



This addendum accompanies your equipment documentation and is additional information concerning the heart rate features for your equipment and console.

***Important***

*The heart rate features are intended for reference only. They may not be accurate for every user or at every speed and are not intended for use as a medical device. Holding the heart rate handle touch sensor while exercising at higher intensity may also decrease accuracy of the heart rate reading and is not recommended. Please also read your product documentation and visit:  
[www.precor.com/en-us/customer-service/faq](http://www.precor.com/en-us/customer-service/faq).*

# Operating and Maintaining the P80 Console





# Operating and Maintaining the P80 Console

**PRECOR®**



# Edition Information

OPERATING AND MAINTAINING THE P80 CONSOLE

P/N 303135-112 rev C

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This document applies to Preva version 4.0 and P80 console software version 4.0.

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# Important Safety Instructions

**Important:** *Save these instructions for future reference.*

Read all instructions in the documentation provided with your exercise equipment, including all assembly guides, user guides, and owner's manuals, before installation of this device.

**Note:** This product is intended for commercial use.

The display apparatus (hereinafter referred to as the *console*) is intended to be shipped with new Precor exercise equipment (hereinafter referred to as the *base unit*). It is not packaged for individual sale.

## **WARNING**

**To prevent injury, the console must be attached securely to the base unit following all assembly and installation instructions shipped with the base unit. The console is intended to be connected to AC mains power through the furnished power supply ONLY. It should be powered on only when installed as described in the assembly and installation instructions shipped with the base unit. The console is intended for use only with Precor fitness equipment, not as a standalone device.**

## Safety Precautions

Always follow basic safety precautions when using this equipment to reduce the chance of injury, fire, or damage. Other sections in this manual provide more details of safety features. Be sure to read these sections and observe all safety notices. These precautions include the following:

- Read all instructions in this guide before installing and using the equipment and follow any labels on the equipment.
- Make sure all users see a physician for a complete physical examination before they begin any fitness program, particularly if they have high blood pressure, high cholesterol or heart disease; have a family history of any of the preceding conditions; are over the age of 45; smoke; are obese; have not exercised regularly in the past year; or are taking any medication.

French equivalent of the above notice, for Canadian markets: *Il est conseillé aux utilisateurs de subir un examen médical complet avant d'entreprendre tout programme d'exercice, en particulier s'ils souffrent d'hypertension artérielle, ou de cardiopathie ou ont un taux de cholestérol élevé, s'ils ont des antécédents familiaux des précédentes maladies, s'ils ont plus de 45 ans, s'ils fument, s'ils sont obèses, s'ils n'ont pas fait d'exercices réguliers au cours de l'année précédente ou s'ils prennent des médicaments. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

- Do not allow children, or people unfamiliar with the operation of this equipment, on or near it. Do not leave children unsupervised around the equipment.
- Make sure all users wear proper exercise clothing and shoes for their workouts and avoid loose or dangling clothing. Users should not wear shoes with heels or leather soles, and they should check the soles of their shoes to remove any dirt and embedded stones. They should also tie long hair back.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use, before cleaning it, and before providing authorized service.

**Note:** The optional power adapter is considered a power source for self-powered equipment.

- Use the power adapter provided with the equipment. Plug the power adapter into an appropriate, grounded power outlet as marked on the equipment.

- Care should be taken when mounting or dismounting the equipment.
- For Treadmills: Do not use typing or web surfing features while walking at speeds that exceed a **slow and relaxed leisurely pace**. Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.
- For AMT and EFX: Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.
- Read, understand, and test the emergency stop procedures before use.
- Keep the power cord or optional power adapter and plug away from heated surfaces.
- Route power cables so that they are not walked on, pinched, or damaged by items placed upon or against them, including the equipment itself.
- Ensure the equipment has adequate ventilation. Do not place anything on top of or over the equipment. Do not use on a cushioned surface that could block the ventilation opening.
- Assemble and operate the equipment on a solid, level surface.

- **SPACING**—The below minimum spacing recommendations are based on a combination of the ASTM (U.S.) voluntary standards and EN (European) regulations as of October 1, 2012, for access, passage around, and emergency dismount:
  - **Treadmills**—a minimum of 0.5 m (19.7 in.) on each side of the treadmill and 2 m (78 in.) behind the machine.
  - **Cardio equipment other than treadmills**—a minimum of 0.5 m (19.7 in.) on at least one side, and 0.5 m (19.7 in.) behind or in front the machine.

**Careful consideration should be given to the requirements of the Americans with Disabilities Act (ADA), US Code 28 CFR** (see Section 305). ASTM

standards are voluntary and may not reflect current industry standards. The actual area for access, passage around, and emergency dismount is the responsibility of the facility. The facility should consider the total space requirements for training on each unit, voluntary and industry standards, and any local, state, and federal regulations. Standards and regulations are subject to change at any time.

**Important:** *These spacing recommendations should be used when positioning equipment away from sources of heat, such as radiators, heat registers, and stoves. Avoid temperature extremes.*

- Keep equipment away from water and moisture. Avoid dropping anything on or spilling anything inside the equipment to prevent electric shock or damage to the electronics.
- When using the treadmill, always attach the safety clip to your clothing before beginning your workout. Failure to use the safety clip may pose a greater risk of injury in the event of a fall.
- Keep in mind that heart rate monitors are not medical devices. Various factors, including the user's movement, may affect the accuracy of the heart rate readings. The heart rate monitors are intended only as exercise aids in determining heart rate trends in general.
- Do not operate electrically powered equipment in damp or wet locations.
- Never operate this equipment if it has a damaged cord or plug, if it is not working properly, or if it has been dropped, damaged, or exposed to water. Call for service immediately if any of these conditions exist.

- Maintain the equipment to keep it in good working condition, as described in the *Maintenance* section of the owner's manual. Inspect the equipment for incorrect, worn, or loose components, and then correct, replace or tighten prior to use.
- If you plan to move the equipment, obtain help and use proper lifting techniques.
- Equipment Weight Restrictions: Do not use the treadmill if you weigh more than 500 pounds (225 kg). If you weigh more than 350 pounds (160 kg), do not run on the treadmill. For all other fitness equipment, the weight limit is 350 pounds (160 kg).
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by Precor. Such attachments may cause injuries.
- Do not operate the equipment where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Do not attempt to service the equipment yourself, except to follow the maintenance instructions in the owner's manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Do not set anything on the stationary handrails, handlebars, control console, or covers. Place liquids, magazines, and books in the appropriate receptacles.
- Do not lean on or pull on the console at any time.



**CAUTION: DO NOT remove the cover, or you may risk injury due to electric shock. Read the assembly and maintenance guide before operating. There are no user-serviceable parts inside. Contact Customer Support if the equipment needs servicing. For use with single phase AC power only.**



## Hazardous Materials and Proper Disposal

The batteries within self-powered equipment contain materials that are considered hazardous to the environment. Federal law requires proper disposal of these batteries.

If you plan to dispose of your equipment, contact Precor Commercial Products Customer Support for information regarding battery removal. Refer to *Obtaining Service*.

## Product Recycling and Disposal

This equipment must be recycled or discarded according to applicable local and national regulations.

Product labels, in accordance with European Directive 2002/96/EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product is not to be thrown away, but rather reclaimed upon end of life per this Directive.

In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to be collected separately and to be reused, recycled, or recovered at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste, but use the collection framework available to customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to the potential presence of hazardous substances in EEE. For proper collection and treatment, refer to *Obtaining Service*.

## Regulatory Notices for the RFID Module

When equipped with a control console as described in this document, this equipment may include a radio-frequency identification (RFID) module. The RFID module has been certified to operate at temperatures between -20°C and 85°C (-4°F and 185°F).

### Radio Frequency Interference (RFI)

The RFID module conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

#### Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, can cause harmful interference to radio communications.

Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

**WARNING** Per FCC rules, changes or modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment.

### Industry Canada

This device complies with RSS-210:2007 of the Spectrum Management & Telecommunications Radio Standards Specification. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This Class A digital apparatus complies with Canadian ICES-003.

*Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.*

**ATTENTION: Haute Tension**  
**Débranchez avant de réparer**

### European Applications

CE compliance is claimed to the following directives:

- 1999/5/EC R&TTE Directive
- 2006/95/EC LVD Directive
- 2002/95/EC RoHS Directive

Directive compliance has been verified to the following standards:

- EN 55022
- EN 300 330-1 V1.5.1
- EN 300 330-2 V1.3.1
- EN 301 489-3 V1.4.1
- EN 301 489-1 V1.8.1
- EN 60950-1

## Regulatory Notices for Cardiovascular Exercise Equipment

The regulatory information in this section applies to the exercise equipment and its control console.

### Safety Approvals for Cardiovascular Equipment

Precor equipment has been tested and found to comply with the following applicable safety standards.

#### Cardiovascular Type Equipment:

- CAN/CSA, IEC, EN 60335-1 (Household and similar electrical appliances - Safety)
- EN 957 (Stationary training equipment, class S/B compliant equipment)

#### PVS and P80 Regulatory Notice

This Precor equipment has been tested and found to comply with the following applicable safety standards.

- CAN/CSA, UL, IEC, EN 60065 (Audio, video and similar electronic apparatus - Safety)

### Radio Frequency Interference (RFI)

This Precor exercise equipment conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

#### Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

**WARNING** Per FCC rules, changes or modifications not expressly approved by Precor could void the user's authority to operate the equipment.

### Industry Canada

This Class A digital apparatus complies with Canadian ICES-003.

*Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.*

**ATTENTION: Haute Tension**  
**Débranchez avant de réparer**

### European Applications

CE compliance is claimed to the following directives:

- 2004/108/EC EMC Directive
- 2006/95/EC LVD Directive
- 2002/95/EC RoHS Directive

Directive compliance has been verified to the following standards:

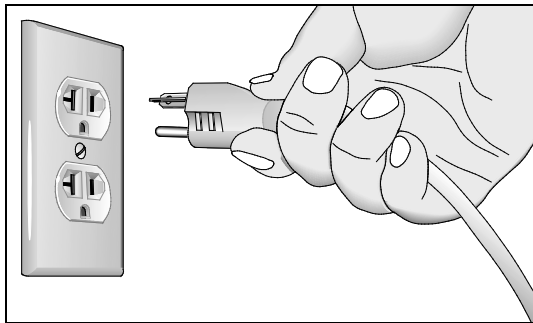
- EN 55022
- EN 55024
- EN 60335-1
- EN 60065 (P80 and PVS)

## Electrical Recommendations: 120 V and 240 V Treadmills

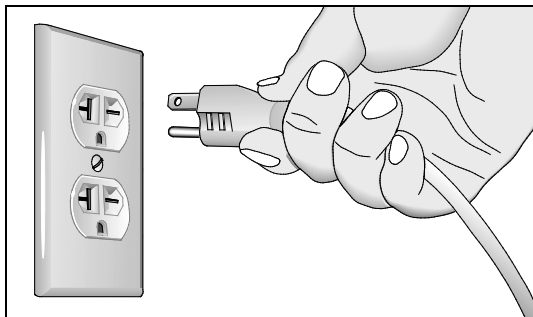
**Note:** This is a recommendation only. NEC (National Electric Code) guidelines or local region electric codes must be followed.

You should have received a power cable that meets your local electrical code requirements along with the equipment. Precor treadmills must be connected to a 20 amp individual branch circuit that can be shared only with one PVS. If you need additional help with the power connections contact your Precor authorized dealer.

**Important:** An individual branch circuit provides a hot conductor and neutral conductor to a receptacle. The conductors must not be looped, "daisy-chained", or connected to any other conductors. The circuit must be grounded according to NEC guidelines or local region electric codes.



**Figure 1: North American 120-volt, 20-amp power receptacle**



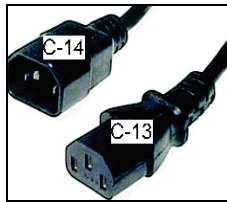
**Figure 2: North American 240-volt, 20-amp power receptacle**

## Electrical Recommendations: All Equipment Excluding Treadmills

**Note:** This is a recommendation only. NEC (National Electric Code) guidelines or local region electric codes must be followed.

For equipment fitted with a P80 console or Personal Viewing System (PVS) screen a separate power connection is required. For a 20 amp branch circuit up to 10 screens can be connected. If the branch circuit has any other devices plugged into the circuit, then the number of screens must be reduced by the wattage of the other devices.

**Note:** The typical splitter power cords that have IEC-320 C13 and C14 plugs have a recommended maximum capacity of five screens.



**Figure 3: IEC-320 C13 and C14 plugs**

## Obtaining Service

Do not attempt to service the equipment except for maintenance tasks. If any items are missing, contact your dealer. For more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at <http://www.precor.com>.

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# Getting Started

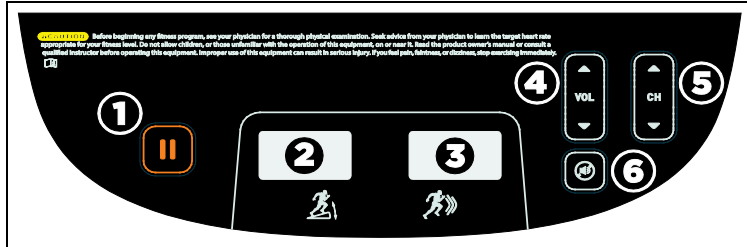
The P80 console offers administrators and users the ability to set default settings that meet their specific needs. To accomplish this, the console supports settings for different classes of users depending on their administrative rights.

- A **guest user** exercises on a piece of equipment without signing in or creating a Preva account.
- A **registered user** has created a Preva account and uses a sign-in password or Preva Token to use that account.
- A **registered service technician** uses a sign-in password with extra permissions to administer console settings.
- An **administrator** is always registered, uses a sign-in password and has access to the console's operating settings.

Changes to the Personal Information and Preference settings are saved to a registered user's Preva account. An unregistered user can change preference settings; however, because they lack a personal account, those changes are not saved, and apply only to their current workout.

## Identifying Parts of the Console

The following figure provides information about the console keys. The number and actions of the console keys may differ slightly depending on the type of equipment.



**Figure 4: P80 console keys**

**Table 1. Key descriptions for the P80 console**

Number	Key Name	Function
1	Pause	Stops the equipment
2	Incline/CrossRamp® Indicator	Appears on treadmill, elliptical, and AMT with Open Stride™
3	Intensity Indicator	Also called Speed or Resistance indicator depending on equipment type
4	Volume Up/Down	Increases or decreases volume
5	Channel Up/Down	Changes TV channel
6	Mute	Turns the volume on or off

## Using the Treadmill Safety Clip

The treadmill is equipped with three different stop functions, which behave as follows:

<i>If the user ...</i>	<i>Then the treadmill belt ...</i>	<i>And the console ...</i>
<p>Pulls on the lanyard attached to the safety clip and trips the restart switch</p> <p><b>1</b></p>	Slows to a stop	Shows the words PUSH THE RESET SWITCH. On some console models, an arrow points toward the Restart switch.
<p>Presses down on the red STOP button</p> <p><b>2</b></p>	Slows to a stop	Shows that the exercise workout is paused.
<p>Steps off of the running belt for a preset amount of time</p>	Slows to a stop	Shows that the exercise workout is paused.

The restart switch and the red **STOP** button are located just below the console, as shown in the following figure. When the switch is tripped, the button pops up. The treadmill does not operate until the button is returned to its normal position.



**Figure 5: Restart switch**

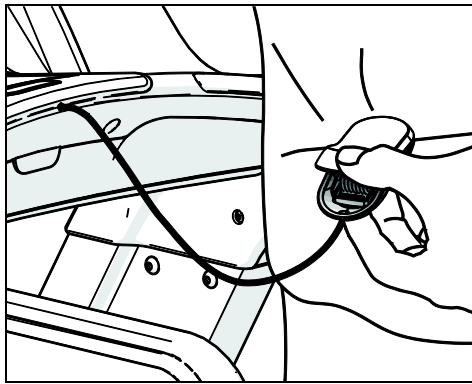
Instruct users on how important it is to use the safety clip while exercising on the treadmill, and demonstrate how they should attach it to their clothing near the waistline.

**If the restart switch trips during exercise, perform the following steps:**

1. Reattach the safety clip if necessary.
2. Press the restart switch down until it clicks, returning it to its normal position.

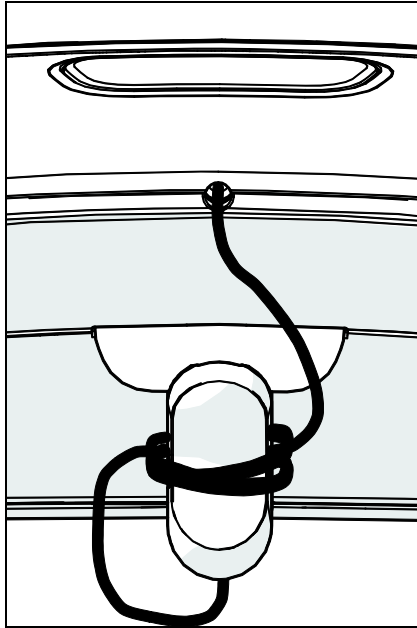
**Note:** If the restart switch trips, all information about the current workout is deleted.

3. Start the workout from the beginning, reducing the time as needed to account for the amount of exercise that has been completed.



**Figure 6: Attaching the safety clip**

**Tip:** The small, flexible tab underneath the restart switch is designed for storage of the safety clip. When the treadmill is not in use, attach the safety clip to the tab as shown in the following figure.



**Figure 7: Safety clip storage**

## Treadmill Auto Stop™ (Automatic Stop) Function

**Important:** *The default setting for this feature is ON. An administrator can turn off this feature in the System Settings; however, Precor recommends it remain ON.*

The Auto Stop™ (Automatic Stop) feature is designed to bring the treadmill to a gradual stop when it is not in use. This might occur if a user steps off the treadmill before the end of a workout and leaves the treadmill running.

Sixty seconds after a treadmill workout starts or resumes, the equipment begins Auto Stop monitoring. If a user is detected, then no message appears, and the selected workout continues.

If no user is detected after an additional 30 seconds, the console displays the message **NO USER DETECTED, STOPPING IN 10 SECONDS** as notification of the pending stop. During the display of this message, a ten second countdown begins. If a user does not override the countdown, the belt comes to a gradual stop after the countdown is complete.

**Note:** Users weighing more than 50 pounds (22.7 kg) are detected within the speed and position limits of the feature. Users weighing less than 50 pounds (22.7 kg) may not be detected depending on their speed and location. Always be aware of the console's instructions and follow them for proper operation.

# Configuring the System Settings

Use the System mode to configure settings in ways that benefit your users and your facility. The System menu is visible only to administrators and registered service technicians. Changes made to these settings are saved to the fitness equipment.

**Important:** A special code is required to access these settings. Do not share this code with anyone except those authorized to change system settings.

The System menu contains the following settings:

- About
- Equipment Usage
- System Settings

### To view the System menu:

1. On the Welcome screen, press and hold **Pause**.



**Figure 8: Pause key**



2. While holding **Pause**, press each of the following keys **once** in the order presented. Referring to the diagram below, press:

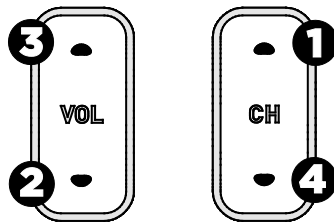
**1 2 3 4**

**Channel Up** ①

**Volume Down** ②

**Volume Up** ③

**Channel Down** ④



**Figure 9: Settings security code**

3. Release **Pause**.
4. Using the keyboard on the screen, touch the following numbers to enter the password:  
**5 6 5 1 5 6 5**
5. Touch **OK**.

