be reduced by the wattage of the other devices.

Note: The typical splitter power cords that have IEC-320 C13 and C14 plugs have a recommended maximum capacity of five screens.
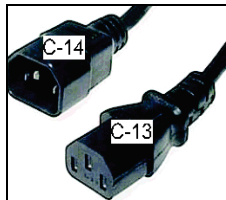
Figure 3: IEC-320 C13 and C14 plugs

Obtaining Service

Do not attempt to service the equipment except for maintenance tasks. If any items are missing, contact your dealer. For more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at **http://www.precor.com**.

Table of Contents

Getting Started

The P80 console offers administrators and users the ability to set default settings that meet their specific needs. To accomplish this, the console supports settings for different classes of users depending on their administrative rights.

- A **guest user** exercises on a piece of equipment without signing in or creating a Preva account.
- A **registered user** has created a Preva account and uses a sign-in password or Preva Token to use that account.
- A **registered service technician** uses a sign-in password with extra permissions to administer console settings.
- An **administrator** is always registered, uses a sign-in password and has access to the console's operating settings.

Changes to the Personal Information and Preference settings are saved to a registered user's Preva account. An unregistered user can change preference settings; however, because they lack a personal account, those changes are not saved, and apply only to their current workout.

Identifying Parts of the Console

The following figure provides information about the console keys. The number and actions of the console keys may differ slightly depending on the type of equipment.
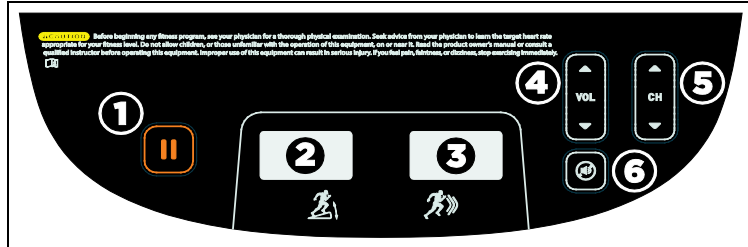
Figure 4: P80 console keys

Table 1. Key descriptions for the P80 console

Number	Key Name	Function
❶	Pause	Stops the equipment
❷	Incline/CrossRamp® Indicator	Appears on treadmill, elliptical, and AMT with Open Stride™
❸	Intensity Indicator	Also called Speed or Resistance indicator depending on equipment type
❹	Volume Up/Down	Increases or decreases volume
❺	Channel Up/Down	Changes TV channel
❻	Mute	Turns the volume on or off

Using the Treadmill Safety Clip

The treadmill is equipped with three different stop functions, which behave as follows:

If the user ...	Then the treadmill belt ...	And the console ...
Pulls on the lanyard attached to the safety clip and trips the restart switch **❶**	Slows to a stop	Shows the words PUSH THE RESET SWITCH. On some console models, an arrow points toward the Restart switch.
Presses down on the red STOP button **❷**	Slows to a stop	Shows that the exercise workout is paused.
Steps off of the running belt for a preset amount of time	Slows to a stop	Shows that the exercise workout is paused.

The restart switch and the red **STOP** button are located just below the console, as shown in the following figure. When the switch is tripped, the button pops up. The treadmill does not operate until the button is returned to its normal position.

Figure 5: Restart switch

Instruct users on how important it is to use the safety clip while exercising on the treadmill, and demonstrate how they should attach it to their clothing near the waistline.

If the restart switch trips during exercise, perform the following steps:

1. Reattach the safety clip if necessary.
2. Press the restart switch down until it clicks, returning it to its normal position.

   Note: If the restart switch trips, all information about the current workout is deleted.

3. Start the workout from the beginning, reducing the time as needed to account for the amount of exercise that has been completed.
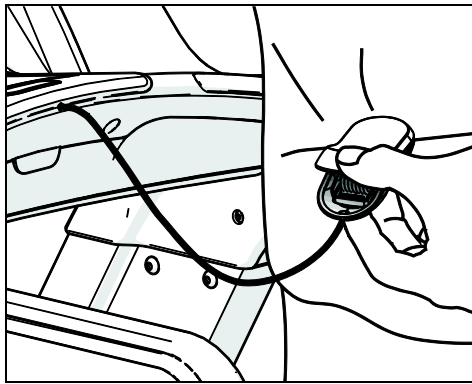
Figure 6: Attaching the safety clip

Tip: The small, flexible tab underneath the restart switch is designed for storage of the safety clip. When the treadmill is not in use, attach the safety clip to the tab as shown in the following figure.
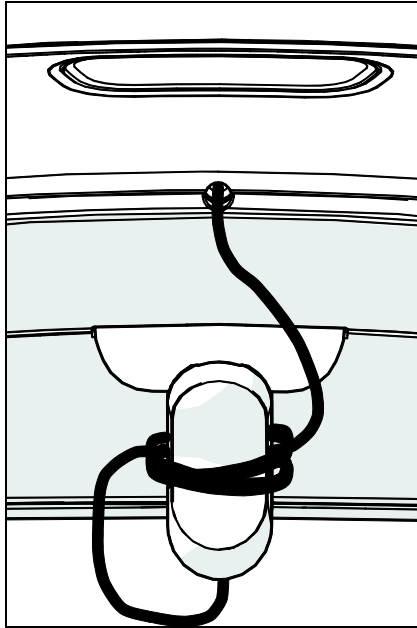
Figure 7: Safety clip storage

Treadmill Auto Stop™ (Automatic Stop) Function

Important: *The default setting for this feature is ON. An administrator can turn off this feature in the System Settings; however, Precor recommends it remain ON.*

The Auto Stop™ (Automatic Stop) feature is designed to bring the treadmill to a gradual stop when it is not in use. This might occur if a user steps off the treadmill before the end of a workout and leaves the treadmill running.

Sixty seconds after a treadmill workout starts or resumes, the equipment begins Auto Stop monitoring. If a user is detected, then no message appears, and the selected workout continues.

If no user is detected after an additional 30 seconds, the console displays the message **NO USER DETECTED, STOPPING IN 10 SECONDS** as notification of the pending stop. During the display of this message, a ten second countdown begins. If a user does not override the countdown, the belt comes to a gradual stop after the countdown is complete.

Note: Users weighing more than 50 pounds (22.7 kg) are detected within the speed and position limits of the feature. Users weighing less than 50 pounds (22.7 kg) may not be detected depending on their speed and location. Always be aware of the console's instructions and follow them for proper operation.

Chapter 2

Configuring the System Settings

Use the System mode to configure settings in ways that benefit your users and your facility. The System menu is visible only to administrators and registered service technicians. Changes made to these settings are saved to the fitness equipment.

Important: A special code is required to access these settings. Do not share this code with anyone except those authorized to change system settings.

The System menu contains the following settings:

- About
- Equipment Usage
- System Settings

To view the System menu:

1. On the Welcome screen, press and hold **Pause**.

Figure 8: Pause key

2. While holding **Pause**, press each of the following keys **once** in the order presented. Referring to the diagram below, press:

    1 2 3 4

Channel Up   **1**

Volume Down   **2**

Volume Up   **3**

Channel Down **4**
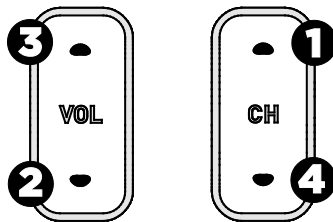
Figure 9: Settings security code

3. Release **Pause**.

4. Using the keyboard on the screen, touch the following numbers to enter the password:

    5 6 5 1 5 6 5

5. Touch **OK.**

About

System information settings provide basic information including equipment models and serial numbers. Most of these settings are for informational purposes only and cannot be modified.

To view the System Info settings menu:

1. Use the administrator code and password to view the equipment settings.
2. Touch **About**.

Table 2. About settings

Setting	Access	Detail
Event Log	**Admin/Tech:** View	Provides a list of the most recent hardware and software events, and equipment status.
Console Serial Number	**Admin/Tech:** View	Stored in the console's memory.
Lower Serial Number	**Admin/Tech:** View	Stored in the console's memory.
Location	**Admin/Tech:** View Modify	Entered on console at time of registration.
Release Bundle Version	Only Precor service technicians can modify this setting.	Shows current version and a list of past software updates. Automatically updates as part of each software upgrade.
ETag Check Interval	Only Precor service technicians can modify this setting.	Stored in the console's memory.

Setting	Access	Detail
Heartbeat Interval	Only Precor service technicians can modify this setting.	Determines how often the console communicates with the server.
Minimum Heartbeat Interval	Only Precor service technicians can modify this setting.	Minimum number of times that the console communicates with the server in a given time period.
Maximum Heartbeat Interval	Only Precor service technicians can modify this setting.	Maximum number of times that the console communicates with the server in a given time period.
Mfe MAC Address	Only Precor service technicians can modify this setting.	Stored in the console's memory.
Network Time Server 1	Only Precor service technicians should modify this setting.	
Network Time Server 2	Only Precor service technicians should modify this setting.	
Network Time Server 3	Only Precor service technicians should modify this setting.	
Machine Type	**Admin/Tech:** View	Type of equipment.

Equipment Usage

The Equipment Usage settings provide information on individual usage as well as cumulative equipment usage. This information and these settings are accessible only to administrators and registered service technicians.

To view the Usage settings:

1. Use the administrator code and password to view the equipment settings.
2. Touch **Equipment Usage**.

Table 3. Equipment Usage settings

Setting	Access	Detail
Cumulative Workout Seconds	**Admin/Tech:** View	Total number of seconds. Seconds are counted when the workout clock starts.
Cumulative Workout Distance	**Admin/Tech:** View	• Treadmills will report miles of use. • AMTs will report a "horizontal distance" miles or strides depending on equipment model. • Ellipticals will convert total strides to miles. • Bikes will convert total revolutions to miles.
Cumulative Workout Sessions	**Admin/Tech:** View	Total number of sessions. A session is counted if the summary screen displays.
Last Workout Start Date Time	**Admin/Tech:** View	The date of the start of the last workout.
Last Workout End Date Time	**Admin/Tech:** View	The date of the end of the last workout.

Maintenance (Treadmills Only)

Experience Series treadmills manufactured after June 2014 include many improvements in design, function, and usability. One of those improvements is the status indicator light at the front of the treadmill hood, which gives a club owner or technician an easy way to check up on the condition of all of their treadmills.
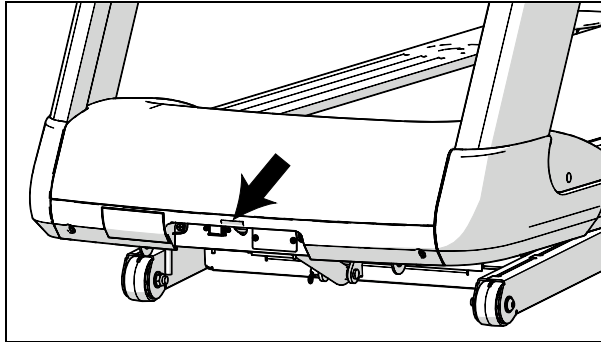
Figure 10: Status light location

Table 4. Active status light appearances and their meanings

Status light appearance	Meaning	Action required
Steady (solid) blue	The treadmill is operating normally and does not currently need maintenance.	None.
Pulsing blue	The treadmill is due for scheduled maintenance (P80 console only), or the treadmill belt needs to be replaced (except for 230 V models).	Perform the needed maintenance, then reset the status light.
Steady (solid) yellow	The treadmill has detected and recovered from an error. It can still be used, but some functions may not be available.	Refer to the console's event log for more information.
Pulsing yellow	The treadmill has detected an error, has been unable to recover from the error, and has taken itself out of service.	Power-cycle the treadmill (switch it off, wait 30 seconds, then switch it on again). If the error occurs again, check the console's event log for more information, then contact Precor Customer Support.

To change the Maintenance settings and view the treadmill's current status:

1. Use the administrator code and password to view the equipment settings.

    Note: A text message to the right of the **Maintenance** command provides additional information about the service the treadmill currently needs.

2. Touch **Maintenance**.

The Recommended Action heading on the Maintenance screen advises you whether or not the treadmill needs attention at this time. The three detail lines below this heading provide additional information. You can touch each of these detail lines for more information about the type of maintenance that is due, and clear maintenance alerts using a button at the bottom of each screen.

To view and clear ...	Touch ...	Then touch ...
The scheduled maintenance alert	**Next Maintenance Due**	**Reset**
The treadmill belt replacement alert	**Belt Rating**	**Replace**
Alerts about logged system errors	**Operating Condition**	**Reset**

Under the Active Status Light heading, you can adjust the appearance of the status light.

If you want to ...	Touch ...	And select ...
Adjust the brightness of the status light	**AS Light Brightness**	**Low**, **Medium**, or **High**
Activate or deactivate the pulsing blue alert for scheduled maintenance or belt replacement	**Maintenance Reminder**	**On** or **Off**

System Settings

Use the System Settings to test your equipment and set parameters that benefit your users and your facility. The System Settings menu is visible only to administrators and registered service technicians.

The System Settings menu contains the following sections:

- Connectivity
- Display
- TV Settings
- Workout Limits
- Manage Settings

Precor recommends that you configure the P80 consoles in your facility by sharing setting files. Configure one P80 console by hand for each type of fitness equipment. For example, configure one treadmill console, one EFX console, one AMT console, and so on.

Once you have done this, you can export the settings for that type of equipment onto a USB drive and then import those settings into other P80 consoles installed on equipment of that type.

For more information, refer to *Manage Settings*.

Connectivity

Configuring your audio, video, and network infrastructure requires expertise. Precor strongly recommends that you work with a qualified contractor to set up this infrastructure.

To view connectivity information:

1. Use the administrator code and password to view the equipment settings.
2. Touch **System Settings**, then **Connectivity**.

Table 5. Connectivity settings

Settings	Default	Detail
Network Type	Wired	
Configuration	Automatic	Automatic or Manual Touch Settings to view the • IP Address • Netmask • Gateway • DNS Primary • DNS Secondary
Status		Connected or Not Connected
IP Address		Location-specific
Preva® Server		URL region-specific

Display

Use the Display settings to personalize language and time zone settings for your facility.

To view and change the Display settings:

1. Use the administrator code and password to view the equipment settings.
2. Touch **System Settings**, then **Display**.

Table 6. Display settings

Setting	Setting Options	Default Value
Default Language	Choose from a list of available languages	English
Measurement Units	US Standard Metric	US Standard
Standby Mode Delay	• 5 Minutes • 15 Minutes • 30 Minutes • 60 Minutes	15 Minutes
Time Zone	GMT-10 through GMT + 12	GMT-01 Azores, Cape Verde
Internet Browser Access	On/Off	On
Preva Net Panel	On/Off	On

TV Settings

TV Settings help you set up television channels for your users.

The TV Settings are:

- Channel Guide
- Region
- Default Channel
- Volume Correction
- Skip Unnamed Channels
- Extensive Scan
- Closed Captioning
- Export/Import Channel Names

To view TV Setting information:
1. Use the administrator code and password to view the equipment settings.
2. Touch **System Settings**, then **TV Settings**.

Channel Configurations

To set up the TV channel configurations on the P80 console, scan for available channels and use the Channel Guide to edit their displayed names.

Precor recommends that you set up one P80 console per equipment type with channel definitions as well as channel text, and then export those settings to your other P80 consoles. This method ensures that all P80 consoles in your facility have the same configuration.

To scan for available channels:
1. Touch **System Settings**.
2. On the System Settings menu, touch **TV Settings**.
3. Touch **Channel Guide**, then **SCAN**.

   The console scans available channels, and all available channels appear on the screen.

   Note: If there are analog channels missing from your list, run an extensive scan to pick up missing channels or channels with weaker signals.

To run an extensive scan:
1. Touch **System Settings**.
2. On the System Settings menu, touch **TV Settings**.
3. Touch **Extensive Scan**.
   Note: This scan may take up to two hours to complete.
4. Touch **On**, then **OK**.
5. Touch **Extensive Scan** again.
   On should still be selected.
6. Touch **OK** to begin extensive scan.

To edit a channel's displayed name:
1. On the Channel Guide screen, touch the listing for the channel you want to rename.
2. On the detail screen for the channel, touch the **Channel Name** line.
3. Edit the channel's name, then press **OK** to save your changes.

To delete a channel from the Channel Guide:
1. On the Channel Guide screen, touch the listing for the channel you want to delete.
2. On the detail screen for the channel, touch **Delete**.
3. When asked "Are you sure?", verify that you want to proceed, then touch **Yes**.

To clear the Channel Guide completely:

1. On the Channel Guide screen, touch **Delete All**.
2. When asked "Delete All Channels?", verify that you want to proceed, then touch **Delete All** again.

Table 7. TV Settings

Settings	Detail	Default
Channel Guide	Use to scan basic channels	
Region	Select the appropriate region for your location.	United States
Default Channel	Set a default channel for the equipment. This is the channel that will display when the TV is turned on.	
Volume Correction	Allows for volume adjustment of analog channels to match digital channels	0
Skip Unnamed Channels	Use to screen out channels that are not valid or encrypted.	On
Extensive Scan	Run to identify analog channels missed by the basic scan or channels with weak signals. Takes up to two hours to complete.	Off
Closed Captioning	Select ON if you want closed captioning to appear on your TV screen.	On
Export/Import Channel Names	Import the channel names once a basic channel scan is complete.	Blank

Editing the Export/Import Channel File

Note: You will need to scan for channels before you can export the file. If you have not scanned for channels, refer to Channel Configurations in the preceding section.

Exporting the channel list from the fitness equipment creates a file called *channel-guide.json*. This file can be used to specify channel names in languages that are not yet supported by the P80 console.

