

# Product Owner's Manual

## Commercial Products

### Treadmills:

- 946i
- 956i
- 966i

### Ellipticals:

- EFX546i
- EFX556i
- EFX576i

### Cycle:

- 846i

### Climber:

- 776i





# Important Safety Instructions

When using Precor equipment, always take basic precautions, including the following:

- Read all instructions before using the equipment. These instructions are written to educate patrons and other users in the proper use of the equipment.
- Other sections in this manual provide more details of safety features. Be sure to read these sections and observe all safety notices.
- Before beginning any fitness program, make sure all users see a physician for a complete physical examination.

*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** Before cleaning it, always unplug the equipment from its power source to reduce the risk of electric shock. Before cleaning self-powered equipment, disconnect the optional power adapter.

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

- Do not allow children or people unfamiliar with its operation on or near the equipment. Do not leave children unsupervised around the equipment.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from the power source when it is not in use, before cleaning it, and before providing authorized service.  
**Note:** The optional power adapter is considered an electrical power source for self-powered equipment.
- Keep all electrical components away from liquids to prevent shock.
- Assemble and operate the equipment on a solid, level surface. Locate the equipment a few feet from walls or furniture.
- Maintain the equipment in good working condition. Refer to *Maintenance*.
- If you plan to move the equipment, obtain help and use proper lifting techniques. For more information, refer to *Moving the Equipment*.
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.

- Never operate the equipment if it is damaged, not working properly, when it has been dropped, or has been immersed in water. Return the equipment to a service center for examination and repair.
- Keep the power cord or optional power adapter and plug away from heated surfaces.
- 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 found in this manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Do not set anything on the stationary handrails or handlebars, display console, or covers. Place liquids, magazines, and books in the appropriate receptacles.

## **Safety Code**

The club owner or manager has the option to enable the safety code. The code involves entering four number keys in sequence. If the correct keys are not pressed within two minutes, further user access is denied. For more information, refer to *Treadmill Safety Features* and *Club Features*.

## **Safety Approval**

When identified with the ETL-c logo, the equipment has been tested and conforms to the requirements of CAN/CSA-E-335-1/3-04, EN 60335-1: 2002 Safety of Household and Similar Electrical Appliances. This equipment is a Class S/B or C certified machine according to applicable EN957 standards.

## Educating Users

Take time to educate users on the safety instructions found in both the *User's Reference Manual* and *Product Owner's Manual*.

Explain to your club or facility patrons that they should:

- Hold onto a stationary handrail or handlebar while stepping onto the equipment or when getting comfortably seated on the cycle.
- Face the display at all times.
- Hold on to a stationary handrail or handlebar with one hand whenever reaching with the other hand to touch the display keys.
- On treadmills: straddle the running belt and attach the safety clip to clothing at waist level before touching the display.

**Important:** For safety, make sure users step onto the running belt while it is moving at or below 1 mile per hour (1 kilometer per hour).

## Hazardous Materials and Proper Disposal

The self-powered equipment has an internal battery which contains materials that are considered hazardous to the environment. Proper disposal of the battery is required by federal law.

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*.

## 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

This product is compliant to:

- 2004/108/EC Electromagnetic Compatibility Directive.
- 2006/95/EC Low Voltage Directive.
- 2002/95/EC Restriction of Hazardous Substances Directive.

This product conforms to the requirements of the European Council Directive 89/336/EEC, 2004/108/EC Electromagnetic Compatibility and has been tested to the following standards:

- EN55022, Limits & Methods of Measurement of Radio Interference, Information Technology Equipment.
- EN55024, Immunity of Information Technology Equipment.

This product also conforms to the requirements of the European Council Directive 73/23/EEC, 2006/95/EC Low Voltage Directive and has been tested to the following standard:

- IEC 335-1, EN60335-1 Safety of Household and similar Electrical Appliances.

## Treadmill Grounding Instructions

The treadmill must be grounded. If the equipment malfunctions or breaks down, grounding provides a path of least resistance for electric current, which reduces the risk of electrical shock. The treadmill has a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an outlet that is properly installed and grounded in accordance with all local codes and ordinances. Failure to properly ground the treadmill 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 equipment is properly grounded. Do not modify the plug provided with the treadmill. If it does not fit the outlet, get a proper outlet installed by a qualified electrician.

## 120 V and 240 V Equipment Designated for U.S. Markets

The treadmill must be connected to a dedicated, grounded circuit. A 20-amp dedicated circuit is recommended. The equipment's grounding plug looks like the plug shown in one of the following figures. The power outlet must have the same configuration as the plug. No adapter should be used with this product.

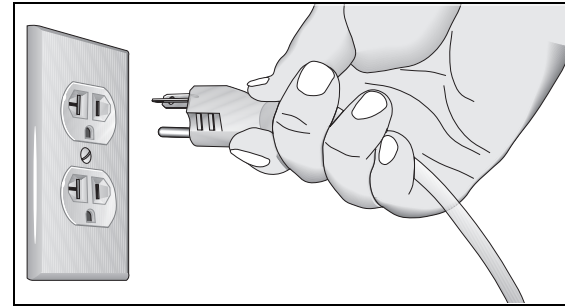


Figure 1: 120-volt power plug

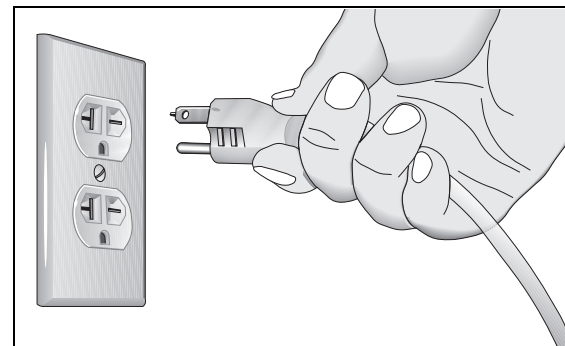


Figure 2: 240-volt power plug

## Obtaining Service

You should not attempt to service the equipment except for maintenance tasks described in this manual. For information about product operation or service, see the Precor web site at [www.precor.com](http://www.precor.com). Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at [www.precor.com/corp/contact](http://www.precor.com/corp/contact).

For future reference, write the model, serial number, and date of purchase for all your equipment in the space provided. The serial number is printed on a label located near the power cord connection (treadmills) or receptacle (self-powered equipment).

Model #: _____	Base Serial #: _____
	Display Serial #: _____
	Date purchased: _____
Model #: _____	Base Serial #: _____
	Display Serial #: _____
	Date purchased: _____
Model #: _____	Base Serial #: _____
	Display Serial #: _____
	Date purchased: _____
Model #: _____	Base Serial #: _____
	Display Serial #: _____
	Date purchased: _____



# Table of Contents

<b>Important Safety Instructions</b> .....	<b>1</b>	Choosing a Language.....	20
Safety Code.....	2	Selecting a U.S. Standard or Metric Display.....	20
Safety Approval .....	2	Setting an Exercise Session Time Limit.....	21
Educating Users .....	3	Setting a Pause Time Limit.....	22
Hazardous Materials and Proper Disposal.....	3	Setting a Cool-Down Time Limit .....	22
Product Recycling and Disposal .....	3	Treadmill: Determining the Club Speed Limit .....	23
Radio Frequency Interference (RFI).....	4	Treadmill: Setting an Incline Limit .....	23
European Applications.....	4	Treadmill: Accessing Performance Programs.....	24
Treadmill Grounding Instructions .....	5	Treadmill: Changing Remote Control Access.....	25
Obtaining Service .....	6	EFX: Changing the Auto-Level Setting.....	26
<b>Treadmill Safety Features</b> .....	<b>8</b>	Cycle: Setting a Resistance Range.....	27
Entering the Safety Code.....	8	Creating a Custom Program .....	28
Using the Safety Clip.....	8	Informational Displays .....	29
Turning the Treadmill On and Off.....	9	User ID Entry with CSAFE Equipment.....	32
Weight Limit .....	9	<b>Maintenance</b> .....	<b>33</b>
Location .....	9	Daily Inspection .....	33
<b>Self-Powered Features</b> .....	<b>10</b>	Daily Cleaning.....	33
Informational Displays Prior to Shutdown.....	10	EFX: Cleaning the Ramp.....	34
Symptoms of a Low Battery.....	11	Storing the Chest Strap .....	34
Using the Optional Power Adapter.....	11	Treadmill: Checking the Alignment of the Running Belt .....	35
The Optional Power Adapter Kit.....	12	Treadmill: Adjusting the Running Belt.....	36
Replacing the Battery.....	12	Upright Cycle: Adjusting the Seat Tilt.....	37
<b>Club Features</b> .....	<b>13</b>	Recumbent Cycle: Realigning the Seat.....	38
Club Programming Tips.....	14	Moving the Equipment.....	39
Accessing Club Programming Mode and		Long-Term Storage .....	39
Changing the Settings .....	16	<b>Precor Commercial Equipment</b>	
Treadmill: Selecting Safety Code Protection.....	19	<b>Limited Warranty</b> .....	<b>41</b>

# Treadmill Safety Features

Before allowing users on Precor equipment, review the *Important Safety Instructions* found at the beginning of this manual. You should also teach your patrons how to safely use the equipment following the guidelines in *Educating Users*.

## Entering the Safety Code

When the equipment is shipped from the factory, the safety code protection feature is disabled. If you wish to enable the safety code, refer to *Club Features*. Inform users that the equipment requests a safety code to help prevent unauthorized use. When users select a program or press QUICKSTART at the PRECOR banner, the following prompt appears:

ENTER SAFETY CODE TO UNLOCK MACHINE

Users have two minutes to press the following number key sequence and continue their workout: 1, 2, 3, 4.

**Important:** Tell users to hold onto the handrail with one hand before entering the safety code with the other hand.

If the correct keys are pressed, the program selection process begins. If the code is incorrect, the display prompts the user to reenter the code after a 2-minute time out.

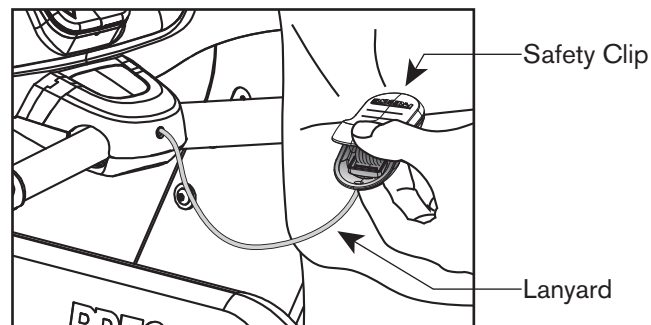
**Note:** On the treadmill, a 3-second countdown appears on the display, and then the running belt starts moving. Refer to *Workout Options* in the *User's Reference Manual*.

## Using the Safety Clip

Instruct users how important it is to use the safety clip while exercising 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 safety lanyard will stop the running belt.

If the safety switch trips while users are exercising, have them reattach the safety clip, press the SPEED up key or QUICKSTART and reenter the safety code, if necessary.

**Note:** The treadmill retains users' workout statistics if they resume their workout within the limit set for pause mode.



**Figure 3: Attaching the safety clip**

## 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 it is not being used, turn the treadmill Off.*

## Weight Limit

You should not allow runners over 350 lb. (160 kg) or walkers heavier than 500 lb. (225 kg) on the treadmill.

## Location

It is important to keep the area around the treadmill open and free from encumbrances such as other equipment. The minimum space requirement needed for user safety and proper maintenance is three feet wide by six feet deep (one meter wide by two meters deep), directly behind the running belt.

# Self-Powered Features

On self-powered equipment, the battery initializes and displays the Precor banner when a user starts exercising. A minimum rate of motion must be maintained for the banner to appear, as shown in the following table. When a person meets the requirements, the power that is generated allows the equipment to function properly.

**Table 1. Minimum requirements for operation**

<b>Equipment</b>	<b>Rate of Motion</b>
AMT	56 strides per minute (SPM)
EFX	40 strides per minute (SPM)
Climber	30 steps per minute
Cycle	20 revolutions per minute (RPM)

Informational displays appear when the battery is low or when the rate of motion drops below the minimum requirements. The display explains what to do to retain power. If the messages are ignored, the equipment begins shutdown procedures to maintain the charge of the battery. Refer to *Informational Displays Prior to Shutdown*.

An optional power adapter can be purchased and provides sustained power to the equipment. If you plan to change the club settings, the power adapter is highly recommended. To purchase the optional power adapter, check with your dealer. Refer to *Obtaining Service*.

## Informational Displays Prior to Shutdown

The equipment saves its battery charge by moving into a shutdown mode. If the user does not maintain the minimum rate of motion, a 30-second shutdown process begins.

Dots appear in the display and all key presses are ignored. If no movement is detected or the rate of motion remains below the minimum, the dots steadily disappear as the countdown continues.

**Note:** The user can resume exercising if he or she begins before the countdown period elapses.

**Important:** *If the equipment is connected to a CSAFE master device, a slightly different scenario occurs. When ten seconds remain before the equipment shuts off, the exercise session ends. **RESETTING** appears in the display while the equipment disconnects from the CSAFE master device. All key presses are ignored.*

## Symptoms of a Low Battery

If no one has used the equipment for an extended period of time, the battery may need recharging.

Symptoms of a low battery include:

- A flickering or erratic display
- User and program information is lost once the user stops exercising. No workout summary or notification of pending shutdown occurs.

**Important:** *To maintain a constant power source, use the optional power adapter.*

## Using the Optional Power Adapter

After connecting the power adapter to the equipment, plug the opposite end into the appropriate power source 120 V or 240 V.

**CAUTION: When the optional power adapter is in use, make sure that the power supply cord does not create a safety hazard. Keep it out of the way of traffic and moving parts. If the power supply cord or power conversion module is damaged, it must be replaced.**

The display functions differently when the power adapter is connected. Because the power adapter provides a constant source of power, a user can pause for brief periods without initiating shutdown procedures. When the pause time limit expires and the user has not resumed exercising, the display returns to the Precor banner. Refer to *Setting a Pause Time Limit*. To learn how to install the power adapter, refer to *The Optional Power Adapter Kit*.

## The Optional Power Adapter Kit

If you purchase the optional power adapter, you must also purchase the internal cable kit. The kit supplies the cable, bracket, and fasteners that connect the power adapter to the lower electronics board.

**CAUTION: The internal cable kit must be installed by authorized service personnel. Do not attempt installation on your own as you could void the Precor Limited Warranty. For more information, refer to *Obtaining Service*.**

Once the internal cable kit is installed, you can plug the optional power adapter into the equipment. Plug the opposite end into the appropriate power source for your equipment 120 V or 240 V. Review the safety instructions found at the beginning of this manual before using the power adapter.

## Replacing the Battery

The equipment's battery is built to last for a long time. However, if you feel that the battery may need replacing, check with an authorized service technician. Refer to *Obtaining Service*.

**CAUTION: The battery stored inside the equipment contains hazardous materials and must be disposed of according to Hazardous Waste Regulations. Refer to *Hazardous Materials and Proper Disposal*.**

# Club Features

These next few pages explain how to customize the equipment for your club or facility and view useful product information. All these features remain hidden to the patrons and can only be accessed using special key presses. Read this section if you want to:

- Enable or disable the safety code (treadmill)
- Change the display to a different language
- Change the display to show U.S. standard or metric measurements
- Set the maximum exercise and pause times
- Set a cool-down time limit
- Set the maximum speed and incline (treadmill)
- Enable or disable hidden programs or remote access (treadmill)

- Change the auto-level setting (EFX)
- Set the resistance range (cycle)
- Customize a program
- View the odometer
- Display the number of hours the equipment has been in use
- View the software versions and part numbers
- Display the serial number
- Check the program usage and error logs

**Note:** To review the club programming prompts and factory default settings that can be changed through club programming mode, refer to the following table.

## Club Programming Tips

- Always start at the Precor banner.
- Electrical power must be supplied. For self-powered equipment, a constant power source is available if you use the optional power adapter, otherwise you will have to maintain the minimum rate of motion. Refer to *Self-Powered Features*. If you plan to program self-powered equipment, purchasing the optional power adapter is highly recommended.

**Note:** If you do not use the optional power adapter during club programming mode, and the rate of motion falls below the minimum requirements, no warning is given when the equipment moves into its 30-second shutdown procedure.

- The club programming mode is accessed by pressing the RESET key at the Precor banner. The remaining key presses must occur quickly and without pause.  
**Note:** Treadmill keys that can be used interchangeably in club programming mode are: PAUSE/RESET and the red STOP button. On the EFX, the CLEAR and ENTER keys perform specific functions, but the number keypad is disabled once you enter club programming mode.
- The changes made in club programming mode become the default settings whenever the display resets to the Precor banner.



**Table 2. Club custom features and settings**

<b>Equipment</b>	<b>Club Programming Prompt</b>	<b>Factory Default Setting</b>	<b>Changes you can make</b>
Treadmill	SAFETY CODE	Disabled	An <i>enabled</i> safety code requires a 4-digit entry code before users can access any exercise programs.
All *	SELECT LANGUAGE	English	Several languages affect the display prompts. Choose one.
All *	SELECT UNITS	U.S.	Two standard units of measure affect the display prompts. Choose between U.S. or Metric.
All *	SET MAX WORKOUT TIME	60 minutes	Exercise session time limits range from 1 to 240 minutes. NO LIMIT is accessible beyond 240 minutes.
All *	SET MAX PAUSE TIME	120 seconds	Pause time limits range from 1 to 120 seconds (2 minutes). Restrictions exist for self-powered units.
All *	SET COOL DOWN TIME	5 minutes	Cool-down time limits range from 0 to 5 minutes.
Treadmill	SET SPEED LIMIT	Maximum speed available.	Refer to <i>Treadmill: Determining the Club Speed Limit</i> .
Treadmill	SET INCLINE LIMIT	Maximum grade possible.	Refer to <i>Treadmill: Setting an Incline Limit</i> .
Treadmill †	HIDDEN PROGRAMS	Hide programs	Two options are available: Show Programs or Hide Programs. Choose one.
Treadmill	REMOTE SPEED CONTROL	Disabled	A computer must be connected through the CSAFE port to enable this feature and change the speed or incline for a specific user.
EFX576i, EFX546i	SET CROSSRAMP AUTO - LEVEL	Mid-level of ramp incline range	This prompt only appears on EFX units which have adjustable ramps. Settings range from 1 to 20. Refer to <i>EFX: Changing the Auto-Level Setting</i> .
Cycle	SET RESISTANCE RANGE	High	Settings range from High, Medium, and Low. Refer to <i>Cycle: Setting a Resistance Range</i> .
All †	SET CUSTOM PROGRAM 1	Random profile	Modify the program profile. Refer to <i>Creating a Custom Program</i> .
Treadmill †	SET CUSTOM PROGRAM 2	Random profile	Modify the program profile. Refer to <i>Creating a Custom Program</i> .

\* This feature is available in all Precor equipment.

† This program is not available on the 946i treadmill, EFX546i, and EFX556i.

**Note:** If a user changes the language or unit of measure during an exercise session, the display resets to the club preferences when a user's workout ends.

## Accessing Club Programming Mode and Changing the Settings

Read the *Club Programming Tips* to identify useful information about customizing your Precor equipment.

