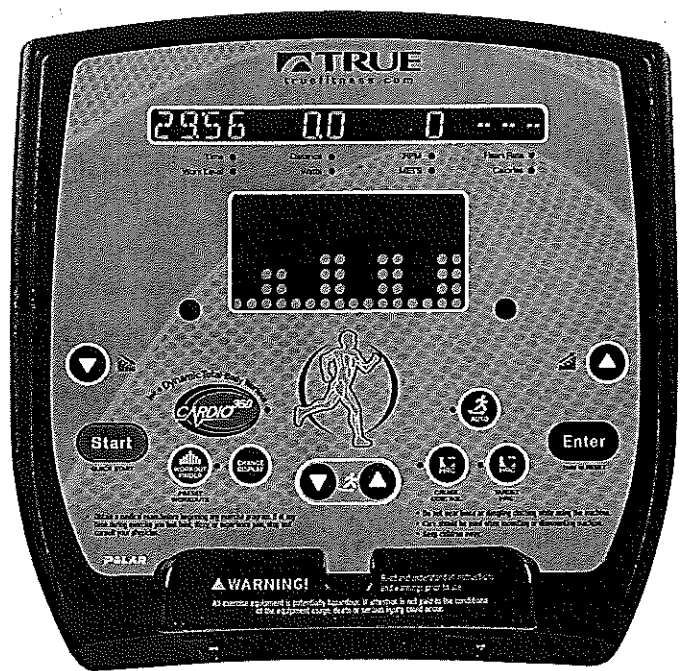




# EMERGE CONSOLE OWNER'S MANUAL



# EMERGE CONSOLE OWNER'S MANUAL

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# CHAPTER 1: SAFETY INSTRUCTIONS






## IMPORTANT SAFETY INSTRUCTIONS

### SAVE THESE SAFETY INSTRUCTIONS

This equipment is intended for a commercial or institutional setting. This owner's manual should be accessible to all personal trainers, faculty, and members.

-  **WARNING:** ALL EXERCISERS MUST READ ALL INSTRUCTIONS BEFORE USING THE EQUIPMENT.
-  **WARNING:** Heart rate monitoring systems may be inaccurate for some individuals. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
-  **WARNING:** Equipment should be immediately taken out of use if it fails to work properly or when a warning is presented electronically.

TRUE STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese or has not exercised regularly in the past year. Additionally, TRUE recommends consulting a fitness professional on the correct use of this product. If at any time while exercising the user experiences faintness, dizziness, pain or shortness of breath, he or she must stop immediately.

-  **WARNING:** To reduce the risk of electrical shock, always unplug this TRUE product before cleaning or attempting any maintenance activity. Do not handle the plug with wet hands.
-  **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded 110V electrical outlet. A risk of electrical shock may result from improper connection of the equipment's grounding conductor. Check with a qualified electrician if you are unsure about proper ground techniques. Do not modify the plug provided with this product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician. Your TRUE Fitness product must be properly grounded to reduce risk of shock if the equipment malfunctions. Your equipment is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances. A temporary adapter cannot be used to connect this plug to a two-pole receptacle in North America. If a properly grounded 15 amp outlet is not available, a qualified electrician must install one.
-  **WARNING:** Do not move the equipment by lifting the console. Do not use the console as a handlebar during a workout.
-  **WARNING:** This product contains chemicals known to the state of California to cause cancer and birth defects or other reproductive harm.
-  **WARNING:** Keep equipment stable on flat ground.

# CHAPTER 1: SAFETY INSTRUCTIONS

**▲ WARNING:** Replace warning labels that may be worn, damaged, or missing.

**▲ WARNING:** Replace any non-working or damaged components, remove the unit from service until repair is performed.

**▲ WARNING:** To reduce the risk of burns, fire, and electric shock or injury to persons, follow these instructions:

- This appliance should never be left unattended when plugged in.
- Do not use any type of extension cord with this product.
- Unplug it from the outlet when not in use and before any servicing.
- Do not operate the equipment while being covered with a blanket, plastic, or anything that insulates or stops airflow.

**▲ WARNING:** Risk of personal injury-crushing hazard when equipment is in operation - Keep feet, hands, and fingers away from moving parts.

**▲ CAUTION:**

- Health related injuries may result from incorrect or excessive use of exercise equipment.
- Do not use typing or web surfing features at excessive speeds. Always stabilize yourself by holding a stationary handle when using typing or web surfing features. (Varies by console option)
- Do not use the contact heart rate grips as a handlebar during a workout.
- Any changes or modifications to this equipment could void the product warranty.
- To disconnect, turn power OFF at the ON/OFF switch if applicable, then remove plug from electrical outlet.
- Never operate a TRUE product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact TRUE Customer Service for a replacement.
- Use a TRUE AC power cord or AC/DC adapter only.
  - \* Note the plug configuration for the power adapter may vary by country.
- Position this product so the power cord plug is accessible to the user.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord along the side or under the equipment.
- If the electrical supply cord is damaged it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
- Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when used near children under the age of 15, or disabled persons.
- Do not use this product outdoors, near water, while wet, or in areas of high humidity including extreme temperature changes.
- Never operate a TRUE product with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.
- When mounting the treadmill, ensure the treadmill belt is not running and then proceed with one step at a time to maintain balance using the handrails as needed.
- While the treadmill is in use, proceed at a speed that the user can safely maintain with the ability to immediately engage the safety key to stop the treadmill belt if necessary.



# CHAPTER 1: SAFETY INSTRUCTIONS

## CAUTION:

- Health related injuries may result from incorrect or excessive use of exercise equipment.
- Never insert objects into any openings in this product. If an object should drop inside, turn off the power, unplug the power cord from the outlet and carefully retrieve it. If the item cannot be reached, contact TRUE Customer Service.
- Never place liquids of any type directly on the unit except in the accessory tray or bottle holders. Containers with lids are recommended.
- Wear shoes with rubber or high traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles. Do not use this product in bare feet. Keep all loose clothing, shoelaces and towels away from moving parts.
- Do not reach into or underneath the unit, or tip it on its side during operation.
- Use correct ergonomic positioning while running on equipment.
- Do not allow animals on or near the equipment while in operation.
- Use the side handrails whenever additional stability is required. In case of emergency, such as tripping, the side handrails should be grabbed and the user should place his/her feet on the side platforms. The front handlebars should be used to grasp the heart rate sensors or to rest the hand on while operating the activity zone keys, but not for stability, emergency, or continuous use.
- Do not exceed maximum user weight of 400 lbs (181 kg).
- Do not use if you have a cold or fever.
- When using this exercise machine, basic precautions should always be followed.
- Use this equipment only for its intended use as described in this manual.
- Do not use attachments not recommended by the manufacturer.
- Allow only trained personnel to service this equipment.
- Avoid the possibility of bystanders being struck or caught between moving parts by making sure that they are out of reach of the equipment while it is in motion.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- Allow only one person at a time on the equipment while it's operating.
- It is the sole responsibility of the owner/operator to ensure regular and scheduled maintenance is performed.
- To avoid injury stand on the side rails before starting the equipment.
- Avoid exiting equipment while leaving the tread belt in motion.
- Never walk or jog backwards on the equipment.
- Do not change the incline of the equipment by placing objects under it.
- To avoid serious injury, do not touch the incline rack while the equipment is in use.
- To avoid serious injury, do not touch the belt while the equipment is in use.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- See Grounding Instructions.
- On the machine power switch, the "1" means that the machine power is switched "ON" and the "0" means the machine power is switched "OFF".
- Before servicing the motor area or removing the motor cover, please contact TRUE service.
- Do not place hand near the running belt when the unit is in operation.
- To avoid serious injury, remove and store the power cord when the machine is not in use.
- Noise emission under load is higher than without load.
- A-weighted emission sound pressure level at the trainer's ear: 67dBA.

# CHAPTER 1: SAFETY INSTRUCTIONS

## IMPORTANT SAFETY INSTRUCTIONS

- Read and understand all instructions and warnings prior to use.
- Obtain a medical exam before beginning any exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
- Obtain proper instruction prior to use.
- This unit is intended for commercial use only.
- Inspect the unit for incorrect, worn, or loose components and do not use until corrected, replaced, or tightened prior to use.
- Do not wear loose or dangling clothing while using the unit.
- Care should be used when mounting or dismounting the unit.
- Read, understand, and test the emergency stop procedures before use.
- Disconnect all power before servicing the unit.
- Do not exceed maximum user weight of 400 lbs.
- Keep the top side of the moving surface clean and dry.
- Keep children and animals away.
- Use caution when moving and assembling unit.
- All exercise equipment is potentially hazardous. If attention is not paid to the conditions of equipment usage, death, or serious injury could occur.
- Save these instructions.

### Basic Guidelines for Setting Up the Equipment:

After removing the equipment from the packaging, place the equipment on a clean, level surface. Make sure the electrical cord easily reaches a grounded three-pronged outlet.

### Important Electrical Requirements – 120V:

Your TRUE equipment requires a dedicated 120 volt, alternating current (AC), 20 amp grounded outlet circuit. This means nothing else can be plugged into the same circuit. Most power circuits are rated for this 120V AC 20 amp requirement, but you must ensure the equipment does not share the circuit with anything else.

### Important Electrical Requirements – 220V:

Your TRUE equipment requires a dedicated 230 volt, alternating current (AC), 15 amp grounded outlet circuit. This means nothing else can be plugged into the same circuit. Most power circuits are rated for this 230V AC 15 amp requirement, but you must ensure the equipment does not share the circuit with anything else.