## About

System information settings provide basic information including equipment models and serial numbers. Most of these settings are for informational purposes only and cannot be modified.

### To view the System Info settings menu:

1. Use the administrator code and password to view the equipment settings.
2. Touch **About**.

**Table 2. About settings**

Setting	Access	Detail
Event Log	<b>Admin/Tech:</b> View	Provides a list of the most recent hardware and software events, and equipment status.
Console Serial Number	<b>Admin/Tech:</b> View	Stored in the console's memory.
Lower Serial Number	<b>Admin/Tech:</b> View	Stored in the console's memory.
Location	<b>Admin/Tech:</b> View Modify	Entered on console at time of registration.
Release Bundle Version	Only Precor service technicians can modify this setting.	Shows current version and a list of past software updates. Automatically updates as part of each software upgrade.
ETag Check Interval	Only Precor service technicians can modify this setting.	Stored in the console's memory.

<b>Setting</b>	<b>Access</b>	<b>Detail</b>
Heartbeat Interval	Only Precor service technicians can modify this setting.	Determines how often the console communicates with the server.
Minimum Heartbeat Interval	Only Precor service technicians can modify this setting.	Minimum number of times that the console communicates with the server in a given time period.
Maximum Heartbeat Interval	Only Precor service technicians can modify this setting.	Maximum number of times that the console communicates with the server in a given time period.
Mfe MAC Address	Only Precor service technicians can modify this setting.	Stored in the console's memory.
Network Time Server 1	Only Precor service technicians should modify this setting.	
Network Time Server 2	Only Precor service technicians should modify this setting.	
Network Time Server 3	Only Precor service technicians should modify this setting.	
Machine Type	<b>Admin/Tech:</b> View	Type of equipment.

## Equipment Usage

The Equipment Usage settings provide information on individual usage as well as cumulative equipment usage. This information and these settings are accessible only to administrators and registered service technicians.

### To view the Usage settings:

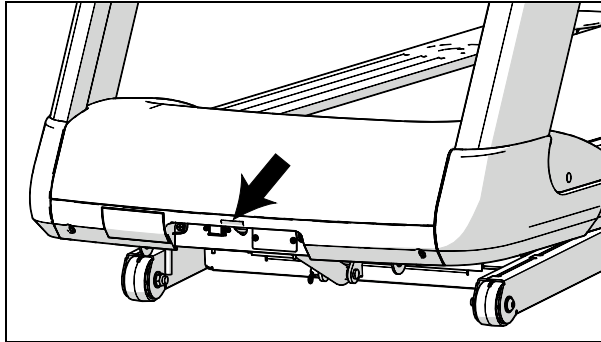
1. Use the administrator code and password to view the equipment settings.
2. Touch **Equipment Usage**.

**Table 3. Equipment Usage settings**

Setting	Access	Detail
Cumulative Workout Seconds	<b>Admin/Tech:</b> View	Total number of seconds. Seconds are counted when the workout clock starts.
Cumulative Workout Distance	<b>Admin/Tech:</b> View	<ul style="list-style-type: none"> <li>• Treadmills will report miles of use.</li> <li>• AMTs will report a "horizontal distance" miles or strides depending on equipment model.</li> <li>• Ellipticals will convert total strides to miles.</li> <li>• Bikes will convert total revolutions to miles.</li> </ul>
Cumulative Workout Sessions	<b>Admin/Tech:</b> View	Total number of sessions. A session is counted if the summary screen displays.
Last Workout Start Date Time	<b>Admin/Tech:</b> View	The date of the start of the last workout.
Last Workout End Date Time	<b>Admin/Tech:</b> View	The date of the end of the last workout.

## Maintenance (Treadmills Only)

Experience Series treadmills manufactured after June 2014 include many improvements in design, function, and usability. One of those improvements is the status indicator light at the front of the treadmill hood, which gives a club owner or technician an easy way to check up on the condition of all of their treadmills.



**Figure 10: Status light location**

**Table 4. Active status light appearances and their meanings**

<b>Status light appearance</b>	<b>Meaning</b>	<b>Action required</b>
Steady (solid) blue	The treadmill is operating normally and does not currently need maintenance.	None.
Pulsing blue	The treadmill is due for scheduled maintenance (P80 console only), or the treadmill belt needs to be replaced (except for 230 V models).	Perform the needed maintenance, then reset the status light.
Steady (solid) yellow	The treadmill has detected and recovered from an error. It can still be used, but some functions may not be available.	Refer to the console's event log for more information.
Pulsing yellow	The treadmill has detected an error, has been unable to recover from the error, and has taken itself out of service.	Power-cycle the treadmill (switch it off, wait 30 seconds, then switch it on again). If the error occurs again, check the console's event log for more information, then contact Precor Customer Support.

**To change the Maintenance settings and view the treadmill's current status:**

1. Use the administrator code and password to view the equipment settings.

**Note:** A text message to the right of the **Maintenance** command provides additional information about the service the treadmill currently needs.

2. Touch **Maintenance**.

The Recommended Action heading on the Maintenance screen advises you whether or not the treadmill needs attention at this time. The three detail lines below this heading provide additional information. You can touch each of these detail lines for more information about the type of maintenance that is due, and clear maintenance alerts using a button at the bottom of each screen.

<i>To view and clear ...</i>	<i>Touch ...</i>	<i>Then touch ...</i>
The scheduled maintenance alert	<b>Next Maintenance Due</b>	<b>Reset</b>
The treadmill belt replacement alert	<b>Belt Rating</b>	<b>Replace</b>
Alerts about logged system errors	<b>Operating Condition</b>	<b>Reset</b>

Under the Active Status Light heading, you can adjust the appearance of the status light.

<i>If you want to ...</i>	<i>Touch ...</i>	<i>And select ...</i>
Adjust the brightness of the status light	<b>AS Light Brightness</b>	<b>Low, Medium, or High</b>
Activate or deactivate the pulsing blue alert for scheduled maintenance or belt replacement	<b>Maintenance Reminder</b>	<b>On or Off</b>

## System Settings

Use the System Settings to test your equipment and set parameters that benefit your users and your facility. The System Settings menu is visible only to administrators and registered service technicians.

The System Settings menu contains the following sections:

- Connectivity
- Display
- TV Settings
- Workout Limits
- Manage Settings

Precor recommends that you configure the P80 consoles in your facility by sharing setting files. Configure one P80 console by hand for each type of fitness equipment. For example, configure one treadmill console, one EFX console, one AMT console, and so on.

Once you have done this, you can export the settings for that type of equipment onto a USB drive and then import those settings into other P80 consoles installed on equipment of that type.

For more information, refer to *Manage Settings*.



## Connectivity

Configuring your audio, video, and network infrastructure requires expertise. Precor strongly recommends that you work with a qualified contractor to set up this infrastructure.

### To view connectivity information:

1. Use the administrator code and password to view the equipment settings.
2. Touch **System Settings**, then **Connectivity**.

**Table 5. Connectivity settings**

Settings	Default	Detail
Network Type	Wired	
Configuration	Automatic	Automatic or Manual Touch Settings to view the <ul style="list-style-type: none"> <li>• IP Address</li> <li>• Netmask</li> <li>• Gateway</li> <li>• DNS Primary</li> <li>• DNS Secondary</li> </ul>
Status		Connected or Not Connected
IP Address		Location-specific
Preva <sup>®</sup> Server		URL region-specific

## Display

Use the Display settings to personalize language and time zone settings for your facility.

### To view and change the Display settings:

1. Use the administrator code and password to view the equipment settings.
2. Touch **System Settings**, then **Display**.

**Table 6. Display settings**

Setting	Setting Options	Default Value
Default Language	Choose from a list of available languages	English
Measurement Units	US Standard Metric	US Standard
Standby Mode Delay	<ul style="list-style-type: none"> <li>• 5 Minutes</li> <li>• 15 Minutes</li> <li>• 30 Minutes</li> <li>• 60 Minutes</li> </ul>	15 Minutes
Time Zone	GMT-10 through GMT + 12	GMT-01 Azores, Cape Verde
Internet Browser Access	On/Off	On
Preva Net Panel	On/Off	On

## TV Settings

TV Settings help you set up television channels for your users.

The TV Settings are:

- Channel Guide
- Region
- Default Channel
- Volume Correction
- Skip Unnamed Channels
- Extensive Scan
- Closed Captioning
- Export/Import Channel Names

### To view TV Setting information:

1. Use the administrator code and password to view the equipment settings.
2. Touch **System Settings**, then **TV Settings**.

## Channel Configurations

To set up the TV channel configurations on the P80 console, scan for available channels and use the Channel Guide to edit their displayed names.

Precor recommends that you set up one P80 console per equipment type with channel definitions as well as channel text, and then export those settings to your other P80 consoles. This method ensures that all P80 consoles in your facility have the same configuration.

### To scan for available channels:

1. Touch **System Settings**.
2. On the System Settings menu, touch **TV Settings**.
3. Touch **Channel Guide**, then **SCAN**.

The console scans available channels, and all available channels appear on the screen.

**Note:** If there are analog channels missing from your list, run an extensive scan to pick up missing channels or channels with weaker signals.

**To run an extensive scan:**

1. Touch **System Settings**.
2. On the System Settings menu, touch **TV Settings**.
3. Touch **Extensive Scan**.  
**Note:** This scan may take up to two hours to complete.
4. Touch **On**, then **OK**.
5. Touch **Extensive Scan** again.  
**On** should still be selected.
6. Touch **OK** to begin extensive scan.

**To edit a channel's displayed name:**

1. On the Channel Guide screen, touch the listing for the channel you want to rename.
2. On the detail screen for the channel, touch the **Channel Name** line.
3. Edit the channel's name, then press **OK** to save your changes.

**To delete a channel from the Channel Guide:**

1. On the Channel Guide screen, touch the listing for the channel you want to delete.
2. On the detail screen for the channel, touch **Delete**.
3. When asked "Are you sure?", verify that you want to proceed, then touch **Yes**.

**To clear the Channel Guide completely:**

1. On the Channel Guide screen, touch **Delete All**.
2. When asked "Delete All Channels?", verify that you want to proceed, then touch **Delete All** again.

**Table 7. TV Settings**

Settings	Detail	Default
Channel Guide	Use to scan basic channels	
Region	Select the appropriate region for your location.	United States
Default Channel	Set a default channel for the equipment. This is the channel that will display when the TV is turned on.	
Volume Correction	Allows for volume adjustment of analog channels to match digital channels	0
Skip Unnamed Channels	Use to screen out channels that are not valid or encrypted.	On
Extensive Scan	Run to identify analog channels missed by the basic scan or channels with weak signals. Takes up to two hours to complete.	Off
Closed Captioning	Select ON if you want closed captioning to appear on your TV screen.	On
Export/Import Channel Names	Import the channel names once a basic channel scan is complete.	Blank

## Editing the Export/Import Channel File

**Note:** You will need to scan for channels before you can export the file. If you have not scanned for channels, refer to Channel Configurations in the preceding section.

Exporting the channel list from the fitness equipment creates a file called *channel-guide.json*. This file can be used to specify channel names in languages that are not yet supported by the P80 console.

**To export this file from your console:**

1. Enter your code to view System Settings. To locate your code, refer to *Configuring the System Settings*.
2. Insert a USB drive into the console.
3. On the Settings menu, touch **System Settings**.

4. On the System Settings menu, touch **TV Settings**, then **Export/Import Channel Names**.
5. When the box is lit, touch **Export to USB**. The channel-guide.json file is saved on your USB drive in the /precor folder.
6. Touch **OK** to return to the System Settings menu.
7. Touch **Back** twice to return to the Welcome screen.  
***Important:** You must return to the Welcome screen before you remove the USB drive.*
8. Remove the USB drive from the console and insert it into your computer.

### To edit the file and reload it:

**Note:** You will need a utility called the Precor Channel Editor to open and modify the channel-guide.json file. To obtain a copy of the Precor Channel Editor, along with its user guide and sample files, contact Precor Customer Support (refer to *Obtaining Service*).

1. Using the Precor Channel Editor, open the channel-guide.json file and make any necessary changes in the channel guide table.
2. Save the file as channel-guide.json in the /precor folder on the USB drive. After you have saved the file, close the Precor Channel Editor to prevent read or write errors to the USB drive.
3. Remove the USB drive from your computer and reinsert it into the same console you used for your initial export.
4. Enter your code to view the System Settings.
5. On the System Settings menu, touch **TV Settings**, then **Export/Import Channel Names**.
6. When the box is selected, touch **Import from USB**. The updated channel-guide.json file is loaded and the Channel Guide displays the updated channel names.
7. Touch **OK** to return to the System Settings menu.
8. Touch **Back** twice to return to the Welcome screen.  
***Important:** You must return to the Welcome screen before you remove the USB drive.*

The updated channel-guide.json file and channel configurations can be exported to a USB drive along with other equipment settings and uploaded to other P80 consoles mounted on the same type of fitness equipment (refer to *Manage Settings*).

## Workout Limits

The Workout Limit settings give you control over how the equipment is used. Use these settings to create reasonable limitations for equipment usage including speed, incline, resistance, and duration.

In general, fitness equipment use is based on its popularity with users and its availability during a site's busiest times of day. Settings to enforce time limits will help locations restrict user usage during the busiest hours to provide more access to equipment for more users.

Workout Limit settings are not associated with or saved as part of a personal account and users do not have access to them. Both administrators and service technicians have view and modify access rights.

### To modify the Workout Limits settings:

1. Use the administrator code and password to view the equipment settings.
2. Touch **System Settings**, then **Workout Limits**.

**Table 8. Workout Limits settings**

Setting Name	Setting Options	Default Value
Maximum Workout Duration	Use on-screen keypad to enter the maximum workout duration allowed on this fitness equipment	60 minutes
Maximum Pause	<ul style="list-style-type: none"> <li>• 1 second</li> <li>• 5 seconds</li> <li>• 15 seconds</li> <li>• 30 seconds</li> <li>• 60 seconds</li> <li>• 120 seconds</li> <li>• 300 seconds</li> </ul>	30 seconds
Summary Time Out	<ul style="list-style-type: none"> <li>• No Time Out</li> <li>• 30 seconds</li> <li>• 60 seconds</li> <li>• 120 seconds</li> </ul>	60 seconds

Setting Name	Setting Options	Default Value
Resistance Range (Bike)	<ul style="list-style-type: none"> <li>• Low</li> <li>• Medium</li> <li>• High</li> </ul>	High
Speed Limit (Treadmill)	1-16 mph (2-25 kph)	12 mph (19 kph)
Incline Limit (Treadmill)	0-15 (Incline range is -3 to 15)	15
Autostop (Treadmill)	<ul style="list-style-type: none"> <li>• On</li> <li>• Off</li> </ul>	On
Crossramp Auto-Level (EFX)	<ul style="list-style-type: none"> <li>• Sets the default position for the crossramp</li> </ul>	10

### Manage Settings

Use the Manage Settings feature to save your personalized equipment settings to a USB drive, or to import new software updates from a USB drive.

Precor recommends that you configure the P80 consoles in your facility by sharing settings files. The easiest way to do this is to configure one P80 console by hand for each type of fitness equipment. For example, configure one treadmill console, one EFX console, one AMT console, and so on.

When your configuration is complete, export the settings file from the hand-configured console and then import this settings file to all P80 consoles installed on similar equipment types.



**To save your equipment settings to a USB drive:**

1. Insert a USB drive into the console.
2. On the System Settings menu, touch **Manage Settings**, then **Export to USB**.
3. Touch **OK** to accept the export and return to the System Settings menu.

**Note:** This procedure exports updates to the channel guide, equipment settings, network settings, and channel frequencies.

4. Touch **Back** twice to return to the Welcome screen.

**Important:** You must return to the Welcome screen before you remove the USB drive.

Once you have exported these settings, remove your USB drive from the console, and insert it into P80 consoles installed on similar equipment types to upload your personalized settings.

**To import equipment settings from a USB drive:**

1. Insert a USB drive loaded with your personalized settings into the console.
2. On the System Settings menu, touch **Manage Settings**, then **Import from USB**.
3. Touch **OK** to accept the import and return to the System Settings menu.
4. Touch **Back** twice to return to the Welcome screen.

**Important:** You must return to the Welcome screen before you remove the USB drive.

# Introducing Users to the P80 Console

The P80 console offers clear visuals and a touch-screen layout that encourages program exploration. Multiple preset workouts are designed to help individual users meet their fitness goals, and the console keys and durable motion controls are responsive and easy to use.

***Important:*** Please review the following sections in this guide with your users before allowing them to use the fitness equipment:

- *Important Safety Instructions*
- *Using the Safety Clip (for treadmill only)*
- *Educating Users*

## Changing the Display Language

The Welcome screen appears in the default language selected for your region. If you want the display to use a different language for your workout, you can select the language you want. After your workout is complete, the screen will return to the default language.

**Tip:** You can save your language selection by getting a Preva account. Once your preference is stored in your account, the screen will return to that language whenever you sign in.

### To change the display language before beginning your workout:

1. On the Welcome screen, touch the language icon.



**Figure 11: Language icon**

2. On the Language screen, select your language choice and touch **OK**.

The screens will now display in your preferred language.

## Using the Touch Heart Rate Feature

**Note:** Touch heart rate performance may vary based on your physiology, fitness level, age, and other factors. You may experience an erratic readout if your hands are dry, dirty, or oily, or if the skin on your palms is especially thick. Wearing hand lotion can also cause an erratic readout. In addition, make sure that the sensors are clean to ensure proper contact can be maintained.

To use the touch heart rate feature, place the palm of your hands directly on the metal heart rate sensors on the equipment's handlebars. To ensure an accurate heart rate readout, make sure you follow these tips:

- Both hands must grip the sensors for your heart rate to register.
- It takes a number of consecutive heartbeats (15-20 seconds) for your heart rate to register.
- When gripping the sensors, do not grip tightly. Keep a loose, cupping hold. Holding the grips tightly can affect the reading.
- As you work out, your perspiration will help transmit your heart rate signal. If you have difficulty using the handheld grips to determine your heart rate, try the sensors again later in the workout to see if you can obtain a heart rate signal.
- If the touch heart rate feature does not work for you, Precor recommends that you use a chest transmitter strap.

