

PRECOR[®]USA

EFX544
ELLIPTICAL FITNESS CROSSTRAINER

OWNER'S MANUAL

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

Before You Begin

Thank you for purchasing the Precor EFX544™. Built to the exacting standards of the health club environment, the EFX544 is intended for commercial use and can withstand the rigors of daily club use with little maintenance.

Before using the Precor EFX544, 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 EFX544 safely and successfully.

ABOUT THIS MANUAL

Inside this manual, you will find instructions for installing and using the EFX544. To maximize the use of the EFX544, 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.

OBTAINING SERVICE

Do not attempt to service the EFX544 yourself except for the maintenance tasks described in this manual. The EFX544 does not contain any user-serviceable parts.

For information about product operation or service, contact an authorized Precor Commercial Products Customer Service Representative at 1-800-4-PRECOR. To help the customer service representative expedite your call, have your serial number available. The serial number on the EFX544 is written on a label inside the rear cover. Stand to the left of the unit as you face the electronic console and move the left foot pedal into its lowest position. Bend down and look inside the rear cover. On the white frame support, you can see the serial number label.

Model number: _____

Unit number: _____ Serial number: _____

Unit number: _____ Serial number: _____

Unit number: _____ Serial number: _____

Unit number: **EFX544** Serial number: _____

Unit number: _____ Serial number: _____

Unit number: _____ Serial number: _____

Unit number: _____ Serial number: _____

If you have any questions regarding the EFX544, use the model and serial numbers whenever you call your Precor dealer or servicer.

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

- Read all instructions before using the EFX544. These instructions were written to ensure your safety and to protect the unit.
- To ensure the proper use and safety of the EFX544, make sure that all users read this manual. Please make this manual a part of your training program.

Before beginning any fitness program, you should have a complete physical examination by your 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 EFX544 from the electrical outlet immediately after using and before cleaning.

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

- The EFX544 should never be left unattended when plugged in. Unplug the unit from the outlet when it is not in use, and before putting on or taking off parts.
- Close supervision is necessary when the EFX544 is used by, on, or near children, invalids, or disabled persons.
- Use the EFX544 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.
- Never operate the unit if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped in water. Return the unit to a service center for examination and repair.
- Keep the power cord away from heated surfaces.
- Never drop or insert any object into any opening. Keep hands away from moving parts.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- To disconnect, turn all controls to the OFF (O) position, then remove the power plug from the outlet.

WARNING— Connect the EFX544 to a properly grounded outlet only. See *Grounding Instructions*.

SAVE THESE INSTRUCTIONS

Grounding Instructions

The EFX544 must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current which reduces the risk of electrical shock. The EFX544 is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

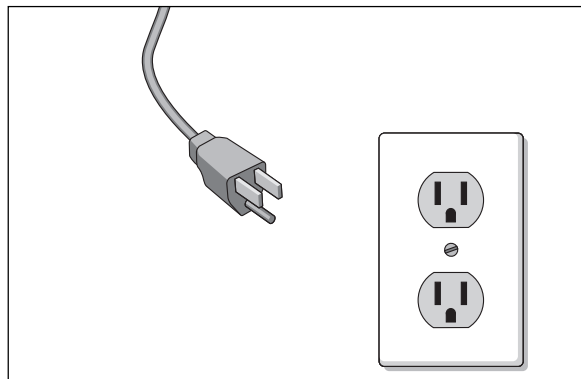
Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the unit is properly grounded. Do not modify the plug provided with the EFX—if it will not fit the outlet, have a proper outlet installed by a qualified technician.

120V UNITS DESIGNATED FOR U.S. MARKETS

The EFX544 is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug as illustrated. Make sure that the unit is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Diagram A

Proper grounding plug and power outlet for 120 volt.



240V UNITS DESIGNATED FOR U.S. MARKETS

The EFX544 is for use on a circuit having a nominal rating more than 120 volts and is factory-equipped with a specific power supply cord to permit connection to a proper electric circuit. Make sure that the EFX544 is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the EFX544 must be reconnected for use on a different type of electrical circuit, the reconnection should be made by qualified service personnel.

Information Regarding International Use

FCC Communications Commission, part 15

The EFX544 has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. The EFX544 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. However, there is no guarantee that interference will not occur in a particular installation. If the EFX544 does cause harmful interference to radio or television reception, which can be determined by turning the EFX544 OFF and ON, you are encouraged to try to correct the interference using one or more of the following measures:

- Reorient or relocate the receiving antenna for your TV, radio, VCR, etc.
- Increase the separation between the EFX544 and receiver (TV, radio, etc.).
- Connect the EFX544 into a different power outlet—on a circuit different from the one used by the receiver (TV, radio, etc.).
- Consult your dealer or an experienced radio/TV technician for help.

Canadian Department of Communications

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

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

European Applications

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

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

EN50082-1, Generic Immunity Standard for Residential, Commercial and Light Industrial Products.

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.

Personal Safety

When using the EFX544, take the following precautions:

- Completely assemble the EFX544 before using it. Check the unit before each use. Do not continue to operate the EFX544 when it is not working properly. Return the unit to a service center for examination and repair.
- Keep all electrical components, such as the power cable, and ON/OFF switch, away from water or other liquids to prevent shock. Do not set anything on the casing or electronic console. Never place liquids on any part of the EFX544.
- Assemble and operate the EFX544 on a solid, level surface. Locate the unit at least 4 feet from walls or furniture.
- Wear proper exercise clothing and shoes for your workout—no loose clothing. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any dirt. Tie long hair back.
- Keep all loose clothing and towels away from the EFX544. Keep hands away from moving parts.
- Use care when getting on or off the EFX544. Use the handrails whenever possible.
- Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injury.
- Do not rock the unit. Do not stand on the rear casing.
- Do not attempt to service the EFX544 yourself other than the assembly and maintenance instructions found in this manual. See *Obtaining Service* in the maintenance section of this manual.
- Do not overexert yourself or work to exhaustion.
- Stop your workout immediately if you feel any pain or abnormal symptoms, and consult your physician.

Precor Heart Rate Option—Safety Guidelines

The Precor Heart Rate Option was created and designed exclusively for Precor products. Before using this option, read and follow the instructions found in the owner's manual that accompanies your option kit or chest strap transmitter.

