

Precor 546i-556i-576i Experience + EFX 833/835/883/885 V1 Assembly Manual - Arm Removal to Fit 29" Door



PRECOR[®]
USA
move beyond[®]

APPLIES to Precor

- 546i V4 / 546i Experience
- 556i V4 / 556i Experience
- 576i V4 + 576i Experience
- EFX 833 / 883 V1
- EFX 835 / 885 V1

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

Obtaining Service

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

Unpacking the Equipment

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

Required Tools

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

Cardio Theater PVS Assembly Instructions

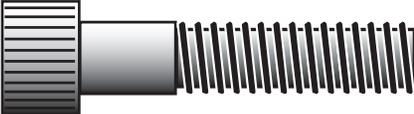
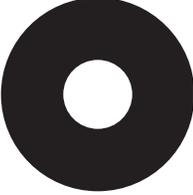
If the Cardio Theater Personal Viewing System (PVS) accompanies this Precor unit, review the PVS assembly instructions found in the Cardio Theater box. Alleviate additional assembly or disassembly steps by combining the two assemblies as needed.

Installation Requirements

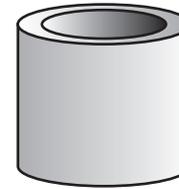
Follow these installation requirements when assembling the unit:

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

Hardware Kit (not to scale)

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

2 – Bushings (J)



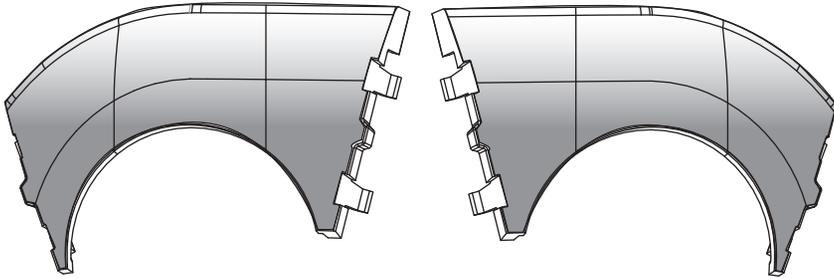
2 – Link arm caps (K)



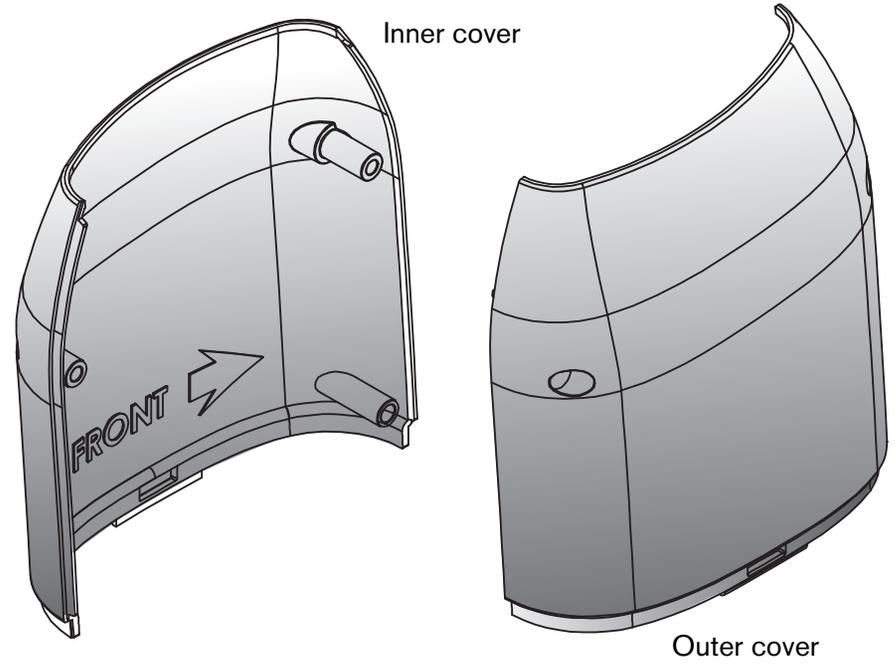
2 – Pivot arm caps (L)