To export this file from your console:

1. Enter your code to view System Settings. To locate your code, refer to *Configuring the System Settings*.
2. Insert a USB drive into the console.
3. On the Settings menu, touch **System Settings**.

4. On the System Settings menu, touch **TV Settings**, then **Export/Import Channel Names**.

5. When the box is lit, touch **Export to USB**. The channel-guide.json file is saved on your USB drive in the /precor folder.

6. Touch **OK** to return to the System Settings menu.

7. Touch **Back** twice to return to the Welcome screen.

    Important*: You must return to the Welcome screen before you remove the USB drive.*

8. Remove the USB drive from the console and insert it into your computer.

To edit the file and reload it:

Note: You will need a utility called the Precor Channel Editor to open and modify the channel-guide.json file. To obtain a copy of the Precor Channel Editor, along with its user guide and sample files, contact Precor Customer Support (refer to *Obtaining Service*).

1. Using the Precor Channel Editor, open the channel-guide.json file and make any necessary changes in the channel guide table.

2. Save the file as channel-guide.json in the /precor folder on the USB drive. After you have saved the file, close the Precor Channel Editor to prevent read or write errors to the USB drive.

3. Remove the USB drive from your computer and reinsert it into the same console you used for your initial export.

4. Enter your code to view the System Settings.

5. On the System Settings menu, touch **TV Settings**, then **Export/Import Channel Names**.

6. When the box is selected, touch **Import from USB**. The updated channel-guide.json file is loaded and the Channel Guide displays the updated channel names.

7. Touch **OK** to return to the System Settings menu.

8. Touch **Back** twice to return to the Welcome screen.

    Important*: You must return to the Welcome screen before you remove the USB drive.*

The updated channel-guide.json file and channel configurations can be exported to a USB drive along with other equipment settings and uploaded to other P80 consoles mounted on the same type of fitness equipment (refer to *Manage Settings*).

Workout Limits

The Workout Limit settings give you control over how the equipment is used. Use these settings to create reasonable limitations for equipment usage including speed, incline, resistance, and duration.

In general, fitness equipment use is based on its popularity with users and its availability during a site's busiest times of day. Settings to enforce time limits will help locations restrict user usage during the busiest hours to provide more access to equipment for more users.

Workout Limit settings are not associated with or saved as part of a personal account and users do not have access to them. Both administrators and service technicians have view and modify access rights.

To modify the Workout Limits settings:

1. Use the administrator code and password to view the equipment settings.
2. Touch **System Settings**, then **Workout Limits**.

Table 8. Workout Limits settings

Setting Name	Setting Options	Default Value
Maximum Workout Duration	Use on-screen keypad to enter the maximum workout duration allowed on this fitness equipment	60 minutes
Maximum Pause	• 1 second • 5 seconds • 15 seconds • 30 seconds • 60 seconds • 120 seconds • 300 seconds	30 seconds
Summary Time Out	• No Time Out • 30 seconds • 60 seconds • 120 seconds	60 seconds

Setting Name	Setting Options	Default Value
Resistance Range (Bike)	• Low • Medium • High	High
Speed Limit (Treadmill)	1-16 mph (2-25 kph)	12 mph (19 kph)
Incline Limit (Treadmill)	0-15 (Incline range is -3 to 15)	15
Autostop (Treadmill)	• On • Off	On
Crossramp Auto-Level (EFX)	• Sets the default position for the crossramp	10

Manage Settings

Use the Manage Settings feature to save your personalized equipment settings to a USB drive, or to import new software updates from a USB drive.

Precor recommends that you configure the P80 consoles in your facility by sharing settings files. The easiest way to do this is to configure one P80 console by hand for each type of fitness equipment. For example, configure one treadmill console, one EFX console, one AMT console, and so on.

When your configuration is complete, export the settings file from the hand-configured console and then import this settings file to all P80 consoles installed on similar equipment types.

To save your equipment settings to a USB drive:

1. Insert a USB drive into the console.
2. On the System Settings menu, touch **Manage Settings**, then **Export to USB**.
3. Touch **OK** to accept the export and return to the System Settings menu.

    Note: This procedure exports updates to the channel guide, equipment settings, network settings, and channel frequencies.
4. Touch **Back** twice to return to the Welcome screen.

    Important*: You must return to the Welcome screen before you remove the USB drive.*

Once you have exported these settings, remove your USB drive from the console, and insert it into P80 consoles installed on similar equipment types to upload your personalized settings.

To import equipment settings from a USB drive:

1. Insert a USB drive loaded with your personalized settings into the console.
2. On the System Settings menu, touch **Manage Settings**, then **Import from USB**.
3. Touch **OK** to accept the import and return to the System Settings menu.
4. Touch **Back** twice to return to the Welcome screen.

    Important*: You must return to the Welcome screen before you remove the USB drive.*

Introducing Users to the P80 Console

The P80 console offers clear visuals and a touch-screen layout that encourages program exploration. Multiple preset workouts are designed to help individual users meet their fitness goals, and the console keys and durable motion controls are responsive and easy to use.

Important: *Please review the following sections in this guide with your users before allowing them to use the fitness equipment:*

- *Important Safety Instructions*
- *Using the Safety Clip (for treadmill only)*
- *Educating Users*

Changing the Display Language

The Welcome screen appears in the default language selected for your region. If you want the display to use a different language for your workout, you can select the language you want. After your workout is complete, the screen will return to the default language.

Tip: You can save your language selection by getting a Preva account. Once your preference is stored in your account, the screen will return to that language whenever you sign in.

To change the display language before beginning your workout:

1. On the Welcome screen, touch the language icon.

Figure 11: Language icon

2. On the Language screen, select your language choice and touch **OK**.

   The screens will now display in your preferred language.

Using the Touch Heart Rate Feature

Note: Touch heart rate performance may vary based on your physiology, fitness level, age, and other factors. You may experience an erratic readout if your hands are dry, dirty, or oily, or if the skin on your palms is especially thick. Wearing hand lotion can also cause an erratic readout. In addition, make sure that the sensors are clean to ensure proper contact can be maintained.

To use the touch heart rate feature, place the palm of your hands directly on the metal heart rate sensors on the equipment's handlebars. To ensure an accurate heart rate readout, make sure you follow these tips:

- Both hands must grip the sensors for your heart rate to register.
- It takes a number of consecutive heartbeats (15-20 seconds) for your heart rate to register.
- When gripping the sensors, do not grip tightly. Keep a loose, cupping hold. Holding the grips tightly can affect the reading.
- As you work out, your perspiration will help transmit your heart rate signal. If you have difficulty using the handheld grips to determine your heart rate, try the sensors again later in the workout to see if you can obtain a heart rate signal.
- If the touch heart rate feature does not work for you, Precor recommends that you use a chest transmitter strap.
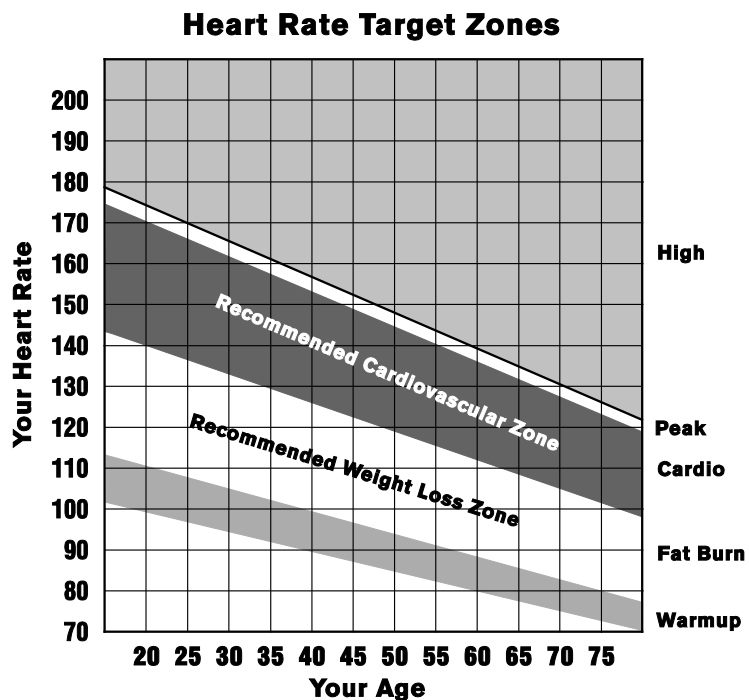

Figure 12: Heart rate target zones

CAUTION: Your heart rate should never exceed 85% of your maximum aerobic heart rate. Your maximum heart rate is equal to 220 minus your age.

Using a Chest Strap Transmitter

WARNING   **Signals used by the chest strap transmitter (or heart rate strap) may interfere with pacemakers or other implanted devices. Consult your physician and the manufacturers of your chest strap transmitter and implanted device before using a chest strap transmitter.**

Wearing a chest strap transmitter during your workout provides steady heart rate information. For the equipment to detect your heart rate, you must grip the touch heart rate sensors or wear a chest strap transmitter while exercising. In the presence of both touch and wireless data, the touch data takes precedence and will display.

Note: To receive an accurate reading, the strap needs to be in direct contact with the skin on the lower sternum (just below the bust line for women).

To use a chest strap transmitter:

1. Carefully dampen the back of the strap with tap water.

   Important: Do not use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.

2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive.

3. Make sure that the chest strap is right-side-up, lies horizontally across, and is centered in the middle of your chest.

4. Test the chest strap placement by checking the heart rate function on the equipment. If a heart rate is registering, your chest strap placement is correct. If the equipment does not register a heart rate, readjust the strap and recheck the heart rate function.

Using Different Screen Views

Important: *Some Preva features are available only at facilities that subscribe to Preva. Contact Precor to update your subscription if needed.*

During your workout, you can switch between different types of information and entertainment on the console screen. Depending on the services your fitness facility offers, you may have one or more of the following available to you:

- Television programs
- Instructional video clips
- On-demand web videos
- Preva Net web articles, some of which may contain video clips

You can switch between these options, or switch back and forth between any of them and your workout progress information, as your workout continues.

Changing the Screen View

To switch between your workout progress information and your entertainment choices, use the tabs at the lower corners of the screen.

Tab	Function
☰	Switches the panels and icons on and off. When the icons are not visible, the **Media View** and **Select** buttons appear in their place. However, the Status Bar is visible regardless of whether or not the panels are visible.
◪	Switches between normal and full-screen view. In full-screen view, only TV, web pages, and video clips are visible.

Changing the Media View

While you are watching either a TV channel or a video clip, you can always switch to Preva Net to read a web article.The **Media View** button at the bottom of the screen helps you move back and forth between these two views, while the **Select** button gives you a way of changing what you see in each of them.

Note: You cannot play a TV channel and a video clip at the same time.

The **Media View** button shows the name of the view that is active, but not showing.

If you are ...	The **Media View** button is labeled ...
Watching a TV channel or video clip	**Preva® Net**
Reading a web article	**On Demand** or **TV**

Click the button to switch back and forth between views.

At any time, you can click the **Select** button to change what you're watching or reading.

If you are ...	The **Select** button is labeled ...
Watching a TV channel	**TV Channels**
Watching a video clip	**Videos**
Reading a web article	**All**

Using the Workout Progress Panel

Use the Workout Progress panel to customize your workout. This is the first panel that displays once you select a workout or touch **GO**. If you are on the Media panel, there are two ways to return to the Workout Progress panel.

To return to the Workout Progress panel:

1. On the Media panel, touch the **Workout** icon, or slide the right edge of the next panel across the screen.
2. The **Workout Progress** panel describes the current workout selection. There are buttons to the right of the box.
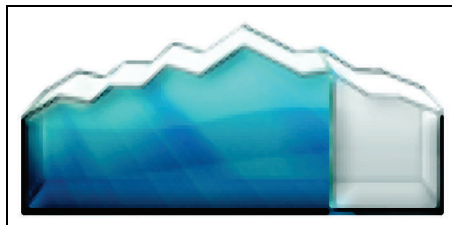
Figure 13: Workout Progress icon

Table 9. Workout Progress buttons

Button	Action
Workouts	Displays a list of goals and preset workouts available on that equipment.
Duration	Set the length of your workout.
Personal Info	Enter your age and weight.
Target	Choose Distance or Calories as a target for your workout session. Maximum distance: 50 miles. Maximum calories: 5000 calories.
Favorites	**Note:** This feature is only available to users who are signed into a Preva account Displays a list of the workouts you have saved as Favorites. Select one to replay.

Using the Media Panel

The Now Playing Media panel displays available media sources. Select a media source such as TV, iPod, or on-demand web video, and then use the browsing feature to listen to that media while you browse Preva Net.

To choose a media source:

1. On a Workout Progress panel, touch the **Media** icon, or slide the right edge of the next panel across the screen.

Figure 14: Media icon

2. The **Media** panel describes the current media selection. Navigate this panel using the buttons to the right of the box.

Table 10. Media buttons

Button	Action
Previous Channel	Returns you to the previous media source or TV channel.
TV Channels	Displays the channel list.
On Demand	Displays a list of web video playlists, arranged by type.
Workout Guides	Displays a list of tutorial videos.
iPod®	Changes the source to iPod and updates the Media panel.
Off	Turns off all media.

Connecting and Using Your iPod®

You can listen to your favorite music and control your iPod directly from the console.

To connect your iPod:

1. Insert the iPod into the connector at the top of the console and place your iPod securely in the pocket provided.

    The media panel displays the words **Now Playing iPod** along with the name of the song currently playing.

2. Plug your headphones into the console.

    Note: Be sure that the headphones are plugged into the console and not the iPod. If they are plugged into the iPod, you will not be able to adjust the volume using the console keys.

3. To pause, touch the pause button.
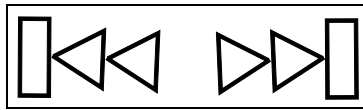
Figure 15: Track buttons

4. To hear a different song, touch the track buttons.

Watching On-Demand Web Videos

While you work out, you can browse through a variety of
fitness, music, and entertainment videos selected for you by
the fitness facility and Precor.

To watch on-demand web videos during your workout:

1. Touch the **Media** icon at the bottom of the console
   screen.

Figure 16: Media icon

2. On the Media panel, touch **On Demand**.
3. In the On Demand screen, drag the tiles to find the video
   playlist you want to watch.

If you want to move ...	*Then ...*
Between types of video	Drag the rows of tiles on the screen up or down.
Between playlists of each type	Drag the tiles of that type to the left or right.

4. Touch the tile for the playlist you want to watch.
5. To adjust your position within the playlist while you are
   watching, touch the screen and use the playback controls.

If you want to ...	*Then touch ...*
Pause video playback	▐▐
Resume video playback	▶
Skip ahead to the next video in the current playlist	▶▶▌
Go back to the On Demand screen	**Done** or **Videos**

Using the Preva Net Panel

WARNING **For Treadmills: Do not use typing or web surfing features while walking at speeds that exceed a slow and relaxed leisurely pace. Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.**

For AMT and EFX: Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.

The Preva Net option provides Internet content and full Internet browser access. You can enable or disable this function in your facility system settings.

Important: *Some Preva features are available only at facilities that subscribe to Preva. Contact Precor to update your subscription if needed.*

To open Preva Net:

1. On the Welcome screen, touch **Workouts** or **QuickStart** to begin a workout.
    Once your workout begins, the Preva Net icon appears at the bottom of your screen.
2. Touch the **Preva Net** icon.

Figure 17: Preva Net icon

3.   On the Preva Net panel, select an option.

Table 11. Preva Net panel

Button	Action
Featured	Displays feeds of specific interest during a workout.
Preva Feeds	Displays feeds selected by the management of your facility. **Note:** The facility administrator can use Preva Business Suite to rename the **Preva Feeds** button.
All	Displays a larger selection of feeds.
Web	Opens a browser window.
Off	Turns off the Preva Net feature.

Beginning Your Workout

CAUTION: If you are using a treadmill, be sure to attach the security clip to your clothing before starting your workout.

The P80 console offers many different workout options. The following sections explain the type of workouts available and how to get started using them.

Starting a QuickStart™ Workout

The QuickStart workout begins your workout in the Manual mode. Default calculations, such as calories burned, are based on a 150 pound (68 kg), 35-year old individual. You can complete a workout using the default values, or you can personalize the settings.

To begin exercising immediately:

1. Touch **Quick Start**.

   The words **Enjoy Your Workout** (or **Starting Treadmill** when using the treadmill) appear on the screen and the Manual workout begins.

   Note: For treadmills, the equipment begins a three-second count down **3, 2, 1,** before the belt starts moving.

2. At any time during a workout, you can press **Pause** on the console to pause the workout. Then, you can choose to **Resume** or **Finish** your workout.

   If you choose to finish a workout, the **Workout Summary** screen displays your workout status for that session.

Starting a Featured Workout

The Featured Workout appears in a panel on the Welcome Screen. Use Featured Workouts to explore the fitness benefits of preset programs and to add variety to your workout.

To begin a Featured Workout, touch **Go** on the **Featured Workout** panel.

Starting a Preset Workout

Preset workouts are a great way to tailor your workouts to your fitness goals, stay challenged, and add variety to your sessions.

Preset workouts use age and weight to calculate calories and heart rate targets. You can enter this information at the start of the workout. If no information is entered, the workout uses the equipment default settings to calculate workout values.

To begin a preset workout:

1. On the Welcome screen, touch **Workouts**.

    A Workouts screen appears.

2. Each goal heading can be expanded to view the workouts available in that goal group. To view available workouts for a particular goal, touch a workout heading for that goal.