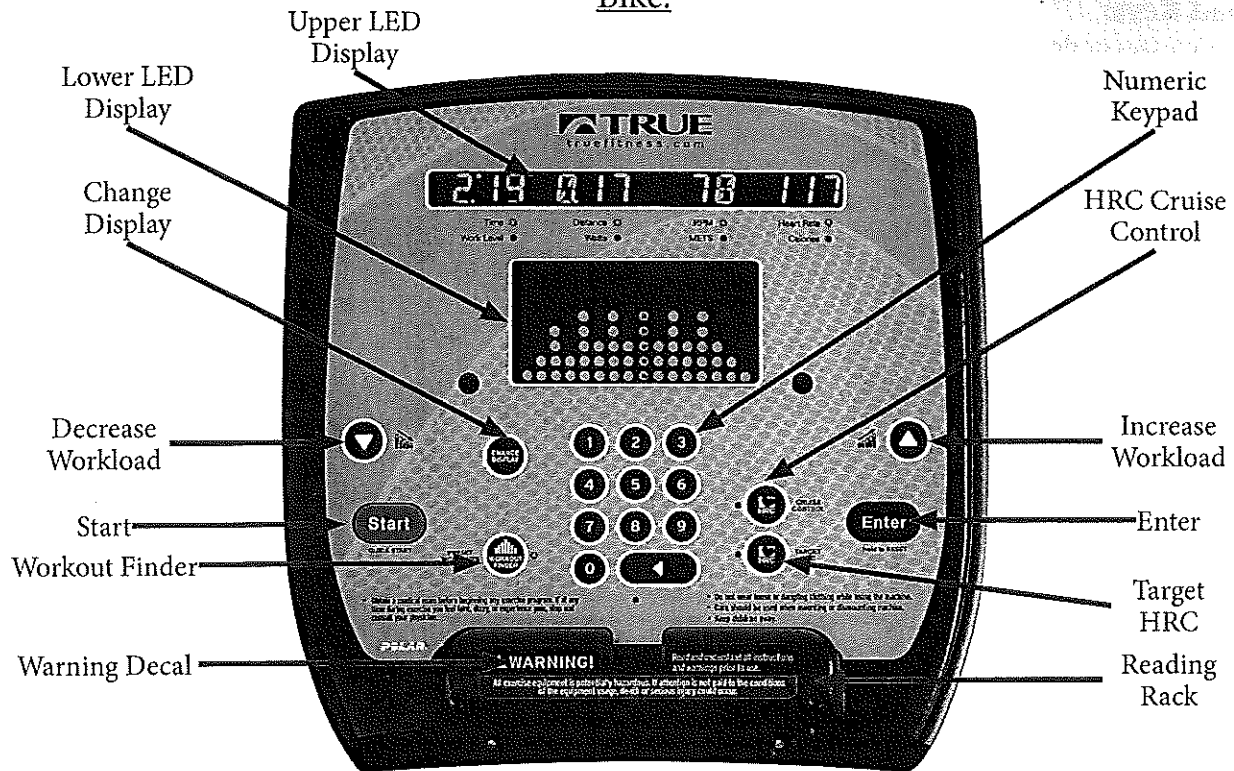
### **DANGER: Do not use an extension cord or ungrounded outlet:**

The ground helps prevent electrical damage to your equipment and enhances your safety by helping to prevent shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the equipment is properly grounded. Do not modify the plug provided with the unit if it will not fit the outlet. Have a proper outlet installed by a qualified electrician.

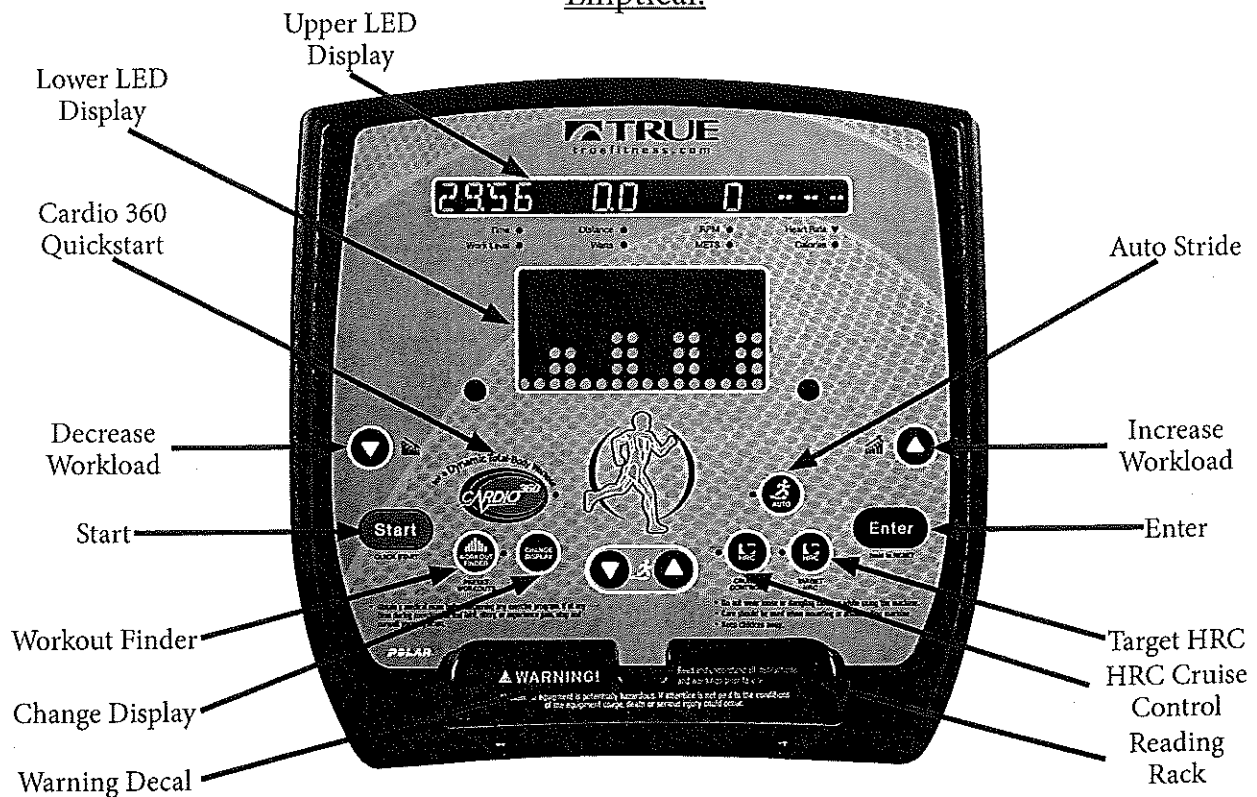
# CHAPTER 2: PRODUCT OVERVIEW

## EMERGE OVERVIEW:

### Bike:



### Elliptical:



## CHAPTER 2: PRODUCT OVERVIEW

### EMERGE OVERVIEW:

#### Workload Keys:

Manually increases or decreases the workout intensity.

#### Start:

Allows the user to begin a Quick Start workout or preset workout.

#### Workout Finder:

Pressing this button scrolls through available workouts. When the desired workout is displayed, the user must press start to begin the workout.

#### Change Display:

Toggles the data in the upper LED display between available options.

#### Reading Rack:

A ledge on the console that can be used to hold a book, magazine, e-reader, or tablet computer during a workout.

#### Warning Decal:

Important safety information for users to review prior to using the equipment.

#### Target HRC:

Starts a Target HRC workout. (Note: See Program Descriptions Section.)

#### Enter:

Press this key to confirm a selection in a preset workout.

#### HRC Cruise Control:

Engages Heart Rate Control to allow the equipment to maintain the user's current heart rate through automatic workload adjustments (when the user is utilizing heart rate monitoring).

#### Numeric Keypad (Bike only):

A small panel of keys on the console that allow the user to quickly enter numeric data.

#### Lower LED Display:

Displays the workout profile of the current program.

#### Cardio 360 Quickstart (Elliptical only):

Starts a 20 minute Cardio 360™ workout where the user controls the workout intensity.

#### Auto Stride (Elliptical only):

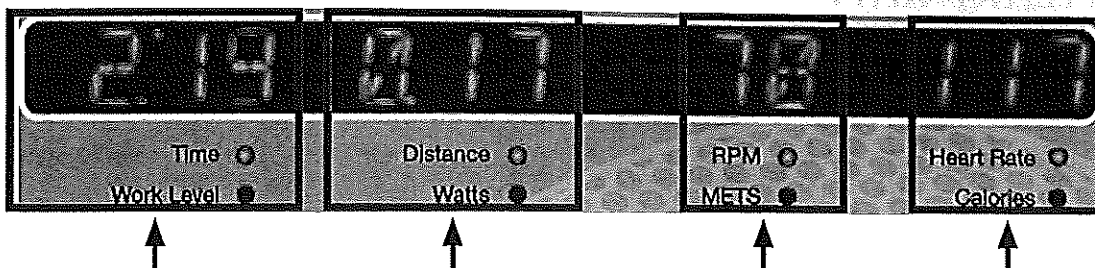
The Auto Stride program will automatically adjust the stride length based on the user's speed during the workout. The stride length will automatically increase as the user increases their speed, and automatically decrease the stride length as the user slows down.

# CHAPTER 3: PROGRAMMING & OPERATION

## EMERGE OVERVIEW:

### Upper LED Display:

Shows the workout data of the program in progress in four value displays.



<b>Standard Value</b>	<b>Time:</b> The amount of time remaining in the workout.	<b>Distance:</b> An estimate of how far the user has traveled.	<b>RPM:</b> The user's pedal cadence.	<b>Heart Rate:</b> Beats per minute display of the user's heart rate (when using heart rate monitoring).
<b>Value when the Change Display button is pressed.</b>	<b>Work Level:</b> The selected workload level.	<b>Watts:</b> The amount of mechanical power the unit is receiving from the user.	<b>METs:</b> The user's metabolic equivalent.	<b>Calories:</b> An estimate of the calories burned. Note the estimate does not include the user's basal metabolic rate.

## WORKOUT PROGRAM DESCRIPTIONS:

### Quick Start:

A workout in which the user controls all settings. The workout continues until it is ended by the user.

### Manual:

Users enter their weight, workout time or distance. The user controls both the SPEED and INCLINE of the machine throughout the workout.

### Hill Intervals:

Hill Intervals makes changes to the INCLINE in 2-minute segments with the SPEED remaining constant.

### Rolling Hills:

Series of gradually increasing and decreasing INCLINE changes that simulate rolling hills.

### Single Hill:

INCLINE increases to a maximum at the mid-point of the workout, then decreases to the finish.

### Random Hills:

An INCLINE profile that changes to simulate random hills. The INCLINE adjusts at any time during the workout to increase or decrease the intensity of the hills.

### HRC Cruise Control:

While in any program, Cruise Control enables the user to set the current heart rate as the Target Heart Rate by pressing a single button. The Cruise Control program takes control of SPEED and INCLINE to maintain the user's Target Heart Rate. If bpm exceeds the target heart rate by more than 12 bpm, then the workout will end and Cool Down will begin.

### HRC Target:

Users choose their target heart rate. The machine begins in MANUAL control – The user should gradually increase the workout intensity until heart rate is within 10 bpm of their target. At this point, the machine takes over to control SPEED and INCLINE to maintain heart rate within a few beats of the user's target.

## CHAPTER 3: PROGRAMMING & OPERATION



### CAUTION:

The safety key must be in place on the machine, and should be attached to the user's clothing.