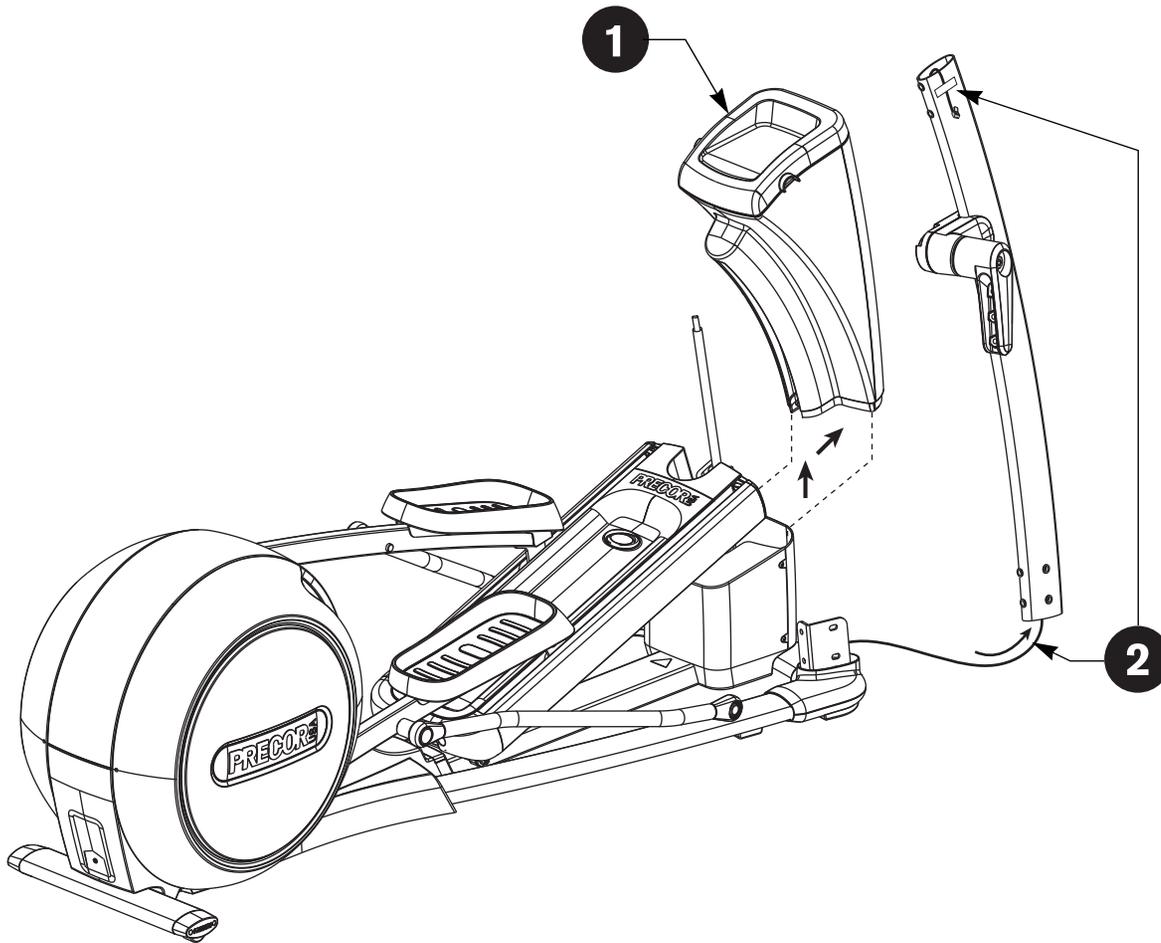
2 – Pivot axle caps (M)



