



Commercial Treadmill Owner's Manual**

C966

** This document is a modified version of the C966 Literature Kit.
For more information, please refer to page 7.

C O M M E R C I A L P R O D U C T S D I V I S I O N

IMPORTANT SAFETY INSTRUCTIONS

When using the C966 treadmill, always follow basic precautions, including the following:

- To ensure your safety and to protect the unit, read all the instructions before assembling and using the treadmill.
- To ensure the proper use and safety of the treadmill, make sure that all users read this manual. Please make this manual a part of your club's training program. Remind the club users that before beginning any fitness program, they should obtain complete physical examinations from their physicians.

Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

DANGER — To reduce the risk of electrical shock, always unplug the unit from its power source before cleaning or performing any maintenance tasks.

WARNING — To reduce the risk of burns, fire, electric shock, or injury to persons, take the following precautions:

- Do not allow children or those unfamiliar with its operation on or near the treadmill. Do not leave children unsupervised around the treadmill.
- Never leave the treadmill unattended. Unplug the unit from the power outlet when it is not in use, before cleaning it, and before putting on or taking off parts. Do not adjust the running belt when someone is standing on the unit.
- Assemble and operate the treadmill on a solid, level surface. Locate the treadmill a few feet from walls or furniture. Check the unit before each use and verify that all fasteners are secure. Maintain the treadmill in good working condition.
- Use the treadmill only for its intended use as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer; such attachments might cause injuries.
- If you purchased the optional POLAR® chest strap, review the guidelines found in the literature that is supplied with that option.
- Never operate the unit if it is damaged, if it is not working properly, if it has been dropped, or if it has been dropped in water. Return the unit to a service center for examination and repair.
- Keep all electrical components such as the motor, power cord, and I/O switch, away from liquids to prevent shock. Do not set anything on the handrail, display console, or hood. Place liquids, magazines and books in the appropriate receptacles.
- Keep the power cord away from heated surfaces.
- Do not operate the treadmill where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- The security clip must be attached at waist level prior to beginning a workout. A cord connects the security clip to the red STOP button on the console. If a user encounters difficulties, a strong tug on the security cord or a quick tap on the red STOP button will stop the running belt.
- Use care when getting on or off the treadmill. Use the stationary handrail whenever possible. Place your feet firmly on the right and left side platforms before the running belt begins moving (prior to a workout). Step onto the running belt when the speed is at or below 1 mph (1.6 kph).

IMPORTANT SAFETY INSTRUCTIONS

- Never step off the treadmill while the running belt is moving. Keep your body and head facing forward. Never attempt to turn around on the treadmill.
- Never turn ON the treadmill when someone is standing on the machine.
- Never block the air openings on the hood while operating the treadmill. Keep the air openings clean and free of lint, hair, or anything that might impeded the free flow of air. Never drop or insert objects into any opening.
- Wear proper exercise clothing and shoes during a workout—no loose clothing. Tie long hair back. Keep all loose towels away from the running surface. The running belt will not stop immediately if an object becomes caught in the belt or rollers.
- Do not rock the unit. Do not stand on the display console or hood.
- Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

SAFETY APPROVAL

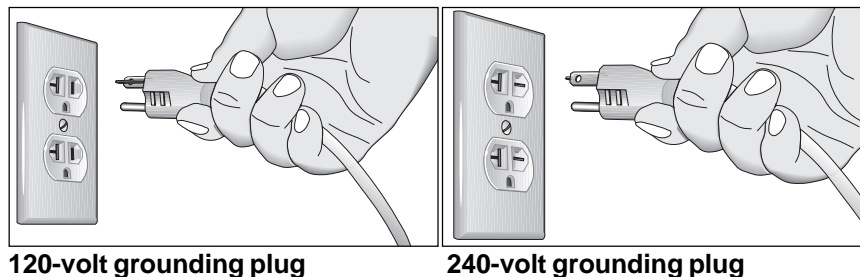
When identified with the ETL-c logo, the treadmill has been tested and conforms to the requirements of CAN/CSA-E-335-1/3-94, Safety of Household and Similar Electrical Appliances.

GROUNDING INSTRUCTIONS

The C966 treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current which reduces the risk of electrical shock. The C966 treadmill is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. If you do not follow these *Grounding Instructions*, you could void the Precor limited warranty.

DANGER — Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with the treadmill. If it doesn't fit the outlet, get a proper outlet installed by a qualified technician.

Diagram 1
Correct power outlet for U.S. Markets:
120-volt and 240-volt plugs.



120-volt grounding plug

240-volt grounding plug

120V Units and 240V Units Designated for U.S. Markets

The C966 treadmill must be connected to a dedicated, grounded circuit. A 20 amp dedicated circuit is recommended. The treadmill is factory-equipped with a specific power supply cord to permit connection to a proper electric circuit as shown in Diagram 1. Make sure that the treadmill is connected to an outlet having the same configurations as the plug. No adapter should be used with this product.

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RADIO FREQUENCY INTERFERENCE (RFI)

Federal Communications Commission Part 15

The treadmill has been tested and found to comply with:

- The IEC EMC Directive (international electromagnetic compatibility certification)
- 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 treadmill 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. Operation of the treadmill in a residential area is likely to cause harmful interference. If this occurs, the user will be required to correct the interference at his or her own expense.

WARNING — Per the requirements of the Federal Communications Commission, changes or modifications to this product, not expressly approved by Precor, could void the user's authority to operate the product.

Canadian Department of Communications

This digital apparatus does not exceed the Class A limits for radio noise emissions from digital apparatus set out in the Radio Interference Regulations of the Canadian Department of Communications.

Le présent appareil numérique n'émet pas de bruits radioélectriques dépassant les limites applicables aux appareils numériques de la Class A prescrites dans le Règlement sur le brouillage radioélectrique édicté par le ministère des Communications du Canada.

EUROPEAN APPLICATIONS

This product conforms to the requirements of the European Council Directive 89/336/EEC, *Electromagnetic Compatibility* and has been tested to the following standards:

EN55022, Limits & Methods of Measurement of Radio Interference, Information Technology Equipment (Class A). Per the standard, the treadmill is a Class A product. In a domestic environment, this product may cause radio interference, in which case the user is responsible to take adequate measures to alleviate the interference.

EN50082-1, Generic Immunity Standard for Residential, Commercial and Light Industrial Products (Class A).

This product additionally conforms to the requirements of the European Council Directive 73/23/EEC, *Low Voltage Directive* and has been tested to the following standard:

IEC 335-1, Safety of Household and similar Electrical Appliances.

OBTAINING SERVICE

Do not attempt to service the treadmill yourself except for the maintenance tasks described in this manual. The treadmill does not contain any user-serviceable parts. For information about product operation or service, visit the Precor Web Site at www.precor.com or contact an authorized Precor Commercial Products Customer Support Representative at 1-888-665-4404.

To help customer support personnel expedite your call, have your serial number available. The serial number can be found on the shipping container or on the label near the power receptacle. If you have any questions regarding the treadmill, use the model and serial numbers whenever you call a Precor dealer or Precor Customer Support.

Model number: **C966**

Unit number: _____ Serial number: _____

Unit number: _____ Serial number: _____

Unit number: _____ Serial number: _____

ABOUT THIS MANUAL

This manual is a modified version of the owner's manual which accompanies the Precor product. It does not include warranty information, club customization programming instructions, or exploded views. If you wish to receive an up-to-date product literature kit, please contact an authorized Precor Commercial Products Customer Support Representative.

This manual includes instructions for installing and using the treadmill. To maximize the use of the treadmill, please study this manual thoroughly. The manual uses the following conventions for identifying special information:

Note: Contains additional information.

Important: Indicates information to which you should pay special attention.

CAUTION: Indicates steps or information necessary to prevent harm to yourself or damage to the equipment.

WARNING — Provides instructions to prevent electrical damage to the equipment and injuries to yourself.

DANGER — Indicates steps you must take to prevent electrical shock.

Unpacking the Treadmill

Thank you for purchasing the Precor C966 treadmill. Built to the exacting standards of the health club environment, the treadmill is intended for commercial use and can withstand the rigors of daily club use with little maintenance.

Important: Before using the treadmill, we urge you to familiarize yourself and your staff with the entire Owner's Manual. Understanding this manual will help you and your customers use the treadmill safely and successfully.

CAUTION: This unit weighs over 350 pounds (158 kilograms). To prevent injury to yourself or damage to the equipment, obtain appropriate assistance before removing the unit from the pallet.

The treadmill is carefully inspected before shipment so it should arrive in good operating condition. Precor ships the unit in the following pieces:

- | | |
|---|---|
| <input type="checkbox"/> Base frame assembly with hood | <input type="checkbox"/> Hardware kit |
| <input type="checkbox"/> Two upright supports | <input type="checkbox"/> Owner's Manual |
| <input type="checkbox"/> Display console with cable | <input type="checkbox"/> Power cord |
| <input type="checkbox"/> Two handrails (left and right) | |

If any items are missing, refer to *Obtaining Service* on page 7.

STANDARD EQUIPMENT

The treadmill incorporates the Precor SmartRate® and Heart Rate features into its display console. Devices, such as FitLinxx®, that are CSAFE compatible, can also be attached.

The Precor “touch” heart rate is standard on the C966 and provides electrode strips, called “grips,” on the center handrail. When a user grasps the metal-portion of the center handrail, a heart rate is transmitted to the receiver.

Note: If a user does not wish to use the touch-sensitive hand grips, an optional POLAR® chest strap can be purchased and worn. The chest strap transmits the user's heart rate and it appears as a number in the HEART RATE display.

OTHER EQUIPMENT

Optional equipment available through your dealer includes:

- POLAR® chest strap.
- Long handrails.

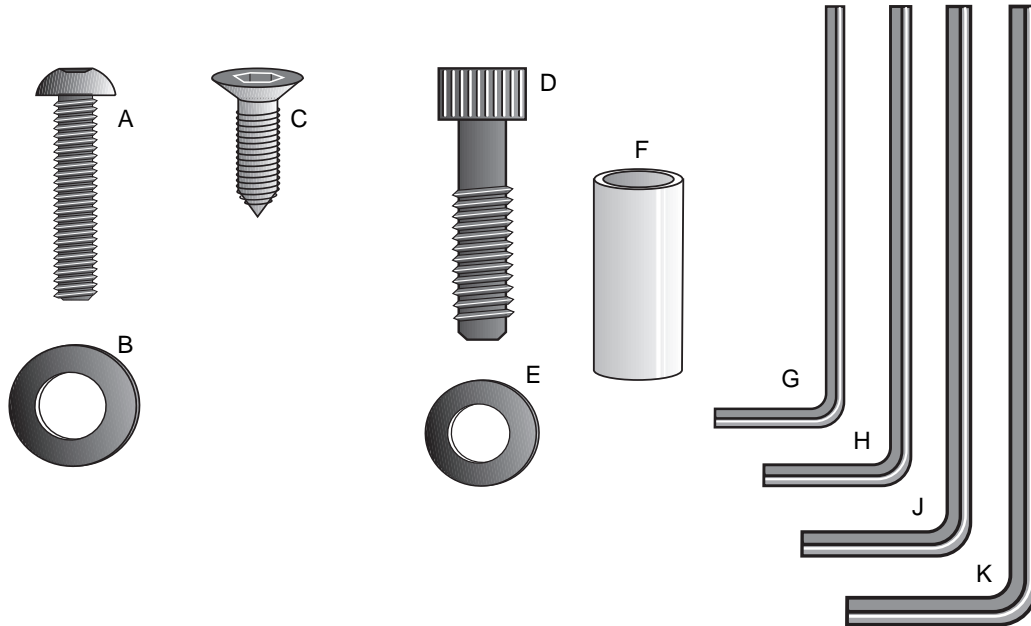
If you are interested in obtaining Precor option kits for your unit, check with your dealer. For customer support, see *Obtaining Service* on page 7.