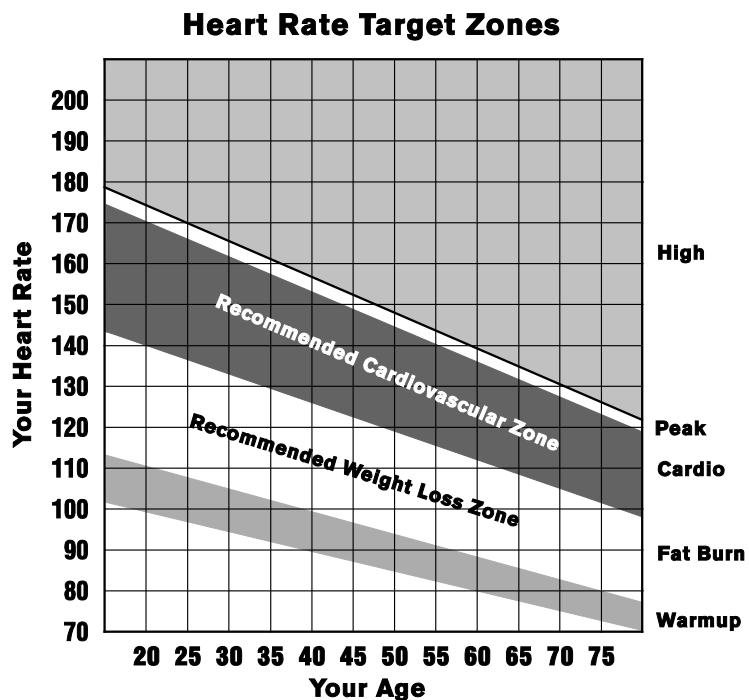


Figure 12: Heart rate target zones

**CAUTION:** Your heart rate should never exceed 85% of your maximum aerobic heart rate. Your maximum heart rate is equal to 220 minus your age.

## Using a Chest Strap Transmitter

**WARNING** Signals used by the chest strap transmitter (or heart rate strap) may interfere with pacemakers or other implanted devices. Consult your physician and the manufacturers of your chest strap transmitter and implanted device before using a chest strap transmitter.

Wearing a chest strap transmitter during your workout provides steady heart rate information. For the equipment to detect your heart rate, you must grip the touch heart rate sensors or wear a chest strap transmitter while exercising. In the presence of both touch and wireless data, the touch data takes precedence and will display.

**Note:** To receive an accurate reading, the strap needs to be in direct contact with the skin on the lower sternum (just below the bust line for women).

### To use a chest strap transmitter:

1. Carefully dampen the back of the strap with tap water.  
**Important:** Do not use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.
2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive.
3. Make sure that the chest strap is right-side-up, lies horizontally across, and is centered in the middle of your chest.
4. Test the chest strap placement by checking the heart rate function on the equipment. If a heart rate is registering, your chest strap placement is correct. If the equipment does not register a heart rate, readjust the strap and recheck the heart rate function.

## Using Different Screen Views

**Important:** Some Preva features are available only at facilities that subscribe to Preva. Contact Precor to update your subscription if needed.



During your workout, you can switch between different types of information and entertainment on the console screen. Depending on the services your fitness facility offers, you may have one or more of the following available to you:

- Television programs
- Instructional video clips
- On-demand web videos
- Preva Net web articles, some of which may contain video clips

You can switch between these options, or switch back and forth between any of them and your workout progress information, as your workout continues.

### Changing the Screen View

To switch between your workout progress information and your entertainment choices, use the tabs at the lower corners of the screen.

Tab	Function
	Switches the panels and icons on and off. When the icons are not visible, the <b>Media View</b> and <b>Select</b> buttons appear in their place. However, the Status Bar is visible regardless of whether or not the panels are visible.
	Switches between normal and full-screen view. In full-screen view, only TV, web pages, and video clips are visible.

## Changing the Media View

While you are watching either a TV channel or a video clip, you can always switch to Preva Net to read a web article. The **Media View** button at the bottom of the screen helps you move back and forth between these two views, while the **Select** button gives you a way of changing what you see in each of them.

**Note:** You cannot play a TV channel and a video clip at the same time.

The **Media View** button shows the name of the view that is active, but not showing.

*If you are ...*

Watching a TV channel or video clip

Reading a web article

*The **Media View** button is labeled ...*

**Preva<sup>®</sup> Net**

**On Demand** or **TV**

Click the button to switch back and forth between views.

At any time, you can click the **Select** button to change what you're watching or reading.

*If you are ...*

Watching a TV channel

Watching a video clip

Reading a web article

*The **Select** button is labeled ...*

**TV Channels**

**Videos**

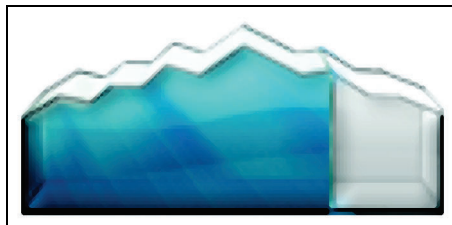
**All**

## Using the Workout Progress Panel

Use the Workout Progress panel to customize your workout. This is the first panel that displays once you select a workout or touch **GO**. If you are on the Media panel, there are two ways to return to the Workout Progress panel.

### To return to the Workout Progress panel:

1. On the Media panel, touch the **Workout** icon, or slide the right edge of the next panel across the screen.
2. The **Workout Progress** panel describes the current workout selection. There are buttons to the right of the box.



**Figure 13: Workout Progress icon**

**Table 9. Workout Progress buttons**

Button	Action
Workouts	Displays a list of goals and preset workouts available on that equipment.
Duration	Set the length of your workout.
Personal Info	Enter your age and weight.
Target	Choose Distance or Calories as a target for your workout session. Maximum distance: 50 miles. Maximum calories: 5000 calories.
Favorites	<b>Note:</b> This feature is only available to users who are signed into a Preva account Displays a list of the workouts you have saved as Favorites. Select one to replay.



## Using the Media Panel

The Now Playing Media panel displays available media sources. Select a media source such as TV, iPod, or on-demand web video, and then use the browsing feature to listen to that media while you browse Preva Net.

### To choose a media source:

1. On a Workout Progress panel, touch the **Media** icon, or slide the right edge of the next panel across the screen.



**Figure 14: Media icon**

2. The **Media** panel describes the current media selection. Navigate this panel using the buttons to the right of the box.

**Table 10. Media buttons**

Button	Action
Previous Channel	Returns you to the previous media source or TV channel.
TV Channels	Displays the channel list.
On Demand	Displays a list of web video playlists, arranged by type.
Workout Guides	Displays a list of tutorial videos.
iPod®	Changes the source to iPod and updates the Media panel.
Off	Turns off all media.

## Connecting and Using Your iPod®

You can listen to your favorite music and control your iPod directly from the console.

### To connect your iPod:

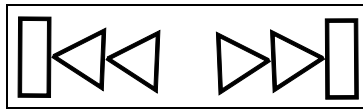
1. Insert the iPod into the connector at the top of the console and place your iPod securely in the pocket provided.

The media panel displays the words **Now Playing iPod** along with the name of the song currently playing.

2. Plug your headphones into the console.

**Note:** Be sure that the headphones are plugged into the console and not the iPod. If they are plugged into the iPod, you will not be able to adjust the volume using the console keys.

3. To pause, touch the pause button.



**Figure 15: Track buttons**

4. To hear a different song, touch the track buttons.

## Watching On-Demand Web Videos

While you work out, you can browse through a variety of fitness, music, and entertainment videos selected for you by the fitness facility and Precor.

### To watch on-demand web videos during your workout:

1. Touch the **Media** icon at the bottom of the console screen.



**Figure 16: Media icon**

2. On the Media panel, touch **On Demand**.
3. In the On Demand screen, drag the tiles to find the video playlist you want to watch.

<i>If you want to move ...</i>	<i>Then ...</i>
Between types of video	Drag the rows of tiles on the screen up or down.
Between playlists of each type	Drag the tiles of that type to the left or right.

4. Touch the tile for the playlist you want to watch.
5. To adjust your position within the playlist while you are watching, touch the screen and use the playback controls.

<i>If you want to ...</i>	<i>Then touch ...</i>
Pause video playback	
Resume video playback	▶
Skip ahead to the next video in the current playlist	▶▶
Go back to the On Demand screen	<b>Done</b> or <b>Videos</b>

## Using the Preva Net Panel

**WARNING** For Treadmills: Do not use typing or web surfing features while walking at speeds that exceed a slow and relaxed leisurely pace. Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.

**For AMT and EFX: Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.**

The Preva Net option provides Internet content and full Internet browser access. You can enable or disable this function in your facility system settings.

***Important:** Some Preva features are available only at facilities that subscribe to Preva. Contact Precor to update your subscription if needed.*

### To open Preva Net:

1. On the Welcome screen, touch **Workouts** or **QuickStart** to begin a workout.  
Once your workout begins, the Preva Net icon appears at the bottom of your screen.
2. Touch the **Preva Net** icon.



**Figure 17: Preva Net icon**

3. On the Preva Net panel, select an option.

**Table 11. Preva Net panel**

<b>Button</b>	<b>Action</b>
Featured	Displays feeds of specific interest during a workout.
Preva Feeds	Displays feeds selected by the management of your facility. <b>Note:</b> The facility administrator can use Preva Business Suite to rename the <b>Preva Feeds</b> button.
All	Displays a larger selection of feeds.
Web	Opens a browser window.
Off	Turns off the Preva Net feature.

# Beginning Your Workout

**CAUTION: If you are using a treadmill, be sure to attach the security clip to your clothing before starting your workout.**

The P80 console offers many different workout options. The following sections explain the type of workouts available and how to get started using them.

## Starting a QuickStart™ Workout

The QuickStart workout begins your workout in the Manual mode. Default calculations, such as calories burned, are based on a 150 pound (68 kg), 35-year old individual. You can complete a workout using the default values, or you can personalize the settings.

### To begin exercising immediately:

1. Touch **Quick Start**.

The words **Enjoy Your Workout** (or **Starting Treadmill** when using the treadmill) appear on the screen and the Manual workout begins.

**Note:** For treadmills, the equipment begins a three-second count down **3, 2, 1**, before the belt starts moving.

2. At any time during a workout, you can press **Pause** on the console to pause the workout. Then, you can choose to **Resume** or **Finish** your workout.

If you choose to finish a workout, the **Workout Summary** screen displays your workout status for that session.

## Starting a Featured Workout

The Featured Workout appears in a panel on the Welcome Screen. Use Featured Workouts to explore the fitness benefits of preset programs and to add variety to your workout.

To begin a Featured Workout, touch **Go** on the **Featured Workout** panel.

## Starting a Preset Workout

Preset workouts are a great way to tailor your workouts to your fitness goals, stay challenged, and add variety to your sessions.

Preset workouts use age and weight to calculate calories and heart rate targets. You can enter this information at the start of the workout. If no information is entered, the workout uses the equipment default settings to calculate workout values.

### To begin a preset workout:

1. On the Welcome screen, touch **Workouts**.  
A Workouts screen appears.
2. Each goal heading can be expanded to view the workouts available in that goal group. To view available workouts for a particular goal, touch a workout heading for that goal.
3. To start a specific workout, touch the workout name, then touch **GO**.

The words **Enjoy Your Workout** appear on the screen and the Manual workout begins.

**Note:** For treadmills, the equipment begins a three-second count down **3, 2, 1**, before the belt starts moving.

- Anytime during a workout, you can touch **Pause**. When touched, the workout pauses and you can choose to **Resume** or **Finish** your workout. To continue your workout, touch **Resume**.

If you choose to finish a workout, the **Workout Summary** screen displays your workout status for that session.

**Table 12. Preset workout descriptions**

<b>Goal</b>	<b>Workout Details</b>
<b>Lose Weight</b>	Burn calories and fat.
<b>Be Fit</b>	Condition your cardiovascular system.
<b>Get Toned</b>	Tone your gluteal region, thighs and calf muscles.
<b>Push Performance</b>	Choose a high-intensity interval program or work on distance training.
<b>Test Your Fitness</b>	Test your fitness level based on your age and weight.



## Ending a Workout

Some preset workouts have a five minute cool down period added to the end of the workout. .

Cooling down is an important aspect of your workout because it helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. In addition, a five minute cool down period allows your heart rate to return to its normal, resting state.

To end your workout, touch **Pause**, and then **Finish**. A summary screen for your current workout appears. The measurements include:

- Distance
- Calories
- Duration
- Average movement rate/min (or the appropriate measure based on equipment type)
- Average Heart Rate

If you have created a personal account, you can save your workout so that you can use it again at another time. To create a personal account, contact the facility staff.

## Personal Information and Progress Settings

Before you begin the fitness tests or the heart rate program, you are prompted to enter personal information in the Workout Progress panel. This information may include age, weight, or a length of time for that workout session. The equipment uses this information to compute your energy expenditure during that workout if you are tracking status such as calories or watts.

### To enter your personal settings:

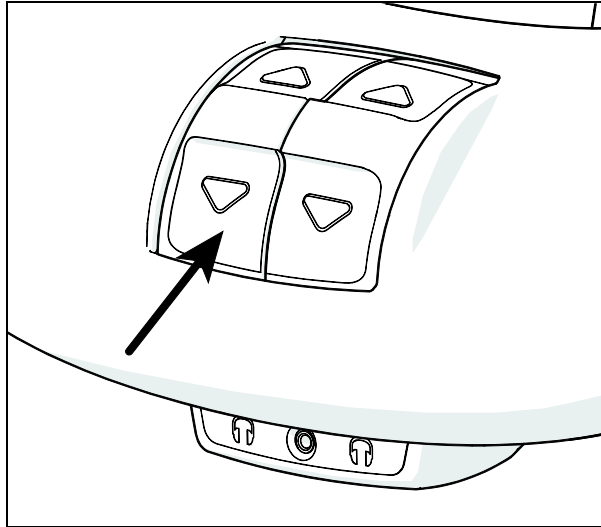
1. Begin exercising by touching **Quick Start** or selecting **Workout**.  
A Workout Progress panel appears on the screen.
2. In the panel, touch **Duration** to enter how much time you want to exercise.
3. In the panel, touch **Personal Info** to enter your age and weight.

**Table 13. Examples of Personal Information settings**

<b>Setting</b>	<b>Setting Options</b>	<b>Default Value</b>	<b>Access</b>	<b>Detail</b>
Age	<ul style="list-style-type: none"> <li>• Over 85</li> <li>• 75 - 84</li> <li>• 65 - 74</li> <li>• 55 - 64</li> <li>• 45 - 54</li> <li>• 36 - 44</li> <li>• 35</li> <li>• 25 - 34</li> <li>• 18 - 24</li> <li>• Under 18</li> </ul>	35	<b>Admin/ Tech:</b> None	Enter age as a value or a range.
Weight	<ul style="list-style-type: none"> <li>• Over 310</li> <li>• 290 - 309</li> <li>• 270 - 289</li> <li>• 250 - 269</li> <li>• 230 - 249</li> <li>• 210 - 229</li> <li>• 190 - 209</li> <li>• 171 - 189</li> <li>• 170</li> <li>• 150 - 169</li> <li>• 130 - 149</li> <li>• 110 - 129</li> <li>• Under 110</li> </ul>	170	<b>Admin/ Tech:</b> None	Enter weight as a value or a range.

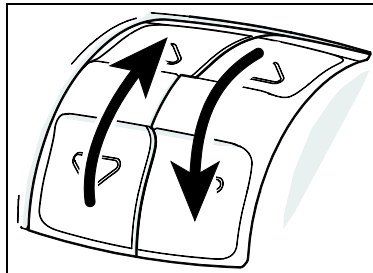
## Adjusting the Workout Intensity

To adjust the equipment incline, speed, and/or resistance, use the motion controls located just below the console keys.



**Figure 18: Motion controls**

Adjust the motion controls, upward or downward, to change the incline, speed, or resistance.



**Figure 19: Adjust motion controls up or down**

Many preset workouts will adjust these settings automatically to meet the workout intensity. At any time during a workout, you can adjust control settings and override the default workout settings.

## Viewing Your Workout Status While Exercising

The Status Bar contains status measurements and is visible across the top of the viewing screen. Information displayed in the Status Bar helps you measure how your body is responding to the exercise session. The default status measurements displayed are:

- Total Distance
- Calories Burned
- Time Remaining
- Average Speed (displayed as strides per minute, pace, or RPM depending on equipment type)
- Heart Rate

You can modify how a measurement appears in the Status Bar. For example, you can view the length of your exercise session as time elapsed, or as time remaining.

There are two ways to modify the display:

- Change the default value setting.
- Change the view on the Status Bar.

### **To modify the status measurement using the Status Bar:**

1. On the **Status Bar**, touch the corner arrow on the status category to pull down the menu.
2. On the drop-down menu, touch an alternate display measurement to display in the Status Bar.

The alternate measure moves to the top of the Status Bar and replaces the default measurement. The menu closes.

3. Touch the arrow again to retract the menu.
4. Repeat with any status category to customize your workout status view.

**Note:** Administrators and registered service technicians can override status settings.

## Scoring Your Fitness Workout

This information helps you interpret your score for the **Test Your Fitness** workout.

The score for this test is determined by this formula: Rate of oxygen (O<sub>2</sub>) consumption, in ml per minute, modified for the user's maximum heart rate (220 - age), divided by the user's weight in kilograms.

**Table 14. Fitness score reference tables**

### Low Fitness Level

Age	Low Fitness Male	Low Fitness Female
28 - 39	< 35	< 28
40 - 49	< 35	< 26
50 - 59	< 29	< 24
60 and over	< 24	< 22

### Medium Fitness Level

Age	Medium Fitness Male	Medium Fitness Female
28 - 39	35 - 42	28 - 33
40 - 49	32 - 39	26 - 31
50 - 59	29 - 36	24 - 29
60 and over	24 - 31	22 - 26

### High Fitness Level

Age	High Fitness Male	High Fitness Female
28 - 39	> 42	> 33
40 - 49	> 39	> 31
50 - 59	> 36	> 28
60 and over	> 31	> 26

## Introducing Preva® Accounts to Your Users

**Important:** *Some Preva features are available only at facilities that subscribe to Preva. Contact Precor to update your subscription if needed.*

### Creating a Preva Account

Preva is a personalized fitness experience specifically designed and built to help your users achieve their goals. Users can create their own personal profile, set up weekly goals, track progress, and earn fun badges along the way.

They can also save their favorite workouts so that they can replay that same workout at another time.

To create an account, touch **Sign In**.

You will be prompted to add a few items of personal information, including age, and weight. Once you have entered this information, it is saved to your Preva account. At this point, you also have the option of entering your weekly goals so that Preva can track your progress over time.

Next time you sign in on Preva-equipped fitness equipment, your Preva account information will load and you can begin your workout immediately. In addition, the *Sign In* key on the Welcome screen becomes a *Favorites* key. Use this function to save your favorite workouts so you can use them again at another time.

**Note:** Currently, once your account has been created, you cannot update account information other than weight.

**Table 15. Account information**

<b>Information Type</b>	<b>Description</b>
Email Address	Provide a working email address.
Password	Create a password that is a minimum of eight characters.
Age	Enter your age as your date of birth. Your age is used to calculate calories used during workouts.  <b>Important:</b> <i>A user must be at least 13 years old to create a personal account.</i>
Weight	Your weight is used to calculate workout metrics. You can update this value as needed to reflect your current weight.
Display Name	The name displayed on the Welcome screen when you sign in. Limited to ten characters.

## Creating a Goal

**Important:** Some Preva features are available only at facilities that subscribe to Preva. Contact Precor to update your subscription if needed.

Use the Weekly Goal panel to create a workout goal. When you set up your goal, you commit to:

- A target value (distance, duration, or calories) for each workout.
- A specific number of times you plan to work out each week.

Preva will track your progress based on the target you define and keep track of your lifetime totals.