To access the available menus and change the program settings, perform the following steps:

1. At the Precor banner, press the following keys in sequence without pausing between selections:

RESET, 5, 6, 5, 1, 5, 6, 5

**Note:** A PAUSE/RESET key appears on some products and functions the same as the RESET key.

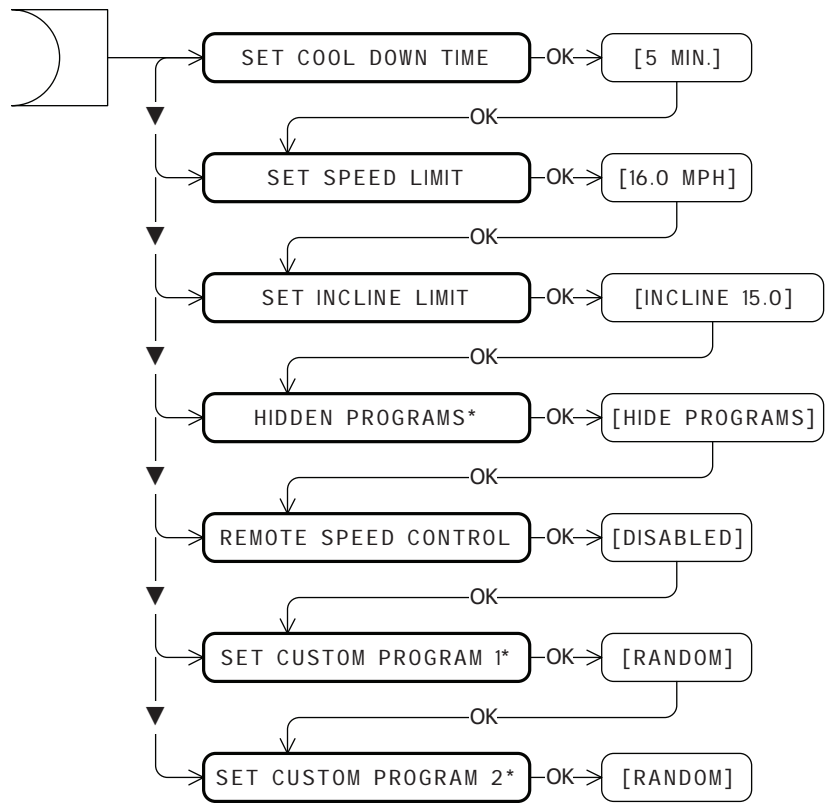
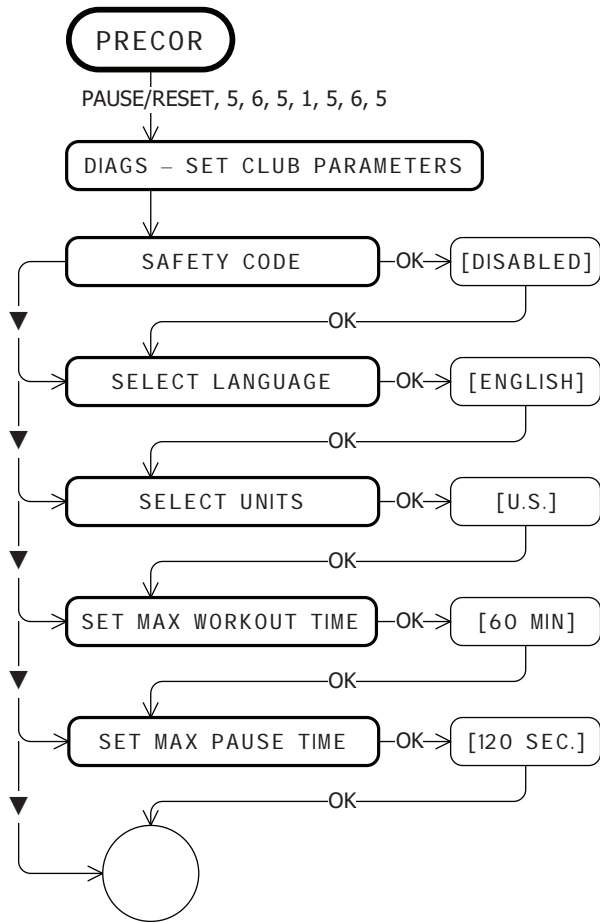
The club programming prompts appear sequentially and in a menu format. The following table describes which keys to use in club programming mode.

Table 3. Club Programming Mode keys

<b>Key</b>	<b>Description</b>	<b>Function</b>
▲ or ▼	Navigational arrow keys	Moves you through the programs and selections.
OK	OK key	Lets you choose or accept the displayed selection.
BACK	BACK key	Returns to the previous menu level without saving any changes.
RESET	RESET key or PAUSE/RESET key	Exits Club Programming Mode and returns to the Precor banner.

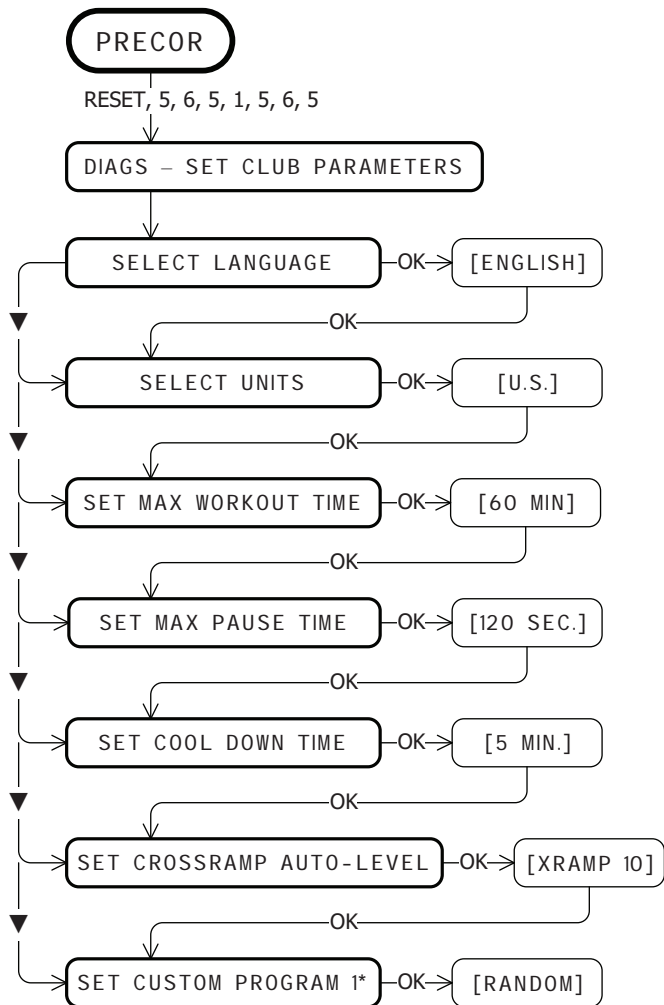
**Note:** The number keypad is disabled once you enter club programming mode.

Use the following flowchart to navigate through the menu settings on treadmills.



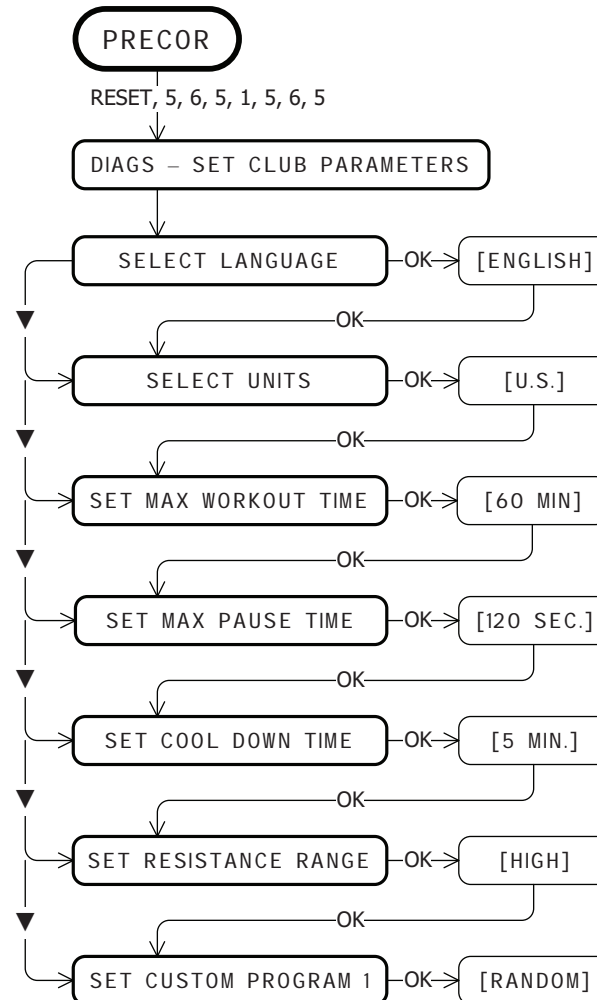
\* This program is not available on the 946i treadmill.

Use the following flowchart to navigate through the menu settings on ellipticals.

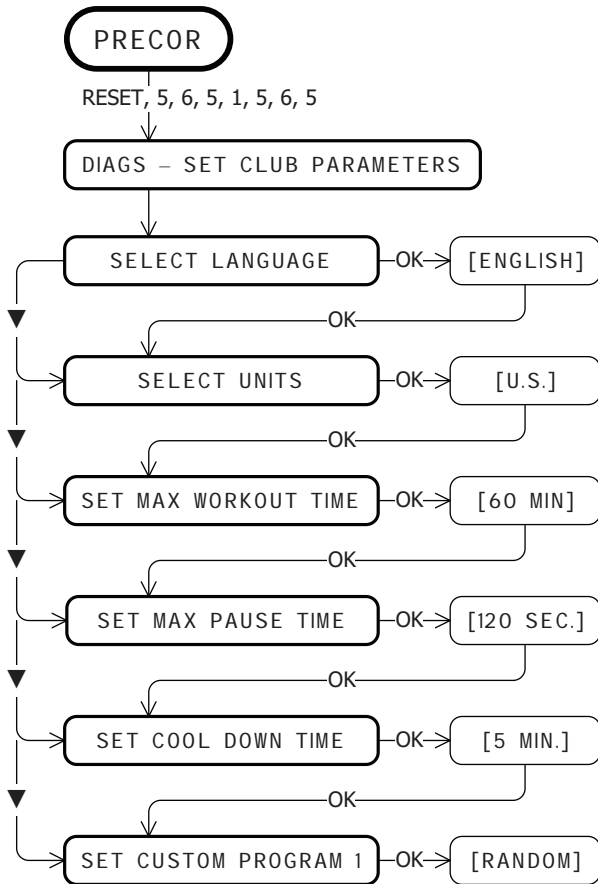


\* This program is not available on the EFX546i and EFX556i.

Use the following flowchart to navigate through the menu settings on cycles.



Use the following flowchart to navigate through the menu settings on climbers.



## Treadmill: Selecting Safety Code Protection

When the equipment is shipped from the factory, the safety code protection feature is disabled. If you enable the safety code, your patrons will need to enter four number keys in sequence to begin their exercise session and, on the treadmill, start the running belt. If the correct keys are not pressed within two minutes, further access is denied. For more information, refer to *Entering the Safety Code*.

1. At the SAFETY CODE prompt, press OK. Use the navigational arrow keys to alternate between the two selections.

<b>Setting</b>	<b>Description</b>
ENABLED	Causes the safety code prompt to appear prior to a workout and when returning from pause mode.
DISABLED	Does not require a safety code to operate.

**CAUTION: Do not assume the equipment is safe because of safety code protection. Never leave children unsupervised around the equipment.**

2. When you are ready, press OK to accept the displayed setting and move to the next feature. For further options, refer to the table in *Accessing Club Programming Mode and Changing the Settings*.

## Choosing a Language

The equipment can display user prompts, text, and user entries in several different languages. When the equipment is shipped from the factory, it is set to display English.

**Note:** Programming prompts are not affected by language selection. The prompts in this section continue to appear in English.

1. At the SELECT LANGUAGE prompt, press OK. Use the navigational arrow keys to choose a language.
2. When you are ready, press OK to accept the displayed setting and move to the next feature. For other options, refer to the table in *Accessing Club Programming Mode and Changing the Settings*.

## Selecting a U.S. Standard or Metric Display

The equipment can display measurements in either Metric or U.S. Standard. The default factory setting is to display U.S. Standard. To change this setting, perform the following steps:

1. At the SELECT UNITS prompt, press OK. Use the navigational arrow keys to select a unit of measure (US or METRIC).

**CAUTION: If you change the Unit of Measure display on a treadmill, be sure to check the speed setting to verify that it is correct. Refer to *Treadmill: Determining the Club Speed Limit*.**

2. When you are ready, press OK to accept the displayed setting and move to the next feature. For other options, refer to the table in *Accessing Club Programming Mode and Changing the Settings*.

## Setting an Exercise Session Time Limit

You can limit how long a user can exercise on the equipment. For example, if you set the time limit to 20 minutes, users can only enter a session time between 1 and 20 minutes.

**Note:** The automatic cool-down period is appended to the end of any time-based program, so adjust the time limit accordingly.

You can also let a user exercise indefinitely by selecting NO LIMIT. However, you will need to instruct users that once they select a program, they must press the TIME +/- key. A workout time blinks in the display. They need to use the Number Keypad to type in 240, press the up arrow key to display NO LIMIT, and then press OK.

The exercise session times available are between 1 and 240 minutes.

**Note:** The Military Performance Programs will not complete if the maximum exercise time limit is less than 40 minutes. Set the maximum session time above 40 minutes if you have allowed users to access these programs. Refer to *Treadmill: Accessing Performance Programs*.

1. At the SET MAX WORKOUT TIME prompt, press OK. Use the navigational arrow keys to change the displayed time limit.

**Note:** When you press and hold a navigational arrow key, the number increments by five, for example, 1, 5, 10, 15, 20. When you tap an arrow key, the number increments by one.

2. When you are ready, press OK to accept the displayed setting and move to the next feature. For other options, refer to the table in *Accessing Club Programming Mode and Changing the Settings*.

## Setting a Pause Time Limit

You can limit how long a user can pause while exercising on the equipment by entering a time between 1 and 120 seconds (two minutes). For example, if you set a pause time limit of 60 seconds, the display automatically resets to the Precor banner if no movement is detected and no key press occurs for one minute.

**Important:** *The optional power adapter must be connected on self-powered equipment to establish a definitive pause time limit. If the optional power adapter is not attached and the rate of motion drops below the minimum requirements, the equipment begins its 30-second shutdown, effectively eliminating pause mode. Refer to the table in Self-Powered Features.*

1. At the SET MAX PAUSE TIME prompt, press OK. Use the navigational arrow keys to change the time limit. Choose between 1 and 120 seconds (two minutes).
2. When you are ready, press OK to accept the displayed setting and move to the next feature. For other options, refer to the table in *Accessing Club Programming Mode and Changing the Settings*.

## Setting a Cool-Down Time Limit

You can limit how long a user cools down after exercising on the equipment by entering a time between 0 and 5 minutes.

**Important:** *It is highly recommended that you set the cool-down period at or above three minutes. It takes time for a user's heart rate to return to a resting state after vigorous exercise. An effective cool-down period also reduces the amount of lactic acid in muscle tissue.*

1. At the SET COOL DOWN TIME prompt, press OK. Use the navigational arrow keys to display the available time limits. Choose between 0 and 5 minutes. The default setting is 5 minutes.
2. When you are ready, press OK to accept the displayed setting and move to the next feature. For other options, refer to the table in *Accessing Club Programming Mode and Changing the Settings*.



## Treadmill: Determining the Club Speed Limit

You can set a maximum speed for the treadmill. This limits how fast the running belt moves and, consequently, the number of speed settings that are available to the user. The speed is displayed in miles per hour (mph) or kilometers per hour (kph) depending upon the units of measure (U.S. standard or Metric) selected earlier. The speed ranges from 0.5 to 16 mph (0.8 to 25.5 kph).

**Important:** *If you select a number that limits the miles per hour, your change will not affect the kilometers per hour (and vice versa). The treadmill does not convert the speed entered in mph (U.S. standard) to kph (Metric). It stores separate numbers for the different units of measure. To enter both values, you must first reset the display to the appropriate unit of measure, and then change the speed limit in this program. Refer to Selecting a U.S. Standard or Metric Display.*

1. At the SET SPEED LIMIT prompt, press OK. Use the navigational arrow keys to select the desired running belt speed limit.
2. When you are ready, press OK to accept the displayed setting and move to the next feature. For other options, refer to the table in *Accessing Club Programming Mode and Changing the Settings*.

## Treadmill: Setting an Incline Limit

You can set the maximum grade (percent of incline) for the treadmill. This limits the degree of incline and, consequently, the number of incline settings that are available to the user. The available range is:

<b>Treadmill</b>	<b>Percent of Incline</b>
C956i	0 to 15% grade
C966i	-3 to 15% grade

1. At the SET INCLINE LIMIT prompt, press OK. Use the navigational arrow keys to select the desired grade.
2. When you are ready, press OK to accept the displayed setting and move to the next program. For other options, refer to the table in *Accessing Club Programming Mode and Changing the Settings*.

# Treadmill: Accessing Performance Programs

**Note:** This feature is not available on the 946i treadmill.

Several performance-based programs on the treadmill can be hidden from the user's view and, consequently, be unavailable during an exercise session. These programs are shown in the following list:

Gerkin Fitness Test, USAF PRT, NAVY PRT, ARMY PFT, USMC PFT, Federal Law Enf. PEB.

If you keep the default factory setting, the Track and 5K programs are available to the user through the PERFORMANCE key.

If you wish to change this setting, perform the following steps:

1. Press OK to review the current HIDDEN PROGRAMS selection. Use the navigational arrow keys to alternate between the two selections.

<b>Setting</b>	<b>Description</b>
SHOW PROGRAMS	Causes all the Performance Programs listed above to appear. The user can access each program through the PERFORMANCE key on the display.
HIDE PROGRAMS	Hides the Performance Programs listed above and makes them inaccessible to the user. However, the Track and 5K programs remain available and are accessed when a user presses the PERFORMANCE key.

2. When you are ready, press OK to accept the displayed setting and move to the next program. For other options, refer to the table in *Accessing Club Programming Mode and Changing the Settings*.

## Treadmill: Changing Remote Control Access

**Important:** To affect this setting, the treadmill must be connected to a computer and you will need to be familiar with CSAFE commands.

When you enable this program, you can set a user's speed and incline through a computer software program which interfaces with the CSAFE port on the treadmill.

The default factory setting is set to DISABLED. To change this setting, perform the following steps:

1. At the REMOTE SPEED CONTROL prompt, press OK. Use the navigational arrow keys to alternate between the two selections.

<b>Setting</b>	<b>Description</b>
ENABLED	Lets you set the speed and incline for individual users and their selected program using CSAFE commands through a computer connection.
DISABLED	Disconnects remote access so you cannot use the remote capabilities of a CSAFE connection. You would also use this setting when the treadmill is not connected to a computer.

2. When you are ready, press OK to accept the displayed setting and move to the next program. For other options, refer to the table in *Accessing Club Programming Mode and Changing the Settings*.

## EFX: Changing the Auto-Level Setting

You can set a specific ramp incline so that the EFX automatically returns to it at the end of a workout session. Whatever incline you set, the EFX ramp returns to the setting if a user continues pedaling, once the program session has ended, and presses RESET to return to the Precor banner.

**Note:** This setting is available on equipment with adjustable ramps.

**Important:** *If you use this feature, connecting the optional power adapter is recommended. Instruct users about the auto-leveling feature and ask that they hold onto a stationary handrail with one hand while the equipment automatically moves to the set incline.*

1. At the SET CROSSRAMP AUTO-LEVEL prompt, press OK.
2. XRAMP  $n$  appears, where  $n$  is the ramp incline setting. Some displays only show a number without prefacing it with XRAMP. Use the navigational arrow keys to select the desired ramp incline setting from 1 to 20.
3. When you are ready, press OK to accept the displayed setting and move to the next feature. For other options, refer to the table in *Accessing Club Programming Mode and Changing the Settings*.

## Cycle: Setting a Resistance Range

You can set a low, medium or high range of resistance on the recumbent or upright cycles. Within each setting, 25 levels of resistance are available, but the chosen setting affects the overall resistance range.

Physical therapy conditioning is an example where you might use this programming feature. If a user has an injury that needs low levels of resistance, you might set the resistance range to low to make sure that the user does not induce further injury by exceeding your recommended levels of resistance.

The following table provides short descriptions of each group.

