

Assembling and Maintaining TRM 800-Series Treadmills



PRECOR®

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PRECOR®

Edition Information

ASSEMBLING AND MAINTAINING TRM 800-SERIES
TREADMILLS

P/N 303175-114 rev E

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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.

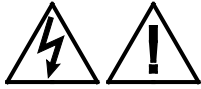
Careful consideration should be given to the requirements of the Americans with Disabilities Act (ADA), US Code 28 CFR (see Section 305). ASTM standards are voluntary and may not reflect current industry standards. The actual area for access, passage around, and emergency dismount is the responsibility 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.*

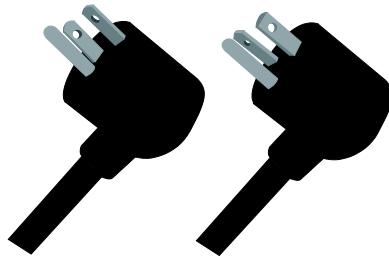


Figure 1: NEMA 5 and NEMA 6 plugs

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 www.precor.com.

Obtaining Updated Documentation

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

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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.

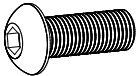

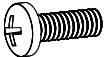
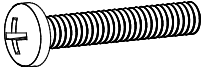


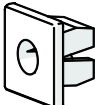
CAUTION: Do not use a non-grounded outlet or transformer. Do not remove or otherwise bypass the plug with an adapter. Electrical damage can occur and void the Precor Limited Warranty if the treadmill is connected to an improper power source.

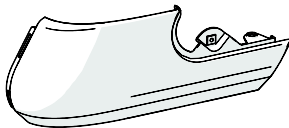
Required Tools

- $\frac{5}{32}$ -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

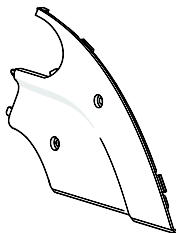
Hardware Kit (not to scale)

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
	3/8-inch x 1-inch buttonhead screws	12
	1/4-inch x 1-inch buttonhead screws	4
	1/4-inch x 3/4-inch panhead self-tapping screws	6
	1/4-inch x 1 1/2-inch panhead self-tapping screws	2
	3/8-inch narrow flat washers	12
	1/4-inch x 3/8-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.

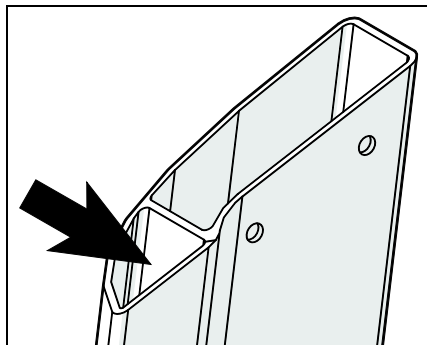
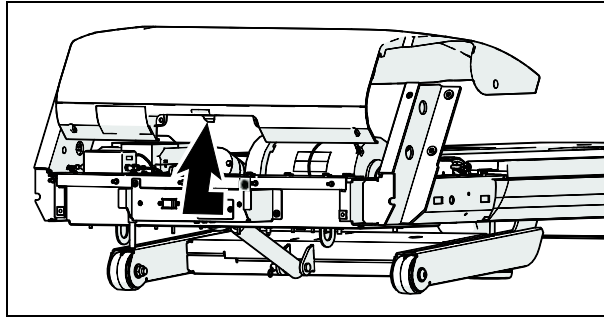


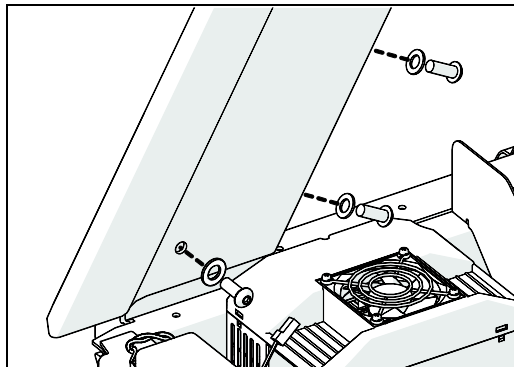
Figure 2: Cable channel location

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 3: 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 $\frac{3}{8}$ -inch \times 1-inch buttonhead screws and three $\frac{3}{8}$ -inch narrow flat washers. Partially tighten the fasteners using a $\frac{7}{32}$ -inch hex wrench.

**Figure 4: 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 $\frac{3}{8}$ -inch \times 1-inch buttonhead screws, then partially tighten the fasteners using a $\frac{7}{32}$ -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.