Touch **Lifetime Totals** to view the badges you have earned.

### To set up a weekly goal:

1. Start the setup process.

*If ...*

You have just created your Preva account

You have signed in and started your workout

*Then ...*

Touch the **Next** button.

On the **Weekly Goal** panel, touch the **Weekly Goal** button.

2. On the **Weekly Goal** panel, touch the number of days you plan to work out each week.
3. On the **Choose a Target** panel, touch the target that best represents your fitness goal:
  - **Distance** - How many (miles or kilometers) per workout?
  - **Duration** - How much time will you spend working out each day?
  - **Calories** - How many calories will you burn per workout?



4. Enter the values required to meet your fitness goal, then touch **Next**.

**Table 16. Target Values**

<b>Target</b>	<b>Minimum and Maximum Values</b>	<b>Default</b>
Distance	Maximum - 50 miles / 80 km Minimum - 1 mile / 1 km	3 miles/ 5 kilometers
Duration	Maximum - 120 minutes Minimum - 10 minutes	30 minutes
Calories	Maximum - 1000 calories Minimum - 100 calories	350

5. Enter your **Weight**, then touch **Next**.
6. On the **Current Focus** panel, touch the button that best represents your fitness goal.

**Table 17. Current Focus Values**

<b>Current Focus</b>	<b>Definition</b>
Be Fit	Condition your cardiovascular system.
Lose Weight	Burn calories and fat.
Get Toned	Tone your gluteal region, thighs, and calf muscles.
Push Performance	Choose a high-intensity interval program or work on distance training.

The Weekly Goal Summary panel provides a summary of the information you selected to create your weekly fitness goal. You can update or change your weekly target values at any time.

### Tracking Your Progress Toward Your Goal

Use the Weekly Goal panel to update your weekly goal, track your progress, and view your lifetime totals. The Goal Compass™ is a graphic summary of your weekly progress toward your goal.

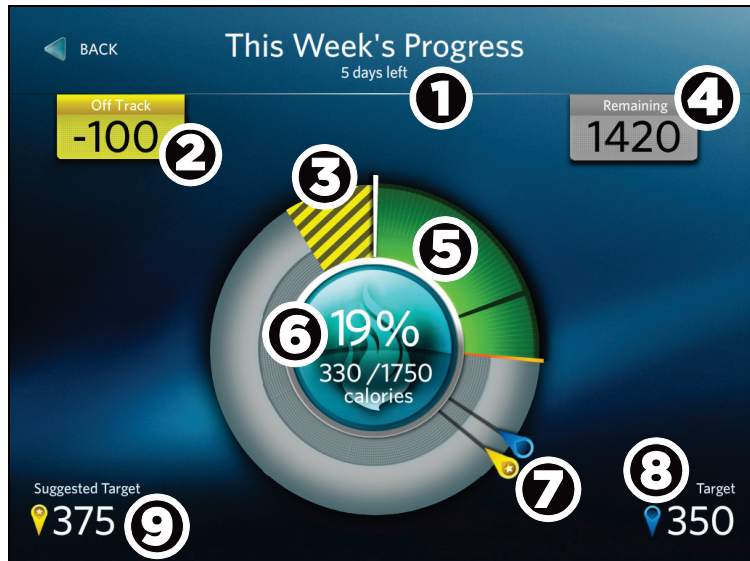


Figure 20: Weekly Goal progress

**Table 18. Interpreting the Weekly Progress Panel**

<b>Number</b>	<b>Setting</b>	<b>Definition</b>
<b>1</b>	This Week's Progress	Days remaining to reach your goal. A workout week begins on Monday and ends on Sunday.
<b>2</b>	On Track/Off Track Status	When you set up your goal, you commit to a target value for each workout and to work out a number of times each week. If you have exceeded your workout targets in any previous workout, this value shows you how much ahead of pace you are.  If you did not reach the workout target value in any previous workouts this week, the Goal Status displays the total amount you must make up in the remaining workouts to achieve your weekly goal. As you work out and catch up, this value decreases.
<b>3</b>	Off Track Deficit	Shows how much exercise you need to do to catch up to your weekly goal.  If you have not hit your workout targets in any previous workouts this week, the Off Track Deficit provides a visual indication that you need to do more in each remaining workout to achieve your weekly goal. As you catch up, the size of this area decreases.
<b>4</b>	Weekly Goal Remaining	Represents the total effort remaining to reach your goal.  This value reflects what you committed to when you set up your weekly goal, minus what you have already done this week.
<b>5</b>	Real-time Progress	Shows what you have achieved toward your goal, and updates in real-time during the workout.
<b>6</b>	Weekly Goal Summary	Displays the portion of your weekly goal that you have already completed both as a fraction and as a percentage.

Number	Setting	Definition
7	Target Marker (blue)  Suggested Target Marker (yellow)	<p>The target marker shows how much exercise you committed to completing in each workout to reach your weekly goal.</p> <p>If you are off pace for the week, the Suggested Target Marker shows how much <b>additional</b> exercise you should complete in each remaining workout to reach your weekly goal.</p>
8	Workout Target	<p>Displays how much exercise you should complete in each workout to reach your weekly goal. This number is the value you set when you created your weekly goal.</p>
9	Suggested Target	<p>Displays how much exercise you should complete today to reach your weekly goal. This number is equal to the current Off Track Deficit divided by the number of remaining times you have committed to work out over the rest of the week, plus your normal daily target.</p> <p>When you set up your goal, you commit to a target value for each work out and to workout out a number of times each week. If you did not reach the workout target value in any previous workouts this week, the Suggested Target helps you understand exactly how much more you should exercise in the remaining workouts to achieve your weekly goal.</p> <p><b>Note:</b> In this example, the user is off track by 100 calories and has 4 workouts remaining. <math>100 / 4 = 25</math>. The 25 is added to the target (350) to get the suggested target (375).</p>

## Preva Tokens

Once you create a Preva account on a P80 console, you can use a Preva token to sign into that personal account. Contact Precor for more information on Preva tokens.

To sign into your personal account, hold your Preva token to the token icon in the upper right corner of the console.



**Figure 21: Preva token icon**

A Preva token can only be associated with one account at a time. If you lose a token, that token becomes obsolete once you associate a new token with your account.

# Maintenance

To keep the equipment functioning properly, perform the minor maintenance tasks in this section at the intervals suggested. Failure to maintain the equipment as described in this section could void the Precor Limited Warranty.

**DANGER** To reduce the risk of electrical shock, always disconnect the equipment from its power source before cleaning it or performing any maintenance tasks. If the equipment uses an optional power adapter, disconnect the adapter.

## Cleaning the Console and Display

The console and screen require little maintenance once installed. Precor recommends that you clean the console and screen before and after each exercise session.

### To remove dust and dirt from the console:

- Wipe all exposed surfaces with a soft cloth that you have moistened with a solution of 30 parts of water to 1 part of Simple Green® (for more information, visit [www.simplegreen.com](http://www.simplegreen.com)).

**To clean the screen:**

- The manufacturer recommends diluting one part 91% isopropyl alcohol solution in one part water, or using the 91% isopropyl alcohol solution in its original strength. Be sure to follow the solvent manufacturer's precautions and directions when using any solvent.

**CAUTION: Potentially hazardous situations associated with the use of isopropyl alcohol may result in minor or moderate injury and property damage. To avoid these situations, follow all instructions and recommendations in the manufacturer's Material Safety Data Sheet and product label.**

**Important:** 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 directly on the console or console's screen.

- It is important to avoid using any corrosive chemicals on the console or screen.
- Always dampen the cloth and then clean the screen. Be sure to spray the cleaning liquid onto the cloth, not the screen, so that drips do not seep into the console.
- Apply the cleaner with a soft, lint-free cloth. Avoid using gritty cloths.

## Changing the Belt (AMT Only)

The AMT uses belts to provide motion. These belts eventually wear and must be replaced.

When the belt stride count reaches 90 million, the message **BELTS MUST BE CHANGED SOON** scrolls on the Welcome screen. While this message appears, the AMT operates normally.

**Important:** If this message displays on your AMT, please contact Precor Customer Support for assistance.

When the belt stride count reaches 100 million (and the belt has not been changed), the message **BELTS CHANGE REQUIRED** scrolls continuously on the Welcome screen. The input keys are not functional and the user cannot enter values or begin a workout until the belts are changed. Please contact Precor Customer Support to schedule a belt change.



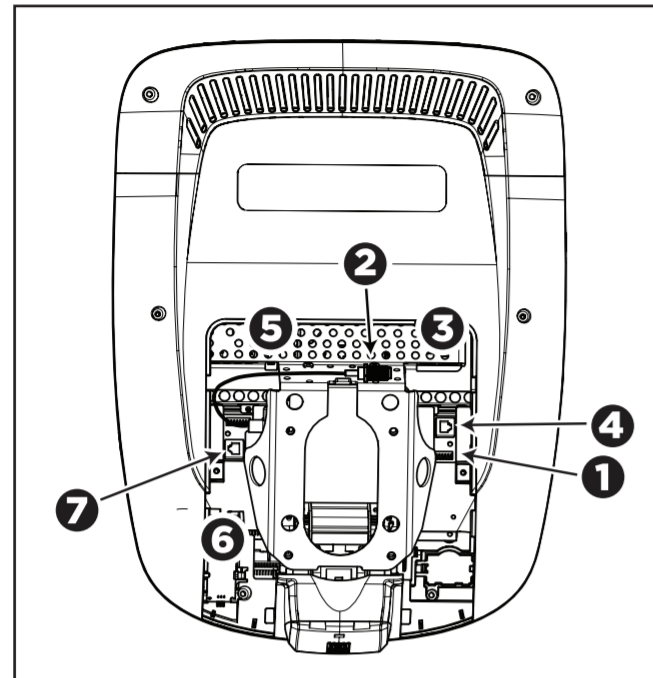




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P80 Getting Started Guide 303135-112 rev C  
May 2014



**WARNING** Before you connect any cables to the console, make sure that the equipment is not connected to any external power source.

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

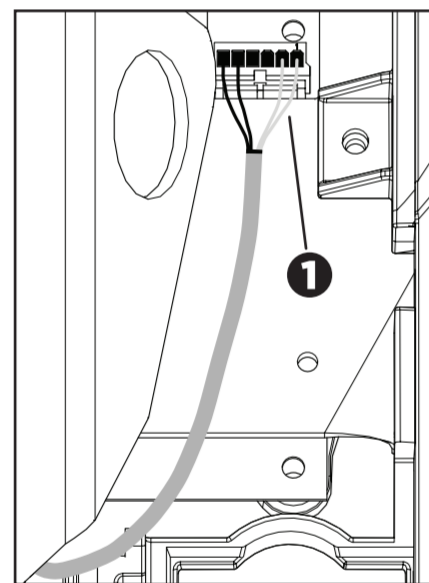
### Equipment Verification Steps

Use the following checklist to set up and configure the P80 console. For more information, refer to *Operating and Maintaining the P80 Console* and *Setting Up and Using Preva Business Suite*.

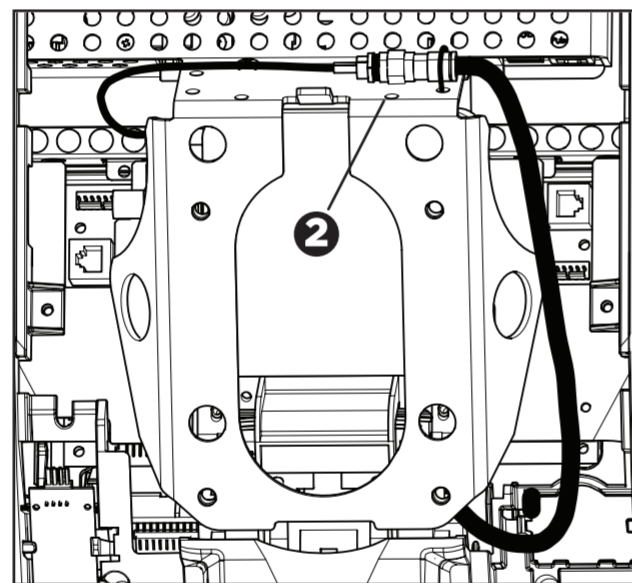
- Install console based on installation guide and this sheet. Remove serial number label from P80 mounting plate.
- Verify that the patch cables from the floor or wall cannot become caught on the equipment's moving components.
- Verify operation of machine controls.
  - Elevation and speed
  - Resistance
- Update software as necessary.
- Scan TV channels.
  1. Verify that available channels match channel list.
  2. Rename channels if necessary.
  3. Set the default channel.
- Touch **GO**, then verify that the following items work:
  - Channel up/down controls
  - Volume up/down controls
  - Channel changes on the channel list
  - Personal media player connection (video and audio)
  - Headphone jack
  - Treadmill **STOP** button and emergency stop lanyard
- Register the equipment. You will need the following items:
  - Site code
  - Precor technician account name and password
  - Serial number from the base
  - Friendly name assigned to the equipment by the facility

**To complete registration:**

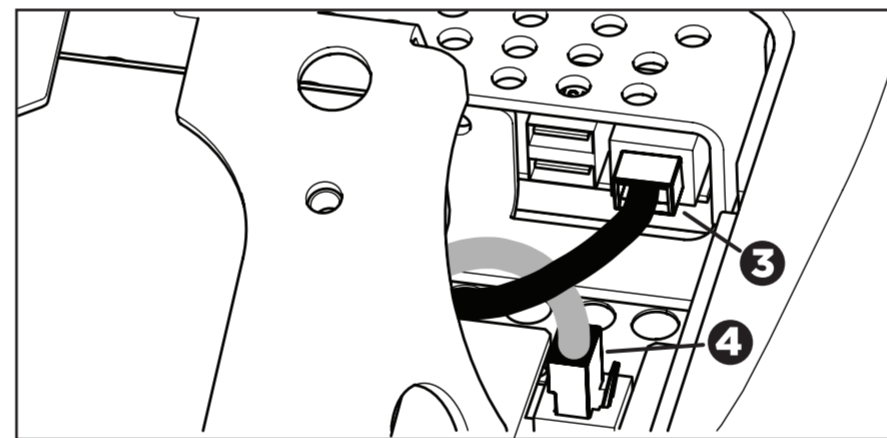
  1. Verify IP connectivity.
  2. Enter the Preva server name (na.preva.com for North American sites).
  3. Enter your assigned Precor technician account name and password.
  4. Follow the on screen instructions to register the product.
- Ask the facility's Preva administrator to log on to Preva Business Suite and confirm that all P80-based equipment appears there.



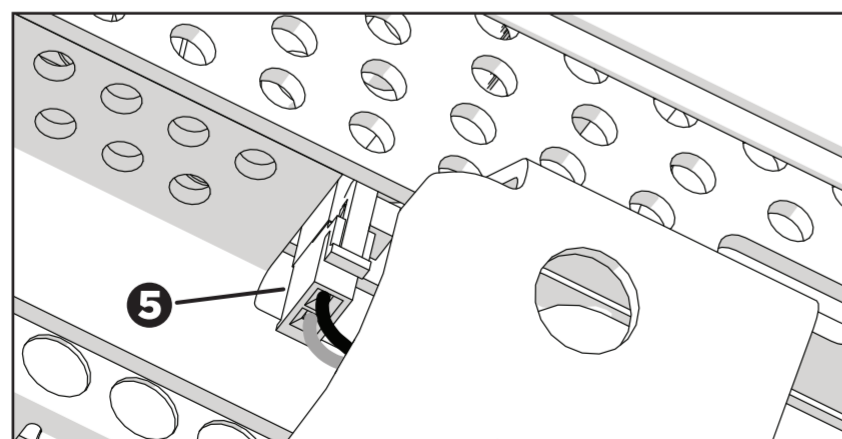
Connecting the safety key cable (treadmills only)



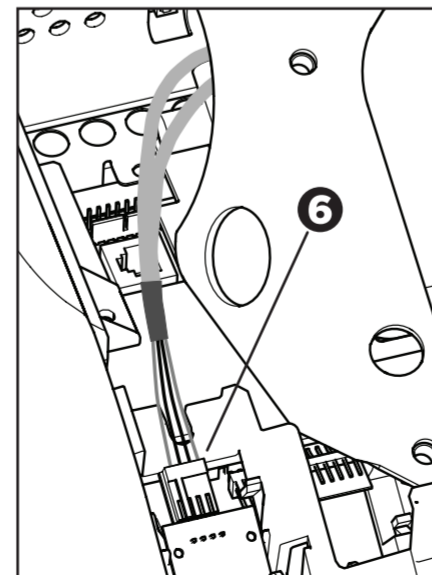
Connecting the TV cable



Connecting the Ethernet (3) and base unit data (4) cables



Connecting the power cable



Connecting the heart rate sensor cable

# Assembling and Maintaining AMT<sup>®</sup> 800-Series Adaptive Motion Trainers<sup>®</sup>



**PRECOR<sup>®</sup>**



Assembling and Maintaining  
AMT<sup>®</sup> 800-Series  
Adaptive Motion Trainers<sup>®</sup>

**PRECOR<sup>®</sup>**

# Edition Information

ASSEMBLING AND MAINTAINING AMT 800-SERIES  
ADAPTIVE MOTION TRAINERS

P/N 301704-341 rev F

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# Important Safety Instructions

**Important:** *Save these instructions for future reference.*

Read all instructions in the documentation provided with your exercise equipment, including all assembly guides, user guides, and owner's manuals, before installation of this device.

**Note:** This product is intended for commercial use.

The display apparatus (hereinafter referred to as the *console*) is intended to be shipped with new Precor exercise equipment (hereinafter referred to as the *base unit*). It is not packaged for individual sale.

**WARNING** To prevent injury, the console must be attached securely to the base unit following all assembly and installation instructions shipped with the base unit. The console is intended to be connected to AC mains power through the furnished power supply ONLY. It should be powered on only when installed as described in the assembly and installation instructions shipped with the base unit. The console is intended for use only with Precor fitness equipment, not as a standalone device.

## Safety Precautions

Always follow basic safety precautions when using this equipment to reduce the chance of injury, fire, or damage. Other sections in this manual provide more details of safety features. Be sure to read these sections and observe all safety notices. These precautions include the following:

- Read all instructions in this guide before installing and using the equipment and follow any labels on the equipment.
- Make sure all users see a physician for a complete physical examination before they begin any fitness program, particularly if they have high blood pressure, high cholesterol or heart disease; have a family history of any of the preceding conditions; are over the age of 45; smoke; are obese; have not exercised regularly in the past year; or are taking any medication.

French equivalent of the above notice, for Canadian markets: *Il est conseillé aux utilisateurs de subir un examen médical complet avant d'entreprendre tout programme d'exercice, en particulier s'ils souffrent d'hypertension artérielle, ou de cardiopathie ou ont un taux de cholestérol élevé, s'ils ont des antécédents familiaux des précédentes maladies, s'ils ont plus de 45 ans, s'ils fument, s'ils sont obèses, s'ils n'ont pas fait d'exercices réguliers au cours de l'année précédente ou s'ils prennent des médicaments. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

- Do not allow children, or people unfamiliar with the operation of this equipment, on or near it. Do not leave children unsupervised around the equipment.
- Make sure all users wear proper exercise clothing and shoes for their workouts and avoid loose or dangling clothing. Users should not wear shoes with heels or leather soles, and they should check the soles of their shoes to remove any dirt and embedded stones. They should also tie long hair back.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use, before cleaning it, and before providing authorized service.

