PRECOR USA

Light Commercial EFX® Owner's Manual

EFX®524

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

IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

When using the EFX®, basic precautions should always be followed, including the following:

- **To ensure your safety and to protect the unit, read all the instructions before assembling and using the self-powered EFX®524.**

- **To ensure the proper use and safety of the EFX, make sure that all users read this manual. Please make this manual a part of your staff's training program. Remind the users that before beginning any fitness program, he or she should obtain a complete physical examination from his or her physician.**

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

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

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

- **Do not allow children or those unfamiliar with its operation on or near the EFX. Do not leave children unsupervised around the EFX.**

- **Never leave the EFX unattended with the optional battery recharger plugged in. Unplug the unit from the outlet when it is not in use, before cleaning it, and before putting on or taking off parts.**

- **Assemble and operate the EFX on a solid level surface. Locate the EFX a few feet from walls or furniture. Check the unit before each use and verify that all fasteners are secure. Maintain the EFX in good working condition. (See the *Maintenance* section).**

- **Use the EFX only for its intended use as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injuries.**

- **Use care when getting on or off the EFX. Use the stationary handrail whenever possible. Keep your body and head facing forward. Never attempt to turn around on the EFX.**

- **Wear proper exercise clothing and shoes during a workout—no loose clothing. Tie long hair back.**

- **Do not rock the unit. Do not stand on the display console or casing.**

- **Never drop or insert any object into any opening. Keep towels and hands away from moving parts.**

- **If you purchased the optional POLAR® chest strap, review the guidelines found in the *Precor Heart Rate Option Owner's Manual* that is supplied with that option.**

- **Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.**

IMPORTANT SAFETY INSTRUCTIONS

- **Keep all electrical components away from liquids to prevent shock. Do not set anything on the casing, handrails, or display console. Place liquids, books, or magazines in the appropriate receptacles.**
- **Never place your hand(s) or feet in the path of the roller arm because injury may occur to you or damage may occur to the equipment.**
- **Never operate the unit if it is damaged, if it is not working properly, if it has been dropped, or dropped in water. Return the unit to a service center for examination and repair.**
- **Keep the optional battery recharger cord away from heated surfaces.**
- **Do not operate where aerosol (spray) products are being used or where oxygen is being administered.**
- **Do not use outdoors.**
- **Do not attempt to service the EFX yourself other than the assembly and maintenance instructions found in this manual. Refer to *Obtaining Service*.**

HAZARDOUS MATERIALS AND PROPER DISPOSAL

The EFX524 has an internal battery which must be removed before the EFX is scrapped. The battery contains materials which are considered hazardous to the environment. Proper disposal of the battery is required by federal law.

To remove the battery from the EFX, take the following steps:

CAUTION: Unplug the battery recharger and disconnect it from its receptacle at the rear of the EFX.

Tools required: Phillips head screwdriver and hex wrench set.

1. Remove both the right and left rear covers from the EFX.
2. Remove the top rear cover.
3. Unplug the black and red battery wires from the circuit board.
4. Separate the circuit board from the battery by removing four screws.
5. The battery is held in place with a metal bracket. Lift the battery away from the bracket.
6. Dispose of the battery according to the federal Hazardous Waste Regulations.

SAFETY APPROVAL

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

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

RFI — RADIO FREQUENCY INTERFERENCE

Federal Communications Commission Part 15

The EFX has been tested and found to comply with,

- the IEC EMC Directive (international electromagnetic compatibility certification)

- the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The EFX generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications. Operation of the EFX in a residential area is likely to cause harmful interference. If this occurs, the user will be required to correct the interference at his or her own expense.

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

Canadian Department of Communications

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

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

EUROPEAN APPLICATIONS

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

EN55022, Limits & Methods of Measurement of Radio Interference, Information Technology Equipment (Class A).

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

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

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

European Applications

This product has been tested to the requirements of EN55022, "Limits & Methods of Measurement of Radio Interference, Information Technology Equipment." Per that standard, the EFX524 is a Class A product. In a domestic environment, this product may cause radio interference, in which case the user is responsible to take adequate measures to alleviate the interference.
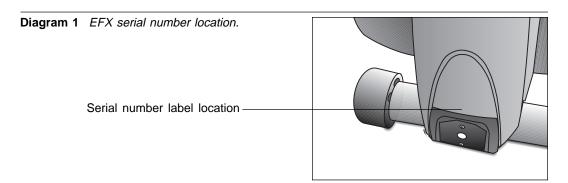
EFX® SELF-POWERED FEATURES

The power source for the EFX is the user. When a person works out on the EFX and moves the foot pedals at a stride rate above 40 strides per minute, the power that is generated allows the EFX to function properly.

Informational displays appear when the battery is low or when the user has stopped pedaling during a workout. The display provides minimal instructions to let you know what to do to retain power. If the messages are ignored, the EFX will begin shutdown procedures to maintain the charge of the battery. Refer to page 33, *Informational Displays Prior to Shutdown*.

An optional battery recharger can be purchased and provides sustained power to the EFX. If you plan to customize your unit, the optional battery recharger is highly recommended. To purchase the optional battery recharger, check with your dealer.

OBTAINING SERVICE

Do not attempt to service the self-powered EFX® yourself except for the maintenance tasks described in this manual. The EFX does not contain any user-serviceable parts. For information about product operation or service, contact an authorized Precor Commercial Products Customer Service Representative at 1-888-665-4404.

Diagram 1   *EFX serial number location.*

Serial number label location

To help customer service personnel expedite your call, have your serial number available. The serial number can be found on a label near the power receptacle on the rear cover. Refer to Diagram 1. If you have any questions regarding the EFX, use the model and serial numbers whenever you call your Precor dealer or servicer.

Model number: **EFX®524**

Unit number: _____   Serial number: _____

Unit number: _____   Serial number: _____

Unit number: _____   Serial number: _____

COMMERCIAL PRODUCTS DIVISION

ABOUT THIS MANUAL

Inside this manual, you will find instructions for installing and using the self-powered EFX. To maximize the use of the EFX, please study this manual thoroughly. The manual uses the following conventions for identifying special information:

"**Note:**" Contains additional information that applies to the preceding text.

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

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

"**WARNING:**" **Provides instructions to prevent electrical damage to the equipment and prevent injuries to yourself.**

"**DANGER:**" **Indicates steps you must take to prevent electrical shock.**

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Unpacking the EFX®

Thank you for purchasing the self-powered Precor EFX®524.

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

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

❑ Base frame assembly   ❑ Base frame stabilizers (left and right)

❑ Upright support   ❑ Display console assembly

❑ Handrails (left and right)   ❑ Bracket and side covers

❑ Hardware kit and owner's manual

CAUTION: This unit weighs over 183 pounds (82 kilograms). To prevent injury to yourself or damage to the equipment, obtain appropriate assistance before removing the unit from the pallet.

If any items are missing, contact your Precor Commercial Products Service Representative at 1-888-665-4404.

STANDARD EQUIPMENT

The EFX®524 incorporates the Precor Smart Rate® and Heart Rate features into its display console. Devices, such as FitLinxx®, that are CSAFE compatible, can also be attached.

Note: An optional POLAR® chest strap can be purchased and worn during a workout. The chest strap transmits the user's heart rate to the display console's receiver.

OTHER EQUIPMENT
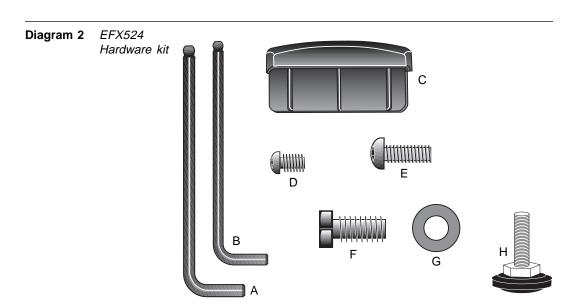
Optional equipment available through your dealer includes:

• Battery recharger

• POLAR® chest strap.

If you are interested in obtaining Precor option kits for your unit, check with your dealer. For customer service, see *Obtaining Service* on page 5.

ACQUIRING THE APPROPRIATE TOOLS

Obtain the following tools *before* assembling the EFX.

❑ Wire cutter   ❑ Phillips head screwdriver

❑ Rubber mallet   ❑ Hex torque wrench

❑ Two 9/16" combination wrenches (open-end and box)

❑ SAE Standard socket set with socket extension for 1/2-inch and 9/16-inch bolts

Diagram 2 *EFX524 Hardware kit*

HARDWARE KIT

Carefully unpack the parts from the shipping container. Open the Hardware Kit and make sure that you have the following items as shown in Diagram 2:

❑ (A) 3/16-inch hex key — secure handrails in handrail clamp

❑ (B) 5/32-inch hex key — secure front covers

❑ (C) End cap

❑ (D) Four Phillips-head 1/2-inch screws — attach display console

❑ (E) Four buttonhead 3/4-inch screws — secure front cover

❑ (F) Twenty hex head 1-inch bolts — attach upright, handrails and stabilizers

❑ (G) Twenty 3/8-inch bolts — attach upright and stabilizers to base

❑ (H) Height adjustor

If any items are missing, contact your dealer. If you need customer service, refer to *Obtaining Service* on page 5.

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

COMMERCIAL   PRODUCTS   DIVISION

Setting Up the EFX ®

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

INSTALLATION REQUIREMENTS

Follow these installation requirements when installing the EFX.

Important: If you do not install the EFX according to the following guidelines, you could void the Precor Limited Warranty.
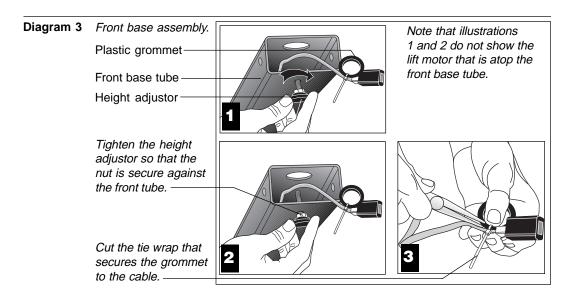
- **Set up the EFX on a solid, flat surface**. Unpack and assemble the EFX close to where you'll use it. Make sure that the flat surface under the unit is smooth and level. A level unit is required for the user's safety and for proper operation.

  Important: If you plan to move the EFX, do so before you install the hand-rails. Ask for assistance to move the unit. Once the handrails are in place, the unit is too wide to fit through a standard (32-inch) door frame.

- **Provide ample space around the unit**. Open space around the unit makes for a safer mount and dismount.

- **Fill out and mail the limited warranty card**. The serial number is located on a label at the rear of the unit near the optional battery recharger receptacle. Write the serial number onto the Precor Limited Warranty card found on the back cover of this manual. Refer to *Obtaining Service* on page 5 and write the number there as well.

ASSEMBLY INSTRUCTIONS
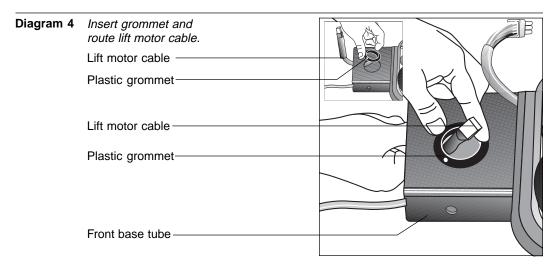
To assist you in the assembly, the items in the Hardware kit, shown in Diagram 2, correspond to a particular letter in the alphabet. These letters appear throughout the assembly instructions. Refer to Diagram 2 on page 10.