HARDWARE KIT

After unpacking the treadmill, open the hardware kit and make sure that you have the following items shown in Diagram 2.

- (A) twelve 1-inch buttonhead hex screws
- (B) twelve flat stainless steel washers — place on 1-inch buttonhead hex screws
- (C) four 5/8-inch flat head hex screws — attach to upper handrails
- (D) four 3 1/4-inch socket head screws — install upright supports
- (E) four flat stainless steel washers — place on 3 1/4-inch socket head screws
- (F) four barrel spacers — place on 3 1/4-inch socket head screws after washers
- (G) 5/32-inch hex key — attach handrails to display frame
- (H) 3/16-inch hex key — attach hood, mount upright supports, attach display and handrails to base frame
- (J) 1/4-inch hex key — attach upright supports to base mounting brackets
- (K) 5/16-inch hex key — adjust running belt

Diagram 2 Hardware kit (not shown to scale).



Note: After assembling the treadmill, be sure to store the hex keys in a secure place. The tools are used for specific maintenance procedures that are described in this manual.

Setting Up the Treadmill

You do not need any special knowledge or experience to set up the treadmill. However, because of its size and weight, you will need to obtain assistance.

INSTALLATION REQUIREMENTS

Follow these installation requirements when installing the treadmill. *If you do not install the treadmill according to the following guidelines, you could void the Precor limited warranty.*

- **Set up the treadmill on a solid, flat surface.** Unpack and assemble the treadmill close to where you plan to use it. Make sure that the flat surface under the unit is smooth and level. A level unit is required for the user's safety and proper operation.
- **Provide ample space around the unit.** Open space around the unit makes for a safer mount and dismount.
- **Fill out and mail the limited warranty card.** The serial number can be found on the shipping container or on the label near the power receptacle. Write the serial number onto the Precor limited warranty card found on the back cover of this manual and in the *Obtaining Service* section on page 7.
- **Use the appropriate voltage, dedicated circuit, and grounding as specified on the treadmill.** The treadmill is available in both 120-volt and 240-volt models. Refer to the treadmill's identification label to determine the voltage that your treadmill requires. Both the 120-volt and 240-volt models require a **dedicated** circuit. A 20 amp circuit is recommended.

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. Refer to *Grounding Instructions* on page 3.

ADDITIONAL TOOLS NEEDED

Obtain the following tools *before* assembling the treadmill.

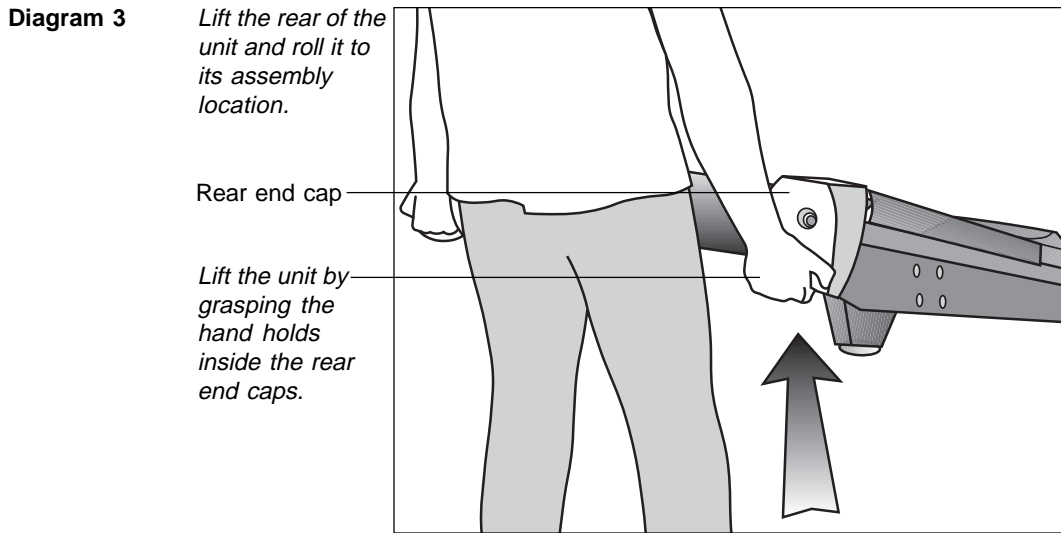
- Wire cutter
- Medium weight string
- Bubble level
- 1/2-inch box end wrench
- SAE standard socket set with a ratchet or 8-inch crescent wrench

ASSEMBLY INSTRUCTIONS

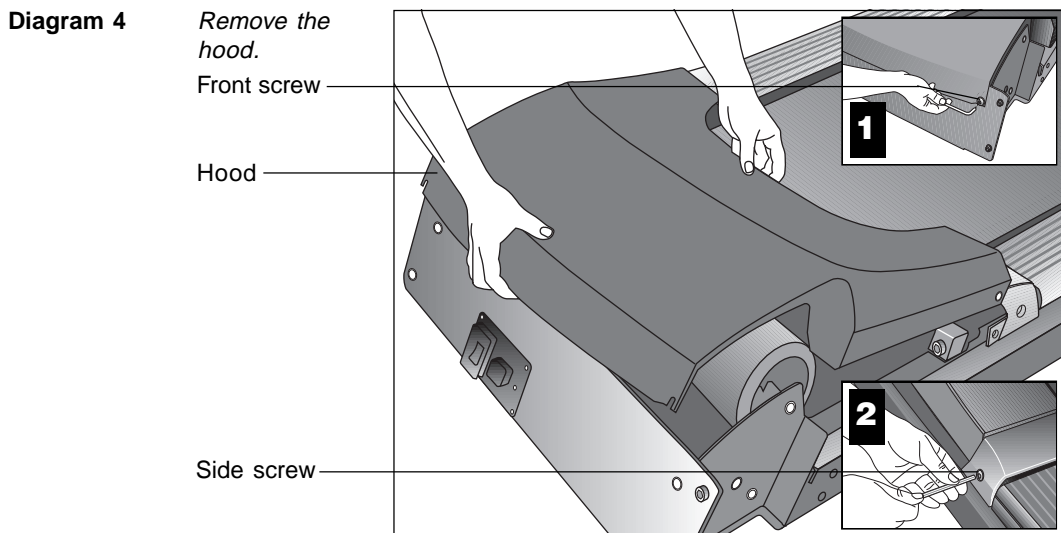
Take the following steps to assemble the treadmill.

CAUTION: To avoid injury and ensure your safety, get assistance before moving the treadmill off the pallet. Do not drop the unit.

1. **Think about the site and location.** Have your assistants help place the shipping carton close to the location where you plan to use the treadmill. Break down the side walls of the shipping carton so that they lie flat. Remove the loose contents.
2. **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.



- 3. Move the treadmill.** Diagram 3. Grasp the hand holds inside the rear end caps and use proper lifting techniques to lift the rear end so that you can roll the treadmill on its front wheels. To avoid injury to yourself or damage to the unit, ask for help in maneuvering the treadmill.



- 4. Remove the hood.** Diagram 4. Loosen and remove the two front buttonhead screws using the 3/16-inch hex key. See Diagram 4, #1. Next, remove the two side socket head screws using the 1/4-inch hex key. See Diagram 4, #2. Lift the hood off the treadmill and set it aside.

Note: Your treadmill may have a transition piece similar to that shown in this illustration. If it does, note the location of the side screw.

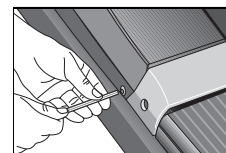
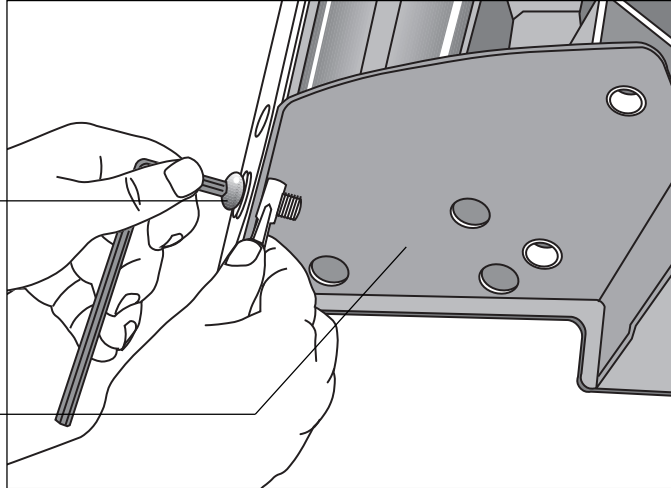


Diagram 5

Remove the shipping fasteners from the left side front panel.

Shipping fasteners found on left and right sides of the front panel.

Left side mounting bracket



5. Attach the left side upright support. Diagram 5. Take the following steps.

- a. Remove the shipping fasteners from the front panel. With the supplied hex key and a 1/2-inch box end wrench, loosen and remove the two bolts, washers and nuts on the left side of the front panel. These fasteners hold the front panel in place during shipping. (The front panel will drop slightly when you remove the fasteners.) Discard the nuts, but keep the bolts and washers.

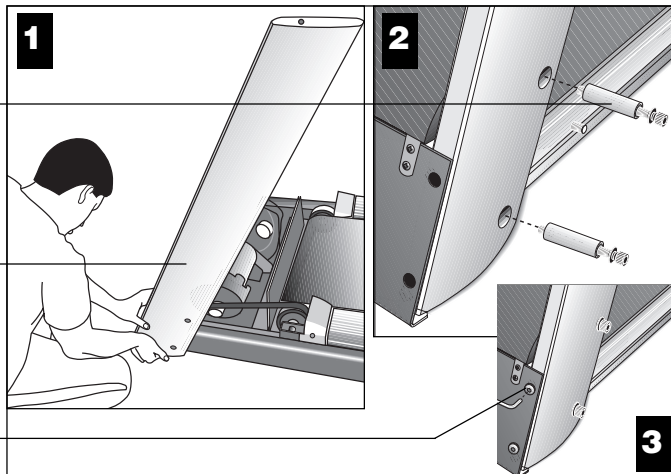
Diagram 6

Secure the left upright support.

Screws (D), washers (E), and barrel spacers (F)

Left upright support

Shipping fasteners with washers

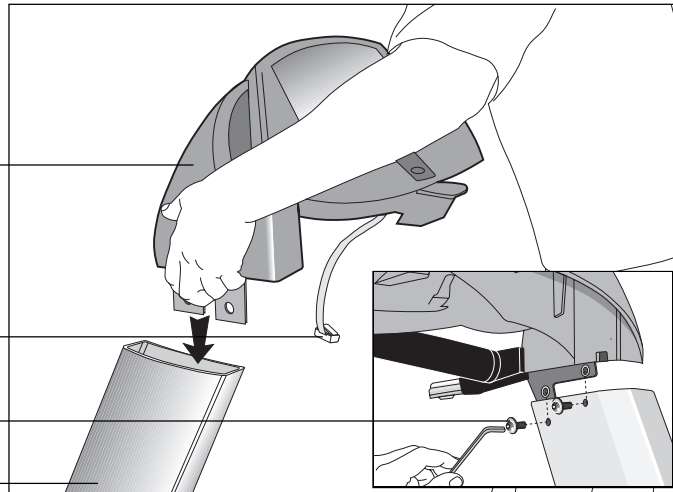


- b. Attach the left upright support by placing it inside the base mount and aligning the mounting holes. Obtain two bolts (D), washers (E) and barrel spacers (F) from the Hardware kit. Place a washer and barrel sleeve on each bolt and insert the fasteners through the side of the upright support and into the base mounts. Use the 1/4-inch hex key to secure the bolts, but leave room for adjustments. See Diagram 6, #1 and #2.
- c. Reinsert the two shipping fasteners (bolts and washers only) removed in step 5a, and finger tighten. See Diagram 6, #3.