### HEART RATE MONITORING:

The machine can monitor a user's heart rate using either a Polar® compatible chest strap or the metal grips on the hand rails (called contact heart rate or CHR pads). A chest strap transmits the user's heart rate to the machine via a radio signal, and the CHR pads connect to a special computer circuit to extract the user's heart rate.

#### Chest Strap Heart Rate Monitoring:

Although this machine functions fine without using the heart rate monitoring feature, this kind of monitoring gives valuable feedback on the user's effort level. Chest strap monitoring also enables users to use Heart Rate Control (HRC), the most advanced exercise control system available.

When users wear a Polar® compatible transmitter strap, the machine will display the user's heart rate as a digital beats-per-minute (bpm) readout.

The transmitter strap should be worn directly against the user's skin, about 1-2 inches below the pectoral muscles/breast line. Women should be careful to place the transmitter below their bra line.

Initially the transmission signal for heart rate may be erratic or non-existent. Some moisture is necessary between the strap and the user's skin for proper transmission. Sweat from exercise works best, but ordinary tap water may be used prior to the workout if desired.

#### A Note on Chest Strap Heart Rate Monitoring:

The chest strap produces a radio signal that the machine reads and registers as the user's heart rate. The accuracy of a reading may be affected when outside interference is present.

#### Contact Heart Rate (CHR):

The CHR system will let the user monitor their heart rate without wearing a chest strap. When using the CHR system users should gently grasp the CHR pads with both hands. Within 30 seconds, the user's heart rate should be displayed as a digital bpm readout (during the first 30 seconds the system is analyzing and locking in the user's heart rate). Users should exercise with smooth body motions and breathe regularly. It is best to avoid talking while using the CHR system, as talking will cause unrepresentative heart rate spikes of 5 to 10 bpm. To ensure an accurate reading, the user's hands should be clean, free of both dirt and hand lotions.

Note: For increased safety and accuracy, the CHR system should only be used at speeds of 4 mph or lower (CHR readings are less accurate due to large muscle movements above this speed).

#### A Note on CHR Accuracy:

CHR monitoring may be less accurate than chest strap monitoring since the heart rate signals are much stronger at the chest. When using a HRC workout, it is best to use a chest strap because of the stronger and more accurate readings.

### CAUTION:

Do not use the contact heart rate grips as a handlebar during a workout.

# CHAPTER 3: PROGRAMMING & OPERATION

## HEART RATE CONTROL (HRC):

### Introduction:

You are now the owner of the most sophisticated Heart Rate Control (HRC) workout technology available. TRUE HRC is unique and patented. It accommodates users from rehabilitation to world class athletes, and all those in between. TRUE HRC enables users to do a completely hands-free heart rate controlled workout using speed, incline, or both. By training at a specific target heart rate, users can exercise at a more efficient cardiovascular level.

The TRUE HRC system is unique because users must enter the key parameters of the workout; target heart rate, maximum speed, maximum incline, and time, prior to starting the HRC workout. As users approach their target heart rate, the machine's computer automatically takes over and changes the speed and/or incline automatically to keep them near their target heart rate. This enables for a completely hands-free workout.

Note: A Polar® compatible heart rate monitoring chest strap should be worn during HRC workouts. For increased safety and accuracy, contact heart rate monitoring is not recommended for HRC workouts.

### Target Heart Rate:

TRUE's HRC workouts let the machine monitor relative exercise intensity by way of the user's heart rate, then automatically adjust the speed and incline to keep the user at their target heart rate and thus their desired exercise intensity. Heart rate is a good measure of the body's exercise stress level. It reflects differences in physical condition, fatigue, the comfort of the workout environment, even diet and emotional state. Users should compare their heart rate with how they feel to ensure safety and comfort.

### Consult a Physician to Determine Target Heart Rate:

Using heart rate to control a workout takes the guesswork out of the workout settings. Consult a physician before using heart-rate controlled workouts for advice on selecting a target heart rate range. Also, it is important to use the machine for several workouts in the manual mode while monitoring heart rate. Users should compare their heart rate with how they feel to ensure safety and comfort. After users have spent some time learning how their heart responds to different levels of speed and incline, they will have a better understanding of how to select the maximum speed and maximum incline required for reaching their target heart rate.

### Warm Up:

At the beginning of an HRC workout, the machine is in full Manual Control mode. Users should gradually increase the workout intensity to slowly raise their heart rate to within 10 bpm of their target heart rate. The machine will operate as if in manual mode during the warm up stage. Users control both speed and incline. The user may only increase speed and incline to the present maximum values entered. It is important that the user starts at a low level of perceived exertion and gradually increase the workout intensity over several minutes until they approach their target heart rate. This enables the body to adapt to the workout. Increasing the workout intensity gradually will enable the user to enter the HRC stage without overshooting their target, keeping their heart rate within a few bpm of their target.

Note: Warming up too fast may cause the user to overshoot their target. If this occurs it may take several minutes before the computer software can control their heart rate. Users may overshoot and undershoot for several minutes until control is achieved.

### Heart Rate Control Stage:

Heart Rate Controlled workouts take control of speed and incline, keeping the user's heart rate within a few bpm of their target. When using the Interval HRC Workout, the machine alternates between work and rest intervals.

### Cooldown:

At the end of the workout time or distance, the machine reduces the workout intensity by half and goes back into Manual Control mode, where users directly control their cooldown.



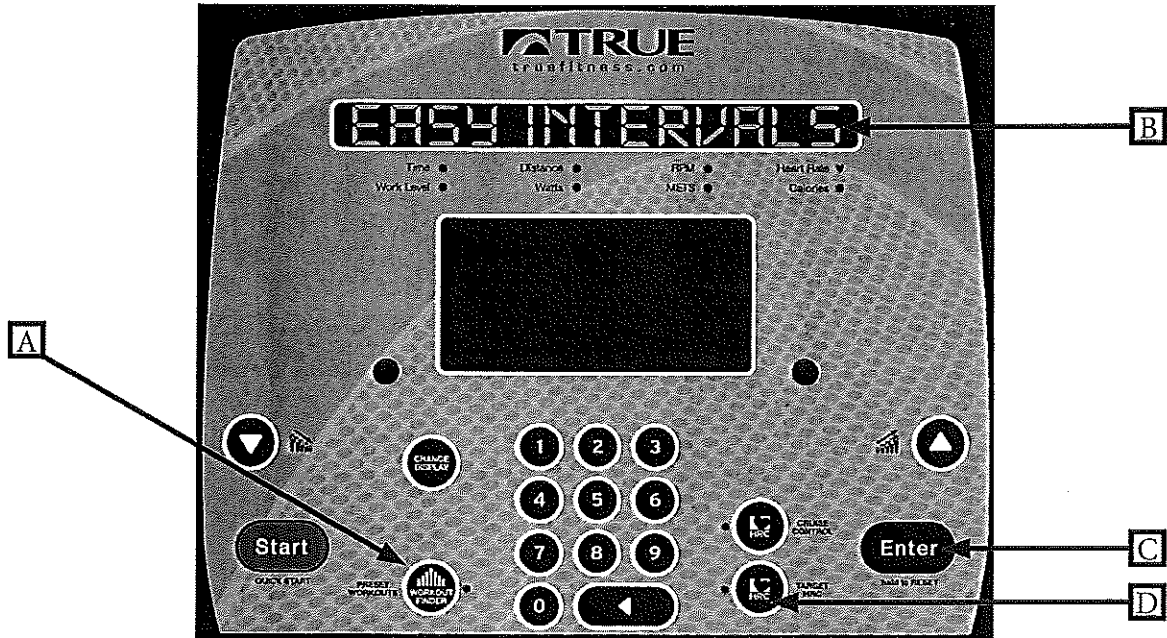
# CHAPTER 4: EMERGE OPERATION

## CONSOLE NAVIGATION:

### Selecting a Preset Workout:

To begin a preset workout, press the Workout Finder button (A) until the desired program is shown in the Upper LED Display (B) and then press the Enter button (C).

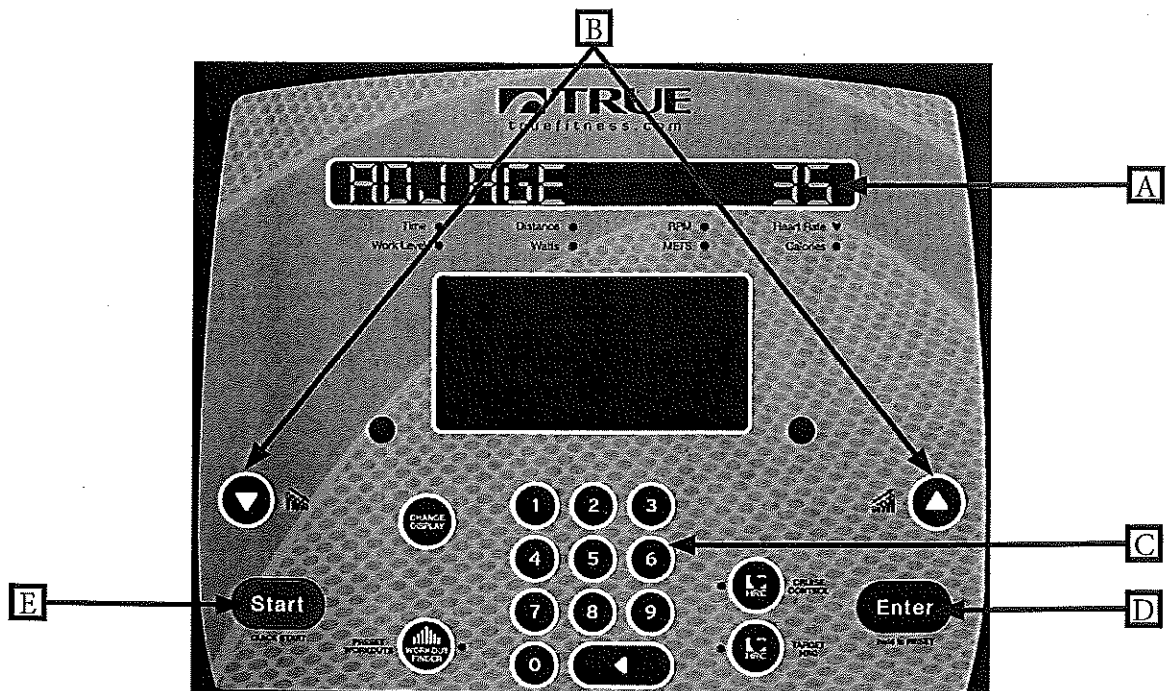
\*To begin a Target HRC Workout, press the HRC Cruise Control button (D) followed by the Enter button (C).