1. **Obtain assistance**. Place the shipping carton close to the location where you plan to use the unit. Break down the side walls so that they lie flat. You may need to cut the tie wraps that hold the base frame and roller arms to the pallet.

2. **Unpack the EFX.** Remove the packing materials and loose contents. Refer to the list on page 9.

3. **Move the unit to the location where you plan to use it.** Once you attach the handrails and base stabilizers, the EFX is difficult to move through a standard door frame. Make sure to assemble the unit where it will not have to be moved through any doorways.
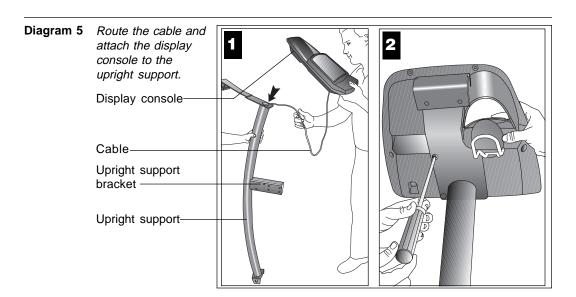
   CAUTION: Do not assemble the EFX if it is connected to the optional battery recharger. Remove the battery recharger from the EFX, prior to assembly.

Diagram 3 *Front base assembly.*

Plastic grommet

Front base tube

Height adjustor

Note that illustrations 1 and 2 do not show the lift motor that is atop the front base tube.

Tighten the height adjustor so that the nut is secure against the front tube.

Cut the tie wrap that secures the grommet to the cable.
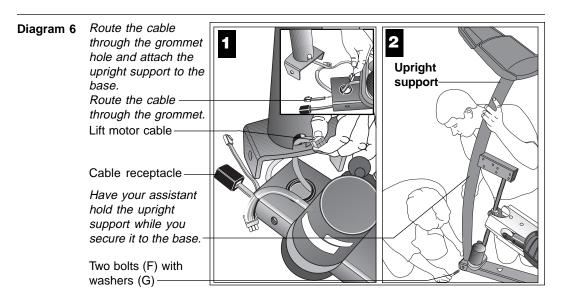
4. **Cut the tie wrap securing the front base tube to the pallet.** Discard the tie wrap.

   CAUTION: Grease on the lift screw can stain clothing.

5. **Thread the height adjustor to its lowest position.** Diagram 3, #1 and #2. Remove the height adjustor from the Hardware kit. Ask an assistant to lift the front base tube while you insert the height adjustor. Turn the height adjustor so that the threads appear inside the base tube. Tighten the nut (with a crescent wrench) when the height adjustor is fully threaded into the front base tube.

6. **Cut the tie wrap holding the plastic grommet.** Diagram 3, #3. Use a wire cutter (or scissors) to remove the plastic grommet from the cable.

Diagram 4 *Insert grommet and route lift motor cable.*

Lift motor cable

Plastic grommet

Lift motor cable

Plastic grommet

Front base tube

7. **Insert the plastic grommet.** Diagram 4. Press down on the grommet so that it snaps into place. Thread the lift motor cable through the grommet.

Diagram 5   *Route the cable and attach the display console to the upright support.*

Display console

Cable

Upright support bracket

Upright support
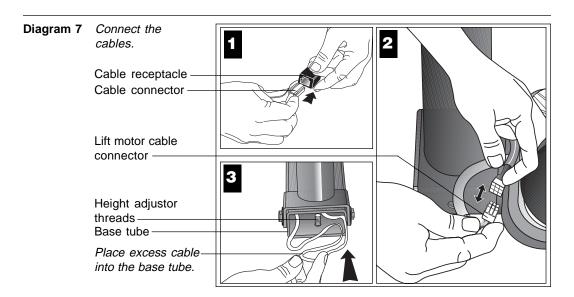
8. **Prepare for the attachment of the upright support to the base assembly**. Diagram 5. Remove the four phillips-head screws (D), two bolts (F), and two washers (G) from the Hardware kit. Place one washer (G) on each of the two bolts (F). Keep the fasteners together.

    CAUTION: Do not stretch, crimp, or damage the cable. Excess cable may be gently pushed into the base assembly. Cables damaged by improper installation will not be covered by the Precor limited warranty.

9. **Route the display console cable through the upright support.** Diagram 5, #1 Remove any tape or wire ties attached to the cable. Have an assistant hold the upright support securely while you grasp the display console in one hand and route the cable through the upright support with the other.

10. **Attach the display console.** Diagram 5, #2. Use the four phillips-head screws (D) to attach the display console to the upright support. Have your assistant hold the upright support securely while you align the mounting holes and tighten the screws.

Diagram 6   *Route the cable through the grommet hole and attach the upright support to the base.*

Route the cable through the grommet.

Lift motor cable

Cable receptacle

Have your assistant hold the upright support while you secure it to the base.
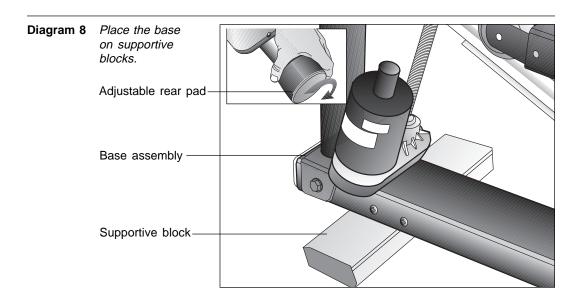
Two bolts (F) with washers (G)

Upright support

11. **Position the upright support over the base**. Diagram 6. Have your assistant move the upright support close to the front of the base assembly while you thread the cable through the grommet hole and out the front of the base tube (see inset in Diagram 6, #1). Make sure that the display console (on the upright support) faces the rear of the unit (see Diagram 6, #2).

    CAUTION: As you assemble the unit, do not fully tighten the fasteners until instructed to do so. Finger tighten the fasteners or use the hex key so that the unit is stable, but the fasteners still allow room for adjustments.
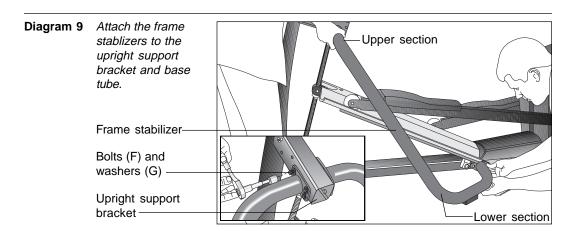
12. **Route the lift motor cable through the cutout in the upright support.** Diagram 6, #1. While your assistant holds the upright support, thread the lift motor cable through the cutout. Once the cable is routed, rest the upright support on the base tube.

13. **Secure the upright support to the base assembly.** Diagram 6, #2. Align the mounting holes and thread the two bolts (F) with washers (G) through opposite sides of the upright support and into the base assembly. Finger tighten each bolt. Do not fully tighten the fasteners until the entire unit has been assembled.

14. **Connect the cable into its black receptacle.** Refer to the opposite page, Diagram 7, #1. Just like a telephone connection, a definite "click" is heard when a good connection is made. If you do not hear a "click," try reinserting the cable connection again.

Diagram 7 *Connect the cables.*

Cable receptacle

Cable connector

Lift motor cable connector

Height adjustor threads

Base tube

Place excess cable into the base tube.
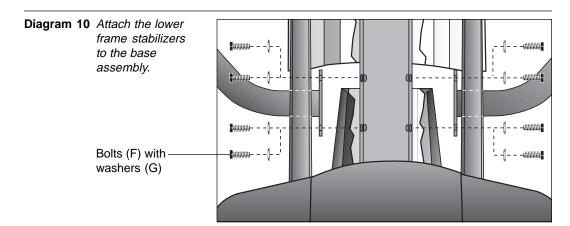
15. **Connect the lift motor cable.** Diagram 7, #2.

16. **Push excess cable inside base tube.** Diagram 7, #3. Carefully, push any excess cable behind the height adjustor threads that protrude from inside the base tube.

Diagram 8 *Place the base on supportive blocks.*

Adjustable rear pad

Base assembly

Supportive block
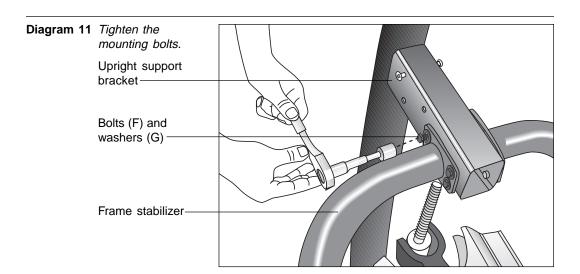
17. **Rotate the rear pads.** Diagram 8, inset. Ask your assistant to stabilize the unit while you rotate the adjustable rear pad to lift the base assembly off the floor and provide better access to the fasteners.

18. **Rest the base assembly on a block.** Diagram 8. Have an assistant grasp the handrails and lift the base up so that you can slide a supportive block of packing material under the front of the unit.

Diagram 9   *Attach the frame stablizers to the upright support bracket and base tube.*

Upper section

Frame stabilizer

Bolts (F) and washers (G)

Upright support bracket

Lower section

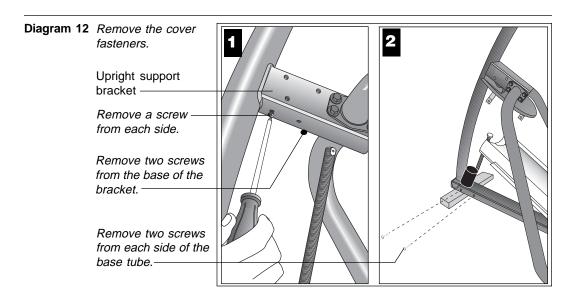19. **Attach the left and right frame stabilizers.** Diagram 9. Proceed with one side at a time.

   a. Remove four bolts (F) and four washers (G) from the Hardware kit. Place a washer on each bolt and set the fasteners within easy reach of the unit.

   b. Grasp one of the frame stabilizers and align it with the upright support bracket. Have your assistant hold it in place.

   c. Insert the four bolts (F) with washers (G) through the frame stabilizer and upright support bracket. See Diagram 9.

   d. Thread all four bolts and washers until the frame stabilizer is secure. Do not fully tighten the bolts until after the lower section is attached.

   e. Perform steps a. through d. on the opposite side.

Diagram 10   *Attach the lower frame stabilizers to the base assembly.*

Bolts (F) with washers (G)
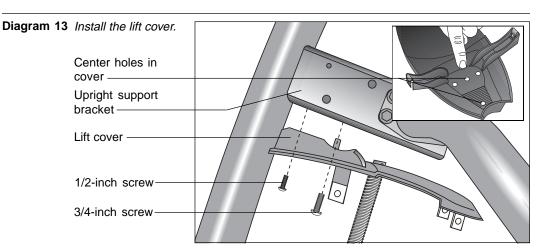
   f. Carefully, align the mounting holes on the right and left frame stabilizer with the base frame holes. Insert four bolts (F) and washers (G) on both sides. Gently move the stabilizers up and down to get the mounting holes on both sides properly aligned and then thread the bolts through the unit. See Diagram 10.

   g. Alternately tighten the eight bolts with the supplied hex key. This helps pull the rest of the parts into alignment.