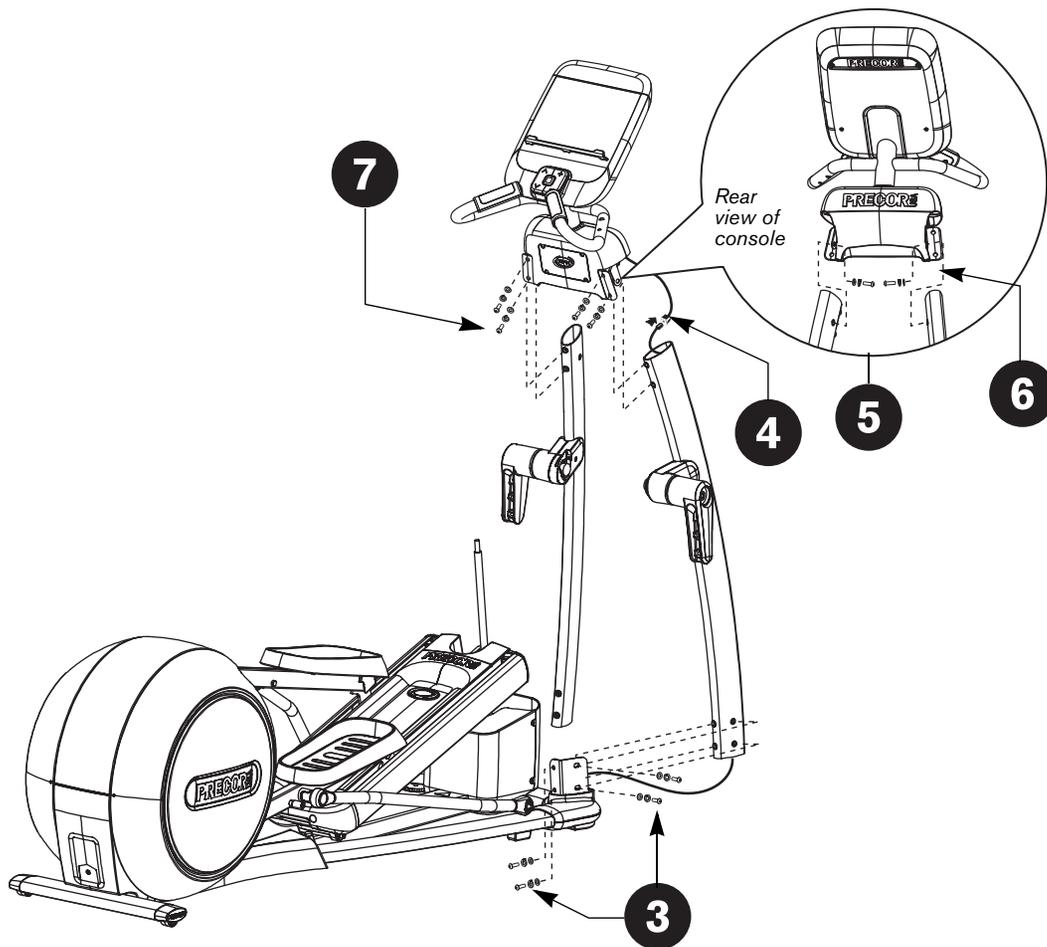
4 – Upright support covers (N)
(packaged separately)



Assembly Steps



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



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

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

Important: Place excess cable inside the upright support.