**Note:** The optional power adapter is considered a power source for self-powered equipment.

- Use the power adapter provided with the equipment. Plug the power adapter into an appropriate, grounded power outlet as marked on the equipment.



- Care should be taken when mounting or dismounting the equipment.
- For Treadmills: Do not use typing or web surfing features while walking at speeds that exceed a **slow and relaxed leisurely pace**. Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.
- For AMT and EFX: Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.
- Read, understand, and test the emergency stop procedures before use.
- Keep the power cord or optional power adapter and plug away from heated surfaces.
- Route power cables so that they are not walked on, pinched, or damaged by items placed upon or against them, including the equipment itself.
- Ensure the equipment has adequate ventilation. Do not place anything on top of or over the equipment. Do not use on a cushioned surface that could block the ventilation opening.
- Assemble and operate the equipment on a solid, level surface.

- **SPACING**—The below minimum spacing recommendations are based on a combination of the ASTM (U.S.) voluntary standards and EN (European) regulations as of October 1, 2012, for access, passage around, and emergency dismount:
  - **Treadmills**—a minimum of 0.5 m (19.7 in.) on each side of the treadmill and 2 m (78 in.) behind the machine.
  - **Cardio equipment other than treadmills**—a minimum of 0.5 m (19.7 in.) on at least one side, and 0.5 m (19.7 in.) behind or in front the machine.

**Careful consideration should be given to the requirements of the Americans with Disabilities Act (ADA), US Code 28 CFR** (see Section 305). ASTM standards are voluntary and may not reflect current industry standards. The actual area for access, passage around, and emergency dismount is the responsibility of the facility. The facility should consider the total space requirements for training on each unit, voluntary and industry standards, and any local, state, and federal regulations. Standards and regulations are subject to change at any time.

**Important:** *These spacing recommendations should be used when positioning equipment away from sources of heat, such as radiators, heat registers, and stoves. Avoid temperature extremes.*

- Keep equipment away from water and moisture. Avoid dropping anything on or spilling anything inside the equipment to prevent electric shock or damage to the electronics.
- When using the treadmill, always attach the safety clip to your clothing before beginning your workout. Failure to use the safety clip may pose a greater risk of injury in the event of a fall.
- Keep in mind that heart rate monitors are not medical devices. Various factors, including the user's movement, may affect the accuracy of the heart rate readings. The heart rate monitors are intended only as exercise aids in determining heart rate trends in general.
- Do not operate electrically powered equipment in damp or wet locations.
- Never operate this equipment if it has a damaged cord or plug, if it is not working properly, or if it has been dropped, damaged, or exposed to water. Call for service immediately if any of these conditions exist.

- Maintain the equipment to keep it in good working condition, as described in the *Maintenance* section of the owner's manual. Inspect the equipment for incorrect, worn, or loose components, and then correct, replace or tighten prior to use.
- If you plan to move the equipment, obtain help and use proper lifting techniques.
- Equipment Weight Restrictions: Do not use the treadmill if you weigh more than 400 pounds (180 kg). If you weigh more than 350 pounds (160 kg), do not run on the treadmill. For all other fitness equipment, the weight limit is 350 pounds (160 kg).
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by Precor. Such attachments may cause injuries.
- Do not operate the equipment where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Do not attempt to service the equipment yourself, except to follow the maintenance instructions in the owner's manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Do not set anything on the stationary handrails, handlebars, control console, or covers. Place liquids, magazines, and books in the appropriate receptacles.
- Do not lean on or pull on the console at any time.



**CAUTION: DO NOT remove the cover, or you may risk injury due to electric shock. Read the assembly and maintenance guide before operating. There are no user-serviceable parts inside. Contact Customer Support if the equipment needs servicing. For use with single phase AC power only.**

## Educating Users

Take time to educate users about the Important Safety Instructions found in both the *User Reference Manual* and *Product Owner's Manual*. Explain to your club or facility patrons that they should observe the following precautions:

- Hold onto a stationary handrail or handlebar while assuming the starting position on the equipment.
- Face the console at all times.
- Hold on to a stationary handrail or handlebar with one hand whenever you operate the console keys with the other hand.

## Hazardous Materials and Proper Disposal

The batteries within self-powered equipment contain materials that are considered hazardous to the environment. Federal law requires proper disposal of these batteries.

If you plan to dispose of your equipment, contact Precor Commercial Products Customer Support for information regarding battery removal. Refer to *Obtaining Service*.

## Product Recycling and Disposal

This equipment must be recycled or discarded according to applicable local and national regulations.

Product labels, in accordance with European Directive 2002/96/EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product is not to be thrown away, but rather reclaimed upon end of life per this Directive.

In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to be collected separately and to be reused, recycled, or recovered at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste, but use the collection framework available to customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to the potential presence of hazardous substances in EEE. For proper collection and treatment, refer to *Obtaining Service*.

## Regulatory Notices for the RFID Module

When equipped with a control console as described in this document, this equipment may include a radio-frequency identification (RFID) module. The RFID module has been certified to operate at temperatures between -20°C and 85°C (-4°F and 185°F).

### Radio Frequency Interference (RFI)

The RFID module conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

#### Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, can cause harmful interference to radio communications.

Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

**WARNING** Per FCC rules, changes or modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment.

### Industry Canada

This device complies with RSS-210:2007 of the Spectrum Management & Telecommunications Radio Standards Specification. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This Class A digital apparatus complies with Canadian ICES-003.

*Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.*

**ATTENTION: Haute Tension**  
**Débranchez avant de réparer**

### European Applications

CE compliance is claimed to the following directives:

- 1999/5/EC R&TTE Directive
- 2006/95/EC LVD Directive
- 2002/95/EC RoHS Directive

Directive compliance has been verified to the following standards:

- EN 55022
- EN 300 330-1 V1.5.1
- EN 300 330-2 V1.3.1
- EN 301 489-3 V1.4.1
- EN 301 489-1 V1.8.1
- EN 60950-1

## Regulatory Notices for Cardiovascular Exercise Equipment

The regulatory information in this section applies to the exercise equipment and its control console.

### Safety Approvals for Cardiovascular Equipment

Precor equipment has been tested and found to comply with the following applicable safety standards.

#### Cardiovascular Type Equipment:

- CAN/CSA, IEC, EN 60335-1 (Household and similar electrical appliances - Safety)
- EN 957 (Stationary training equipment, class S/B compliant equipment)

#### PVS and P80 Regulatory Notice

This Precor equipment has been tested and found to comply with the following applicable safety standards.

- CAN/CSA, UL, IEC, EN 60065 (Audio, video and similar electronic apparatus - Safety)

### Radio Frequency Interference (RFI)

This Precor exercise equipment conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

#### Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

**WARNING** Per FCC rules, changes or modifications not expressly approved by Precor could void the user's authority to operate the equipment.

Industry Canada

This Class A digital apparatus complies with Canadian ICES-003.

*Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.*

**ATTENTION: Haute Tension**  
**Débranchez avant de réparer**

European Applications

CE compliance is claimed to the following directives:

- 2004/108/EC EMC Directive
- 2006/95/EC LVD Directive
- 2002/95/EC RoHS Directive

Directive compliance has been verified to the following standards:

- EN 55022
- EN 55024
- EN 60335-1
- EN 60065 (P80 and PVS)

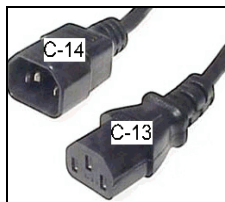


## Electrical Recommendations: All Equipment Excluding Treadmills

**Note:** This is a recommendation only. NEC (National Electric Code) guidelines or local region electric codes must be followed.

For equipment fitted with a P80 console or Personal Viewing System (PVS) screen a separate power connection is required. For a 20 amp branch circuit up to 10 screens can be connected. If the branch circuit has any other devices plugged into the circuit, then the number of screens must be reduced by the wattage of the other devices.

**Note:** The typical splitter power cords that have IEC-320 C13 and C14 plugs have a recommended maximum capacity of five screens.



**Figure 1: IEC-320 C13 and C14 plugs**

## Obtaining Service

Do not attempt to service the equipment except for maintenance tasks. If any items are missing, contact your dealer. For more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at **<http://www.precor.com>**.

## Obtaining Updated Documentation

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

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# Assembling the AMT

**Important:** The instructions in the following procedures are described from the perspective of a person standing **directly in front of the equipment** (that is, on the opposite side of the control console from a person using the equipment). These descriptions may not match the names of certain parts in the parts list, because such parts are named relative to the back of the equipment.

## To prepare the AMT for assembly:

- Open the box and assemble the components in the sequence presented in this guide.
- Assemble and operate your equipment on a hard, level surface in the area intended for use.

**Important:** Do not grasp any plastic parts of the unit while lifting or moving the unit. The plastic parts are non-structural covers and are not capable of supporting the weight of the unit.

- Provide ample space around the unit.
- Assemble the equipment according to the guidelines in this manual to ensure you do not void the Precor Limited Warranty.

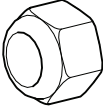
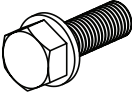
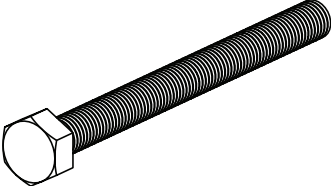
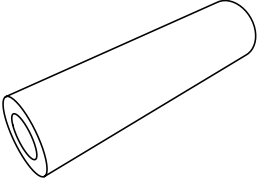

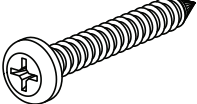
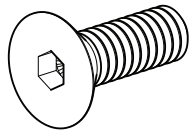
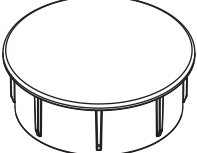
**Important:** Any damage caused during installation is not covered by the Precor Limited Warranty.

- Attach all fasteners and partially tighten them. Do not fully tighten fasteners until instructed to do so.

**WARNING** You will need assistance to assemble this unit. **DO NOT attempt assembly by yourself.**

## Hardware Kit (not to scale)

The hardware kit shipped with this equipment contains the fasteners and other hardware components shown in the following table. Before you begin assembly, make sure that your hardware kit is complete. If not, please contact Precor Customer Support.

Fasteners	Quantity
	Nylon lock nuts ( $\frac{5}{16}$ -inch) 6
	Hex head bolts ( $\frac{5}{16}$ -inch x 1-inch) 4
	Hex head bolts ( $\frac{5}{16}$ -inch x 3½-inch) 6
	Bolt sleeve ( $\frac{5}{16}$ -inch) 2
	Flat washers ( $\frac{5}{16}$ -inch) 6
	Self-tapping screw (#10 x 1¼) 6
	Flat head hex drive screws ( $\frac{1}{4}$ -inch x $\frac{5}{8}$ -inch) 5
	End caps 2

## Required Tools

- #2 Phillips screwdriver
- Rubber mallet
- SAE standard socket set
- Wire cutter
- Two #1 Phillips screwdrivers
- Torque wrench (calibrated in inch-pounds, and including  $\frac{3}{16}$ -inch hex wrench bit)

## Unpacking the AMT

**DANGER** Do not attempt to connect electrical power until all assembly procedures are complete and the console is properly installed.

**CAUTION:** Do not climb onto the AMT until directed to do so.

Follow these steps to remove the AMT base unit from its shipping container.

### To unpack the AMT:

1. Remove the rear pedestal and set it aside.
2. Remove and discard the fastener securing the back of the center support to the shipping pallet.
3. Remove and discard the bolts and nuts securing the wooden supports to the side arms of the AMT.
4. Remove the fasteners securing the wooden supports to the shipping pallet, then discard the supports and the fasteners.

**Important:** In the following step, do not force the foam block placed around the center support. Doing so may damage the plastic cover on the center support. Instead, slide the foam block backward until you have removed it from the plastic cover, then lift it out of the way.

5. Cut and remove the plastic ties, bubble wrap, and foam blocks securing the unmounted parts inside the shipping container.

## Adding the Side Arm Supports

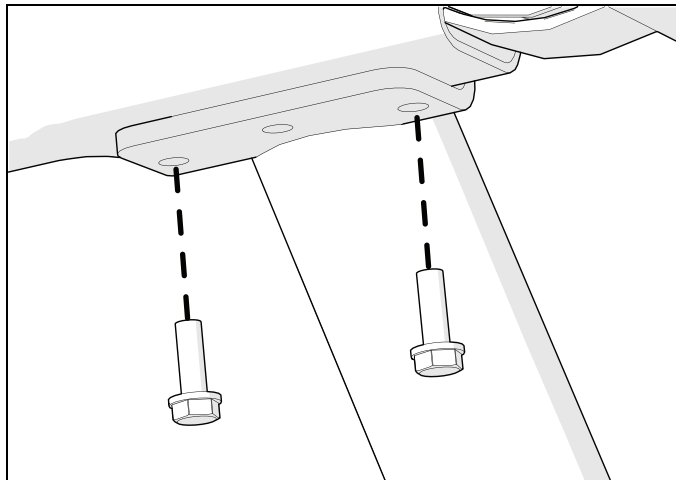
In the next procedure you will need the following pieces of hardware:

- Two side arm supports
- Two inner side arm covers
- Two outer side arm covers
- Six #10 x 1¼-inch self-tapping screws
- Six 5/16-inch x 3½-inch hex head bolts
- Six 5/16-inch nylon lock nuts
- Six 5/16-inch flat washers
- Four 5/16-inch x 1-inch hex head machine screws

**Important:** *The side arm supports are shipped with foam blocks inserted in one end. These blocks are provided to prevent fasteners from falling into the supports. Do not remove the foam blocks or push them down into the supports.*

### To add the side arm supports:

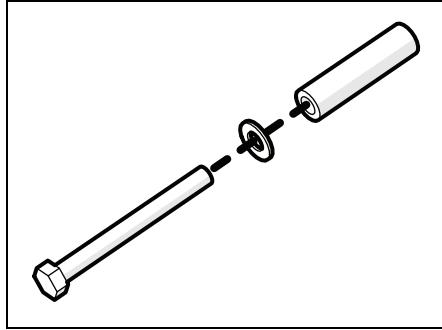
1. Place the upper end of the right-hand support against the right-hand side arm.
2. Insert two 5/16-inch x 1-inch hex head machine screws (with washers attached) into the two holes underneath the side arm support bracket and tighten partially.



**Figure 2: Machine screw attachment to install side arm support**



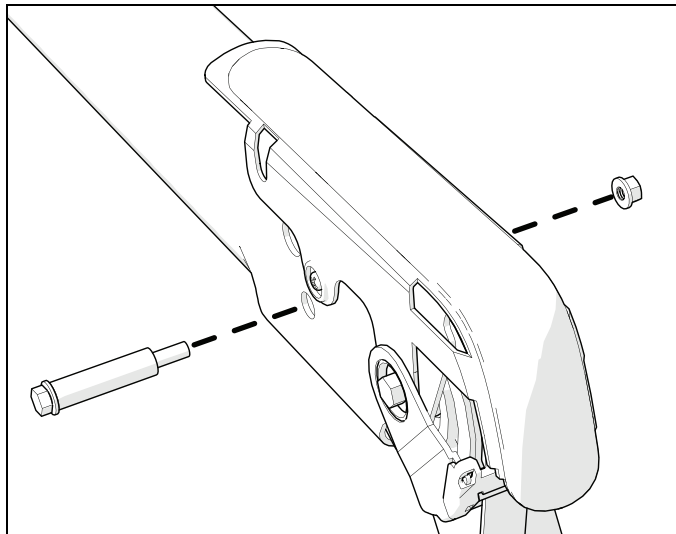
- Slide one  $\frac{5}{16}$ -inch flat washer and one  $\frac{5}{16}$ -inch sleeve over one of the  $\frac{5}{16}$ -inch x  $3\frac{1}{2}$ -inch hex head bolts.



**Figure 3: Adding the sleeve and washer**

- Insert the  $\frac{5}{16}$ -inch x  $3\frac{1}{2}$ -inch hex head bolt, with the washer and sleeve, into the screw hole on the inside of the right-hand side arm. Attach a  $\frac{5}{16}$ -inch nylon lock nut to the end of the bolt and tighten partially.

**Important:** Be sure to insert the bolt into the inward side of the side arm and apply the nut to the outward side, as shown in the following figure. If the bolt is inserted in the other direction, the side arm covers will not fit. Do not tighten fasteners completely until instructed to do so.

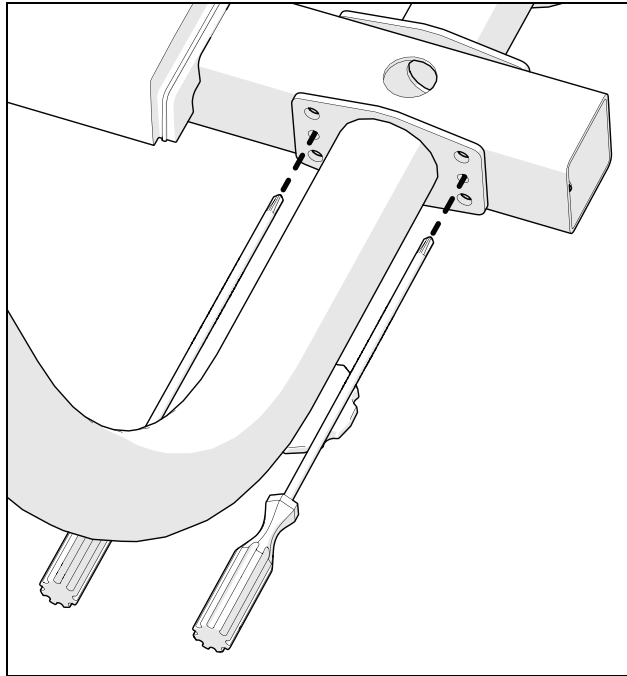


**Figure 4: Bolt and sleeve attachment to install side arm support**

- Repeat steps 1 through 4 to attach the left-hand side arm support to the left side arm.

6. Place the flanges of the two side arm supports against the sets of screw holes on the center support. Insert a screwdriver through the middle holes in both flanges and the center support to keep the screw holes aligned.

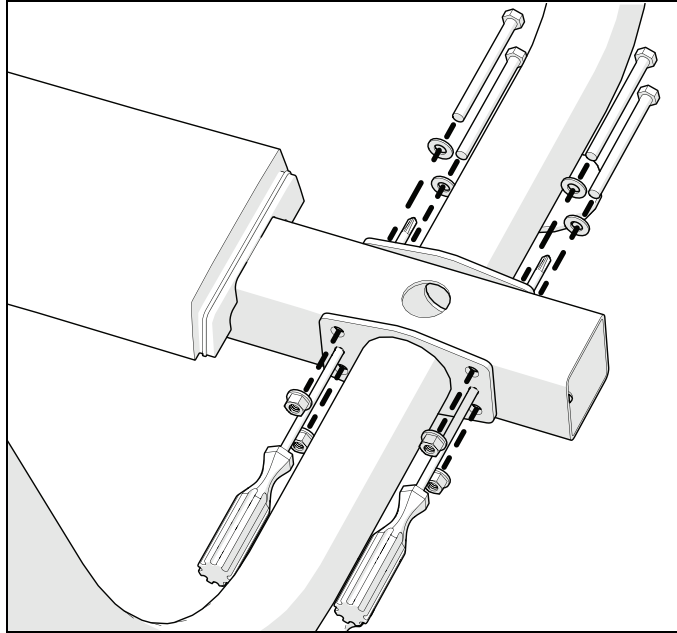
**Note:** Use narrow screwdrivers, such as #1 Phillips screwdrivers, for this step. If necessary, use them to help pull the side arm supports into place against the center support.



