



Welcome to a personalized fitness experience for your members. The intuitive high-definition touchscreen, easy-to-reach single or dual motion controls, and built-in fitness tutorials makes the P62 Console a unique fitness experience for your members and trainers.

### Set up the console

The P62 console has a built-in Administrator account for owners. The Settings menu is visible only to administrators and registered service technicians. Changes made to these settings are saved to the fitness equipment. An **Administrator** uses a password (see below) to access and configure the console settings to improve an exerciser's workout and benefit the facility.



### Change System Settings

1. Press and hold **Volume Down**.
2. Press Channel in the following order:
  - Channel **Up**
  - Channel **Down**
  - Channel **Down**
  - Channel **Up**
3. Enter the password: **5 6 5 1 5 6 5**
4. Touch **OK**. The System Settings banner appears.

### Enable User PIN

1. Navigate to the Settings.
2. Select **Safety Code**. The PIN number screen appears.
3. Select **On**. This will enable the User PIN option. Exercisers will see the PIN screen when they begin a workout.



**TIP** Users must now enter PIN **1 2 3 4** to start a workout.

Setting	Information
About	Displays serial number and event log.
Equipment Use	Gathers data on individual and cumulative equipment use
	<b>Connectivity:</b> Determines network type (Wired and Wi-Fi) and IP address.
System Settings	<b>TV settings:</b> Sets up channels and close captions.
	<b>Workout limits:</b> Sets limits on equipment use during peak hours, maximum treadmill speed, or maximum pause time.

### Get to know the P62 Console

The P62 Console with either single or dual-motion controls, uses an LCD touchscreen with an embedded TV tuner, and is Preva™ Network Capable.



#### No. Function

- 1** Pause
- 2** Incline or stride height indicator\*
- 3** Intensity or resistance indicator\*\*
- 4** Volume up/down

#### No. Function

- 5** Channel up/down
- 6** Mute
- 7** Audio jack
- 8** Mobile device charger

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

## TRAINING AND EXERCISING

### Start Exercising

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



For product tutorials, best-in-class training resources, and content libraries , refreshed regularly (select regions) visit [www.precor.com](http://www.precor.com).



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

### Start a workout

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

### Start a Featured Workout

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

### Start a Preset Workout

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

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

### Monitor your heart rate

#### Chest straps

A chest strap provides the best heart rate monitoring results. When you wear a chest strap during a workout, the heart rate features appear on the display. To receive an accurate reading, the chest strap must be in direct contact with your skin.

#### Touch Heart Rate feature

Use both hands on the grips and make sure your hands are moist (not dry). Avoid grasping the sensors too tightly.



**IMPORTANT** The heart rate features are intended for reference only. They may not be accurate for every user or at every speed and are not intended for use as a medical device. Holding the heart rate handle touch sensor while exercising at higher intensity may also decrease accuracy of the heart rate reading and is not recommended. Please also read your product documentation and visit: [www.precor.com/en-us/customer-service/faq](http://www.precor.com/en-us/customer-service/faq).