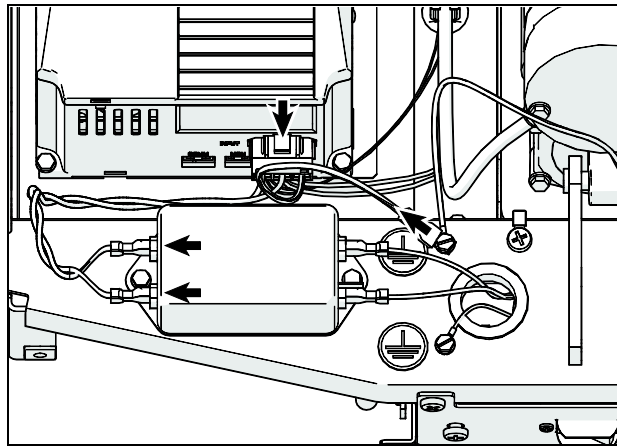


Figure 5: Removal of existing power harness

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

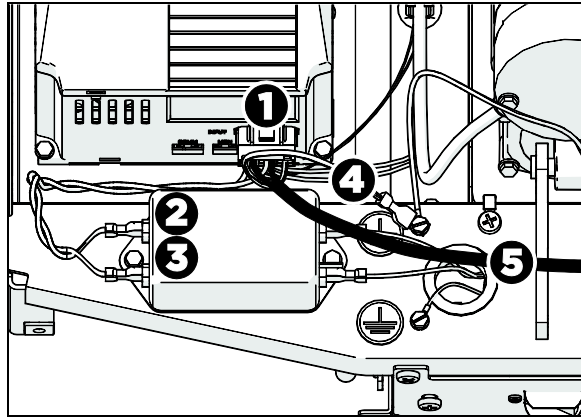


Figure 6: P80 power harness connection points

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 1/2-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.

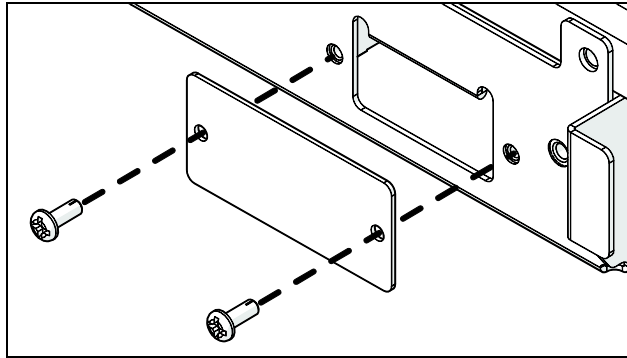


Figure 7: Blank plate removal

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.

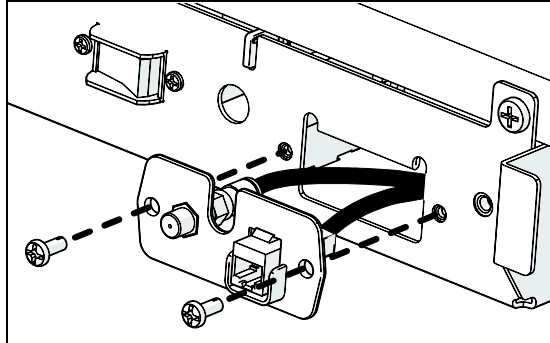


Figure 8: Accessory jack panel installation

To attach the treadmill fairing and finish installing the cables:

1. Detach the six $\frac{1}{4}$ -inch \times $\frac{3}{4}$ -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.

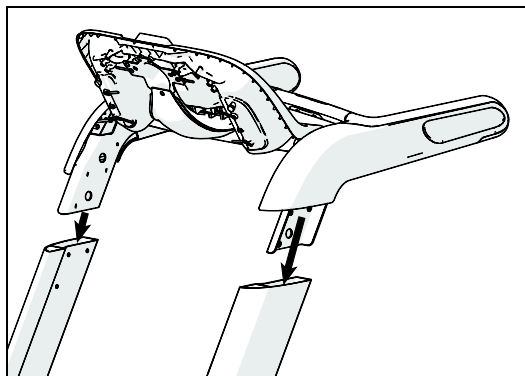


Figure 9: Fairing position in upright supports

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.

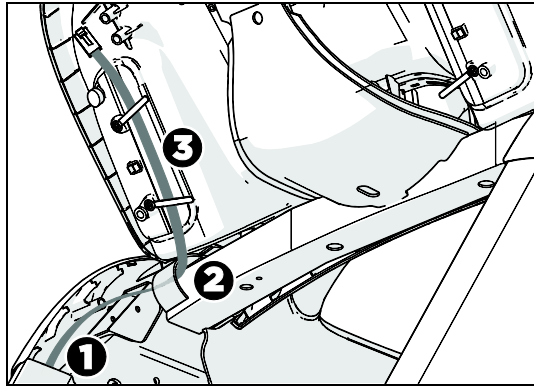


Figure 10: Base unit data cable positioning

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.

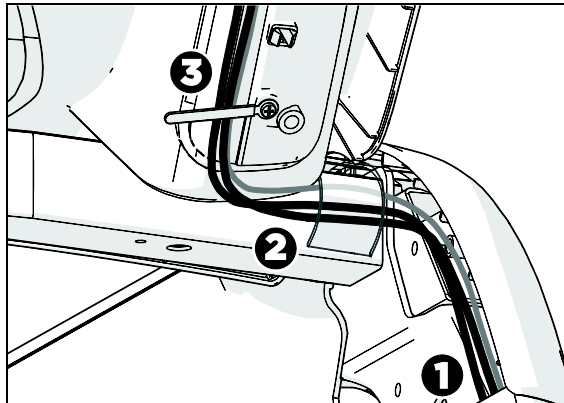


Figure 11: Console cable assembly positioning

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 $\frac{3}{8}$ -inch \times 1-inch buttonhead screws and six $\frac{3}{8}$ -inch narrow flat washers. Partially tighten the fasteners using a $\frac{7}{32}$ -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.