**Table 4. Resistance range settings on cycles**

<b>Setting</b>	<b>Description</b>
HI or HIGH	Provides the full range of resistance available. If an upright cycle user chooses the high-end resistance levels, the cycle provides enough resistance to simulate sprinting or hill climbing for users wishing to stand on the upright cycle. It also provides enough resistance for elite riders that are capable of spinning at high speed with high resistance.
MED or MEDIUM	Provides approximately two thirds of the resistance that is available within the high group setting. Club owners may want to select the medium range for recumbent cycles. Since users cannot stand on recumbent cycles, less resistance is needed by the average (non-elite) user. A medium range may provide more comfort. It also allows users to make easier resistance changes in the preset programs.
LO or LOW	Provides approximately one third of the resistance that is available within the high group setting. The low range may be appropriate in special situations where poorly conditioned users are anticipated. The low range is not recommended for the club environment.

1. At the SET RESISTANCE RANGE prompt, press OK. Use the navigational arrow keys, to choose LOW, MEDIUM or HIGH (LO, MED, or HI on some equipment).
2. When you are ready, press OK to accept the displayed setting and move to the next feature. For other options, refer to the table in *Accessing Club Programming Mode and Changing the Settings*.

## Creating a Custom Program

**Note:** This feature is not available on the 946i treadmill, EFX546i and EFX556i.

When you design a custom program, you are preprogramming the program profile.

1. At the SET CUSTOM PROGRAM prompt, press OK. The program profile appears in the display and a blinking column indicates your starting point.

**Note:** Two custom programs are available on the treadmill. All other Precor products contain one custom program. The prompt indicates which one you have accessed. For example, SET CUSTOM PROGRAM 1 scrolls across the display to indicate you are selecting the first custom program. If you have a treadmill and wish to select the second custom program, press the down arrow key on the navigational keypad, before pressing OK in step 6.

2. When the Custom Program profile appears, press the down arrow key on the navigational keypad, to select the column you wish to change.
3. To change the height of the column, refer to the following table.

**Table 5. Custom Program keys**

<b>Equipment</b>	<b>Key</b>	<b>Description</b>
Treadmill	INCLINE keys	Changes the column height and affects the Custom Program incline.
EFX	CROSSRAMP keys	Changes the column height and affects the Custom Program ramp incline.
Cycle	RESISTANCE keys	Changes the column height and affects the Custom Program pedal resistance.
Climber	RESISTANCE keys	Changes the height of the column and affects the Custom Program step resistance.

4. When the column height is set, press the down arrow key on the navigational keypad, to move to the next column. You can press the up arrow key to move back and change earlier columns as needed.
5. Continue adjusting the profile for each column.
6. When you are ready, press OK to save the program profile and return to the Precor banner.

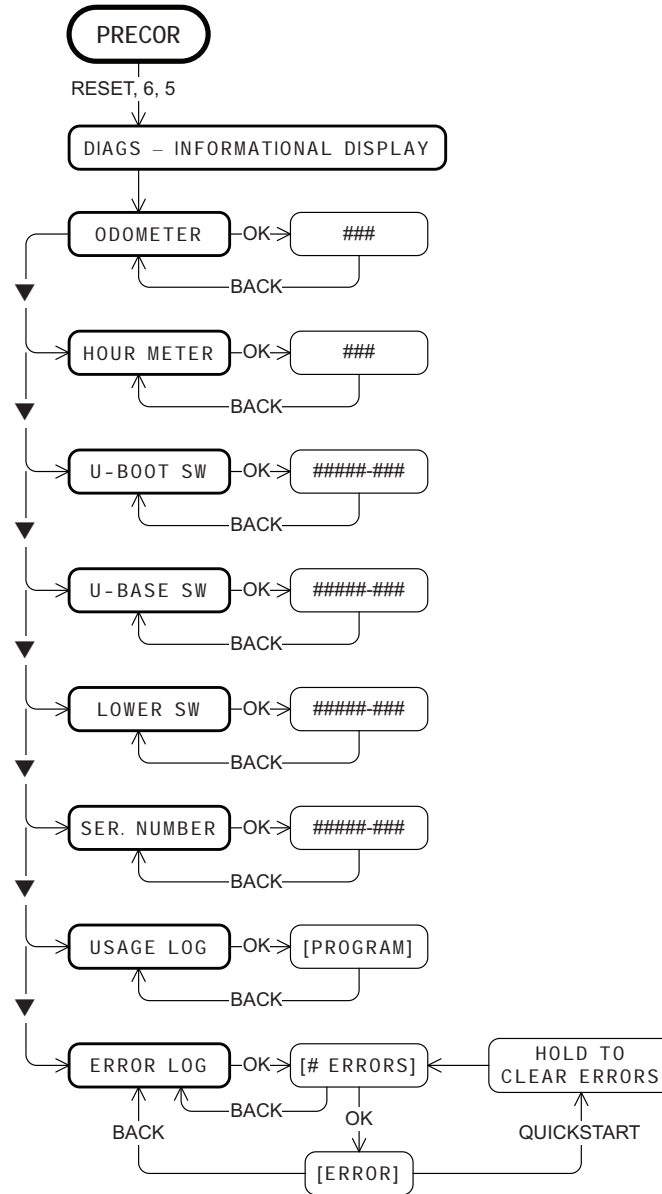
**Note:** If you prefer to exit the program without saving changes to the custom profile, press BACK.

# Informational Displays

The equipment provides information about its use (odometer and hour meter), as well as software versions and part numbers, serial number, usage log, and error log. In general, you would only access this information if directed to do so by Precor Customer Support.

To navigate through the informational displays, use the following flowchart. Descriptions for these displays are shown in the following table.

**Note:** If your product has a PAUSE/RESET key, use it in place of the RESET key called out in the flowchart.



**Table 6. Informational Displays**

<b>Product</b>	<b>Display</b>	<b>Description</b>
All	ODOMETER	The odometer value correlates to the type of Precor product and the standard of units, U.S. or Metric, selected in the club programs. Treadmill shows the number of cumulative miles or kilometers logged to date. EFX or AMT shows the number of total strides logged to date. Cycle shows the number of total revolutions logged to date. Climber indicates the number of floors climbed.
All	HOUR METER	The number of hours that the equipment has been in use. The equipment tracks the elapsed minutes, but the value that appears is truncated to the nearest full hour.
All	U - BOOT SW	Upper board application software part number and version. <b>Note:</b> Some displays show UPPER BOOT SW PART NUMBER.
All	U - BASE SW	Upper base application software version. <b>Note:</b> Some displays show UPPER BASE SW PART NUMBER.
All	LOWER SW	Lower application software version. <b>Note:</b> Some displays show LOWER BASE SW PART NUMBER.
534i, 532i, AMT	METRICS BOARD SW PART NUMBER	Metrics board software part number and version.
AMT	STRIDE DIAL SW PART NUMBER	Stride dial software part number.
All	SER. NUMBER	The serial number is helpful when you contact Customer Support. You can also find the serial number located on a label on the front hood (treadmills) or optional power receptacle (self-powered equipment) if one does not appear in the display. <b>Note:</b> Some displays show SERIAL NUMBER.
All	USAGE LOG	The software logs the number of times each program has been used and displays the associated cumulative minutes. The usage log is helpful in determining user preferences in program selection.
All	ERROR LOG	The error log displays any error codes that may have been detected by the software. Copy the error code information to paper so you can provide it to Customer Support, if needed. Be sure to copy it exactly as shown. Refer to <i>Error Log</i> .



## Error Log

Quick access to the informational display is available if error messages have appeared on the display and have been recorded in the error log. This feature is usually reserved for service personnel. At the Precor banner, press and hold RESET for 4 seconds. If `DIAGS - INFORMATION DISPLAY` or `ERROR LOG` appears, press OK.

If no errors are logged, `STOP KEY` or `STUCK KEY` appears. When you release the key, the Precor banner returns.

**Note:** On treadmills, the red STOP button can be used instead of the PAUSE/RESET key.

## Erasing the Error Log

When you no longer need the error log information, you may erase all entries in the error log by pressing the QUICKSTART key while any error description is scrolling across the display. Continue to maintain light pressure on the key until the message, `HOLD TO CLEAR ERRORS`, scrolls off the display. When the key is released, `NO ERRORS` appears on the display, which indicates the error log has been deleted.

**Important:** *You cannot retrieve the error log once you have deleted it. You may want to resolve any issues you are experiencing with the equipment before erasing the error log.*

When you are ready, press RESET to return to the Precor banner.

## User ID Entry with CSAFE Equipment

The equipment is fully compatible with CSAFE protocols. When the equipment is connected to a CSAFE master device, the user is prompted to press ENTER and begin an identification process.

The user ID is displayed as five zeros and indicates the starting point. The following table describes key functions while in CSAFE mode.

**Table 7. CSAFE access keys**

<b>Keypad</b>	<b>Description</b>
Number keypad	Use the number keys to enter a user ID. The number that is pressed appears on the right. As the user continues, the numbers fill in the display from right to left. When all five numbers are in place, the user must press ENTER or OK to submit the user ID.
CLEAR or BACK	Erases individual numbers in the user ID from right to left.
ENTER or OK	Submits the user ID. <b>Note:</b> User ID entry is bypassed when the user enters five zeros. No workout statistics are recorded.
RESET or PAUSE/RESET	Resets the display to the banner.

A message appears on the display and indicates when the user ID is accepted by the CSAFE master device. Once program selection is complete, the user can begin exercising.

To review information about CSAFE specifications, visit the web site at: [www.fitlinxx.com/csaf](http://www.fitlinxx.com/csaf)

If you have questions or need technical support, refer to *Obtaining Service*.

# Maintenance

It is important to perform the minor maintenance tasks described below. 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 unplug the equipment from its power source (an optional power adapter in the case of self-powered equipment) before cleaning it or performing any maintenance tasks.

## Daily Inspection

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. If you notice any of these, obtain service.

On treadmills, check for worn, frayed or missing safety lanyards. Replace missing or worn safety lanyards immediately. Make sure users attach the safety clip to their clothing before exercising on the treadmill.

**Important:** If you determine that the equipment needs service, disconnect any power connections and move the equipment away from the exercising area. Place an **OUT OF SERVICE** sign on it and make sure all patrons and users know that they must not use the equipment.

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

## Daily Cleaning

Precor recommends the equipment be cleaned before and after each exercise session. Use mild soap and water to dampen a clean, soft cloth and wipe all exposed surfaces. This helps remove dust and dirt.

**CAUTION: Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and void the Precor Limited Warranty. Never pour water or spray liquids on any part of the equipment. Allow the equipment to dry completely before using.**

Frequently vacuum the floor underneath the equipment to prevent the accumulation of dust and dirt, which can affect the smooth operation of the equipment. Use a soft nylon scrub brush to clean the running belt on treadmills or the grooves on equipment with foot pedals.

**CAUTION: On treadmills, as you clean the hood or side rails, be aware of the handrail extensions so you do not inadvertently hit your head or injure yourself.**

## EFX: Cleaning the Ramp

Whenever the ramp becomes soiled, clean the exposed surfaces of the ramp and roller wheels by taking the following steps.

**Note:** If your equipment has a ramp cover, remove it before performing the following steps. Refer to the *EFX Assembly Guide*.

1. Moisten a clean, soft cloth in a mild solution of soap and water.
2. Position one foot pedal at the top of the ramp (the other will automatically be positioned at the bottom).
3. Clean the exposed portions of the ramp.
4. Gently lift the roller wheels. Rotate each wheel while wiping it with the clean, soft cloth.
5. Switch the foot pedal position and finish cleaning the ramp.

## 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.

## Treadmill: Checking the Alignment of the Running Belt

Proper belt 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: 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 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.**

1. Make sure that the running surface is level. To operate correctly, the treadmill needs to be as level as possible. If needed, the rear feet can be adjusted to level the treadmill (refer to the *Assembly Guide*).
2. Turn the equipment On.
3. Stand beside the treadmill and press QUICKSTART.
4. If needed, enter the safety code by pressing the number keys in sequence: 1, 2, 3, 4.

The running belt starts automatically after a 3-second countdown appears on the display.

5. Press the SPEED up key until the display 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. Walk around to the rear of the equipment and observe the belt for a few minutes. The belt should run centered along the running bed. If the belt drifts off center, you must make adjustments. Refer to *Treadmill: Adjusting the Running Belt*.

**Important:** Failure to align the belt may cause the belt to tear or fray, which is not covered by the Precor Limited Warranty.

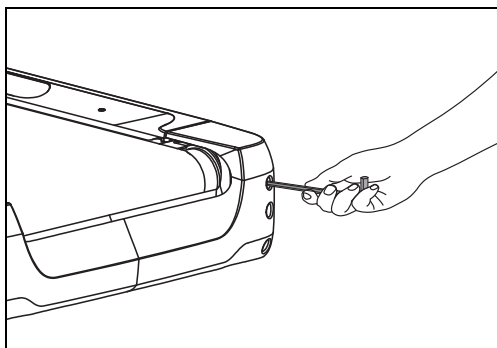
7. To stop the running belt, press the red STOP button.
8. Turn the treadmill Off.

## Treadmill: Adjusting the Running Belt

If you are unsure about adjusting the running belt, call Precor Customer Support (refer to *Obtaining Service*).

**CAUTION:** For your safety, use the power switch to turn Off the treadmill before making any adjustments. Do not adjust the running belt when someone is standing on the equipment.

1. Locate the right belt adjustment bolt in the rear end cap of the treadmill as shown in the following figure.



**Figure 4:** Location of the adjustment bolt

To determine left and right, stand at the rear of the treadmill and face the display. Make all belt adjustments on the right rear corner bolt using the hex key provided.

- If the belt is off center to the LEFT, turn the adjusting bolt  $\frac{1}{4}$  turn *counterclockwise*, which moves the running belt to the right.
- If the belt tracks off center to the RIGHT, turn the bolt  $\frac{1}{4}$  turn *clockwise*; this moves the belt to the left.

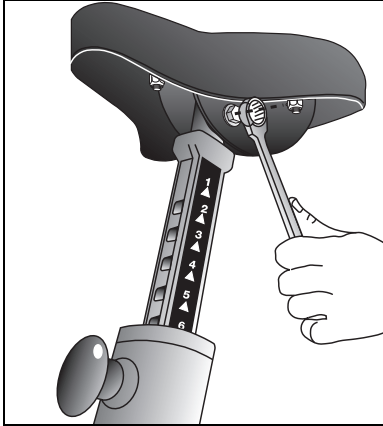
**Important:** Do not turn the adjusting bolt more than  $\frac{1}{4}$  turn at a time. Overtightening the bolt can damage the treadmill.

2. Recheck the alignment of the running belt by repeating the steps found in *Treadmill: Checking the Alignment of the Running Belt*.

## Upright Cycle: Adjusting the Seat Tilt

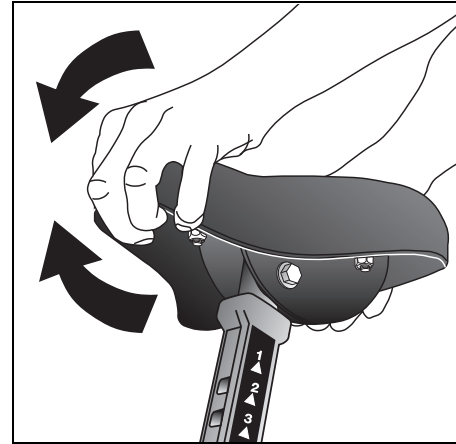
To adjust the seat tilt on an upright cycle, take the following steps.

1. Use a  $1\frac{1}{16}$ -inch (17 mm) box-end wrench or crescent wrench to loosen the nut beneath the seat as shown in the following figure.



**Figure 5: Loosen nut to adjust seat tilt**

2. Adjust the seat tilt (forward or backward) as shown in the following figure.



**Figure 6: Tilt the seat forward or backward**

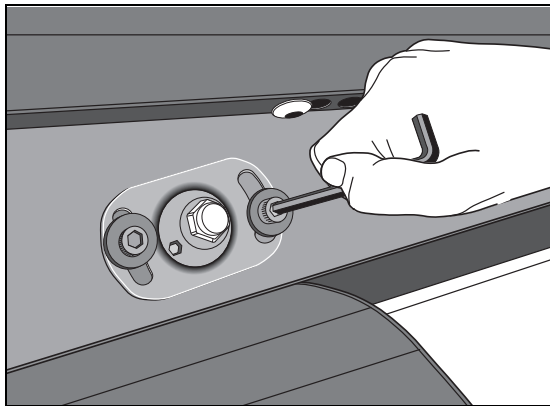
3. Wrench tighten the nut
4. Apply pressure to the seat and make sure that it does not move. Readjust and retighten the nut, if needed.

## Recumbent Cycle: Realigning the Seat

If the seat rocks side-to-side, you need to realign the center wheel underneath the seat. Adjustment screws are located on the left side of the seat rail.

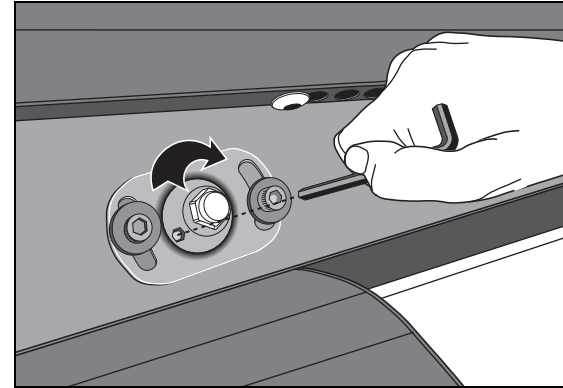
To remove seat wobble (side-to-side movement), take the following steps.

1. Obtain a  $\frac{3}{16}$ -inch and  $\frac{5}{16}$ -inch hex key.
2. Use the  $\frac{3}{16}$ -inch hex key to loosen the two adjustment screws as shown in the following figure.



**Figure 7: Loosen the two adjustment screws**

3. Use the  $\frac{5}{16}$ -inch hex key to turn the wheel lock adjustment key clockwise  $\frac{1}{4}$  turn as shown in the following figure. This process realigns the center wheel inside the top rail. Leave the  $\frac{5}{16}$ -inch hex key in place while you tighten the adjustment screws with the  $\frac{3}{16}$ -inch hex key.



**Figure 8: Wheel lock adjustment**

4. Remove the hex keys and check that the seat no longer rocks side-to-side. If the rocking movement continues, you need to repeat steps 2 and 3.



## Moving the Equipment

It is important, if you plan to move the equipment, that you obtain adult help and use proper lifting techniques. The equipment is very heavy. Take advantage of the roller wheels on the equipment when moving it to a new location.

***Important:*** *The plastic end cap, on the treadmill, is specifically designed for lifting. To avoid injury to yourself or damage to the equipment, ask for help in placing the treadmill where you plan to use it. Place a hand under each end of the end cap and, using proper lifting techniques, lift the rear of the treadmill so that it rolls on its front wheels.*

## Long-Term Storage

When the equipment is not in use for any length of time, make sure it is turned Off (treadmill only) and the power cord or optional power adapter (self-powered equipment) is unplugged from its power source and is positioned so that it will not become damaged or interfere with people or other equipment.

*Notes:*

# Precor Commercial Equipment Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

## Limited Warranty.

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty periods set forth below. The warranty periods commence on the invoice date of the original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To claim under this warranty, the buyer must notify Precor or your authorized Precor dealer within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited as set forth below.

## Warranty Periods and Coverage.

### Commercial Cardiovascular Products, also known as C-Series Products, (excluding StretchTrainer, Strength Products).

- Seven years frame, five years display face assembly, three years motor controller, one year durable wear parts, two years parts, one year labor.
- For treadmills, five years drive motor.
- For self-powered ellipticals and bikes, one year battery.
- For InSite, one year parts and labor.
- Labor coverage for options as defined below.

### StretchTrainer

Five years frame, two years parts, 90 days upholstery, no labor.