Diagram 7

Attach the display console to the left upright support.

Display console
 Display cable
 Screws (A) with washers (B)
 Left side upright support



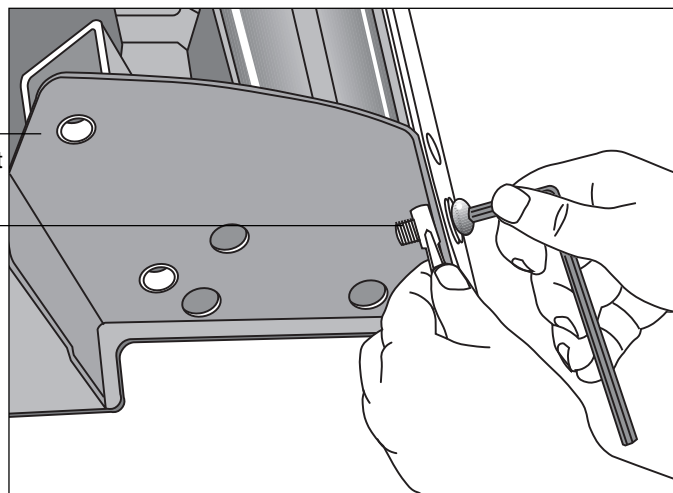
CAUTION: To avoid damage to the display cable, read the following steps carefully. Damage to the cable due to improper assembly is not covered by the Precor limited warranty.

6. **Secure the display console to the left upright support.** Diagram 7. Remove any tape or wire ties that secure the display cable. Unwrap the cable to remove kinks. Ask an assistant to hold the display console in place while you attach it to the left upright support using two buttonhead screws (A) with washer (B). Finger tighten.

Diagram 8

Remove right side front panel screws.

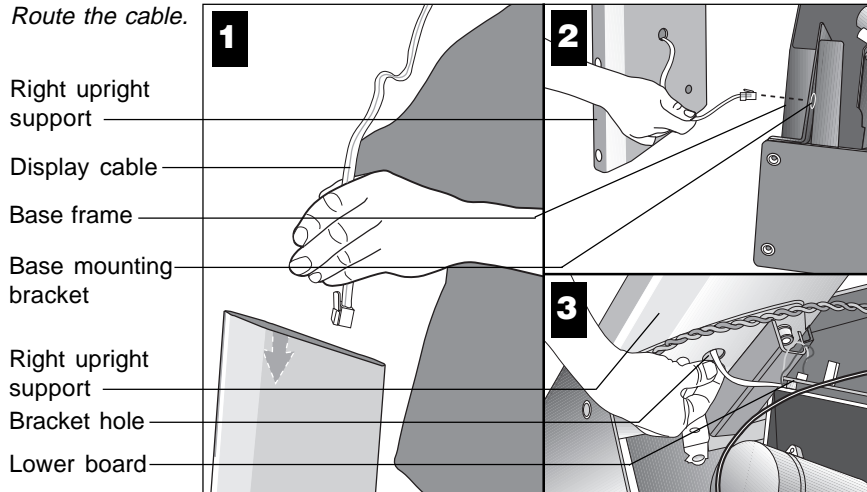
Right side mounting bracket
 Front panel fasteners



7. **Prepare to attach the right side upright.** Diagram 8. Take the following steps:
 - a. Remove the shipping fasteners from the right front panel. Follow the same process as in step 5a. With the supplied hex key and a 1/2-inch box end wrench, loosen and remove the two bolts, washers and nuts on the right side of the front panel.

Diagram 9

Route the cable.



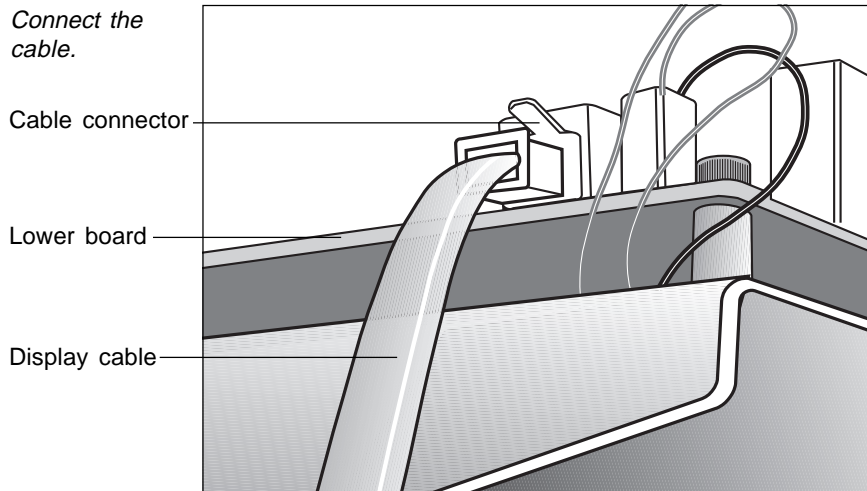
- b. Route the display cable through the right upright support. Ask an assistant to hold the upright support close to the right side mounting bracket. Route the cable through the upright support (see Diagram 9, #1) and pull it out of the large hole on the side of the support near its base. Diagram 9, #2.

Note: If you encounter difficulties with the cable, try tying a string to the end of the cable. Attach a washer to the opposite end for weight and route it through the upright support.

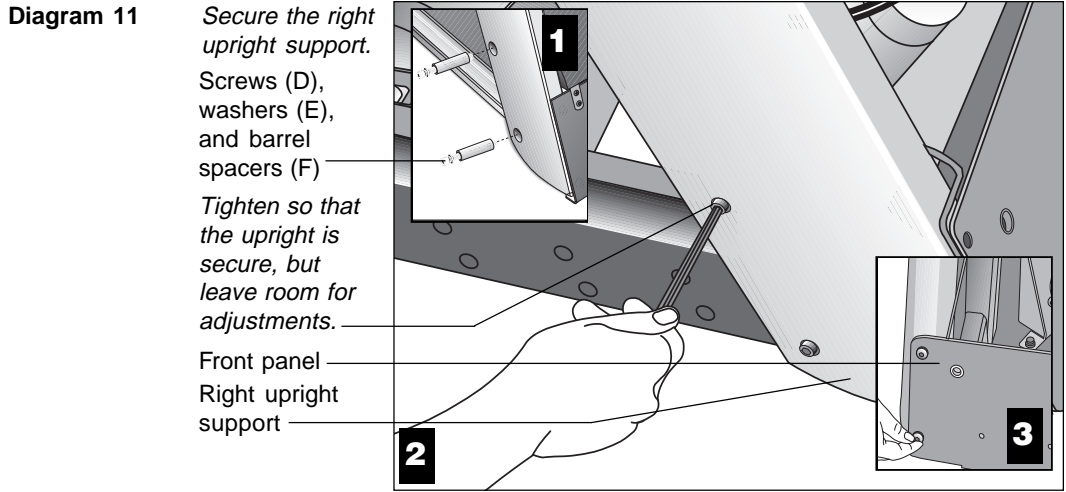
- c. Ask your assistant to position the right upright support inside the base mounting bracket and align the mounting holes as you pull the cable through the mounting bracket hole in the base frame. See Diagram 9, #3.

Diagram 10

Connect the cable.

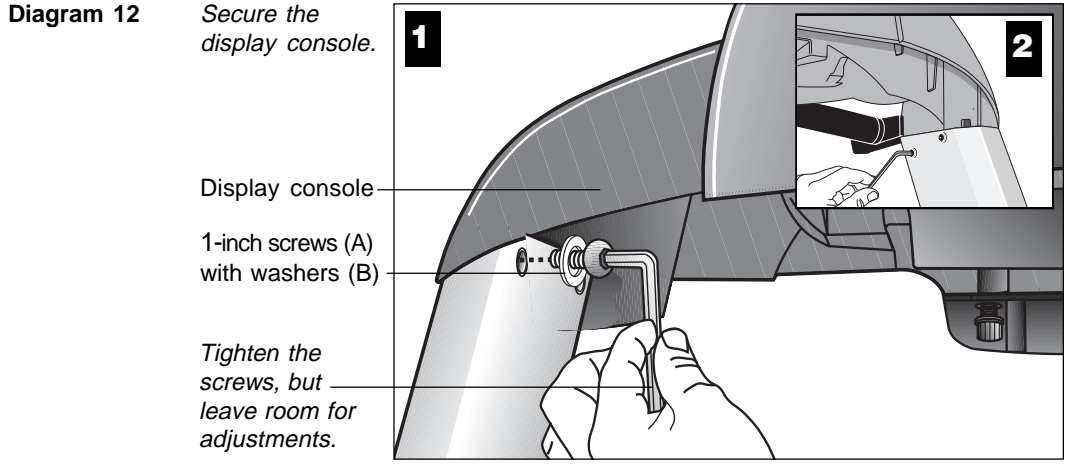


- d. Plug the cable connector into its receptacle on the lower board near the motor. See Diagram 10. A definite “click” is heard when the cable is properly attached. If you do not hear and feel the connector snap into place, reinsert it.



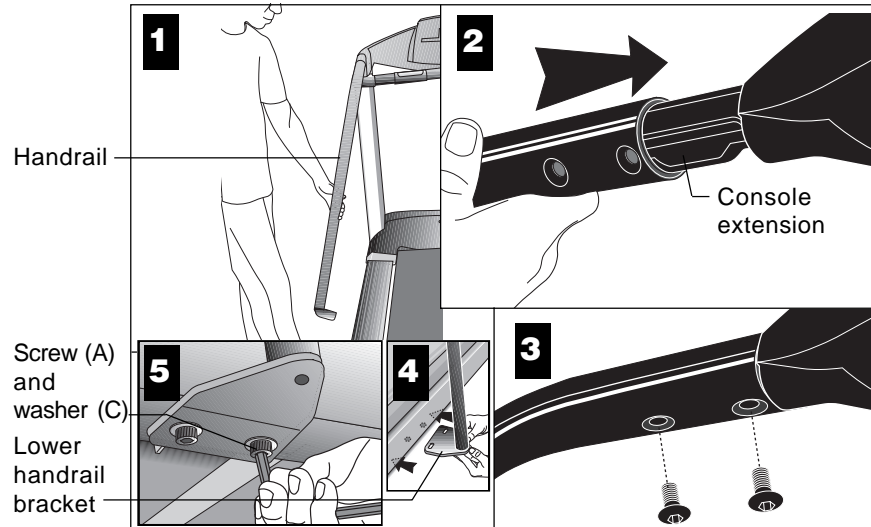
8. **Secure the upright support.** Diagram 11. Obtain two screws (D), washers (E) and barrel spacers (F) from the Hardware kit. Place a washer and barrel sleeve on each bolt and insert the fasteners through the side of the upright support and into the base mounts. Diagram 11, #1. Secure the upright support using the 1/4-inch hex key. See Diagram 11, #2.

Important: Do not securely tighten the screws until after the unit has been fully assembled. Make sure that the bolt and spacer do not pinch the cable.
9. Insert the two bolts removed in step 7a, and finger tighten. Diagram 11, #3.



10. **Secure the display console to the upright supports.** Diagram 12, #1. Align the display console with the right side upright support mounts. Insert two 1-inch screws (A) with washers (B) and finger tighten. Use the supplied hex key to secure the screws, but leave room for adjustments.. Do the same for the opposite upright support. See inset in Diagram 12, #2.