### Workout Data Entry:

Before beginning a preset workout, the console will ask the user for information in order to give more accurate workout data. To adjust the Data Value (A), use the Up and Down Workload Keys (B) or use the numeric keypad (C) featured on treadmills only. Once the desired value is displayed, press Enter (D) to move to the next Data Value. Once all data has been entered, press Start (E) to begin the workout.

### Bike:



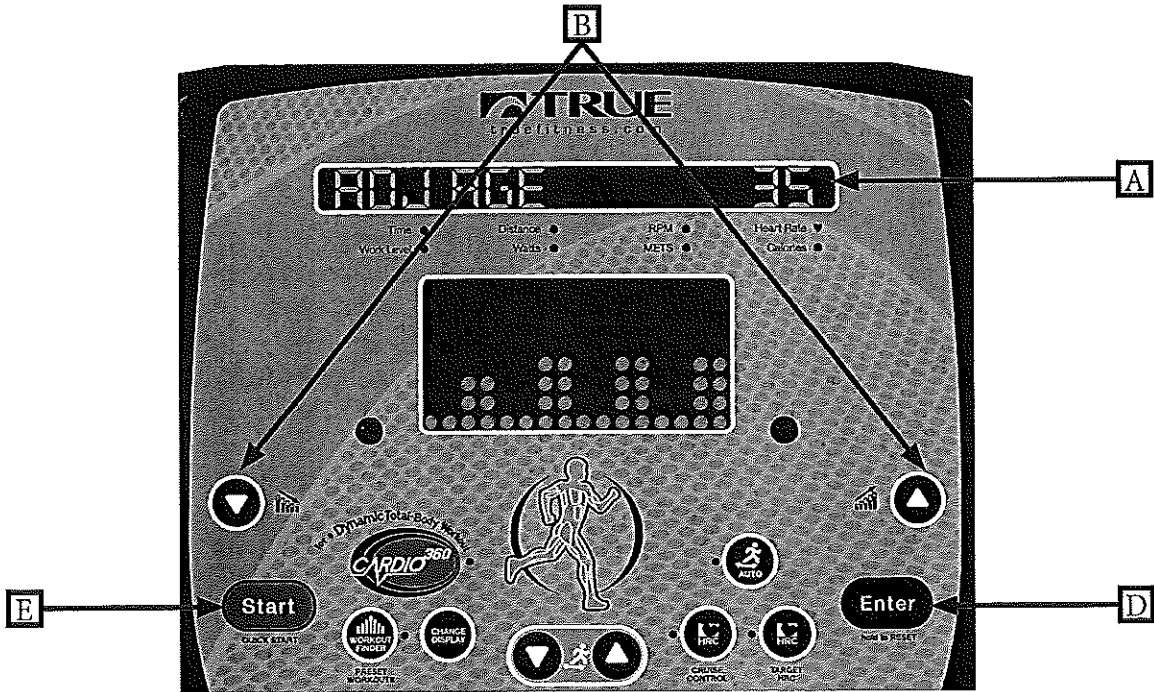


# CHAPTER 4: EMERGE OPERATION

## CONSOLE NAVIGATION:

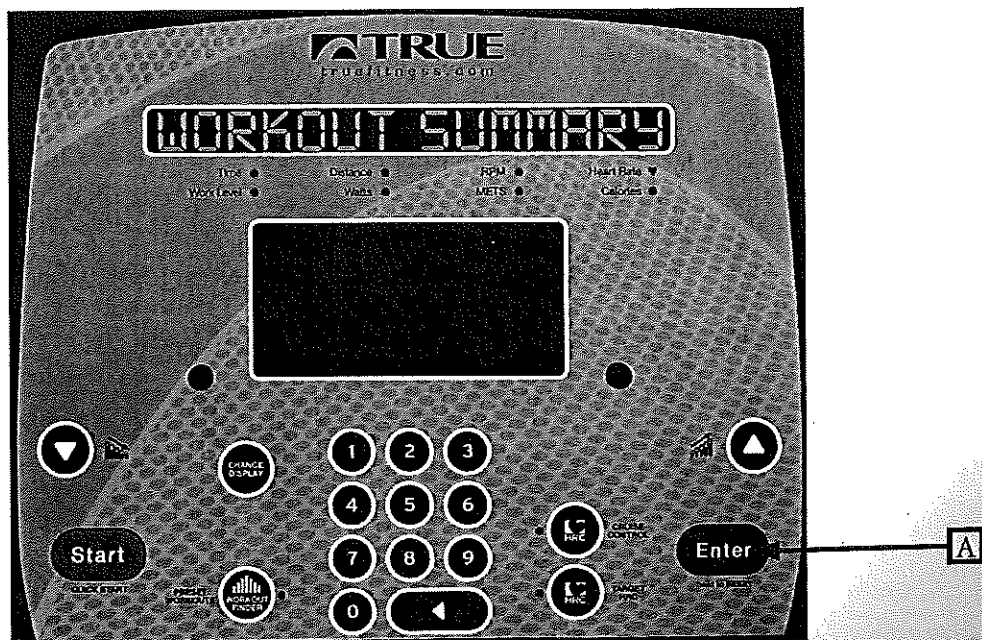
### Workout Data Entry (Continued):

#### Elliptical:

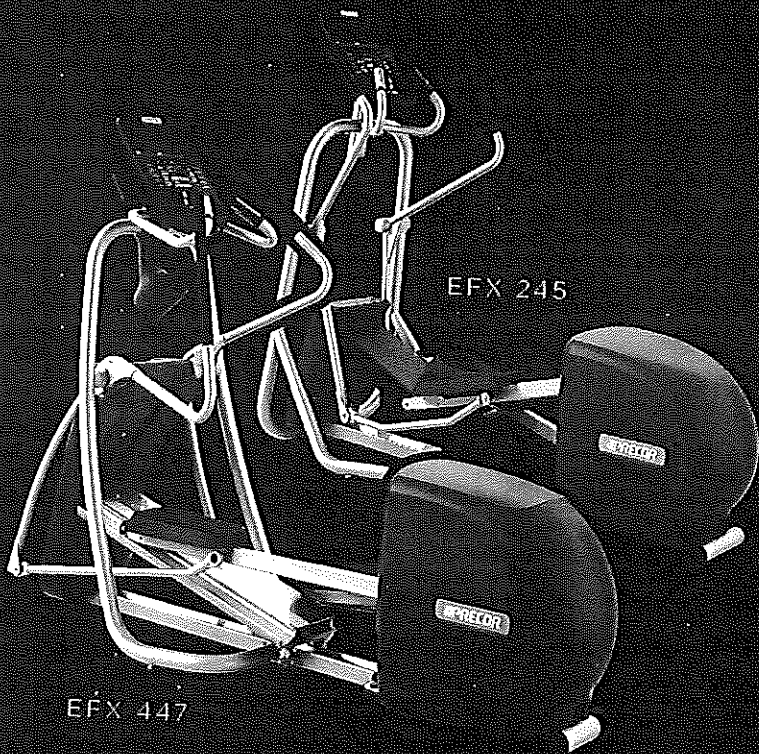


### Workout Summary:

Once the workout has ended, the console will display a workout summary containing the following information: Time, Average Heart Rate, Max Heart Rate, Average RPM, Max RPM, Distance, and Calories. To clear the workout summary and return to the Home Screen, hold the Enter button (A).



OWNER'S MANUAL // **PRECOR**



# Precision™ & Energy

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EFX® 245

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## EFX Models



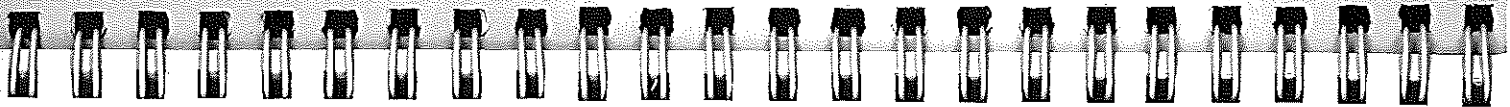
EFX 447



EFX 443



EFX 245



## Important Safety Instructions

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

- Read all instructions before using the equipment. These instructions are written for your safety and to protect the unit.
- Before beginning any fitness program, see your physician for a complete physical examination.

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

**DANGER** To reduce the risk of electrical shock always unplug the unit from the electrical outlet immediately after using and before cleaning.

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

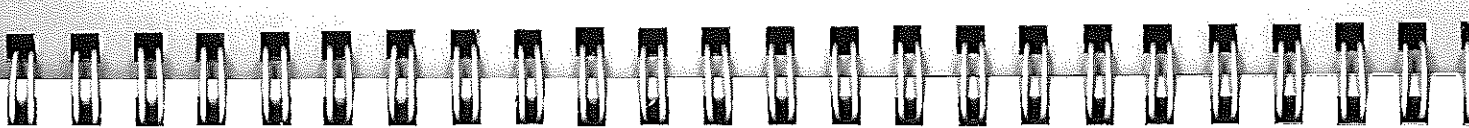
- Do not allow children, or those unfamiliar with the operation of the equipment, on or near it. Do not leave children unsupervised around the unit.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from the power source when it is not in use, before cleaning it, and before acquiring authorized service.
- **Important:** The heart rate and SmartRate® features are intended for reference only. They may not be accurate for every user or at every intensity and are not intended for use as a medical device. Also visit: [www.precor.com/en-us/customer-service/faq](http://www.precor.com/en-us/customer-service/faq).
- Equipment Weight Restrictions: For EFX 221, 222, 225, and 245: DO NOT use the EFX if you weigh more than 275 pounds (125 kg). For EFX 423, 427, 443, and 447: DO NOT use the EFX if you weigh more than 350 pounds (159 kg).
- When the equipment is not in use, disconnect it by turning the power switch to the Off position, and then remove the power plug from the power outlet.

- Assemble and operate the equipment on a solid, level surface. Locate the equipment a few feet from walls or furniture. Keep the area behind the equipment clear.
- Never operate the unit if it is damaged, not working properly, when it has been dropped, or has been dropped in water. Return the equipment to a service center for examination and repair.

**DANGER** The unit must be connected to a properly grounded circuit (refer to *Grounding Instructions*).

- Keep the power cord and plug away from heated surfaces.
- Keep all electrical components, such as the power cord and power switch, away from liquids to prevent shock.
- Do not operate the equipment where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.

- Maintain the equipment in good working condition. Make sure that all fasteners are secure and the running belt is clean and running smoothly.
- Do not attempt to service the equipment yourself except to follow the maintenance instructions found in this manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Do not set anything on the handrails or hood. Place liquids, magazines, and books in the appropriate receptacles.
- Do not rock the unit. Do not lean or pull on the console at any time.
- Wear proper exercise clothing and shoes for your workout and avoid loose clothing. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any dirt and embedded stones. Tie long hair back.