### Strength Products (S3.45 and S3.25 only)

Ten years frame; three years bearings, guide rods, cams, pulleys; one year belts, cables, hand grips, miscellaneous parts; 90 days upholstery; no labor.

### Options / Accessories / Battery-powered or Self-Operated Devices

Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a 90 days parts and labor limited warranty. All components that are not internally connected have a 90 days parts only limited warranty. Satisfactory proof of purchase is required in all cases.

## Conditions and Restrictions.

**This warranty is valid only in accordance with the conditions set forth below:**

1. The warranty applies to the Precor product only while
  - a. it remains in the possession of the original purchaser and proof of purchase is demonstrated,
  - b. it has not been subjected to accident, misuse, abuse, improper service, or non-Precor modification.
  - c. claims are made within the warranty period.
2. Certain products are warranted for standard commercial use only (defined as use in non-fee paying clubs or facilities and less than 6 hours daily use. Unapproved use voids the warranty. Current standard commercial products include C936i, C932i, EFX524i, EFX534i.).
3. This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
4. Except in Canada, Precor does not pay labor outside the United States.
5. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details.

**This Limited Warranty shall not apply to:**

1. Software (PROM) version upgrades.
2. Normal wear and tear, consumables and cosmetic items, including, but not limited to the following: grips, seats, and labels.
3. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
4. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
5. Pickup and delivery involved with repairs.
6. Any labor costs incurred beyond the applicable labor warranty period.

**Disclaimer and Release.**

The warranties provided herein are the exclusive warranties given by Precor and supersede any prior, contrary or additional representations, whether oral or written. ANY IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE THAT APPLY TO ANY PARTS DESCRIBED ABOVE ARE LIMITED IN DURATION TO THE PERIODS OF EXPRESS WARRANTIES GIVEN ABOVE FOR THOSE SAME PARTS. PRECOR HEREBY DISCLAIMS AND EXCLUDES THOSE WARRANTIES THEREAFTER. Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. PRECOR ALSO HEREBY DISCLAIMS AND EXCLUDES ALL OTHER OBLIGATIONS OR LIABILITIES, EXPRESS OR IMPLIED, ARISING BY LAW OR OTHERWISE, WITH RESPECT TO ANY NONCONFORMANCE OR DEFECT IN ANY PRODUCT, INCLUDING BUT NOT LIMITED TO: (A) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY IN TORT, WHETHER OR NOT ARISING FROM THE NEGLIGENCE OF PRECOR OR ITS SUPPLIERS (WHETHER ACTIVE, PASSIVE OR IMPUTED); AND (B) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY FOR LOSS OF OR DAMAGE TO ANY EQUIPMENT. This disclaimer and release shall apply even if the express warranty set forth above fails of its essential purpose.

**Exclusive Remedies.**

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item. Precor compensates Servicicers for warranty trips within their normal service area to repair commercial equipment at the customer's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

**EXCLUSION OF CONSEQUENTIAL AND INCIDENTAL DAMAGES.**

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COSTS INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purposes and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

Complete this portion and keep for your records.

Purchased From: \_\_\_\_\_  
(Dealer or store name)

Phone Number: \_\_\_\_\_  
(Dealer or store telephone number)

Product/Model: : \_\_\_\_\_  
(For example: EFX534i or C966i)

Serial Number: : \_\_\_\_\_  
(The serial number is found on the shipping container.)

Effective 27 March, 2006  
P/N 36286-112

**Thank You and Welcome to Precor**



We are confident that you will be pleased with your purchase and that your new Precor equipment will help satisfy your customers' fitness needs, while helping you meet your business goals.

To allow us to serve you better, please take a few moments to complete and return your warranty registration.

**YOU MAY ALSO REGISTER ONLINE AT**

**[www.precor.com/warranty](http://www.precor.com/warranty)**

If you have questions or need additional information, contact your local dealer or call Precor Commercial Products Customer Support at 888-665-4404.

Fold along dotted line and tape closed before mailing.

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Precor Incorporated



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STAMP  
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# TELL US ABOUT YOUR NEW PRECOR PRODUCTS

Date of Purchase:

Month Day Year

Purchased from (Dealer name):

\_\_\_\_\_

Product Serial Number(s):

\_\_\_\_\_

Please indicate the type and number of products purchased:

#: \_\_\_\_\_ Elliptical Fitness CrossTrainer (EFX®)  
 #: \_\_\_\_\_ Treadmill       #: \_\_\_\_\_ Stair Climber  
 #: \_\_\_\_\_ Cycle       #: \_\_\_\_\_ Strength Station  
 #: \_\_\_\_\_ StretchTrainer™

The serial number is located on the shipping box and on the product.

\_\_\_\_\_

Add additional sheets of paper or register online at [www.precor.com/warranty](http://www.precor.com/warranty)

## TELL US ABOUT YOUR FACILITY

Name of Facility \_\_\_\_\_

Mr.       Mrs.       Ms.  
 Contact Person — First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Facility Address \_\_\_\_\_ Apt./Suite \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Area Code \_\_\_\_\_ Facility Telephone Number \_\_\_\_\_

Your Business Email Address \_\_\_\_\_

How many members do you have?

Less than 100       100 – 500       500 – 1000       1000 – 2000       2001 +

What percentage of floor space do you allocate for cardio equipment?

0% to 20%       20% to 40%       40% to 60%       60% to 80%       80% to 100%

What type of equipment makes up your cardio offering (check all that apply)?

Treadmills       Ellipticals       Cycles       Stair Climbers       Rowing Machines       Other \_\_\_\_\_

What other brands of cardio equipment do you currently offer (check all that apply):

Life Fitness       True       Cybex       StarTrac       Other \_\_\_\_\_

What other Precor equipment do you currently offer (check all that apply):

EFX       Cycle       StretchTrainer™       Treadmill       Stair Climber       Strength Machine       Other \_\_\_\_\_

## TELL US ABOUT YOUR PURCHASE

Which best describes this purchase (check all that apply):

First Precor product       Replaces a Precor product of the same type  
 Replaces same type of product – different brand       Enhancement to equipment already owned

How did you FIRST become aware of this product (choose only one):

Authorized Precor dealer       Precor sales representative       Trade show/conference  
 Internet       News report or product review       Club/fitness magazine advertisement  
 Trade/consumer magazine article       Other \_\_\_\_\_

What factors MOST influenced your decision to purchase this product (choose up to three):

Precor reputation       Prior product experience       Design/appearance       Value for the price  
 Special product features       Warranty       Service       Rebate or sale price

Please detach and mail in the warranty registration within ten days of purchase.





Precor Incorporated  
20031 142nd Ave NE  
P.O. Box 7202  
Woodinville, WA USA 98072-4002  
1-800-347-4404

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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.



POM C-L 48995-107, en  
Warranty # 36286-112, en  
Registration Card# 45622-101, en  
03 March 2008



# User's Reference Manual

EFX<sup>®</sup> 576i

EFX<sup>®</sup> 556i

EFX<sup>®</sup> 546i

Elliptical Fitness Crosstrainers



EFX576i

**PRECOR**<sup>®</sup>  
USA  
move beyond<sup>®</sup>

## Important Safety Instructions

When using the EFX, always take basic precautions, including the following:

- Read all instructions before using the EFX. These instructions are written for your safety and to protect the unit.
- Take time to discuss proper safety and exercise equipment etiquette with the club or facility manager.
- Before beginning any fitness program, see your physician for a complete physical examination.

*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.*

- Do not allow children or those unfamiliar with its operation on or near the EFX. Do not leave children unsupervised around the unit.
- Wear proper exercise clothing and shoes for your workout and avoid loose clothing. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any dirt and embedded stones. Tie long hair back.
- Use care when getting on or off the EFX. Use the stationary handrail for stability.
- For safety, hold onto a stationary handrail while using the EFX
- Keep your body and head facing forward. Never attempt to turn around on the EFX.

- Do not rock the unit. Do not stand on the handrail(s), display console, or covers.
- Never place your hands or feet in the path of the roller arm because injury may occur to you or damage may occur to the unit.
- Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

**Important:** Throughout this manual references are made to the CROSSRAMP arrow keys and the CrossRamp® features. The EFX556i has a stationary ramp and therefore no CROSSRAMP arrow keys or CrossRamp features. If you are using an EFX556i, ignore references to the CROSSRAMP arrow keys and CrossRamp features.

## Obtaining Service

The club owner or facility manager can help you with most questions regarding the EFX. For additional information about product operation or exercise routines, refer to the Precor web site at [www.precor.com](http://www.precor.com).

# Table of Contents

<b>Important Safety Instructions</b> .....	<b>1</b>	<b>Programs</b> .....	<b>23</b>
Obtaining Service .....	1	Choosing a Program .....	23
<b>EFX Features</b> .....	<b>3</b>	Program Tips .....	23
Self-Powered Features .....	3	Manual Program .....	24
Using the Stationary Handrails .....	3	Interval Programs .....	24
Moving Handlebars Support the Total Body Workout .....	3	Total Body Interval Program .....	25
<b>Heart Rate Features</b> .....	<b>4</b>	Cross Country Program .....	25
Important Use and Safety Information .....	4	Gluteal Programs .....	26
Using the Heart Rate Touch-Sensitive Handrail Grips .....	5	Custom Program .....	26
Using SmartRate .....	6	Basic HRC Program .....	27
Exercise to Your Target Heart Rate .....	7	Weight Loss Program .....	28
Heart Rate Analysis .....	7	Hill Climb Program .....	28
<b>Display Console</b> .....	<b>8</b>	Fitness Test .....	29
More Information about the CrossRamp Display .....	9	Crosstraining Programs .....	30
More Information about the Upper Display .....	9	<b>Exercise Session</b> .....	<b>31</b>
More Information about the Center Display .....	10	Changing Programs in Mid-session .....	31
More Information about the Lower Display .....	10	Changing the Workout Time .....	31
Keypads .....	12	Addressing Your Weight and Age .....	32
<b>Workout Options</b> .....	<b>16</b>	Adjusting Program Goals .....	32
Choosing QUICKSTART .....	17	Adjusting Your Target Heart Rate .....	33
Selecting a Program .....	18	Changing Your Workout	
Storing Workout Statistics .....	19	Display Options .....	33
Setting Display Preferences Before Exercising .....	20	Selecting a Language .....	35
Cooling Down After a Workout .....	21	Changing the Units of Measure .....	35
Pausing During a Workout or the Cool-Down Period .....	21		
Ending a Workout .....	22		

# EFX Features

The EFX is equipped with certain items that, when used properly, help sustain an enjoyable workout. These items include:

- Self-powered features
- Stationary handrails with touch-sensitive handrail grips
- Moving handlebars for a total body workout

**Important:** Before exercising, review the Important Safety Instructions found at the beginning of this manual.

## Self-Powered Features

The EFX does not require an electrical power connection. It has an internal battery that is recharged every time you exercise for a reasonable period of time. A pedaling speed above 40 strides per minute must be maintained for several seconds before information appears on the display. Once the Precor banner appears, you can press QUICKSTART or PROGRAMS to begin exercising. For more information, refer to *Workout Options*.

## Using the Stationary Handrails

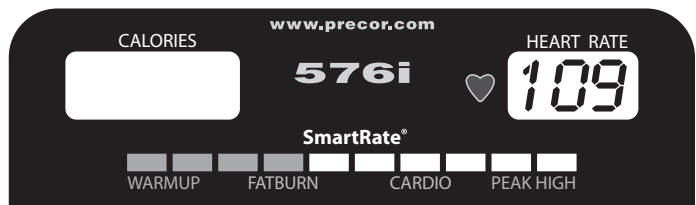
To maintain your balance, always grasp a stationary handrail when you step on or off the foot pedals, and when you use the keypads.

To learn more about the touch-sensitive handrail grips, refer to *Heart Rate Features*.

## Moving Handlebars Support the Total Body Workout

The handlebars on the EFX576i and EFX556i provide an upper-body workout which helps increase cardiovascular fitness. By adding the total body movement to your cross training workout, you are actually increasing your work effort and enhancing your overall fitness level. The CrossRamp display indicates the muscles that are being affected, which may help you increase the effectiveness of your workout. Refer to *More Information about the CrossRamp Display*. For customized workout routines, review the information found in *Fitness Tools* on the Precor web site, [www.precor.com](http://www.precor.com).

# Heart Rate Features



Heart rate and SmartRate® features are available when you wear the chest strap or grasp both touch-sensitive handrail grips. When a heartbeat is detected, the HEART RATE display shows your heart rate and, if your age has been entered, the SmartRate LED pulses and indicates your target zone.

## Important Use and Safety Information

Read the following before using the heart rate or SmartRate features.

- Consult your physician before engaging in any vigorous exercise. Do not use the heart rate programs until authorized by your physician.
- Know your heart rate and your physician-recommended heart rate target zone. Individual heart rates vary according to several physiological factors and may not correspond directly with Diagram 1.
- The calculation used for the heart rate target zone is:  
(220 minus your age) multiplied by a percent.  
Refer to Table 1 in *Using SmartRate*.

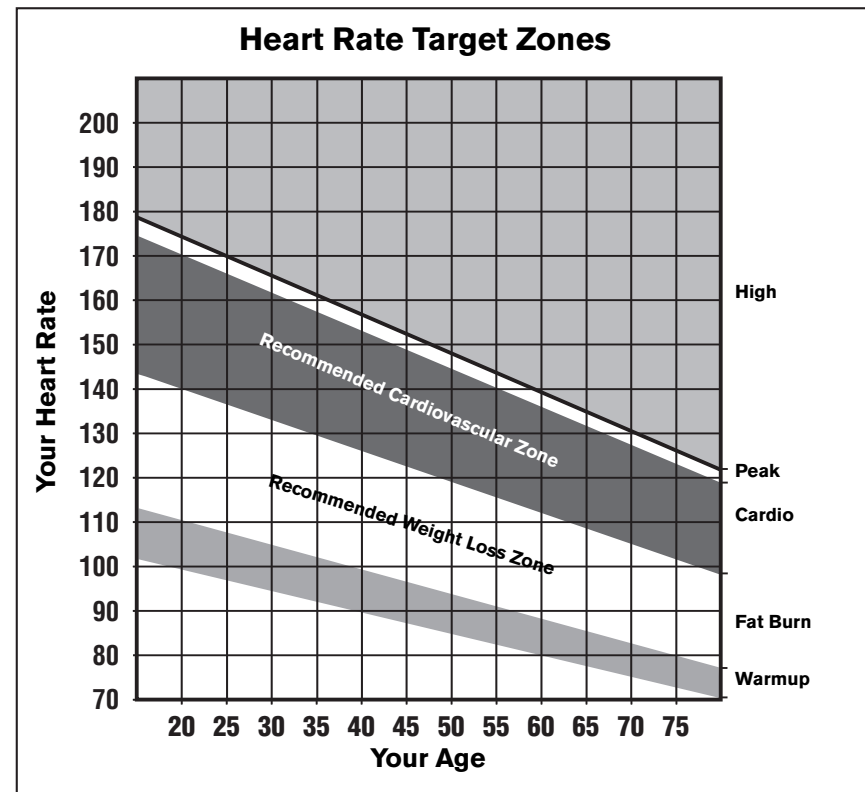
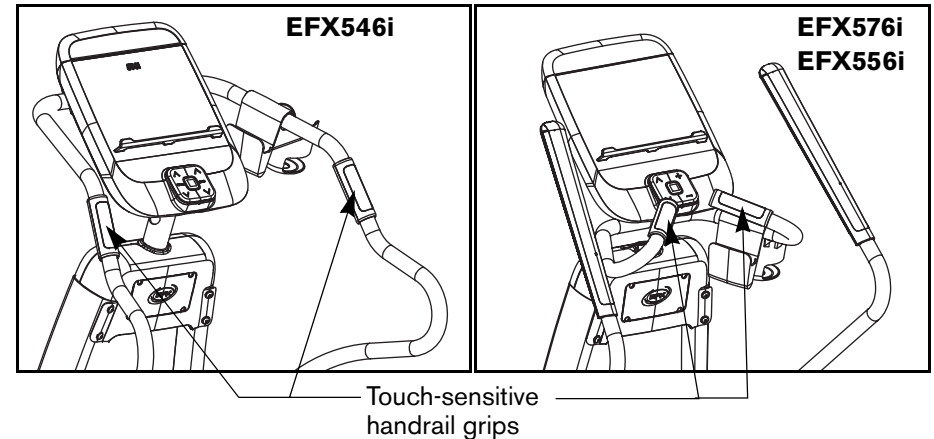


Diagram 1: Heart rate target zones

- After you put on the chest strap, face the display console for a minimum of 15 seconds. This allows the receiver in the console to recognize the signal from the chest strap. If three dashes (— — —) appear on the display, the EFX is detecting a signal, but has not yet determined your heart rate. Make sure the chest strap is positioned properly around your chest and against your skin.
- If you prefer to use the hand-held heart rate feature, grasp both touch-sensitive handrail grips and wait five to ten seconds. Make sure both hands are moist (not dry). When a signal is detected, a number flashes in the HEART RATE display and indicates your heart rate.  
***Important:** While exercising, do not wear a chest strap and grasp the touch-sensitive handrail grips at the same time. Using both features may cause erratic heart rate readings.*
- Always face forward on the EFX and use the stationary handrail for balance.
- Maintain a consistent stride rate while exercising. Find a comfortable stride rate between 100 and 160 strides per minute.

## Using the Heart Rate Touch-Sensitive Handrail Grips

While exercising, you must grasp both touch-sensitive handrail grips for a minimum of five to ten seconds to transmit your heart rate to the display. Refer to Diagram 2.



**Diagram 2: Touch-sensitive handrail grips**

Usually, the concentration of salts in a person's perspiration provides enough conductivity to transmit a signal to the receiver inside the display console. However, some people, because of body chemistry or erratic heart beats, cannot use the hand-held heart rate feature on the EFX. A chest strap may provide better results.

## Using SmartRate

The SmartRate feature helps you monitor and maintain your heart rate in the target zone best suited to your specific needs. When the EFX detects a heart rate, a single LED blinks and indicates the zone that your heart rate is in.

**Important:** To use the SmartRate feature, you must enter your age. If you were not prompted for your age during program selection, press the **OPTIONS** key and enter your weight and age. Refer to Addressing Your Weight and Age.

The 10 LEDs in the SmartRate display are color-coded. Pulsating orange LEDs indicate you are exercising outside the recommended heart rate target zone. Green LEDs indicate when you are exercising within the recommended fat burn or cardio fitness zones.

Table 1 shows the percents used in calculating the heart rate target zones. While your heart rate remains within these zones, the corresponding lights blink and provide a visual cue.

The calculation used to determine your maximum aerobic heart rate is (220 minus your age). When you multiply it by the percent indicated in Table 1, you can understand the relationship between the pulsating LED and your target heart rate.

**CAUTION:** Your heart rate should never exceed 85% of your maximum aerobic heart rate or go above PEAK. If it does, immediately reduce your stride rate, or adjust the resistance, or ramp incline (EFX576i, EFX546i) to return your heart rate to your physician-recommended target zone.

**Table 1. Heart rate target zones and SmartRate LEDs**

<i>Heart Rate Zone Percent</i>	<i>LED Lit</i>	<i>LED Blinking</i>	<i>Zone Label</i>
Below 50	First	Orange	WARMUP
50 to 54	Second	Orange	WARMUP
55 to 59	Third	Green	FAT BURN
60 to 64	Fourth	Green	FAT BURN
65 to 69	Fifth	Green	FAT BURN
70 to 74	Sixth	Green	CARDIO
75 to 79	Seventh	Green	CARDIO
80 to 84	Eight	Green	CARDIO
85 to 87	Ninth	Orange	PEAK
Above 87	Tenth	Orange	HIGH

The SmartRate indicator lights do not appear when:

- You do not wear or improperly position the chest strap. Or, you fail to grasp both touch-sensitive handrail grips for five to ten seconds.
- You do not enter your age before or during an exercise session.