Diagram 13 *Handrail alignment and installation.*



Important: *With the handrails attached, the width of the treadmill is 36.75 inches (93 cm). It will not fit through a standard 32-inch doorway.*

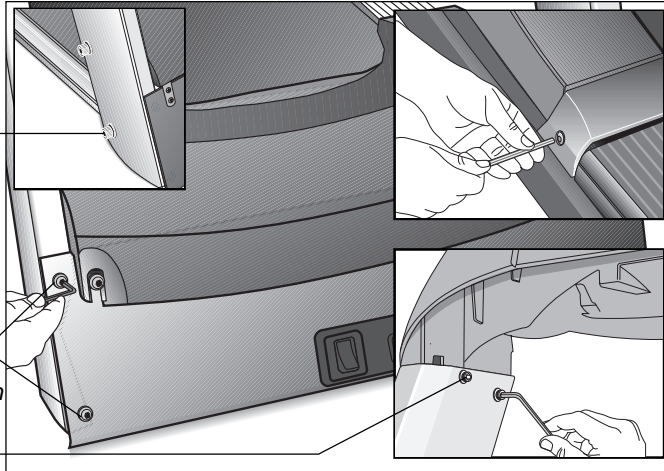
11. **Attach the handrails.** Diagram 13. For ease of assembly, place the side rails or adjustable rear feet on blocks. Obtain assistance to lift the treadmill. **Do not place blocks beneath the running bed.**

To attach the handrails, perform the following steps on **one side at a time**:

- a. Position the handrail as shown in Diagram 13, #1 and #2 and slide it onto the console extension. Insert two flat head screws (C) into the upper handrail mounts and finger-tighten. See Diagram 13, #3.
- b. Align the lower handrail bracket with the two base mounts and insert two screws (A) with washers (B). See Diagram 13, #4. Tighten the screws with the hex key. See Diagram 13, #5.
- c. Return to the upper handrail screws and securely tighten each one.
- d. Perform steps a. through c. on the opposite side.
- e. Obtain assistance and remove the blocks from beneath the base.

Diagram 14

Secure the fasteners and replace the hood.
Alternately tighten four side upright screws.
Alternately tighten the four front panel screws.
Alternately tighten the four screws that secure the display console.



12. **Replace the hood.** Diagram 14. Reposition the hood on the treadmill and replace the two buttonhead screws and two socket head screws removed in step 4. The two screws with washers are placed through the front panel. Tighten the screws using the 3/16-inch and 1/4-inch hex keys.
13. **Tighten all mounting screws with the hex keys provided.** Diagram 14. Start at the front of the treadmill with the four screws that attach the upright supports to the front panel. Tightening these screws first helps pull the rest of the treadmill's parts into alignment. Then, proceed with tightening the four screws (D) that secure the upright supports, the four console assembly screws (A), the handrail assembly screws (A) and (C), and the hood screws.

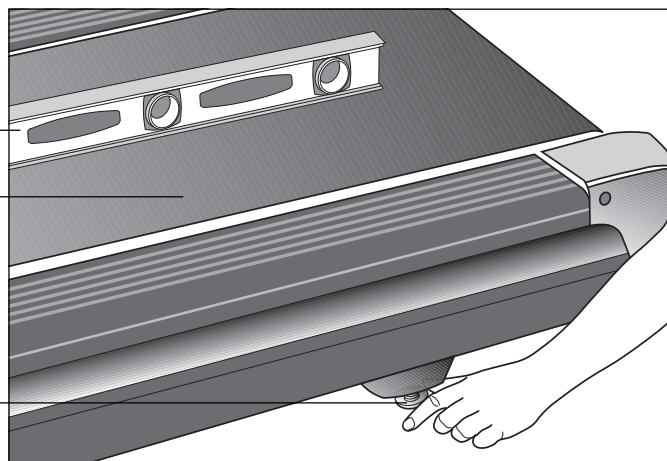
Diagram 15

Adjust the level of the treadmill.

Bubble level

Running belt

Adjustable rear foot

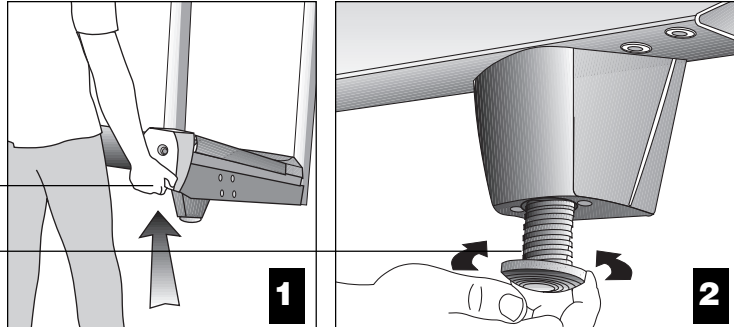


14. **Level the unit.** Diagram 15. Check to make sure that the running deck is level by taking the following steps:
 - a. Use a bubble level as shown in Diagram 15 to verify that the running deck is level. If the treadmill is placed on a slightly, uneven surface, adjusting the rear feet can help, but will not compensate for extremely uneven surfaces.

Diagram 16

Raise or lower the deck.

Hand holds on rear end caps
Adjustable rear foot



Important: If you need to make adjustments, adjust one rear foot at a time. Do not use the rear foot to raise or lower the unit more than ¾-inches.

b. Adjust the rear feet. Diagram 16. To raise the rear deck, situate yourself next to the adjustable rear foot. Ask an assistant to lift the rear of the treadmill slightly while you turn the adjustable rear foot clockwise. Turning the rear foot counterclockwise lowers the unit.

c. Check the level of the unit after each adjustment. Make adjustments to the rear feet so that both carry an equal amount of the treadmill's weight and the load placed upon it.

Important: If the load is not equally compensated, the user will feel excessive vibration or movement at the display console.

15. **Connect the power cord.** Unwrap the power cord from the packing material and plug it into its receptacle on the front panel. Make sure that the ON/OFF (I/O) power switch is placed in the OFF (O) position and connect the power plug to a dedicated, grounded circuit.

CAUTION: The treadmill requires a dedicated, grounded circuit. A 20 amp dedicated circuit is recommended. Make sure that no other product or machine uses the same circuit as the treadmill.

TURNING THE UNIT ON AND OFF

Use the ON/OFF (I/O) power switch, located on the front panel, to turn the unit ON and OFF.

To complete the installation of the treadmill, continue with *Checking the Alignment of the Running Belt*.

CHECKING THE ALIGNMENT OF THE RUNNING BELT

The belt is aligned at the factory before shipment. However, during shipment or by using the treadmill on an uneven surface, the belt might move off center. Proper belt alignment is important because it allows the belt to remain centered and assures smooth operation.

Follow these steps to check the alignment:

1. The treadmill has adjustable rear feet. Check to make sure that the running surface is level. Refer to step 14, Diagram 15.
2. Locate the I/O switch at the front of the treadmill and turn the unit ON.
3. Stand beside the treadmill and press **QuickStart**. The running belt starts automatically after the message, "**Belt Starting 3, 2, 1,...**" appears.
4. Continue standing next to the treadmill and hold down the **Speed ▲** key until the display shows a speed of 3 miles per hour (5 kph).
5. Walk around to the rear of the unit and observe the belt for a few minutes as it moves.

If the running belt,...	Then,...
tracks centered on the running surface	the belt is functioning correctly. It is evenly distributed between the side rails so no adjustment is necessary.
runs or drifts off center	you need to adjust the belt; see <i>Aligning the Running Belt</i> , page 39.

CAUTION: If you notice that the belt needs alignment, make the adjustments at once. Failure to do so might cause the belt to tear or fray which is not covered by the Precor limited warranty.

6. To stop the running belt, press the red **Stop** button.

If the belt is functioning correctly, the treadmill is ready to use. Please continuing reading to learn about the display and workout features.

The C966 Display

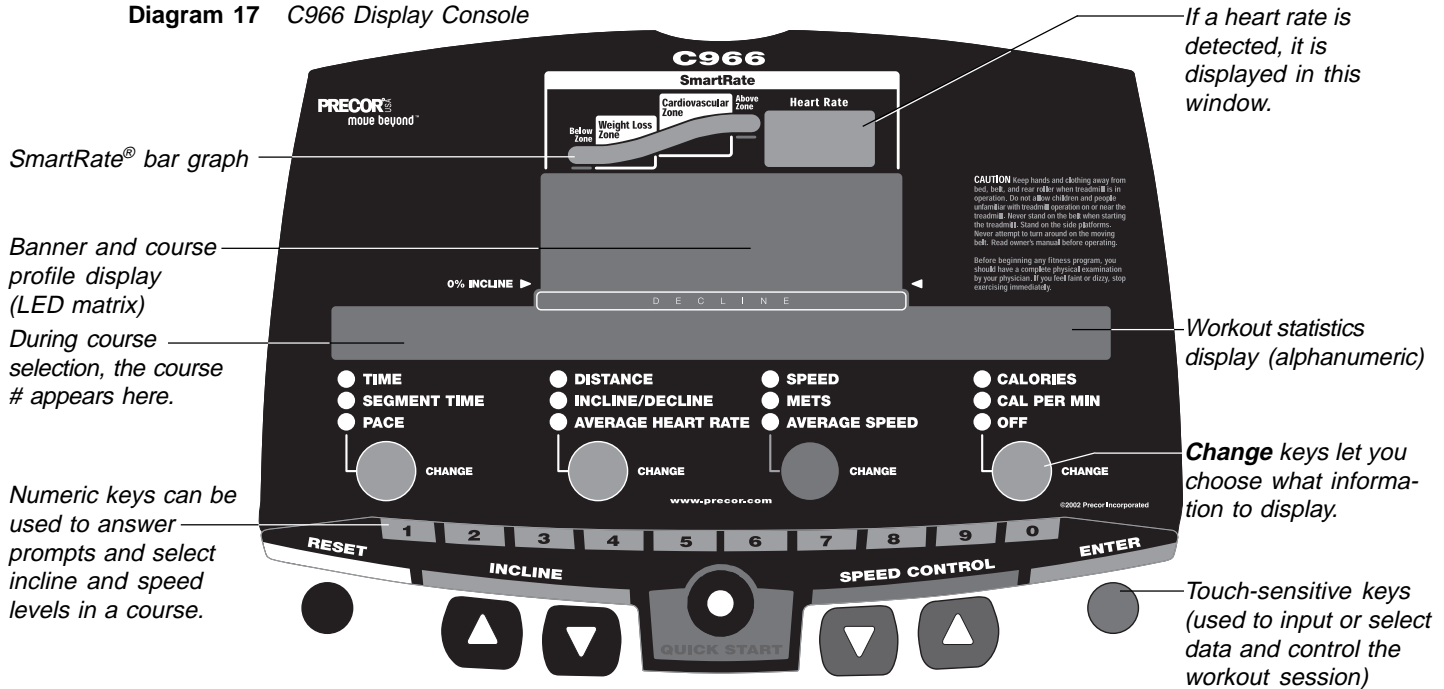
The C966 is designed so users can work out with minimal instruction or training. The directions on the console and the prompts on the display will guide a user through the entire workout session. Before the treadmill is used, however, we recommend that you familiarize yourself with it so you can instruct your customers to use it safely and effectively. This section covers the following information:

- an overview of the features provided on the display console
- an explanation about the available courses
- instructions for utilizing the heart rate options

FEATURES ON THE DISPLAY CONSOLE

Indicator lights show you which feature is being displayed. When you are working out, the display presents **Time**, **Distance**, **Speed**, and **Calories**. You change what features appear on the display by pressing the **Change** keys.