The equipment is extremely sensitive—you should use the heart rate option with this in mind and take time to read the following guidelines:

- Handle the Precor Heart Rate Option with care. Do not drop the equipment. It might damage the transmitter and you could void the manufacturer's limited warranty.
- Do not place the chest strap near strong electromagnetic radiation sources. Television sets, electric motors, radios, and high voltage power lines can interfere with the heart rate signal that is being transmitted to the receiver and might affect the heart rate readings that appear on the electronic console.
- Use only one chest strap at a time inside the range of the receiver. If the receiver tries to process several signals simultaneously, an incorrect heart rate reading could result. Be sure to keep any other transmitters at least 5 feet (1.5 meters) away from the receiver on your EFX544.
- Keep the equipment dry. Although the chest strap should not be immersed in water, wetting the electrodes and your chest will improve the initial performance. Note that perspiration on the chest strap during workouts is normal and actually enhances the signal being sent from the chest strap's transmitter.
- To conduct the electrical impulses from your heart, the chest strap's electrodes require a certain percentage of salts and minerals in the water used to wet them. The electrodes continue to transmit your heart rate reading as long as they are in contact with your skin and your skin is providing enough moisture through your perspiration to keep the electrodes wet. However, if the concentration of salts in your perspiration is not high enough to conduct electrical impulses and send them to the receiver, your heart rate reading will appear erratic or not appear at all. Some people cannot use the heart rate feature because they do not have the proper body chemistry. See *Correcting Inconsistent Heart Rate Readings* on page 21.
- Do not use the chest strap if you are taking any medication or have a cardiac pacemaker. Inaccurate heart rate readings can occur due to medication or electrical impulses from the cardiac pacemaker.
- Stretching or bending the electrode strips on the chest strap may cause the strips to lose their conductivity. Handle the chest strap with care.
- After extensive use, the chest strap (transmitter) may wear out, causing inaccurate heart rate readings. With every use, check the strap for excessive wear and replace it if necessary. See *Obtaining Service* on the inside front cover.

Precor exercise equipment is designed for your enjoyment. By following the above precautions and using good common sense, you will have many safe and pleasurable hours of healthful exercise with your Precor EFX544.

Table of Contents

Before You Begin	ii
About this Manual	ii
Obtaining Service	ii
Important Safety Instructions	iii
Grounding Instructions	iv
Information Regarding International Use	v
Personal Safety	vi
Precor Heart Rate Option—Safety Guidelines	vii
Setting Up the EFX544	1
Unpacking the EFX544	1
Installation Requirements	1
Assembly Instructions	3
Programmable Options on the EFX544	10
Turning the EFX544 ON and OFF	10
Understanding the Electronic Console	10
Graphic Display on the EFX544	12
Right Display on the EFX544	13
EFX544 Automatic Pause Feature	14
Ending A Workout	14
Understanding Smart Rate	14
Utilizing the Heart Rate Capability	15
Exercising on the EFX544	16
Using Manual Mode and the Quick Start Key	18
Maintaining the EFX544	20
Cleaning the EFX544	20
Accessing the Odometer	20
Converting Strides to Miles.....	20
Correcting Inconsistent Heart Rate Readings	21
Servicing the EFX544	21
Power Cord Maintenance	22
EFX544 Long Term Storage	22
Special Forms	23
Workout Statistics Log	23
Specifications	Back cover

Setting Up the EFX544

UNPACKING THE EFX544

Your EFX544 is carefully inspected before shipment so it should arrive in good operating condition. Precor ships the unit in the following pieces:

- base frame assembly
- upper column support
- front cover
- electronic console display
- reading rack
- handrails (left and right)
- hardware kit, power cable, Owner's Manual, and limited warranty card (The hardware kit is shown in Diagram 1.)

To remove the EFX544 from the wood pallet, be sure to ask for assistance from more than one adult.

CAUTION: This unit weighs over 300 pounds (135 kilograms). To avoid back strain and ensure the safety of the unit and yourself, we suggest that you get assistance before removing the unit from the pallet.

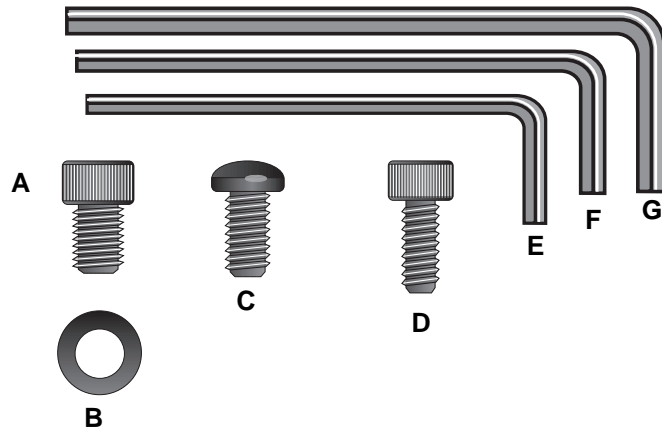
INSTALLATION REQUIREMENTS

Follow the installation requirements below when installing the EFX544. *If you do not install the EFX544 according to the following guidelines, you could void the Precor limited warranty.*

- **Set up the EFX544 on a solid, flat surface.** A flat surface is required for your safety and proper use of the EFX544.
- **Fill out and mail the limited warranty card.** The serial number is located on a label inside the rear cover. Stand to the left of the unit as you face the electronic console and move the left foot pedal into its lowest position. Bend down and look inside the rear cover. On the center tube, you can see the serial number label.
- **Use the appropriate voltage, dedicated circuit, and grounding as specified on the EFX544.** The EFX544 is available in a 120-volt and a 240-volt model. Refer to the EFX544's identification label to determine the voltage, power cord, and plug that your EFX544 requires. Make sure that the EFX544 is connected to a power outlet that has the same configuration as the plug.

CAUTION: Use the appropriate power cord and plug for your unit. Do not use a non-grounded outlet. Electrical damage can occur if the EFX544 is connected to an improper power source.