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Diagram 11 *Tighten the mounting bolts.*

Upright support bracket

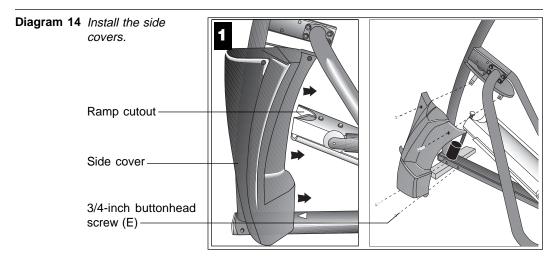Bolts (F) and washers (G)

Frame stabilizer

20. **Tighten all mounting screws with the hex keys provided.** Once you have tightened the eight bolts that attach the frame stabilizers to the base frame (refer to Diagram 10), proceed with tightening the four bolts installed in each of the two upright support brackets. See Diagram 11. Once the stabilizers are secured, tighten the two bolts that secure the upright support to the base frame (refer to Diagram 6, #2).

Diagram 12 *Remove the cover fasteners.*

Upright support bracket

Remove a screw from each side.

Remove two screws from the base of the bracket.

Remove two screws from each side of the base tube.

21. **Remove the cover fasteners from the EFX.** Diagram 12. Use a Phillips-head screwdriver to remove:
    - two screws, one on each side of the upright bracket support. Set the screws aside for use in step 27, c.
    - four screws, two on each side of the base tube near the lift motor. Set the screws aside for use in step 23, d.
    - two screws from the base of the upright bracket support. Note the size of the screw closest to the ramp. It is 3/4-inches in length. Refer to Diagram 13.
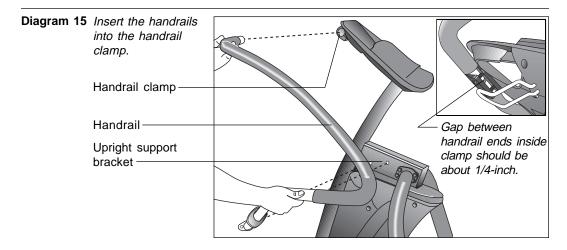
Diagram 13 *Install the lift cover.*

Center holes in cover

Upright support bracket

Lift cover

1/2-inch screw

3/4-inch screw

22. **Install the lift cover.** Diagram 13. The center holes (see inset) on the lift cover are used for mounting it to the base of the upright bracket support. (The two side holes are used for a different product.)

   a. Position the lift cover as shown in Diagram 13.

   b. Insert the 3/4-inch screw into the mounting hole closest to the ramp and finger tighten.

   c. Insert the 1/2-inch screw closest to the upright support.

   d. Tighten both screws with a phillips head screwdriver. Do not overtighten or you may crack the plastic lift cover.

Diagram 14 *Install the side covers.*

Ramp cutout

Side cover

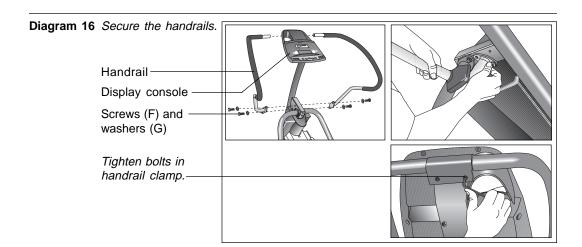3/4-inch buttonhead screw (E)

23. **Install the side covers.** Diagram 14. Proceed with one side at a time.

   a. Grasp one side cover and rotate it so that it slips inside the ramp cutout. Have your assistant hold it in place.

   b. Remove the four 3/4-inch buttonhead screws (E) and 5/32-inch hex key (B) from the Hardware kit.

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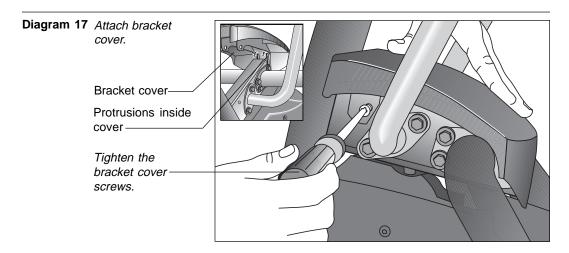**CAUTION: Do not overtighten the screws or you may inadvertently cause stress cracks in the plastic.**

c. Insert the four screws (E) and alternately tighten using the hex key (B).

d. Perform steps a. through c. on the opposite side using the four 3/4-inch screws removed from the base tube in step 21.

Diagram 15 *Insert the handrails into the handrail clamp.*

Handrail clamp

Handrail

Upright support bracket

Gap between handrail ends inside clamp should be about 1/4-inch.
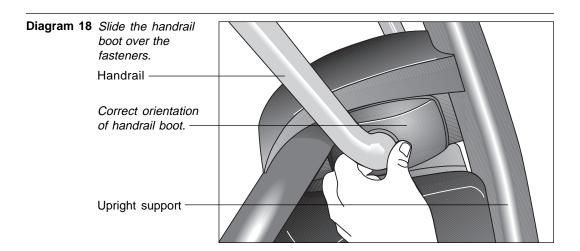
24. **Insert the left and right handrails into the upper clamp.** Diagram 15. Attach one handrail at a time. Using one hand, apply pressure on the portion of the handrail being inserted into the clamp while, with the other hand, lift and lower the base of the handrail. This rotating motion helps move the handrail into the upper clamp. Repeat this step for the opposite handrail.

25. **Check the gap in the upper clamp.** Diagram 15, inset. Look underneath the handrail clamp to see that a minimum 1/4-inch gap exists between the two ends of the handrails. The gap should be not greater than 1/2-inch. Adjust the handrails accordingly.

Diagram 16 *Secure the handrails.*

Handrail

Display console

Screws (F) and washers (G)

Tighten bolts in handrail clamp.

26. **Secure the handrails.** Diagram 16. Align the handrail base mounts with the handrail bracket. Insert two bolts (F) and washers (G) and finger tighten. Repeat this step for the opposite handrail.
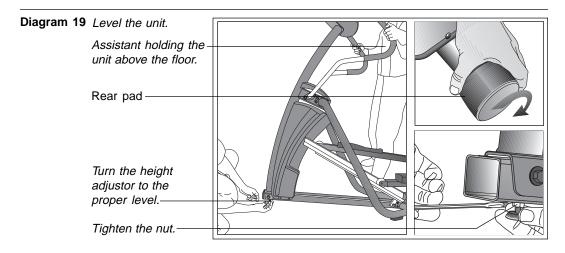
 a. Check the gap in the handrail clamp. Refer to Diagram 15, inset.

 b. While maintaining the gap between 1/4-inch and 1/2-inch, tighten the bolts in the handrail clamp using the hex key provided.

 c. Return to the bolts (F) in the base of the handrails and tighten each securely using a 9/16-inch socket extension and wrench.

Diagram 17 *Attach bracket cover.*

Bracket cover

Protrusions inside cover

Tighten the bracket cover screws.

27. **Attach the bracket cover by taking the following steps.** Diagram 17. Note that protrusions inside the front of the bracket cover help secure the cover to the upright support. See inset in Diagram 17.

 a. Position the bracket cover so that the protrusions inside the cover "latch" onto the front of the upright support bracket.

 b. Lower the bracket cover and align the mounting holes.

 c. Reinsert the two screws, removed in step 21 and tighten securely. ***Do not overtighten or you may inadvertently crack the plastic mounts.***

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Diagram 18 *Slide the handrail boot over the fasteners.*

Handrail

Correct orientation of handrail boot.

Upright support

28. **Slide the boot over the lower handrail mounts.** The boot is asymmetrical. Position it so that the longer side faces the upright support. See Diagram 18.

Diagram 19 *Level the unit.*

Assistant holding the unit above the floor.

Rear pad

Turn the height adjustor to the proper level.
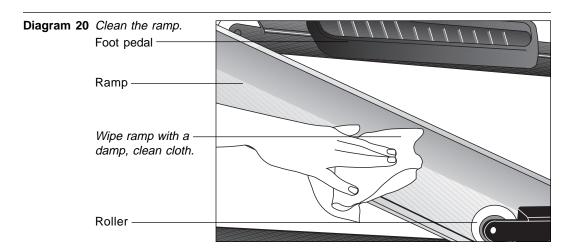
Tighten the nut.

29. **Level the unit.** Diagram 19. After removing the supportive block from under the front base tube, check to make sure that the unit does not wobble from side to side or front to back.

    Important: If the unit is placed on a slightly, uneven surface, adjusting the rear pads can help, but will not compensate for extremely uneven surfaces.
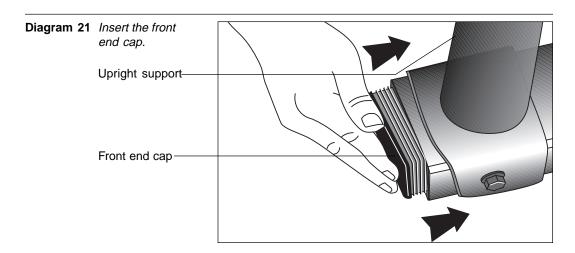
    a. To remove side to side movement or wobble, rotate the rear pads.

    b. To counteract any rocking (front to back) motion, ask your assistant to grasp the upright support so that he or she can raise the front of the unit off the floor. Use a crescent or combination wrench to loosen the nut.

    • Turn the height adjustor clockwise to raise the height of the front end.

    • Turn the height adjustor counterclockwise to lower the height.

    Once you have the proper height adjustment, use the wrench to turn the nut counterclockwise and tighten it securely against the base tube.

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Diagram 20 *Clean the ramp.*

Foot pedal ——————————

Ramp ——————————

Wipe ramp with a ——————————
damp, clean cloth.

Roller ——————————

30. **Clean the ramp.** Diagram 20. Wipe the ramp and foot pedals with a soft cloth dampened in a diluted solution of Simple Green®.
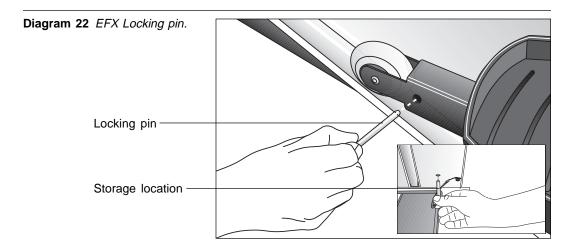
    CAUTION: If you purchased the POLAR® chest strap option, be sure to test the heart rate display (refer to page 24) prior to inserting the front end cap.

Diagram 21 *Insert the front end cap.*

Upright support ——————————

Front end cap ——————————

31. Insert the front end cap. Diagram 21. Remove the front end cap from the Hardware kit and take the following steps.

    Important: Check that the heart rate feature is working properly, before inserting the front end cap. Refer to instructions on page 24, *Testing the Heart Rate Display*.

    a. Insert the front end cap into the base tube as shown in Diagram 21.

    b. Make sure that the cable does not get pinched by the end cap. If necessary, use a rubber mallet to secure the end cap.

Diagram 22 *EFX Locking pin.*

Locking pin

Storage location

REMOVING THE LOCKING PIN

CAUTION: Do not allow children on the EFX. Be aware that injuries can occur from the roller arm. Always use the locking pin to secure the roller arm when the EFX is not in use.