For example, pressing QUICKSTART at the Precor banner causes the Manual Program to begin. Your age has not been entered and is considered a null value. The LEDs do not light in the SmartRate display because the appropriate calculations have not been made.

**Note:** You can remedy this situation by pressing the **OPTIONS** key and entering your weight and age.

Refer to *Fitness Tools* on the Precor web site [www.precor.com](http://www.precor.com) for exercise suggestions and routines.

## Exercise to Your Target Heart Rate

A heart rate receiver is an integral part of the display so you can monitor your heart rate while exercising. If you wear a chest strap or grasp both touch-sensitive handrail grips, your heart rate (beats per minute) appears on the display.

The Precor web site ([www.precor.com](http://www.precor.com)) has several suggestions for workouts with varying levels of intensity. It provides many workout details that include the appropriate target heart rate.

The EFX includes a heart rate program that lets you exercise based on a specified target heart rate. As you exercise, the program monitors your heart rate and automatically maintains it within a few beats per minutes of your selected target. To use this program, press the PROGRAMS - HEART RATE key. For more information, refer to *Programs*.

## Heart Rate Analysis

Every time you complete a program using the chest strap or touch-sensitive handrail grips, the display provides a heart rate analysis after the workout summary.

Your average heart rate appears followed by the maximum heart rate achieved during your workout. A third display appears, if you entered your age, and indicates the amount of time your heart rate remained between the target zones shown.

The heart rate analysis is based on how often your heart rate signal is received while exercising. If you use the chest strap, the average heart rate will be more accurate than if you occasionally grasp the touch-sensitive handrail grips.

The Fitness Test, found in the PERFORMANCE key menu, provides a heart rate analysis display along with a fitness score. For more information, refer to *Programs*.



# Display Console

**Upper display:** Initially shows the Precor banner. It changes to the program profile. A blinking column in the profile indicates your position.

**CrossRamp display:** Target specific muscle groups by adjusting the ramp incline. (EFX576i and EFX546i)

**PROGRAMS keypad:** To begin an exercise session, press the PROGRAMS keys to view a menu of programs within each category. For program descriptions, refer to Programs.

**Navigational arrow keys:** Lets you display exercise information prior to selecting it with the OK key.

**Selection keys:** Each key moves through the information in each column, choosing what you want to display during your session. Indicator lights appear next to the item that is displayed.

**QUICKSTART:** Press QUICKSTART to begin your workout immediately.

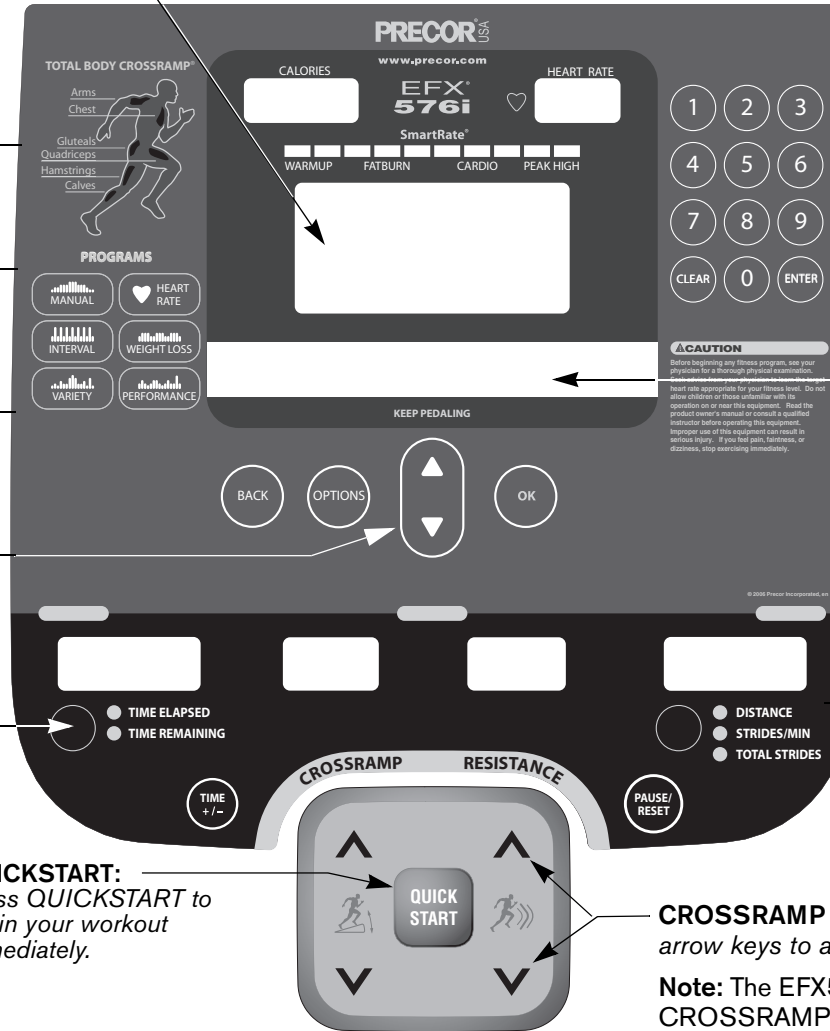
**CROSSRAMP & RESISTANCE arrow keys:** Use the arrow keys to adjust the ramp incline or resistance.

**Note:** The EFX556i has a stationary ramp, so the CROSSRAMP arrows do not appear on its keypad.

**Number keys:** During an exercise session, use the number keys to answer prompts or update information. If the entertainment option is attached, the number keys act as TV channel controls.

**Center display:** When the program profile appears in the upper display, the program name and number appear in the center display. During an exercise session, additional information appears depending on program and user selections.

**Lower display:** While you exercise, four sets of numbers show information about your session.



## More Information about the CrossRamp Display

On the EFX576i and EFX546i, changes in ramp incline affect different muscle groups. As you raise and lower the ramp, lights appear and indicate the muscle groups that are being worked.

To target a specific muscle group, adjust the ramp incline within the levels shown in Table 2.

**Table 2. Leg muscle groups targeted by CrossRamp settings**

<i>Leg Muscle Group</i>	<i>CrossRamp Settings</i>
Gluteal	1 through 20
Quadriceps	1 through 12 and 19 through 20
Hamstrings	1 through 9 and 19 through 20
Calves	1 through 6 and 16 through 20

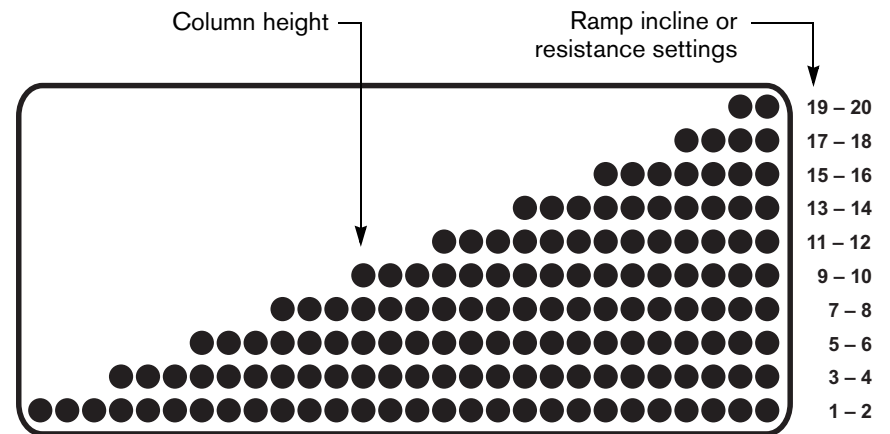
For more information about the CrossRamp feature and total body workouts, refer to the Precor web site ([www.precor.com](http://www.precor.com)).

## More Information about the Upper Display

The estimated cumulative number of calories burned and the program profile appear during an exercise session in the upper portion of the display. Your heart rate appears if you are using the chest strap or touch-sensitive handrail grips. Refer to *Heart Rate Features*.

During a workout, the program profile raises or lowers according to which arrow key (▲ or ▼) is pressed. On the EFX576i and EFX546i, the program profile is affected by the CROSSRAMP arrow keys with the exception of the Basic HRC Program and the Fitness Test.

On the EFX556i, changes to the resistance affect all program profiles because the ramp is stationary and there are no CROSSRAMP keys. The column height changes according to the settings shown in Diagram 3.



**Diagram 3: Column height in the program profile**

## More Information about the Center Display

The center display presents the program name when you select a program. During an exercise session, the center display becomes a message bar showing additional information depending on user selections and program interludes. For more information about the selections, which can appear in the center display, refer to *Changing Your Workout Display Options*.

## More Information about the Lower Display

The lower display provides information about your workout session. You can choose the type of information displayed in Column 1 and Column 4 by pressing the adjacent Selection key. The numbers that appear over each column of information relate to your workout statistics and are described below.

**Note:** If you choose to rest a book or magazine on the display, you can still view these workout statistics.

## Column 1: TIME ELAPSED and TIME REMAINING

**TIME ELAPSED**—displays workout time in minutes and seconds and indicates the amount of time you have been exercising. When you exceed 60 minutes during a single workout, the TIME ELAPSED display converts to hours and minutes.

**Note:** The club can place limits on workout time.

**TIME REMAINING**—shows the amount of time remaining in a workout. If the selected workout time is less than 60 minutes, the display shows time in minutes and seconds. If you select a workout time greater than 60 minutes, the display reflects hours and minutes until the countdown reaches 60 minutes, at which time the display reverts to minutes and seconds.

## Column 2: CROSSRAMP

**CROSSRAMP**—displays the angle of pedal motion affected by the ramp incline. The CROSSRAMP ▲ or ▼ keys affect the lift and let you set a ramp incline between 1 and 20. The values displayed can change in whole number increments. The actual degree of incline falls between 15° and 40°.

**Note:** The CROSSRAMP keys do not appear on the EFX556i.

## Column 3: RESISTANCE

**RESISTANCE**—displays the resistance you feel while striding. The RESISTANCE arrow keys affect the brake and let you set a resistance between 1 and 20.

## Column 4: DISTANCE, STRIDES/MIN, TOTAL STRIDES

**DISTANCE**—shows linear distance in either miles or kilometers. The distance is calculated based on your calories per minute. The number that appears indicates the distance achieved if the same amount of calories were expended while walking or running.

**STRIDES/MIN**—displays your current pedaling speed (strides per minute) up to a maximum value of 510 strides per minute.

**TOTAL STRIDES**—shows the total number of strides completed, which is always an even number since two strides create one complete revolution of the flywheel. A stride is an exaggerated walking movement. On the EFX, if you start in a position with one foot pedal forward, a stride is completed when you move the rear foot pedal all the way forward while the other foot pedal moves to the rear.

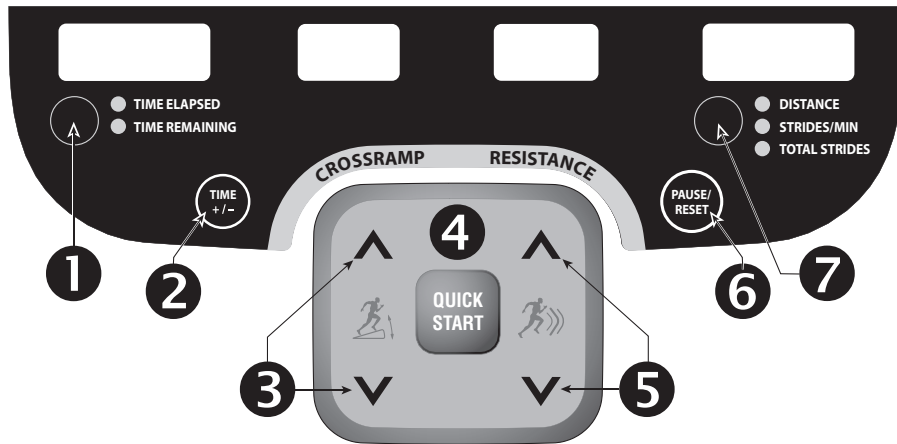
# Keypads

Use the keypads to enter your workout session selections, to affect what appears on the display, and to establish your pedal resistance and ramp incline preferences.

Four distinct keypads exist on the display and are discussed in this section:

- Lower Display keypad and the Selection keys
- Navigational keypad in the center of the display
- PROGRAMS keypad
- Number keypad with the ENTER and CLEAR keys

## Lower Display Keypad and the Selection Keys



**Diagram 4: Lower Display keypad and the Selection keys**

**1 Left selection key:** Every time you press this key, the display reflects either the amount of time elapsed since you began your exercise session or, it shows the time remaining. An LED lights and indicates which information is being displayed.

**2 TIME +/-:** You can change the workout time while you are exercising, by pressing the TIME +/- key. A blinking number appears in the center display. You can change the number using the navigational arrow keys or enter a different time using the number keys. Refer to *Changing Your Workout Display Options*.

**3 CROSSRAMP:** Press and hold the CROSSRAMP arrow keys to increase or decrease the ramp incline from 1 to 20.

Changes to the ramp incline are not immediate. It takes time for the lift to reach the target incline shown on the display.

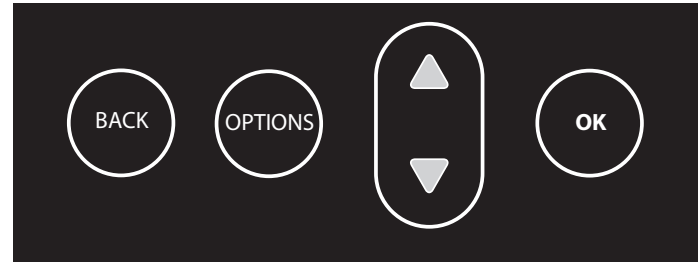
**Important:** Ramp changes occur only when the foot pedals are in motion. The number that appears on the display indicates the selected range, not the degree of incline. There is not a one-to-one relationship between the degree of incline and the CrossRamp setting. Refer to Table 3.

**Table 3. Association between Crossramp settings and degrees of incline**

Unit	CrossRamp Setting	Degree of Incline
EFX576i	1 through 20	15° through 40°
EFX546i	1 through 20	15° through 40°
EFX556i	Stationary	Fixed at 20°

- 4 QUICKSTART:** Press QUICKSTART to start your workout immediately using the Manual Program. Refer to *Choosing QUICKSTART*.
- 5 RESISTANCE:** Press and hold the RESISTANCE arrow keys to increase or decrease the force applied against your stride from 1 to 20.  
  
When you press the arrow keys, a target resistance appears in the display, but the change you feel in the pedal resistance occurs gradually so the transition is smooth.
- 6 PAUSE/RESET:** Press this key to end the workout session and view your workout summary. An exception to this rule exists if you have entered the 30-second shutdown period. When you press PAUSE/RESET, the display returns to the banner. Refer to *Pausing During a Workout or the Cool-Down Period*.
- 7 Right selection key:** Every time you press this key, the display reflects either the distance travelled since your began your exercise session, your strides per minute, or your cumulative strides. An LED lights and indicates which information is being displayed.

## Navigational Keypad



**Diagram 5: Navigational keypad**

The navigational keypad provides several ways to change your exercise session and to display various workout statistics. The OK key, which allows you to confirm display selections, is also part of the navigational keypad.

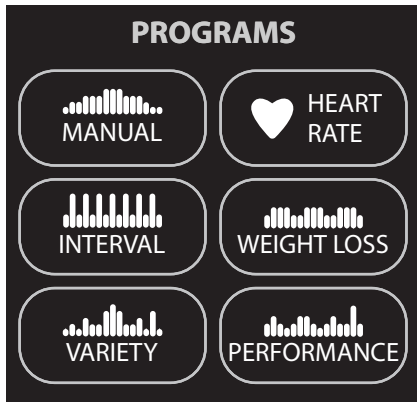
**OK:** Use the OK key to confirm responses to specific prompts.

**Up and Down Arrows:** These up and down arrows present the available selections and affect what appears on the display.

**OPTIONS:** The OPTIONS key is a multi-functional key. It lets you customize the display and set exercise session goals: time, calories, or distance. You can set your preferences prior to selecting a program or after you are already engaged in exercising. Refer to *Setting Display Preferences Before Exercising* or *Changing Your Workout Display Options*.

**BACK:** When the BACK key is pressed it causes the display to return to the previous menu level.

## PROGRAMS Keypad



**Diagram 6: PROGRAMS keypad**

The PROGRAMS keypad provides access to all the exercise programs. Choosing a category and continually pressing the associated PROGRAMS key, cycles you through the menu selections. Refer to Table 4 below. For a description of each program, refer to *Programs*.

**Note:** Use the OK key to confirm your selection. For more information, refer to *Workout Options*.

**Table 4. Available programs**

PROGRAM key	Program Menu	EFX576i	EFX556i	EFX546i
MANUAL	Manual	✓	✓	✓
INTERVAL	Interval	✓	✓	✓
	Total Body Interval	✓		
VARIETY	Cross Country	✓	✓	
	1 Gluteals	✓		✓
	2 Gluteals	✓		✓
	Custom	✓		
HEART RATE	Basic HRC*	✓	✓	✓
WEIGHT LOSS	Weight Loss	✓	✓	✓
PERFORMANCE	Hill Climb	✓	✓	
	Fitness Test*	✓	✓	✓
	Cross Training		✓	
	1 Cross Training	✓		✓
	2 Cross Training	✓		✓
	3 Cross Training	✓		✓

\* Use of a chest strap or the touch-sensitive handrail grips is required.

## Number Keypad



**Diagram 7: Number keypad**

The number keypad has several functions depending on what is connected to the EFX.

<b>Connection</b>	<b>Description</b>
Computer (CSAFE compatible)	If a computer is attached to the CSAFE connection on the EFX, the number keypad lets you enter your user ID and answer other setup prompts.
Entertainment Option	If an entertainment option is connected to the display, the number keypad acts as a remote control which you use to select the available channels. You can also enter number values in answer to exercise session prompts.
Nothing	Whether or not peripheral devices are attached to the unit, the keypad lets you enter number values in answer to exercise session prompts. You need to press ENTER or OK to confirm the selection.

The CLEAR and ENTER keys provide the following functions:

**CLEAR:** Use the CLEAR key to remove the last number being displayed.

**ENTER:** Use the ENTER key to accept the number being displayed.

**Note:** The OK and ENTER keys are usually interchangeable and provide the same function when no peripheral devices are attached to the EFX. However, when answering prompts that originate from a CSAFE device or computer connection, use the ENTER key.



# Workout Options

**CAUTION:** Before beginning any fitness program, see your physician for a complete physical examination. Know your physician-recommended heart rate target zone.

1. Hold on to a handrail and step on the foot pedals.
2. When you are comfortably situated, begin pedaling.

**CAUTION:** Hold on to a stationary handrail. The ramp incline on the EFX576i or EFX546i may automatically recalibrate and move to the default incline once you begin pedaling.

3. Select one of the following options:

<i>Option...</i>	<i>Steps...</i>
To start exercising immediately	<ul style="list-style-type: none"><li>• Use the QUICKSTART key.</li><li>• Refer to <i>Choosing QUICKSTART</i>.</li></ul>
To select a program	<ul style="list-style-type: none"><li>• Press a PROGRAMS key.</li><li>• Refer to <i>Selecting a Program</i>.</li></ul>
To enter a user ID	<ul style="list-style-type: none"><li>• Use the ENTER key.</li><li>• Refer to <i>Storing Workout Statistics</i>.</li></ul>
To set display preferences or program goals	<ul style="list-style-type: none"><li>• Use the OPTIONS key.</li><li>• Refer to <i>Setting Display Preferences Before Exercising</i>.</li></ul>

## Choosing QUICKSTART



1. While the Precor banner scrolls, press QUICKSTART to begin the Manual Program.

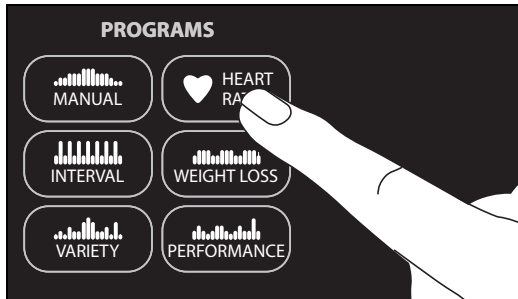
QUICKSTART applies the following defaults:

<i>Prompts</i>	<i>Default Value</i>
Program	Manual
Time	Club setting
Weight	150 lb (68 kg)
Age	0

2. Use the CROSSRAMP or RESISTANCE arrow keys to change the resistance and ramp incline.
3. Maintain a consistent stride rate while exercising. Find a comfortable stride rate between 100 and 160 strides per minute.

