



P31 CONSOLE

GETTING STARTED GUIDE

The P31 Console offers a streamlined design with an advanced LED display, basic electronic readouts, and a mobile device charger.

System Settings

Use the System Settings mode to configure settings in ways that benefit your exercisers and your facility. For detailed information on system settings, view the Operator's Guide on the product page at www.precor.com.



NOTE

The information provided in this section is intended for system administrators and Precor service technicians. DO NOT share it with exercisers or non-administrative staff.

To view the Club Parameters settings:

1. At the Welcome banner, press **Pause**.
2. To enter the password, press the following numbers in sequence: **5 6 5 1 5 6 5**
3. Scroll through the club parameters using the following key:

Navigational Key

Key	Function
▲ ▼	Navigate the System Settings menu
OK	Select a setting
BACK	Return to previous menu level without saving changes
PAUSE	Exit the System Settings mode and returns to the Welcome banner



Informational Settings

Information settings provide information including an event log, software and equipment serial numbers, and usage information.

To view the information settings:

1. Press **Pause**.
2. To enter the password, press the keys in the following sequence: **6, 5**
3. Scroll through the informational settings.



For detailed information on these settings, see the *Operator's Guide* on the product page at www.precor.com.

Program the Receiver (8R/9R Option)

Use automatic programming (AP) mode first to acquire the facility's available channels.



IMPORTANT

Transmitters must not share the same channel. If they do, the automatic programming feature will not be able to accurately apply the correct channels to the receiver.

To auto program the receiver:

1. Press the **Channel Up ▲** and **Mute** keys simultaneously for three seconds.
2. When **AP** appears on the display, release the keys.
3. Use the Channel ▲ and ▼ keys to locate the appropriate frequency selection.
4. Press **Mute** to select the frequency selection. The receiver starts the automatic programming, scanning for the active transmitter channels and storing them in memory. When finished, the receiver returns to normal operation and the first available channel appears on the display.

For more information on how to program the receiver, see the *Operators Guide* on the product page of the Precor website at www.precor.com.



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

Make sure your trainers regularly read our blog (select languages) at www.precor.com for more ideas about fitness routines and advice from trusted industry experts.



CAUTION

Before beginning any fitness program, see your physician for a thorough physical examination. Seek advice from your physician to learn the target heart rate appropriate for your fitness level.

Get to know the P31 console

The P31 console focuses on essential fitness stats that keep you moving.

P31 Console	Number	Function	Number	Function
	1	Workout statistics displays	6	Incline (treadmill) Crossramp level (EFX), Stride height (AMT)
	2	Preset workout keys: Press the group key to see more workouts.	7	Pauses workout (treadmill) or ends workout (AMT, EFX, bike)
	3	If fitted with Audio Option: Use the channel (CH) keys to scroll through audio for different stations. Use Volume keys to change volume.	8	Use to access menus, for data entry during workouts, and for incline, resistance, or speed.
	4	Speed (treadmill) or Resistance level (AMT, EFX)	9	Exerciser message field
	5	Single motion control (AMT, EFX, bike)	10	Audio jack (optional)
			11	Mobile device charger (optional)

Start exercising

To start a workout press **QUICK START** or a workout key.

At the end of your workout, a summary screen displays your average heart rate during your workout and your accumulated workout metrics.

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

Several Precor products incorporate contact sensors on the handrails grips. 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.