3. To start a specific workout, touch the workout name, then touch **GO**.

    The words **Enjoy Your Workout** appear on the screen and the Manual workout begins.

    Note: For treadmills, the equipment begins a three-second count down **3, 2, 1,** before the belt starts moving.

4. Anytime during a workout, you can touch **Pause**. When touched, the workout pauses and you can choose to **Resume** or **Finish** your workout. To continue your workout, touch **Resume**.

   If you choose to finish a workout, the **Workout Summary** screen displays your workout status for that session.

Table 12. Preset workout descriptions

Goal	Workout Details
Lose Weight	Burn calories and fat.
Be Fit	Condition your cardiovascular system.
Get Toned	Tone your gluteal region, thighs and calf muscles.
Push Performance	Choose a high-intensity interval program or work on distance training.
Test Your Fitness	Test your fitness level based on your age and weight.

Ending a Workout

Some preset workouts have a five minute cool down period added to the end of the workout. .

Cooling down is an important aspect of your workout because it helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. In addition, a five minute cool down period allows your heart rate to return to its normal, resting state.

To end your workout, touch **Pause**, and then **Finish**. A summary screen for your current workout appears. The measurements include:

- Distance
- Calories
- Duration
- Average movement rate/min (or the appropriate measure based on equipment type)
- Average Heart Rate

If you have created a personal account, you can save your workout so that you can use it again at another time. To create a personal account, contact the facility staff.

Personal Information and Progress Settings

Before you begin the fitness tests or the heart rate program, you are prompted to enter personal information in the Workout Progress panel. This information may include age, weight, or a length of time for that workout session. The equipment uses this information to compute your energy expenditure during that workout if you are tracking status such as calories or watts.

To enter your personal settings:

1. Begin exercising by touching **Quick Start** or selecting **Workout**.

   A Workout Progress panel appears on the screen.

2. In the panel, touch **Duration** to enter how much time you want to exercise.

3. In the panel, touch **Personal Info** to enter your age and weight.

Table 13. Examples of Personal Information settings

Setting	Setting Options	Default Value	Access	Detail
Age	• Over 85 • 75 - 84 • 65 - 74 • 55 - 64 • 45 - 54 • 36 - 44 • 35 • 25 - 34 • 18 - 24 • Under 18	35	**Admin/ Tech:** None	Enter age as a value or a range.
Weight	• Over 310 • 290 - 309 • 270 - 289 • 250 - 269 • 230 - 249 • 210 - 229 • 190 - 209 • 171 - 189 • 170 • 150 - 169 • 130 - 149 • 110 - 129 • Under 110	170	**Admin/ Tech:** None	Enter weight as a value or a range.

Adjusting the Workout Intensity

To adjust the equipment incline, speed, and/or resistance, use the motion controls located just below the console keys.
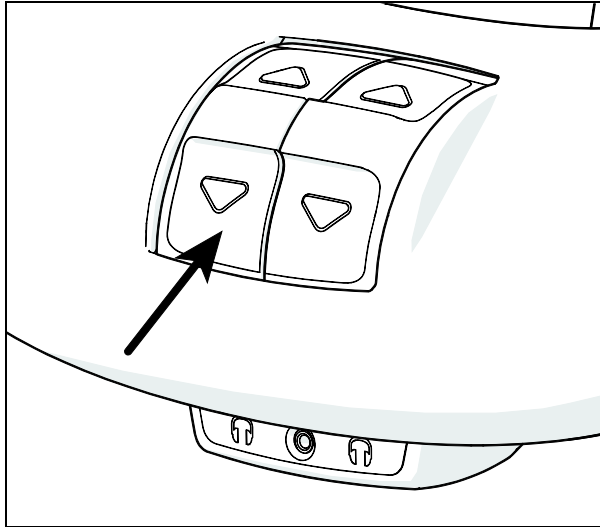
Figure 18: Motion controls

Adjust the motion controls, upward or downward, to change the incline, speed, or resistance.
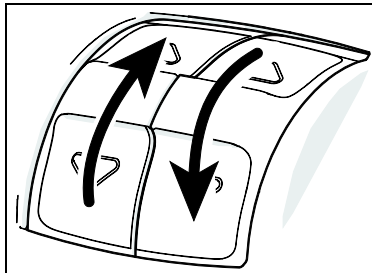
Figure 19: Adjust motion controls up or down

Many preset workouts will adjust these settings automatically to meet the workout intensity. At any time during a workout, you can adjust control settings and override the default workout settings.

Viewing Your Workout Status While Exercising

The Status Bar contains status measurements and is visible across the top of the viewing screen. Information displayed in the Status Bar helps you measure how your body is responding to the exercise session. The default status measurements displayed are:

- Total Distance
- Calories Burned
- Time Remaining
- Average Speed (displayed as strides per minute, pace, or RPM depending on equipment type)
- Heart Rate

You can modify how a measurement appears in the Status Bar. For example, you can view the length of your exercise session as time elapsed, or as time remaining.

There are two ways to modify the display:

- Change the default value setting.
- Change the view on the Status Bar.

To modify the status measurement using the Status Bar:

1. On the **Status Bar**, touch the corner arrow on the status category to pull down the menu.
2. On the drop-down menu, touch an alternate display measurement to display in the Status Bar.

   The alternate measure moves to the top of the Status Bar and replaces the default measurement. The menu closes.
3. Touch the arrow again to retract the menu.
4. Repeat with any status category to customize your workout status view.

   Note: Administrators and registered service technicians can override status settings.

Scoring Your Fitness Workout

This information helps you interpret your score for the **Test Your Fitness** workout.

The score for this test is determined by this formula: Rate of oxygen (O_2) consumption, in ml per minute, modified for the user's maximum heart rate (220 - age), divided by the user's weight in kilograms.

Table 14. Fitness score reference tables

Low Fitness Level

Age	Low Fitness Male	Low Fitness Female
28 - 39	< 35	< 28
40 - 49	< 35	< 26
50 - 59	< 29	< 24
60 and over	< 24	< 22

Medium Fitness Level

Age	Medium Fitness Male	Medium Fitness Female
28 - 39	35 - 42	28 - 33
40 - 49	32 - 39	26 - 31
50 - 59	29 - 36	24 - 29
60 and over	24 - 31	22 - 26

High Fitness Level

Age	High Fitness Male	High Fitness Female
28 - 39	> 42	> 33
40 - 49	> 39	> 31
50 - 59	> 36	> 28
60 and over	> 31	> 26

Introducing Preva® Accounts to Your Users

Important: *Some Preva features are available only at facilities that subscribe to Preva. Contact Precor to update your subscription if needed.*

Creating a Preva Account

Preva is a personalized fitness experience specifically designed and built to help your users achieve their goals. Users can create their own personal profile, set up weekly goals, track progress, and earn fun badges along the way.

They can also save their favorite workouts so that they can replay that same workout at another time.

To create an account, touch **Sign In**.

You will be prompted to add a few items of personal information, including age, and weight. Once you have entered this information, it is saved to your Preva account. At this point, you also have the option of entering your weekly goals so that Preva can track your progress over time.

Next time you sign in on Preva-equipped fitness equipment, your Preva account information will load and you can begin your workout immediately. In addition, the *Sign In* key on the Welcome screen becomes a *Favorites* key. Use this function to save your favorite workouts so you can use them again at another time.

Note: Currently, once your account has been created, you cannot update account information other than weight.

Table 15. Account information

Information Type	Description
Email Address	Provide a working email address.
Password	Create a password that is a minimum of eight characters.
Age	Enter your age as your date of birth. Your age is used to calculate calories used during workouts. *Important: A user must be at least 13 years old to create a personal account.*
Weight	Your weight is used to calculate workout metrics. You can update this value as needed to reflect your current weight.
Display Name	The name displayed on the Welcome screen when you sign in. Limited to ten characters.

Creating a Goal

Important: Some Preva features are available only at facilities that subscribe to Preva. Contact Precor to update your subscription if needed.

Use the Weekly Goal panel to create a workout goal. When you set up your goal, you commit to:

- A target value (distance, duration, or calories) for each workout.
- A specific number of times you plan to work out each week.

Preva will track your progress based on the target you define and keep track of your lifetime totals.

Touch **Lifetime Totals** to view the badges you have earned.

To set up a weekly goal:

1. Start the setup process.

If ...	*Then ...*
You have just created your Preva account	Touch the **Next** button.
You have signed in and started your workout	On the **Weekly Goal** panel, touch the **Weekly Goal** button.

2. On the **Weekly Goal** panel, touch the number of days you plan to work out each week.
3. On the **Choose a Target** panel, touch the target that best represents your fitness goal:
   - **Distance** - How many (miles or kilometers) per workout?
   - **Duration** - How much time will you spend working out each day?
   - **Calories** - How many calories will you burn per workout?

4. Enter the values required to meet your fitness goal, then touch **Next**.

Table 16. Target Values

Target	Minimum and Maximum Values	Default
Distance	Maximum - 50 miles / 80 km Minimum - 1 mile / 1 km	3 miles/ 5 kilometers
Duration	Maximum - 120 minutes Minimum - 10 minutes	30 minutes
Calories	Maximum - 1000 calories Minimum - 100 calories	350

5. Enter your **Weight**, then touch **Next**.
6. On the **Current Focus** panel, touch the button that best represents your fitness goal.

Table 17. Current Focus Values

Current Focus	Definition
Be Fit	Condition your cardiovascular system.
Lose Weight	Burn calories and fat.
Get Toned	Tone your gluteal region, thighs, and calf muscles.
Push Performance	Choose a high-intensity interval program or work on distance training.

The Weekly Goal Summary panel provides a summary of the information you selected to create your weekly fitness goal. You can update or change your weekly target values at any time.

Tracking Your Progress Toward Your Goal

Use the Weekly Goal panel to update your weekly goal, track your progress, and view your lifetime totals. The Goal Compass™ is a graphic summary of your weekly progress toward your goal.
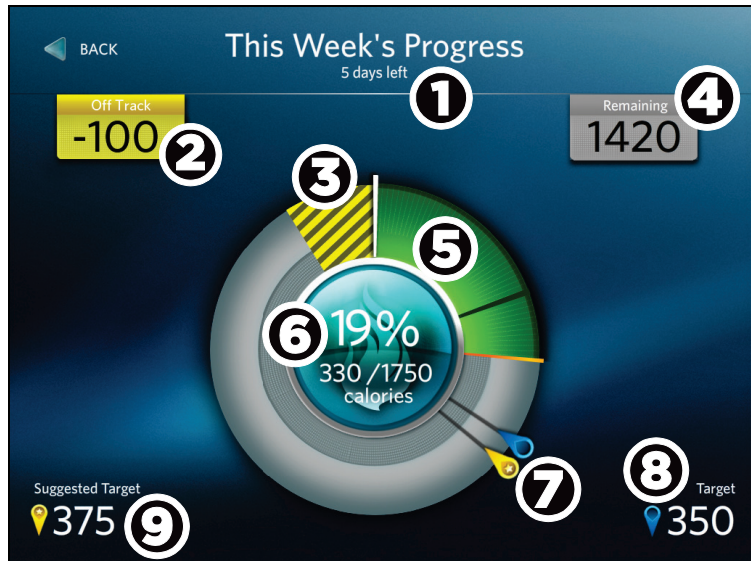
Figure 20: Weekly Goal progress

Table 18. Interpreting the Weekly Progress Panel

Number	Setting	Definition
❶	This Week's Progress	Days remaining to reach your goal. A workout week begins on Monday and ends on Sunday.
❷	On Track/Off Track Status	When you set up your goal, you commit to a target value for each workout and to work out a number of times each week. If you have exceeded your workout targets in any previous workout, this value shows you how much ahead of pace you are.
		If you did not reach the workout target value in any previous workouts this week, the Goal Status displays the total amount you must make up in the remaining workouts to achieve your weekly goal. As you work out and catch up, this value decreases.
❸	Off Track Deficit	Shows how much exercise you need to do to catch up to your weekly goal.
		If you have not hit your workout targets in any previous workouts this week, the Off Track Deficit provides a visual indication that you need to do more in each remaining workout to achieve your weekly goal. As you catch up, the size of this area decreases.
❹	Weekly Goal Remaining	Represents the total effort remaining to reach your goal.
		This value reflects what you committed to when you set up your weekly goal, minus what you have already done this week.
❺	Real-time Progress	Shows what you have achieved toward your goal, and updates in real-time during the workout.
❻	Weekly Goal Summary	Displays the portion of your weekly goal that you have already completed both as a fraction and as a percentage.

Number	Setting	Definition
❼	Target Marker (blue)	The target marker shows how much exercise you committed to completing in each workout to reach your weekly goal.
	Suggested Target Marker (yellow)	If you are off pace for the week, the Suggested Target Marker shows how much **additional** exercise you should complete in each remaining workout to reach your weekly goal.
❽	Workout Target	Displays how much exercise you should complete in each workout to reach your weekly goal. This number is the value you set when you created your weekly goal.
❾	Suggested Target	Displays how much exercise you should complete today to reach your weekly goal. This number is equal to the current Off Track Deficit divided by the number of remaining times you have committed to work out over the rest of the week, plus your normal daily target.
		When you set up your goal, you commit to a target value for each work out and to workout out a number of times each week. If you did not reach the workout target value in any previous workouts this week, the Suggested Target helps you understand exactly how much more you should exercise in the remaining workouts to achieve your weekly goal.
		Note: In this example, the user is off track by 100 calories and has 4 workouts remaining. 100 / 4 = 25. The 25 is added to the target (350) to get the suggested target (375).

Preva Tokens

Once you create a Preva account on a P80 console, you can use a Preva token to sign into that personal account. Contact Precor for more information on Preva tokens.

To sign into your personal account, hold your Preva token to the token icon in the upper right corner of the console.

Figure 21: Preva token icon

A Preva token can only be associated with one account at a time. If you lose a token, that token becomes obsolete once you associate a new token with your account.

Chapter 5

Maintenance

To keep the equipment functioning properly, perform the minor maintenance tasks in this section at the intervals suggested. Failure to maintain the equipment as described in this section could void the Precor Limited Warranty.

DANGER **To reduce the risk of electrical shock, always disconnect the equipment from its power source before cleaning it or performing any maintenance tasks. If the equipment uses an optional power adapter, disconnect the adapter.**

Cleaning the Console and Display

The console and screen require little maintenance once installed. Precor recommends that you clean the console and screen before and after each exercise session.

To remove dust and dirt from the console:

• Wipe all exposed surfaces with a soft cloth that you have moistened with a solution of 30 parts of water to 1 part of Simple Green® (for more information, visit **www.simplegreen.com**).

To clean the screen:

- The manufacturer recommends diluting one part 91% isopropyl alcohol solution in one part water, or using the 91% isopropyl alcohol solution in its original strength. Be sure to follow the solvent manufacturer's precautions and directions when using any solvent.

  CAUTION: Potentially hazardous situations associated with the use of isopropyl alcohol may result in minor or moderate injury and property damage. To avoid these situations, follow all instructions and recommendations in the manufacturer's Material Safety Data Sheet and product label.

  Important: Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and void the Precor Limited Warranty. Never pour water or spray liquids directly on the console or console's screen.

- *It is important to avoid using any corrosive chemicals on the console or screen.*

- *Always dampen the cloth and then clean the screen. Be sure to spray the cleaning liquid onto the cloth, not the screen, so that drips do not seep into the console.*

- *Apply the cleaner with a soft, lint-free cloth. Avoid using gritty cloths.*

Changing the Belt (AMT Only)

The AMT uses belts to provide motion. These belts eventually wear and must be replaced.

When the belt stride count reaches 90 million, the message **BELTS MUST BE CHANGED SOON** scrolls on the Welcome screen. While this message appears, the AMT operates normally.

Important: If this message displays on your AMT, please contact Precor Customer Support for assistance.

When the belt stride count reaches 100 million (and the belt has not been changed), the message **BELTS CHANGE REQUIRED** scrolls continuously on the Welcome screen. The input keys are not functional and the user cannot enter values or begin a workout until the belts are changed. Please contact Precor Customer Support to schedule a belt change.

PRECOR®

//// PRECOR® P80 Console Wiring Quick Start Guide
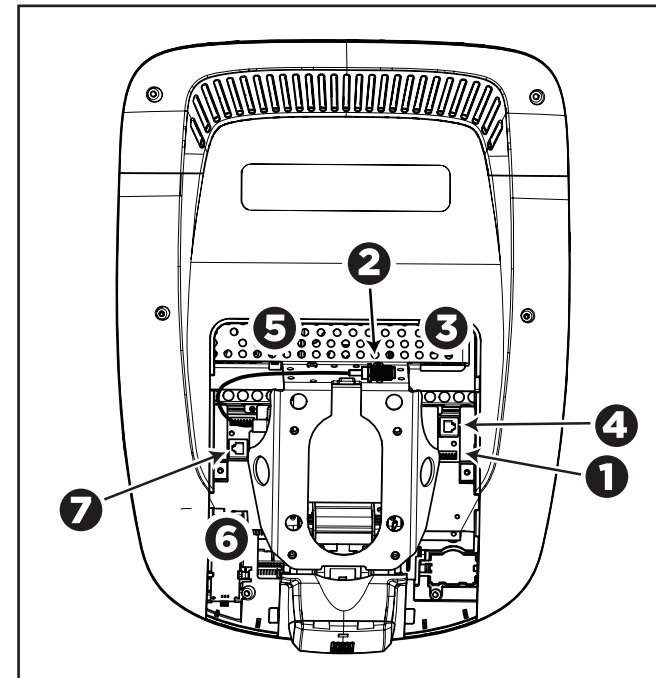
WARNING Before you connect any cables to the console, make sure that the equipment is not connected to any external power source.