To use the SmartRate feature, you need to specify your age. In this case, press the OPTIONS key and follow the prompts to address your weight and age. You can use the navigational arrow keys to change the blinking number prompts. Press OK to confirm your age.

## Selecting a Program



1. While the Precor banner scrolls, press one of the PROGRAMS keys to review its list of programs. A portion of the program profile appears in the upper display. The program number and name appear in the center display.
2. Choose the program you want, and then press OK. For a description of each program, refer to *Programs*.
3. Use the CROSSRAMP or RESISTANCE arrow keys to change the resistance and ramp incline.
4. Maintain a consistent stride rate while exercising. Find a comfortable stride rate between 100 and 160 strides per minute.

Exercise indefinitely in any program (except Weight Loss, distance and calorie goal programs, and the Fitness Test). Once you begin a program, press the TIME +/- key. A workout time blinks in the center display. Press the number 0 and then press OK. If you choose this option, the automatic cool-down period is eliminated. You will need to incorporate a cool-down period by accessing the Manual Program.

**Note:** The club can set limits for workout, pause, and cool-down times. So, selecting an unlimited workout time may not be allowed. Check with your club or facility manager.

## Storing Workout Statistics

Many clubs connect the EFX to a computer so you can easily retrieve your workout statistics and determine how well you are meeting your fitness goals. If you are interested in maintaining workout statistic information, ask the club personnel to create a user account and a user ID for you. A user ID entry is required to store your workout statistics.

**Note:** If the display is blank, you will need to pedal to supply power to the unit. If the Precor banner appears once you begin pedaling, the EFX is not connected to a computer. Refer to *Selecting a Program* or *Choosing QUICKSTART*.

If the EFX is connected to a computer, the following appears:

CHOOSE QUICKSTART, ENTER, OR A PROGRAM TO BEGIN

To save the workout statistics generated during your exercise session, take the following steps:

1. Press ENTER.
2. Use the number keypad to specify your 5-digit user ID. If you make a mistake, use the CLEAR key and reenter the correct number.

3. When your user ID is shown, press ENTER.

A message appears and indicates when the user ID is accepted by the computer.

4. To begin your exercise session, select a program. Refer to *Selecting a Program*.

**Note:** To bypass the user ID entry, press ENTER while all five zeros appear in the user ID field. The workout statistics generated during your exercise session will not be added to your file.

## Setting Display Preferences Before Exercising

While the Precor banner scrolls, you have the opportunity to set display preferences and program goals.

Once you set your preferences, you have a 5-second window to select a program. If you do not select a program from the PROGRAMS menu or press QUICKSTART within the 5-second window, the preferences return to the club settings.

1. As the Precor banner scrolls, press OPTIONS.
2. Use the arrow keys on the navigational keypad to display each menu option or preference and press OK to select it.

**Table 5. Display preferences before an exercise session**

<i>Menu Option</i>	<i>Preferences</i>	<i>Effect</i>
GOAL	TIME, CALORIES, or DISTANCE	Sets the program goal.
LANGUAGE	ENGLISH, ESPANOL, FRANCAIS, DEUTSCH, NEDERLANDS, PORTUGUES, and RUCCKIJJ.	Causes the display messages and prompts to appear in the chosen language.
UNITS	U.S. or METRIC	Determines which units of measure appear on the display.

3. Follow the prompts on the display and return to the Precor banner.

**Note:** The selections that you make prior to a workout reset to the club settings once your program or the pause time limit ends.

## Cooling Down After a Workout

Incorporate a cool-down period into your workout to help lower your heart rate and minimize muscle stiffness or soreness.

When you complete a program with a time limit or specified goal, you automatically enter a cool-down period. The resistance is reduced by 20% and the ramp incline is set to level 1. To readjust the ramp incline or resistance, press the arrow keys.

**Note:** The program goal or workout time cannot be changed during the cool-down period.

A workout summary appears at the end of the cool-down period. Refer to *Ending a Workout*.

A cool-down period will not be appended to your workout session if the following occurs:

- The club allows the NO LIMIT option for a user's workout time and, you enter a time goal of zero, essentially setting an unlimited workout time.
- The club sets a cool-down time of zero, which eliminates the cool-down phase.
- You exit a program before completing it.

If you specify an unlimited workout time or the club removed the cool-down phase, remember to incorporate a cool-down period at the end of your workout.

## Pausing During a Workout or the Cool-Down Period

If you stop pedaling anytime during a workout or during a cool-down period, the EFX begins a 30-second shutdown. You cannot pause for a longer period of time or change to a different program unless the club has the optional power adapter attached to the unit.

When the optional power adapter is attached, you can pause for a set time, usually two minutes. If you do not resume pedaling during that time, the display returns to the banner.

1. To pause, stop pedaling.
2. To resume exercising from pause mode, begin pedaling.

**Note:** In pause mode, you have the ability to change your program selection or display options. Refer to *Changing Programs in Mid-session* and *Changing Your Workout Display Options*.

## Ending a Workout

**CAUTION:** Hold on to a handrail when you near the end of your exercise session.

1. Slow your pedaling when you complete the cool-down period.
2. To view your workout summary, continue pedaling above 40 strides per minute.

The workout summary appears and shows your cumulative workout statistics including warm-up and cool-down periods. You can review your workout statistics as long as you continue pedaling.

3. End your workout by pressing the PAUSE/RESET key and return to the Precor banner.
4. Stop pedaling.
5. Hold on to a stationary handrail as you step off the EFX.

**Note:** If the optional power adapter is attached, you do not have to continue pedaling to view your workout statistics. When you complete the cool-down period, the workout summary appears. Press PAUSE/RESET again to return to the Precor banner.

If you hold onto the touch-sensitive handrail grips or wear a chest strap while exercising, a heart rate analysis appears during the workout summary. Refer to *Heart Rate Analysis*.

# Programs

This section describes the programs available on the EFX576i, EFX556i and EFX546i. Use this section as a reference tool to better understand each program's purpose.

## Choosing a Program

Choosing a program depends on your goals. If you are a beginner or returning to regular exercise, you can start a cardio-conditioning program to slowly return your body to a comfortable level of exercise. If you have been exercising and feel that you have an intermediate or advanced fitness level, you probably have established goals. The Precor web site ([www.precor.com](http://www.precor.com)) can give you many ideas about fitness routines and advice from the experts.

Several exercise choices on the EFX are preprogrammed with recommendations for ramp incline levels or resistance. For example, the Interval Program is preprogrammed with recommendations on ramp incline and resistance levels, backward or forward motion, and alternating rest or work intervals. You always have the option to override the suggested levels with certain exceptions found in the Heart Rate and Performance Programs.

If your level of exertion becomes too great, reduce your stride rate or use the arrow keys to override each upcoming column in the program profile. If you use the arrow keys, the profile changes accordingly.

## Program Tips

- While exercising, you need to pedal above 40 strides per minute. Dropping below 40 strides per minute causes the EFX to shut down to conserve battery power. The EFX displays a 30-second countdown before it shuts off. If you move the foot pedals during the countdown period, you can resume exercising where you left off.
- Begin at the Precor banner and choose a program by pressing PROGRAMS or QUICKSTART. Refer to *Workout Options*.
- A blinking column indicates your position as you progress through a program.
- Prior to choosing a program, you may press the OPTIONS key to access goal, language, or units of measure settings. After pressing OK to confirm new settings, you must select a program within five seconds for the changes to become effective. Refer to *Setting Display Preferences Before Exercising*.
- To use the SmartRate feature, you need to specify your age and wear a chest strap or hold on to the touch-sensitive grips. For more information, refer to *Changing Your Workout Display Options*.
- The club can set limits on workout, pause, and cool-down times. Check with your club or facility manager to learn if any club limits are in place that might affect your program selections.

**Note:** The EFX556i has a stationary ramp. All references to ramp incline or CROSSRAMP apply to the EFX576i and EFX546i.



## Manual Program



The Manual Program profile, available by pressing the MANUAL key, begins as a flat line. You control ramp incline and resistance settings using the CROSSRAMP or RESISTANCE arrow keys. The program profile reflects changes to resistance on the EFX556i and changes to ramp incline on the EFX576i and EFX546i. The blinking column indicates your position in the program.

The workout time reflects the club default setting. A cool-down period occurs automatically when you end your workout.

**Note:** An exception to the cool-down period exists if the club allows it. Refer to *Cooling Down After a Workout* for more information.

To use the SmartRate feature, you need to specify your age by pressing the OPTIONS key and following the display prompts. To change the workout time, press the TIME +/- key. Refer to *Changing the Workout Time*.

## Interval Programs



The Interval Programs, available by pressing the INTERVAL key, are among the best for conditioning your cardiovascular system. Each program raises and lowers your level of exertion repeatedly for the specified period of time.

Each program lets you choose the rest and work intervals according to your training regimen.

While exercising, you can vary your strides per minute and change the preset ramp incline or resistance (EFX556i) using the CROSSRAMP or RESISTANCE arrow keys. The settings are repeated throughout the remainder of the program.

**Note:** Ramp incline changes are limited to +/-5% grade variance from the previous level.

The display lets you know when the ramp incline or resistance (EFX556i) levels are about to change, and indicates the levels of the next interval.

The Total Body Interval Program is available on the EFX576i. It lets you specify the time durations for the rest and work intervals.

If you prefer to set a calorie or distance goal, use the OPTIONS key. Refer to *Setting Display Preferences Before Exercising* or *Changing Your Workout Display Options*.

## Total Body Interval Program



The EFX576i Total Body Interval Program available by pressing the INTERVAL key, provides an additional aspect to the standard interval program. Each program interval prompts you to push or pull with your arms, which incorporates upper body movement and elevates the intensity of your workout. The program also consists of alternating forward and backward pedaling movements that focus on working the thigh and calf muscle groups.

The Total Body Interval Program is broken into five intervals of equal length. Each interval raises and lowers your level of exertion repeatedly for a specified period of time.

**Note:** If the club allows an unlimited workout time and you specify it, then the time per interval is fixed at one minute.

When you begin the program, the resistance for the rest and work intervals are preset at 1 and 8, respectively. The settings are repeated throughout the program and shown in the program profile.

To change either the ramp incline or resistance settings, press the appropriate arrow key and continue. The display lets you know when the ramp incline or resistance levels are about to change, and indicates the levels of the next interval.

## Cross Country Program



The Cross Country Program, available by pressing the VARIETY key, is designed to provide a more realistic terrain as if you were walking in the outdoors. Review the profiles to determine the ascent and descent levels of each program.

The goal in a Cross Country Program is time, but if you prefer a distance goal, you can press the OPTIONS key. Refer to *Changing Your Workout Display Options*. Once you select a distance goal, the TIME REMAINING display recalculates based on your stride rate.

Anytime during a workout, you can override the ramp incline settings by pressing the CROSSRAMP arrow keys. The remaining profile columns change accordingly. The changes are saved and applied throughout the remainder of the program. You can adjust the resistance by pressing the RESISTANCE arrow keys.

## Gluteal Programs



The two Gluteal Programs, available by pressing the VARIETY key, are designed to exercise the gluteal muscles. The ramp incline is preprogrammed. Review the profiles to determine the ascent and descent levels of each program.

Anytime during a workout, you can override the ramp incline settings by pressing the CROSSRAMP arrow keys. The remaining profile columns change accordingly. The changes are saved and applied throughout the remainder of the program. To change the resistance, use the RESISTANCE arrow keys.

## Custom Program



The EFX576i Custom Program, available by pressing the VARIETY key, provides variable preprogrammed ramp inclines. Fitness personnel in the club facility have the option to create a profile customized for its patrons.

Similar to other EFX programs that have preprogrammed ramp inclines, you can override the ramp incline settings using the CROSSRAMP arrow keys. The changes are applied to the remaining profile. To change the resistance, use the RESISTANCE arrow keys.

## Basic HRC Program



The Basic Heart Rate Control Program lets you set a target for your heart rate. The program adjusts the resistance to maintain your heart rate within two beats per minute of the target heart rate while you exercise. To use this program, you must enter your age and wear a chest strap so your heart rate can be monitored throughout the session.

**Important:** Consult your physician to determine the appropriate target heart rate for your age and fitness level. If your physician recommends a different target heart rate than the one that appears on the display, use the RESISTANCE arrow keys to change the target heart rate once you finish the warm-up period. Do not exercise over the recommended range.

### Basic HRC Program Tips

The Basic HRC Program enhances your overall cardiovascular fitness levels to help you achieve your weight loss and fitness goals. Read through the following tips before selecting the Basic HRC Program. These tips provide general information regarding how the program functions. For more information and exercise suggestions, refer to the Precor web site at [www.precor.com](http://www.precor.com).

**Important:** Maintain a constant stride rate between 100 and 160 strides per minute. Automatic adjustments to the resistance cannot take place if you drop below 40 strides per minute.

- The program provides a 3-minute warm-up period. During this time, you may change the ramp incline or resistance.  
**Note:** When your target heart rate is achieved or the 3-minute period elapses, the warm-up period ends and the program begins.
- The program automatically adjusts the resistance to keep your heart rate at the selected target. After the warm-up period, pressing the RESISTANCE arrow keys no longer affects the resistance, but does change the target heart rate. Check the SmartRate display to see if you are maintaining your preferred zone. Check the HEART RATE display to determine your actual heart rate. For information about understanding your target heart rate, refer to *Heart Rate Features*.
- You can change the target heart rate, strides per minute, or ramp incline, but doing so affects the unit's ability to maintain your target heart rate in the preferred zone. It takes time for the EFX to readjust the resistance so that your heart rate remains on target.
- The workout time is set to the club limit. To adjust the time, press the TIME +/- key and use the navigational arrow keys followed by OK to change the workout time.
- A cool down period is automatically added to the end of the program.

If you are having difficulty with the heart rate features, talk to your club or facility manager.

## Weight Loss Program



With the Weight Loss Program, the workout time is fixed at 28 minutes and consists of seven 4-minute intervals. You are not prompted for a workout time. Use the arrow keys to change the resistance or the ramp incline for the rest or work interval. When you make changes, the program repeats the settings for the remaining intervals.

The display lets you know when the resistance levels are about to change.

For the ideal weight loss range, your heart rate should remain between 55% and 70% of your maximum aerobic heart rate. If you wear a chest strap or grasp both touch-sensitive grips, you can use SmartRate as a visual cue.

- Set a comfortable stride rate and then adjust the resistance and ramp incline.
- Maintain a level of exertion so that the SmartRate LEDs in the FATBURN target zone blink in the display during rest intervals.
- During the work intervals, increase your level of exertion so that the LEDs in the CARDIO target zone blink.

For more information about the SmartRate display, refer to *Using SmartRate*.

## Hill Climb Program



The Hill Climb Program, available by pressing the PERFORMANCE key, is a variable resistance program that works several different muscle groups. The resistance in the Hill Climb Program is preprogrammed. To override the resistance settings for each column, press the RESISTANCE arrow keys. The changes raise or lower the columns on the remaining portion of the program profile.

## Fitness Test



The Fitness Test, available by pressing the PERFORMANCE key, monitors your heart rate and calculates a fitness score based on your average heart rate during specific test stages. When the test is completed, the display provides a fitness score and fitness category.

The Fitness Test was developed in 2004 by Dr. Emily Cooper of Seattle Performance Medicine. The test results can help you gauge the effectiveness of your current exercise routine and tailor it to meet your fitness goals.

### Fitness Test Tips

Read through the following tips before starting the Fitness Test.

- Sit and rest for at least five minutes prior to taking the test.
- You must wear the chest strap throughout the test. If the heart rate reception is erratic, incorrect readings can occur and terminate the test.
- You must enter your age and your gender to begin the test.
- Maintain a comfortable stride rate above 100 strides per minute. Continue pedaling at a consistent stride rate (between 100 and 160 strides per minute) throughout the test.
- The test provides a 3-minute warm-up period. During the first minute, you may change the ramp incline using the CROSSRAMP arrow keys. The Fitness Test commences at the end of the warm-up period.

**Important:** If a message appears stating that your heart rate is too high, the test ends and the automatic cool-down period begins. Complete the cool-down period and retake the Fitness Test later.

- After the first minute of the warm-up period the CROSSRAMP arrow keys are disabled. The RESISTANCE arrow keys are disabled throughout the test. Any pressure on the arrow keys is ignored.
- Let the program adjust the resistance for you.
- You cannot change the distance or time goals or change to another program while in the midst of taking the test.

### Completing the Fitness Test

When you finish the Fitness Test, the pedal resistance is reduced. An automatic cool-down period is provided after the test to help return your heart rate to a normal, restful state.

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

- You stop pedaling.
- Your heart rate increases and averages above 75% of the maximum allowable heart rate (220 minus your age) during the first three minutes.
- Your stride rate drops below 100 strides per minute.
- Your heart rate increases and averages above 85% of the maximum allowable heart rate (220 minus your age).
- Your heart rate cannot be detected for two minutes.
- You press PAUSE/RESET.
- You complete the test.

## Fitness Test Scores

When you finish the Fitness Test, a fitness score appears on the display as part of the workout summary. The test results can help you gauge the effectiveness of your current exercise routine and tailor it to meet your fitness goals.

Tables 6 and 7 show the desired range in fitness levels depending on your age and gender. More information is available at the Precor web site ([www.precor.com](http://www.precor.com)).

**Table 6. Cardiorespiratory fitness score category—females\***

Age in Years	Fitness Category		
	Low Fitness	Medium Fitness	High Fitness
20–39	28 (or below)	28–33	33 (or above)
40–49	26 (or below)	26–31	31 (or above)
50–59	24 (or below)	24–28	28 (or above)
60 and over	22 (or below)	22–26	26 (or above)

**Table 7. Cardiorespiratory fitness score category—males\***

Age in Years	Fitness Category		
	Low Fitness	Medium Fitness	High Fitness
20–39	35 (or below)	35–42	42 (or above)
40–49	32 (or below)	32–39	39 (or above)
50–59	29 (or below)	29–36	36 (or above)
60 and over	24 (or below)	24–31	31 (or above)

\* The test and analysis algorithm were developed by Dr. Emily Cooper of Seattle Performance Medicine in 2004.

## Crosstraining Programs



These programs have preprogrammed incline (EFX576i/EFX546i) or resistance (EFX556i) levels. The programs consist of alternating forward and backward pedaling movements that focus on working the thigh and calf muscle groups.

Three different Crosstraining Programs are available on the EFX576i and EFX546i. Each places the maximum intensity of the workout at different portions of the program. Display prompts indicate when you should change pedal direction. The time intervals between the directional changes depend on which program you choose.

On the EFX576i and EFX546i, you can change the ramp incline and resistance levels during the forward and backward intervals. On the EFX556i, you can change the resistance. The program remembers your settings and repeats them for subsequent forward and backward intervals until you change them.

When you change the incline on the EFX546i or EFX576i, the program profile changes accordingly by raising or lowering the height of the columns. On the EFX556i, the height of the column is affected by the RESISTANCE keys.

# Exercise Session

This section describes how to access the following opportunities through the use of the **OPTIONS** key on the navigational keypad. Any display selections set during the course of your exercise session are reset to the club settings when you end your session. While exercising, you can:

- change the program you are using
- change the workout time
- enter your weight and age
- choose between time-, distance-, or calorie-type goals
- reset your target heart rate
- display more workout statistics
- display messages and prompts in a different language
- choose between U.S. standard and Metric units of measure

**Note:** Prior to selecting a program, you can select preferences for program goals, language and units of measure. Refer to *Setting Display Preferences Before Exercising*.