- 
- Keep your body and head facing forward. Never attempt to turn around on the EFX.
  - Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

## Safety Approvals for Cardiovascular Equipment

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

### Cardiovascular Type Equipment:

- CAN/CSA, IEC 60335-1 (Household and similar electrical appliances - Safety)

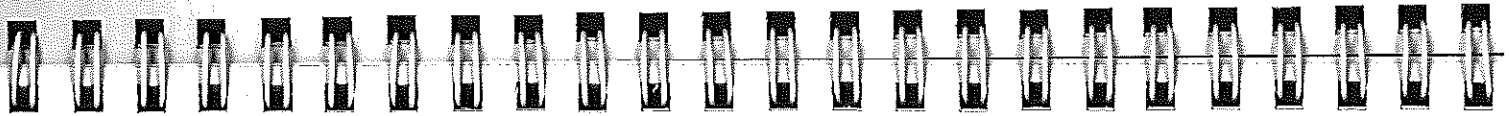
## Grounding Instructions

The equipment must be grounded. If the equipment malfunctions or breaks down, grounding provides a path of least resistance for electric current, which reduces the risk of electrical shock. The equipment is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an outlet that is properly installed and grounded in accordance with all local codes and ordinances. Failure to properly ground the equipment could void the Precor Limited Warranty.

**DANGER** Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the unit is properly grounded. Do not modify the plug provided with the equipment. If it does not fit the outlet, get a proper outlet installed by a qualified electrician.

## 120 V Units Designated for North American Markets

The unit must be connected to a grounded circuit. The power outlet must have the same configuration as the plug. No adapter should be used with this product.



## Radio Frequency Interference (RFI)

Federal Communications Commission, Part 15

This fitness equipment 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 equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

If the equipment does cause harmful interference to radio or television reception, which can be determined by turning the unit 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, DVR, etc.

- Increase separation between the unit and the receiver (TV, radio, etc.).
- Connect the equipment into a different power outlet on a dedicated circuit different from the one used by the receiver (TV, radio, etc.). No other appliance should be plugged into the same power outlet as the equipment.
- Consult an experienced radio/TV technician for help.

**WARNING** Per FCC rules, changes or modifications 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 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.*

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

## Obtaining Service

You should not attempt to service the equipment except for maintenance tasks as described in this manual. The equipment does not contain any user-serviceable parts that require lubrication. For information about product operation or service, see the Precor web site at [www.precor.com](http://www.precor.com).

Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at [www.precor.com](http://www.precor.com).

For future reference, write the model number, equipment serial number, console serial number, and date of purchase for your unit in the space provided.

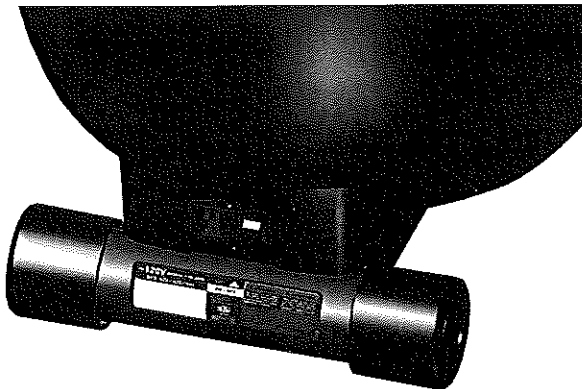
Model number: \_\_\_\_\_

Equipment serial number: \_\_\_\_\_

Console serial number: \_\_\_\_\_

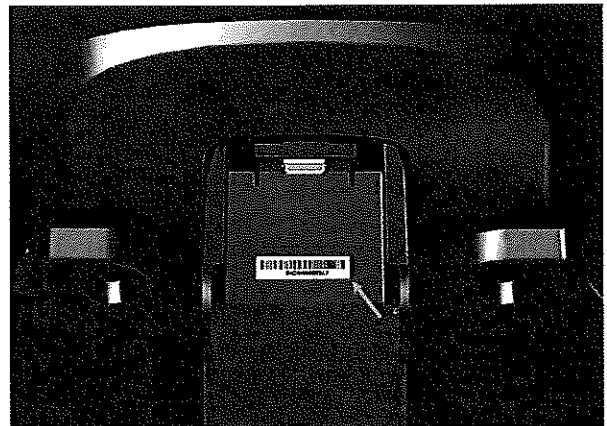
Date purchased: \_\_\_\_\_

The equipment serial number is located on the rear stabilizer bar, just below the power switch.



**Figure 1: EFX serial number label position**

The console serial number is located inside the USB connector compartment on the back of the console. You will need to open the cover of this compartment to see the number.



**Figure 2: Console serial number label position**



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# EFX Safety Features

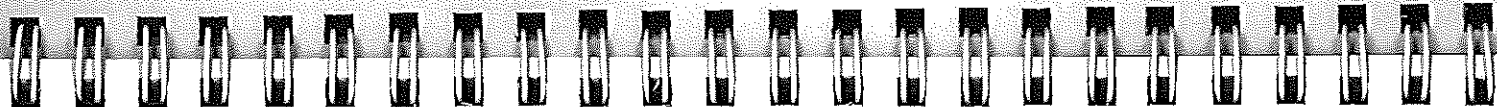
The Elliptical Fitness Crosstrainer™ (EFX®) is equipped with certain items that, when used properly, help sustain a safe and enjoyable workout. These items include:

- Locking pin
- Power switch

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

## Location

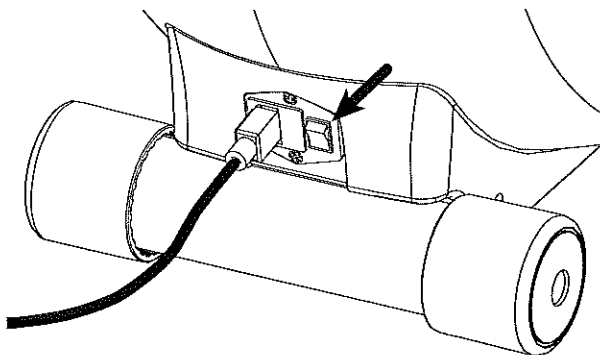
It is important to keep the area around the equipment open and free from encumbrances such as furniture or other fitness equipment. For user safety and proper maintenance, be sure to allow three feet (one meter) of space on all sides of the equipment.



## Turning the Unit On and Off

To turn the unit on and off, use the power switch located on the back of the unit, near the power cord connection. Refer to the following figure to see the location of the switch.

**Important:** When the unit is not being used, turn it off.



**Figure 3:** Power switch location

## Using the Locking Pin

Your EFX is equipped with a pin and lanyard to lock its pedals (and arms, if it has moving arms) in place. To lock the EFX, insert the pin securely into one of the holes just behind the rollers.

**Important:** The locking, spring-loaded ball near the end of the pin must pass through both sides of the arm. You should be able to feel it when it clicks into place.



The following figure shows how the pin looks when it is properly seated.

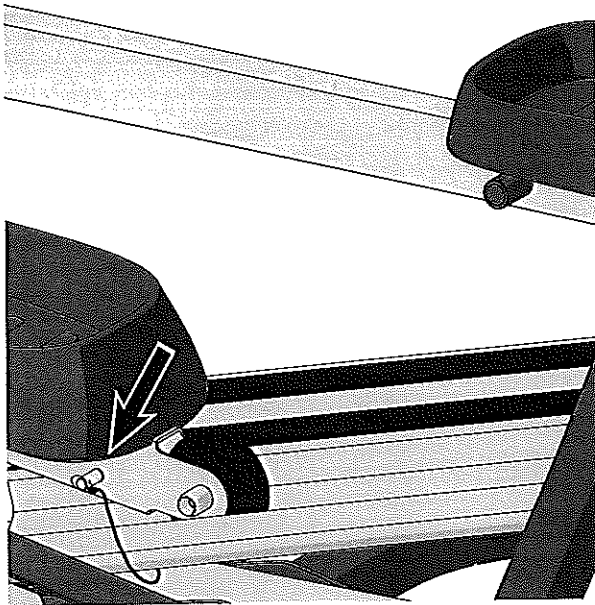


Figure 4: Locking pin in use

When you want to use the EFX, remove the pin from the hole and store it in the hole under the bottom of the ramp. The following figure shows how the pin should look while the EFX is in use.

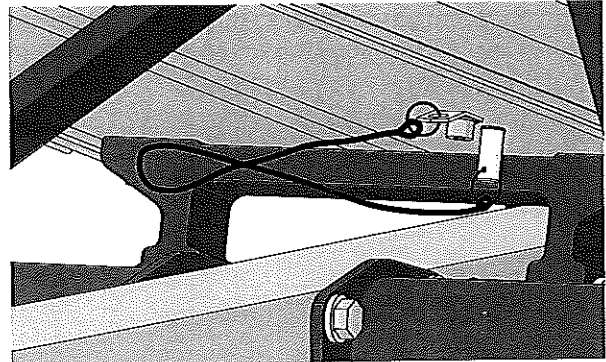


Figure 5: Locking pin in storage during a workout



## Getting Started

As you get to know your new Precor® EFX® and your own fitness goals, you'll use the advanced features of the equipment more often. To begin with, though, here's an easy way to start out.

**Note:** These instructions assume that your equipment has been completely installed and set up.

**WARNING** Read through **ALL** of the safety information in this manual before you use the equipment.

### To get started with your new EFX:

1. Turn the equipment on if necessary.
2. If the locking pin is engaged, release it (refer to *Using the Locking Pin*).
3. Hold one handrail and step onto the pedals.
4. Grasp the handlebars securely.
5. Touch one of the following buttons:
  - **Go** (to start the suggested workout)
  - **QuickStart**

6. Use the motion controls to adjust the intensity of your workout. The control on the left adjusts CrossRamp® height, and the control on the right adjusts resistance.