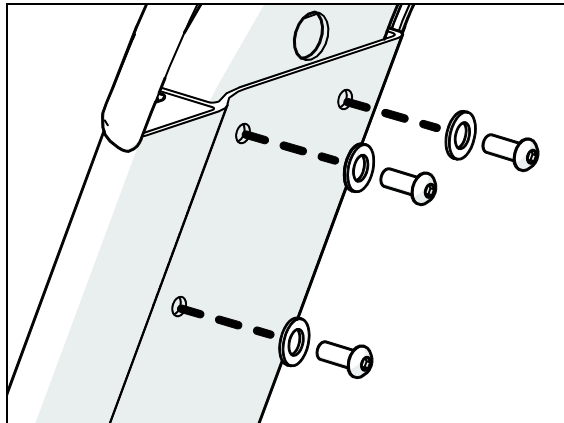


Figure 12: Fairing assembly attachment

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.

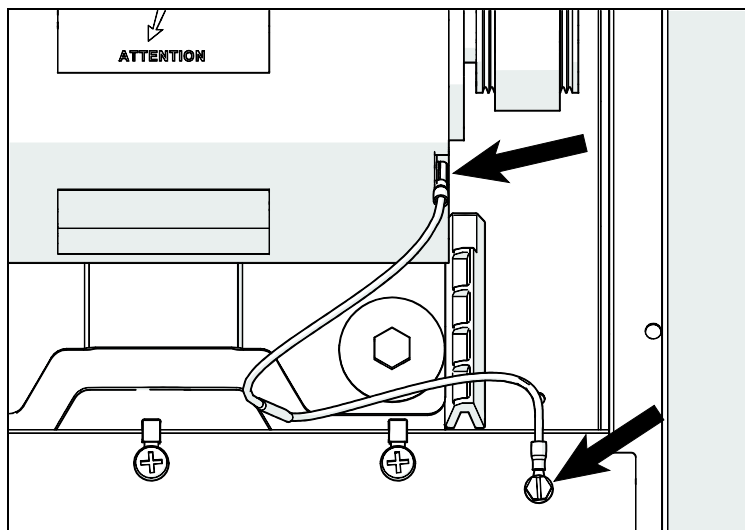


Figure 13: Electrical bleed line connection points

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.

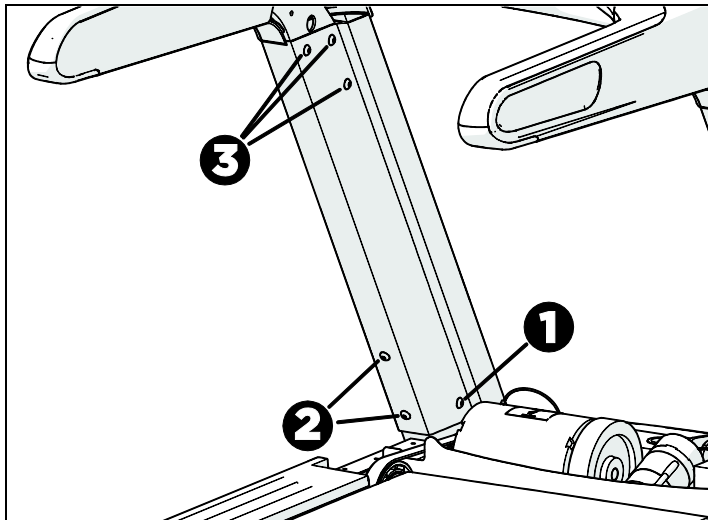
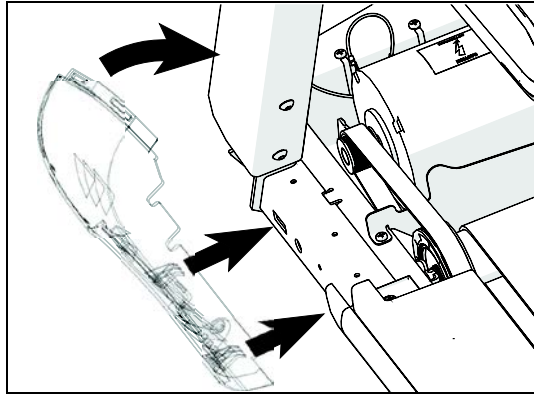


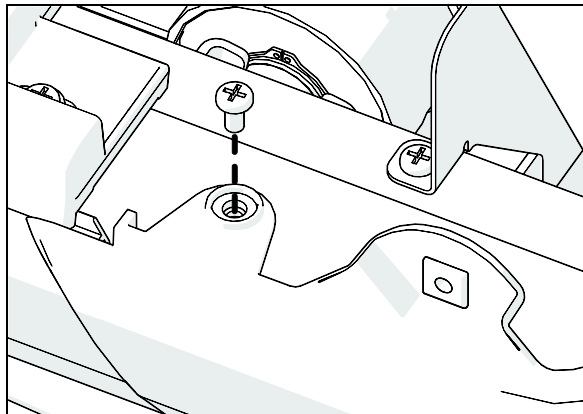
Figure 14: Tightening sequence for upright support fasteners (one side shown)

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 15: Corner cover positioning**

2. Secure each corner cover in place using a 1/4-inch × 3/4-inch panhead self-tapping screw and tighten both screws using a #3 Phillips screwdriver.