Diagram 1 *Hardware kit*



Carefully unpack the parts from the shipping container. Open the hardware kit and make sure that you have the following items:

- (A) four socket screws—upper column assembly
- (B) four washers—upper column assembly
- (C) twelve button head socket screws—front cover
- (D) two socket head bolts—console assembly
- (E) 5/32" hex key—front cover installation
- (F) 3/16" hex key—display console and reading rack
- (G) 1/4" hex key—display column
- four black plastic caps—(not shown in Diagram 1, install into the handrail clamps)
- power cord (not shown)

If any items are missing, contact your dealer. For the Precor authorized dealer or servicer nearest you, call 1-800-4-PRECOR.

ASSEMBLY INSTRUCTIONS

You do not need any special knowledge or experience to set up a EFX544, however you will need assistance. Because of its weight and size, ask for several assistants to help you assemble the EFX544.

To assist you in the assembly of the EFX544, the items in the hardware kit, shown in Diagram 1, correspond to a particular letter in the alphabet. These letters appear throughout the assembly instructions. Refer to Diagram 1, while performing the following steps:

1. Unpack the EFX544 by removing the packing materials and loose contents (electronic console, hardware kit, front cover, handrails, power cord, and ribbon cable) from around the base frame assembly.
2. Remove the staples along the base of the box where the cardboard is attached to the shipping pallet so that you can lift the box off of the pallet and over the base frame assembly. Ask for assistance to move the EFX544 off the shipping pallet. You will need to cut the tie wraps that hold the base frame, stair arms, and handrails to the pallet.

CAUTION: To avoid injury and ensure your safety, you need assistants to move the EFX544 off of the pallet. Do not drop the unit.

3. Make sure that the EFX544 is unplugged and turned OFF. Do not assemble the EFX544 if it is plugged into a power outlet.

CAUTION: The assembled unit will not fit through a standard doorway. Before installing the handrails, make sure that the EFX544 is located where you plan to use it.

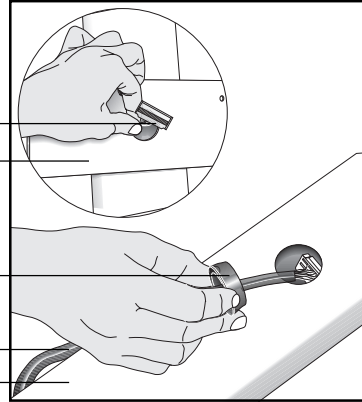
4. Take the following steps to secure the upper column support to the base frame assembly:
 - a. Locate the screws (A) and washers (B) in the hardware kit. Place a washer on each bolt and set them within easy reach.

Diagram 2 *Thread ribbon cable connector through upright support.*

Ribbon cable connector
Console mounting plate

Black grommet

Ribbon cable sheath
Upper column support

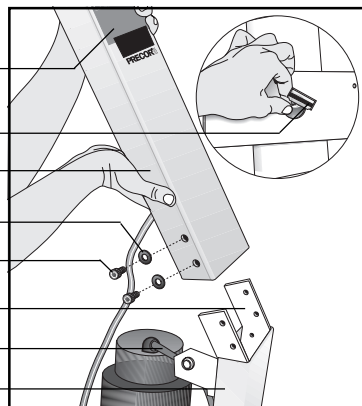


- b. Gently unwind the ribbon cable that is attached to the lower board. Ask for assistance to help route the ribbon cable through the upper column support. Insert the connector into the lower hole and pull it out through the upper hole. You can turn the upright support upside down to allow gravity to help you move the ribbon cable to the upper hole, but keep the upright support close to the lower board. See Diagram 2.

Note: It may be easier to push the connector into the lower hole by removing the black grommet. Be sure to replace the grommet because it helps protect the cable.

Diagram 3 *Install upper column support.*

Precor label
Hold connector in place while installing upright column support
Upper column support
Washer (B)
Screw (A)
Base support mounting bracket
Ribbon cable
Base support mount

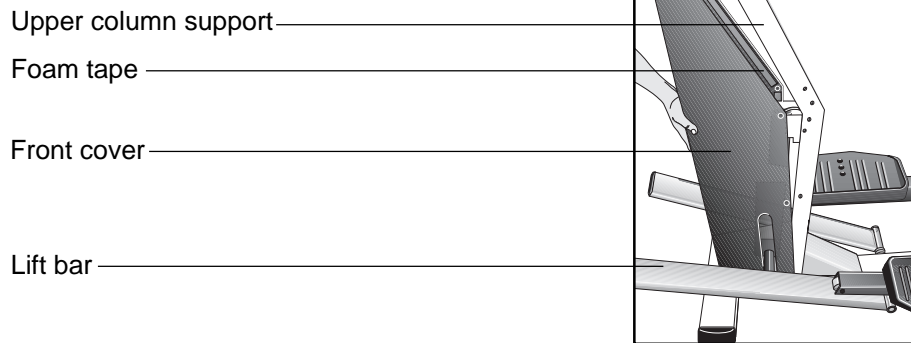


- c. Position the upper column support above the base support mount so that the Precor EFX label (on the upper column) faces the foot pedals. Slide the upper column support onto the base support mounting bracket. See Diagram 3.

CAUTION: Be sure not to crimp or pinch the ribbon cable as you place the upper column support into position. Cables pinched or otherwise damaged by improper installation will not be covered by the Precor limited warranty.

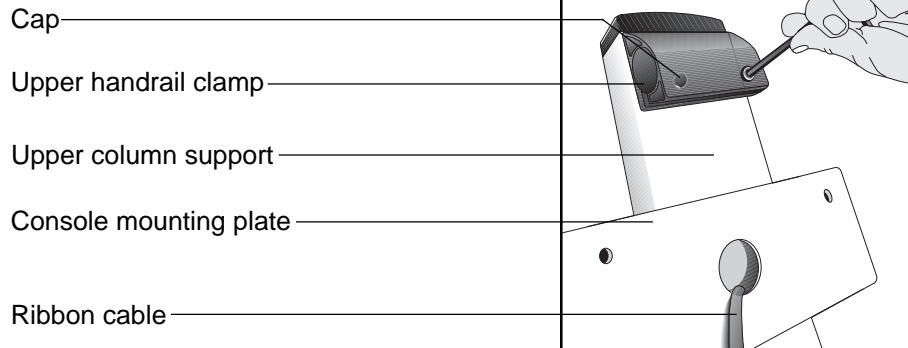
- d. Align the mounting holes and insert the four screws (A) and washers (B) through the upper column support and into the base support mounting bracket. Refer to Diagram 3. Finger-tighten each screw. Do not fully tighten the screws until the front cover is in place.