Diagram 17 C966 Display Console



As you exercise, the display console provides motivation by presenting constant feedback about your progress. A brief explanation of each feature on the display console appears in Diagram 17. Look on the next page for a more thorough explanation.

Note: If an error message appears, call a Precor qualified service technician or service center. Refer to *Obtaining Service* on page 7.

TOP DISPLAY WINDOWS

SmartRate®: You must enter your “**Age**” (during the course Setup prompts), and wear a POLAR® chest strap, while in a course program, before the blinking segment in the bar graph can show the zone that your heart rate is in, either: Weight Loss or Cardiovascular.

Weight Loss Zone: Maintaining your heart rate between 55% and 70% of your maximum aerobic heart rate, helps burn enough calories that, when continued on a regular basis for 30 minutes or more, provides the greatest fat-burning results.

Cardiovascular Zone: Maintaining your heart rate between 70% and 85% of your maximum aerobic heart rate, helps you, when continued on a regular basis for 30 minutes or more, improve your overall cardiovascular/cardiorespiratory fitness level.

Important: During a course, you will need to grasp the handrail grips and keep your heart rate above 40 beats per minute before the segment begins to blink. If you prefer not to use the touch-sensitive grips on the handrail, you will need to wear a POLAR® chest strap. Note that pressing **QuickStart** disables the SmartRate® display feature.

HEART RATE: The heart rate display lets you monitor your heart rate. When a heart beat is detected, the number appears in the small upper right display (refer to Diagram 17). If you do not use the touch-sensitive grips on the handrails or you are not wearing a POLAR® chest strap, your heart rate will not be detected and no pulse rate will appear on the display.

UPPER DISPLAY

The Precor banner and course profiles appear in the large center display (LED matrix). Always start a workout at the Precor banner. During workouts, the course profile appears in the center display and corresponds to the program you selected. As you proceed through your workout, your position is indicated by a blinking cell.

CENTER DISPLAY

Prompts appear in this display prior to your workout. You address each prompt using the numeric or keypad keys. Once you begin a workout, lights appear in the columns below the window indicating which information is being displayed. You can highlight a particular feature by pressing the appropriate **Change** key.

The following describes the information that can appear in the display.

TIME: During your workout, a time (0:00) display appears when you begin working out. **Time** appears in minutes and seconds. However, should you exceed 60 minutes (during a single workout), the **Time** display converts to hours and minutes. The **Time** display shows what time remains to complete the course. An exception to this rule exists if you pressed **QuickStart** before specifying a course duration.

DISTANCE: The distance that you have travelled appears (00.00) once you begin a workout. Distance appears in 100th mile increments. Distance can appear in miles or kilometers.

SPEED: Displays the running belt's speed. The ▼ and ▲ keys let you decrease or increase the treadmill's speed. The maximum speed can be set by the club. The running belt speed ranges from 0.5 to 16 mph (1 to 25 kph in Metric mode). You can also use the numeric keys to designate the speed, once the running belt is moving. Refer to **Numeric Keys** and **Speed ▼▲** on page 24.

Note: You can check the speed (when it is not the chosen display) any time during your workout by lightly pressing either **Speed ▼** or **▲** key (for less than 2 seconds). Pressing the **Speed ▼** or **▲** key for more than 2 seconds causes the treadmill's speed to change.

CALORIES: Provides the cumulative number of calories being burned by the user.

SEGMENT TIME: Indicates the amount of time, in minutes and seconds (mm:ss), that remain in the highlighted column (or segment) before the cell at the top of the next column begins blinking.

INCLINE: Displays the percent of incline during your workout. The **Incline ▲** and **▼** keys affect the treadmill's lift and let you set an incline between -3% and 15%. The values displayed can change (in 0.5% increments). You can also use the numeric keys to designate the incline, once the course has begun. Refer to **Numeric Keys** and **Incline ▲▼** on page 24.

Note: You can check the incline (when it is not the chosen display) any time during your workout by lightly pressing either **Incline ▲** or **▼** key for less than 2 seconds. Pressing the **Incline ▲** or **▼** key for more than 2 seconds causes the treadmill's incline to change.

METS: Displays the metabolic units associated with your workout.

CALORIES PER MINUTE: Indicates the approximate number of calories being burned per minute.

PACE: Displays your target speed in minutes and seconds per mile (or kilometer).

AVERAGE HEART RATE: Displays the average heart rate that the user maintained throughout the course. If the heart rate is not detected or the workout hasn't been long enough to calculate an average, then "--" appears in the heart rate (top) display.

AVERAGE SPEED: Displays the average speed that the user maintained throughout the course. The value is displayed in miles per hour or kilometers per hour depending on the format chosen by the club.

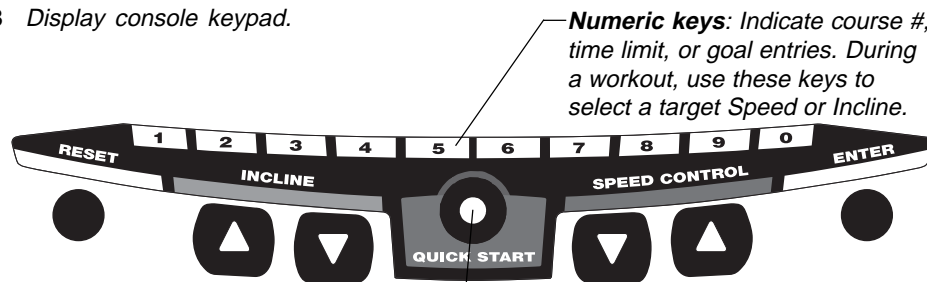
KEYS ON THE DISPLAY CONSOLE

The Precor treadmills have an easy-to-use keypad that is activated by the slightest touch. Remind users that they only need to apply gentle pressure to these ultra-sensitive keys.

Each key on the display console's keypad provides specific functions. Numeric keys (numbered 1 - 0) let you enter data in answer to the display prompts and change the speed or incline during a workout. The standard keys, **Change**, **Reset**, **Incline ▲▼**, **Speed Control ▼▲**, and **Enter**, let you enter data as well as control your workout.

The following information explains the different uses of the keys from left to right. To locate each key, look at the display console or refer to Diagram 18.

Diagram 18 *Display console keypad.*



QuickStart: Bypasses the remaining Setup prompts and starts moving the running belt. SmartRate® is inactive and default values apply.

Note: The CHANGE keys are not shown in this diagram. Refer to Diagram 17.

KEYPAD TIPS

- Select accurate entries or features such as SmartRate® will not work properly.
- Answer the Setup prompts by pressing the numeric keys or the ▼ or ▲ keys.
- Press **Enter** to select the information being displayed.
- **QuickStart** bypasses further selections and causes the running belt to start moving. Default values apply (see **QUICKSTART** on page 25). The SmartRate® display does not blink or flash, or give any indication of the zone that you are in.
- A time-out occurs during the Setup prompts if the treadmill detects no key presses for 5 seconds. Prompts appear requesting that the user press the arrow or number keys. If no key presses occur within the next 2 minutes, the display returns to the Precor banner.
- Press **Reset** to return to the Precor banner.
- The **Stop** key does not appear in Diagram 18, but its function is vital as explained in this section.

Numeric Keys (1 - 0): During a workout, you can use the numeric keys to change the treadmill's speed or incline (in whole numbers or increments). The range of speed (0.5 - 16 mph, 1 - 25 kph) can be set by the club, so there may be limits. Check with the club manager. Remember, if you use the numeric keys to change the speed or incline, you need to designate which function you are changing by pressing the **Speed ▼** or **▲** key (or the Incline **▲** or **▼** key) within 3 seconds.

Note: When you use the numeric keys to change the incline, the actual incline appears on the display as the lift moves toward the target position. If you wish to halt the lift's movement, press either the Incline **▲** or **▼** key. The lift stops moving and the display shows the current incline level. A similar situation occurs when you use the numeric keys to change the speed, only it's the running belt that is being affected.

During the Setup prompts, you can also use the numeric keys to type in a course number, workout time, "goal" entry, and age. Note that you must press **Enter** to process your selection.

CHANGE: During a workout, the **Change** key lets you choose which features appear on the display.

RESET: While you are answering the Setup prompts or when the running belt is stopped, you can cancel the program, clear the display, and return to the banner by pressing **Reset**.

INCLINE ▲▼: During a workout, the **Incline ▲▼** keys let you increase or decrease the running bed's incline. The incline changes can range from -3% to 15% in 0.5% increments. The incline in some courses (Custom, Random and Interval) is preset, but can be overridden by the user. An exception to these rules are the Heart Rate and Weight Loss courses.

When you press the **Incline ▲▼** keys, the number that appears on the display shows the target incline (not the actual incline) because the display can change much faster than the motor driven lift.

Another feature of the **Incline ▲▼** keys lets you review the treadmill's incline any time during your workout. If INCLINE is not one of the chosen features being displayed, you can view the actual incline by lightly touching either **Incline ▲** or **▼** key. You can opt to change the incline, if you hold the key down for more than 2 seconds.

Note: The numeric keys can also be used to adjust the incline. Please refer to **Numeric keys** above.

Important: In the Heart Rate and Weight Loss courses, the **Incline ▲▼** keys affect the target heart rate, not the treadmill's incline.

STOP: When the **Stop** key is pressed, the running belt slows to a gradual stop. The treadmill remains in Pause mode. If the lift was moving when the **Stop** key was pressed, the lift stops also and remains at its current incline level.

To resume a workout, the **Speed ▲** must be pressed. If no key press is detected and the Pause time limit elapses, the display returns to the Precor banner. A default time limit of 2 minutes exists or a “Pause time limit” can be set by the club.

Important: As a safety feature, a sharp tug on the security cord that is attached to the **Stop** key will cause the running belt to stop. It is a **requirement** that a user attach the security clip on his or her clothing while working out. Please refer to *Using the Security Clip* on page 27.

SPEED CONTROL ▼▲: The **Speed ▲** key initiates the movement of the running belt at the beginning of a course and lets you designate the target speed. During a workout, the **Speed ▼▲** keys let you increase or decrease the running belt’s speed. Speed changes can range from 0.5 to 16 mph (1 to 25 kph) in 0.1 increments. The speed in the Interval course can be programmed by the user. The speed of the running belt can also be modified and limited by the club.

Note: When you press the **Speed ▼▲** key, the number that appears on the display shows the target speed and may differ slightly from the actual speed because the display can change much faster than the running belt. Eventually, the two meet at the target speed.

Another feature of the **Speed ▼▲** keys lets you review the treadmill’s speed and pace any time during your workout. If SPEED and/or PACE is not one of the chosen features being displayed, you can view the speed of the running belt and your pace by lightly touching the **Speed ▼** or **▲** key. A 2-second display lets you review your speed and pace. You can opt to change the speed, if you hold the key down for a few more seconds.

Note: The numeric keys can also be used to adjust the speed. Please refer to **Numeric keys** above.

QUICKSTART: QuickStart lets you bypass the Setup prompts and start your workout immediately using the Manual course. **Default values apply.**

QUICKSTART Default Values	
Prompts	Default Value
Course	Manual
Time	The Club limit. Weight Loss course is fixed at 28 minutes.
Weight	150 lbs. (68 kg.)
Age	0 : An Age entry must occur to utilize the SmartRate® display. If QuickStart is pressed after an Age is entered, then the SmartRate® display will appear when you hold onto the heart rate touch-sensitive grips on the handrail or wear the POLAR® chest strap. If no Age entry occurs, the SmartRate® display lights up, but no blinking sensor appears.