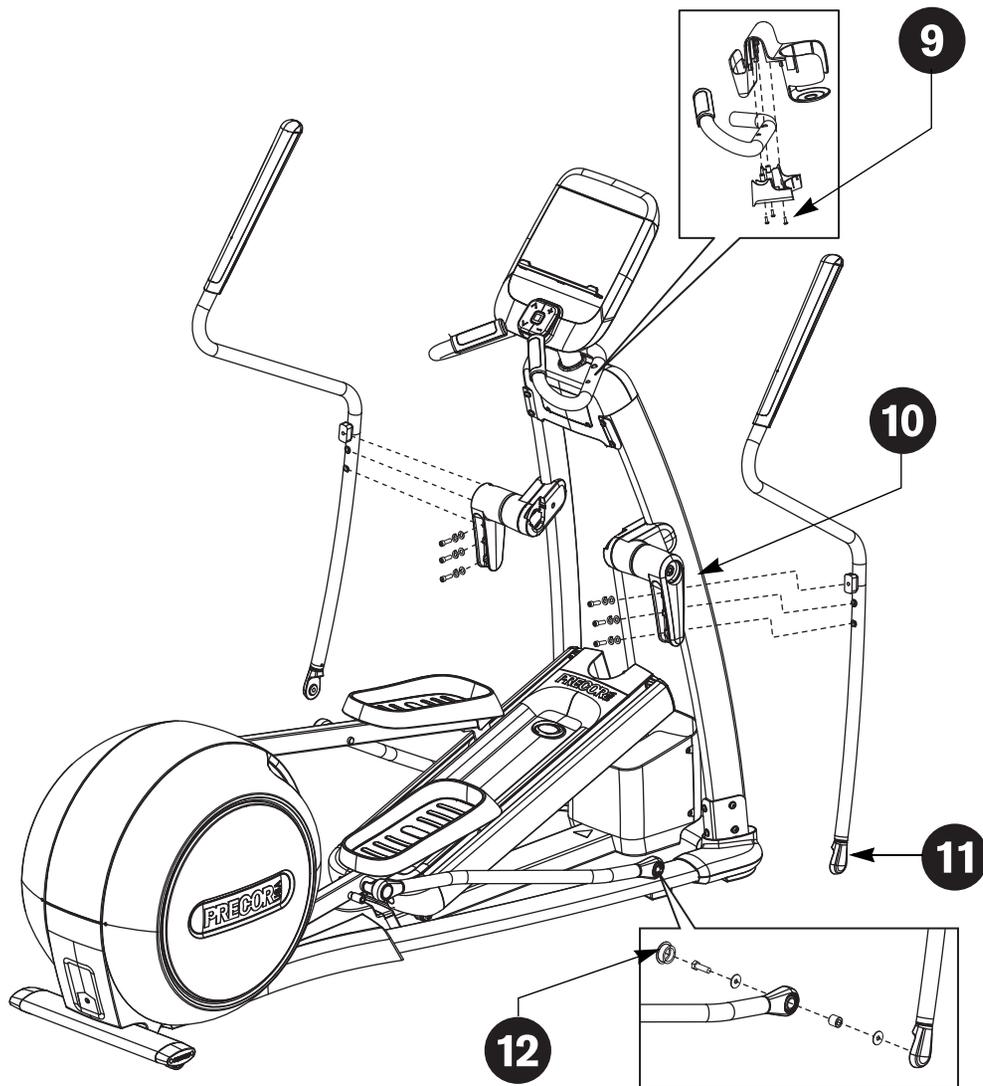
5 Have your assistant lower the display console while you align the mounting brackets on the inside of the upright supports.

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

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

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

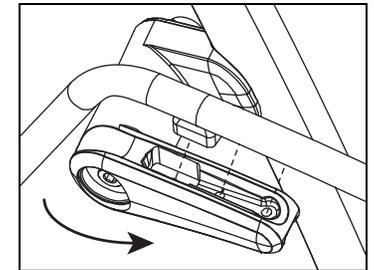
8 When all fasteners are snug against the unit, begin at the base and alternately wrench tighten all fasteners. Follow the sequence from step 3 through step 7.