Diagram 4 *Attaching the front cover.*



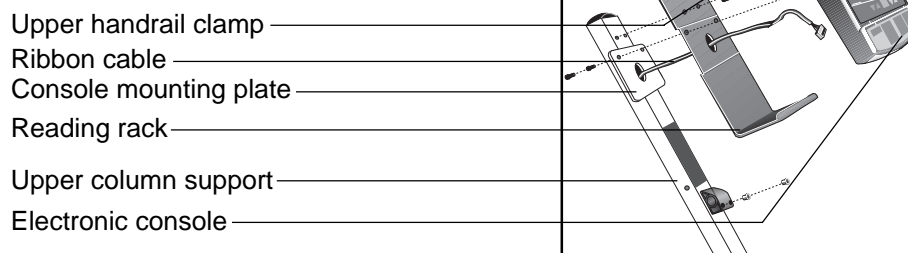
5. Take the following steps to attach the front cover.
 - a. Place the front cover onto the base so that it encloses the lift motor and aligns over the lift bars as shown in Diagram 4. Do not scrape off the foam tape that is adhered to the edges inside the front cover. It provides insulation between the upper column support and front cover.
 - b. Use the twelve button head screws (C) found in the hardware kit to secure the cover to the base assembly and upper column support. Lift the cover slightly and move it forward toward the column before inserting the screws. Finger-tighten the screws at this point. Do not use the hex key.
 - c. Return to the column screws (A) on the upper column support. Alternately tighten each screw using the supplied hex key until all four screws are secure and tight against the column. Do not over tighten.
 - d. Use the hex key (E) and alternately tighten the front cover screws.

Diagram 5 *Loosening the bolts in the handrail clamps.*



6. Remove the two bolts in the upper handrail clamp using the hex key provided and place the handrail clamp within easy reach. Loosen, but do not remove, the two bolts from the lower handrail clamp. See Diagram 5.

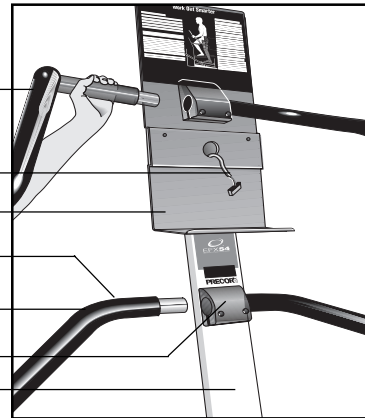
Diagram 6 *Installing the reading rack.*



7. Take the following steps to install the reading rack.
 - a. Position the reading rack over the upright support and electronic console mounting plate. Thread the ribbon cable through the opening in the reading rack. See Diagram 6.
 - b. Install the reading rack by aligning the two handrail clamp bolt holes on the upright support and the two bolt holes on the console's mounting plate with the four holes on the reading rack. Refer to Diagram 6.
 - c. Reposition the upper handrail clamp over the reading rack so that the clamp's bolt holes align with the holes on the reading rack.
 - d. Hold the reading rack in place while you tighten the two upper handrail clamp bolts using the 3/16" hex (F) key.

Diagram 7 *Installing the handrails.*

- Upper handrail
- Ribbon cable
- Reading rack
- Foam grip on handrail
- Lower handrail
- Lower clamp
- Upper column support



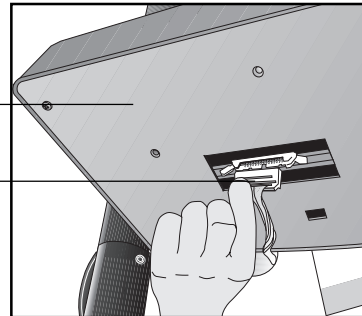
CAUTION: The assembled unit will not fit through a standard doorway. Before installing the handrails, make sure that the EFX544 is located where you plan to use it.

8. Insert the handrails one at a time. See Diagram 7 for the proper orientation. Align the upper and lower portion of the handrail with the clamps. Slide the handrail into the clamps until the black foam grip on the handrail touches the clamps. Perform the same step on the opposite handrail.
9. Securely tighten the bolts in the handrail clamp using the hex key (F) provided.
10. Cover the bolt holes on the handrail clamps with the four black plastic caps found in the hardware kit.
11. Remove the two bolts (D) from the hardware kit and carefully remove any packing materials from around the electronic console.

Diagram 8 *Attach the ribbon cable to the electronic console.*

Electronic console (back plate)

Ribbon cable connector



12. Attach the ribbon cable to electronic console as shown in Diagram 8.

Important: The connector is designed to engage in one direction only. Do not force the connection. Make sure that the flanges on the receptacle snap into place over the tabs on the connector.

Diagram 9 *Secure the electronic console.*

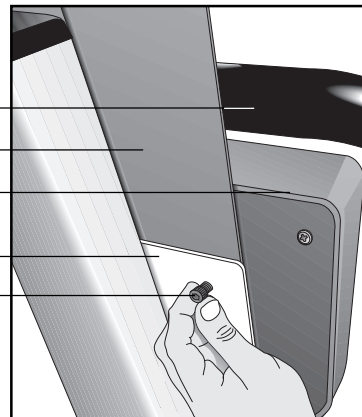
Upper handrail

Reading Rack

Electronic console

Electronic console mounting plate

Bolt



13. Position the electronic console over the mounting plate on the upper column support. Insert the bolts (D) and tighten securely using the hex key (E). See Diagram 9.

CAUTION: A fully-assembled EFX544 is very heavy. To avoid possible injury, Precor recommends that more than one person move the EFX544 to its final location.

14. If you need to move the EFX544, ask for assistance. The EFX544 weighs over 300 pounds (135 kilograms). A hand cart may also be useful to help move the unit.

CAUTION: Since the EFX544 has two different models (120v and 240v units), check the label near the unit's power outlet to determine the voltage requirements. Use an appropriate power cord. Do not remove or otherwise bypass the 3-prong plug with an adapter in order to use a non-grounded outlet. Do not plug the EFX544 into a power transformer in an attempt to adjust the voltage requirements. Failure to follow these instruction's might damage the unit and void Precor's limited warranty.