The **QuickStart** key can be pressed any time during the Setup prompts. Default values apply after that point. See the table below:

Press QuickStart at the,...	The following occurs:
Precor banner	You bypass the Setup prompts. A message appears, <i>Belt Starting 3, 2, 1,...</i> and your work out begins in Manual mode.
Course prompt	The displayed course is accessed. Note: If you press QuickStart after selecting the Distance Goal or Calorie Goal courses, the default values are: Distance Goal: 3 miles (5 kilometers) Calorie Goal: 300
Workout Time prompt	The time that appears on the display becomes the workout time limit.
Distance Goal prompt	The displayed number is set as a distance goal. This prompt only appears when the Distance Goal course is selected. Allowable distance entries: 0.1 to 50.0 in miles (or kilometers).
Calorie Goal prompt	The displayed number is entered as the calories goal. This prompt only appears when the Calorie Goal course is selected. Enter a value between 1 to 5000 calories.
Weight prompt	The weight that appears on the display becomes your designated weight that the treadmill uses to compute statistics. Acceptable entries: between 0 and 999.
Age prompt	The age that appears on the display becomes your designated age that the treadmill uses to compute statistics. A correct age entry between 0 and 99 is very important if you plan to utilize the heart rate characteristics of the treadmill. The QuickStart key acts the same as the Enter key at this point because you have answered all the Setup prompts.

ENTER: Workout specific prompts need to be answered and “entered” into memory. Pressing **Enter** selects the information displayed and processes it.

Exercising on the Treadmill

Once the C966 is set up, it is ready to use. There are no complex instructions to follow or mandatory programming steps required to operate the treadmill. The easy-to-understand prompts let you select a course and specify how long you want to work out. Begin working out and then, adapt the speed and incline level to meet your fitness goals.

CAUTION: Before beginning any fitness program, have your physician give you a complete physical examination.

USING THE SECURITY CLIP

A security clip is attached by its cord to the red **Stop** button that straddles the handrail. **Always attach the security clip to your clothing before each workout.** A tug on the cord trips the security switch and slows the running belt to a stop. If the security switch trips while you are working out, the treadmill retains your workout statistics and enters Pause mode. To resume your workout, re-attach the security clip to your clothing, and press the **Speed ▲** key until you reach the desired speed.

Important: Club owners, managers, personal trainers. Remind users how important it is to use the security clip while working out on the treadmill. Instruct them on how to attach it to their clothing near their waistline. If any complications occur, a strong tug on the security cord will stop the running belt.

Note: A velcro patch is located on the right side of the console by the handrail. Use it to store the clip while the treadmill is not being used.

PAUSE, COOL DOWN, SUMMARY AND EXIT FEATURES

Pausing, cooling down, and exiting are integral parts of your workout and can be accessed any time during a course. The treadmill goes through several prerequisites before actually exiting a course. The following tables explain the different conditions or situations that apply.

In a course, you press	This is what happens...
Stop	Enter Pause mode. The running belt slows to a gradual stop. Note that you may also press the Speed ▼ key until zero appears on the display. Once the running belt stops, TIME stops accruing. The display features remain, so you can review your workout statistics. The factory setting for Pause mode is 2 minutes (120 seconds). The club has the option to change the setting. A duration can be set between 1 and 120 seconds and limits how long a user can pause his or her workout.

**In Pause mode,
you press This is what happens...,**

- Speed ▲** Exits Pause mode and starts the running belt moving again so that you can resume where you left off.

- Reset** Displays the **Workout Summary** banner. You can scan through your workout statistics (TIME, DISTANCE, CALORIES) by pressing the **Change** key. Note that the TIME display shows the accumulated workout time including warm-up and cool down periods. To exit the summary state, press **Reset** again or wait until the time limit (2 minutes) elapses. The display returns to the Precor banner.

Note: The factory setting for Pause mode is 2 minutes (120 seconds). The club has the option to change the setting. A duration can be set between 1 and 120 seconds and limits how long a user can pause his or her workout.

**In Cool down,
you press This is what happens...,**

- Stop** Enters Cool down - Pause mode. The running belt slows to a gradual stop. TIME stops counting. The display features remain, so you can review your workout statistics. Note that the Pause mode has a time limit and the club has the option to change the setting. If you enter Pause mode during your cool down, it is of limited duration.

- Speed ▲** Once you press **Stop** and enter the Cool down-Pause mode, the Speed ▲ key causes the running belt to begin moving again and returns to your cool down, so that you can resume where you left off. TIME continues to count down.

Note: The club has the option to limit the cool down session. A duration can be set between 1 and 5 minutes.

**At the Workout
Summary banner,
you press This is what happens,...**

- Reset** Returns to the Precor banner. When you complete the cool down period (or exit from a paused mode by pressing **Reset**), the **Workout Summary** banner appears. Workout statistics except TIME, DISTANCE and CALORIES reset to zero. (Note that the TIME display shows the accumulated workout time including warm-up and cool down periods.) You are given 2 minutes to review your workout statistics before the display automatically resets to the Precor banner. You can also press **Reset**, to return to the Precor banner.

QUICK STEPS TO WORKING OUT

The steps to working out on the C966 are listed below. A short explanation appears on the left with the more thorough description following on the right.

CAUTION: Before beginning any fitness program, obtain a complete physical examination from your physician.

WORKOUT TIPS

- Always attach the security clip to your clothing prior to working out.
- Check that the unit is turned ON. The I/O switch is located at the front.
- Answer Setup prompts using the numeric keys or by pressing the ▼ or ▲ keys.
- Press **Enter** to select the information being displayed.
- **QuickStart** bypasses further selections and starts the running belt. Default values apply (see QUICKSTART on page 25). SmartRate® is not active.
- A time-out occurs during the Setup prompts if the treadmill detects no key presses for 5 seconds. Prompts appear requesting that the user press the arrow or number keys. If no key presses occur within the next 2 minutes, the display returns to the Precor banner.

1 Put on the chest strap. (Available with the Precor Heart Rate Option.)

1. For your Heart Rate to appear on the display, you need to wear a POLAR® chest strap or hold onto the touch-sensitive grips on the handrail.

2 Straddle belt.

2. Straddle the running belt with your feet firmly planted on the right and left staging platforms. (Stand close enough to the display console so that you can extend your arms to easily touch the keys.)

3 Attach security clip to clothing.

3. Attach the security clip to your clothing near your waistline where it will not interfere with your workout.

4 Select a course.

4. To display the course selections, press **Enter**. Use any ▼ or ▲ key or the number keys to display the 21 available courses. Press **Enter** when your selection appears.

Note: The 21 courses appear on the label attached to the display console. Brief course descriptions are provided beginning on page 31.

5. Follow the prompts on the display. Once you have entered your weight and age, press the Speed ▲ key to begin your workout.

5 Begin working out.
Enter the course selection, answer prompts, and enter your Weight and Age.

Note: Any time during the Setup prompts, you can press the QuickStart key. Refer to QUICKSTART on page 25.

Important: Hold onto the handrail with one hand while you press Speed ▲ with the other hand. Step onto the running belt while the speed is at 1 mph (2 kph). Once you are comfortable with the walking or running speed, you can remove your hands from the handrail.

- (Pause) To pause during your workout session before finishing the selected course, press the **Stop** key. See *Pause, Cool Down, Summary and Exit Features* for more information.
- 6** ▶ **Continue working out.** 6. If you entered Pause mode, use the Speed ▲ key to resume where you left off.
- 7** ▶ **Cool down.** 7. When you have completed a course, a cool down period automatically begins. Hold onto the handrail. You can exit a course prematurely using the keys on the keypad. Refer to *Pause, Cool Down, Summary and Exit Features* on page 27.
- Note:** Always incorporate a cool-down period into your workout. The club has the option to limit its duration between 1 and 5 minutes. See *Cooling Down After a Workout*.
- 8** ▶ **End your workout.** 8. After you complete the cool down period, the running belt comes to a complete stop and a **Workout Summary** banner appears. Workout statistics except TIME, DISTANCE and CALORIES reset to zero. (Note that the TIME display shows the accumulated workout time including warm-up and cool down periods.) You are given 2 minutes to review your workout statistics before the display automatically resets to the Precor banner. You can also press **Reset**, to return to the Precor banner.
- (Review WORKOUT SUMMARY)
- 9** ▶ **Remove the security clip and step off the treadmill.** 9. Detach the security clip from your clothing and carefully step down from the treadmill.

COOLING DOWN AFTER A 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. Cooling down for at least 3 minutes helps provide a smooth transition that allows your heart rate to return to its normal (non-exercising) state. The treadmill automatically initiates a cool down period once you complete a course. A prompt appears, indicating that you are in cool down.

During your cool down, the workout statistics continue to appear. The **TIME** display counts down so you know how much time remains. When you complete the cool down, a **Workout Summary** banner appears. See the information on page 27.

The C966 lets you choose between 21 variable courses. This section provides information about the special features and functions of the treadmill's courses and how to best utilize the:

Courses

- SmartRate® feature
- Track course
- 5K Course
- Gluteal courses
- Custom courses
- Random course
- Weight Loss course
- Manual course
- Cross Country courses
- Aerobic courses
- Interval courses
- Fitness Test
- Heart Rate course
- Goal-based courses

Note: To choose a course, begin at the Precor banner and press **Enter**. User-friendly prompts guide you through the course selections. Refer to *Quick Steps to Working Out* on page 28.

THE HEART RATE FEATURE

To use the heart rate features you must wear the POLAR® chest strap while working out unless you plan to grasp the touch-sensitive handrail grips. Your heart rate signal is transmitted to the receiver installed in the display console. The signal appears as a number in the heart rate display. This lets you monitor your heart rate even when the display is presenting other workout statistics.

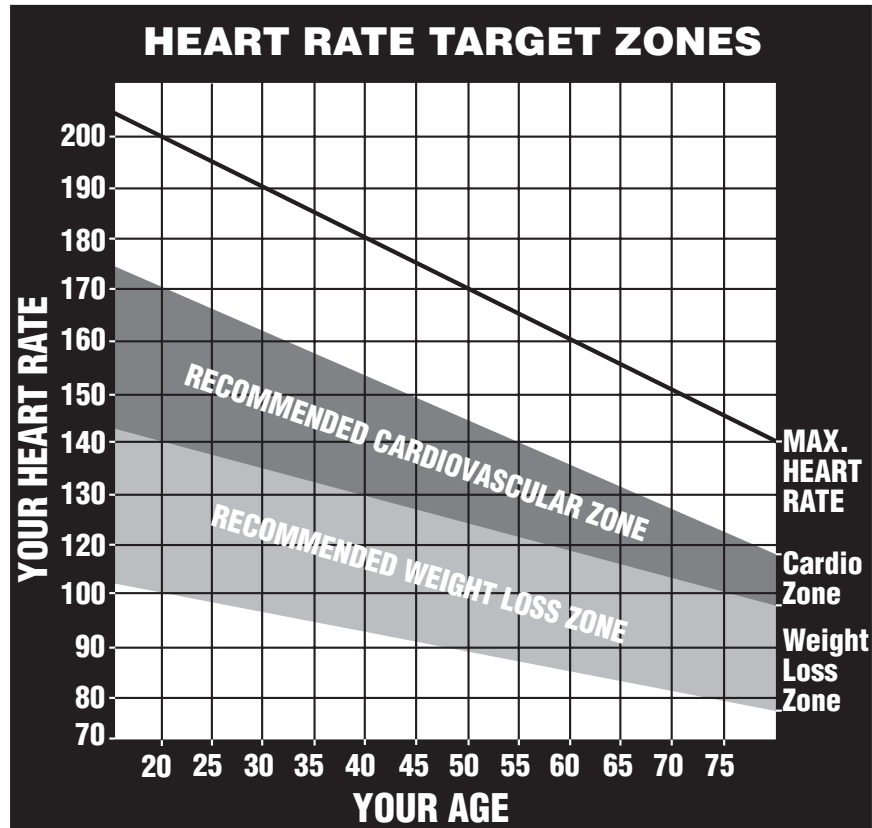
USING THE SMARTRATE® FEATURE

Add the benefit of SmartRate® to every course on the treadmill. Using SmartRate® as a visual cue helps you adjust your exercise routine to suit specific needs. SmartRate® simplifies the correlation between heart rate and exercise. You don't have to stop concentrating on your workout to find your pulse. It is displayed right in front of you along with the SmartRate® zone. Once you begin a workout, a blinking segment in the bar graph appears on the left of the display, if you entered your age during the Setup prompts. The segment blinks in time with your pulse and highlights the zone that your heart rate is in: **Weight Loss** or **Cardiovascular**.