The locking pin secures the roller arm and keeps it from traveling up or down the ramp. Pull firmly on the pin to slide it out of the ramp. A lanyard is attached to the locking pin and ramp. Refer to Diagram 22.

Store the locking pin underneath the ramp once it is removed from the roller arm. See inset in Diagram 22.
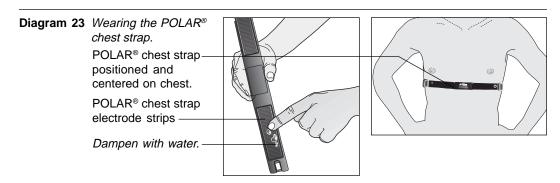
SUPPLYING POWER TO THE EFX524

The EFX does not require an electrical power connection. It has an internal battery that is recharged every time a user works out for a reasonable period of time. A pedaling speed above 40 strides per minute must be maintained for several seconds before the Precor banner appears on the display. Once the banner appears, the user can press **Quick Start** or **Enter** to begin working out. For more information, refer to page 36, *Exercising on the EFX*.

TESTING THE HEART RATE DISPLAY

If you have purchased the optional POLAR® chest strap, verify that the heart rate display is operational before customers begin using the machine.

Note: To conduct electrical impulses from a user's heart, the electrode strips on the chest strap must be in contact with the user's skin. Usually, the concentration of salts in a person's perspiration provides enough conductivity to transmit a signal to the receiver in the display console. However some people, because of body chemistry or erratic heart beats cannot use the heart rate feature on the EFX.

Diagram 23 *Wearing the POLAR® chest strap.*

POLAR® chest strap positioned and centered on chest.

POLAR® chest strap electrode strips

Dampen with water.

1. Wet the electrode strips on the POLAR® chest strap and wrap it around your chest as shown in Diagram 23. Adjust the strap so that it maintains a snug fit.

2. Hold onto the stationary handrail and step onto the foot pedals.

3. Begin pedaling and maintain a stride rate above 40 strides per minute. The Precor banner will appear on the display.

4. Wait five to ten seconds. A number indicating your heart rate (beats per minute) should appear in the display. Three dashes appear (— — —) if a heart beat is detected, but interference is occurring. Try readjusting the chest strap.

5. If the heart rate display appears, the cables are properly connected and the heart rate feature can be a viable part of a user's workout.

6. If the heart rate display does not appear, press **Reset** to return to the Precor banner and then, ask someone else to try steps 2 through 4. If no heart rate number appears, reconnect the cables at the front of the base tube. Follow steps 1 through 4, again.

If a heart rate cannot be detected, refer to *Obtaining Service* on page 5.
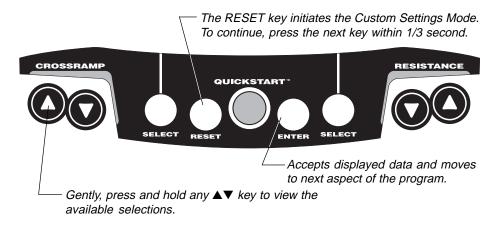
Custom Settings Mode

These next few pages provide information that lets you customize the EFX. It is not information that your customer needs to see. This section covers the following information about how to:

- determine which unit of measure appears on the display
- set maximum workout and pause times
- display the odometer and other useful information
- connect to CSAFE compatible devices

Note: If your customers are interested in the learning more about the EFX, you may wish to direct them to the manual available on Precor's web site (**www.precor.com**). (The manual that appears on the web site does not contain the information found in this section.)

Diagram 24 *Display console keys used for Custom Settings Mode.*

The RESET key initiates the Custom Settings Mode. To continue, press the next key within 1/3 second.

Accepts displayed data and moves to next aspect of the program.

Gently, press and hold any ▲▼ key to view the available selections.

CHANGING THE CUSTOM SETTINGS

The "custom" settings are accessed through specific codes that help eliminate unauthorized access. Refer to Diagram 24 to locate the keys. Information that you can access and features that can be customized are as follows:

- **Units of Measure** — Select between U.S. Standard and Metric displays.
- **Maximum Workout Time** — Sets a maximum limit on workout time. Note that an additional five minute cool-down period is appended to a completed course, so adjust the maximum time limit accordingly.
- **Maximum Pause Time** — Sets the maximum duration for which a person can "pause" his or her workout. Note that Pause time limits are only effective when the EFX is powered by the optional battery recharger.
- **Odometer, Hours of Use, Software Version,** and **Error Log** —The EFX stores the cumulative strides, the number of hours that the unit has been in use, the software version and software type (which is valuable when calling customer service), and an error log (useful when troubleshooting).

To access the Custom Settings Mode, the following must occur:

❑ **Electrical power must be supplied.**
The foot pedal speed must be maintained at 40 strides per minute. Or, the optional battery recharger must be plugged into the EFX and connected to an appropriate power source.

Note: The optional battery recharger connection is highly recommended, if you plan to customize the EFX.

❑ **Check that the Precor banner appears on the display and, if necessary, maintain the minimum stride rate**.

❑ **Press the appropriate key sequences within the allocated time**.

To select the units of measure and set the maximum workout and pause times, press the following:

Reset, Quick Start, Enter, Quick Start, Incline ▲, Quick Start, Enter, Quick Start

Important: To access Custom Settings Mode, press **Reset** while the Precor banner is displayed. Within 1/3 second, begin pressing the key sequences. If the system does not detect a key press (within 1/3 second after **Reset)**, it returns to the banner. Once you begin entering a key sequence, each key must be pressed within four seconds of the other or the Precor banner reappears and you have to begin again.

The functions of the display console keys while in Custom Settings Mode are described in the box below.

Display key functions within the Custom Settings Mode			
▼▲	lets you scroll through the various selections that appear.	**Reset**	exits Custom Settings Mode and displays the Precor banner.
Enter	saves the information being displayed and moves to the next aspect of the program.	**Select**	displays the name of the data field that you are viewing. Or, toggles between the available selections.

Note: The ▼▲ keys can be gently pressed and held to view several selections. The longer the key is held down, the faster the numbers scroll past.

DETERMINING THE UNITS OF MEASURE

Two different units of measure can be selected, *Metric* or *U.S. standard*. Make your selection using the ▼▲ keys. Press **Enter** once the correct unit is displayed.

Note: Anytime you wish to exit the Custom Settings Mode, press the **Reset** key. Any previous display attributes that you selected by pressing **Enter** are saved and recorded in memory. If no key press is detected within two minutes (when the optional battery recharger is attached), the system resets and the Precor banner reappears.

SETTING A WORKOUT TIME LIMIT

You can limit how long a user works out by setting a duration between 1 and 240 minutes. You can also choose NO LIMIT which allows the user to select a course and work out indefinitely.

Note: The **Quick Start** program is automatically set at the custom settings limit.

Use the ▼▲ keys to select a workout time limit. For example, if you set the workout time limit to 20 minutes, the EFX allows users to specify a workout between 1 and 20 minutes. Users would not be allowed to specify a time longer than 20 minutes. Take into account that the user will get an additional five minute, cool-down period appended to his or her workout, so adjust the time limit accordingly.

SETTING A PAUSE TIME LIMIT

Use the ▼▲ keys to set a **Pause** time limit between 1 and 120 seconds (two minutes).

Important: Changes to the Pause time become effective only when the power source for the EFX is the optional battery recharger. If no battery recharger is connected and the stride rate drops below 40 strides per minute, the EFX moves into its thirty second shut down mode. Refer to page 33.

VIEWING THE ODOMETER, HOURS OF USE, SOFTWARE VERSION AND ERROR LOG

The display console keys that you need to press to view the odometer, the number of hours the EFX has been in use, the software version and any error codes, are as follows:

Reset, Enter, **Quick Start**

Important: Remember to begin at the Precor banner. After pressing **Reset**, the next key in the sequence must be pressed within 1/3 second.

The numbers 6, 5 appear on the display as you press the associated key.

The field name **Odometer** appears briefly and then the odometer value (the cumulative strides users have travelled) appears. When the **Select** key is pressed the word STRIDES appears on the display indicating that the odometer value equals the total strides logged by the EFX. When the key is released, the odometer value reappears.

Press **Enter** and the number of hours that the unit has been in use appears. The EFX notes the passing of minutes, but the numeric value that appears is truncated to the nearest full hour. When the **Select** key is pressed the word HOURS appears on the display. When the key is released, the numeric value reappears.

Press **Enter** again and the unit's three digit **SW Version** (upper board software version number) appears on the display.

Press a **Select** key to view the lower board's version number. The **Select** key toggles between the upper and lower board's version numbers.

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Press **Enter** once again and the **Error Log** appears. The EFX stores the last ten errors that have been detected. Press any ▼ or ▲ key to view the error codes.

Note: If the EFX has no errors stored in memory, a "– – –" appears on the display.

To **view** the odometer reading at the time the error was detected and the hours of use at the time the error occurred, press the **Select** key while the error code is being displayed. The **Select** key acts as a toggle between the associated information.

To **clear** (delete) the error log, press **Quick Start** for at least four seconds while viewing the list. Prompts appear on the display and confirm (OK) that the error messages have been deleted ("cleared") from memory.

Important: You cannot retrieve the error log once you have deleted it.

USING CSAFE STANDARD EQUIPMENT

The EFX is fully compatible with CSAFE protocols. Once the unit is connected to a CSAFE master device and the user maintains a stride rate above 40 strides per minute, he or she is prompted to enter an identification number (user ID).

Note: If the optional battery recharger is plugged into the EFX and connected to an appropriate power source, then no pedaling is necessary for user ID entry.

Five zeros appear on the display. The left zero indicates that it is awaiting input. The following table provides information about the keypad functions:

User ID Entry:	Program Keys
▼ or ▲	moves the blinking LED from field to field.
Enter	submits the displayed user ID. Note that if the five zeros are being displayed when the user presses **Enter**, the user ID entry is bypassed and the **Course** prompt appears.
Reset	resets the display to the Precor banner.

A message indicates when the user ID is accepted by the CSAFE master device. Then, the course prompt is displayed. See *Quick Steps to Working Out* on page 39.

Note: If the user's stride rate drops below 40 strides per minute while using the CSAFE device connection, a prompt PEDAL FASTER appears. If the stride rate remains below the 40 strides per minute threshold for the next twenty seconds, the CSAFE connection is terminated. The word RESETTING appears on the display while the EFX disconnects from the CSAFE device.

To review information about CSAFE specifications, visit the web site at:

www.fitlinxx.com/csafe

Note: The EFX supports the CSAFE master device per the specifications found at the web site. However, exceptions do exist. If you have questions or need technical support, refer to *Obtaining Service* on page 5.
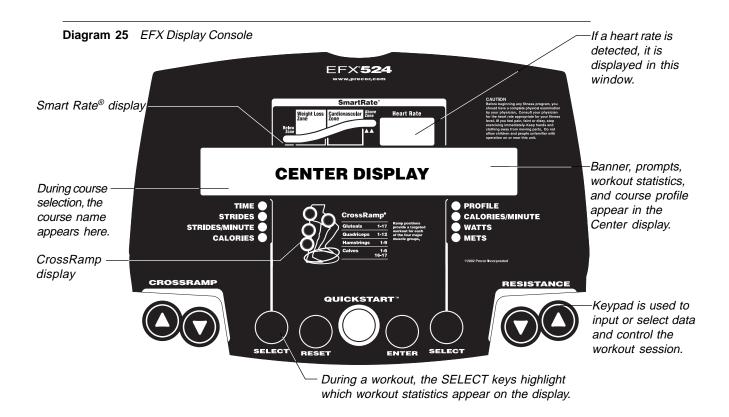
The EFX®524 Display

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

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

FEATURES ON THE DISPLAY CONSOLE

As a user exercises, the display console provides motivation by presenting constant feedback about his or her progress. A brief explanation of each feature on the display console appears in Diagram 25. Look on the following pages for a more thorough explanation.