## Changing Programs in Mid-session

You can change programs in the middle of a session by selecting a new program from the **PROGRAMS** key menu. All accumulated workout statistics are transferred to the new program as you continue exercising.

**Note:** You cannot select a different program if you stop pedaling and the EFX begins its 30-second shutdown. Refer to *Pausing During a Workout or the Cool-Down Period*.

Certain programs are not available for mid-session transfers due to set goals and program preferences. If this occurs, a message scrolls across the center display.

## Changing the Workout Time

To change the duration of your exercise session, take the following steps:

1. Press **TIME +/-**.
2. A workout time blinks in the center display. Use the navigational arrow keys or the number keys to adjust the time.
3. Press **OK**.

A message scrolls across the display indicating that the new workout time has been accepted.

The club can limit the duration of exercise sessions and certain programs have fixed time goals which do not allow adjustments. If your attempt to change the workout time is not accepted, display messages scroll and indicate the reasons.



## Addressing Your Weight and Age

Your age must be entered to activate the SmartRate display and to properly use the heart rate program. To enter or change your weight or age during an exercise session, take the following steps:

1. Press **OPTIONS**.
2. The prompt, **WEIGHT/AGE** appears. Press **OK**.  
**Note:** If the weight and age are already entered, the **WEIGHT/AGE** prompt will not appear as part of the **OPTIONS** menu.
3. Use the number keys or navigational arrow keys to adjust the blinking weight prompt and then, press **OK**.
4. Use the number keys or navigational arrow keys to adjust the blinking age prompt and then, press **OK**.

A message scrolls across the display indicating that your weight and age have been accepted.

## Adjusting Program Goals

To designate a distance, calories, or time goal while exercising take the following steps:

1. Press **OPTIONS**, and then press the ▼ key on the navigational keypad until **GOAL** appears.  
**Note:** If a program has a preset goal such as 28 minutes in the Weight Loss Program, **GOAL** may not appear as part of the **OPTIONS** menu.
2. Press **OK**.
3. Press **OPTIONS** again or the ▼ key on the navigational keypad to select between, **TIME**, **CALORIES**, or **DISTANCE**.
4. When you are ready, press **OK** to select the displayed goal.
5. A blinking number appears indicating that the system is ready for adjustments to the goal. Use the number keys or navigational arrow keys to change the setting.
6. When you are ready, press **OK**. If the program you are using allows changes to goal settings, a prompt scrolls across the display indicating that your selection has been accepted.

## Adjusting Your Target Heart Rate

Your target heart rate can be adjusted anytime during your exercise session by taking the following steps:

1. Press **OPTIONS**, and then press the ▼ key on the navigational keypad until **TARGET HR** appears.
2. Press **OK**.
3. A blinking number appears indicating the suggested target heart rate based on your age. Use the number keys or navigational arrow keys to change the setting.
4. When you are ready, press **OK**.

**Important:** Consult your physician to determine the appropriate target heart rate for your age and fitness level. If your physician recommends a different target heart rate than the one that appears on the display, change the target heart rate to match your physician's recommendation. Do not exercise over the recommended range.

## Changing Your Workout Display Options

During an exercise session, the center display becomes a message bar. It can show additional workout statistics depending on user selections accessed through the **OPTIONS** menu.

To display more workout statistics or choose one among them, take the following steps:

1. Press **OPTIONS**, and then press the ▼ key on the navigational keypad until **MORE METRICS** appears.
2. Press **OK**.
3. Scroll through all the available workout statistic displays by continually pressing the ▼ key on the navigational keypad. Refer to Table 8.
4. When you are ready, press **OK** to select a displayed metric or display the entire menu consecutively, by selecting **SHOW ALL**.

**Note:** To remove a scrolling statistic from the message bar, you need to reenter the **OPTIONS** menu and select a different workout statistic display or select **OFF**.

**Table 8. Workout statistics available in the OPTIONS menu**

<i>OPTIONS Menu</i>	<i>Description</i>
% COMPLETE	Shows how much of the program goal you have completed.
TIME IN ZONE	Displays the total time that your heart rate is within the range of 55% to 84% of your target heart rate.
SEGMENT TIME REMAINING	Indicates the amount of time, in minutes and seconds, that remain in the highlighted column of the profile before the next column begins blinking.
AVERAGE SPEED	Displays the average miles or kilometers per hour. The number that appears is determined by dividing the total distance travelled (converted from strides) by the total accumulated workout time.
CALS/MIN	Displays the approximate number of calories burned per minute.
CALS/HR	Displays the approximate number of calories burned per hour.
WATTS	Shows your current energy expenditure level.
METS	Shows the metabolic units associated with your current energy expenditure level, derived from the calories per minute value and adjusted for your weight.
TARGET HR	Shows the current target heart rate setting.

<i>OPTIONS Menu</i>	<i>Description</i>
AVG HEART RATE	Displays your average heart rate. The number is based on systematic sampling taken while you are exercising. A chest strap will give you a more accurate heart rate average than if you occasionally use the touch-sensitive grips. If no heart rate reading occurred during your exercise session, three dashes appear when you change to this display.
SHOW ALL	Presents all the workout statistics in this menu in consecutive order.
OFF	Stops scrolling the workout statistics, found in this table, across the message bar.

## Selecting a Language

You can choose to display text messages in seven different languages. To select a different language during an exercise session, take the following steps:

1. Press **OPTIONS**, and then press the ▼ key on the navigational keypad until **LANGUAGE** appears.
2. Press **OK**.  
**LANGUAGE** scrolls across the display and is replaced by the one of seven language options.
3. Scroll through all the available options by continually pressing the ▼ key on the navigational keypad.
4. When you are ready, press **OK** to select the displayed language. A message scrolls across the display indicating that the language has been changed.

## Changing the Units of Measure

Display measurements can appear in either Metric or U.S. Standard. To change this setting, perform the following steps:

1. Press **OPTIONS**, and then press the ▼ key on the navigational keypad until **UNITS** appears.
2. Press **OK**. **UNITS** scrolls across the display and is replaced by the one of two options: **U.S.** or **METRIC**.
3. Toggle between the two options by pressing the ▼ key on the navigational keypad.
4. When you are ready, press **OK** to select the displayed unit of measure. A message scrolls across the display indicating that the unit of measure has changed.

*Notes:*



## EFX576i, EFX556i, EFX546i

### Product Specifications

	EFX576i	EFX556i	EFX546i
Length	80 in (203 cm)	80 in (203 cm)	80 in (203 cm)
Width	32 in (81 cm)	32 in (81 cm)	32 in (81 cm)
Height	68.5 in (174 cm)	68.5 in (174 cm)	68.5 in (174 cm)
Weight	340 lb (154 kg)	340 lb (154 kg)	340 lb (154 kg)
Shipping weight	430 lb (195 kg)	430 lb (195 kg)	430 lb (195 kg)
Power	Self-powered	Self-powered	Self-powered
CrossRamp*	15° - 40°	20° (Fixed)	15° - 40°
Incline settings	1-20	Stationary	1-20
Resistance levels	1-20	1-20	1-20
Frame	Powder-coated steel	Powder-coated steel	Powder-coated steel
Regulatory Approvals	FCC, ETL, CE	FCC, ETL, CE	FCC, ETL, CE

### Product Features

	EFX576i	EFX556i	EFX546i
CSAFE Compatible	✓	✓	✓
Entertainment Option Available	✓	✓	✓
Heart Rate Telemetry	✓	✓	✓
QuickStart™	✓	✓	✓
SmartRate®	✓	✓	✓
Touch Heart Rate	✓	✓	✓

### Programs

	EFX576i	EFX556i	EFX546i
Manual	✓	✓	✓
Interval			
Interval	✓	✓	✓
Total Body Interval	✓		
Variety			
Cross Country	✓	✓	
1 Gluteals	✓		✓
2 Gluteals	✓		✓
Custom	✓		
Heart Rate			
Basic HRC*	✓	✓	✓
Weight Loss			
Weight Loss	✓	✓	✓
Performance			
Hill Climb	✓	✓	
Fitness Test*	✓	✓	✓
Cross Training		✓	
1 Cross Training	✓		✓
2 Cross Training	✓		✓
3 Cross Training	✓		✓

### Electronic Readouts

	EFX576i	EFX556i	EFX546i
% Complete	✓	✓	✓
Average Heart Rate*	✓	✓	✓
Average Speed	✓	✓	✓
Calories	✓	✓	✓
Calories per Hour	✓	✓	✓
Calories per Minute	✓	✓	✓
CrossRamp Incline	✓		✓
Distance	✓	✓	✓
Goal	✓	✓	✓
Heart Rate*	✓	✓	✓
Heart Rate Analysis*	✓	✓	✓
Language	✓	✓	✓
Maximum Heart Rate*	✓	✓	✓
METS	✓	✓	✓
Profile	✓	✓	✓
Resistance Levels	✓	✓	✓
Segment Time Remaining	✓	✓	✓
SmartRate*	✓	✓	✓
Strides/Minute	✓	✓	✓
Target Heart Rate	✓	✓	✓
Time	✓	✓	✓
Time Elapsed	✓	✓	✓
Time in Heart Rate Zone*	✓	✓	✓
Time Remaining	✓	✓	✓
Total Strides	✓	✓	✓
Units	✓	✓	✓
Watts	✓	✓	✓
Workout Summary	✓	✓	✓

\* Use of a chest strap or the touch-sensitive handrail grips is required.



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EFX5x6i URM 49096-104, en  
25 February 2008



# Assembly Guide



**PRECOR**<sup>®</sup> USA  
move beyond<sup>®</sup>

**EFX<sup>®</sup> 576i**  
Elliptical Fitness Crosstrainer<sup>™</sup>



Thank you for choosing Precor. For proper installation, please read this guide thoroughly and follow the assembly instructions. If you do not assemble the EFX according to these guidelines, you could void the Precor Limited Warranty.

## Obtaining Service

You should not attempt to service the EFX except for maintenance tasks as described in the *Product Owner's Manual*. If any items are missing, contact your dealer. Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at [www.precor.com/corp/contact](http://www.precor.com/corp/contact).

## Unpacking the Equipment

The unit is shipped in one box. Ask for help from two or more people to unpack and assemble the EFX.

## Required Tools

- Wire tie cutter
- Phillips-head screwdriver
- Two  $\frac{9}{16}$ -inch combination wrenches (open-end and box)
- SAE Standard socket set

## Cardio Theater PVS Assembly Instructions



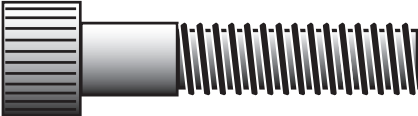

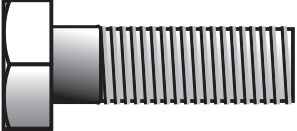



If the Cardio Theater Personal Viewing System (PVS) accompanies this Precor unit, review the PVS assembly instructions found in the Cardio Theater box. Alleviate additional assembly or disassembly steps by combining the two assemblies as needed.

## Installation Requirements

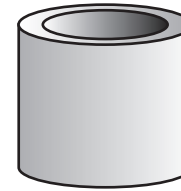
Follow these installation requirements when assembling the unit:

- **Assemble the unit near the location where you plan to use it.**
- **Provide ample space around the unit.**  
Open space around the unit allows for easier access.
- **Set up the unit on a solid, flat surface.**  
A smooth, flat surface under the unit helps keep it level. A level unit has fewer malfunctions.
- **Open the box and assemble the components in the sequence presented in this guide.**
- **Insert all fasteners with your fingers.**  
Use your fingers to properly align and thread the fasteners. This helps alleviate cross-threading. Do not fully wrench tighten fasteners until instructed to do so.  
***Important:** When wrench tightening, the head of the fastener should be flush with the product. If it is not, cross-threading has occurred. Do not attempt to rework the assembly as more damage to the equipment will occur. Contact Customer Support. Refer to Obtaining Service.*
- **If you plan to move the unit, obtain help and use a hand truck.**  
Do not grasp any plastic parts while lifting or moving the unit. The plastic parts are not capable of supporting the weight of the unit and they may break.

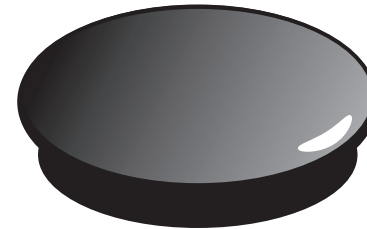
## Hardware Kit (not to scale)

Fasteners		Quantity
	(A) Buttonhead screw (1-inch)	14
	(B) Washer (5/16-inch)	20
	(C) Socket head cap screw (1 1/4-inch)	6
	(D) Split washer (5/16-inch)	20
	(E) Hex head screw (1 1/4-inch)	2
	(F) Washer (3/8-inch)	4
	(G) Self-tapping screw (1 1/2-inch)	4
	(H) Phillips-head screw (3/4-inch)	3

2 – Bushings (J)



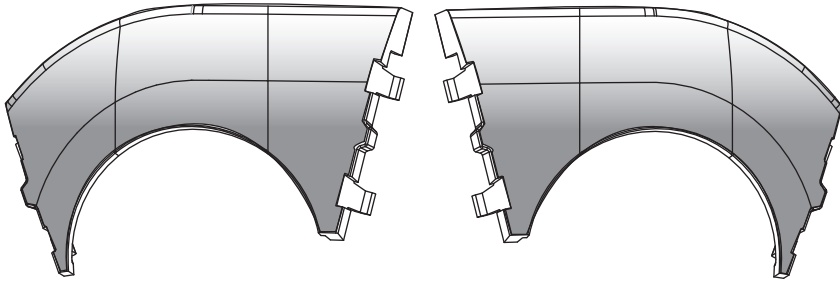
2 – Link arm caps (K)



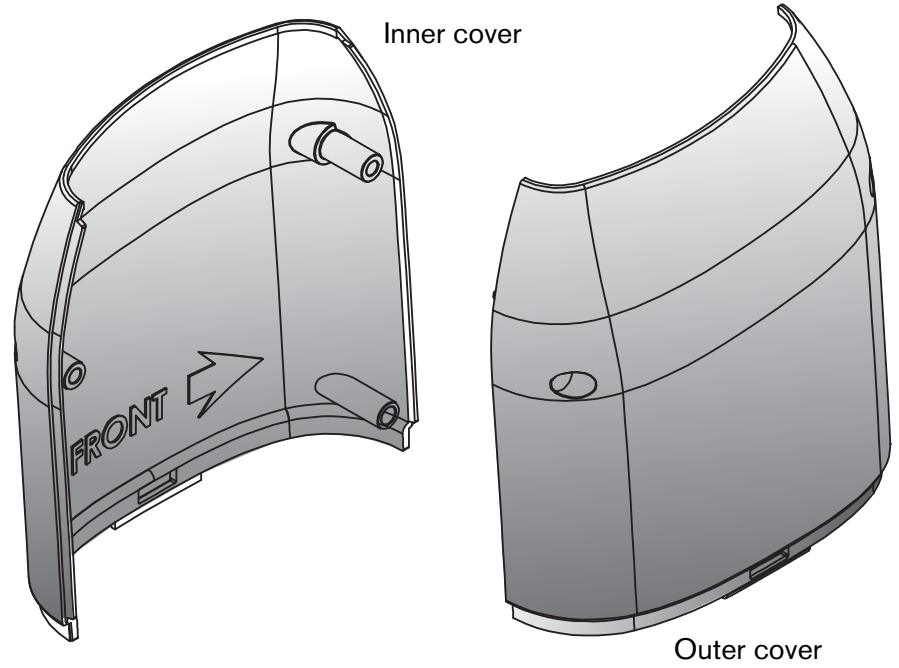
2 – Pivot arm caps (L)



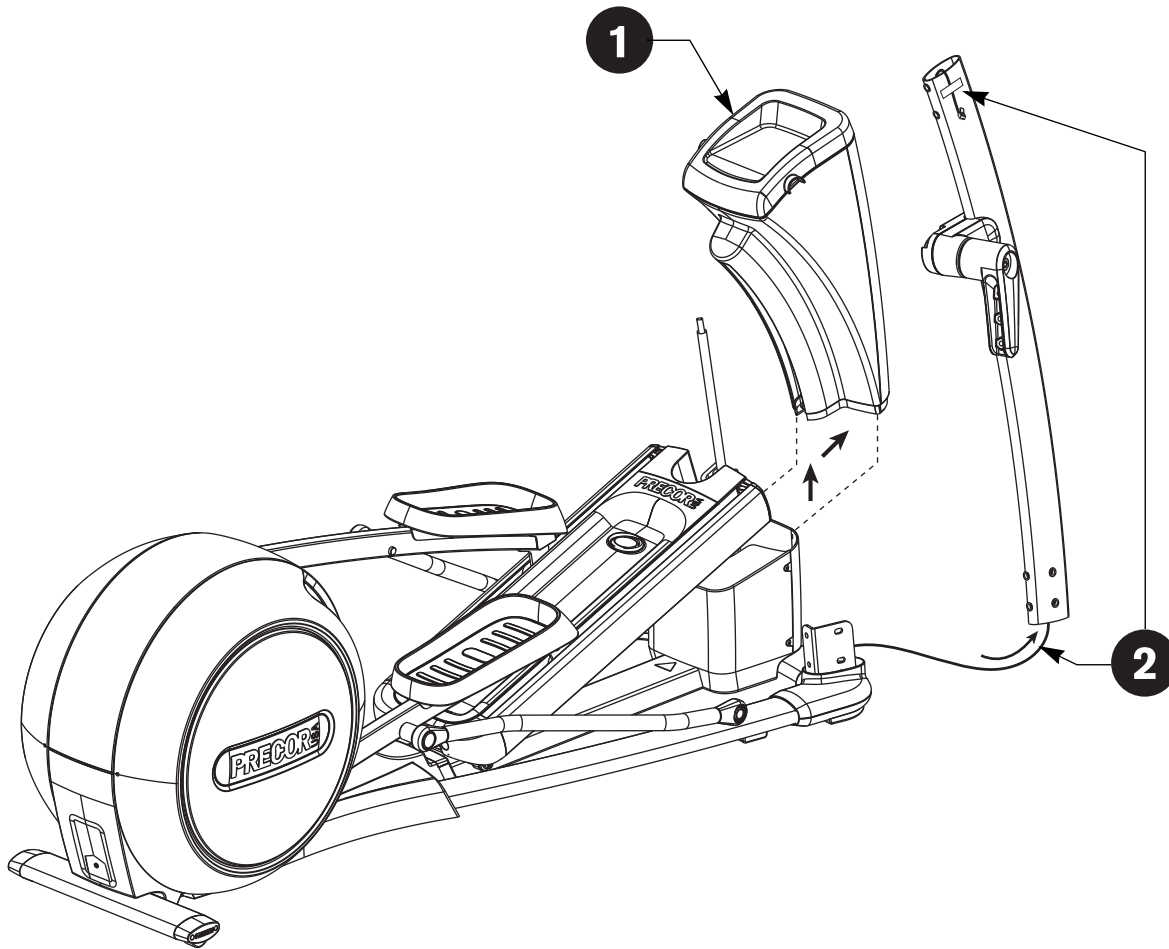
2 – Pivot axle caps (M)