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

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

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

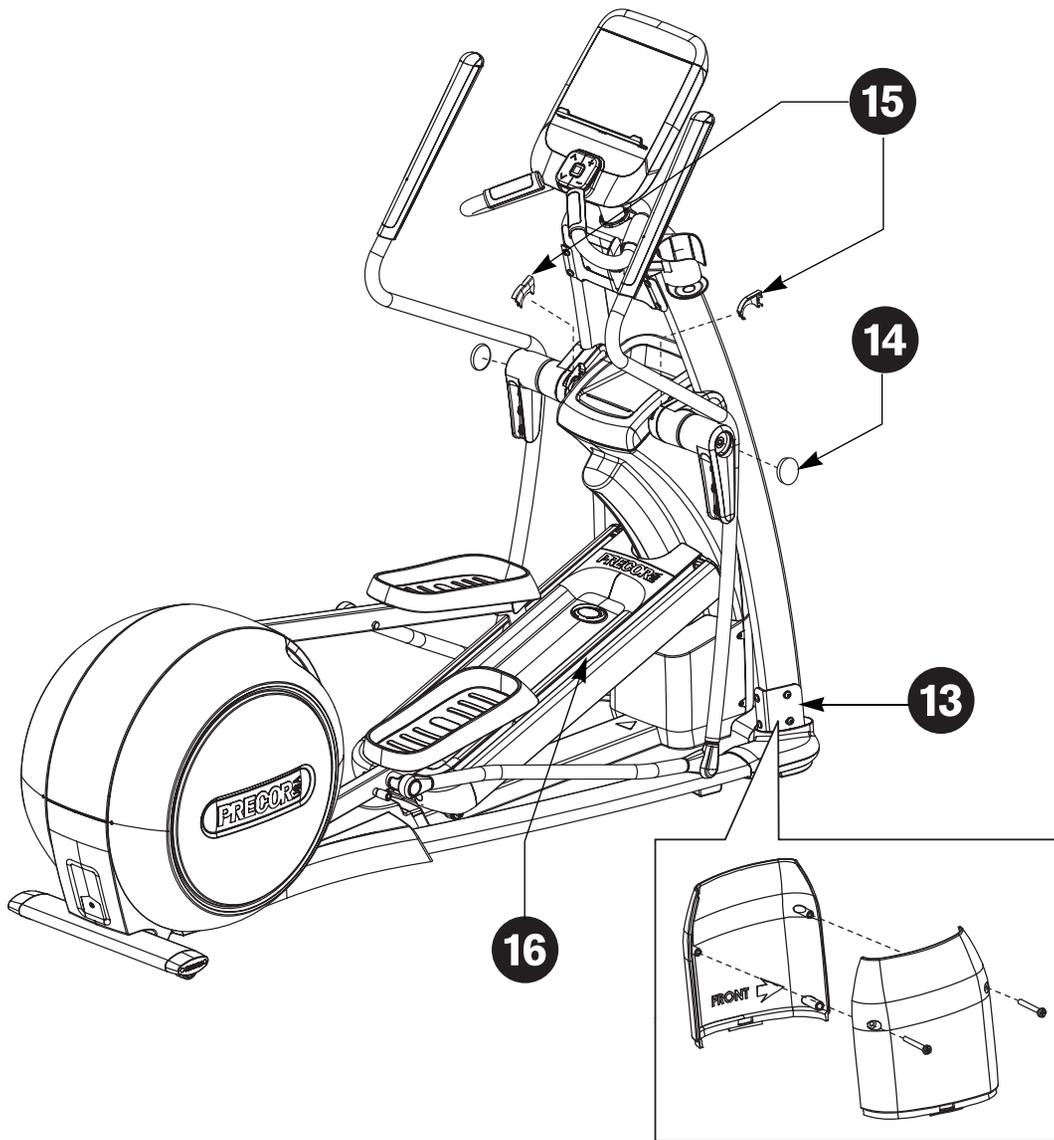


Insert three socket head cap screws (C), three split washers (D), and three washers (B) through each handlebar bracket. To secure the handlebars, wrench tighten the fasteners using a 1/4-inch hex key.

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

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

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



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

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

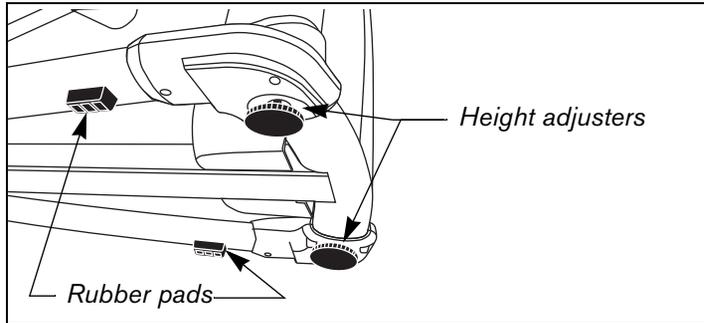
- 14** Attach the pivot arm caps (L).
- 15** Replace the lift cover removed in step 1. Insert the two pivot axle caps (M) and press firmly into place. The pivot axle caps hold the lift cover in place.
- 16** Clean the ramp with a soft cloth dampened in a diluted solution of mild soap and water.

17

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

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

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



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

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

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

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

18

Verify that the heart rate display is operational.