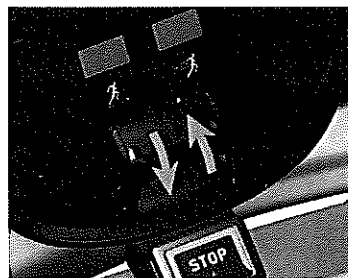


Figure 6: Motion controls

7. If you need to end your workout early, touch **Pause**, then **Finish**, and finally **Home**.

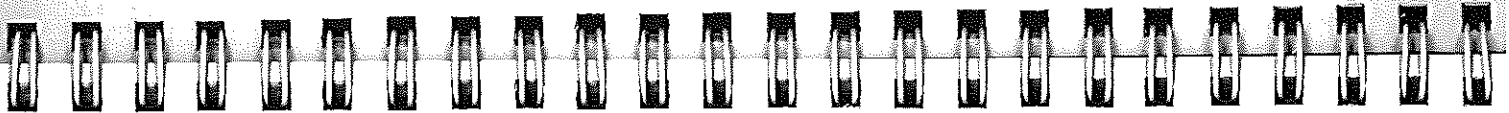
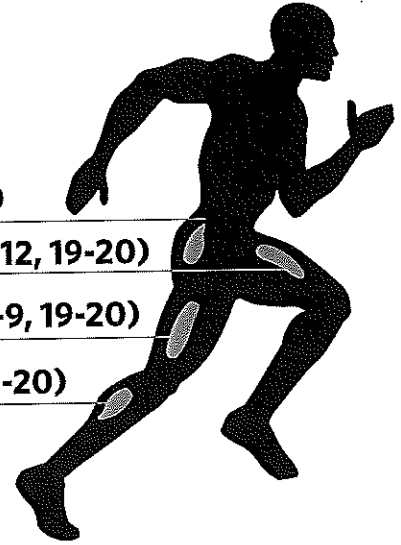
**Note:** A thin protective sheath covers the roller arm wheels on your EFX. As you exercise, the roller arms move up and down the ramp and the wheels tend to squeak until the protective sheath wears off. Any noise from the wheels is normal and will stop after a break-in period. Please allow a break-in period of approximately ten hours before calling Customer Support.

## Using CrossRamp

CrossRamp is a Precor technology that helps you get more out of your EFX. As you select different CrossRamp settings, the angle of the roller ramp changes while your body remains in a biometrically correct position. In addition to increasing the intensity of your workout, higher CrossRamp settings change the motion of your feet and legs, bringing additional focus to your quadriceps and gluteal muscles. The following two figures show how the different CrossRamp settings target different muscle groups in your lower body.

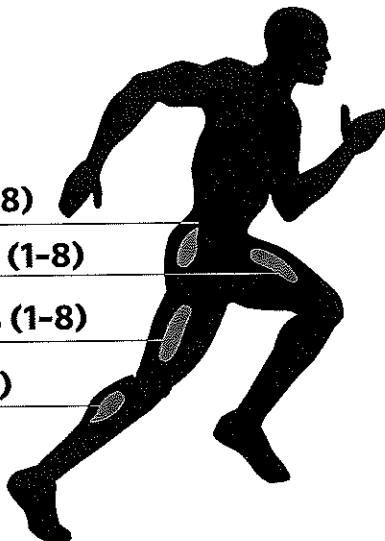
**Note:** On 400-series EFX models, the CrossRamp range is available as a larger number of smaller level changes than those available on 200-series models. The following figures show the differences between the level settings on these different EFX models.

**Gluteals (1-20)**  
**Quadriceps (1-12, 19-20)**  
**Hamstrings (1-9, 19-20)**  
**Calves (1-6, 16-20)**



**Figure 7: Muscle groups targeted by CrossRamp (400-series EFX models)**

**Gluteals (1-8)**  
**Quadriceps (1-8)**  
**Hamstrings (1-8)**  
**Calves (1-6)**



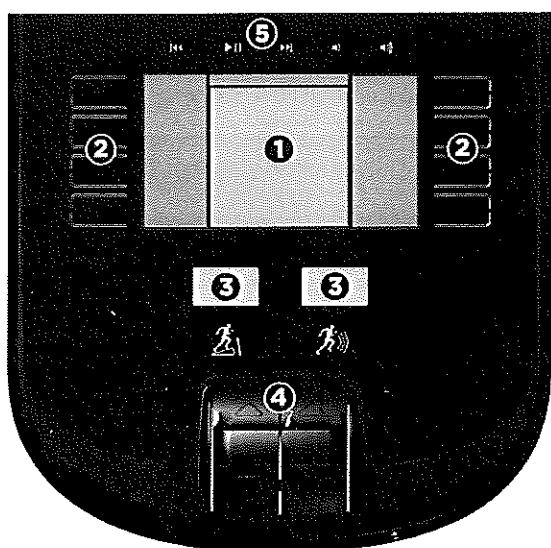
**Figure 8: Muscle groups targeted by CrossRamp (200-series EFX models)**

Be sure to try different CrossRamp settings during your workout. In addition to exercising different groups of muscles, you may also find that certain settings adjust the performance of the EFX to your height and body geometry.

**Note:** If your EFX is equipped with movable arms, using them also exercises muscle groups in your arms and chest. Note also that 200-series EFX models provide a more limited range of CrossRamp levels.

# Using the Console Controls

The figure and table on the following page show the main areas on the front surface of the console. You can reach any menu, setting, control, or feature of your equipment by using these areas.



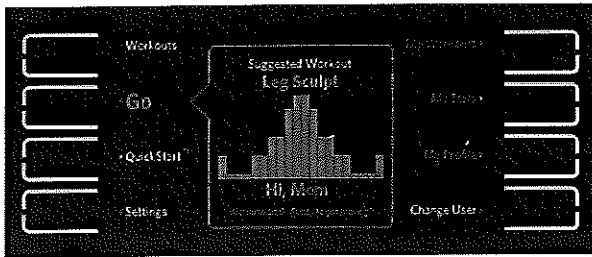
**Figure 9: Controls and display areas**

**Table 1. Console feature descriptions**

Area	Purpose
1	The display screen shows you what the equipment is currently doing and how you are using it. As you work with the equipment, the available options appear next to the buttons along the left and right edges of this area. If you've connected a player to the console and are using it while you work out, the current track information appears along the top edge.
2	Touch the capacitive buttons to enter your personal settings, set up the equipment, and choose workouts. Depending on what you're doing, these buttons have different names and purposes. The names of the buttons appear next to them on the display screen.
3	The level indicators show how intense your workout is at the moment. The indicator on the left shows the CrossRamp® setting and the indicator on the right shows resistance.
4	The motion controls set the intensity levels shown on the level indicators.
5	The playback controls navigate through the tracks and set the volume on your Apple® device, if it is connected to the console.

Note: You must use your player's screen to display video, but you can play its audio portion through the console.

The following figure shows how the home screen appears on the console. All eight buttons are active, and the name of each button appears next to it.



**Figure 10: Home screen and capacitive buttons**

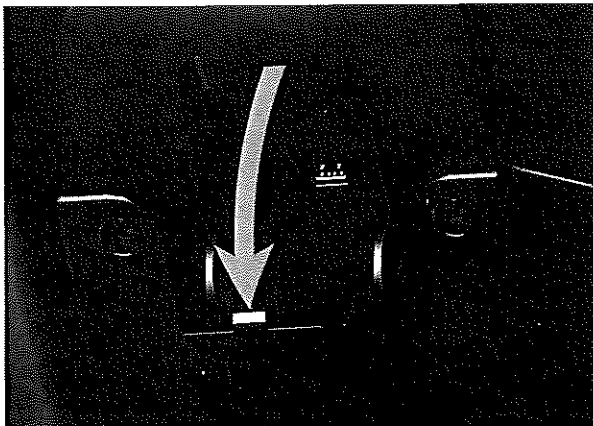
## Connecting Your Apple Device

The reading tray at the top of your display console can also hold an iPad®, iPhone®, or iPod® device. If you connect your device to the console, you can use the console's headphone connector and playback controls to listen to your audio more conveniently, without risk of dropping your device during your workout. If you have the Preva® mobile app installed on your iPhone, you can also upload your workout results to your Preva account.

**Tip:** If you are using a different mobile device that has a USB charging cable, you can charge your device by connecting it to the console. However, the console's playback controls and headphone connector work only with Apple devices.

### To connect your device to the display console:

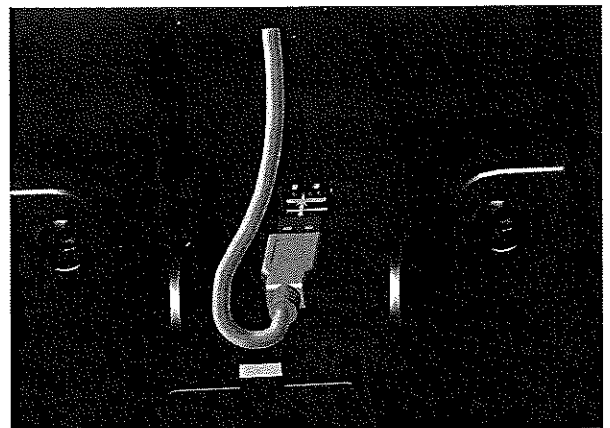
1. Gently open the access cover on the back of the console, as shown in the following figure.



**Figure 11: Opening the access cover**

2. Feed the USB connector on your device's data and charging cable through the opening in the reading tray.

3. Insert the USB connector into the jack on the back of the console, as shown in the following figure.



**Figure 12: USB connector positioning**

4. Close the access cover.
5. Plug the other end of the cable into your device.
6. Feed any excess cable through the opening in the reading tray.

# Setting Up Your Equipment

After the console is installed, it needs the following information to work correctly:

- The model number of the equipment
- The date and time
- Your measurement preferences (kilometers or miles)

You will need to enter this information before you can start to use the equipment. If you need to change it later, you can do so at any time (refer to *Changing the System Settings*).

**Note:** You can find the model number of your equipment on the sales receipt, invoice, or packing list that you received with the equipment.

## To set up the console:

1. Turn the equipment on.
2. At the Welcome screen, touch **Start**.



Figure 13: Welcome screen

3. At the Initialize Your Equipment screen, touch **Next**.

4. At the Model screen, use the up and down arrow buttons to select the model you have, then touch **Next**.

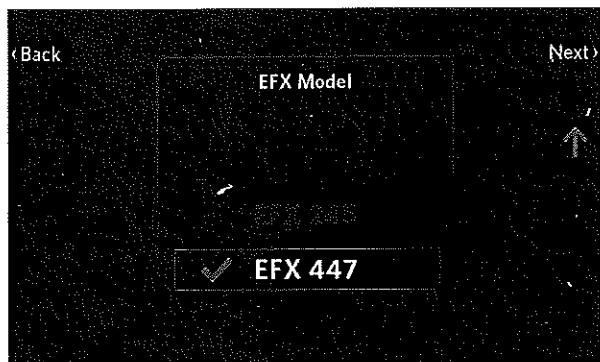
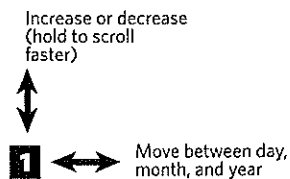


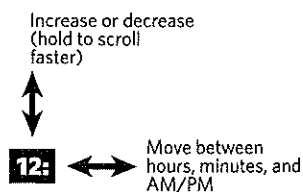
Figure 14: EFX Model screen

5. At the Date screen, use the arrow buttons to enter the current date.



When you have finished entering the date, touch **Next**.