Important: Access to SmartRate® is only available when the person exercising wears a POLAR® chest strap or uses the touch-sensitive grips on the handrail. (The POLAR® chest strap is a separate purchase option.) The SmartRate® indicators do not blink or flash when **QuickStart** is used to select a course. The SmartRate® indicators light up, but do not provide any information about the heart rate target zone.

For the ideal "weight loss" range, your heart rate should be between 55% and 70% of your maximum aerobic heart rate. It should never exceed 85% of your maximum aerobic heart rate or go above your target zone. Refer to Diagram 19 for your appropriate target zone.

Diagram 19
Target Zones.



When you maintain your heart rate between 70% and 85% of your maximum aerobic heart rate, you are improving your overall cardiovascular/cardiorespiratory fitness level. Maintaining your heart rate in either zone (weight loss or cardiovascular) for 30 minutes or more on a regular basis (minimum 3 times a week) provides the greatest benefits.

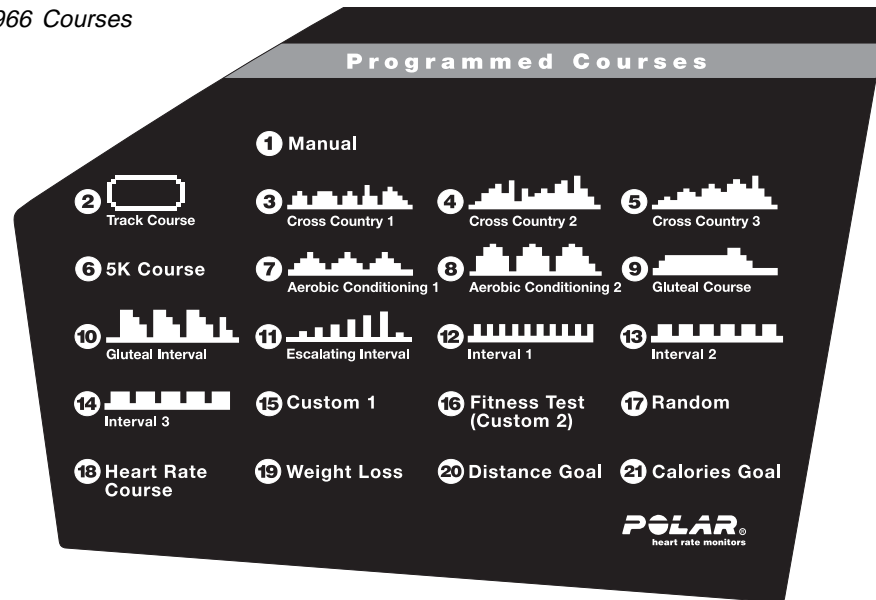
MANUAL MODE AND THE QUICKSTART KEY

Manual mode lets you control the incline and running belt speed which affects the effort you put into your workout. As with other courses, when you complete the time limit set for the course, the automatic cool-down period begins.

You can choose Manual mode in two different ways:

- pressing the **QuickStart** key at the Precor banner. **QuickStart** bypasses the remaining selections and starts the Manual course. Default values include a time limit set by the Club, a weight value of 150 lbs. (68 kg.) and an age of zero. The SmartRate® display is inactive.
- pressing **Enter** at the Precor banner. This causes the C966 to display several Setup prompts. At the course prompt, you select **#1 — Manual** course.

Diagram 20 C966 Courses



The Manual course profile appears as a flat line. Use the ▼▲ keys or the numeric keys to adjust the incline or speed. (See pages 23 and 24 for more information on the different key's function.) As you proceed with your workout, a blinking cell represents your position on the course.

TRACK COURSE

The C966 Track course presents an oval as the course profile. The “lap” count appears on the inside of the oval and a blinking segment indicates your position on the track. One loop around the track represents 440 yards (0.25 miles) or 400 meters.

You can continue (counterclockwise) around the track for the duration of the course (which can be limited by the club). The lap count that appears represents the number of laps completed, plus the one that you're on.

5K COURSE

The 5K Course is limited by time and distance (five kilometers). It responds to user commands much like the Manual course. You can make changes to the running belt speed (numeric keys or **Speed** ▼▲ keys) throughout the course and any preset incline can be overridden using the **Incline** ▲▼ keys or the numeric keys.

Note: If a club time limit exists, the course ends and begins the cool-down routine whether or not you have reached the five kilometer distance.

PREPROGRAMMED COURSES

The incline is predetermined, in the Cross Country, Aerobic, Gluteal, and Escalating Interval courses. You can make changes to the running belt speed (numeric keys or **Speed** ▼▲ keys) throughout the course and even the preset incline can be overridden using the **Incline** ▲▼ keys or the numeric keys.

INTERVAL COURSE

The three interval courses on the C966 let you select the rest and work intervals according to your training regimen. In the 1-3 interval course, each rest interval is followed by 3 work intervals. In the 1-2 interval course, each rest interval is followed by 2 work intervals. In the 1-1 interval course, each rest interval is followed by 1 work interval. You set the incline and speed for the first rest and work interval and the software repeats the intervals throughout the course. At any point during the workout, you can change the settings of the current interval by simply pressing the ▼▲ or number keys. The software remembers the new settings and applies it to the appropriate rest or work interval.

Important: If you entered your Age during the Setup prompts and wear the POLAR® chest strap or use the touch-sensitive grips, you can adjust the rest or work intervals to keep your heart rate in its recommended zone. See Diagram 19 on page 32.

To use the interval course, take the following steps:

1. Follow the instructions on page 28, *Quick Steps to Working Out*.
2. At the course prompt, use the ▼▲ key or numeric keys to select course 12, 13, or 14 (depending on the interval length).
3. Press **Enter** to proceed to the next prompt. When you finish answering the Setup prompts, the Interval course begins.

To set the incline and speed levels for each interval, take the following steps:

1. To program the rest interval, press the **Incline** or **Speed** ▼▲ keys to change the corresponding levels. When the desired settings are displayed, simply continue working out—you do not need to press **Enter**. The C966 returns to the “rest” settings at the beginning of each rest interval until you readjust it or end your workout.
2. The same procedure applies to specify the settings for the work interval.

The value that appears in the SEGMENT TIME field indicates the time remaining in the current interval. Each time the C966 changes intervals, it informs you by displaying a message. When you complete the time limit set for the course, the automatic cool-down period begins.

CUSTOM COURSES

Two custom courses exist on the C966. The second custom course is available only if the Fitness Test is disabled. The incline on these courses can be preset by the club.

FITNESS TEST

The Fitness Test (course number 16) provides a means of comparing your fitness level with official fitness test of the International Association of Firefighters (IAFF). The C966 Fitness Test is written using the Gerkin Protocol which is the basis for the official IAFF fitness test and part of their Wellness and Fitness Initiative.

Important: You must enter your age during the Setup prompts and wear a POLAR® chest strap or grasp the touch-sensitive portion of the handrail throughout the test.

Note: The Fitness Test is “enabled” at the factory (course number 16), however the club can remove it from the choice of courses on the C966. If Custom Course 2 appears as course number 16, the Fitness Test has been disabled by the club and is no longer available to the user. Ask the club owner or manager for assistance.

FITNESS TEST GUIDELINES

Before selecting the Fitness Test, read the following guidelines:

- You must enter your age at the AGE setup prompt.
- You must wear the POLAR® chest strap or grasp the touch-sensitive portion of the handrail throughout the test.
- Let the test adjust the running belt’s speed and incline for you. The keyboard keys are disabled during the test. However, if you need to stop the running belt to regain control or reduce your heart rate, press the STOP button.
- When you finish the Fitness Test, the running belt’s speed slows to 3 mph (5 kph) and the incline returns to zero. A one-minute cool-down period is appended to the test. After which, you can press **QuickStart** to enter the Manual course and continue cooling down. Press the Speed ▼▲ keys to regulate the running belt and return your heart rate to a normal, restful state.

To use the Fitness Test follow the steps found in *Quick Steps to Working Out* (page 34) and choose the appropriate program number at the **Course** prompt. Follow the remaining Setup prompts to enter your AGE. Once you have finished answering the Setup prompts, the following occurs:

- The software verifies that it detects a heart rate signal. You need to press the Speed ▲ key to begin your workout.

Note: If your heart rate cannot be detected (or transmitted through the POLAR® chest strap or touch-sensitive grips), the letters “HR” blink in the heart rate display. Once a heart rate is detected the number that corresponds to your heart rate appears.
- The treadmill provides a 3-minute warm-up period before entering the Fitness Test.
- After the warm-up period, the treadmill automatically adjusts the running belt and treadmill incline according to the Gerkin protocol for this Fitness Test.

The Fitness Test ends if any one of the following occurs:

- you press the STOP key.
- your heart rate rises above the maximum allowable heart rate (220 minus your age) and remains there for more than 15 seconds. Refer to Diagram 19.
- your heart rate cannot be detected or is no longer being transmitted.
- you complete the test.

RANDOM COURSE

The C966 Random course is similar to the preprogrammed courses in that its incline is preset. However, the differences include, a “0%” incline for the first segment (column) and a maximum course incline of 6%. The maximum range that the incline can be changed from one segment to the next is fixed at plus or minus 3%. Every time a user chooses this course, the course profile changes.

HEART RATE COURSE

Once you set your target heart rate and the running belt’s speed, the Heart Rate Course monitors your heart rate and automatically maintains it within a few beats per minute (bpm) of the selected target. Blinking lights on the SmartRate® bar graph appear to show the “zone” that you are in.

Note: For the C966 to detect a heart rate, the user must wear the POLAR® chest strap or hold onto the touch-sensitive grips on the handrail. The POLAR® chest strap is optional equipment that can be purchased from your dealer.

To use the Heart Rate Course follow the steps found in *Quick Steps to Working Out* (page 28) and choose the appropriate program number at the **Course** prompt. (Age **must** be entered during the Setup prompts.) Once you have finished answering the remaining Setup prompts, the following occurs:

- The software verifies that it detects a heart rate signal. You need to press the Speed ▲ key to begin your workout.

Note: If your heart rate cannot be detected (or transmitted through the POLAR® chest strap or touch-sensitive grips), the letters “HR” blink in the heart rate display. Once a heart rate is detected the number that corresponds to your heart rate appears.

- The treadmill provides a 3-minute warm-up period before entering the Heart Rate Course. During this time, you may make changes to the incline by using the **Numeric** keypad or **Incline ▲▼** keys. Use the **Speed ▼▲** keys to set the running belt’s speed.

Note: If your heart rate moves into the target zone for your age during the 3-minute warm-up period, the Heart Rate Course begins concurrently. If a negative incline exists at the end of the warm-up period, the incline returns to zero percent.

- After the warm-up period, the treadmill automatically adjusts the incline to keep your heart rate at the selected target. Check the SmartRate® display to see if you are in your preferred zone (cardiovascular or weight loss).

