



P30i CONSOLE GETTING STARTED GUIDE

The P30i Console offers quick transitions between work and rest intervals with no setup time and no workouts to select.

System Settings

Use the System mode to configure settings in ways that benefit your users 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 **INCLINE** keys in the following sequence: **5 6 5 1 5 6 5**
3. Press **OK** or **INCLINE 0**.
4. Scroll through the club parameters using the following key.



Navigational key

Key	Function
SPEED 1 and SPEED 2	Navigate the Settings menu
OK or INCLINE 0	Select a setting
INCLINE 1	Return to previous menu level without saving changes
Pause	Exit the System Settings mode and returns to the Welcome banner

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

To view the Informational settings:

1. Press **Pause**.
2. To enter the password, press the **INCLINE** keys in the following sequence: **6 5**.
3. Press **OK** or **INCLINE 0**. The settings appear on the console.
4. Scroll through the Informational settings.



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.

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TRAINING AND EXERCISING

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 P30i console

The P30i console focuses on essential fitness stats and one-touch speed and incline keys that keep you moving.



Number	Function	Number	Function
1	User message field	6	Pace keys: User programmable speed/incline interval settings (Low, Medium, High)
2	Displays METs exertion level, incrementing every 30 seconds	7	Quick speed keys (1 to 12 MPH)
3	Pauses workout	8	Quick incline keys (0 to 15%)
4	Saves speed and incline settings for Pace keys	9	Workout statistics displays
5	Press to begin workout		

Start exercising

To start a workout press **START**. Use the Quick keys and machine controls to continue your workout, or use the Pace keys to program speed, incline, or both settings for up to three work/rest intervals. To program the speed setting in increments, press two keys, for example, **SPEED + 5 + 3**, to program 5.3 MPH.

To program the Pace keys:

1. Press **START** to begin a workout.
2. Press a **Pace** key, and then press the desired **INCLINE** and **SPEED** keys.
Note You have one and half seconds to enter your selection.
3. Press **OK**.

At the end of your workout, a summary screen displays your average heart rate during your workout and your accumulated workout metrics. The pace settings are not saved once you complete a workout or return to the banner screen.

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.