6. At the Time screen, use the **12 Hour / 24 Hour** button and the arrow buttons to enter the current time.



When you have finished entering the time, touch **Next**.

- At the Unit Preference screen, use the up and down arrow buttons to select kilometers or miles, then touch **Next**.

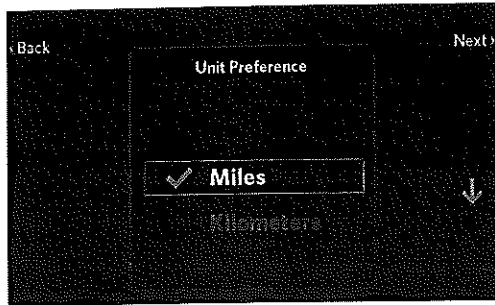


Figure 15: Unit selection

- At the Equipment Settings screen, review the information you have entered.

If ...	Then touch ...
All of the information is correct	Save
Some of the information needs to be changed	Back or Edit

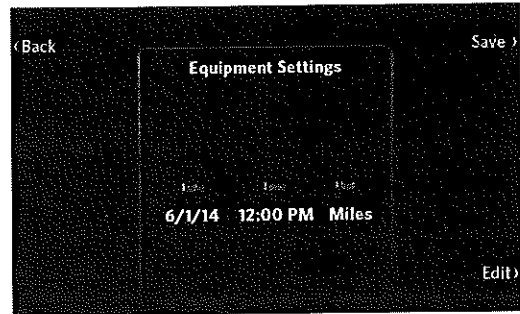


Figure 16: Equipment Settings screen

- Continue according to whether you want to set up the first user profile for this equipment.

If ...	Then touch ...	And ...
You want to set up a user profile	Next	Set up a profile (refer to <i>Creating User Profiles</i> ).
You do not want to set up a user profile right now	Skip	Use the equipment as a guest.

**Important:** If you do not set up user profiles now, be sure to set them up as quickly as possible. Anyone who uses this equipment regularly will need a user profile to track progress, personal information, and favorite workouts.

# Measuring Your Heart Rate

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

Precor cannot guarantee the accuracy of any readings you may get, but for best results, measure your heart rate in one of two ways:

- If you have a chest strap (for use with a fitness watch, for example), the equipment can receive the heart rate signal the strap transmits.
- You can grasp the heart rate sensors on the handlebars.

When the equipment detects your heart rate, the following things happen:

- The heartbeat indicator (icon) begins to flash.
- After a few seconds, the console displays your current heart rate.
- If SmartRate is on, a second heartbeat icon appears over your current heart rate zone (refer to *Using SmartRate*).

Before you start working out, make sure you know your maximum heart rate. Then, as you work out, be sure to reduce the intensity of your exercise if you reach or exceed that number.

**CAUTION:** Your heart rate should never exceed 85% of your maximum heart rate.

You can use the following formula, provided by the American College of Sports Medicine®, to figure out your maximum heart rate:

$$\text{Maximum heart rate} = 207 - (\text{your age} \times 0.67)$$

Your typical target heart rate is 70% of your maximum rate.



The following graph shows how your effective heart rate ranges vary with your age.

On the Workout List, you can find several heart rate workouts (refer to *Available Workouts*). These workout courses automatically manage your heart rate at a target level based on your age. By monitoring your heart rate and making changes to the equipment's settings as you exercise, the workouts keep your heart rate within a few beats per minute of the target rate.

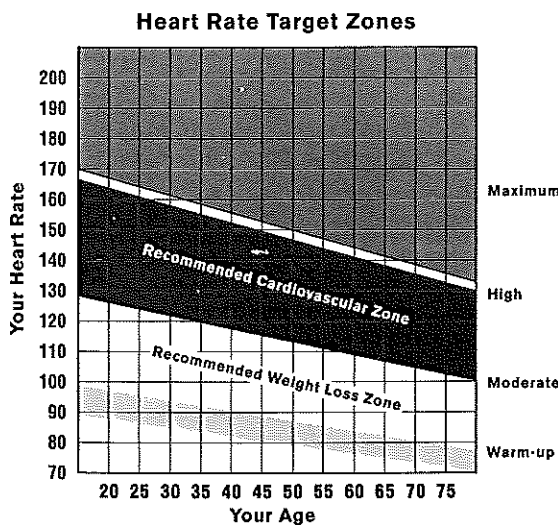


Figure 17: Heart rate target zones

## Using SmartRate

 You must be signed in under your user profile to use this feature.

During your workout, SmartRate® maps your heart rate on a scale of different target zones that show you what kind of conditioning you're getting. These zones are defined as percentages of your maximum heart rate. Your maximum heart rate is based on the following formula:

**Heart rate limit in beats per minute = 207 beats per minute - (your age in years × 0.67)**

**Note:** You may have better results using a chest transmitter strap.

At any time during your workout, your actual heart rate is some percentage of this number. SmartRate uses that percentage to find your current zone. For example, if you were 35 years old and wanted to work out in the suggested cardiovascular zone, your target heart rate would be between 128 and 154 beats per minute.

$$(207 - (35 \times 0.67)) \times 70\% = 128 \text{ beats per minute}$$

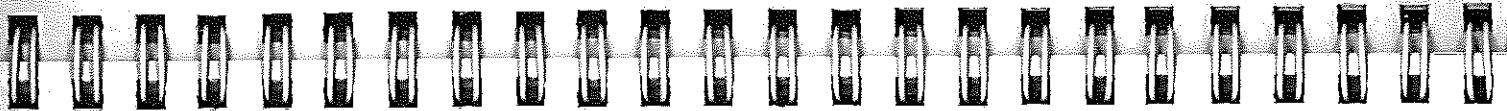
$$(207 - (35 \times 0.67)) \times 84\% = 154 \text{ beats per minute}$$

The following table shows the percentage ranges for each zone.

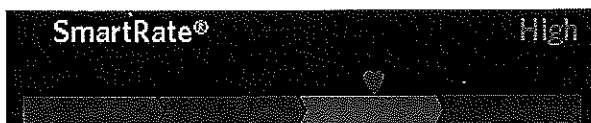
**Table 2. SmartRate zone boundaries**

Heart Rate Range	SmartRate Zone
Less than 54% of limit	Warm-up
55%–69% of limit	Moderate (good for weight loss)
70%–84% of limit	High (good for cardiovascular conditioning)
Above 85% of limit	Maximum

**CAUTION:** Your heart rate should never exceed 85% of your maximum heart rate or go into the Maximum zone. If it does, reduce the intensity of your workout IMMEDIATELY.



If SmartRate is on, you will see a heart rate indicator (♥) over the SmartRate zone bar during your workout. This indicator shows where your current heart rate falls within the active zone. You can then change the intensity of the workout to stay within the zone you want.



**Figure 18: SmartRate zone bar**

To make sure that SmartRate works correctly, you need to make sure of the following things:

- Your age is properly set in your user profile.
- The equipment can read your heart rate properly. If you are using a chest strap, you must moisten and position it properly. If you are using the touch-sensitive grips on the equipment, you must maintain contact with both grips for five to ten seconds.

**Note:** SmartRate is on by default, but it is not available if the Guest account is selected.

### To turn on SmartRate:

1. During your workout, touch **Options**.
2. At the Options screen, touch **SmartRate On**.
3. Touch **Back** to return to your workout.

**Note:** There is only one SmartRate button on the Options screen. If SmartRate is currently on, the button is named **SmartRate Off**. If SmartRate is currently off, the button is named **SmartRate On**.



## Getting Accurate Heart Rate Readings

Precor cannot guarantee the accuracy of any readings you may get, but for best results, heart rate sensors need to be securely in contact with your skin. Use the following guidelines to make sure they are.

**Note:** You may have better results using a chest transmitter strap.

**To attach a chest strap:**

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

**Important:** Precor cardio equipment works with 5 KHz chest straps only. It does not work with Bluetooth®-based chest straps, which are designed for use with mobile apps.

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

1. Carefully dampen the back of the strap with tap water. Refer to the following figure.

**Note:** Do not use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.

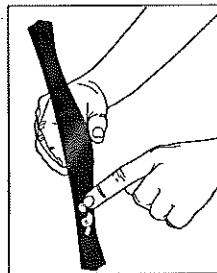


Figure 19: Moisten chest strap

2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive. Refer to the following figure.

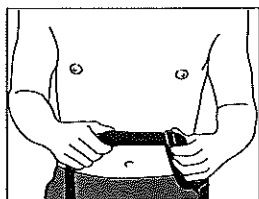


Figure 20: Adjust chest strap

3. Make sure that the chest strap is right side up, lies horizontally across your chest, and is centered in the middle of your chest. Refer to the following figure.

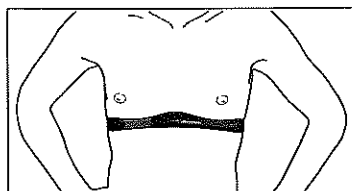



Figure 21: Fasten chest strap

4. After you put on the chest strap, face the display console for a few seconds. This allows the receiver in the console to recognize the signal from the chest strap.

If you use the touch-sensitive grips, be sure to grasp them securely (but not tightly—use a loose, cupping hold) on both sides. You may need to wait for 15 to 20 seconds before your heart rate is displayed.

**Important:** Precor cannot guarantee the accuracy of any readings you may get and because of their body chemistry or erratic heartbeats, a few people cannot use the grips. If this applies to you, a chest strap may provide better results. However, do not grasp the touch-sensitive grips while wearing a chest strap—using both at the same time can cause erratic heart rate readings.

## Setting Your Target Heart Rate

 **You must be signed in under your user profile to use this feature.**

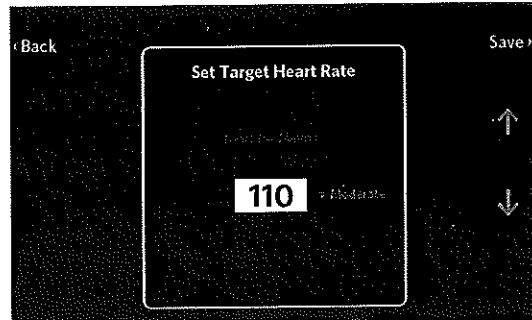
Once you have set your target heart rate, some of the built-in workouts can help you stay at that heart rate for your entire exercise session.