Cable	Connector Type	Circuit Connector Location
Safety key (treadmills only)	Six-contact strip, keyed	❶
TV in	F-type coaxial	❷
Ethernet (LAN)	Eight-contact modular, on round black cable	❸
Data from base unit	Eight-contact modular, on flat gray cable	❹
Power	Two-contact plug, polarized and latched	❺
Heart rate sensors	Four-contact strip, keyed	❻
CSAFE	Eight-contact modular, on flat gray cable	❼

Connecting the safety key cable (treadmills only)
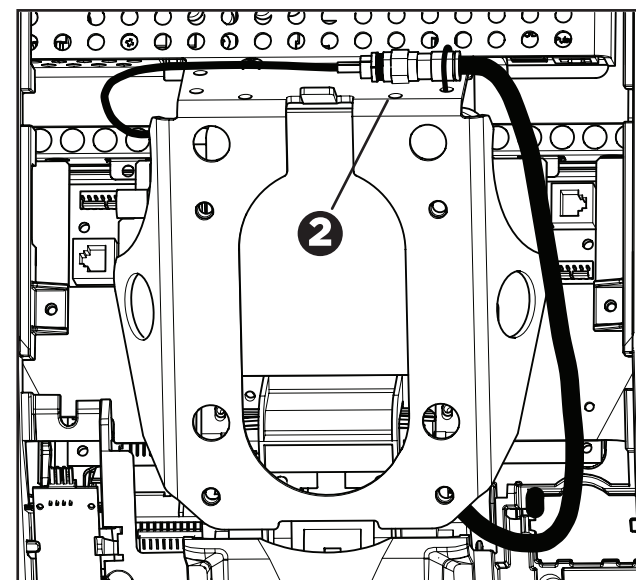
Connecting the TV cable
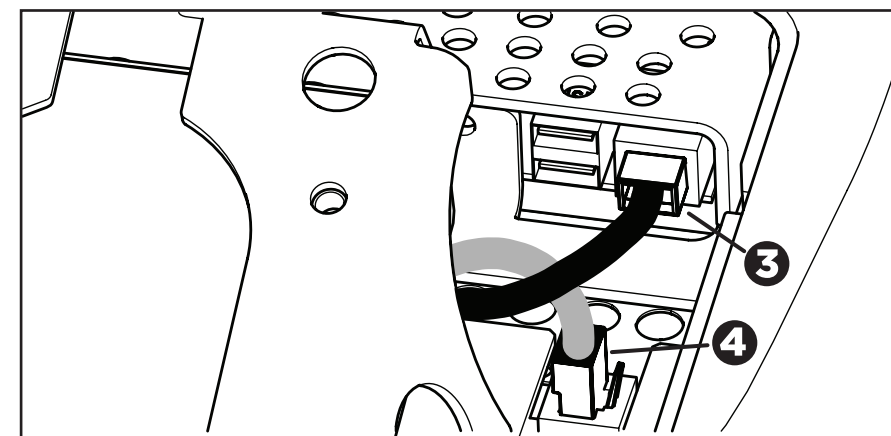
Connecting the Ethernet (3) and base unit data (4) cables
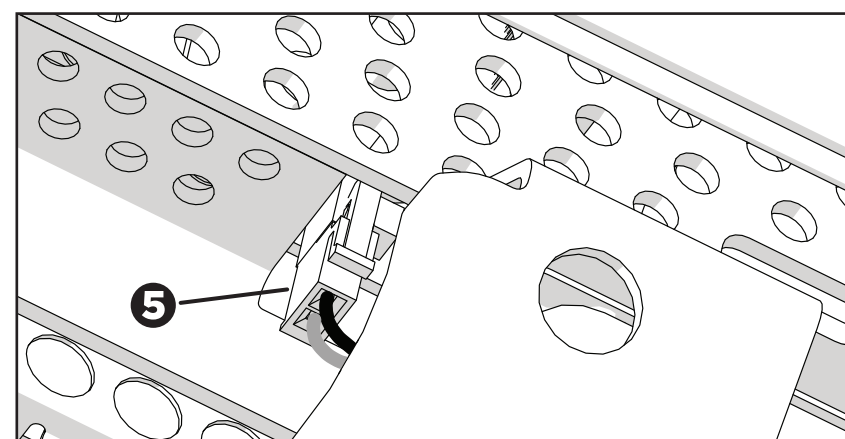
Connecting the power cable

Connecting the heart rate sensor cable

Equipment Verification Steps

Use the following checklist to set up and configure the P80 console. For more information, refer to *Operating and Maintaining the P80 Console* and *Setting Up and Using Preva Business Suite*.

❏	Install console based on installation guide and this sheet. Remove serial number label from P80 mounting plate.
❏	Verify that the patch cables from the floor or wall cannot become caught on the equipment's moving components.
❏	Verify operation of machine controls. • Elevation and speed • Resistance
❏	Update software as necessary.
❏	Scan TV channels. 1. Verify that available channels match channel list. 2. Rename channels if necessary. 3. Set the default channel.
❏	Touch **GO**, then verify that the following items work: • Channel up/down controls • Volume up/down controls • Channel changes on the channel list • Personal media player connection (video and audio) • Headphone jack • Treadmill **STOP** button and emergency stop lanyard
❏	Register the equipment. You will need the following items: • Site code • Precor technician account name and password • Serial number from the base • Friendly name assigned to the equipment by the facility **To complete registration:** 1. Verify IP connectivity. 2. Enter the Preva server name (na.preva.com for North American sites). 3. Enter your assigned Precor technician account name and password. 4. Follow the on screen instructions to register the product.
❏	Ask the facility's Preva administrator to log on to Preva Business Suite and confirm that all P80-based equipment appears there.

Assembling and Maintaining TRM 800-Series Treadmills

///PRECOR®

Assembling and Maintaining TRM 800-Series Treadmills

⫶⫶⫶PRECOR®

Edition Information

Trademark Note

Intellectual Property Notice

Important Safety Instructions

Important: *Save these instructions for future reference.*

Read all instructions in the documentation provided with your exercise equipment, including all assembly guides, user guides, and owner's manuals, before installation of this device.

Note: This product is intended for commercial use.

The display apparatus (hereinafter referred to as the *console*) is intended to be shipped with new Precor exercise equipment (hereinafter referred to as the *base unit*). It is not packaged for individual sale.

WARNING To prevent injury, the console must be attached securely to the base unit following all assembly and installation instructions shipped with the base unit. The console is intended to be connected to AC mains power through the furnished power supply ONLY. It should be powered on only when installed as described in the assembly and installation instructions shipped with the base unit. The console is intended for use only with Precor fitness equipment, not as a standalone device.

Safety Precautions

Always follow basic safety precautions when using this equipment to reduce the chance of injury, fire, or damage. Other sections in this manual provide more details of safety features. Be sure to read these sections and observe all safety notices. These precautions include the following:

- Read all instructions in this guide before installing and using the equipment and follow any labels on the equipment.

- Make sure all users see a physician for a complete physical examination before they begin any fitness program, particularly if they have high blood pressure, high cholesterol or heart disease; have a family history of any of the preceding conditions; are over the age of 45; smoke; are obese; have not exercised regularly in the past year; or are taking any medication.

  French equivalent of the above notice, for Canadian markets: *Il est conseillé aux utilisateurs de subir un examen médical complet avant d'entreprendre tout programme d'exercice, en particulier s'ils souffrent d'hypertension artérielle, ou de cardiopathie ou ont un taux de cholestérol élevé, s'ils ont des antécédents familiaux des précédentes maladies, s'ils ont plus de 45 ans, s'ils fument, s'ils sont obèses, s'ils n'ont pas fait d'exercices réguliers au cours de l'année précédente ou s'ils prennent des médicaments. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

- Do not allow children, or people unfamiliar with the operation of this equipment, on or near it. Do not leave children unsupervised around the equipment.

- Make sure all users wear proper exercise clothing and shoes for their workouts and avoid loose or dangling clothing. Users should not wear shoes with heels or leather soles, and they should check the soles of their shoes to remove any dirt and embedded stones. They should also tie long hair back.

- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use, before cleaning it, and before providing authorized service.

  Note: The optional power adapter is considered a power source for self-powered equipment.

- Use the power adapter provided with the equipment. Plug the power adapter into an appropriate, grounded power outlet as marked on the equipment.

- Care should be taken when mounting or dismounting the equipment.
- For Treadmills: Do not use typing or web surfing features while walking at speeds that exceed a **slow and relaxed leisurely pace**. Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.
- For AMT and EFX: Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.
- Read, understand, and test the emergency stop procedures before use.
- Keep the power cord or optional power adapter and plug away from heated surfaces.
- Route power cables so that they are not walked on, pinched, or damaged by items placed upon or against them, including the equipment itself.
- Ensure the equipment has adequate ventilation. Do not place anything on top of or over the equipment. Do not use on a cushioned surface that could block the ventilation opening.
- Assemble and operate the equipment on a solid, level surface.

- **SPACING—**The below minimum spacing recommendations are based on a combination of the ASTM (U.S.) voluntary standards and EN (European) regulations as of October 1, 2012, for access, passage around, and emergency dismount:
  - **Treadmills—**a minimum of 0.5 m (19.7 in.) on each side of the treadmill and 2 m (78 in.) behind the machine.
  - **Cardio equipment other than treadmills—**a minimum of 0.5 m (19.7 in.) on at least one side, and 0.5 m (19.7 in.) behind or in front the machine.

  Careful consideration should be given to the requirements of the Americans with Disabilities Act (ADA), US Code 28 CFR (*see Section 305*). ASTM standards are voluntary and may not reflect current industry standards. The actual area for access, passage around, and emergency dismount is the responsibility of the facility. The facility should consider the total space requirements for training on each unit, voluntary and industry standards, and any local, state, and federal regulations. Standards and regulations are subject to change at any time.

  Important: *These spacing recommendations should be used when positioning equipment away from sources of heat, such as radiators, heat registers, and stoves. Avoid temperature extremes.*

- Keep equipment away from water and moisture. Avoid dropping anything on or spilling anything inside the equipment to prevent electric shock or damage to the electronics.

- When using the treadmill, always attach the safety clip to your clothing before beginning your workout. Failure to use the safety clip may pose a greater risk of injury in the event of a fall.

- Keep in mind that heart rate monitors are not medical devices. Various factors, including the user'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.

- Do not operate electrically powered equipment in damp or wet locations.

- Never operate this equipment if it has a damaged cord or plug, if it is not working properly, or if it has been dropped, damaged, or exposed to water. Call for service immediately if any of these conditions exist.

- Maintain the equipment to keep it in good working condition, as described in the *Maintenance* section of the owner's manual. Inspect the equipment for incorrect, worn, or loose components, and then correct, replace or tighten prior to use.

- If you plan to move the equipment, obtain help and use proper lifting techniques.

- Equipment Weight Restrictions: Do not use the treadmill if you weigh more than 400 pounds (180 kg). If you weigh more than 350 pounds (160 kg), do not run on the treadmill. For all other fitness equipment, the weight limit is 350 pounds (160 kg).

- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by Precor. Such attachments may cause injuries.

- Do not operate the equipment where aerosol (spray) products are being used or where oxygen is being administered.

- Do not use outdoors.

- Do not attempt to service the equipment yourself, except to follow the maintenance instructions in the owner's manual.

- Never drop or insert objects into any opening. Keep hands away from moving parts.

- Do not set anything on the stationary handrails, handlebars, control console, or covers. Place liquids, magazines, and books in the appropriate receptacles.

- Do not lean on or pull on the console at any time.

CAUTION: DO NOT remove the cover, or you may risk injury due to electric shock. Read the assembly and maintenance guide before operating. There are no user-serviceable parts inside. Contact Customer Support if the equipment needs servicing. For use with single phase AC power only.

Safety Code

The club owner or manager has the option to enable the safety code. With the code enabled, a user must enter four number keys in the correct order before using the equipment. If the user does not press the correct keys within two minutes, he or she is denied access to the equipment.

Educating Users

Take time to educate users about the Important Safety Instructions found in both the *User Reference Manual* and *Product Owner's Manual*. Explain to your club or facility patrons that they should observe the following precautions:

- Hold onto a stationary handrail or handlebar while assuming the starting position on the equipment.
- Face the console at all times.
- On treadmills, straddle the running belt and attach the safety clip to clothing at waist level before touching the control console.

  Important: *For safety, make sure users step onto the running belt while it is moving at or below 1 mile per hour (1.6 kilometers per hour).*

- Hold on to a stationary handrail or handlebar with one hand whenever you operate the console keys with the other hand.

Hazardous Materials and Proper Disposal

The batteries within self-powered equipment contain materials that are considered hazardous to the environment. Federal law requires proper disposal of these batteries.

If you plan to dispose of your equipment, contact Precor Commercial Products Customer Support for information regarding battery removal. Refer to *Obtaining Service.*

Product Recycling and Disposal

This equipment must be recycled or discarded according to applicable local and national regulations.

Product labels, in accordance with European Directive 2002/96/EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product is not to be thrown away, but rather reclaimed upon end of life per this Directive.

In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to be collected separately and to be reused, recycled, or recovered at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste, but use the collection framework available to customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to the potential presence of hazardous substances in EEE. For proper collection and treatment, refer to *Obtaining Service*.

Regulatory Notices for the RFID Module

When equipped with a control console as described in this document, this equipment may include a radio-frequency identification (RFID) module. The RFID module has been certified to operate at temperatures between -20°C and 85°C (-4°F and 185°F).

Radio Frequency Interference (RFI)

The RFID module conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, can cause harmful interference to radio communications.

Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

WARNING **Per FCC rules, changes or modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment.**

Industry Canada

This device complies with RSS-210:2007 of the Spectrum Management & Telecommunications Radio Standards Specification. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This Class A digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.

ATTENTION: Haute Tension
Débranchez avant de réparer

European Applications

CE compliance is claimed to the following directives:

- 1999/5/EC R&TTE Directive
- 2006/95/EC LVD Directive
- 2002/95/EC RoHS Directive

Directive compliance has been verified to the following standards:

- EN 55022
- EN 300 330-1 V1.5.1
- EN 300 330-2 V1.3.1
- EN 301 489-3 V1.4.1
- EN 301 489-1 V1.8.1
- EN 60950-1

Regulatory Notices for Cardiovascular Exercise Equipment

The regulatory information in this section applies to the exercise equipment and its control console.

Safety Approvals for Cardiovascular Equipment

Precor equipment has been tested and found to comply with the following applicable safety standards.

Cardiovascular Type Equipment:

- CAN/CSA, IEC, EN 60335-1 (Household and similar electrical appliances - Safety)
- EN 957 (Stationary training equipment, class S/B compliant equipment)

PVS and P80 Regulatory Notice

This Precor equipment has been tested and found to comply with the following applicable safety standards.

- CAN/CSA, UL, IEC, EN 60065 (Audio, video and similar electronic apparatus - Safety)

Radio Frequency Interference (RFI)

This Precor exercise equipment conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

WARNING **Per FCC rules, changes or modifications not expressly approved by Precor could void the user's authority to operate the equipment.**

Industry Canada

This Class A digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.

ATTENTION: Haute Tension
Débranchez avant de réparer

European Applications

CE compliance is claimed to the following directives:

- 2004/108/EC EMC Directive
- 2006/95/EC LVD Directive
- 2002/95/EC RoHS Directive

Directive compliance has been verified to the following standards:

- EN 55022
- EN 55024
- EN 60335-1
- EN 60065 (P80 and PVS)

Treadmill Grounding Instructions

The treadmill must be grounded. If the equipment malfunctions or breaks down, grounding draws off electric current and reduces the risk of electric shock. The power cord on the treadmill is equipped with a grounding conductor and a three-pin grounding plug. This plug must be inserted into an outlet that is properly installed and grounded in accordance with all local codes and ordinances. Failure to ground the treadmill properly may void the Precor Limited Warranty.

DANGER **Improper connection of the grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are not sure whether the equipment is properly grounded. Do not modify the plug provided with the treadmill. If the plug does not fit the outlet, have a proper outlet installed by a qualified electrician.**

Electrical Recommendations: 120 V and 240 V Treadmills

Note: This is a recommendation only. NEC (National Electric Code) guidelines or local region electric codes must be followed.

You should have received a power cable that meets your local electrical code requirements along with the equipment. Precor treadmills must be connected to a 20 amp individual branch circuit that can be shared only with one PVS. If you need additional help with the power connections contact your Precor authorized dealer.

Important: An individual branch circuit provides a hot conductor and neutral conductor to a receptacle. The conductors must not be looped, "daisy-chained", or connected to any other conductors. The circuit must be grounded according to NEC guidelines or local region electric codes.

Figure 1: North American 120-volt, 20-amp power receptacle

Figure 2: North American 240-volt, 20-amp power receptacle

Obtaining Service

Do not attempt to service the equipment except for maintenance tasks. If any items are missing, contact your dealer. For more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at **http://www.precor.com**.

Obtaining Updated Documentation

Current Precor product documentation is available at **http://www.precor.com/productmanuals**. You may want to check in for updated information from time to time.

Table of Contents

Assembling the Treadmill

Important: *The instructions in the following procedures are described from the perspective of a person standing **directly in front of the equipment** (that is, on the opposite side of the control console from a person using the equipment). These descriptions may not match the names of certain parts in the parts list, because such parts are named relative to the back of the equipment.*

WARNING **You will need assistance to assemble this unit.** ***DO NOT** attempt assembly by yourself.*

To prepare the treadmill for assembly:

1. Have your assistant help place the shipping carton close to the location where you plan to use the treadmill. Break down the sidewalls of the shipping carton so that they lie flat. Remove the loose contents of the carton.