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

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

PRECOR[®] USA
move beyond[®]

Precor Incorporated
20031 142nd Avenue NE
P.O. Box 7202
Woodinville, WA USA 98072-4002

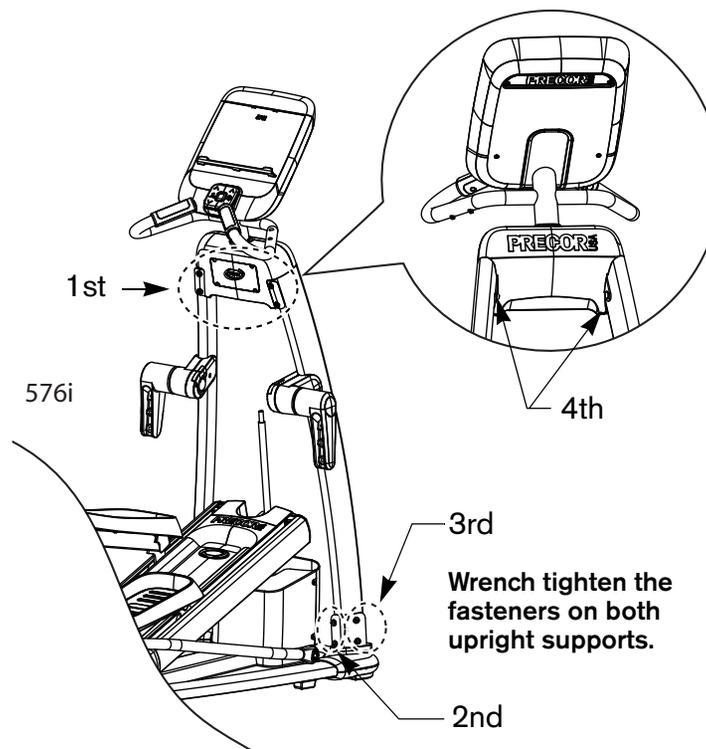
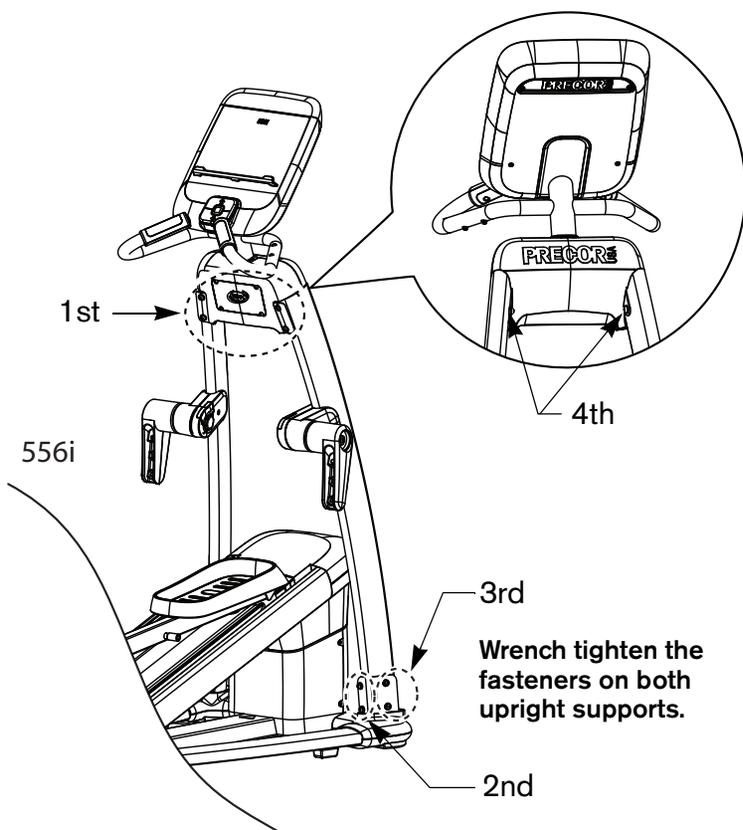


©2006 Precor Incorporated
www.precor.com
EFX576i AG 49062-104, en
11 February 2008

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

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

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



Wrench tighten the fasteners on both upright supports.

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