**Figure 16: 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.

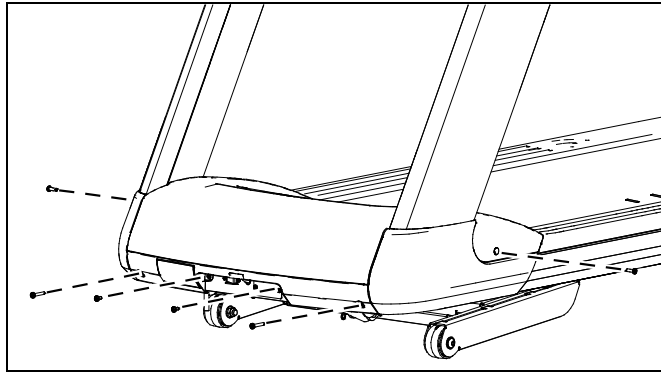


Figure 17: Hood installation and attachment

6. Insert one $\frac{1}{4}$ -inch \times $\frac{3}{4}$ -inch panhead self-tapping screw into each of the two side holes. Partially tighten both screws.
7. Insert one $\frac{1}{4}$ -inch \times $1\frac{1}{2}$ -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 $\frac{1}{4}$ -inch \times $\frac{3}{4}$ -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 $\frac{3}{4}$ 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.

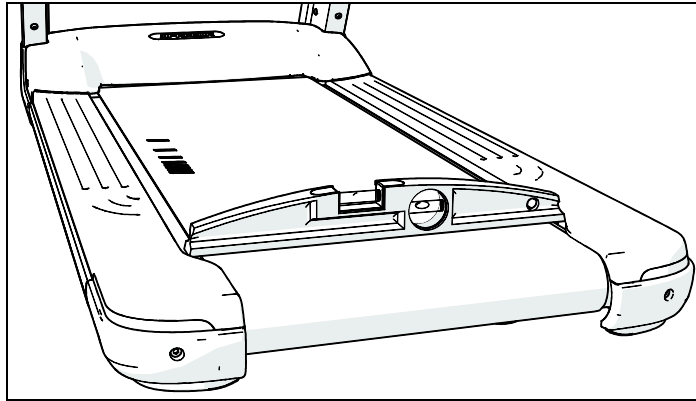


Figure 18: Bubble level placement on running belt

<i>If the treadmill ...</i>	<i>Then ...</i>
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 $\frac{3}{4}$ -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 $\frac{3}{4}$ -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 $\frac{3}{4}$ -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.

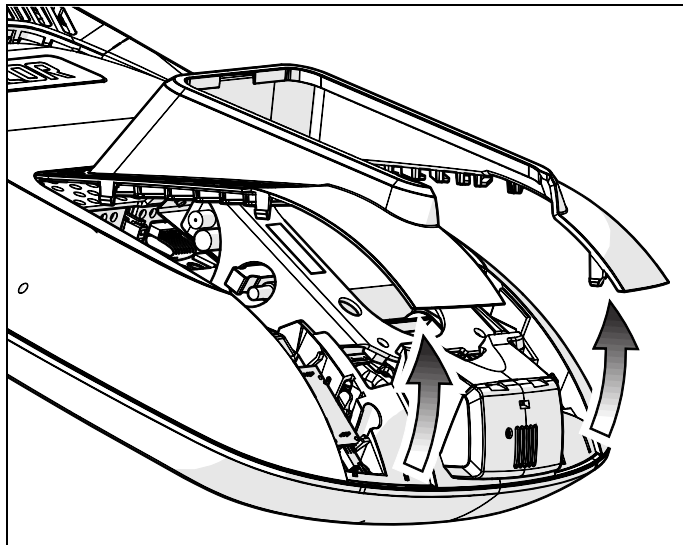


Figure 19: Removing the access cover from the P80 console

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.

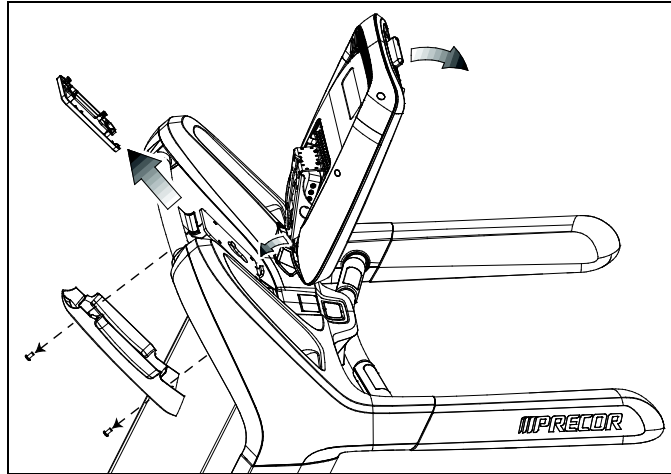


Figure 20: Console positioning on base unit

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.