Diagram 25   *EFX Display Console*

Smart Rate® display

During course selection, the course name appears here.

CrossRamp display

If a heart rate is detected, it is displayed in this window.

Banner, prompts, workout statistics, and course profile appear in the Center display.

Keypad is used to input or select data and control the workout session.

During a workout, the SELECT keys highlight which workout statistics appear on the display.

Note: If an error message should appear, call a Precor qualified service technician or service center. Refer to *Obtaining Service*, on page 5.

USER SETUP PROMPTS

Precor banner: The Precor banner and course profiles appear in the center display. Always start a workout at the Precor banner.

Important: Because the EFX is self-powered, the Precor banner does not appear until the user maintains a stride rate above 40 strides per minute. Note that there is an exception to this rule. If power is being supplied through the optional battery recharger, then pedaling is not required prior to entering a course. Refer to page 5, *EFX® Self-powered Features*.

Setup prompts appear in the center display prior to your workout. You address each prompt using the keypad keys.

Keypad use during Setup Prompts	Description
▼ or ▲	Scrolls through the selections. The longer the key is held down, the faster the selections scroll past.
Select	Acts the same as the **Enter** key.
Reset	Exits the Setup Mode and returns the display to the Precor banner.
Quick Start	Bypasses any remaining Setup prompts and accesses the course selection. Refer to *Using Quick Start During the Setup Prompts* on the opposite page.
Enter	Submits the displayed selection and moves onto the next Setup prompt.

COURSE prompt: The EFX provides 5 course selections. The first course selection to appear on the display is MANL (Manual course). Use any ▼▲ key to change the selection. Press **Enter** to accept the displayed name. Have the user refer to the display label on the console to determine which abbreviations represent the different course selections. For a description of the courses, refer to page 42.

Important: If you press **Quick Start** while a course selection is displayed, the course begins. Refer to *Using QUICK START during the Setup Prompts*.

Note: If no key press is detected for ten seconds, the display prompts the user on what to do next. If no key press is detected for two minutes or the RESET key is pressed, the display returns to the banner.

Workout Time prompt: A default value of 30 minutes (or the custom settings limit, whichever is less) appears. Use any ▼▲ key to change the workout time. For MANL, XTR, and INTV courses, the workout time may be set as low as one minute or as high as the custom settings limit. Press **Enter** or **Quick Start** to accept the displayed value.

Weight prompt: A default weight (WGT: 150 lb. or 68 kg.) appears. Use any ▼▲ key to change the weight between 1 or 999 pounds. An accurate weight entry provides for a more accurate calorie count and proper use of the Weight Loss course. Press **Enter** to accept the displayed value.

Age prompt: At the AGE: 0 prompt, use any ▼▲ key to display the user's age (from 1 to 99). Press **Enter** to accept the displayed value. Note that Smart Rate® does not appear unless an age value above zero is entered.

USING QUICK START DURING THE SETUP PROMPTS

The **Quick Start** key can be pressed any time during the Setup prompts. Default values apply after that point. Refer to QUICK START on page 35.

Press QUICK START at the...	The following occurs:
Precor banner	The user bypasses the Setup prompts and begins working out in the Manual course.
Course prompt	The displayed course is accessed. **Note**: Since a default workout time is accessed, no progress message such as, "10% complete" will appear on the display. The exception to this rule is the Weight Loss Course.
Time prompt	The time that appears on the display becomes the workout time limit. It may be set to any value from 1 to the custom settings limit. If NO LIMIT is selected in the *Custom Settings Mode* (see page 25), a user can select INFINITE once he or she passes 240 minutes by pressing the ▲ key.
Weight prompt	The weight that appears on the display becomes the designated weight that the EFX uses to compute statistics. Acceptable entries are between 1 and 999.
Age prompt	The age that appears on the display becomes the designated age that the EFX uses to compute statistics. A correct age entry between 1 and 99 is very important if the user's plan to utilize the heart rate features of the EFX. The **Quick Start** key acts the same as the **Enter** key at this point because the user has answered all the Setup prompts.

SMART RATE® DISPLAY

Smart Rate®: A user must enter an age, during the course Setup prompts and wear a POLAR® chest strap, while in a course program, before the blinking segment in the bar graph can show the zone that his or her heart rate is in. Refer to page 37, *Utilizing the Smart Rate® Feature*.

Important: During a course, the stride rate must be above 40 strides per minute and a user's heart rate must be above 40 beats per minute before the Smart Rate® segment begins to blink.

HEART RATE: The heart rate display lets a user monitor his or her heart rate. When a heart beat is detected, the number appears in the small upper right display (refer to Diagram 25). If the user does not wear a POLAR® chest strap, a heart rate will not be detected and no pulse rate appears. Refer to *The Heart Rate Feature* on page 36.

CENTER DISPLAY

The items that appear in the display during a workout are described below.

Workout Statistics: Eight items, that relate to the workout, can appear on the display once a user begins a course. After entering a course, the workout time and the course profile appear for several seconds. Indicator lights appear so that the user knows what information is being displayed. The **Select** keys can be used to change what workout statistics appear on the display. Refer to page 35, for more information.

TIME: During a workout, the time (0:00) display appears when a user begins a course. Workout time appears in minutes and seconds. However, should a user exceed 60 minutes (during a single workout), the workout time display converts to hours and minutes.

STRIDES: Shows the total number of strides completed. The number will always be even since two strides create one complete revolution of the flywheel. A stride is an exaggerated walking movement. On the EFX, if a user starts in a position with one foot forward and one foot back, a stride is completed when he or she moves the rear foot all the way forward while the forward foot moves to the rear.

STRIDES PER MINUTE: Displays the number of strides completed in one minute (i.e., the user's current pedaling speed).

CALORIES: Provides the cumulative number of calories being burned. The calorie calculation is dependent on the weight that is entered during the setup prompts. An accurate weight selection results in a more accurate calorie count.

Course Profile: During a workout, the course profile appears in the right portion of the display and corresponds to the program that the user selected. As the user proceeds through his or her workout, the course position is indicated by a blinking column.

The height of the column in the course profile represents the ramp incline settings. Each row represents three levels of incline. When the lowest row of LED's is lit, the user has selected a incline level between 1 and 3, the next row represents levels 4 through 6, and so on.

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

WATTS: Indicates the amount of energy the EFX is currently generating.

METS: Displays the metabolic equivalents of the user's current energy expenditure level. A MET's level of 1 represents the body at rest. Note that when a user stops pedaling, the MET's value drops to zero because the displayed information no longer corresponds to the user's MET's level.

Incline and **Resistance** levels: Indicates (1 through 20) the degree of incline that the ramp is set at or the effort associated with the foot pedal resistance. The ramp incline or resistance level displays only appear when a user presses the appropriate **Incline ▲▼** or **Resistance ▼▲** keys. Refer to pages 34 and 35.

CROSSRAMP DISPLAY

During a workout, the four circles that appear on the display console, relate to the ramp incline and the associated muscle groups that are affected on the user. When a user begins a course, a light appears in the appropriate circle(s). As the user changes the ramp incline, different muscle groups can be affected and are so indicated by one or more lit circles.

INFORMATIONAL DISPLAYS PRIOR TO SHUTDOWN

The EFX saves its battery charge by moving into a shutdown mode. Whenever PEDAL FASTER appears on the display, the heart rate, Smart Rate® and course indicators turn off. If the user does not maintain a stride rate of 40 strides per minute, then a thirty second shut down process begins.

Shortly after the thirty second shut down process begins and the PEDAL FASTER prompt does not induce anyone to increase the pedaling speed, the display appears blank and all key presses are ignored, except **Reset**. After several seconds, dots appear on the display indicating that the EFX is shutting down. If no pedaling is detected, the EFX eventually turns off.

Low Battery

If the battery voltage is low or needs recharging, the words WARNING - LOW BATTERY appear after the PRECOR banner. The EFX continues to function even with a low battery, but user and course information is lost once the user stops pedaling. Note that the Pause feature does not work.
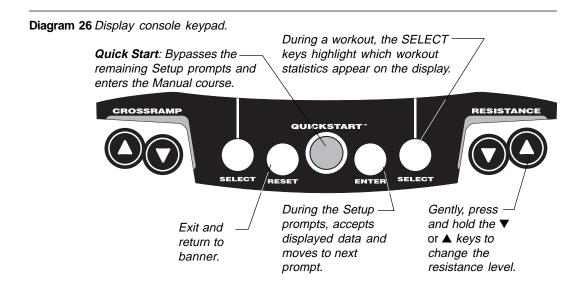
When the battery voltage is low, changes to the ramp's incline are ignored. When a user attempts to change the ramp incline, NO RAMP - LOW BATTERY appears on the display. The course profile and calories calculations are not affected by the low battery and continue to show the programmed changes as if the changes to the ramp incline actually occurred.

Note: A sustained workout at the current ramp incline will help recharge the battery. Or, plug in the optional battery recharger. Refer to the *Maintenance* section.

KEYS ON THE DISPLAY CONSOLE

The Precor products have an easy-to-use keypad that is activated by the slightest touch. Remind users that they only need to lightly tap the keys.

Each key on the display console's keypad provides specific functions. The ▼▲ keys let the user enter data in answer to the display prompts and change the ramp's incline or pedal resistance during a workout.

Diagram 26 *Display console keypad.*

During a workout, the SELECT keys highlight which workout statistics appear on the display.

Quick Start*: Bypasses the remaining Setup prompts and enters the Manual course.*

CROSSRAMP   QUICKSTART™   RESISTANCE

SELECT   RESET   ENTER   SELECT

Exit and return to banner.

During the Setup prompts, accepts displayed data and moves to next prompt.

Gently, press and hold the ▼ or ▲ keys to change the resistance level.

The following information explains the different uses of the keys from left to right. To locate each key, look at the display console or refer to Diagram 26.

CROSSRAMP™ ▲▼: During a workout, the **CrossRamp ▲▼** keys let you increase or decease the ramp's position from 1 to 20. Position #1 provides the most elongated, elliptical movement. Increasing the ramp position, changes the vertical angle of the ellipse which causes an upward movement in your stride path and works different muscle groups in your lower body. As you press the ▲ or ▼ key, the number that appears in the display indicates the ramp setting.

Note: Any time during a course, you can briefly touch a **CrossRamp ▲** or ▼ key to display the ramp incline setting. A light, quick touch will not affect the setting. You can opt to change the incline, if you hold the key down for more than two seconds or tap it a second time.

The height of the course profile reflects the incline levels. Each row that is lit represents three levels of incline. When the first row is lit, it means that the ramp incline is set between 1 and 3. If the first two rows are lit, the selected incline level is between 4 and 6, and so on.