**Figure 5: Lower side arm support alignment**

7. Slide a  $\frac{5}{16}$ -inch flat washer over each of the four  $\frac{5}{16}$ -inch x  $3\frac{1}{2}$ -inch hex head bolts.

8. On the opposite side of the center support from the handles of the screwdrivers, insert the four  $\frac{5}{16}$ -inch x  $3\frac{1}{2}$ -inch hex head bolts. Attach a  $\frac{5}{16}$ -inch nylon lock nut to each bolt. Partially tighten the fasteners, then remove the screwdrivers.

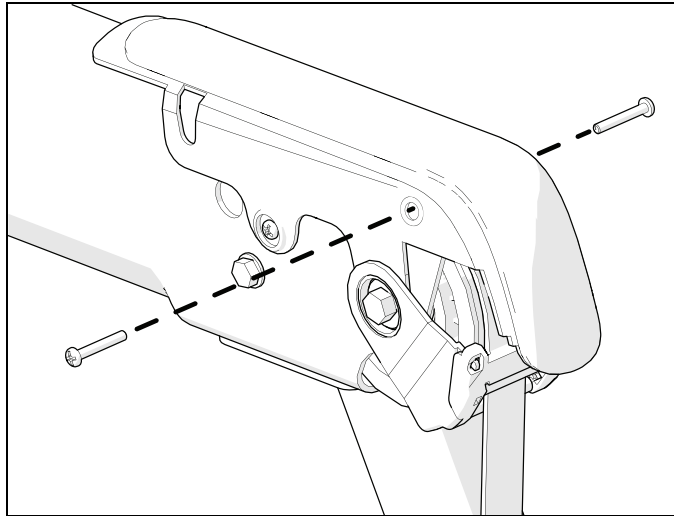


**Figure 6: Lower side arm attachment**

9. Adjust the side arm supports as needed, then tighten all of its fasteners to 160 inch-pounds of torque.
10. Extend the adjustable feet on the side arm supports until they touch the floor, then remove the spacer block from under the back end of the AMT.

**Note:** If necessary, use a  $\frac{9}{16}$ -inch open-ended wrench to loosen the jam nuts on the adjustable feet.

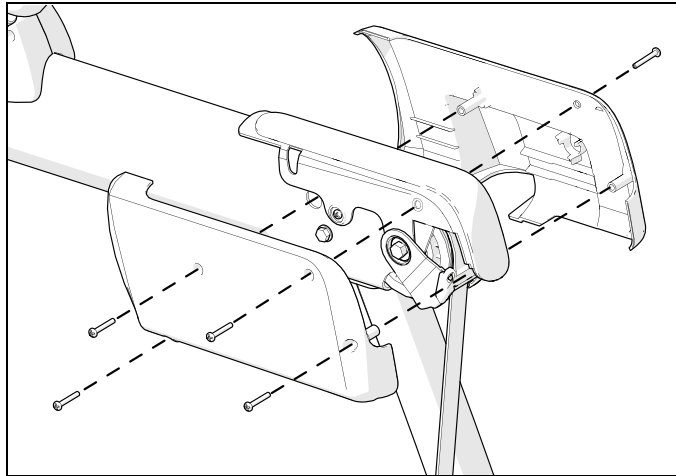
11. Remove the two #10 x  $\frac{3}{4}$ -inch Phillips-head screws securing the upper back corner of the inner plastic molding to the end of the right side arm.



**Figure 7: Removal of screws from inner plastic molding**

- Fit the right-hand inner and outer side arm covers to the right side arm. Insert three #10 x 1¼-inch self-tapping screws and the two #10 x ¾-inch screws you removed in the previous step, then tighten all of the screws completely using a #2 Phillips screwdriver.

**Note:** Tighten the screws to between 8 and 12 inch-pounds. Alternatively, tighten the screws until the two side arm covers are in full contact, then turn the screws an additional quarter turn.



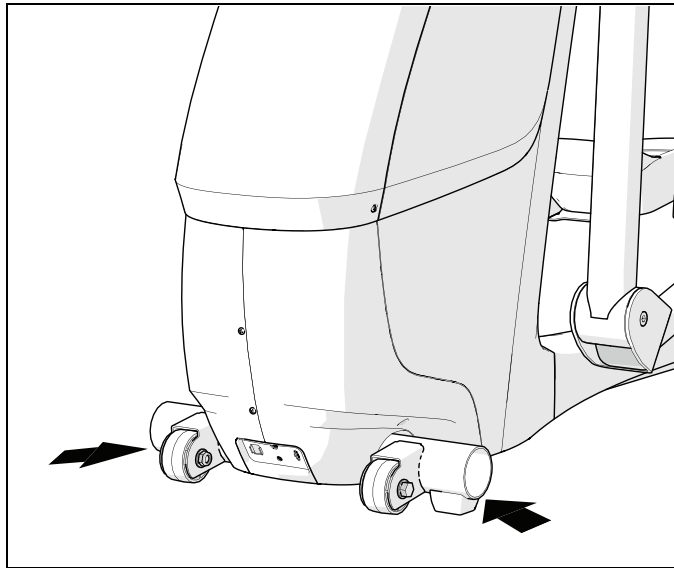
**Figure 8: Side arm cover attachment**

- Repeat the previous two steps for the left side arm.  
After the side arm supports are secured, move the AMT off of its shipping pallet to the location where you intend it to be used.

**CAUTION:** Do not move the AMT off of its shipping pallet without assistance. Do not apply any weight or other force to the side arms of the AMT until the side arm supports have been installed. To avoid unnecessary movement of the foot plates, do not position the handlebars until instructed to do so.

**To move the AMT from the pallet to its intended location:**

1. Remove and discard the two fasteners securing the front frame tube of the AMT to the shipping pallet, as shown in the following figure.



**Figure 9: Front pallet anchor locations**

2. Lift the back end of the center support and roll the AMT forward while your assistant stabilizes its front end and guides it off the shipping pallet onto the floor.
3. Move the AMT ahead to its intended location.
4. Insert the end caps into the front frame tube. If necessary, use a rubber mallet to tap them into place.

## Removing Access Covers

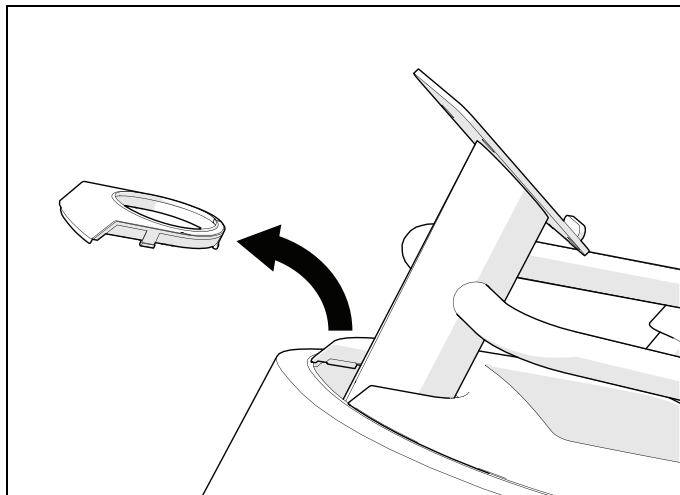
Removing the front and side access covers provides sufficient space to install the console cables.

**Note:** If you are installing a P10 or P30 console without a Personal Video System (PVS) or other accessory cap, you do not need to remove any access covers. Continue with the next section of the manual.

**Important:** Before continuing with the following procedure, be sure to remove any ties or other materials that hold the side arms in place before the supports are installed. Set aside all covers and fasteners that you remove in this procedure for later use.

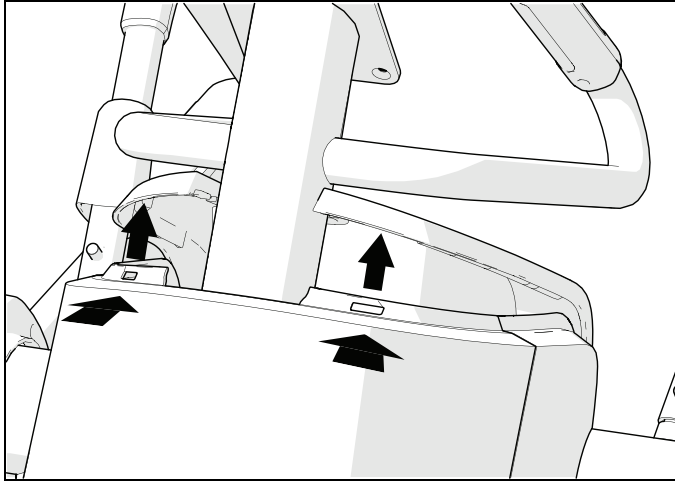
### To remove the access covers:

1. Lift the moisture seal upward and remove it from the center support.



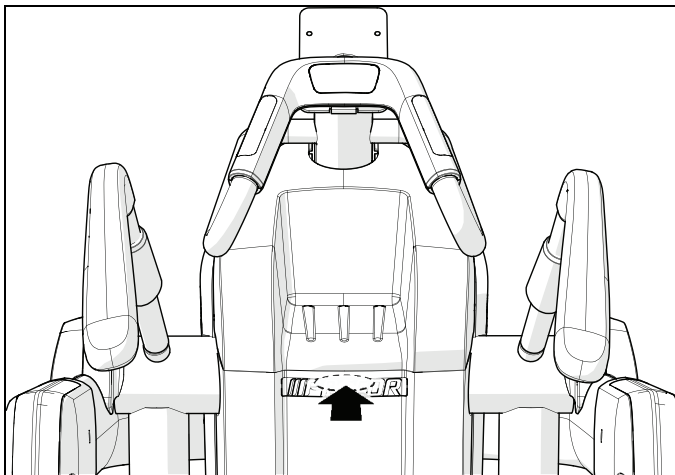
**Figure 10: Moisture seal removal**

2. Extend a finger through the moisture seal opening and under the front edge of the top cover on one side. While pressing upward on the top cover, use the heel of your hand to tap gently below its front edge and release it. Repeat this step to release the other side of the top cover.



**Figure 11: Top cover removal**

3. While holding the front edge of the top cover up, use the heel of your other hand to tap gently just below the cover's back edge. Lift the cover up and out of the way.

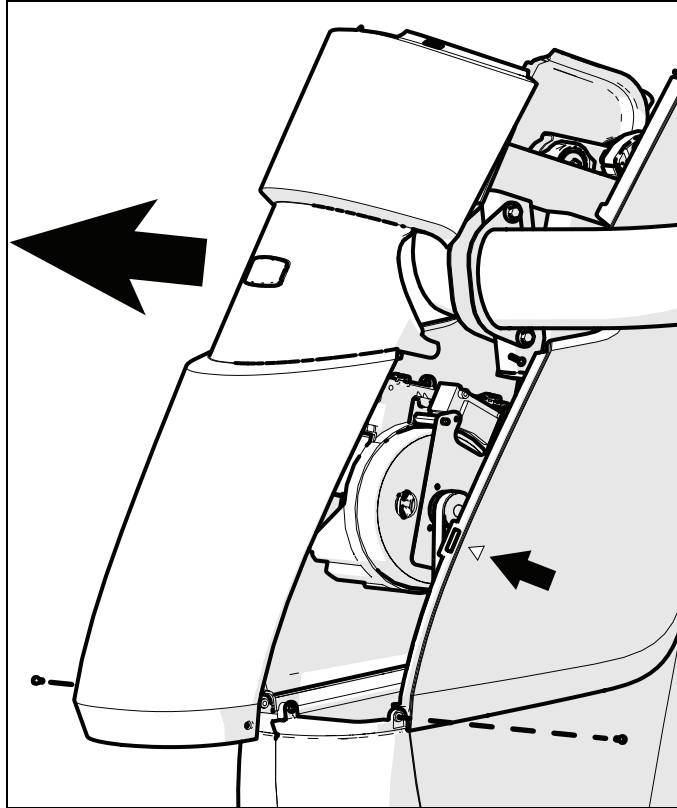


**Figure 12: Releasing the back of the top cover**



4. Remove the two #10 x 3/4-inch screws at the bottom corners of the front cover assembly.
5. Gently press in on each of the side covers, just behind the front edge and about 8½ inches from the bottom, while pulling the front cover assembly forward to disengage it.

**Note:** Each side cover has a small triangular mark to show you where to press.



**Figure 13: Front cover assembly removal**

6. Move the front cover assembly forward and slightly upward to remove it.

## Threading the Console Cables

Before you begin this procedure, make sure that you have retrieved the following parts from the console package:

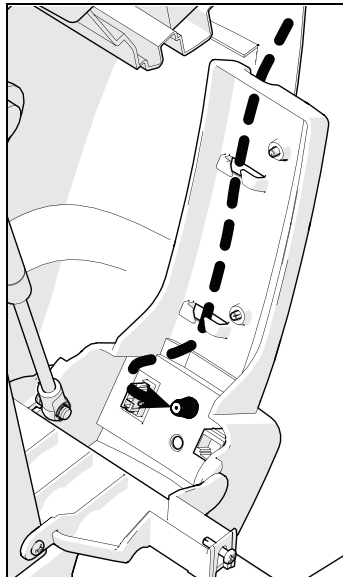
- Ethernet (CAT 5) coupler and cable (models with P80 consoles only)
- Television coupler and cable (models with P80 consoles or Personal Video Systems only)
- Console power cable (models with P80 consoles or Personal Video Systems only)

**Important:** Be absolutely certain that all cables pass through all of the cable clips. Do **not** allow any of the cables to hang near any moving parts.

### To thread the console cables:

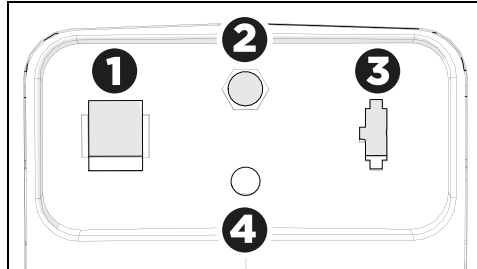
**Important:** If you are installing console power and television cables in the following step, pass the console power cable through the opening first, followed by the television cable. Pass the remaining cables through in order of connector size.

1. Pass the ends of all cables through the opening in the top of the cable channel above the jack plate, then slide the cables into the guides in the channel.



**Figure 14: Cable routing through the lower cable channel**

2. Remove the nut from the outward end of the television cable coupler.
3. Insert the connectors into the jack plate at the lower front of the AMT, as shown in the following figure and table.



**Figure 15: Jack plate layout**

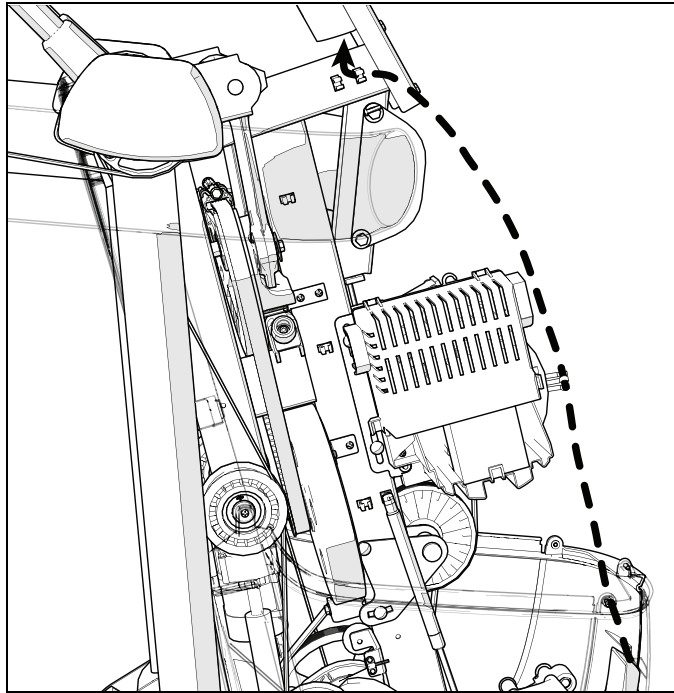
**Table 1. AMT connector locations**

Position	Connector
①	Ethernet coupler (P80 console only)
②	Television cable coupler (P80 console only)
③	Console power cable (P80 console only)
④	External power connector for base unit (optional)

**Important:** In the following step, do not overtighten the connector. Finger-tighten it until it is snug, then use the wrench to tighten it only slightly (8 to 9 inch-pounds).

4. Replace the nut that you removed from the television cable coupler in step 2, then tighten it slightly using a  $\frac{7}{16}$ -inch open-end wrench.
5. Plug the Ethernet cable into the inside jack on the Ethernet coupler.
6. Connect the television cable to the inside end of the television cable coupler. Tighten the connector slightly using a  $\frac{7}{16}$ -inch open-end wrench.

7. Route the cables through the three clips next to the front flywheel, then through the topmost cable clip on the main frame, and finally up to the center column.



**Figure 16: Cable routing along the frame to the center column**

8. Remove the tie from the base unit data cable, then group that cable with the others.
9. Thread the cables upward through the center column and out through the center opening in the console mount, making sure that the heart rate sensor cable extends out of the opening as well.

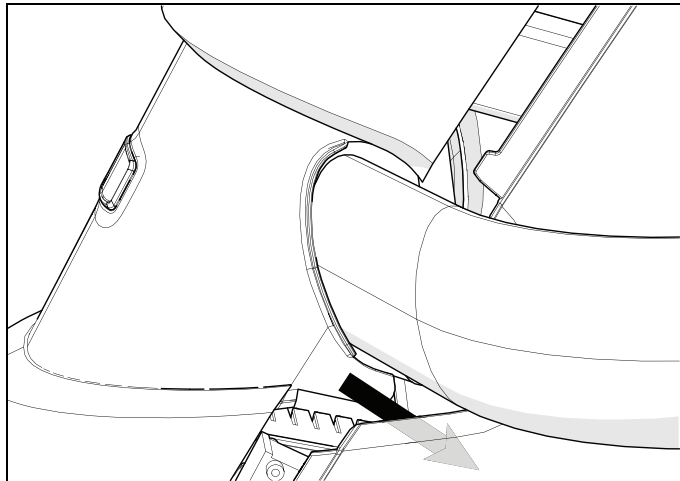
**Important:** Store excess cable inside the center column. Do **not** allow cables to hang loosely inside the body of the AMT.

## Replacing Access Covers

For this procedure, you will need the covers you removed earlier, as well as the fasteners you removed with them.