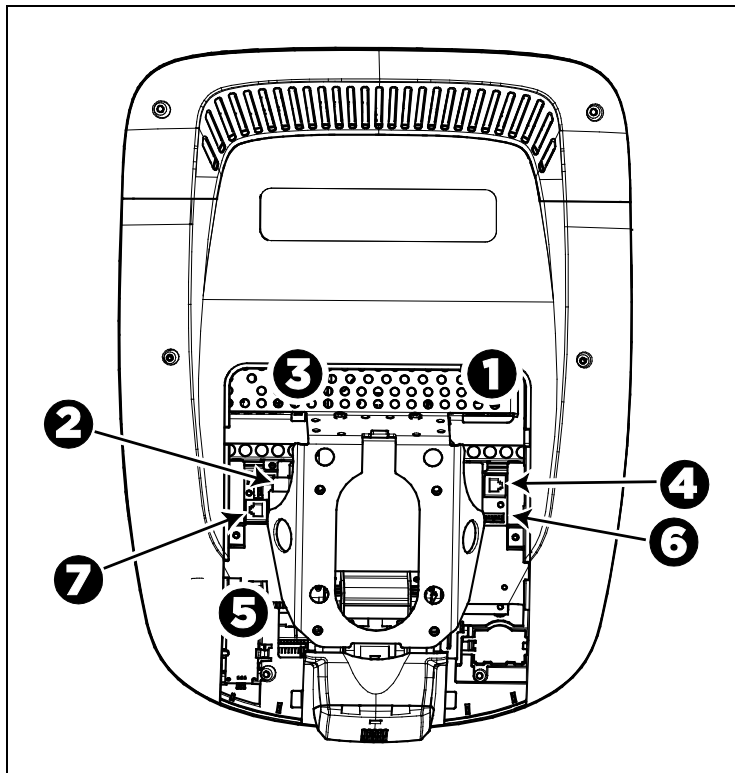


Figure 21: Cable connections, P80 console

Table 2. P80 internal cable connections

Cable	Connector Type	Circuit Connector Location
Ethernet (LAN)	Eight-contact modular, on round black cable	①
TV	F-type coaxial	②
Power	Split power cable	③
Data from base unit	Eight-contact modular, on flat gray cable	④
Heart rate sensors	Four-contact strip, keyed	⑤
Safety key (treadmills only)	Six-contact strip, keyed	⑥
CSAFE	Eight-contact modular, on flat gray cable	⑦

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 $\frac{7}{16}$ -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.

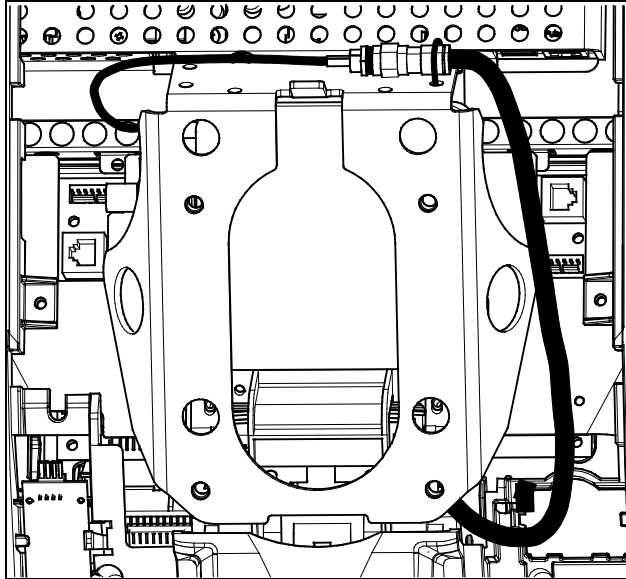


Figure 22: Connecting the television cable

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.

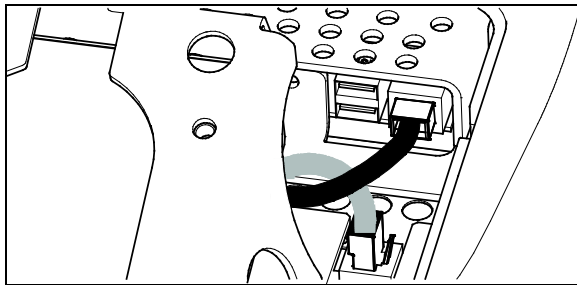


Figure 23: Connecting the Ethernet and base unit data cables

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.

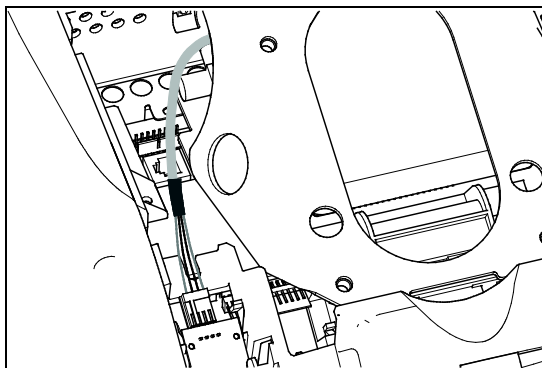


Figure 24: Connecting the heart rate cable

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 input connector on the split power cable and connect the power cable to it.

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

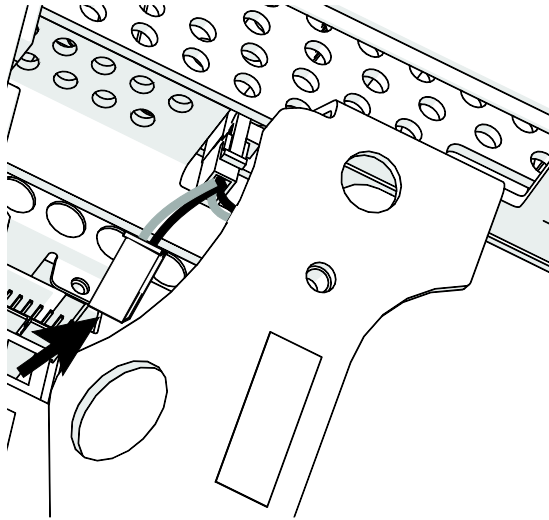


Figure 25: Connect power cable

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 1/4-inch × 3/8-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.