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SELECT keys: While the Precor banner is displayed, the SELECT keys act the same as the **Enter** key. During a course, the **Select** keys change what items appear on the display. Refer to page 38, *Changing the Display Features Using the SELECT Key*.

RESET: While answering the Setup prompts or during a workout, a user can cancel the course program, clear the display, and return to the banner by pressing **Reset**.

QUICK START: Quick Start lets the user bypass the Setup prompts and start a workout immediately using the Manual course. ***Default values apply.***

QUICK START	Default Values
Prompts	**Default Value**
COURSE	Manual
XX MIN	Custom settings limit. Refer to page 25. Note that the Weight Loss course is fixed at 28 minutes and the Gluteal course is set at 30 minutes.
WEIGHT	150 lbs. (68 kg.)
AGE	0 : A valid Age must be entered to utilize the **Smart Rate**® display. If **Quick Start** is pressed *after* the age prompt appears, then the **Smart Rate**® display will appear when the user wears the POLAR® chest strap. If no age entry occurs, the **Smart Rate**® display lights up, but no blinking sensor appears.

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

RESISTANCE ▼▲: During a workout, the **Resistance ▼▲** keys let the user decrease or increase the force applied against his or her stride. The display can show a range from 1 to 20. Setting #1 provides the least resistance. A user can review the EFX's resistance any time during a workout, by lightly touching either **Resistance ▼** or ▲ key. He or she can opt to change the resistance, by holding the key down for more than two seconds or tap it a second time.

When a user changes the resistance by pressing the **Resistance ▼** or ▲ key, the number that appears on the display shows the *target* resistance (not necessarily, the present resistance being applied) because the display can change much faster.
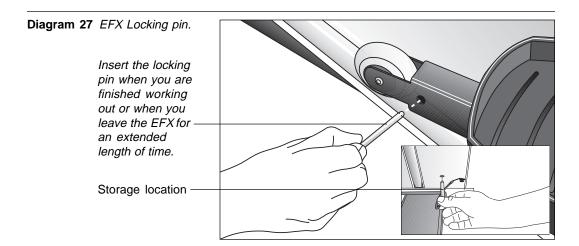
Exercising on the EFX®

The EFX is designed so that a user can work out with minimal instruction. The directions on the console and the prompts on the display help guide the user through an entire workout session.

This section provides workout tips and information about:

- safety features
- using the handrails
- cooling down after a workout
- using the heart rate features
- quick steps to working out
- pause and exit features

CAUTION: Before beginning any fitness program, make sure that all users receive a complete physical examination from their physician.

Diagram 27 *EFX Locking pin.*

Insert the locking pin when you are finished working out or when you leave the EFX for an extended length of time.

Storage location

REMOVING THE LOCKING PIN

The locking pin secures the roller arm and keeps it from traveling up or down the ramp. Pull firmly on the pin to slide it out of the ramp. A lanyard is attached to the locking pin and ramp.

Store the locking pin underneath the ramp once it is removed from the roller arm. See inset in Diagram 27.

Note: The following text is written in second person so that you, as owner or manager, can copy the sections (excluding *Maintenance*) for your customers.

THE HEART RATE FEATURE

If a user wishes to view his or her heart rate on the display, tell them to wear the POLAR® chest strap while working out. A heart rate signal is transmitted to the receiver installed in the display console. During a workout, the heart rate indicator lights, begins blinking and then, displays the heart rate. This lets the user see what his or her heart rate is doing even when the display is presenting other workout statistics. For more information, refer to page 24, *Testing the Heart Rate Display*.

COMMERCIAL PRODUCTS DIVISION

UTILIZING THE SMART RATE® FEATURE

Add the benefit of Smart Rate® to every course on the EFX. Using Smart Rate® as a visual cue helps the user adjust his or her exercise routine to suit specific needs. Smart Rate® simplifies the correlation between heart rate and exercise. A user doesn't have to stop concentrating on the workout to find his or her pulse. It appears on the display along with the Smart Rate® zone. Once a user begins a course, a blinking segment in the bar graph appears on the right of the display (if you entered your age during the Setup prompts). The blinking segment indicates the zone that a user's heart rate is in: **Weight Loss** or **Cardiovascular**.

Important: Access to Smart Rate® is only available when the person exercising wears a POLAR® chest strap. (The POLAR® chest strap is a separate purchase option.) The Smart Rate® indicator lights do not appear when **Quick Start** is used to select a course.

Weight Loss Zone

For the ideal "weight loss" range, a user's heart rate should be between 55% and 70% of his or her maximum aerobic heart rate. It should never exceed 80% of the user's maximum aerobic heart rate or go above a user's training zone. Refer to Diagram 28 on page 43 for the appropriate training zone.

Cardiovascular Zone

When a user maintains a heart rate between 70% and 80% of his or her maximum aerobic heart rate, he or she is improving his or her overall cardiovascular/cardio-respiratory fitness level. Maintaining a heart rate in either zone (weight loss or cardiovascular) for 30 minutes or more on a regular basis (minimum three times a week) provides the greatest benefits.

WORKOUT TIPS

The steps to working out on the EFX are listed on the next page. A short description appears in the left margin with the more thorough explanation following on the right. Tips to consider during your workout are shown below:

- If the optional battery recharger is not connected, you need to maintain a stride rate above 40 strides per minute before keypad entries can occur. If you have questions, talk to the manager.
- Remove the locking pin. Refer to page 36.
- Answer the Setup prompts by pressing the ▼ or ▲ keys.
- Press **Enter** to select the information being displayed.
- The workout time prompt lets you choose between and 1 to 240 minutes. If the custom settings allow it, you can also select an indefinite workout time by pressing the ▲ key, until the word INFINITE appears on the display.
- During a workout, the **Select** keys determine which workout statistics appear on the display.

USING THE STATIONARY HANDRAIL

Always grasp the stationary handrail to help keep your balance when you step on to or off of the foot pedals, and when you reach out to use the display keys. During a workout, use the stationary handrail to rest or slow down your upper-body movement.

CHANGING THE DISPLAY FEATURES USING THE SELECT KEY

The **Select** keys let you choose which feature(s) appears on the display. When you enter a course, the workout time and course profile features are preselected for you and appear in the center display. As you work out, TIME indicates the amount of time you've spent in your work out or the time remaining depending on the course you selected. The blinking column in the course profile indicates progress along the course.

Each **Select** key affects four different display features. You can determine which features appear by turning the indicator lights, next to the item, on or off. If the indicator light is off, the item will not appear in the display.

The left SELECT key, causes the indicator light to appear next to:

TIME ●
STRIDES ●
STRIDES PER MINUTE ●
CALORIES ●

The right SELECT key, highlights:

● COURSE PROFILE
● CALORIES PER MINUTE
● WATTS
● METS

page 38

QUICK STEPS TO WORKING OUT

Important: If BATTERY LOW appears on the display anytime during a workout, contact the staff personnel. Pay attention to the words, PEDAL FASTER. The EFX is warning you that you need to pedal faster to avoid disconnecting the battery, which is the power source for the EFX display.

1 ▶ **Use the Heart Rate features**.

1. For your **Heart Rate** to appear on the display, you need to wear a POLAR® chest strap.

   CAUTION: Hold onto the stationary handrail while you step into the foot pedals and whenever you reach out to press the keypad.

2 ▶ **Step into the foot pedals and select a course.**

Important: When you begin moving the foot pedals, continue to hold onto a handrail with one hand while you answer the Setup prompts with the other.

2. Begin pedaling and follow the display prompts. Make a COURSE selection and enter your workout time, weight and age.

   Note: To answer the Setup prompts, use the ▼▲ keys. Press **Enter** to select the information being displayed. See *Workout Tips* on page 37. The five available courses appear on the label attached to the display console. Brief course descriptions are also provided beginning on page 42.

   To pause during your workout session, stop pedaling for a few seconds. Be aware that if the optional battery recharger is not attached, you have only thirty seconds before the EFX shuts off. See *Pause, Cool Down and Exit Features*.

3 ▶ **Continue your workout until course completion.**

3. When you have completed a course that has a limited duration, a five minute, cool-down period automatically begins. Hold onto the handrail while the EFX reduces the resistance by 20 percent. Note that you can always exit a course prematurely using the **Reset** key.

   Note: Not all courses supply the cool-down period. See *Cooling Down After Your Workout* on the next page.

4 ▶ **End your workout and review your workout statistics.**

Important: Continue pedaling while reviewing your workout statistics.

4. After you complete the five minute, cool-down period (or exit a course prematurely using **Reset**), the **Workout Summary** banner appears. If you wore a POLAR® chest strap during your workout, a heart rate analysis follows the banner and displays:
   • the average heart rate during your workout
   • the maximum heart rate during your workout
   • the duration that your heart rate was in the Weight Loss or Cardiovascular zones.

   Workout statistics except TIME, STRIDES and CALORIES reset to zero. (TIME shows the accumulated workout time including warm-up and cool-down periods.)

5 ▶ **Stop pedaling and hold on to a handrail while you step off the EFX.**

5. When you are finished reviewing your workout statistics, stop pedaling. Hold on to the stationary handrails while you carefully step down from the EFX.

COMMERCIAL PRODUCTS DIVISION

COOLING DOWN AFTER A WORKOUT

Cooling down is an important aspect of your workout because it helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. It also helps provide a smooth transition that allows your heart rate to return to its normal (non-exercising) state. The EFX automatically initiates a five minute, cool-down period once you complete a course that has a specified time duration. A prompt appears, indicating that you are in cool down.

During your cool down, the workout statistics continue to appear. When you complete the five minute cool down, a **Workout Summary** appears. See the information below.

Important: To activate a cool-down period, a course must "end." The course ends when the workout time (entered during the Setup prompts) expires. If you chose INFINITE, no cool-down period is appended to the course.

PAUSE, COOL DOWN AND EXIT FEATURES

Pausing, cooling down, and exiting are integral parts of your workout and can be accessed any time during a course. The EFX goes through several prerequisites before actually exiting a course. The following tables explain the various situations. Since the EFX is self-powered, foot pedal movement must be continuous to avoid shut down. For more information, refer to page 33.

Note: If the optional battery recharger is supplying power to the EFX, the factory setting for Pause mode is two minutes (120 seconds). The business owner or manager has the option to change the setting. A duration can be set between 1 and 120 seconds and limits how long a user can pause his or her workout. Refer to *Custom Settings Mode* on page 25.

In a course,	This is what happens...,
you complete it	Enter Cool Down. At the start of the cool-down period, the resistance is reduced by 20 percent. You can adjust the setting using the **Resistance ▼▲** keys. The display features remain, so you can press the **Select** keys to view your workout statistics. **Note**: A cool-down period is appended to those courses that have a finite duration. If you do not enter a workout time during the Setup prompts, or you select INFINITE, then a cool-down period does not occur when you reach the end of a course.
you press Reset	Enter the **Workout Summary** mode. You can scan through the workout statistics by pressing the **Select** keys. Note that the TIME display shows the accumulated workout time including warm-up and cool down periods.
no pedaling or slow pedaling is detected	Enter Pause mode. PEDAL FASTER appears on the display and workout time stops accruing. For more information, refer to page 33.

In Pause mode, you	This is what happens...,
resume pedaling	Returns to the course and the workout statistics continue from where you left off.
press Reset	Displays the **Workout Summary** banner.
exceed time limit	The EFX exits Pause mode, resets the displays, and turns off.