Important: *Once you exit the warm-up period and begin the course, the **Incline ▼▲** keys no longer affect the actual incline of the treadmill. Instead the keys are used to change your target heart rate. If you change your target heart rate, the treadmill automatically readjusts the incline so that your heart rate remains on target.*

CAUTION: A warning message will appear if you go above your maximum recommended heart rate target zone. Heed the warning and get permission from your personal physician before working out above the maximum recommended zone for your age and fitness level. See Diagram 19 on page 32 for the recommended training zones.

- When you reach the time limit, a cool-down period begins. You can override the speed and incline by pressing the ▼ or ▲ keys.

Note: The speed remains constant, if you were at or below 0.5 mph (1.0 kph).

WEIGHT LOSS COURSE

The Precor Weight Loss course incorporates the latest findings on fat-burning and weight loss through exercise. It is based on research at the world-renowned Cooper Institute for Aerobics Research and it is designed to help you burn the most fat during a 28-minute workout, while minimizing the risk of discomfort and injury. The Weight Loss program is similar to the Heart Rate Course, but the target heart rates differ. The rest interval's target heart rate is preset to 55% of (220 - your age), while the work interval is preset to 70% of (220 - your age). The C966 automatically adjusts the incline of the treadmill and maintains your heart rate settings while in the rest or work intervals.

Note: For the C966 to detect a heart rate, the user must wear the POLAR® chest strap or hold onto the touch-sensitive grips on the handrail. The POLAR® chest strap is optional equipment that can be purchased from your dealer.

To use the Weight Loss program, follow the steps found in *Quick Steps to Working Out* on page 28. When the **Course** prompt appears, enter course number 19. (Age **must** be entered during the Setup prompts.) Once you have finished answering the remaining Setup prompts, the following occurs:

- The display verifies that it detects a heart rate signal. You need to press the Speed ▲ key to begin your workout.
- The treadmill provides a 3-minute warm-up period before entering the Weight Loss Program. During this time, you may make changes to the incline by using the **Numeric** keypad or **Incline** ▲▼ keys. Use the **Speed** ▼▲ keys to set the running belt's speed.

Note: If your heart rate moves into the target zone (55% of 220 minus your age) for your age during the 3-minute warm-up period, the Weight Loss Program begins concurrently. If, for some reason, a negative incline existed at the end of the warm-up period, the incline returns to zero percent.

Important: Once you exit the warm-up period and begin the course, the **Incline** ▼▲ keys no longer affect the actual incline of the treadmill. Instead the keys are used to change your target heart rate. If you change your target heart rate, the treadmill automatically readjusts the incline so that your heart rate remains on target.

- After the warm-up period, the treadmill automatically adjusts the incline to keep your heart rate at the selected target. Check the SmartRate® display to see if you are in your preferred zone (weight loss).

CAUTION: A warning message will appear if you go above your maximum recommended heart rate target zone. Heed the warning and get permission from your personal physician before working out above the maximum recommended zone for your age and fitness level. See Diagram 19 on page 32 for the recommended target zones.

- When you reach the time limit, a cool-down period begins. You can override the speed and incline by pressing the ▼ or ▲ keys.

Note: The speed remains constant, if you were at or below 0.5 mph (1.0 kph).

GOAL-BASED COURSES

These C966 courses (Distance Goal and Calorie Goal) are similar to the Manual course except that the user's position and course duration are based on a "distance" or "calorie" goal. You can use the number keys or the appropriate ▼▲ keys any time during the course to change the incline or speed. When you complete the goal set for the course, the automatic cool-down period begins.

Note: A club time limit may exist for these courses.

Maintenance

The C966 is built to withstand the rigors of the health club environment. However, as club manager or owner, you are responsible for cleaning and maintaining the unit's integrity. If you fail to maintain the treadmill as described below, it could affect or void the Precor limited warranty.

DANGER —To reduce the risk of electrical shock, always unplug the unit from its power source before cleaning it or performing any maintenance tasks.

INSPECTION

Perform a daily inspection of the treadmill.

1. Look and listen for slipping belts, loose fasteners, unusual noises, worn or frayed power cords, and any other indications that the equipment may be in need of service. Obtain service should you notice any of the above.

Important: *If you determine that the treadmill is in need of service, move it away from the main workout area and place a large "Out of Service" sign on it. While it is awaiting service, remove the power cord so no one can use the treadmill.*

2. Check for worn, frayed, or missing safety lanyards. Replace missing or worn safety lanyards immediately. A safety lanyard with its security clip must be fastened to the treadmill's red STOP button. Do not allow users on a treadmill without it.

To order parts or to contact a Precor authorized service provider in your area, refer to *Obtaining Service* on page 7.

CLEANING THE EQUIPMENT

Most of the working mechanisms are protected inside the treadmill's hood and solid base. However, for efficient operation, the treadmill relies on low friction. To keep the friction low, the treadmill must be as clean as possible.

It is recommended that the running bed and belt be cleaned daily. Use a damp, soft cloth to clean the staging platform, running bed and between the belt and running bed surface as far as you can easily reach. This removes any dust or dirt which might affect the smooth operation of the unit.

CAUTION: Never pour water or spray liquids on the display console, handrails, or treadmill. Allow the treadmill to dry completely before using.

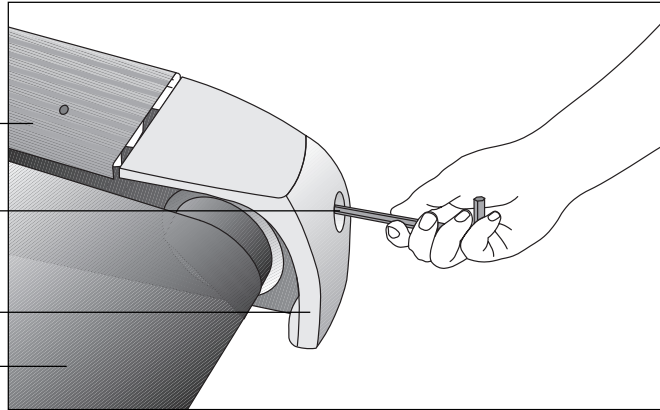
Periodically, clean the treadmill's frame, display console, handrails and running belt with a dampened (not dripping wet), *clean* cloth using a diluted solution of Simple Green®. To clean the grooves on the belt, use a soft nylon scrub brush. Vacuum the floor underneath the unit every week to prevent the accumulation of dust and dirt.

The Precor Heart Rate equipment requires little maintenance beyond keeping it dust free. Dampen a sponge or soft cloth in mild soap and water to wipe the POLAR® chest strap. Dry the surface thoroughly with a clean towel.

Diagram 21

Align the running belt.

Side rail
Adjust the bolt using a 5/16-inch hex key.
Right side rear end cap
Running belt



ALIGNING THE RUNNING BELT

The correct alignment of the running belt is critical to the smooth operation of the treadmill. The belt is properly aligned at the factory. However, during shipping and handling or by use on an uneven surface, the belt may move off center and require a few simple adjustments.

If you plan to align the running belt, check its operation by following the procedure in *Checking the Alignment of the Running Belt* on page 19. If you determine that the belt needs alignment, follow the instructions here.

CAUTION: Special care must be taken when aligning the running belt. Turn OFF the treadmill while adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your finger or 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.

Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call Precor Customer Support (see *Obtaining Service* on page 7.)

Take the following steps to align the running belt on the treadmill. To ensure your safety, make all adjustments while the treadmill is OFF.

1. Make sure the treadmill is OFF and the running belt has completely stopped.
2. Locate the **right** belt adjustment bolt in the rear end cap of the treadmill. (To determine left and right, stand at the rear of the treadmill and face the display.) See Diagram 21. The direction you turn the bolt depends on how the belt is tracking. Make all belt adjustments on the **right rear corner bolt** using the hex key provided.
 - If the belt is off center to the RIGHT, turn the adjusting bolt 1/4 turn clockwise, which moves the running belt to the left.
 - If the belt tracks off center to the LEFT, turn the bolt 1/4 turn *counterclockwise*; this moves the belt to the right.

Important: Do not turn the adjusting bolt more than 1/4 turn at a time. Overtightening the bolt can damage the treadmill.

3. Turn ON the treadmill, press **QuickStart**, and then increase the running belt speed to 3 mph (5 kph) by pressing Speed ▲.

CAUTION: Stand to the side of the treadmill. The running belt begins moving automatically after you press QUICKSTART.

4. Observe the running belt for a couple of minutes. The belt should be centered on the running bed. A few inches from either side of the side rail platform.

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 key. Contact Precor Customer Support.

5. If the belt needs additional alignment, repeat steps 1 through 4 of this procedure until the belt is properly aligned.
6. After aligning the belt, press the **Stop** button and **Reset**. Turn OFF the treadmill. Tighten any loose fasteners or other components on the equipment. If you hear unusual noises or you feel that the treadmill is in need of repair or service, contact Precor Customer Support. Refer to *Obtaining Service* on page 7.

SERVICING THE TREADMILL

Do not attempt to service the treadmill yourself except for the maintenance described in this manual. The unit does not contain any user-serviceable parts that require lubrication. Refer to *Obtaining Service* on page 7.

STORING THE POLAR® CHEST STRAP

Store the chest strap transmitter in a place where dust and dirt cannot accumulate on it such as, a closet or drawer. Be sure to keep the chest strap protected from extremes in temperature. Do not store it in an area that may be exposed to temperatures below 32 degrees Fahrenheit.

LONG TERM STORAGE

When the treadmill is not in use for any length of time, turn it OFF. Ensure that the power cord is unplugged from the wall outlet and is positioned so that it will not become damaged or interfere with other equipment or people.

C966 Commercial Treadmill featuring Heart Rate and SmartRate® Systems

Product Specifications

Length: 86 inches (218 cm)
Width: 37 inches (93 cm) w/handrails
34 inches (86 cm) w/o handrails
Height: 59 inches (150 cm)
Weight: 375 lbs (170 kg)
Shipping weight: 470 lbs (213 kg)
Running surface: 60 inches x 20 inches
(153 cm x 51 cm)
Motor: 4.0 hp continuous duty
Power: 120 v @ 50/60Hz 20 Amps
240v @ 50/60Hz 20 Amps
Speed: 0.5 to 16 mph (1 to 26 kph)
Incline: - 3% to 15% grade
Frame: Powder-coated steel
Regulatory Approval: FCC, ETL, CE

Electronic Specifications

C966 Courses: 21
Fitness Test
5K course
2 Aerobic courses
3 Cross Country courses
Custom course
2 Gluteal courses
2 Goal courses (Distance and Calories)
Heart Rate*
4 Interval courses
Manual course
Random course
Track course
Weight Loss course

C966 Display Readouts:

Calories
Calories Per Minute
Distance
Heart Rate*
Incline/Decline
METs
Pace
Profile
Segment Time
SmartRate®*
Speed
Time

C966 Features:

CSAFE
Heart Rate Telemetry
QuickStart™
Reversible Deck
SmartRate®
Touch Heart Rate
Touch-Sensitive Display

* The user must hold onto the touch-sensitive grips on the treadmill's handrail. Or, the user must wear a POLAR® chest strap. The POLAR® chest strap is an option available through your dealer.

PRECOR USA

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Online OM# 44295-403
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Warranty Registration# 45622-101
Exploded Views 44298-101 Rev. D
January 24, 2003

NOTICE:

Precor is widely recognized for its innovative, award winning designs of exercise equipment. Precor aggressively seeks U.S. and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor's product designs is hereby forewarned that Precor considers the unauthorized appropriation of its proprietary rights to be a very serious matter. Precor will vigorously pursue all unauthorized appropriation of its proprietary rights.