### To replace the access covers:

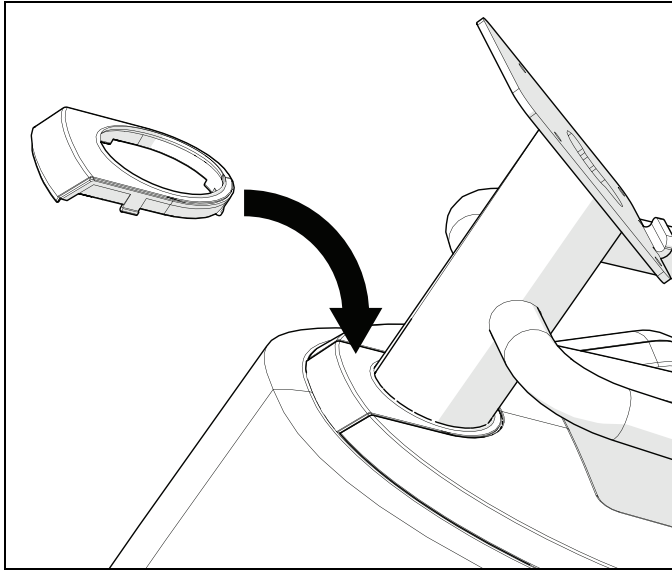
1. Guide the arm openings in the front cover around the arms of the AMT, taking care that the tabs at the bottom corners of both openings are inside the two side covers, then guide the front cover into place until the latches on the side covers click into place.



**Figure 17: Front cover positioning**

2. Reattach the two #10 x  $\frac{3}{4}$ -inch screws at the bottom corners of the front cover. Tighten the screws completely.  
**Important:** In the following step, do not apply excessive force to seat the cover.
3. Position the rear edge of the top cover so that the clips on the top and back covers are engaged securely.
4. Gently snap the front edge of the top cover into place, using the heel of your hand if necessary.

5. Wrap the moisture seal around the center column below the heart rate sensor grips, then fit it into the top cover. Make sure that the surfaces and edges of the moisture seal are flush with those on the top cover.



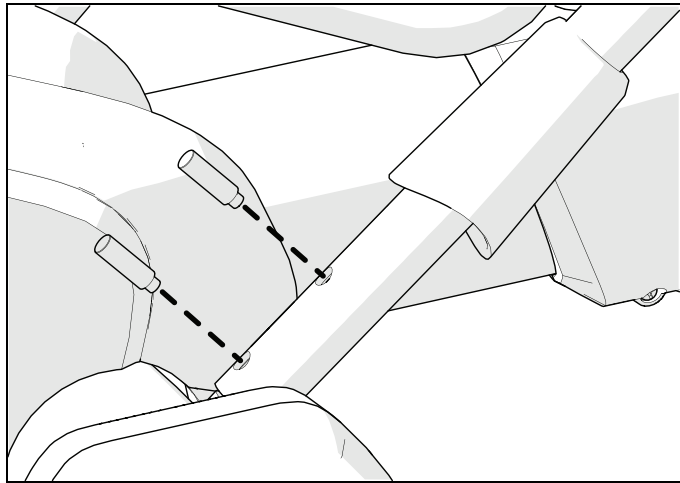
**Figure 18: Moisture seal positioning**

## Positioning the Handlebars

To avoid damage in shipment, the ATM is packed with its handlebars reversed. Two  $\frac{3}{8}$ -inch x  $1\frac{1}{4}$ -inch set screws are loosely threaded into the screw holes on each handlebar. The plastic boots that will cover the screw holes are positioned just above them on the handlebars.

### To position the handlebars for use:

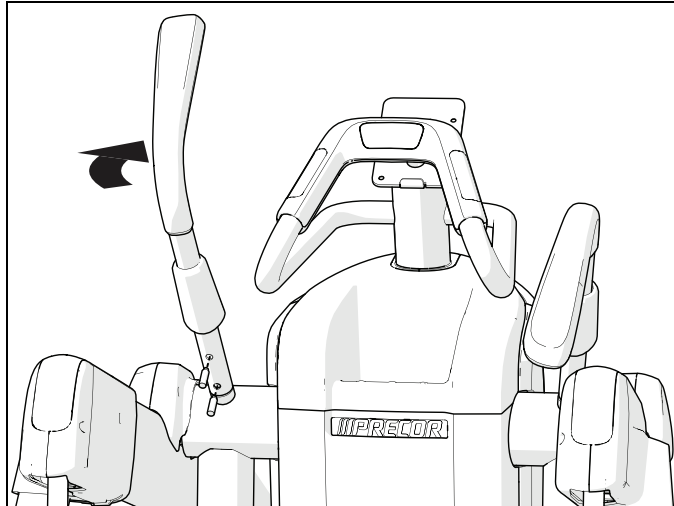
1. Remove the two set screws from one handlebar.



**Figure 19: Handlebar set screw removal**

2. Rotate the handlebar exactly one half turn (180°).

**Note:** When the handlebar is positioned correctly, it bends slightly outward. The screw holes in the handlebar should also line up with those on the AMT.

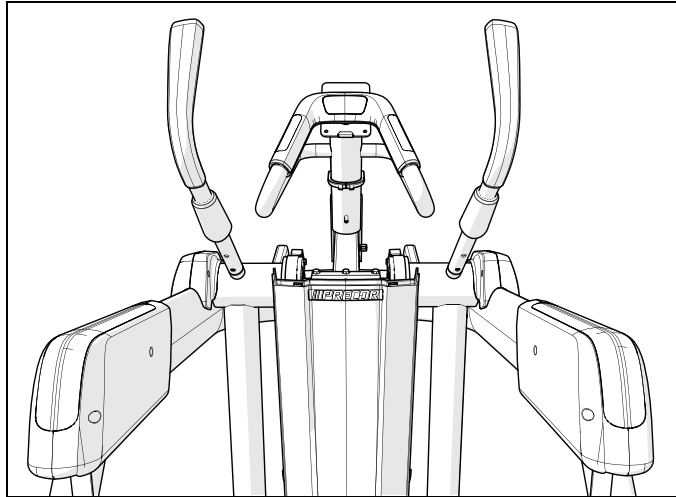


**Figure 20: Handlebar positioning steps**

3. Reinsert the two set screws. Leave the screws partially tightened until you have adjusted both handlebars.
4. Repeat steps 1 through 3 to position the other handlebar.



5. Adjust the positions of both handlebars outward as much as possible. Both handlebars should be at equal angles to the body of the AMT and angled slightly outward, as shown in the following figure.



**Figure 21: View of handlebar placement**

6. Rotate one of the plastic boots so that it aligns with the surface below it, then press the boot downward to secure it in place. Repeat this step to position the other plastic boot.

## Leveling the AMT

It is important that you level and stabilize the AMT properly every time you move it.

**CAUTION: To eliminate movement, make sure the adjustable feet are in contact with the floor. Also, make sure that the unit sits on a flat surface. Adjusting the feet of the unit cannot compensate for extremely uneven surfaces.**

### To level the AMT:

1. Gently rock the AMT while standing on one of its foot plates and grabbing the opposite handlebar. First stand on the left foot plate and grab the right handlebar to rock the AMT, then repeat the step while standing on the right foot plate and holding the left handlebar. If there is any movement, ask your assistant to tip the unit on its side while you locate the adjustable feet.

**Note:** Alternatively, place the angled end of a 12" pry bar against the underside of the back frame tube at its end, then press the straight end of the pry bar against the floor to lift the back of the AMT a few inches.

2. Using a  $\frac{9}{16}$ -inch open-ended wrench, move the jam nuts away from the side arm supports and toward the adjustable feet.

3. Reposition the adjustable feet as needed.

*If you want to ...*

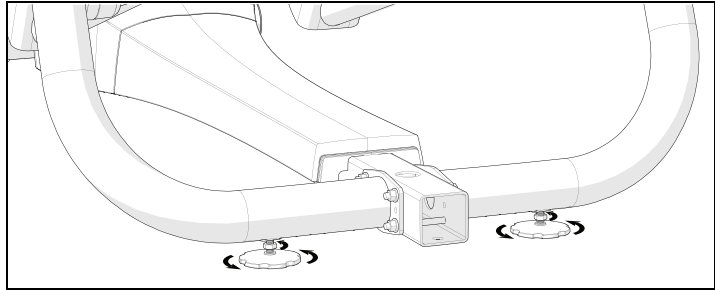
*Then turn the adjustable feet ...*

Raise the front end of the AMT

Counterclockwise

Lower the front end of the AMT

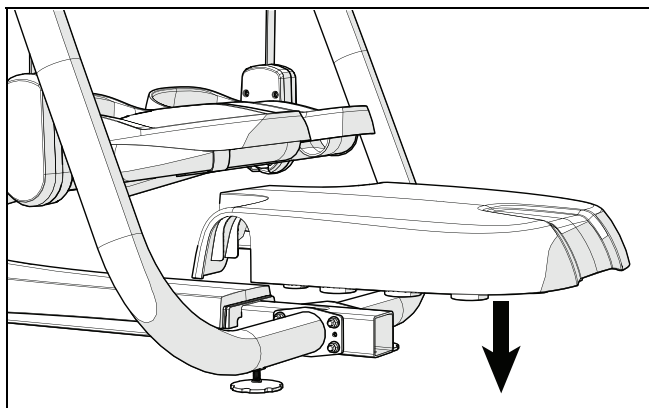
Clockwise



**Figure 22: Location of adjustable feet and jam nuts**

**Important:** To allow the rear pedestal to fit properly, the adjustable feet must extend at least 2" (5 cm) below the side arm supports. Extending the feet before you remove the spacer block, as described in the section Adding the Side Arm Supports earlier in this chapter, ensures that they are positioned correctly.

4. When you are finished positioning the adjustable feet, place the unit on the floor. Try rocking it again, as described in step 1, to verify that it is level.
5. Using the  $\frac{9}{16}$ -inch open-ended wrench, move the jam nuts upward until they contact the side arm supports. Tighten the jam nuts completely.
6. Align the rear pedestal over the back frame tube and the side arm covers, then press it gently into place.



**Figure 23: Rear pedestal attachment**

## Breaking In the Equipment

Precor equipment does not require an actual break-in period. However, moving components such as belts, gears, and bearings can settle while the equipment is being stored or shipped. This can cause the equipment to operate with a small amount of roughness or noise when it starts up for the first time.

The equipment usually returns to smooth operation after a day or two of normal use. If it does not, contact your dealer for assistance. For more information, refer to *Obtaining Service*.

## Installing the Console

To make installation easier, all Precor Experience Series consoles use the same mounting hardware and connector locations whenever possible. The installation sequence for any of them is as follows:

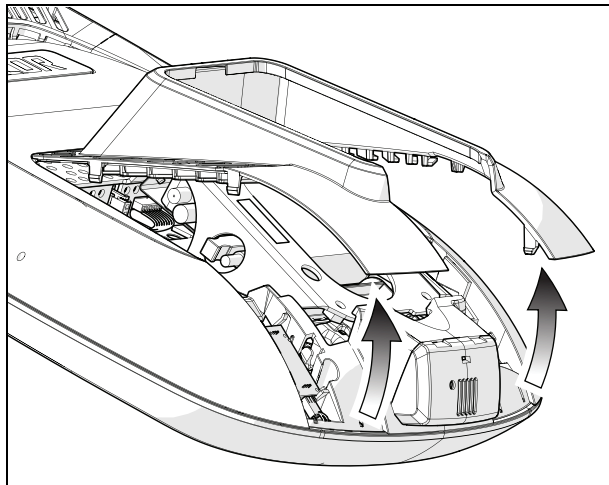
- Threading the console cable assembly
- Connecting cables
- Completing the installation (tightening the mounting screws and attaching the back cover)

The following sections describe how to perform these tasks.

## Threading the Console Cable Assembly (P80)

Earlier in the installation, you threaded the necessary cables through the frame of the base unit and out the passthrough opening in the console mount. As you line up the back plate on the console with the console mount, you must make sure that the console cable assembly passes correctly through the openings in both components.

**Important:** Before you begin the following procedure, remove the rear cover from the control console. To remove the cover, use your fingernails to pry the lower edge loose, then swing the cover up and out as shown in the following illustration.

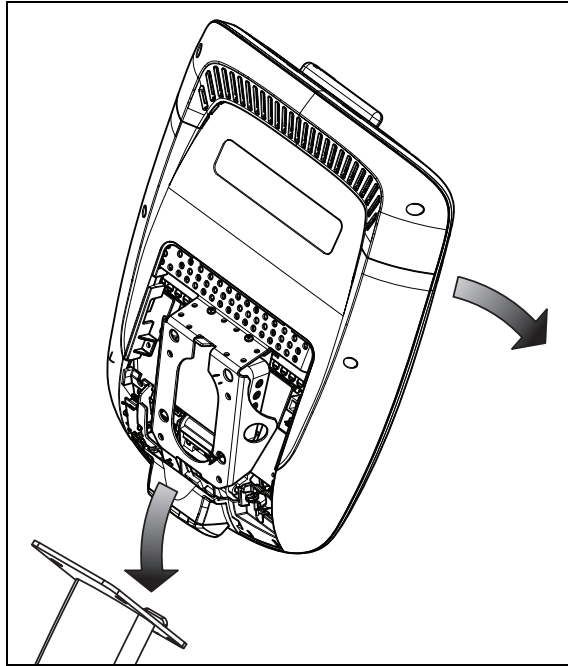


**Figure 24: Removing the access cover from the P80 console**

### **To thread the console cable assembly:**

1. Make sure that as much of each cable as possible passes through the opening in the middle of the console mount on the base unit.
2. Position the console over the console mount.

3. Rest the console on the console mount so that the notch on the bottom of the console's back plate rests on the rectangular hook at the bottom of the console mount, as shown in the following figure.



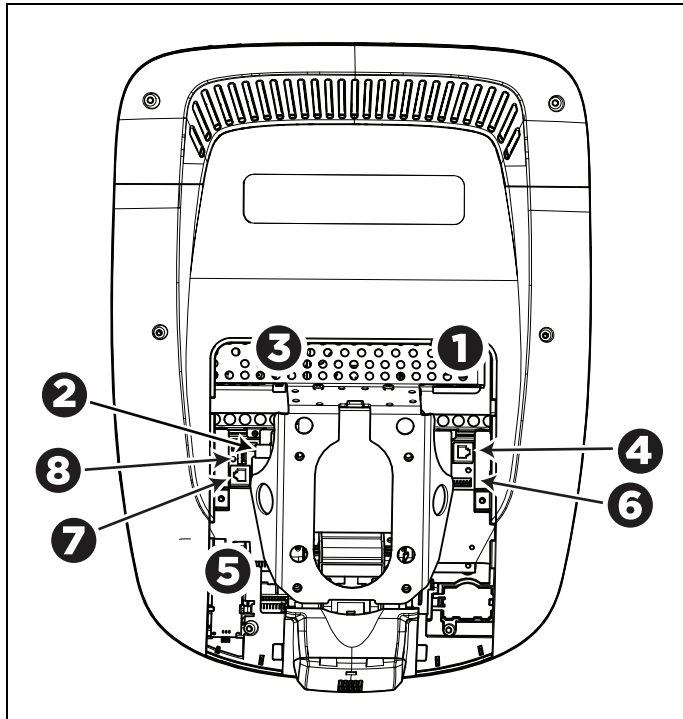
**Figure 25: Console positioning on base unit**

4. Tilt the console forward until it stops. Use one hand to steady the console in this position, or ask your assistant to do so.

## Connecting Cables (P80)

After the console has been seated, separate the individual cables out of the end of the console cable assembly and attach them to the appropriate circuit connectors inside the console. Refer to the following diagram and table to identify the cables and connectors.

**Important:** All cables must pass through the opening in the center of the console mount.



**Figure 26: Cable connections, P80 console**



**Table 2. P80 internal cable connections**

<b>Cable</b>	<b>Connector Type</b>	<b>Circuit Connector Location</b>
Ethernet (LAN)	Eight-contact modular, on round black cable	<b>1</b>
TV in	F-type coaxial	<b>2</b>
Power	Two-contact plug, polarized and latched	<b>3</b>
Data from base unit	Eight-contact modular, on flat gray cable	<b>4</b>
Heart rate sensors	Four-contact strip, keyed	<b>5</b>
Safety key (treadmills only)	Six-contact strip, keyed	<b>6</b>
CSAFE	Eight-contact modular, on flat gray cable	<b>7</b>
Automatic stop sensor (treadmills only)	Vertical four-contact strip, keyed	<b>8</b>

To simplify installation and maintenance, route and connect cables 1 through 5 according to the following instructions.

**Note:** In the illustrations in this section, some cables are omitted for the sake of clarity.

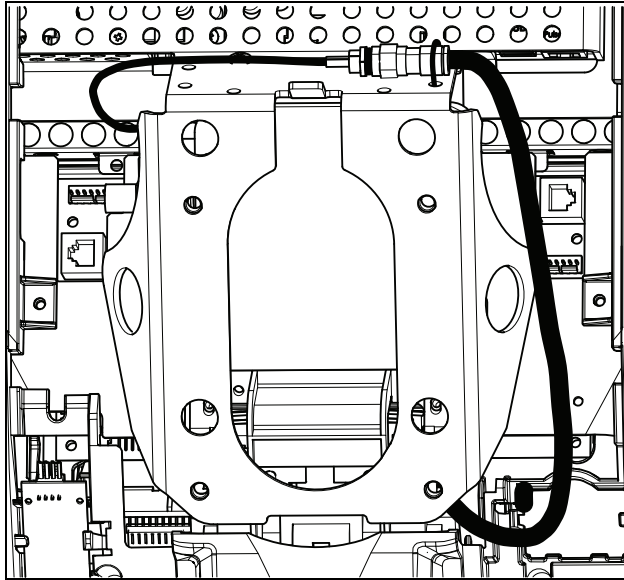
## Connecting the Television Cable

The console's television tuner is mounted inside the console's back plate. The tuner includes a short cable adapter that allows the television cable to be connected outside the back plate.

### **To connect the television cable:**

1. Pull the cable out through the lower right corner of the back plate.
2. Route the cable counterclockwise around the outside of the back plate.  
***Important:** In the following step, install the cable using a torque wrench and torque not to exceed 8 lb-in. If a torque wrench is not available, install the coaxial cable using a plain wrench and tighten to "snug + 1/4 turn." You may also use a wrench on the internal nut to help tighten the connection.*
3. Attach the connector on the cable to the connector on the tuner cable and tighten the two connectors securely using two 7/16-inch open-end wrenches. Position both connectors above the upper right corner of the back plate.
4. Use a plastic tie to secure the connectors to the top of the back plate. Pass the tie through the two small holes near the upper right corner of the back plate, then wrap it around the connectors and tighten it securely. Cut off and remove the protruding end of the tie.

The following illustration shows how the cable is positioned once it is installed.



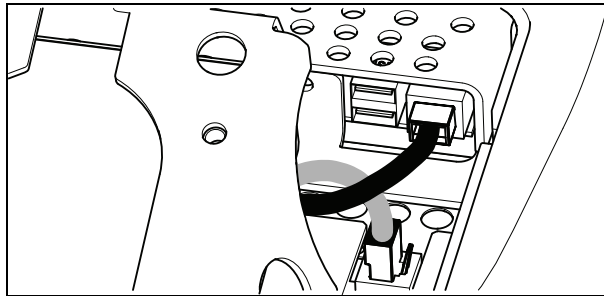
**Figure 27: Connecting the television cable**

## Connecting the Ethernet and Base Unit Data Cables

Both the Ethernet and base unit data cables pass through the cutaway opening at the upper right corner of the back plate and connect to nearby modular jacks in the console. Because of this, it is important to exercise caution when connecting the cables. The black Ethernet cable connects to a jack just underneath the perforated metal bracket at the very top of the opening in the console. The gray base unit data cable connects to a lower jack closer to the back plate.