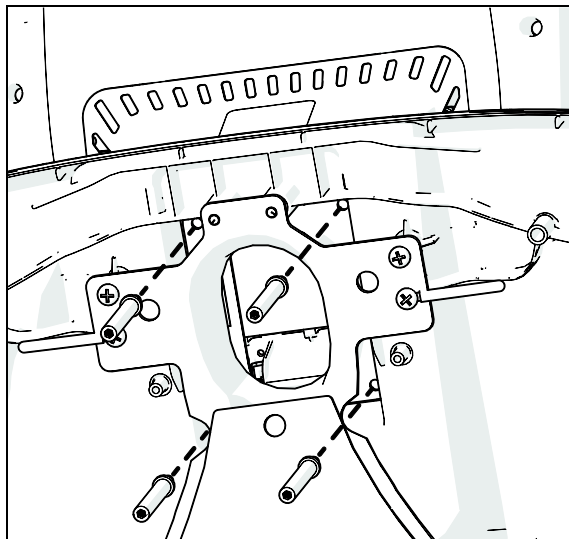


Figure 26: Securing the console

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.

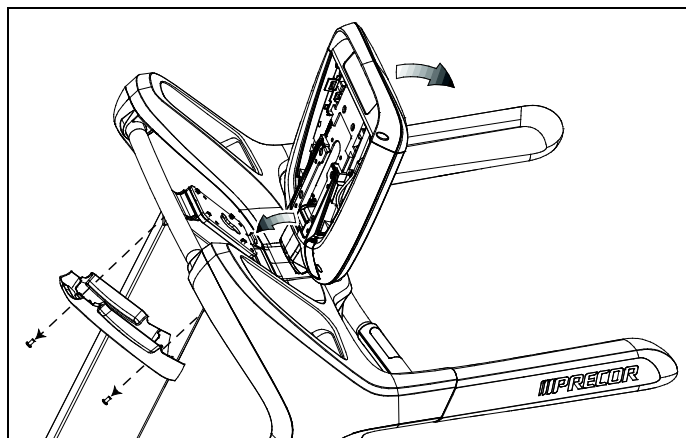


Figure 27: Console positioning on base unit

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.

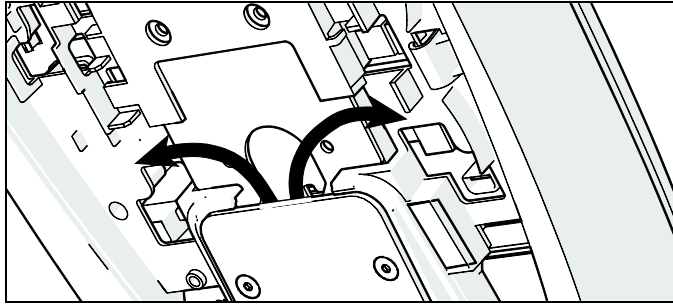


Figure 28: Cable routing from the mount into the console

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.

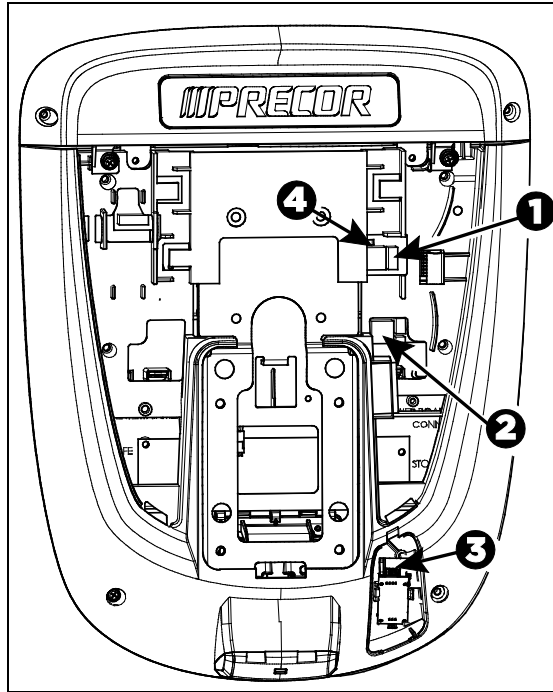


Figure 29: Cable connections, P30 and P10 consoles

Table 3. P30 and P10 internal cable connections

Cable	Connector Type	Circuit Connector Location
Safety key (treadmills only)	Six-contact strip, keyed	1
Data from base unit	Eight-contact modular, on flat gray cable	2
Heart rate sensors	Four-contact strip, keyed	3
CSAFE	Eight-contact modular, on flat gray cable	4

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 $\frac{1}{4}$ -inch \times $\frac{3}{8}$ -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 $\frac{3}{16}$ -inch hex wrench, tighten the shoulder bolts completely.