15. Insert the power plug's connector into the receptacle on the front of the base assembly.
16. Plug the EFX544 into a grounded outlet. Be sure to use the appropriate voltage requirements. Refer to *Installation Requirements* on page 1.

You have completed assembling the EFX544. To become familiar with using the EFX544, please continue on to the following section.

Programmable Options on the EFX544

The EFX544 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 EFX544 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:

- instructions for turning the EFX544 ON and OFF
- an overview of the features provided on the electronic console
- instructions for exercising on the EFX544
- an explanation about using Manual mode and the QUICK START key
- instructions for using the club customization program

TURNING THE EFX544 ON AND OFF

Use the ON/OFF (I/O) power switch to turn the EFX544 ON and OFF. This switch is located at the front of the unit, near the power cable.

Use the ON/OFF (I/O) power switch to turn OFF the EFX544. Unplug the unit from the outlet when it is not in use.

UNDERSTANDING THE ELECTRONIC CONSOLE

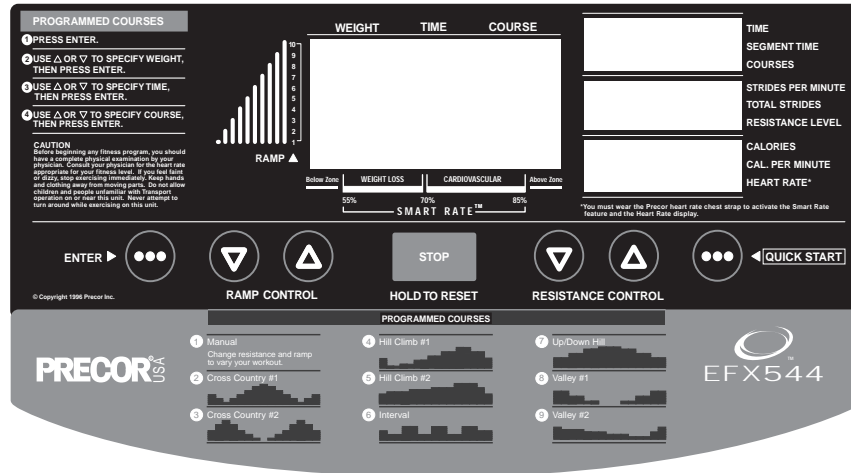
Once the EFX544 is set up, it is ready to use. There are no complex instructions to follow or mandatory programming steps required to operate the EFX544. Choose either the *QUICK START* feature which lets you immediately start the manual program, or press the ENTER key which causes the display to prompt you for more specific information. The easy-to-understand prompts let you specify how long you want to work out. Select one of the programs and then adapt the ramp and resistance to meet your fitness goals.

The EFX544 incorporates the latest in cardio-fitness by displaying your heart rate when you wear the Precor Heart Rate Option. This allows you to regulate your heart rate and maintain the best cardiorespiratory fitness level. To find out where you can purchase this option, call your local Precor Commercial Products Service Representative at 1-800-4-PRECOR.

As you exercise, the electronic console provides motivation and presents constant feedback about your progress. An explanation of each feature on the EFX544 console follows Diagram 10 on page 11.

The electronic console keypad provides ENTER, RAMP CONTROL, STOP (HOLD TO RESET), RESISTANCE CONTROL, QUICK START, and CHANGE keys which affect the function of the EFX544.

Diagram 10



ENTER: When you turn ON the EFX544, several prompts appear before you start your workout. Each prompt needs to be addressed and then “entered” into the EFX544’s memory by pressing the ENTER key.

RAMP CONTROL: The ▼ or ▲ keys change the “incline” of the ramp by moving the ramp down or up. This affects your stride path and the type of muscle exertion. As you change the ramp, the left display indicates the ramp setting (1 through 10). The lighted cells in the course profile move vertically up or down depending on the ramp’s position.

STOP: Press STOP to end your workout or stop any ramp movement. The “WEIGHT” prompt will appear. Refer to *Ending A Workout* for more information.

HOLD TO RESET: While you are answering the setup prompts, you can cancel the program, clear the display, and return to the initial start-up prompt, by pressing HOLD TO RESET. The initial start-up prompt, “PRECOR EFX544” scrolls across the display. You can then begin another exercise program. During a workout on the EFX544, pressing HOLD TO RESET exits the course or program, erases the workout statistics, and displays the start-up prompt.

RESISTANCE CONTROL: The ▼ or ▲ keys change the “resistance” by changing the force applied against your stride which decreases/increases your degree of effort. As you change the resistance, the right display indicates the resistance setting (1 through 10). Because of the EFX544’s unique design, two different options exist to increase your level of effort:

- Decreasing the resistance and increasing the strides per minute.
- Increasing the resistance and keeping the same strides per minute.

Note: Your work effort can also be affected by the RAMP CONTROL keys.

QUICK START: If you wish to use the manual program, you can bypass the setup prompts by pressing the QUICK START key. When you begin working out, the amount of time you have been on the EFX544, the strides per minute, and total caloric burn appear on the electronic console display. To display other features, press the CHANGE key.

Note: If you press QUICK START while the start-up prompt is scrolling across the display, the weight setting defaults to 150 pounds (70 kg) so all calorie calculations and their associated displays are based on a body weight of 150 pounds. The time selection defaults to the club limit set in memory. However, you can enter a weight or time setting, prior to pressing QUICK START.

CHANGE: Each time you press the CHANGE key, the indicator lights appear next to a set of features that are displayed. For example, if the TIME indicator is lit, you can “change” the display to show the TOTAL STRIDES that you have taken since you started your workout. The SEGMENT TIME and CALORIES PER MINUTE also appear.

GRAPHIC DISPLAY ON THE EFX544

The graphic display window on the EFX544 electronic console provides information about your workout session. The displays prompt you to enter specific information before a workout. Small lights next to the words indicate the type of information that is needed. During your workout, the left window displays the course profile and Smart Rate. As you proceed through your workout, your position is indicated by a blinking cell.