Refer to the following illustration for the correct position of both cables.

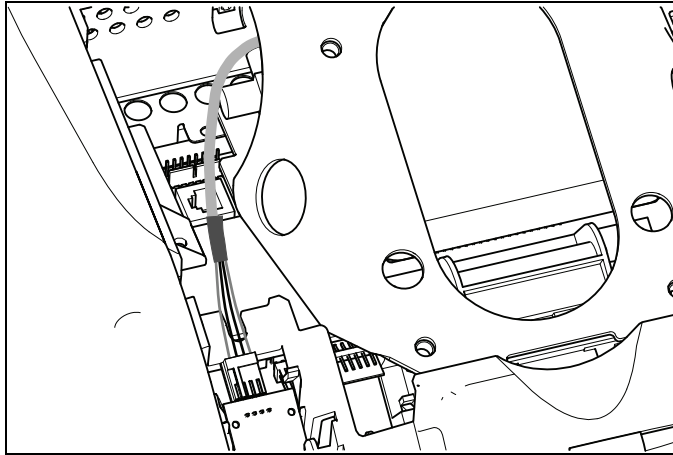
**CAUTION: If you connect the base unit data cable to the wrong jack, the equipment will not function.**



**Figure 28: Connecting the Ethernet and base unit data cables**

## Connecting the Heart Rate Sensor Cable

The heart rate sensor cable passes through the cutaway opening at the upper left corner of the back plate, then down to the small circuit board at the lower left of the console. The following illustration shows how the cable should look once it is installed.



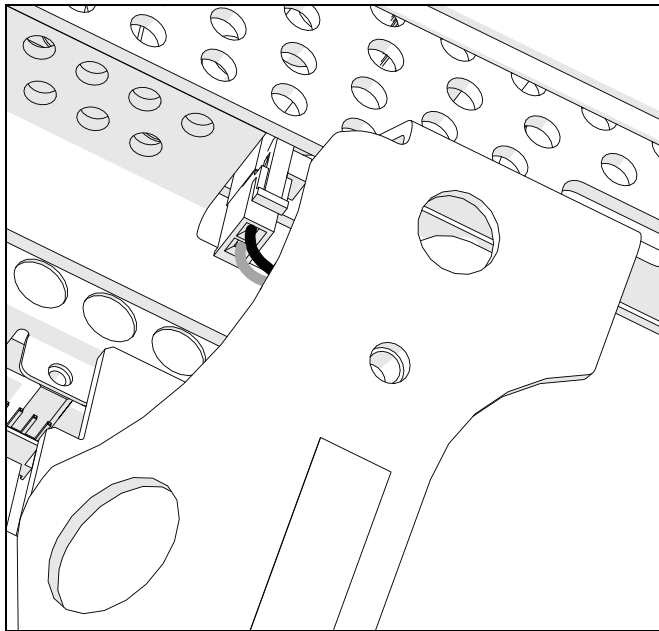
**Figure 29: Connecting the heart rate cable**

## Connecting the Power Cable

Route the power cable through the cutaway opening at the upper left corner of the back plate. In the nearby opening within the steel console framework, locate the socket that matches the power cable plug and connect the power cable to it.

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

The following illustration shows how the cable should look once it is installed.



**Figure 30: Connecting the power cable**

## Completing the Console Installation (P80)

Before you complete the final installation steps, double-check the connections you have made. Make sure that all cables are fully and securely connected, and that any unneeded cables are tied back properly.

### **To complete the installation:**

1. Feed extra cable back into the neck tube.
2. Tilt the control console backward (toward yourself) until the tab on the top edge of its back plate slides along the top edge of the console mount and the screw holes align properly.
3. Insert the four  $\frac{5}{8}$ -inch flat head screws through the holes in the console mount and thread them into the holes in the back plate on the console. Partially tighten the screws using a  $\frac{5}{32}$ -inch hex wrench.
4. Line up the two small tabs at the top of the console's back cover with the slots at the top of the opening in the console case. Insert the tabs into the slots.
5. Insert the remaining tabs on the back cover with the corresponding slots on the console case.
6. Press gently on the edges of the back cover to snap it into place.

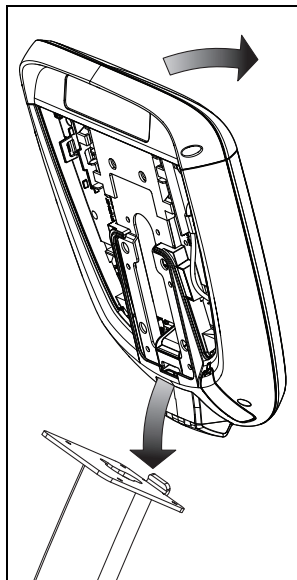
## Threading the Console Cable Assembly (P30 and P10)

Earlier in the installation, you threaded the necessary cables through the frame of the base unit and out the passthrough opening in the console mount. As you line up the back plate on the console with the console mount, you must make sure that the console cable assembly passes correctly through the openings in both components.

**Important:** Before you begin the following procedure, remove the rear cover from the control console. Set the cover and its mounting hardware aside for later use.

### To thread the console cable assembly:

1. Make sure that as much of each cable as possible passes through the opening in the middle of the console mount on the base unit.
2. Position the console over the console mount.
3. Rest the console on the console mount so that the notch on the bottom of the console's back plate rests on the rectangular hook at the bottom of the console mount, as shown in the following figure.



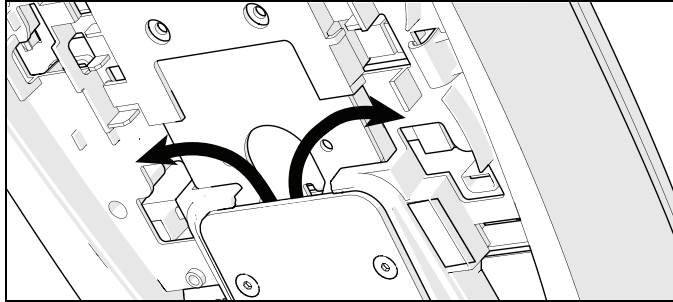
**Figure 31: Console positioning on base unit**

4. Tilt the console forward until it stops. Use one hand to steady the console in this position, or ask your assistant to do so.



## Connecting Cables (P30 and P10)

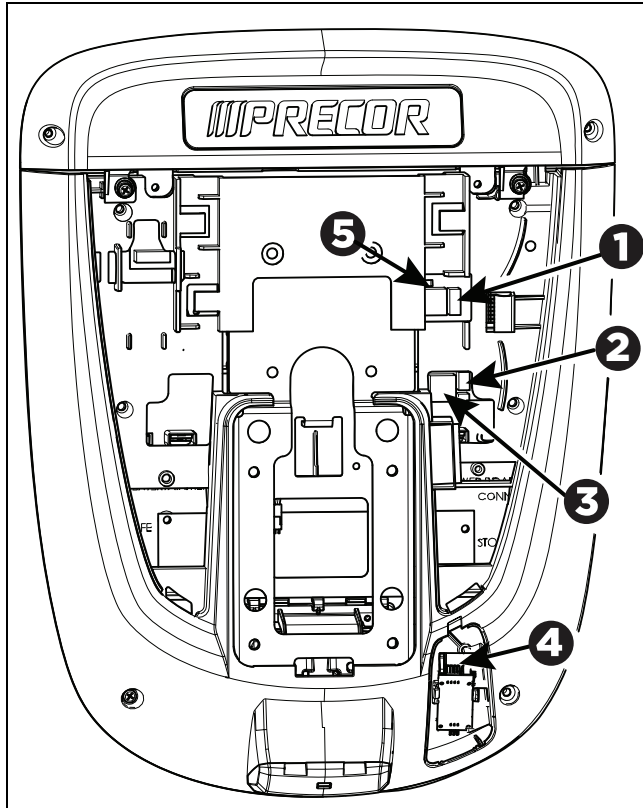
**Important:** Pass all cables through the semicircular opening just above the console mount, as shown in the following figure. **Do not** attempt to route any cables through other openings or through the steel channel above the mount.



**Figure 32: Cable routing from the mount into the console**

After the console has been seated, separate the individual cables out of the end of the console cable assembly and attach them to the appropriate circuit connectors inside the console. Refer to the following diagram and table to identify the cables and connectors.

**Important:** All cables must pass through the opening in the center of the console mount.



**Figure 33: Cable connections, P30 and P10 consoles**

**Table 3. P30 and P10 internal cable connections**

Cable	Connector Type	Circuit Connector Location
Safety key (treadmills only)	Six-contact strip, keyed	①
Automatic stop sensor (treadmills only)	Four-contact strip, keyed	②
Data from base unit	Eight-contact modular, on flat gray cable	③
Heart rate sensors	Four-contact strip, keyed	④
CSAFE	Eight-contact modular, on flat gray cable	⑤

## Completing the Console Installation (P30 and P10)

Before you complete the final installation steps, double-check the connections you have made. Make sure that all cables are fully and securely connected, and that any unneeded cables are tied back properly.

### To complete the installation:

1. Feed extra cable back into the neck tube.
2. Tilt the control console backward (toward yourself) until the tab on the top edge of its back plate slides along the top edge of the console mount and the screw holes align properly.
3. Insert the four  $\frac{5}{8}$ -inch flat head screws through the holes in the console mount and thread them into the holes in the back plate on the console. Partially tighten the screws using a  $\frac{5}{32}$ -inch hex wrench.

4. Line up the two small tabs at the bottom of the console's back cover with the slots at the bottom of the console case. Insert the tabs into the slots.
5. Insert the two #8-32 x 1/2-inch Phillips-head screws that you removed earlier into the holes at the top edge of the console's back cover. Tighten the screws fully.  
**Important:** Use caution not to pinch the cables between the back cover and PVS mounting screw heads.
6. Fully tighten the four mounting screws (partially tightened in step 3) using a 5/32-inch hex wrench.

## Verifying That the Heart Rate Display Is Operational

### To verify that the heart rate display is operational:

1. Begin exercising on the equipment.
2. Grasp both touch-sensitive handlebars.  
**Note:** The heart rate is read within ten seconds. During that time, the heart on the display flashes. You must maintain contact with both metal plates on each handlebar to ensure an accurate reading.
3. Look at the HEART RATE display. After a few seconds, a number appears indicating your heart rate.
4. If a number does not appear in the HEART RATE display, perform the following checks:
  - Verify that the cable connection is properly connected.
  - Repeat the test with a different person. Although the heart rate display is generally highly accurate, it may not work properly for a few individuals.

**Note:** If you use wireless heart rate monitoring, repeat this test using a chest strap or a wireless pulse simulator instead of grasping the touch-sensitive handlebars.

# Maintenance

To keep the equipment functioning properly, perform the minor maintenance tasks in this section at the intervals shown on the maintenance checklist. Failure to maintain the equipment as described in this section could void the Precor Limited Warranty.

**DANGER** To reduce the risk of electrical shock, always disconnect the equipment from its power source before cleaning it or performing any maintenance tasks. If the equipment is self-powered but also uses the optional power adapter, disconnect the adapter.

## Daily Cleaning

Precor recommends that you clean the equipment before and after each exercise session. To remove dust and dirt from the equipment, wipe all exposed surfaces with a soft cloth that you have moistened with one of the following cleaners:

- A solution of 30 parts of water to 1 part of Simple Green® (for more information, visit [www.simplegreen.com](http://www.simplegreen.com))
- ENVIR-O-SAFE oxygen enhanced cleaner or multi-task cleaner concentrate, diluted according to the manufacturer's instructions (for more information, visit [www.daleyinternational.com](http://www.daleyinternational.com))

Alternatively, you can clean the equipment with Athletix fitness equipment cleaning wipes (for more information, visit [www.athletixproducts.com](http://www.athletixproducts.com))

**CAUTION: Read and follow the manufacturer's instructions, particularly dilution instructions, before using any cleaner on Precor fitness equipment. Do not use concentrated cleaners at full strength, or acidic cleaners of any kind; such cleaners weaken the protective finish on the equipment and void the Precor Limited Warranty. Never pour water or spray liquids onto any part of the equipment. Allow the equipment to dry completely before using.**

Vacuum the floor underneath the equipment frequently to prevent the accumulation of dust and dirt that can interfere with its operation. Use a soft nylon scrub brush to clean the grooves on equipment with foot pedals.

## Daily Inspection

At least once every day, examine the equipment for the following problems:

- Slipping belts
- Loose fasteners
- Unusual noises
- Worn or frayed power cords
- Any other indication that the equipment may be in need of service

**Important:** *If you determine that the equipment needs service, disconnect all power connections (television, Ethernet, and power) and move the equipment away from the exercise area. Place an OUT OF SERVICE sign on the equipment and make it clear to all patrons and other users that they must not use it.*

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

## Cleaning the P80 Console and Display

The console and screen require little maintenance once installed. Precor recommends that you clean the console and screen before and after each exercise session.

### To remove dust and dirt from the console:

- Wipe all exposed surfaces with a soft cloth that you have moistened with a solution of 30 parts of water to 1 part of Simple Green® (for more information, visit [www.simplegreen.com](http://www.simplegreen.com)).

### To clean the screen:

- The manufacturer recommends diluting one part 91% isopropyl alcohol solution in one part water, or using the 91% isopropyl alcohol solution in its original strength. Be sure to follow the solvent manufacturer's precautions and directions when using any solvent.

**CAUTION: Potentially hazardous situations associated with the use of isopropyl alcohol may result in minor or moderate injury and property damage. To avoid these situations, follow all instructions and recommendations in the manufacturer's Material Safety Data Sheet and product label.**

**Important:** 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 directly on the console or console's screen.

- It is important to avoid using any corrosive chemicals on the console or screen.
- Always dampen the cloth and then clean the screen. Be sure to spray the cleaning liquid onto the cloth, not the screen, so that drips do not seep into the console.
- Apply the cleaner with a soft, lint-free cloth. Avoid using gritty cloths.

## Weekly Maintenance

Perform the following maintenance tasks every week:

1. Disconnect the external power supply.
2. Clean the floor under the equipment using a vacuum cleaner or a damp mop.
3. When the floor is completely dry, reconnect the power (if necessary).
4. Test all console functions, including heart rate monitoring features.
5. Verify that the unit sits squarely on the floor. All of its feet should be touching the floor and the unit should not rock or wobble when in use. If not, re-level it as described in *Leveling the AMT*.

## Monthly Maintenance

Perform the following maintenance tasks every month:

1. Wipe the exterior of the console with a damp sponge or soft cloth, and dry with a clean towel. Keep water away from electronic components to prevent electrical shock or damage.
2. Clean the touchscreen using a soft, lint-free cloth dampened with a 91% isopropyl alcohol solution (either as sold or diluted with an equal amount of water).
3. Wipe down the pedal belts using a clean, dry cloth.  
***Important: Do not use any cleaning solution or solvent on the pedal belts. Over time, cleaners can cause the outer layers of the belts to deteriorate.***
4. Remove the access covers. Vacuum out any debris, being careful not to bring the vacuum cleaner nozzle too close to any circuit board (unless your vacuum cleaner is protected against static buildup).
5. Check the belt tension of the primary, brake, and drive belts (refer to the service manual for detailed instructions).
6. Check all fasteners for proper tightness and torque.
7. Replace all covers.
8. Verify that the unit sits squarely on the floor. All of its feet should be touching the floor and the unit should not rock or wobble when in use. If not, re-level it as described in *Leveling the AMT*.



## Changing the Belt (AMT Only)

The AMT uses belts to provide motion. These belts eventually wear and must be replaced.

When the belt stride count reaches 90 million, the message **BELTS MUST BE CHANGED SOON** scrolls on the Welcome screen. While this message appears, the AMT operates normally.

**Important:** *If this message displays on your AMT, please contact Precor Customer Support for assistance.*

When the belt stride count reaches 100 million (and the belt has not been changed), the message **BELTS CHANGE REQUIRED** scrolls continuously on the Welcome screen. The input keys are not functional and the user cannot enter values or begin a workout until the belts are changed. Please contact Precor Customer Support to schedule a belt change.

## Storing the Chest Strap

If you purchased the optional heart rate chest strap, store it in a place where it remains free of dust and dirt (for example, in a closet or drawer). Be sure to protect the chest strap from extremes in temperature. Do not store it in a place that may be exposed to temperatures below 32° F (0° C).

To clean the chest strap, use a sponge or soft cloth dampened in mild soap and water. Dry the surface thoroughly with a clean towel.

## Moving the Equipment

The equipment is very heavy. If you plan to move it to a new location, obtain the help of an adult assistant and use proper lifting techniques. If the equipment includes roller wheels on one end, use the wheels to reduce the load on yourself and your assistant.

### **To move the AMT:**

1. Disconnect, unplug, and remove all external connections (television, Ethernet, and power).
2. Lift the rear platform molding to remove it.
3. Lift the rear foot supports to tip the AMT forward onto its roller wheels.
4. Push the AMT into its new location.
5. Lower the rear foot supports to the floor, then reattach the rear platform molding.

## Long-Term Storage

If you do not expect anyone to use the equipment for a long time, perform the following tasks to prepare it for storage:

- If it has a power cord, disconnect the cord.
- If it has an optional power adapter, connect the adapter to prevent damage to the internal battery.
- Position it so that it will not become damaged and will not interfere with people or other equipment.

## Self-Powered Features

**Important:** This chapter of the manual describes Precor fitness equipment that can operate without being connected to AC power. This includes units equipped with P30 or P10 consoles. However, P80 consoles must be connected to AC power through their power supplies to operate. For this reason, this chapter does not apply to units equipped with P80 consoles.

On self-powered equipment, the system initializes and displays the Welcome screen 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 4. Minimum requirements for operation**

Equipment	Rate of Motion
AMT	40 strides per minute (SPM)
EFX	40 strides per minute (SPM)
Climber	30 steps per minute
Bike	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 on a unit equipped with a P30 or P10 console, 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.

In this mode, the console displays a countdown indicator and ignores all keypresses. If no movement is detected or the rate of motion remains below the minimum, the indicator changes as the countdown continues.

**Note:** The user can resume exercising before the countdown period elapses and the workout will continue from the point at which it was paused.

**Important:** *If the equipment is connected to a CSAFE master device, it follows a slightly different shutdown process. Ten seconds before the equipment shuts down, it ends the exercise session and displays a reset message while it disconnects from the CSAFE master device. It ignores all keypresses during these last ten seconds.*

## 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 the following:

- A flickering or erratic display
- Loss of user and program information after the user stops exercising, without any display of a workout summary or a notification of pending shutdown
- Inability to decrease the incline setting (if any)

**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 control console 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 console returns to the Welcome screen. The default pause time is 30 seconds for all fitness equipment. Refer to the manual for your control console for instructions on setting or changing the 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*.**

**Important:** *If this equipment includes a P80 console, the optional power adapter and the internal cable kit must still be installed to provide continuous power to the base unit and support its internal battery.*

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*.**







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