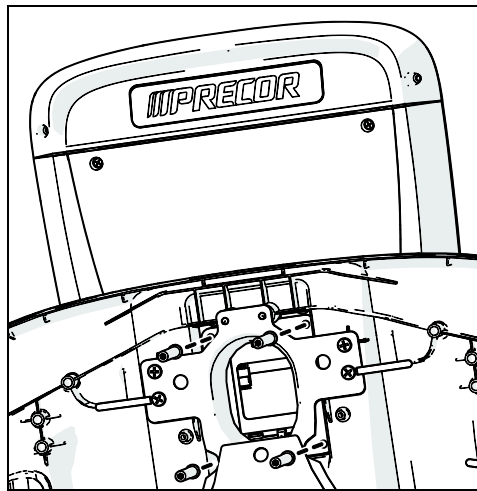


Figure 30: Securing the console

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 \times $\frac{1}{2}$ -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.

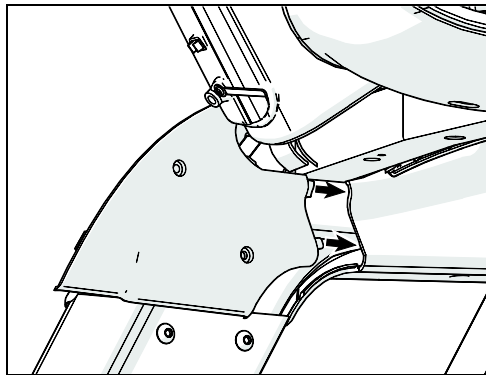


Figure 31: Access panel positioning

3. Secure the access cover with two 1/4-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.

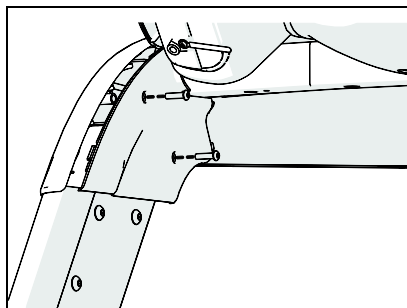


Figure 32: Access panel attachment

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 $\frac{1}{4}$ -inch \times $\frac{3}{4}$ -inch self-tapping panhead screws into the bottom two screw holes and partially tighten them.

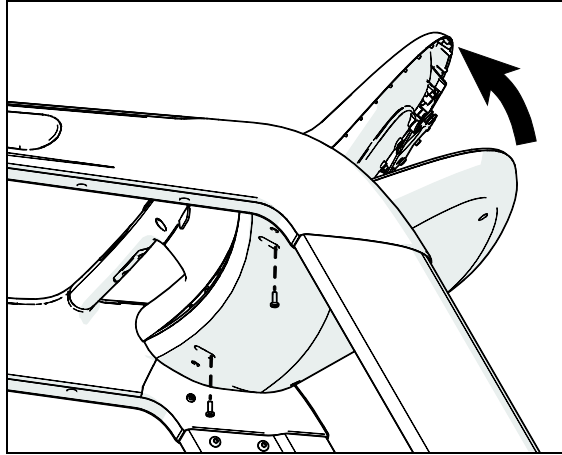


Figure 33: Rear cover positioning

6. Fit the rear cover into place. Secure it using four $\frac{1}{4}$ -inch \times $\frac{3}{4}$ -inch self-tapping panhead screws.

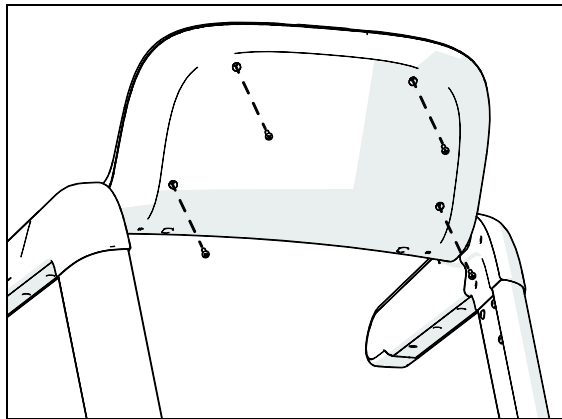


Figure 34: Rear cover attachment

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.

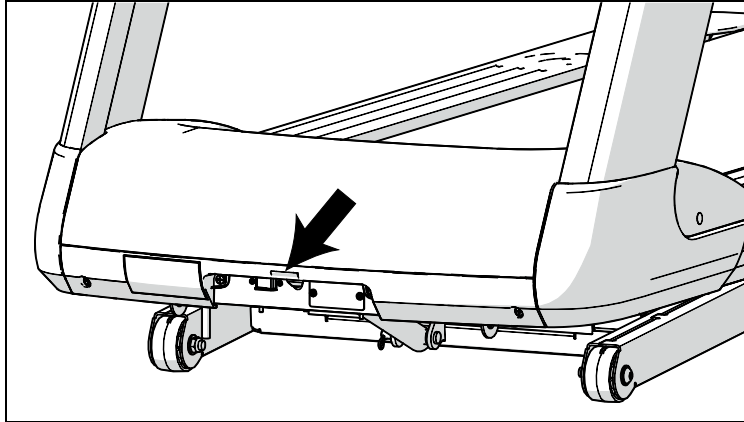


Figure 35: Status light location

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.