Error messages can also appear on the display. These messages explain problems that may arise while you are using the EFX544. Some problems you can solve while other problems require a qualified service technician. Refer to *Correcting Inconsistent Heart Rate Readings*. If you are unsure about an error message, please call a Precor authorized service center.

WEIGHT: Change the weight displayed by using any ▼ or ▲ key. Accept the weight being displayed by pressing ENTER. The indicator light moves onto the TIME prompt.

TIME: Change the time displayed by using any ▼ or ▲ key. The workout time can be limited—see *Club Customization Program*. If a club limit does exist, you can change the workout time up to the limit allowed. Accept the time being displayed by pressing ENTER. The indicator light moves onto the COURSE prompt.

AGE: An age prompt appears only if the optional Precor heart rate receiver is properly installed in the electronic console. Any ▼ and ▲ key enables you to decrease or increase the numerical display. Once the correct number appears, press ENTER. Make sure that you enter your correct age since it is used to determine your proper Smart Rate target zone.

COURSE: Indicate the course you want to use. A label on the lower portion of the electronic console shows which courses are available. Display the course number by using the ▼ or ▲ keys and then press ENTER.

SMART RATE:[™] When the Precor optional heart rate receiver has been properly installed and you wear the Precor Heart Rate Option's chest strap, a blinking segment in the bar graph appears at the bottom of the display. If you have entered your accurate age at the AGE prompt (completed during the setup prompts), the blinking segment shows you the zone that your heart rate is in: either Weight Loss or Cardiovascular. Refer to *Understanding Smart Rate*.

RIGHT DISPLAY ON THE EFX544

The right display windows provide numeric displays. You can choose to highlight a different set of features by pressing the CHANGE key.

TIME: Displays the time that has elapsed since beginning a specified program or workout. Use this display to pace yourself during a workout.

SEGMENT TIME: Indicates the time remaining in a column before the cell at the top of the next column begins blinking. During the setup prompts, you enter a workout time. When the course is displayed, each column corresponds to the "workout time divided by 15" because the display has 15 columns.

COURSES: When the display prompts you to select a course, the COURSES indicator lights and the display shows the number of the course. You can use any ▼ or ▲ key to change the course selection before pressing the ENTER key.

STRIDES PER MINUTE: Indicates the number of strides per minute. A stride can be compared to a walking movement. If you start in a position with one foot forward and one foot back, a stride is complete when you move the rear foot all the way forward while the forward foot moves to the rear.

TOTAL STRIDES: Displays the total number of strides completed. Refer to STRIDES PER MINUTE. Divide STRIDES PER MINUTE by 2 if you want to know your average SPM. Refer to *Converting Strides to Miles* on page 20, if you want an estimate of actual miles travelled.

RESISTANCE LEVEL: Indicates the level (1 through 10) of resistance to pedal movement.

CALORIES: Provides the cumulative number of calories burned during a workout. Note that the numbers that appear in the CALORIES and CALORIES PER MINUTE displays are weight-dependent. During the setup prompts, entering a weight close to your actual body weight will improve the accuracy of the numbers that appear in these displays. Pressing "QUICK START" only gives appropriate results if your weight is near 150 pounds.

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

HEART RATE: The heart rate display helps you monitor your heart rate and stay within your target zone. You must wear the Precor chest strap transmitter before your heart rate can appear on the display. If you are interested in the Precor Heart Rate Option, refer to *Obtaining Service* on the inside front cover.

EFX544 AUTOMATIC PAUSE FEATURE

The EFX544 has a two-minute, auto-pause feature which occurs:

- when you reach the time limit set for the course or set by the club.
- if no movement is detected on the foot pedals.

At the end of the two-minute pause, the “**WEIGHT**” prompt appears.

ENDING A WORKOUT

If you wish to end your workout, simply press the STOP key. The auto-pause feature explained above gives you time to review your workout statistics and resets the EFX544 for you.

A cool-down period exists on the EFX544 when you reach the end of a course program. The five-minute, cool-down period lets you vary the ramp and resistance settings while calorie count and total strides continue to accumulate on your workout statistics. After the five-minute cool down, the TOTAL TIME appears and the resistance returns to zero. A two-minute period allows you to reflect upon your workout statistics. To cause the WEIGHT prompt to appear, press HOLD TO RESET or let the two-minute period elapse.

Note: The five-minute, cool-down period on the EFX544 activates automatically when you reach the time limit set for the course program or the maximum time limit set by the club.

UNDERSTANDING SMART RATE

The EFX544 software incorporates the latest in cardiac monitoring to provide Smart Rate™—a visual aid that lets the user know where his or her heart rate is at a glance. When the optional receiver is installed and the Precor Heart Rate Option chest strap is worn, the graph on the display lights up with colored cells to indicate exercise intensity. A specific percent of the user’s heart rate appears as a blinking cell within that zone.

Important: The Smart Rate blinking indicator light and the heart rate display only appear when the Precor heart rate receiver is installed in the electronic display and the chest strap transmitter is used. The Smart Rate indicator lights do not appear when you use the Quick Start key. If the Smart Rate lights appear, but do not blink, it means that a receiver is installed, but the user is not wearing the chest strap transmitter or it is not working properly. To correct transmitter problems, refer to your *Precor Heart Rate Option Owner's Manual*. To obtain service, see the information on the inside front cover.

Smart Rate simplifies the correlation between heart rate and exercise. You don't have to stop concentrating on your workout to find your pulse anymore. If you enter your appropriate age during the setup prompts, Smart Rate performs all the calculations for you and displays a graphic image of where you are in your zone. Smart Rate uses your age and your maximum aerobic heart rate to calculate the zone. The blinking cell symbolizes the percent at which your heart rate is working and displays it in the cardiovascular or weight loss zone.

Using Smart Rate during a workout with *any* EFX544 program helps maximize the user's weight loss or cardiovascular fitness regimen. While a user works out in a particular course, you as trainer or club manager, could show him or her the Smart Rate display and change the resistance or ramp incline to position his or her heart rate in the desired Smart Rate zone.

When the user maintains his or her heart rate between 70% and 85% of their maximum aerobic heart rate, overall improvement occurs to his or her cardio-respiratory fitness level. If a person maintains his or her heart rate between 55% and 70% of their maximum aerobic heart rate, he or she is burning enough calories that, when continued on a regular basis for 30 minutes or more, provides the greatest fat-burning (weight loss) benefits.