   CAUTION: Use safe lifting techniques throughout the following steps. To prevent injury to yourself or damage to the equipment, obtain appropriate assistance before removing the unit from the pallet.

2. With the help of as many assistants as necessary, lift the treadmill off of the pallet and roll it gently onto the floor.

3. **Make sure that the power switch is OFF.** Check the ON/OFF power switch on the front of the treadmill. Place the switch in the O (OFF) position. Make sure that the treadmill is **not** plugged into a power source.

   Note: In the following step, do not roll the treadmill over its power cord.

4. Lift the unit by placing hands on opposite sides of the rear cross brace found under the treadmill's running belt. Roll the treadmill on its front wheels to the area where it will be used.

Before you begin, verify that you have received the following parts:

- Base frame assembly
- Left and right upright supports
- Center fairing with handrails
- Hardware kit
- Console
- Personal Viewing System (PVS), if one was part of the order

Installation Requirements

The location where the treadmill is installed must provide power connections that supply the appropriate voltage, a 20A individual branch circuit, and grounding per NEC (National Electric Code) guidelines or local region electric code.
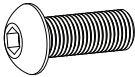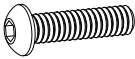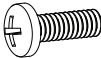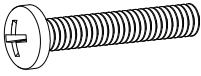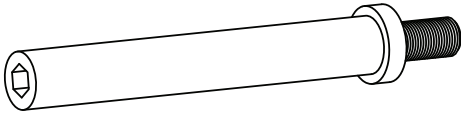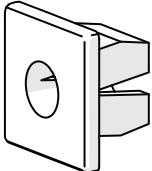
CAUTION: Do not use a non-grounded outlet or transformer. Do not remove or otherwise bypass the plug with an adapter. Electrical damage can occur and void the Precor Limited Warranty if the treadmill is connected to an improper power source.

Required Tools

- $\frac{5}{32}$-inch hex wrench (ball end hex wrenches are desirable)
- $\frac{3}{16}$-inch hex wrench
- $\frac{7}{32}$-inch hex wrench
- $\frac{3}{4}$-inch open-end wrench
- $\frac{7}{16}$-inch, 30 inch-pound (in-lb) torque wrench (if you are installing a coaxial television cable)
- Bubble level
- #3 Phillips screwdriver
- String or fish tape
- Wire cutter

Hardware Kit (not to scale)

The hardware kit shipped with this equipment contains the fasteners and other hardware components shown in the following table. Before you begin assembly, make sure that your hardware kit is complete. If not, please contact Precor Customer Support.

Fasteners		Quantity
	⅜-inch × 1-inch buttonhead screws	12
	¼-inch × 1-inch buttonhead screws	4
	¼-inch × ¾-inch panhead self-tapping screws	6
	¼-inch × 1½-inch panhead self-tapping screws	2
	⅜-inch narrow flat washers	12
	¼-inch × ⅜-inch shoulder bolt	4
	Square plastic grommet	2
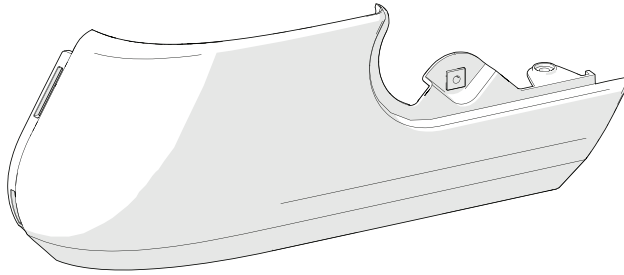
Corner cover (2)
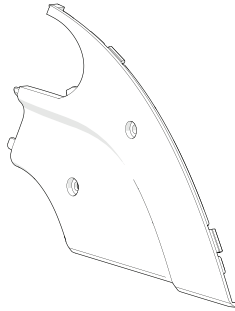
Access cover (2)

Note: Retrieve the cables and other hardware shipped with the console before you begin installation.

Unpacking the Cables

To connect the console to the base unit, you may need up to four cables, as follows:

- Ethernet (P80 only)
- Television (P80 or PVS)
- Power (P80 or PVS)
- Base unit data

The first three of these cables are shipped with the console or PVS. The base unit data cable is shipped inside the treadmill fairing.

Note: The PVS does not include an Ethernet cable.

To unpack the cables:

1. Open the box containing the P80 console or PVS. Retrieve the Ethernet, television, and power cables.
2. Remove any tapes that secure the cables, then unwind them and remove any kinks. Gather the cables into a bundle (referred to later in this manual as the *console cable assembly*).

Assembling the Frame

DANGER **Make sure that the treadmill is not connected to any power source before you begin the following procedures.**
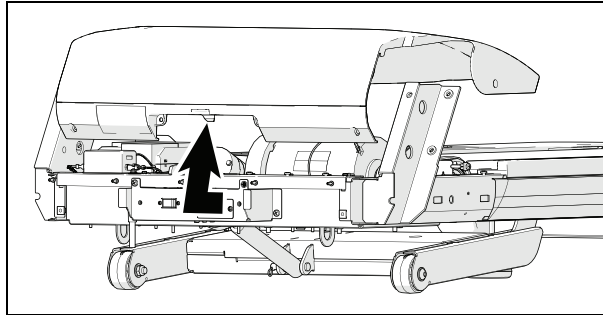
Each of the upright supports on this treadmill has two internal channels: one to provide structural support and one to contain the cables. The following figure shows the location of the cable channel in each upright support.
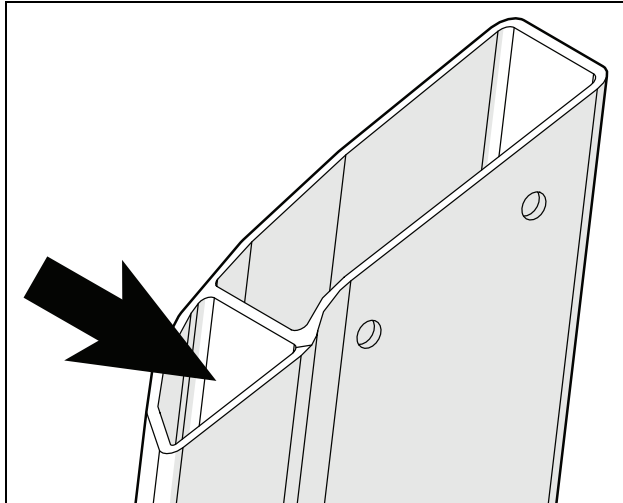

Figure 3: Cable channel location

To begin assembly of the frame:

1. Gently flex the bottom front edge of the treadmill hood forward and around the bracket at the front of the treadmill base. Lift the hood off of the treadmill base and set it aside.

Figure 4: Hood removal

2. Place the upright supports on the treadmill deck, next to the base frame side brackets where you will be installing them.
3. Feed the data cable from the treadmill drive unit through the cable channel in the upright support on your left, from bottom to top.
4. Place the upright support on your left onto its base frame side bracket, making sure that the rounded edge of the upright support faces you.
5. Secure the upright support to the side bracket using three ⅜-inch × 1-inch buttonhead screws and three ⅜-inch narrow flat washers. Partially tighten the fasteners using a ⁷⁄₃₂-inch hex wrench.
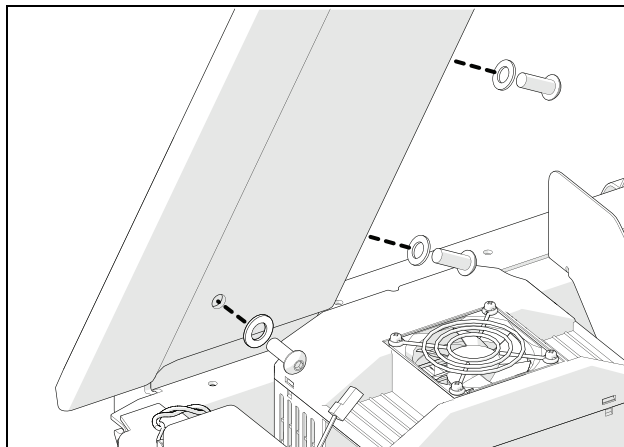

Figure 5: Upright support attachment

6. Pull the data cable gently upward through the upright support to remove any extra cable from the base of the treadmill. Drape the upper end of the data cable over the inside edge of the upright support, using tape to hold it in place if necessary.

7. Place the remaining upright support over the base frame side bracket on your right so that the rounded edge of the upright support faces you. Secure the upright support to the side bracket using four ⅜-inch × 1-inch buttonhead screws, then partially tighten the fasteners using a ⁷⁄₃₂-inch hex wrench.

If the treadmill is equipped with a P80 console, you will need to replace the power harness in the treadmill base with the replacement power harness packed with the console. The replacement harness includes an additional connection to supply power to the console's DC power supply.
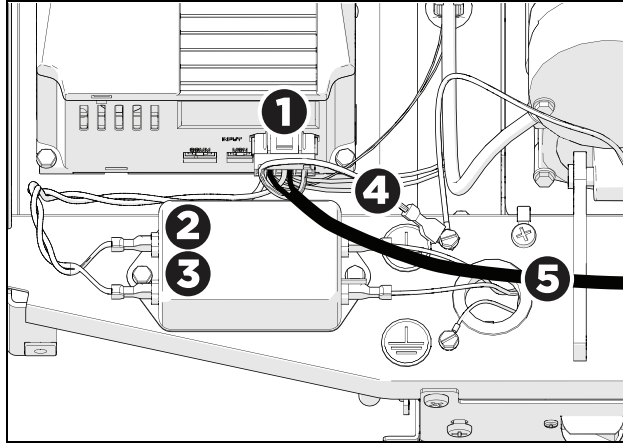
To attach the DC power supply (treadmills with P80 consoles only):

1. Disconnect the existing power harness from the drive unit, the power filter, and the ground terminal. Remove the power harness from the treadmill.
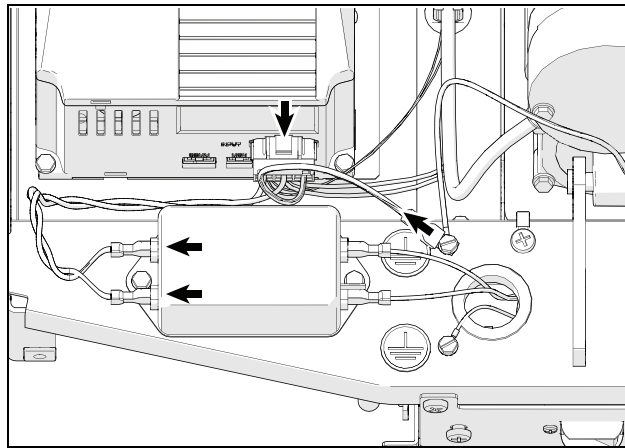
Figure 6: Removal of existing power harness

2. Connect the new power harness as shown in the following figure and table.

Figure 7: P80 power harness connection points

**Table 1. P80 power harness connections**

Location	Connector
1	Drive input connector
2	Brown lead with quick-connect terminal
3	Blue lead with quick-connect terminal
4	Green and yellow lead with quick-connect terminal
5	AC input connector for DC power supply

3. Using the Velcro connectors provided, attach the power supply to the right-hand side of the front crossmember on the treadmill base. Plug the AC input connector into the socket on the power supply.

4. Route the DC output cable of the power supply through the cable ties behind the power supply, toward the upright support on your right. Bend the cable ties over the DC output cable to hold it in place.

5. Connect the black three-conductor plug on the AC wiring harness to the socket on the power supply.

In addition to the television and Ethernet cables, the P80 console packaging also includes an accessory jack panel that you must install on the treadmill. This jack panel provides a connection point between these two cables and the networks at your facility.

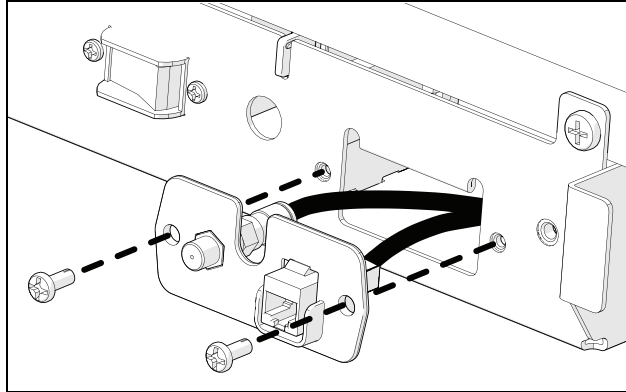**To install the accessory jack panel (treadmills with P80 consoles only):**

1. Remove the two #10 x ½-inch Phillips-head machine screws securing the blank plate at the right front corner of the treadmill, as shown in the following figure. Discard the blank plate.
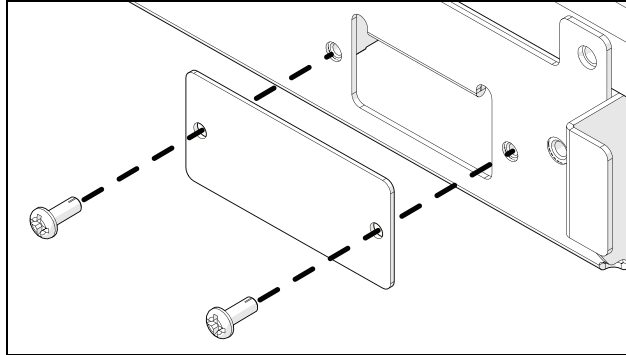
Figure 8: Blank plate removal

2. Feed the console cable assembly downward through the cable channel in the upright support on your right. Drape the remaining cable over the inside edge of the support and tape it into place if necessary to secure it temporarily.

3. Pass the lower end of the television cable through the right-hand grommet and attach its F-type connector to the connector on the inward side of the jack panel. Using a ⁷⁄₁₆-inch torque wrench, tighten the connectors to 30 in-lb.

4. Pass the lower end of the Ethernet cable through the right-hand grommet and snap it into the eight-pin modular coupler installed in the jack panel.

5. Fit the lower ends of any optional console cables into the notch in the upper edge of the jack panel.

6. Place the jack panel over the opening and replace the two machine screws. Tighten the screws completely.


Figure 9: Accessory jack panel installation

To attach the treadmill fairing and finish installing the cables:

1. Detach the six ¼-inch × ¾-inch self-tapping panhead screws securing the back cover on the treadmill fairing, then remove the back cover. Set the back cover and the six screws aside to be reinstalled later.

    Note: In the following step, make sure that the plastic coverings of the treadmill arms fit over the upright supports on all sides and are not bent or pushed out of shape. The assistance of a second person can be helpful in positioning and lowering the fairing.

2. Lower the treadmill fairing assembly over the upright supports so that its brackets extend into the rectangular openings in the supports. Tilt the fairing forward slightly, guide the brackets into the supports, and then lower the fairing into place.
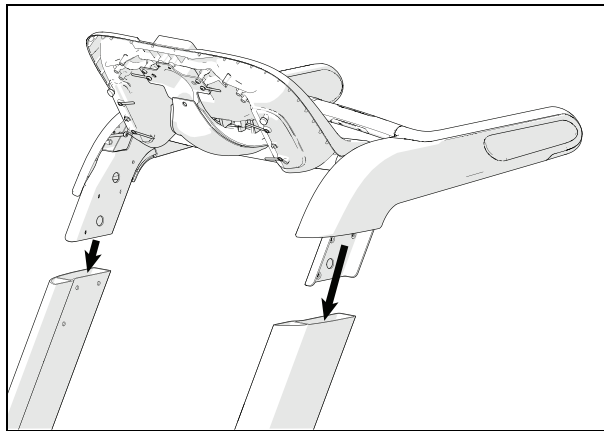
**Figure 10: Fairing position in upright supports**

3. Route the upper end of the base unit data cable from the top of the upright support on your left (shown as position 1 in the following figure) through the spacing ring (position 2) and up through the cable channel on your left (position 3). Bend the ends of the cable ties around the data cable to hold it in place.
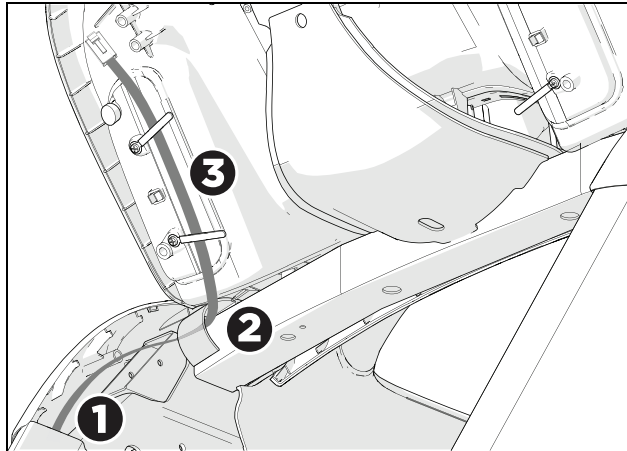
Figure 11: Base unit data cable positioning

4. Route the upper end of the console cable assembly from the top of the upright support (position 1 in the following figure) through the spacer ring (position 2) and the right-hand cable channel in the fairing (position 3), then wrap the ties next to the channel around the cable assembly to secure it.
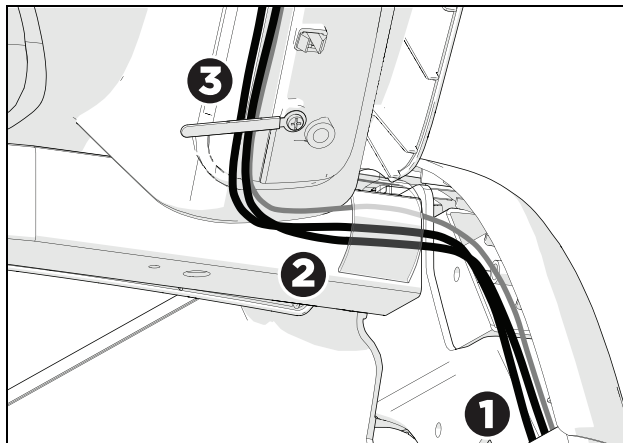

Figure 12: Console cable assembly positioning

Important: Do not wrench-tighten the fasteners in the following step until the unit has been fully assembled. Make sure the cables are not pinched between any fasteners and the body of the equipment, or between the arm covers and the upright supports. The Precor Limited Warranty does not cover cables damaged by improper installation.