Status light appearance	Meaning	Action required
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. Check the alignment of the running belt as described in *Checking the Alignment of the Running Belt*. If the belt requires adjustment, see *Adjusting the Running Belt*.
2. Turn off the power switch or circuit breaker, then unplug the unit from the wall outlet.
3. Inspect the running belt and running deck for wear.
4. Clean the running belt and running deck as described in *Cleaning the Running Belt and Deck*.
Note: Precor recommends that you clean the running belt weekly to improve the longevity of the belt.
5. Clean the treadmill's frame using a cloth moistened with water or an approved cleaner.
6. Use water and a soft nylon scrub brush to clean the outer surface of the running belt.
7. 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.
8. 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).
9. Remove the front cover and remove any lint or debris, being careful not to damage the fan.
10. 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).
11. Clean and lubricate the lift motor screw with an approved grease such as SuperLube® with Teflon® or Mobil 1® synthetic grease.
12. Check all fasteners for proper tightness and torque.
13. Replace all covers.
14. 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.

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 $\frac{1}{4}$ 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.

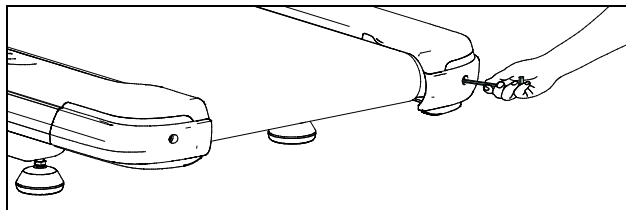


Figure 36: Location of the adjustment bolt

2. Use the hex key to tighten the adjusting bolt toward which the belt is shifting. Turn the bolt $\frac{1}{4}$ turn clockwise.
3. Recheck the belt position as described *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 $\frac{1}{4}$ turn clockwise.

Starts to shift in the opposite direction

Turn the **same** adjusting bolt $\frac{1}{8}$ turn or less counterclockwise.

Note: If the belt slips after you have adjusted it, tighten **both** adjusting bolts evenly, $\frac{1}{4}$ turn at a time, until the slipping stops. Do not overtighten the belt.

Cleaning the Running Belt and Deck

Important: Turn the treadmill off before cleaning the belt.

Weekly cleaning of the running belt and deck beneath it can greatly extend the life of the running belt. If you are unable to clean it weekly, Precor recommends that you clean it monthly.

CAUTION: DO NOT clean the belt while the treadmill is running.

To clean the running belt and deck:

1. Slide a soft, dry cloth beneath the running belt and the deck.
2. Pull the cloth back and forth from the drive roller (front) to the take-up roller (back).

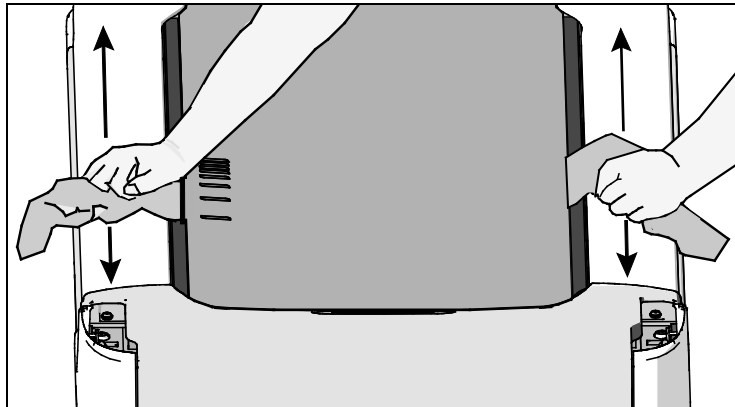


Figure 37: Cleaning the running belt

3. Remove cloth from under belt.
4. Grasp the belt and pull it around the rollers until another part of the belt is positioned for cleaning.
5. Repeat steps 1 through 4 until you have cleaned the entire belt and deck (about four belt pulls).
6. Inspect the running belt for alignment and tension and adjust as necessary.

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 Important Safety Instructions in this manual. You should also teach your patrons how to use the equipment safely, according to the guidelines on Entering the Safety Code.

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:

<i>If the user ...</i>	<i>Then the treadmill belt ...</i>	<i>And the console ...</i>
Pulls on the lanyard attached to the safety clip and trips the restart switch 1	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 2	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 38: 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.

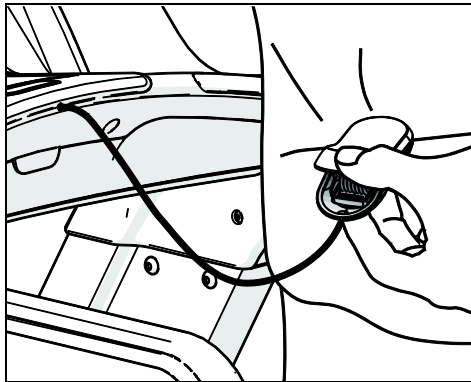


Figure 39: Attaching the safety clip

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.

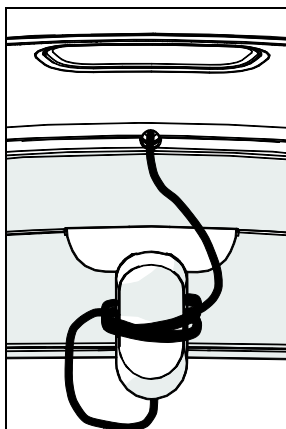


Figure 40: Safety clip storage

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.



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