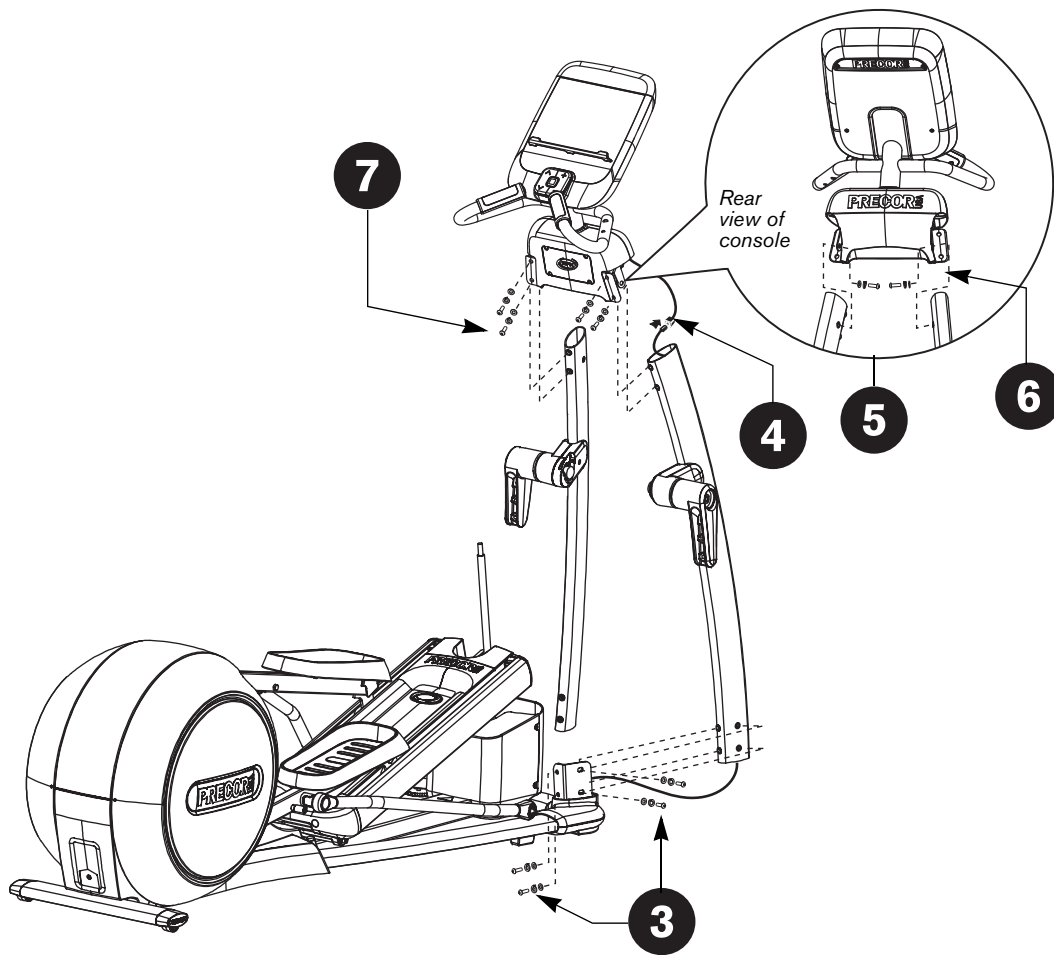
4 – Upright support covers (N)  
(packaged separately)



# Assembly Steps



- 1** Remove the lift cover and set it aside.  
**Important:** Grease on the lift axle can stain clothing. Be careful not to get grease on your clothing as you remove the lift cover.
- 2** Feed the cable through the right upright support. Tape the cable to the top of the upright support to secure it temporarily.  
**Important:** Do not stretch, crimp, or damage the cable. Cables damaged by improper installation will not be covered by the Precor Limited Warranty.



**3** Attach the upright supports to the base frame using eight buttonhead screws (A), eight split washers (D), and eight washers (B). Finger tighten.

**4** Ask your assistant to hold the display console above the upright supports while you connect the cable. Remove and discard the tape after you connect the cable.

*Important: Place excess cable inside the upright support.*

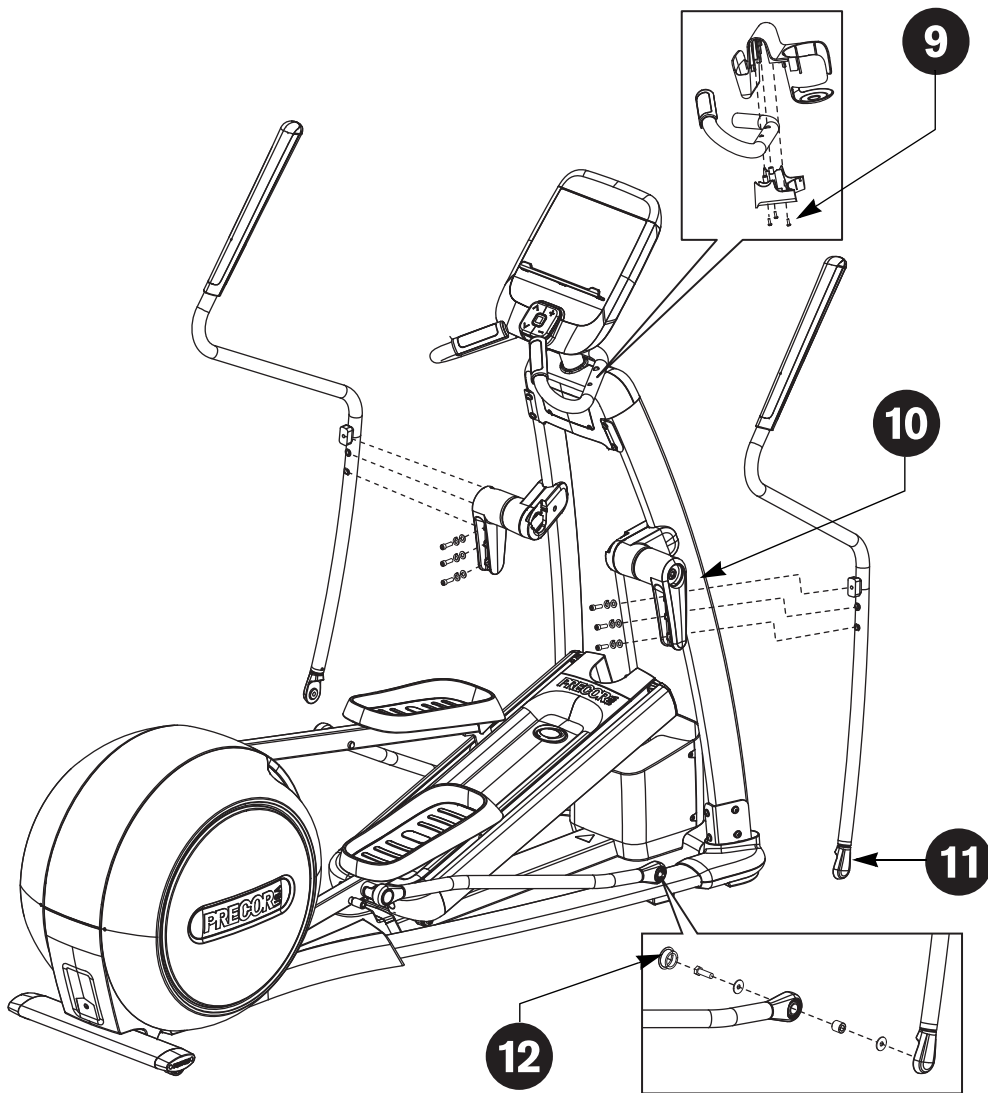
**5** Have your assistant lower the display console while you align the mounting brackets on the inside of the upright supports.

**6** Fasten the display console to each upright support by threading a buttonhead screw (A), washer (B), and split washer (D) through opposite mounting holes. Check that the base fasteners are loose before installing the display console fasteners.

**CAUTION: Make sure the display console screws are properly threaded into the inserts. Do not cross thread. The Precor Limited Warranty does not cover damage that occurs during installation.**

**7** Check alignments and thread the remaining four display console screws (A), four washers (B), and four split washers (D). Wrench tighten with a  $\frac{3}{16}$ -inch hex key so the assemblies come together, but leave room for adjustments.

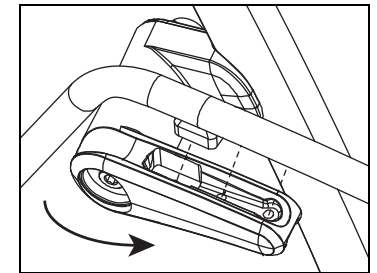
**8** When all fasteners are snug against the unit, begin at the base and alternately wrench tighten all fasteners. Follow the sequence from step 3 through step 7.



**9** Position the water bottle holder as shown and attach it to the right stationary handrail. Secure the holder using three Phillips-head screws (H) and a Phillips-head screwdriver.

**10 CAUTION: Handlebars can swing and cause injury. Have your assistant hold the handlebar and gently lower it into a vertical position when the handlebar assembly is complete.**

For proper alignment, rotate the pivot arm to a horizontal position. Apply pressure to fit the protrusion on the handlebar into the handlebar bracket.



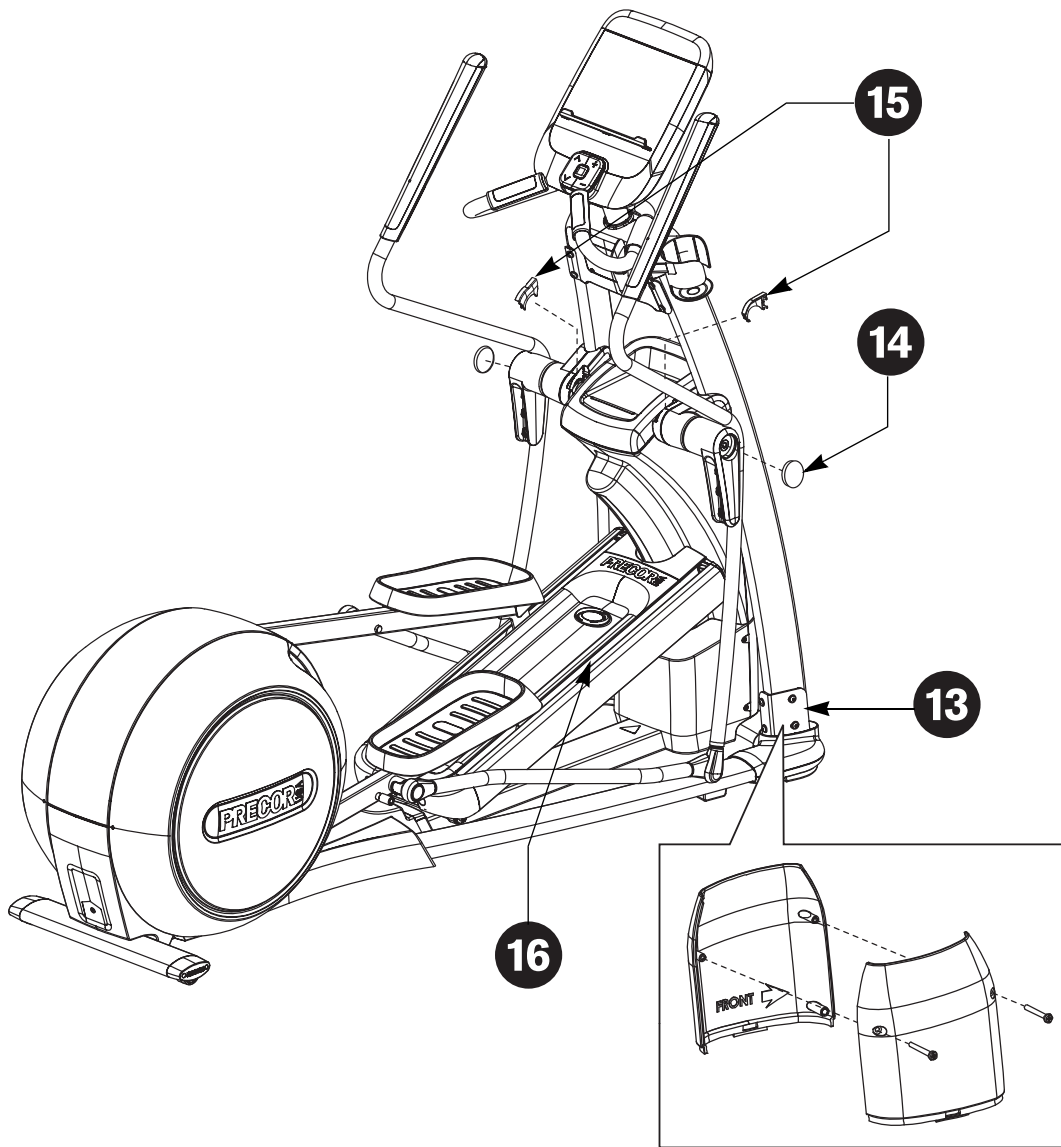
Insert three socket head cap screws (C), three split washers (D), and three washers (B) through each handlebar bracket. To secure the handlebars, wrench tighten the fasteners using a 1/4-inch hex key.

**11** Attach the handlebars to the link arms using two hex head screws (E), two bushings (J), and four washers (F). For ease of installation, slide the corresponding foot pedal to the top of the ramp before attaching each handlebar. Wrench tighten the fasteners using a 9/16-inch box-end or socket wrench.

**Important:** Install the fasteners in the order shown. The bushing slides inside the link arm. The heads of the screws remain on the ramp side of the link arm.

**12** Align the cut-out inside the link arm cap (K) with the link arm mounting hole. Apply pressure to the cap until it snaps into place.





- 13** Place one inner and one outer upright support cover (N) around an upright support. Align each pair so the arrows on the covers point toward the front of the unit.

Apply pressure to engage the inner cover protrusions with the outer cover screw holes. Slide the covers down into the base mounts. Secure each pair of covers using two self-tapping screws (G) and a Phillips-head screwdriver.

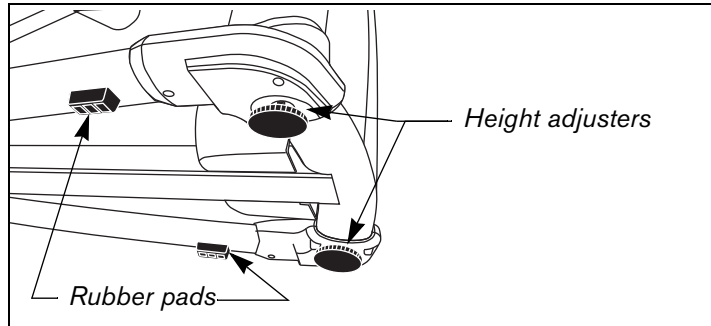
- 14** Attach the pivot arm caps (L).
- 15** Replace the lift cover removed in step 1. Insert the two pivot axle caps (M) and press firmly into place. The pivot axle caps hold the lift cover in place.
- 16** Clean the ramp with a soft cloth dampened in a diluted solution of mild soap and water.

**17**

Level the EFX by placing it on a solid, flat surface.

Before allowing users on the EFX, make sure it does not wobble from side to side.

**CAUTION: To eliminate wobble, make sure the rubber pads are in contact with the floor.**



To remove any side-to-side movement, take the following steps.

1. Ask your assistant to tip the unit on its side.
2. Locate the two height adjusters at the front of the unit.
3. Rotate the height adjusters to raise or lower the unit.

**Important:** *If the unit is placed on a slightly uneven surface, rotating the height adjusters can help, but will not compensate for extremely uneven surfaces.*

4. When you are finished adjusting the EFX, ask your assistant to gently lower the unit to the floor. Make sure the rubber pads are in contact with the floor.

**18**

Verify that the heart rate display is operational.

1. Hold on to a stationary handrail and step on the foot pedals.
2. When you are comfortably situated, begin pedaling. A pedaling speed above 40 strides per minute must be maintained for several seconds.
3. Grasp both touch-sensitive handrail grips on the stationary handrails.
4. Look at the HEART RATE display. After a few seconds, a number appears indicating your heart rate.

**Note:** If a number does not appear in the HEART RATE display, you may need to disassemble the unit and check the cable connection. For troubleshooting tips, refer to the *Product Owner's Manual*.



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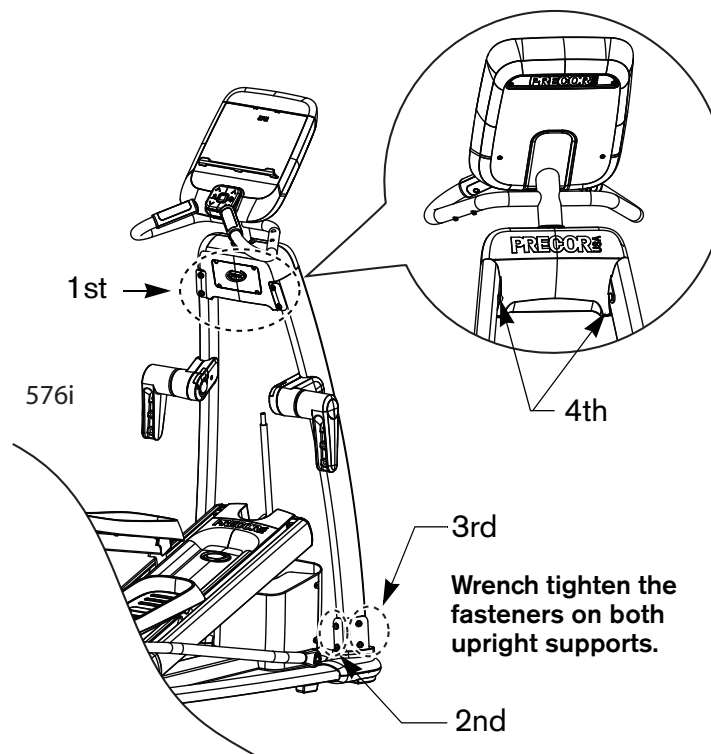
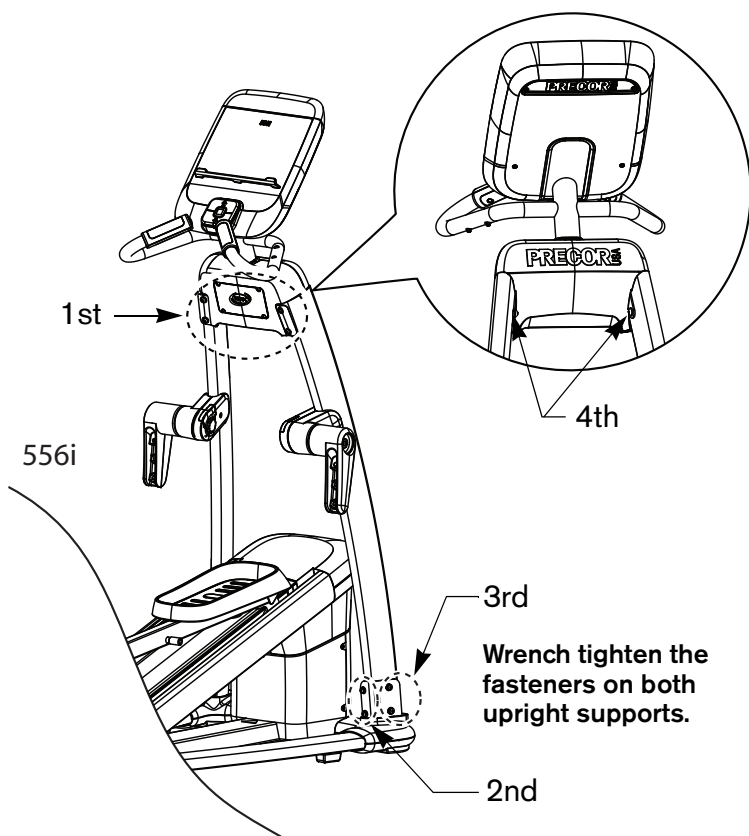


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EFX576i AG 49062-104, en  
11 February 2008

This addendum accompanies your *EFX Assembly Guide*. The upright supports tend to rub against the ramp if they are not properly aligned and wrench tightened in the correct order. Refer to the table below and replace the appropriate step with the following:

	<i>Step to replace</i>
576i	8
556i	9
546i	7

When all fasteners are snug against the unit, wrench tighten them in the order shown in the illustrations.



Wrench tighten the fasteners on both upright supports.

**Note:** The same steps apply to the EFX546i even though it is not shown above.