5. Secure the fairing assembly using six ⅜-inch × 1-inch buttonhead screws and six ⅜-inch narrow flat washers. Partially tighten the fasteners using a ⁷⁄₃₂-inch hex wrench.

   Tip: To position the fairing brackets in the upright supports, insert your #3 Phillips screwdriver through one of the screw holes in the upright support and into the corresponding screw hole in the bracket. Use the screwdriver to hold the parts in position while you insert and partially tighten the screws in the other two holes, then remove the screwdriver and insert the third screw. Repeat these steps for the other upright support if necessary.
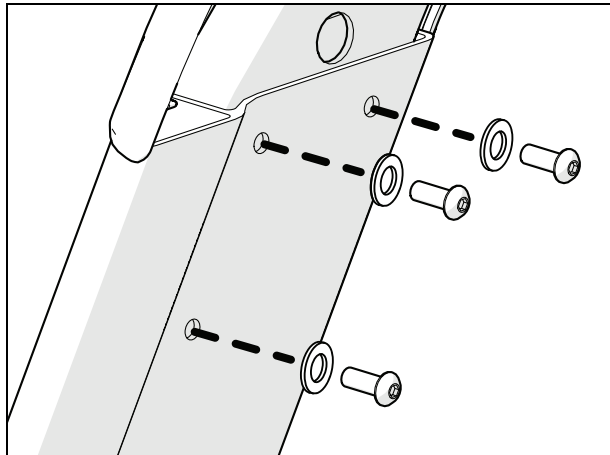
**Figure 13: Fairing assembly attachment**

6. Connect the DC output cable from the power supply to the power cable in the console cable assembly.

7. Carefully pull all cables back up through the upright supports so that no excess cable remains in the base of the treadmill. Store the excess cable in the compartments just above the upright supports.

Completing Assembly

After the upright supports and the fairing are in place, tighten the upright support fasteners and replace the hood as described in the following procedures.

WARNING **Before you finish assembling the treadmill base, examine the electrical bleed line between the belt motor and the frame. Make sure the bleed line is connected securely to both the motor and the frame as shown in the following figure, and verify that it is not damaged.**

**DO NOT connect the treadmill to electrical power while the hood is removed.**
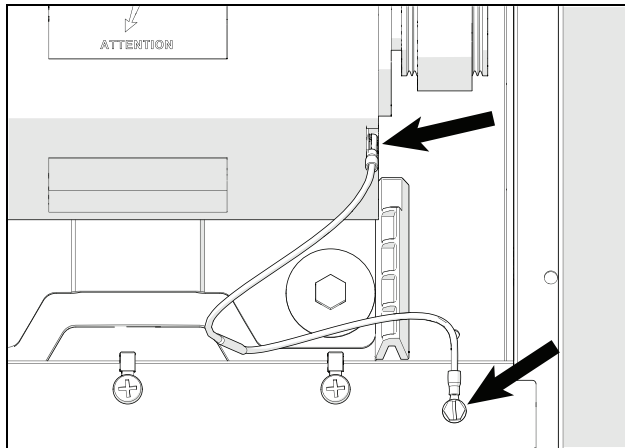
Figure 14: Electrical bleed line connection points

CAUTION: Be aware of the handrail extensions when you are working around the front of the unit. It is easy to bump your head or sustain other injuries if you ignore the location of the handrail extensions.

To secure the fasteners:

Important: _The figure at the end of this procedure shows only one side of the treadmill. Be sure to complete each step on **both** sides before you proceed to the following step._

1 Fully tighten the four screws that secure the **sides** of the upright supports to the treadmill base, as shown in the following figure.

2 Fully tighten the two screws that secure the **edges** of the upright supports to the treadmill base.

3 Fully tighten the six screws that secure the console fairing to the upright supports.
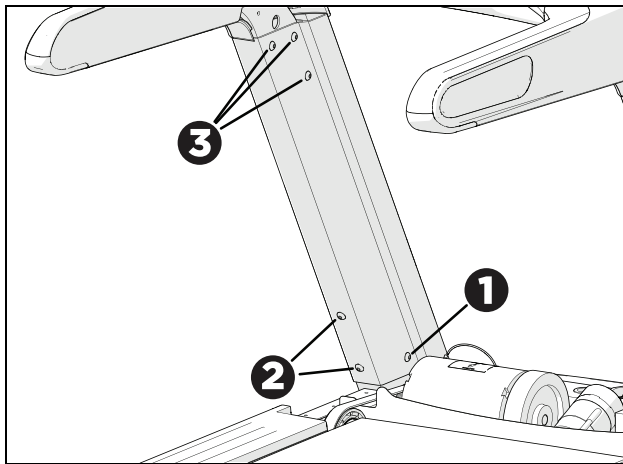

Figure 15: Tightening sequence for upright support fasteners (one side shown)

To complete assembly of the treadmill base:

1. Attach a corner cover to each of the lower front corners of the treadmill. Insert the two hooks on the inside of each corner cover into the rectangular openings in the treadmill frame, then rotate the cover into position.
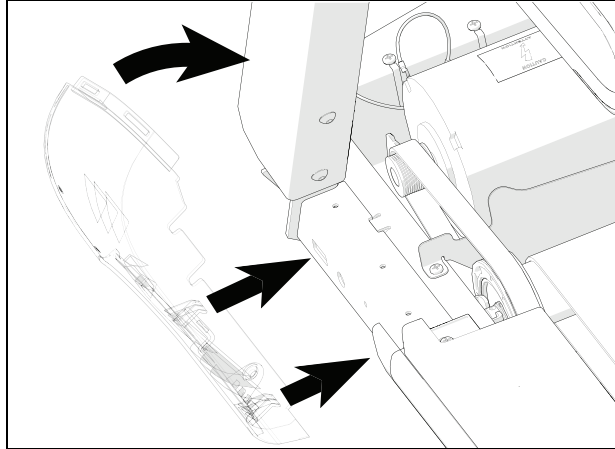

Figure 16: Corner cover positioning

2. Secure each corner cover in place using a ¼-inch × ¾-inch panhead self-tapping screw and tighten both screws using a #3 Phillips screwdriver.
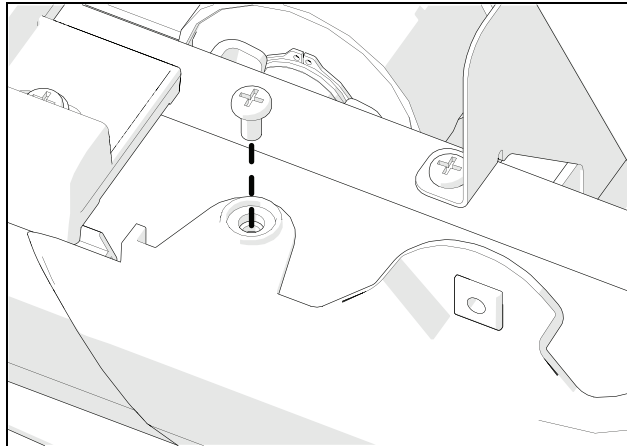
Figure 17: Corner cover attachment

3. Position the hood between the upright supports.
4. Gently flex the bottom edge of the hood around the bracket at the front of the treadmill. Allow the hood to settle into place with its tabs in the slots on the corner covers.

5. Position the hood so that its screw holes line up correctly with the holes on the base of the treadmill.
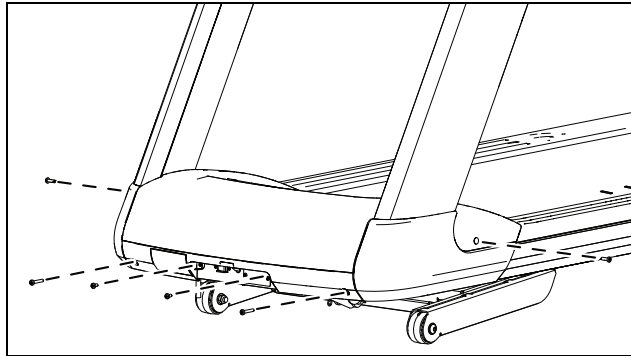
Figure 18: Hood installation and attachment

6. Insert one ¼-inch × ¾-inch panhead self-tapping screw into each of the two side holes. Partially tighten both screws.
7. Insert one ¼-inch × 1½-inch panhead self-tapping screw into each of the two outer holes on the front of the hood. Partially tighten both screws.
8. Insert one ¼-inch × ¾-inch panhead self-tapping screw into each of the two inner holes on the front of the hood. Partially tighten both screws.
9. Tighten all six screws securely using a #3 Phillips screwdriver, starting with the front screws.

Leveling the Unit

The treadmill deck must be absolutely level from side to side to keep the belt in alignment and ensure proper operation. If the load is not equally distributed across the treadmill deck, users may feel excessive vibration or observe it at the console. You must make sure the deck is level before allowing anyone to use the treadmill.

Important: Observe the following precautions throughout this procedure:

- *Adjust only one rear foot at a time.*
- *Do not extend the adjustable feet more than ¾ inch (2 cm).*
- *Install the unit only on a stable, even surface. Adjusting the rear feet cannot compensate for variations in the surface under the unit.*

To level the treadmill:

1. Place a bubble level across the running belt to see whether the treadmill is level.
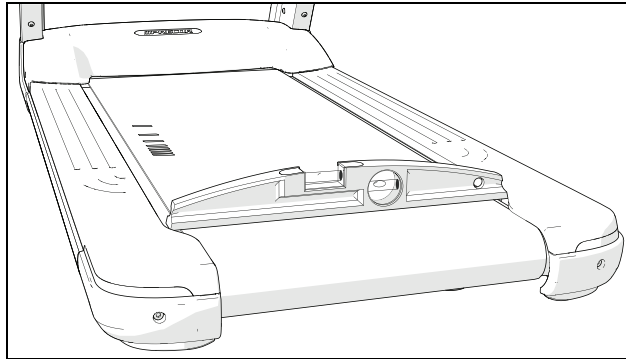
Figure 19: Bubble level placement on running belt

If the treadmill ...	*Then ...*
Is level	Make sure the jam nuts on the adjustable feet are tightened securely, then skip to the next procedure.
Is **not** level	Continue with step 2.

2. Position yourself next to the adjustable rear feet.
3. Using a ¾-inch open-end wrench, loosen the jam nuts on the rear feet.

    Important: *Be sure that your assistant uses proper lifting techniques in the following step.*

4. Ask your assistant to lift the rear portion of the treadmill.
5. Using the ¾-inch open-end wrench, adjust the feet as needed.
6. Repeat steps 2 through 5 until the treadmill is level.
7. If necessary, adjust the rear feet so that the user's weight is distributed evenly on the treadmill.
8. Using the ¾-inch open-end wrench, tighten the jam nuts on the two adjustable feet so that they are secure against the treadmill frame.

Installing the Console

To make installation easier, all Precor Experience Series consoles use the same mounting hardware and connector locations whenever possible. The installation sequence for any of them is as follows:

- Threading the console cable assembly
- Connecting cables
- Completing the installation (tightening the mounting screws and attaching the back cover)

The following sections describe how to perform these tasks.

Positioning the Console (P80)

Earlier in the installation, you threaded the necessary cables through the frame of the base unit and out the passthrough opening in the console mount. As you line up the back plate on the console with the console mount, you must make sure that the console cable assembly passes correctly through the openings in both components.

Important: *Before you begin the following procedure, remove the rear cover from the control console. To remove the cover, use your fingernails to pry the lower edge loose, then swing the cover up and out as shown in the following illustration.*
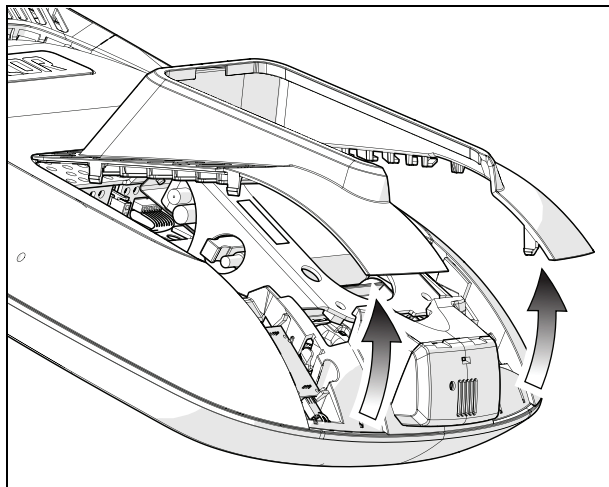
**Figure 20: Removing the access cover from the P80 console**

To position the console:

1. Make sure that as much of each cable as possible passes through the opening in the middle of the console mount on the base unit.

2. Place the console over the console mount.

3. Rest the console on the console mount so that the notch on the bottom of the console's back plate rests on the rectangular hook at the bottom of the console mount, as shown in the following figure.

4. Tilt the console forward until it stops. Use one hand to steady the console in this position, or ask your assistant to do so.

Connecting Cables (P80)

After the console has been seated, separate the individual cables out of the end of the console cable assembly and attach them to the appropriate circuit connectors inside the console. Refer to the following diagram and table to identify the cables and connectors.

Important: All cables must pass through the opening in the center of the console mount.
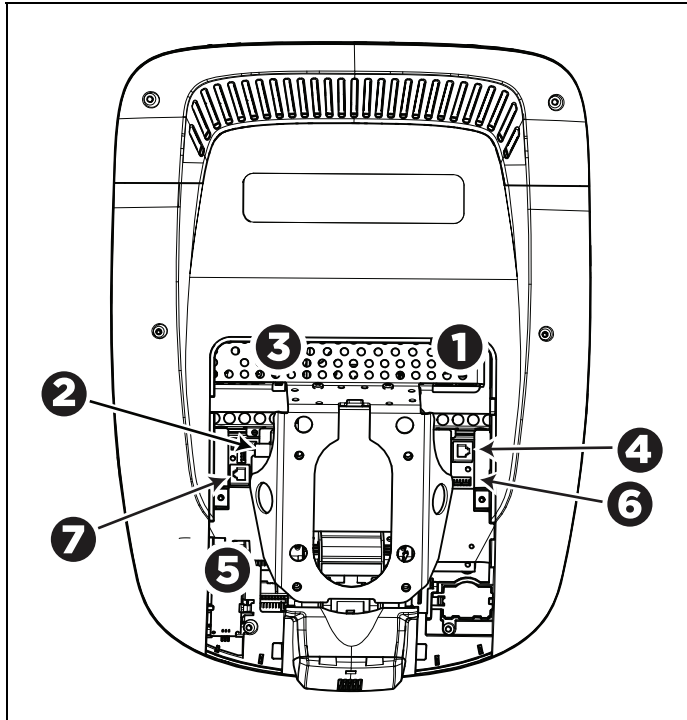
Figure 21: Cable connections, P80 console

Table 2. P80 internal cable connections

Cable	Connector Type	Circuit Connector Location
Ethernet (LAN)	Eight-contact modular, on round black cable	❶
TV in	F-type coaxial	❷
Power	Two-contact plug, polarized and latched	❸
Data from base unit	Eight-contact modular, on flat gray cable	❹
Heart rate sensors	Four-contact strip, keyed	❺
Safety key (treadmills only)	Six-contact strip, keyed	❻
CSAFE	Eight-contact modular, on flat gray cable	❼

To simplify installation and maintenance, route and connect cables 1 through 5 according to the following instructions.

Note: In the illustrations in this section, some cables are omitted for the sake of clarity.

Connecting the Television Cable

The console's television tuner is mounted inside the console's back plate. The tuner includes a short cable adapter that allows the television cable to be connected outside the back plate.
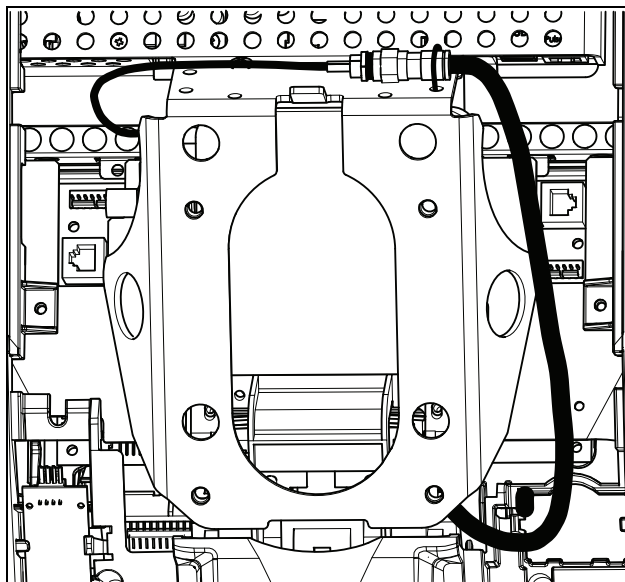
To connect the television cable:

1. Pull the cable out through the lower right corner of the back plate.
2. Route the cable counterclockwise around the outside of the back plate.