UTILIZING THE HEART RATE CAPABILITY

A user can make each program on the EFX544 a heart rate interactive course by monitoring and maintaining his or her heart rate in the Smart Rate zone best suited for their specific needs.

Important: You can access the Smart Rate only if the optional heart rate receiver is installed in your unit. See *Obtaining Service* on the inside front cover. The Smart Rate indicator lights do not appear when you use the Quick Start key.

Before utilizing the heart rate capabilities (Smart Rate), take time to read the following guidelines.

- Consult with your physician before engaging in any vigorous exercise. Do not use Smart Rate until authorized by your physician.
- Slow down and stop the workout immediately if you experience any pain or abnormal symptoms.

- Gently stretch your lower body and back before and after the test to help prevent stiffness or soreness.
- Know your heart rate (pulse) and your physician-recommended heart rate training zone. Individual heart rates vary according to several physiological factors and may not correspond directly with the tables provided.
- You should not use the heart rate interactive capabilities (Smart Rate) if you are taking any medications that either speed up or slow down your heart rate.
- Keep in mind that you are working with very sensitive equipment and upper body movement should be kept to a minimum.
- After putting on the chest strap, turn the EFX544 ON, stand on the foot pedals, and face the electronic console for a minimum of 15 seconds. This allows the unit to acknowledge the presence of the transmitter.

While the EFX544 software monitors your heart rate, you have the capability to maintain it within the cardiovascular or weight loss zones by changing the resistance, the ramp incline, or the stride rate. Increasing or decreasing the strides per minutes (spm) affects your work effort and heart rate. Digitally, your heart rate can appear in the right window display. Use the CHANGE key to highlight the HEART RATE indicator.

Note: For the EFX544 software to detect a heart rate, the optional receiver must be installed in your unit and you must wear the optional Precor chest strap.

EXERCISING ON THE EFX544

This section explains how to exercise on the EFX544. The EFX544 comes with eight preprogrammed courses. These courses differ in the “terrain” you cover. The EFX544 also provides a “manual” work out where *you* govern the ramp and resistance levels.

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

To exercise on the EFX544, take the following steps:

1. If the EFX544 is OFF, turn it ON using the ON/OFF power switch. This switch is located near the power cable at the front of the unit. “**PRECOR EFX544**” scrolls across the electronic console display.
2. Plant your feet firmly into the right and left foot pedals. Make sure that your weight is evenly distributed.
3. Press ENTER to begin setting up the EFX544 for your workout session. If you plan on using the manual program, press QUICK START to bypass the setup prompts.

Important: If you choose the QUICK START feature, skip steps 4 through 7. Using the QUICK START feature causes the calories to be based on a 150 pound (70 kg) person. The amount of workout time available defaults to the club limit or 30 minutes.

4. At the “**WEIGHT**” prompt, specify your weight using the ▼ or ▲ key. The console displays weight in 5-pound (2 kilogram) increments. Press ENTER when your weight is displayed.

Entering your actual body weight allows the EFX544 to accurately calculate how many calories you burn during your workout.

5. At the “**TIME**” prompt, specify the duration of your workout using the ▼ or ▲ keys. Press ENTER when the correct time is displayed. The length of time allowed for a workout can be limited. See *Using the Club Customization Program*. When specifying a workout time, you can choose any time up to, but not longer than, this limit. For example, if the club’s time limit is set at 20 minutes, you can set a workout time from 10 to 20 minutes.
6. At the “**SPECIFY YOUR AGE**” prompt, select your age using the ▼ or ▲ key and then, press ENTER. Note that the age prompt only appears if the optional Precor heart rate receiver is installed in the electronic console.
7. At the “**COURSE**” prompt, choose the course number using the ▼ or ▲ key. When the desired course number is displayed, press ENTER. Refer to the label on the lower portion of the electronic console for a list of the program numbers and their associated course profiles.

Once you decide on a course, begin your workout by moving the foot pedals in a walking motion. The course appears in the left display and your workout statistics appear in the three windows on the right. To change the features being displayed, press the CHANGE key.

8. Continue your workout and maintain your exercise intensity by varying the resistance and ramp settings and stride rate. Use the Precor Heart Rate Option to maintain your heart rate in its target zone. Refer to *Understanding Smart Rate* for more information regarding the Smart Rate display. To pause during your workout, simply press STOP. A two-minute pause occurs before the EFX544 resets your workout statistics.

Note: On the EFX544, you can affect the degree of muscle exertion by pressing the RAMP and/or RESISTANCE ▼ or ▲ keys while you work out. Doing this affects the entire level of the course profile. In Manual mode, you affect the level of each cell in the profile, *not* the entire course.

9. When the selected time frame or exercise program ends, the EFX544 automatically begins a 5-minute, cool-down period. During the cool-down period, adjust the ramp and resistance settings to help return your heart rate to its non-exercising state. Refer to *Ending A Workout*. Press HOLD TO RESET to clear the displays and return to the “**WEIGHT**” prompt.

We recommend that you keep track of your workouts by writing them down. This way you can monitor your progress toward your fitness goals and also use the information as a reference in planning interesting and challenging workouts in the future. A form for recording your workout statistics is provided on page 23.

USING MANUAL MODE AND THE QUICK START KEY

Manual mode lets you control your ramp and resistance levels which affect the effort you put into your workout. If you change the levels during Manual mode, the change appears in each individual column of the course profile while you work out.

You can choose the Manual Mode in two different ways by:

- pressing the QUICK START key while the “**PRECOR EFX544**” prompt scrolls across the display. The QUICK START option bypasses the setup prompts. The weight setting defaults to 150 pounds (70 kg) so all calorie calculations and their associated displays are based on a body weight of 150pounds (70 kg). However, you can change the WEIGHT or TIME settings before you press the QUICK START key.
- pressing ENTER at the “**PRECOR EFX544**” prompt. This causes the EFX544 to display a number of setup prompts as explained in the previous section titled *Exercising on the EFX544*

When you choose the **MANUAL** program on the EFX544, the program’s course profile appears in the left display window and shows a flat, constant course (4 cells high). Use the RAMP and RESISTANCE CONTROL ▼ or ▲ keys to change the ramp incline and resistance (force applied against your stride). As you proceed through your workout on the EFX544, a blinking cell represents your position in the course.