In Cool down mode,	This is what happens...,
no pedaling or slow pedaling is detected	Enter Cool down, Pause mode. Workout time stops accruing and PEDAL FASTER appears on the display. If you enter Pause mode, it is of limited duration. Check with staff personnel or refer to *Custom Settings Mode* on page 25 and *Informational Displays Prior to Shutdown* on page 33.
you press Reset	Displays the **Workout Summary** banner. See **Reset** on the previous page.
it ends.	Displays the **Workout Summary** banner.

At the Workout Summary banner, you	This is what happens,...
press Reset	The workout statistics are reset to zero and the EFX shuts off.

INSERTING THE LOCKING PIN

To secure the EFX after your workout, take the following steps:

1. Locate the locking pin in its storage location under the ramp. Refer to Diagram 27 on page 36.

2. Remove the locking pin from its stored location and insert it into the roller arm. Position the locking pin so that you insert it from the outside edge of the ramp toward the inside edge.

3. Firmly slide the locking pin through the holes in the roller arm. Be sure that the locking pin is all the way through roller arm. Refer to Diagram 27 on page 36. Gently move the roller arm to make sure that it is secure.

Courses

The EFX lets the user choose between five variable courses. This section provides information about the special features and functions of the EFX courses and how to best utilize the:

- Manual course
- Gluteal course
- Interval course
- Cross Training course
- Weight Loss course

Note: To choose a course, begin pedaling. Once the Precor banner appears, press **Enter**. User-friendly prompts guide you through the course selections. Refer to *Quick Steps to Working Out* on page 39.

MANUAL MODE AND THE QUICK START™ KEY

Manual mode lets you set the ramp incline and pedal resistance levels. As with other courses, when you complete the time limit set for the course, the automatic cool-down period begins.

You can choose Manual mode in two different ways:
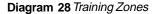
- pressing the **Quick Start** key at the Precor banner. **Quick Start** bypasses the remaining selections and starts the Manual course. Default values include a time limit of 30 minutes (or the custom settings, whichever is less), 150 lbs. (68 kg.) and an age of zero. The Smart Rate® display is inactive.

- pressing **Enter** at the Precor banner. This causes the EFX to display several Setup prompts. At the COURSE prompt, select **MANL**.
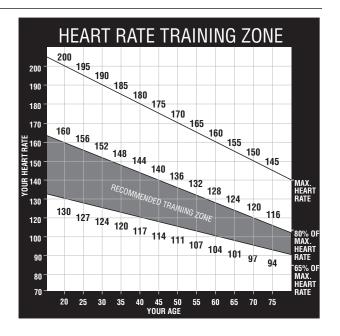
The Manual course profile initially appears as a flat line. Use the appropriate ▼▲ keys to adjust the ramp incline and resistance levels. (See pages 34 and 35 for more information.) As you proceed with your workout, a blinking column represents your position on the course.

GLUTEAL

For your convenience, the workout time and ramp incline in the Gluteal course is preset. Review the display label to ascertain the ascent and descent you'll be feeling throughout the course. Anytime during the workout, you can override the incline settings by pressing the **Incline** ▼▲ keys. The course profile columns change to reflect the change in incline.

The workout time for the Gluteal course is preset at thirty minutes so you are not prompted (during the Setup prompts) to enter a workout time. Each column in the course profile represents one minute. As with any course, you can change the pedal resistance anytime during a workout by pressing the **Resistance** ▼▲ keys.

Diagram 28 *Training Zones*

HEART RATE TRAINING ZONE

INTERVAL COURSE

The interval course on the EFX lets you select the rest and work intervals according to your training regimen. You set the incline and resistance levels for first rest and work interval and the software repeats the intervals throughout the course. At any point during the workout, you can change the settings of the current interval by simply pressing the appropriate ▼▲ keys. The software remembers the new settings and applies it to the appropriate rest or work interval.

Important: If you entered your age during the Setup prompts and are wearing the POLAR® chest strap, you can adjust the rest or work intervals to keep your heart rate in its recommended zone. For the weight loss zone, try to maintain your heart rate at the lower end (55% of maximum heart rate) while in the "rest" intervals and keep it at 70% of maximum heart rate while in the "work" intervals. See Diagram 28.

To use the interval course, take the following steps:

1. Follow the instructions on page 39, *Quick Steps to Working Out.*
2. At the COURSE prompt, use the ▼▲ key to select the **INTV** course.
3. Press **Enter**.
4. Select a workout time.
5. Press **Enter** to proceed to the next prompt. When you're finished answering the Setup prompts, the Interval course begins.

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

1. When the Rest interval prompt appears, press the appropriate ▼ or ▲ key to change the incline or resistance level. When the desired setting is displayed, simply continue working out — you do not need to press **Enter**.

    The EFX returns to the "rest" settings at the beginning of each rest interval until you readjust it or end your workout.

2. The same procedure applies to specifying the settings for the work interval.

Each time the EFX changes intervals, it informs you by displaying a message. When you complete the time limit set for the course, the automatic cool-down period begins.

CROSS TRAINING COURSE

The Cross Training course consists of alternating segments of forward and backward pedaling movements that focus on working the thigh and calf muscle groups. Ask staff personnel about the benefits of this type of workout.

The course profile is divided into one minute intervals. Prompts appear on the display indicating when you should change the pedaling direction. Similar to the Interval course, changes to the ramp incline or pedal resistance can be made at any time by pressing the appropriate ▼▲ key. Once you set the incline and resistance levels for a forward or backward pedaling interval, the software remembers the new settings and applies it to the appropriate forward or backward interval for the remainder of the course.

To use the Cross Training course, follow the steps found in *Quick Steps to Working Out* on page 39. When the COURSE prompt appears, choose XTR.

WEIGHT LOSS COURSE

The Precor Weight Loss course incorporates the latest findings on fat-burning and weight loss through exercise. It is based on research at the world-renowned Cooper Institute for Aerobics Research and it is designed to help you burn the most fat during a 28-minute workout, while minimizing the risk of discomfort and injury. The Weight Loss program is similar to the Interval course, but the intervals are set at four minutes. If you wear the POLAR® chest strap, try to keep the rest interval's target heart rate at 55% of (220 minus your age), while the work interval should be set to 70% of (220 minus your age). As in the Interval course, once you set the ramp incline and resistance levels for the first rest and work interval, the EFX automatically repeats the interval settings throughout the course.

To use the Weight Loss program, follow the steps found in *Quick Steps to Working Out* on page 39. When the COURSE prompt appears, choose the WTLS.

Note: When you complete the 28-minute time limit set for the course, the automatic cool-down period begins.

Maintenance

The self-powered EFX® will continue to run smoothly and efficiently as long as you maintain it. You are responsible for typical maintenance tasks such as, cleaning the unit to keep it free from dust and dirt accumulation. If you fail to maintain the EFX as described below, it could affect or void the Precor Limited Warranty.

CLEANING THE EQUIPMENT

DANGER — TO REDUCE THE RISK OF ELECTRICAL SHOCK, ALWAYS UNPLUG THE EFX FROM THE OPTIONAL BATTERY RECHARGER BEFORE CLEANING OR PERFORMING ANY MAINTENANCE TASKS.

Most of the working mechanisms are protected inside the casing. However, for efficient operation, the EFX relies on low friction. To keep the friction low, the EFX rollers, rails, and internal mechanisms must be as clean as possible.

❖ To clean all exposed surfaces on the EFX, it is recommended that you use a diluted solution of mild soap, such as Simple Green®. Clean the EFX everyday with a soft cloth, dampened (not dripping wet) in the solution.

❖ To clean the ramp and roller wheels, position one foot pedal at the top of the ramp (the other will automatically be positioned at the bottom). Clean the exposed surfaces of the ramp and roller wheels daily, or whenever the ramp becomes soiled. Switch the foot pedal position to finish cleaning the ramp. Gently, lift the roller wheel and rotate it while you wipe it. This helps removes any dust or dirt which might affect the smooth operation of the unit.

CAUTION: Do not use any acidic cleaners. Doing so will weaken the ramp coating and void the Precor limited warranty. Never pour water or spray liquids on any part of the EFX. Allow the EFX to dry completely before using.

❖ Periodically, clean the groves on the foot pedals using a soft nylon scrub brush. Vacuum the floor underneath the unit to prevent the accumulation of dust and dirt.

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

STORING THE POLAR® CHEST STRAP

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

SERVICING THE EFX AND LONG TERM STORAGE

Do not attempt to service the EFX yourself except for the maintenance tasks described in this manual. The unit does not contain any user-serviceable parts that require lubrication. For information refer to *Obtaining Service* on page 5.
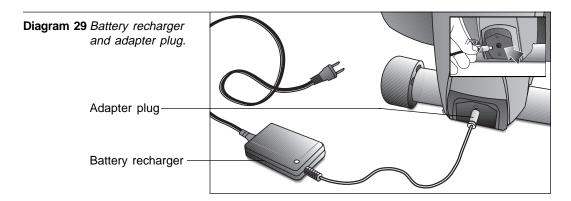
When the EFX is not in use, ensure that the battery recharger cord is unplugged from the wall outlet and is positioned so that it will not become damaged or interfere with other equipment or people. Ensure that is kept free from dirt, moisture, or damage.

SYMPTOMS OF A LOW BATTERY

If no one has used the EFX for an extended period of time, the battery may need recharging. Symptoms of a low battery include:

- a flickering or erratic display
- no workout statistics appear or accumulate
- changes to the ramp incline are ignored

Note: The optional battery recharger can be connected or a sustained workout may help recharge the battery. Refer to page 33, *Informational Displays Prior to Shutdown*.

Diagram 29 *Battery recharger and adapter plug.*

Adapter plug

Battery recharger

USING THE BATTERY RECHARGER AND ITS POWER CORD
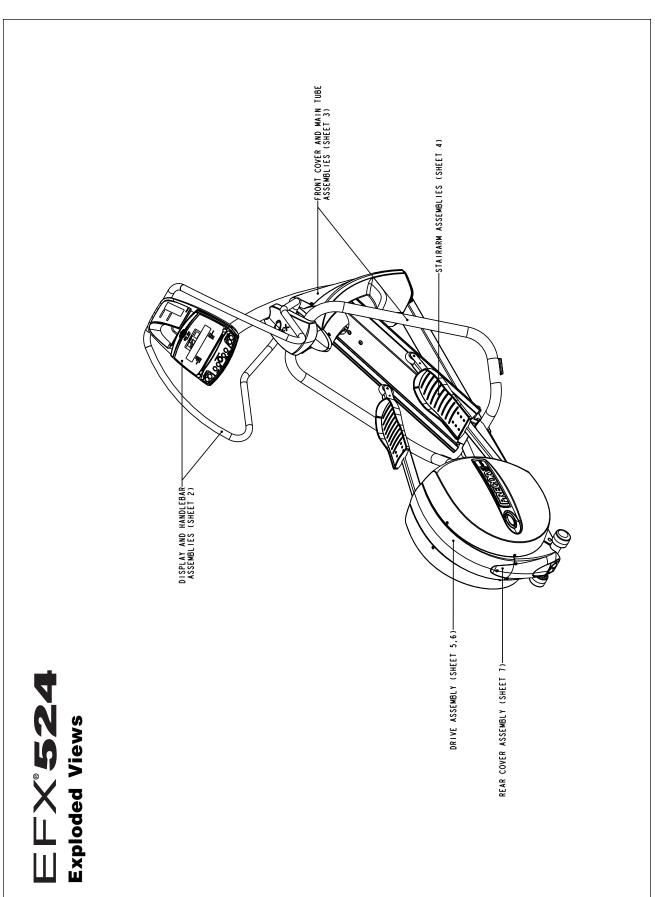
Diagram 29 shows the receptacle for the battery recharger. Plug the opposite end into the appropriate power source for your unit (110/120v or 220/240v). You can use the EFX while the battery recharger is plugged in. The display functions a bit differently when the battery recharger is used. It returns to the Precor banner instead of appearing blank when a user stops working out.