    Important: *In the following step, one of the two wrenches should be a torque wrench set to 30 in-lb.*

3. Attach the connector on the cable to the connector on the tuner cable and tighten the two connectors securely using two 7/16-inch open-end wrenches. Position both connectors above the upper right corner of the back plate.
4. Use a plastic tie to secure the connectors to the top of the back plate. Pass the tie through the two small holes near the upper right corner of the back plate, then wrap it around the connectors and tighten it securely. Cut off and remove the protruding end of the tie.

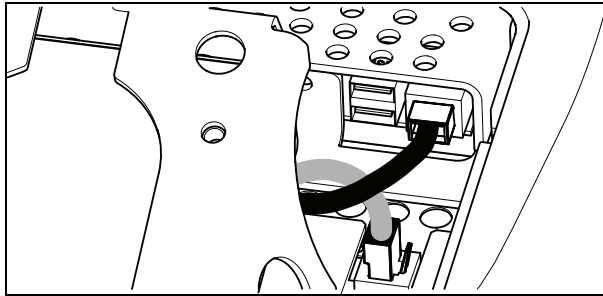The following illustration shows how the cable is positioned once it is installed.

Figure 22: Connecting the television cable

Connecting the Ethernet and Base Unit Data Cables

Both the Ethernet and base unit data cables pass through the cutaway opening at the upper right corner of the back plate and connect to nearby modular jacks in the console. Because of this, it is important to exercise caution when connecting the cables. The black Ethernet cable connects to a jack just underneath the perforated metal bracket at the very top of the opening in the console. The gray base unit data cable connects to a lower jack closer to the back plate.

Refer to the following illustration for the correct position of both cables.

CAUTION: If you connect the base unit data cable to the wrong jack, the equipment will not function.

Figure 23: Connecting the Ethernet and base unit data cables

Connecting the Heart Rate Sensor Cable

The heart rate sensor cable passes through the cutaway opening at the upper left corner of the back plate, then down to the small circuit board at the lower left of the console. The following illustration shows how the cable should look once it is installed.
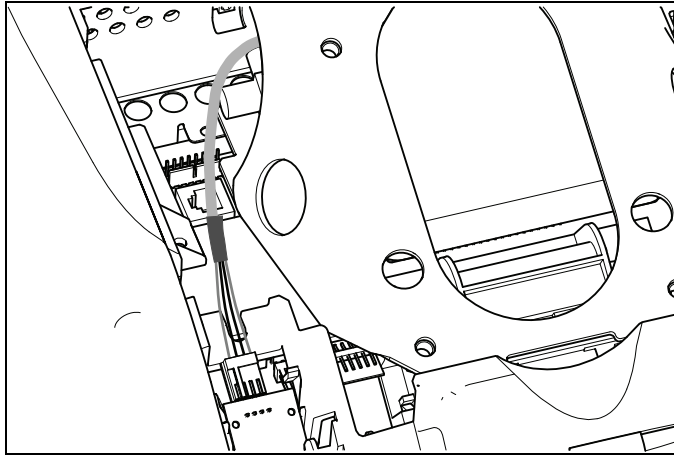
Figure 24: Connecting the heart rate cable

Connecting the Power Cable

Route the power cable through the cutaway opening at the upper left corner of the back plate. In the nearby opening within the steel console framework, locate the socket that matches the power cable plug and connect the power cable to it.

Note: Be sure that the latch on the plug clicks into place on the socket.

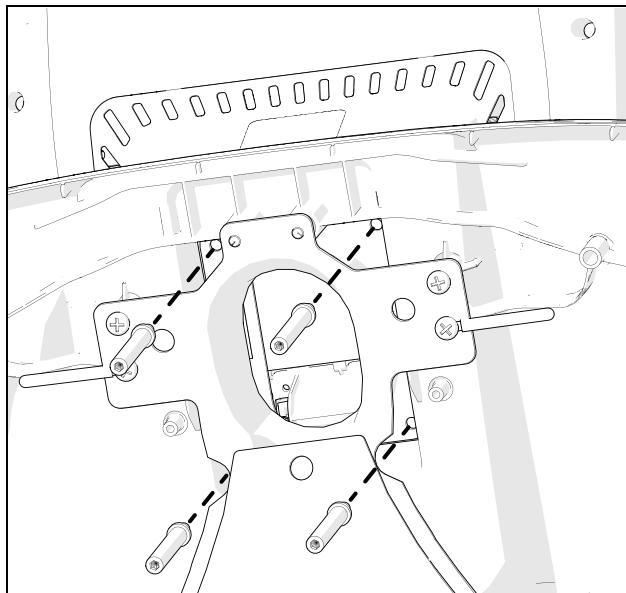The following illustration shows how the cable should look once it is installed.
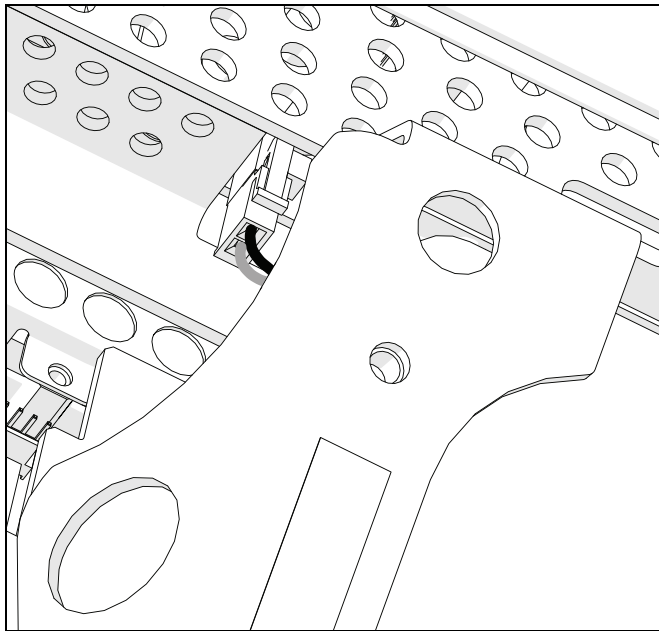
Figure 25: Connecting the power cable

Completing the Console Installation (P80)

Before you complete the final installation steps, double-check the connections you have made. Make sure that all cables are fully and securely connected, and that any unneeded cables are tied back properly.

To complete the installation:

1. Feed any extra cable back into the treadmill fairing.
2. Tilt the control console backward (toward yourself) until the tab on the top edge of its back plate slides along the top edge of the console mount and the screw holes align properly.
3. Insert four ¼-inch × ⅜-inch shoulder bolts through the holes in the console mount and thread them into the holes in the back plate on the console. Using a ³⁄₁₆-inch hex wrench, tighten the shoulder bolts completely.

Figure 26: Securing the console

4. Line up the two small tabs at the top of the console's back cover with the slots at the top of the opening in the console case. Insert the tabs into the slots.
5. Insert the remaining tabs on the back cover into the corresponding slots on the console case.
6. Press gently on the edges of the back cover to snap it into place.

Positioning the Console (P30 and P10)

Earlier in the installation, you threaded the necessary cables through the frame of the base unit and out the passthrough opening in the console mount. As you line up the back plate on the console with the console mount, you must make sure that the console cable assembly passes correctly through the openings in both components.

Important: *Before you begin the following procedure, remove the rear cover from the control console. Set the cover and its mounting hardware aside for later use.*

If you are also installing an additional component such as a PVS or a wireless audio receiver, review its installation instructions to coordinate its installation with the installation of the console.

To position the console:

1. Make sure that as much of each cable as possible passes through the opening in the middle of the console mount on the base unit.
2. Place the console over the console mount.
3. Rest the console on the console mount so that the notch on the bottom of the console's back plate rests on the rectangular hook at the bottom of the console mount, as shown in the following figure.
4. Tilt the console forward until it stops. Use one hand to steady the console in this position, or ask your assistant to do so.

Connecting Cables (P30 and P10)

Important: *Pass all cables through the semicircular opening just above the console mount, as shown in the following figure.* ***Do not*** *attempt to route any cables through other openings or through the steel channel above the mount.*
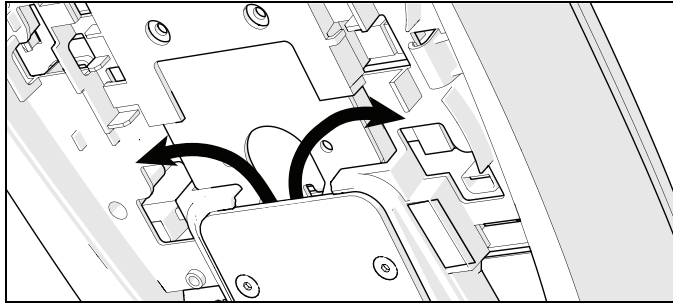
Figure 27: Cable routing from the mount into the console

After the console has been seated, separate the individual cables out of the end of the console cable assembly and attach them to the appropriate circuit connectors inside the console. Refer to the following diagram and table to identify the cables and connectors.

Important: All cables must pass through the opening in the center of the console mount.
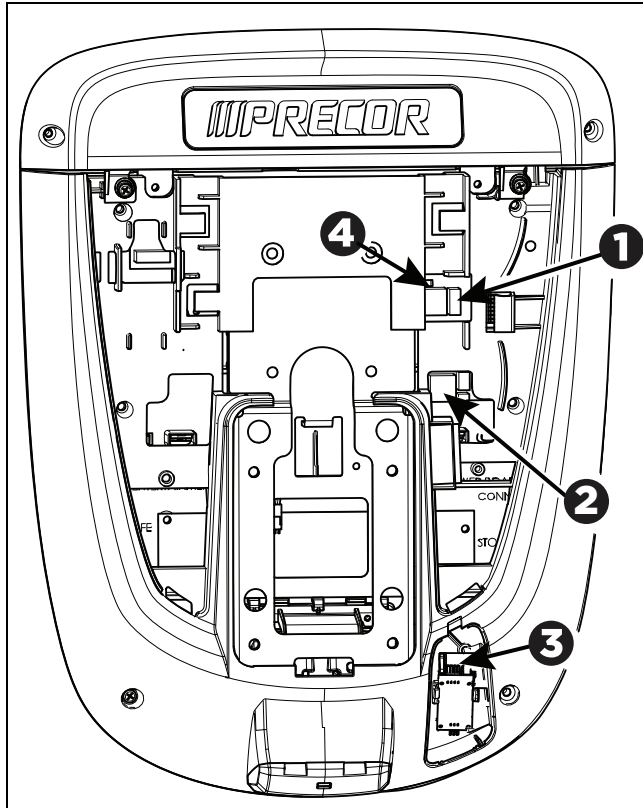
Figure 28: Cable connections, P30 and P10 consoles

Table 3. P30 and P10 internal cable connections

Cable	Connector Type	Circuit Connector Location
Safety key (treadmills only)	Six-contact strip, keyed	❶
Data from base unit	Eight-contact modular, on flat gray cable	❷
Heart rate sensors	Four-contact strip, keyed	❸
CSAFE	Eight-contact modular, on flat gray cable	❹

Completing the Console Installation (P30 and P10)

Before you complete the final installation steps, double-check the connections you have made. Make sure that all cables are fully and securely connected, and that any unneeded cables are tied back properly.

To complete the installation:

1. Feed any extra cable back into the treadmill fairing.
2. Tilt the control console backward (toward yourself) until the tab on the top edge of its back plate slides along the top edge of the console mount and the screw holes align properly.
3. Insert four ¼-inch × ⅜-inch shoulder bolts through the holes in the console mount and thread them into the holes in the back plate on the console. Using a 3⁄16-inch hex wrench, tighten the shoulder bolts completely.

Figure 29: Securing the console

4. Line up the two small tabs at the bottom of the console's back cover with the slots at the bottom of the console case. Insert the tabs into the slots.

5. Insert the two #8–32 × ½-inch Phillips-head screws that you removed earlier into the holes at the top edge of the console's back cover. Tighten the screws fully.

   Important: If you are installing a console that is equipped with a Personal Viewing System (PVS), use caution not to pinch the cables between the back cover and PVS mounting screw heads.

Reassembling the Treadmill Fairing

After the console is in place, reattach the two cover panels of the treadmill fairing.

Important: In the following procedure, do not allow the fasteners to break or pinch any cables.

To reassemble the fairing:

1. Verify that all cables are secure inside the cable ties.

2. Install one of the access covers over the opening above the appropriate upright support. Slide the two tabs under the edge of the opening as shown in the following figure.
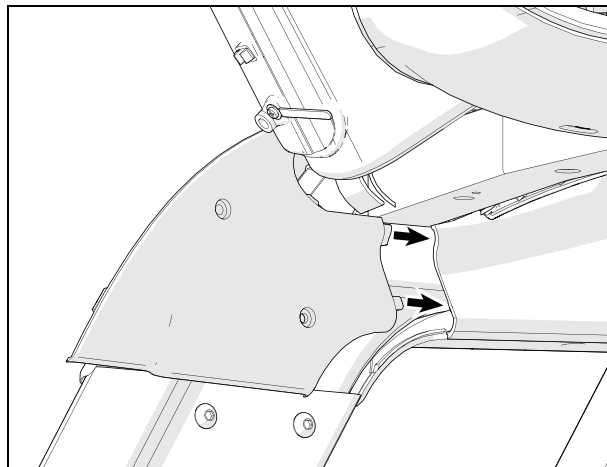
Figure 30: Access panel positioning

3. Secure the access cover with two ¼-inch × 1-inch buttonhead screws.

4. Repeat steps 2 and 3 to install the other access cover, then tighten all four screws securely using a ⁵⁄₃₂-inch hex wrench.
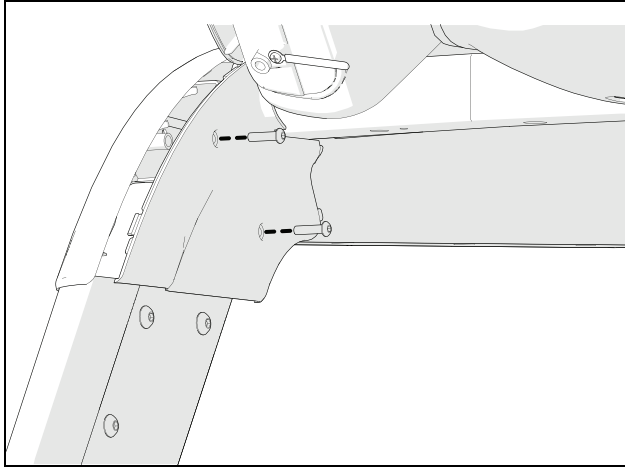
Figure 31: Access panel attachment

5. Insert the edge of the rear cover into the lower edge of the fairing. Lift the cover until it is possible to insert two ¼-inch × ¾-inch self-tapping panhead screws into the bottom two screw holes and partially tighten them.
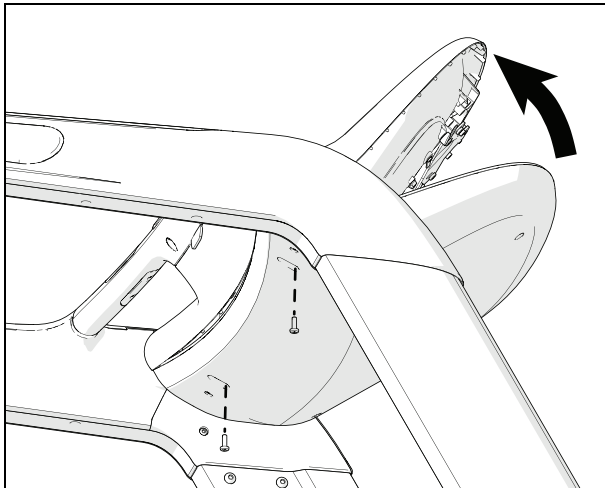
Figure 32: Rear cover positioning

6. Fit the rear cover into place. Secure it using four ¼-inch × ¾-inch self-tapping panhead screws.

Figure 33: Rear cover attachment

Important: *Make sure that all of the edges of the rear cover are seated correctly and are flush with the surrounding panels before you tighten the cover's mounting screws.*

7. Tighten all six rear cover screws using a #3 Phillips screwdriver.

Plugging In the Power Cord

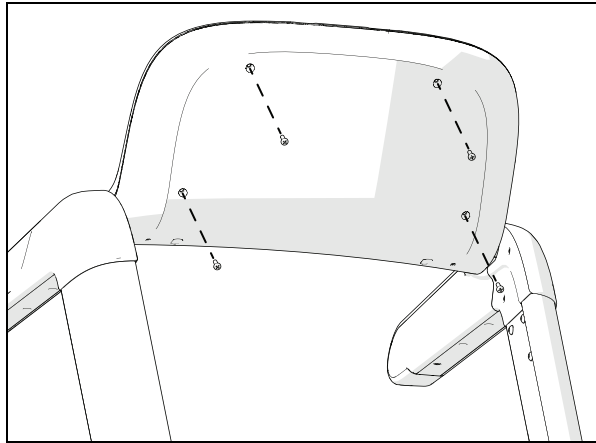**CAUTION: Use the supplied power cord. Do not remove or otherwise bypass the 3-prong plug with an adapter to use a non-grounded outlet. Do not plug the unit into a power transformer in an attempt to adjust the voltage requirements. Failure to follow these instructions might damage the unit and void the Precor Limited Warranty.**

After assembly is complete, plug the power cord into an appropriate outlet.