Maintaining the EFX544

Because of its advanced design, the EFX544 requires little maintenance beyond periodic cleaning which is explained in this section. Keep in mind that, as owner of this machine, you are solely responsible for its maintenance.

CAUTION: Turn OFF and unplug the EFX544 from the power outlet before performing any maintenance tasks, such as cleaning.

CLEANING THE EFX544

On a daily basis, use mild soap and water on a damp, soft, clean cloth to clean the foot pedals, exposed incline rails, handrails, plastic roller wheels, and front and rear covers. This removes any dirt or dust which might affect the smooth operation of the EFX544.

CAUTION: Never pour water or spray liquids on the electronic console or any part of the EFX544. Take special care when cleaning the console to avoid scratching its surface. Allow the EFX544 to dry completely before using.

Clean the surface of the electronic console with a damp, clean, soft cloth. Dry the surface thoroughly with a clean towel.

Vacuum around the unit every week to prevent the accumulation of dust and dirt.

ACCESSING THE ODOMETER

To access the odometer reading, simultaneously press and release the RAMP ▲ and RESISTANCE ▲ keys. The odometer appears in the right display windows. A maximum of 12 numerical characters are available (or 1 trillion strides). Press ENTER to return to the "WEIGHT" prompt.

CONVERTING STRIDES TO MILES

To convert the number of strides into miles or kilometers, use one of the following formulas:

$$\begin{aligned} \# \text{ of strides} \div 2,241 &= \# \text{ of miles} \\ \# \text{ of strides} \div 1392.5 &= \# \text{ of kilometers} \end{aligned}$$

The formula is based on the fact that a stride represents 1/2 revolution. Pi multiplied by the radius (3.14 x 9") yields 28.3 inches (or 72 cm). Divide the yield into inches per mile (or centimeters per kilometer) and you come up with the constant used in the formula above.

CORRECTING INCONSISTENT HEART RATE READINGS

If you have purchased the Precor Heart Rate Option and the Precor optional heart rate receiver is installed in the electronic console, the EFX544 should be able to pick up your heart rate signal. However, if messages appear on the display regarding heart rate errors, stop your workout and take the following steps:

Important: Be sure that the heart rate being displayed correlates to your “normal” heart rate during exertion. Also, read the information found in the front section *Precor Heart Rate Option—Safety Guidelines*.

1. Check with the club manager to make sure that the EFX544 contains the heart rate receiver inside the electronic console display.
2. Make sure that the electrodes on the chest strap are moist and placed properly against your skin. Check to be sure that the strap is comfortably tight around your chest and centered in the middle of your chest. Refer to the section in your *Precor Heart Rate Option Owner's Manual* titled, *Wearing the Chest Strap Transmitter*.
3. Be sure that you are within 3 feet of the electronic console and facing toward it. Allow a few seconds for the receiver to display your heart rate on the electronic console's display.
4. Make sure that the EFX544 is turned ON.

Most often, when the chest strap fails to transmit a heart rate signal, the cause is incorrect placement or conduction of the chest strap electrodes. A spray is included with the Precor Heart Rate Option that, when sprayed onto the electrodes, can enhance the conductivity. For other problems, check with your local servicer, he or she should have a chest strap/heart rate simulator that can test your equipment to make sure that it is operating properly.

If you have taken the steps above and still get erratic readings, you may need to replace the chest strap transmitter or its battery. Refer to your *Precor Heart Rate Option Owner's Manual*. If you have difficulty correcting a problem, call your local servicer.

SERVICING THE EFX544

Do not attempt to service the EFX544 yourself except for the maintenance tasks described in this manual. The EFX544 does not contain any user-serviceable parts or parts that require lubrication. For information about product operation or service, contact an authorized Precor dealer or servicer at 1-800-4-PRECOR.

POWER CORD MAINTENANCE

When the EFX544 is in use, ensure that the power supply cord is away from moving parts so that it cannot be damaged.

If the EFX544 power supply cord is damaged, special tools are required to repair it. Contact an authorized Precor servicer or dealer at 1-800-4-PRECOR for qualified repair assistance and service.

ACHTUNG

Bei Beschädigung der Anschlußleitung dieses Gerätes darf diese nur durch eine vom Hersteller benannte Reparaturwerkstatt ersetzt werden, weil Spezialwerkzeug erforderlich ist.

EFX544 LONG TERM STORAGE

When the EFX544 is not in use, ensure that the power supply cord is unplugged from the wall outlet and is positioned so that it will not become damaged or interfere with other equipment or people.

There are no special storage requirements for the EFX544 other than ensuring that it is kept free from dirt, moisture, or damage.

ATTENTION: Haute Tension

Débranchez avant de réparer.

Special Forms

WORKOUT STATISTICS LOG

Keep track of your workouts using the form below. After you finish exercising, record your workout statistics off of the electronic console display onto this form.

To maintain the original blank form, be sure to make a working copy.

Name _____

Course _____ Date _____

Time	Total Strides	Calories	Comments

Course _____ Date _____

Time	Total Strides	Calories	Comments

Course _____ Date _____

Time	Total Strides	Calories	Comments

Course _____ Date _____

Time	Total Strides	Calories	Comments

EFX544

featuring Smart Rate and the Heart Rate Display

SPECIFICATIONS

Length: 81 inches (206 cm) overall
71 inches (180 cm) at base
Width: 20 inches (51 cm) at base
34 inches (86 cm) at handrails
Height: 59 inches (150 cm) at console
64 inches (162 cm) overall
Weight: 310 lbs (140 kg)
Power: 50/60Hz; 120v or 240v AC

DISPLAY

TIME	CALORIES PER MINUTE
STRIDES	HEART RATE
STRIDES PER MINUTE LEFT	RESISTANCE LEVEL
CALORIES	RAMP (INCLINE)

Course Profiles

Manual course allows users to control speed & incline.
Eight programmed courses provide hill, valley, & interval training through ramp changes. Users select resistance level.



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12/96

Specifications subject to change without notice.
1-800-4-PRECOR

NOTICE:

Precor is widely recognized for its innovative, award winning designs of exercise equipment. Precor aggressively seeks US 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.