When the EFX524 battery recharger is in use, ensure that the power supply cord does not create a safety hazard by keeping it out of the way of traffic and moving parts. If the power supply cord or power conversion module is damaged, it should be replaced.

REPLACING THE BATTERY

The EFX524 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* on page 5.

CAUTION: The battery stored inside the EFX contains hazardous materials and must be disposed of according to Hazardous Waste Regulations. Refer to page 3.

EFX®524

Exploded Views

FRONT COVER AND MAIN TUBE
ASSEMBLIES (SHEET 3)

STAIRARM ASSEMBLIES (SHEET 4)

DISPLAY AND HANDLEBAR
ASSEMBLIES (SHEET 2)

DRIVE ASSEMBLY (SHEET 5,6)
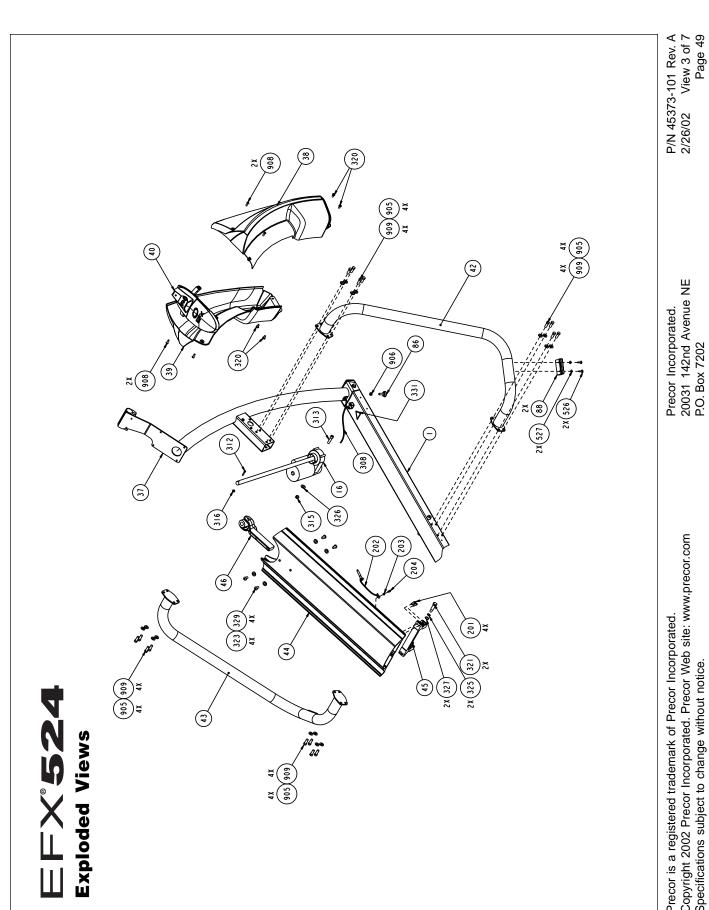
REAR COVER ASSEMBLY (SHEET 7)

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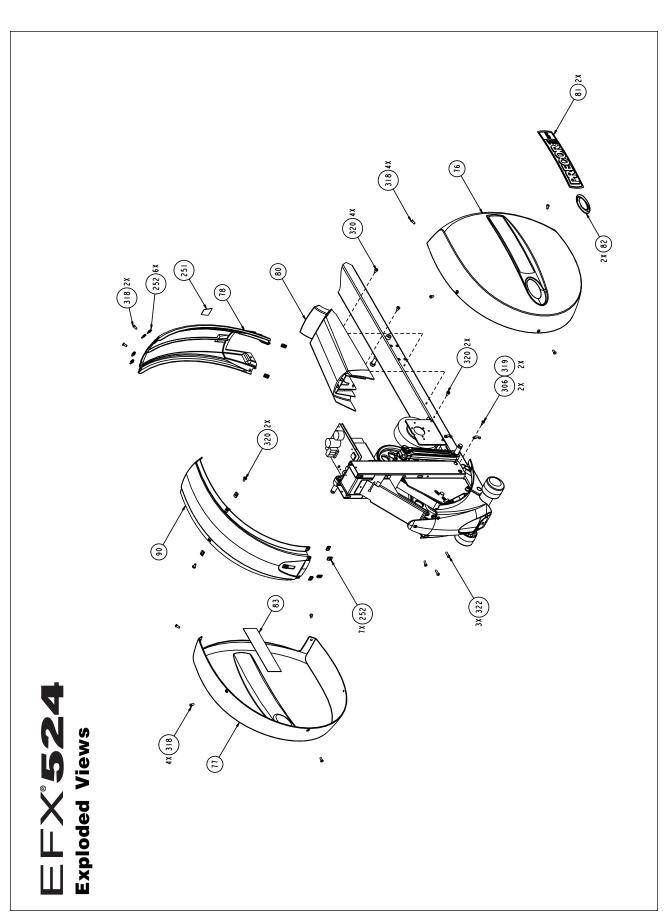Specifications subject to change without notice.

EFX®524

Exploded Views

EFX524®

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EFX®524

Exploded Views

49

277 2x

50

281

47

302

328

324

2x 279

280

278

89

276

328

2x 87

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EFX®524
Exploded Views

353 4X
354 4X
351
352
58
61
62
63
355 2x
2x 356
2x 357
64
58
352
351

EFX®524
Exploded Views

Notes:

Commercial Equipment Limited Warranty

Thank you for purchasing a PRECOR product. In order that we may continue to serve you in the future, please take a few minutes to complete and return this warranty registration.

The undersigned hereby acknowledges receipt of the Precor Limited Warranty and affirms that the date of purchase was_____ 20___; further, that the undersigned has read and understands the conditions and terms of the Precor Limited Warranty in its entirety. For your protection, complete the Precor Limited Warranty registration card within 10 days from date of purchase and mail it to Precor. In the event of a safety modification or for other reasons Precor might deem necessary, we will contact you directly.

Name of Facility

Contact Person ☐ Mr. ☐ Ms.

Phone Number

Address

City   State   Zip Code

Purchased From

City   State   Zip Code

Serial #   Serial number is located on shipping box and on the product.

Purchaser's Signature _____

Please detach and return this portion.

Commercial Equipment Limited Warranty

Precor Incorporated warrants that all new Precor products are free of manufacturing defects in workmanship and materials. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. This warranty becomes effective at the invoice date of the original purchase.

C-Series Products (excluding StretchTrainer, Strength Equipment — formerly Pacific Fitness and C942 Treadmill) Labor is covered for a period of one year, parts are covered for a period of two years plus a five year frame weld warranty covering parts-only repair or replacement. Precor provides an additional one year parts-only limited warranty for the treadmill drive motor.

All Other Commercial Products including options (excluding StretchTrainer, Strength Equipment — formerly Pacific Fitness)
Labor (except options and parts) is covered for a period of one year, plus a five year frame weld warranty covering parts-only repair or replacement. **Labor coverage for options is 90 days.** Precor provides an additional one year parts-only limited warranty for the treadmill running bed, running belt, and drive motor: eddy current magnets and disk.

StretchTrainer
Labor is covered for a period of 90 days and parts are covered for a period of one year plus a five year frame weld warranty covering parts-only repair or replacement.

Strength Products (Formerly Pacific Fitness) manufactured after August 1, 1999
This is a parts-only warranty. Bearings, Guide rods, Cams, Pulleys will be warranted for three years. Belts, Cables, Hand grips, and Miscellaneous parts will be warranted for a period of one year. Frame and Frame Welds will be warranted for a period of five years. Upholstery: Foam molded pads and Naugahyde upholstery are warranted for 90 days. (S3.21 [Del Mar], Newport, and Ventura WILL NOT be warranted for commercial application.)

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

PRECOR'S SOLE LIABILITY IS LIMITED TO REPAIR OR REPLACEMENT OF PARTS ACCORDING TO THE TERMS AND CONDITIONS OF THESE LIMITED WARRANTIES, AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE ARE LIMITED TO THE DURATION OF THE ABOVE WRITTEN WARRANTIES. IN NO EVENT WILL PRECOR OR THE SELLING DEALER BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES SUCH AS INCONVENIENCE, COMMERCIAL LOSS, LOST PROFITS OR DAMAGE TO OTHER PROPERTY. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Conditions
This warranty is valid only in accordance with the conditions set forth below.
1. Warranty applies to the Precor product only while A) it remains in the possession of the original purchaser and proof of purchase is demonstrated, B) it has not been subjected to accident, misuse, abuse, improper service, or non-Precor modification and C) claims are made within the warranty period.
2. Products warranted for commercial use: C-series products except C942.
3. Products warranted for light commercial use only (defined as use in non-fee paying clubs or facilities and less than 4 hours daily use. Unapproved use voids the warranty.
4. This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
5. Precor compensates Servicers for warranty trips within their normal service area to repair commercial equipment at the customer's location. You may be charged a trip charge outside the service area.
6. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item.

This Limited Warranty shall not apply to:
1. Software (PROM) limitations or corrections.
2. Batteries or other consumables, or cosmetic items, grips, seats, labels, or wheels.
3. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
4. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
5. Pick-up, delivery, or freight charges involved with repairs.
6. Any labor costs incurred beyond the applicable labor warranty period.

Fill this portion out and keep for your records.

Purchased From

Phone Number

Product/model   Serial #

Effective 01 Dec. 2000
P/N 36286-106

PLACE
STAMP
HERE

PRECOR USA®

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

Warranty Registration Card

EFX®524 Commercial Crosstrainer featuring Heart Rate and Smart Rate® Systems

Product Specifications

Length: 79 inches (201 cm)

Width: 32 inches (81 cm) w/handrails

Height: 63 inches (160 cm)

Weight: 183 lbs. (82 kg)

Power: Self-powered

Battery recharger separate purchase option

Incline: 1 to 20 degrees

Resistance: Levels 1 through 20

Electronic Specifications

EFX524 Programs:

Manual Course

Hill Course

Interval Course

Cross Training Course

Weight Loss Course

EFX524 Display Readouts:

Time	Course profile
Strides	Calories per minute
Strides per minute	Watts
Calories	Mets
Heart Rate*	Smart Rate®*

* Requires that the POLAR® chest strap be worn by the user.

PRECOR USA®

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

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Fitlinxx is a registered trademark of Integrated Fitness Corporation
Simple Green is a registered trademark of Sunshine Makers, Inc.
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Precor web site: **www.precor.com**

EFX534 OM# 45372-101
Online EFX534 OM# 45372-401
Warranty Card# 36286-106
Exploded View# 45373-101 Rev. A
March 25, 2002

NOTICE:

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