Important: *The treadmill requires a 20-amp individual branch circuit grounded per NEC (National Electric Code) guidelines or local region electric code.*

Checking Treadmill Alignment and Adjusting the Running Belt

Before you allow anyone to use the treadmill, you must check the alignment of the running belt and adjust it as needed. For more information, refer to *Checking the Alignment of the Running Belt* and *Adjusting the Running Belt* in the *Maintenance* chapter.

Breaking In the Equipment

Precor equipment does not require an actual break-in period. However, moving components such as belts, gears, and bearings can settle while the equipment is being stored or shipped. This can cause the equipment to operate with a small amount of roughness or noise when it starts up for the first time.

The equipment usually returns to smooth operation after a day or two of normal use. If it does not, contact your dealer for assistance. For more information, refer to *Obtaining Service*.

Verifying That the Heart Rate Display Is Operational

To verify that the heart rate display is operational:

1. Begin exercising on the equipment.
2. Grasp both touch-sensitive handlebars.

   Note: The heart rate is read within ten seconds. During that time, the heart on the display flashes. You must maintain contact with both metal plates on each handlebar to ensure an accurate reading.

3. Look at the HEART RATE display. After a few seconds, a number appears indicating your heart rate.
4. If a number does not appear in the HEART RATE display, perform the following checks:

   – Verify that the cable connection is properly connected.

   – Repeat the test with a different person. Although the heart rate display is generally highly accurate, it may not work properly for a few individuals.

   Note: If you use wireless heart rate monitoring, repeat this test using a chest strap or a wireless pulse simulator instead of grasping the touch-sensitive handlebars.

Testing Safety Features

Before any exerciser uses the treadmill, verify that the stop switch, the **STOP** button, and the Auto Stop feature are all working correctly.

To test the restart switch:

1. Start any workout on the treadmill.
2. Give the safety clip lanyard a slight tug. The restart switch should pop up and the treadmill should slow to a stop immediately.
3. Press the restart switch back into its normal position. The console should reset itself and return to the Welcome screen or banner.

To test the STOP button:

1. Start any workout on the treadmill.
2. Press the **STOP** button once. The console should show that the workout is paused.
3. Press the **STOP** button again. The console should show a workout summary.
4. Press the **STOP** button a third time. The console should return to the Welcome screen or banner.

To test the Auto Stop feature:

1. Start any workout on the treadmill, but do not step onto the running belt.
2. Wait two minutes without stepping onto the running belt. At this point or shortly beforehand, the treadmill should slow to a stop and the console should ask the user to confirm that he or she is still present. If there is no confirmation, the console should return to the Welcome screen or banner.

Maintenance

To keep the equipment functioning properly, perform the minor maintenance tasks in this section at the intervals shown on the maintenance checklist. Failure to maintain the equipment as described in this section could void the Precor Limited Warranty.

DANGER **To reduce the risk of electrical shock, always disconnect the equipment from its power source before cleaning it or performing any maintenance tasks. If the equipment is self-powered but also uses the optional power adapter, disconnect the adapter.**

Daily Cleaning

Precor recommends that you clean the equipment before and after each exercise session. To remove dust and dirt from the equipment, wipe all exposed surfaces with a soft cloth that you have moistened with one of the following cleaners:

- A solution of 30 parts of water to 1 part of Simple Green® (for more information, visit **www.simplegreen.com**)
- ENVIR-O-SAFE oxygen enhanced cleaner or multi-task cleaner concentrate, diluted according to the manufacturer's instructions (for more information, visit **www.daleyinternational.com**)

Alternatively, you can clean the equipment with Athletix fitness equipment cleaning wipes (for more information, visit **www.athletixproducts.com**)

CAUTION: Read and follow the manufacturer's instructions, particularly dilution instructions, before using any cleaner on Precor fitness equipment. Do not use concentrated cleaners at full strength, or acidic cleaners of any kind; such cleaners weaken the protective finish on the equipment and void the Precor Limited Warranty. Never pour water or spray liquids onto any part of the equipment. Allow the equipment to dry completely before using.

Vacuum the floor underneath the equipment frequently to prevent the accumulation of dust and dirt that can interfere with its operation. Use a soft nylon scrub brush to clean the running belt.

CAUTION: On treadmills, as you clean the hood or side rails, remain aware of the handrail extensions to avoid injury.

Daily Inspection

At least once every day, examine the equipment for the following problems:

- Slipping belts
- Loose fasteners
- Unusual noises
- Worn or frayed power cords
- Worn, damaged, or missing safety lanyards or clips
- Any other indication that the equipment may be in need of service

Important: *If you determine that the equipment needs service, disconnect all power connections (television, Ethernet, and power) and move the equipment away from the exercise area. Place an OUT OF SERVICE sign on the equipment and make it clear to all patrons and other users that they must not use it.*

To order parts or to contact a Precor authorized service provider in your area, refer to *Obtaining Service*.

Reading the Active Status Light

The active status light is located at the front edge of the treadmill hood, as shown in the following figure. The light is large enough and bright enough to allow you to check the condition of all your treadmills at a distance.
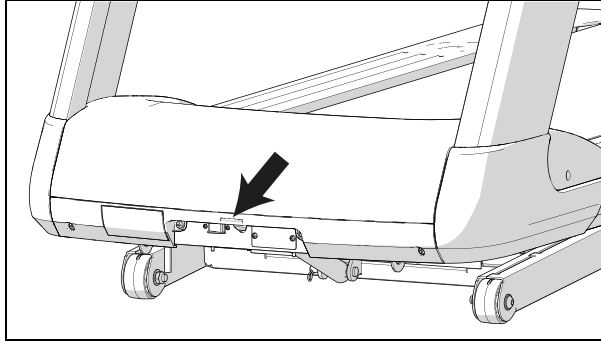
Figure 34: Status light location

During normal operation, the status light is a steady blue. It changes color and pattern if the treadmill's electronic drive unit detects a mechanical or electrical problem.

Table 4. Active status light appearances and their meanings

Status light appearance	Meaning	Action required
Steady (solid) blue	The treadmill is operating normally and does not currently need maintenance.	None.
Pulsing blue	The treadmill is due for scheduled maintenance (P80 console only), or the treadmill belt needs to be replaced (except for 230 V models).	Perform the needed maintenance, then reset the status light.
Steady (solid) yellow	The treadmill has detected and recovered from an error. It can still be used, but some functions may not be available.	Refer to the console's event log for more information.
Pulsing yellow	The treadmill has detected an error, has been unable to recover from the error, and has taken itself out of service.	Power-cycle the treadmill (switch it off, wait 30 seconds, then switch it on again). If the error occurs again, check the console's event log for more information, then contact Precor Customer Support.

Weekly Maintenance

Perform the following maintenance tasks every week:

1. Elevate the tread to maximum incline, then turn off the power switch or circuit breaker and unplug the unit from the wall outlet.
2. Clean the floor under the equipment using a vacuum cleaner or a damp mop.
3. When the floor is completely dry, reconnect the power and return the treadmill to the level position.
4. Inspect the power cord to verify that it is not pinched under the equipment or between any two moving parts.
5. Test all console functions, including heart rate monitoring features.
6. Verify that the unit sits squarely on the floor. All of its feet should be touching the floor and the unit should not rock or wobble when in use. If not, re-level it as described in *Leveling the Unit*.

Monthly Maintenance

Perform the following maintenance tasks every month:

1. Turn off the power switch or circuit breaker, then unplug the unit from the wall outlet.
2. Inspect the running bed and belt for wear.
3. Clean the treadmill's frame using a cloth moistened with water or an approved cleaner.
4. Use water and a soft nylon scrub brush to clean the outer surface of the running belt.
5. Wipe the exterior of the console with a damp sponge or soft cloth, and dry with a clean towel. Keep water away from electronic components to prevent electrical shock or damage.
6. Clean the touchscreen using a soft, lint-free cloth dampened with a 91% isopropyl alcohol solution (either as sold or diluted with an equal amount of water).
7. Remove the front cover and remove any lint or debris, being careful not to damage the fan.
8. Vacuum out any debris, being careful not to bring the vacuum cleaner nozzle too close to any circuit board (unless your vacuum cleaner is protected against static buildup).
9. Clean and lubricate the lift motor screw with an approved grease such as SuperLube® with Teflon® or Mobil 1® synthetic grease.
10. Check all fasteners for proper tightness and torque.
11. Replace all covers.
12. Verify that the unit sits squarely on the floor. All of its feet should be touching the floor and the unit should not rock or wobble when in use. If not, re-level it as described in *Leveling the Unit*.

Checking the Alignment of the Running Belt

Proper alignment allows the belt to remain centered and ensures smooth operation. Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call Precor Customer Support (refer to *Obtaining Service*).

Caution: Do not adjust the running belt when someone is standing on it.

To check the alignment of the running belt:

1. Make sure that the running surface is as level as possible. If necessary, adjust the rear feet to level the treadmill (refer to *Leveling the Unit*).

   Note: Adjusting the rear feet cannot compensate for extremely uneven surfaces. If you cannot make the running surface level and stable, move the treadmill.

2. Turn the treadmill on.

3. Standing **beside** the treadmill (not on it), press **GO** or **Quick Start** on the console.

4. If necessary, enter the safety code by pressing the number keys in sequence. The running belt starts automatically after a 3-second countdown appears on the console.

5. Press the SPEED UP key until the console shows a speed of 3 mph (5 kph).

   CAUTION: If you hear any chafing or the running belt appears to be getting damaged, stop the running belt immediately by pressing the red STOP button. Contact Precor Customer Support.

6. Observe the belt from the rear of the treadmill for a few minutes. The belt should remain centered along the running bed. If it drifts off center, adjust it (refer to *Adjusting the Running Belt*).

   Important: *Failure to align the belt may cause the belt to tear or fray, which is not covered by the Precor Limited Warranty.*

7. Press the red **STOP** button to stop the belt.

8. Turn the treadmill off.
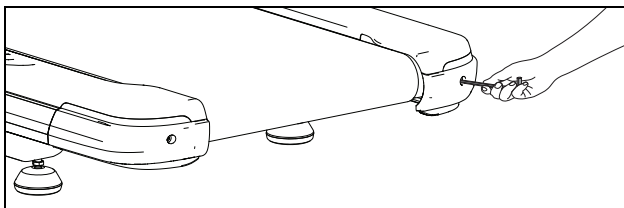
Adjusting the Running Belt

If you are unsure about adjusting the running belt, call Precor Customer Support (refer to *Obtaining Service*).

CAUTION: Take special care when aligning the running belt. Turn OFF the treadmill while adjusting or working near the rear roller. Do NOT wear loose clothing or allow your hair to hang loose during this procedure. Do NOT adjust the running belt when someone is standing on it. Be very careful to keep your fingers and any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

Important: *Make all belt adjustments on the adjusting bolts at the rear corners of the treadmill, using the hex key provided, and do not turn either bolt more than ¼ turn before checking the alignment of the running belt again. Overtightening the adjusting bolts can damage the treadmill.*

To adjust the running belt:

1. Locate the adjusting bolts in the end caps at the rear corners of the treadmill, as shown in the following diagram.

Figure 35: Location of the adjustment bolt

2. Use the hex key to tighten the adjusting bolt toward which the belt is shifting. Turn the bolt ¼ turn clockwise.

3. Recheck the belt position as described under *Checking the Alignment of the Running Belt*.

If the belt …	*Then …*
Continues to shift in the original direction	Turn the **same** adjusting bolt an additional ¼ turn clockwise.
Starts to shift in the opposite direction	Turn the **same** adjusting bolt ⅛ turn or less counterclockwise.

Note: If the belt slips after you have adjusted it, tighten **both** adjusting bolts evenly, ¼ turn at a time, until the slipping stops. Do not overtighten the belt.

Storing the Chest Strap

If you purchased the optional heart rate chest strap, store it in a place where it remains free of dust and dirt (for example, in a closet or drawer). Be sure to protect the chest strap from extremes in temperature. Do not store it in a place that may be exposed to temperatures below 32° F (0° C).

To clean the chest strap, use a sponge or soft cloth dampened in mild soap and water. Dry the surface thoroughly with a clean towel.

Moving the Equipment

The equipment is very heavy. If you plan to move it to a new location, obtain the help of an adult assistant and use proper lifting techniques. If the equipment includes roller wheels on one end, use the wheels to reduce the load on yourself and your assistant.

Important: The plastic end caps on Precor treadmills are designed specifically for lifting. Working with your assistant, place a hand under each side of the end cap. Then, using proper lifting techniques, lift the rear of the treadmill so that it rolls on its front wheels.

The treadmill can be easier to move if it is in an inclined position.

To put the treadmill into an inclined position for moving:

1. Press GO on the console.
2. Increase the incline level to 4 or more.
3. While the treadmill is running, turn the main power switch OFF.
4. Disconnect the treadmill's power cord.

Long-Term Storage

If you do not expect anyone to use the equipment for a long time, perform the following tasks to prepare it for storage:

- Turn it OFF.
- If it has a power cord, disconnect the cord.
- If it has an optional power adapter, connect the adapter to prevent damage to the internal battery.
- Position it so that it will not become damaged and will not interfere with people or other equipment.

Treadmill Safety Features

Before allowing users on Precor equipment, review the in this manual. You should also teach your patrons how to use the equipment safely, according to the guidelines on.

Entering the Safety Code

When the equipment is shipped from the factory, safety code protection is not active.

After you have activated the safety code, you must inform your patrons that the equipment requests a safety code to prevent unauthorized use. They must complete the following steps to use the equipment.

To enter the safety code and start the treadmill:

1. Assume the starting position, with one hand free to enter the code and the other hand holding a handrail.

   Important: *Hold the handrail securely with at least one hand throughout the following steps.*

2. When you see the banner text on the console, select a program or press GO.

3. When you are prompted to enter the safety code and unlock the treadmill, press the 1, 2, 3, and 4 keys in order.

   If you have entered the code correctly, the workout begins. Otherwise, the equipment pauses for two seconds and then prompts you to enter the code again. Pressing five or more keys returns you to the initial safety code prompt.

Note: On a treadmill, a 3-second countdown appears on the console before the running belt starts to move.

Using the Treadmill Safety Clip

The treadmill is equipped with three different stop functions, which behave as follows:

If the user ...	Then the treadmill belt ...	And the console ...
Pulls on the lanyard attached to the safety clip and trips the restart switch ❶	Slows to a stop	Shows the words PUSH THE RESET SWITCH. On some console models, an arrow points toward the Restart switch.
Presses down on the red STOP button ❷	Slows to a stop	Shows that the exercise workout is paused.
Steps off of the running belt for a preset amount of time	Slows to a stop	Shows that the exercise workout is paused.

The restart switch and the red **STOP** button are located just below the console, as shown in the following figure. When the switch is tripped, the button pops up. The treadmill does not operate until the button is returned to its normal position.
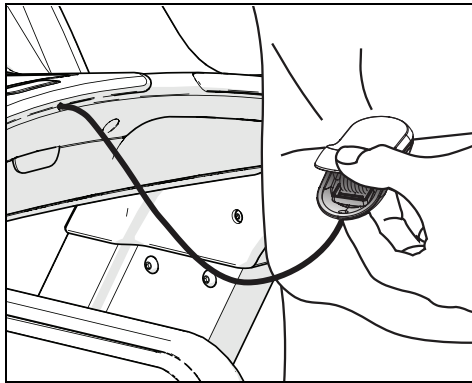

Figure 36: Restart switch

Instruct users on how important it is to use the safety clip while exercising on the treadmill, and demonstrate how they should attach it to their clothing near the waistline.

If the restart switch trips during exercise, perform the following steps:

1. Reattach the safety clip if necessary.
2. Press the restart switch down until it clicks, returning it to its normal position.

   Note: If the restart switch trips, all information about the current workout is deleted.
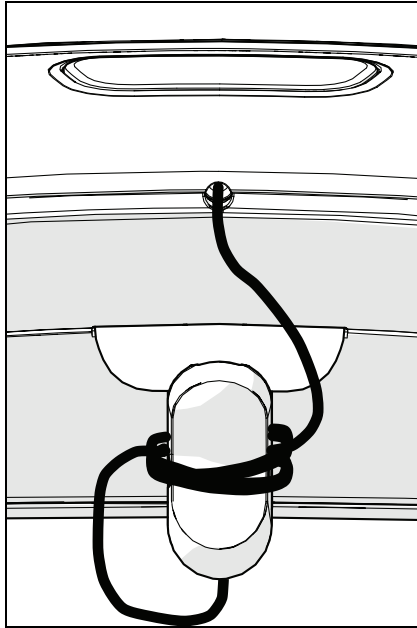3. Start the workout from the beginning, reducing the time as needed to account for the amount of exercise that has been completed.

Figure 37: Attaching the safety clip

Tip: The small, flexible tab underneath the restart switch is designed for storage of the safety clip. When the treadmill is not in use, attach the safety clip to the tab as shown in the following figure.

Figure 38: Safety clip storage

Turning the Treadmill On and Off

To turn the treadmill ON and OFF, use the power switch located beneath the hood, near the power cord receptacle.

Important: *When the treadmill is not being used, turn it OFF.*

Weight Limit

Do not use the treadmill if you weigh more than 400 pounds (180 kg). If you weigh more than 350 pounds (160 kg), do not run on the treadmill.

Location

The area around the treadmill must remain open, and free of interference from objects such as other equipment, at all times. In addition, for user safety and proper maintenance, an area three feet (one meter) wide by six feet (two meters) long must remain open and free of interference directly behind the running belt.

///PRECOR®