**Important:** You cannot change your target heart rate during a heart rate controlled workout. Also, your heart rate setting is not saved along with your workout.

### To set your target heart rate:

1. During your workout, touch **Options**.
2. At the Options screen, touch **Change Target HR**.

3. At the Set Target Heart Rate screen, use the up and down arrow buttons to adjust your target heart rate. As the rate changes, the corresponding SmartRate zone for your age appears next to it.



**Figure 22: Set Target Heart Rate screen**

4. When you have finished setting your target heart rate, touch **Save** to register your changes and return to the Options screen.
5. Touch **Back** to return to the workout status display.

## Troubleshooting Heart Rate Readings

Precor cannot guarantee the accuracy of any readings but if your heart rate readings look wrong, or if you do not see any readings at all, check the following list for possible causes. If the solutions in this list do not solve the problem, contact your dealer or Precor Customer Support.

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

### No Heartbeat Icon or Heart Rate Display

Precor cannot guarantee the accuracy of any readings you may get, but for best results, follow these tips.

The heart rate sensors may not be in secure contact with your skin. Try the following solutions.

### For touch-sensitive grips:

- Make sure that your hands grasp the touch-sensitive grips continuously and firmly (but not tightly) for at least five to ten seconds.
- Check that the palms of your hands are not covered with any sort of salve, rub, or lotion. If they are, wash them.
- Check that your hands are not too dry. If they are, moisten them slightly.

### For a chest strap:

- Make sure the strap is fastened, positioned, and moistened correctly.
- Make sure the strap is compatible with the equipment. It must be a 5 kHz strap. Heart rate straps that function at other frequencies, and Bluetooth-based straps, are not compatible with this equipment.

## The Displayed Heart Rate Is Wrong Or SmartRate Doesn't Work

Precor cannot guarantee the accuracy of any readings you may get, but for best results, follow these tips.

The touch-sensitive grips may not be making secure contact. Try the following solutions:

- Make sure that your hands are clean, slightly moist, and positioned as described earlier in this table.
- Try using a chest strap instead of the grips.

If you are trying to use the grips and an active chest strap at the same time, choose one or the other. Either do not grasp the touch-sensitive grips, or remove or turn off the chest strap.



## Choosing and Completing a Workout

The instructions shown earlier in this manual (refer to *Getting Started*) provide the simplest possible steps for getting started with your new fitness equipment. In most cases, you'll want to start with one of the preprogrammed workouts available on the equipment. This chapter explains how to select a workout and describes the changes you can make as it progresses.

**Note:** If you're signed in under your user profile, you can save your completed workout as a personal favorite and use it again later (refer to *Finishing Your Workout*). If you've made adjustments to the intensity of the workout, your changes will be stored as well.

The human body is extremely efficient. If it makes the same motion regularly over many days or weeks, it learns to make that motion with less and less effort. This process, called *muscle adaptation*, has one drawback—the longer you stick to the same workout, the less good that workout does you.

To prevent muscle adaptation from setting in as you work out, try different kinds of workouts on different days. By keeping your muscles guessing, you'll keep your energy use up, promoting faster weight loss and better conditioning.

When you select a preprogrammed, time-based workout from the Workouts section, it will have a set time duration and the course profile will show on your screen.

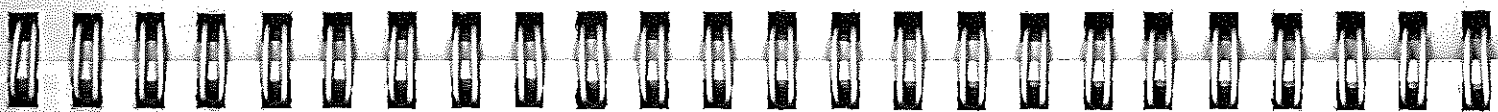
When you select a preprogrammed distance workout from the *Go the Distance* section, it will have a set distance duration and the course profile will show on your screen.

The workouts on your Precor fitness equipment are organized by goal. Under each goal, there are workouts of different types, which provide different benefits:

- **Interval workouts** help exercisers improve strength, endurance, aerobic fitness, and anaerobic fitness. They alternate between stages of higher and lower intensity called *work stages* and *rest stages*. During the rest stages, your metabolic and heart rates slow down. Meanwhile, your body takes in and distributes more oxygen for the next work stage. Over time this pattern keeps your calorie use up, promoting weight loss, improved aerobic response, and increased overall stamina. To improve your general fitness over time, start with a 1-1 interval workout, then progress to the 2-1 workout, then the 4-1 workout. To enhance your peak performance, choose a 1-2 or 1-4 workout and set a challenging level for the work stages.
- **Aerobic workouts** are designed to keep your oxygen consumption as high as possible, which improves your fitness over time. Benefits of aerobic conditioning include greater heart and lung capacity, stress management, and an overall sense of vitality.

- **Weight loss workouts** are designed to maintain a steady-state, lower-intensity level of exercise, keeping you in a workout zone that burns a higher amount of fat calories.
- **Toning and sculpting workouts** focus on improving the shape and definition of specific groups of muscles.
- **Terrain workouts** simulate an outdoor run, walk, or climb.
- **Distance workouts** simulate popular distance runs.
- **Heart rate controlled workouts** hold you at an optimal heart rate for your training goal by adjusting intensity to keep you at a fixed exertion level.
- The **fitness test** is a multi-stage test of increasing intensity used to predict your maximum aerobic capacity and estimate your current fitness level.

**Tip:** If you are signed in under your user profile, you can adjust most workouts and save them as favorites. The adjustments in your saved workout can be as frequent as every 15 seconds. For example, to create a high-intensity interval training (HIIT) workout, you can make your work stages as short as 15 seconds.



## Choosing a Workout

When you start your workout, the following options are available on the home screen:

- **QuickStart** (begin a manually defined workout)
- **My Workouts** (use a favorite workout that you have saved)
- **Go** (use a workout suggested by the equipment)
- **Workout list** (select from a list of predefined workouts)

The following sections describe each of these options.

## Choosing QuickStart

The QuickStart option allows you to get moving as quickly as possible—just touch **QuickStart** and start exercising. This workout is manually controlled and starts out with the intensity settings at their lowest levels. Simply adjust the settings to produce the workout profile you want.

**Tip:** You can use QuickStart to design and save a workout of your own (refer to *Finishing Your Workout*). Touch **My Workouts** to use the saved workout again later.

 You must be signed in under your user profile to use this feature.

In addition to the workouts that come with the equipment, you can create your own favorite workouts and save them for use again later. The equipment also remembers your last four workouts whether you save them or not. To use a recent or saved workout again, touch **My Workouts** (refer to *Finishing Your Workout*).



Figure 23: My Workouts button

## Using the Suggested Workout

The equipment always displays a suggested workout when you first turn it on. If you are signed in under your user profile, the equipment suggests a workout that will help you concentrate on your primary focus. To start the suggested workout, simply touch **Go**.

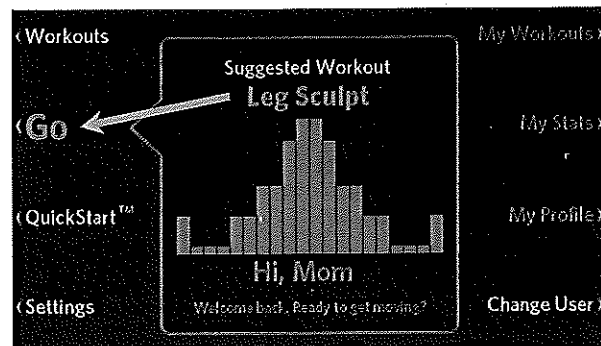


Figure 24: Go button

## Selecting a Workout from the Workout List

Your fitness equipment has been programmed with a library of workout plans designed to help you meet your fitness goals. The workouts are arranged by goal:

- **Be Fit**
- **Lose Weight**
- **Push Performance**
- **Get Toned**
- **Go the Distance** (complete a distance run, such as one mile or 5K)
- **Fitness Test**

**Note:** You choose one of the first four as your primary focus when you create your user profile (refer to *Creating User Profiles*). After that, your focus is highlighted in the workout list, and the workout assigned to the **Go** button is always a workout associated with that focus. However, you can always choose any workout, no matter what your primary focus is.

## To select a workout:

1. At the home screen, touch **Workouts**.



Figure 25: Workouts button

2. Use the up and down arrow buttons to select a focus.

3. Touch **Open** to show the workouts available for that focus. (Touch **Close** to hide them again.)

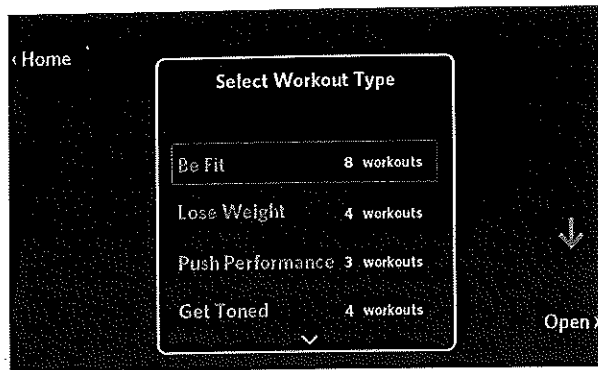


Figure 26: Workout type selection

4. Use the up and down arrow buttons to highlight the workout you want, then touch **Start**.

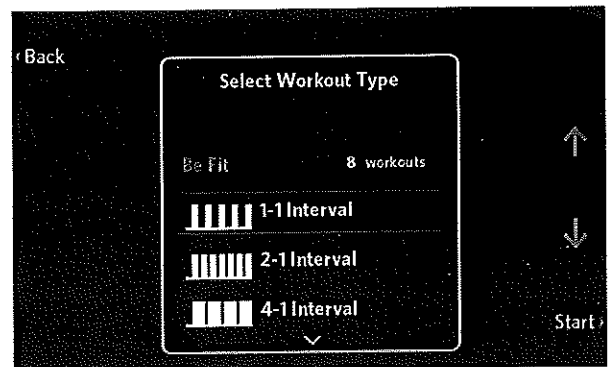




Figure 27: Workout selection

## Available Workouts

Your fitness equipment includes a wide selection of workouts that are carefully designed to make sure you get the best results out of every workout.

The training parameters for these workouts vary according to their training goals. In this chapter, the following symbols describe how each workout varies its intensity and how you can modify it:

-  The workout changes this type of intensity automatically.
-  You can manually adjust the changes that the workout makes.

Be Fit

**Workout**

1-1 Interval: Cycles of two minutes of work and two minutes of rest.

**Profile**



**CrossRamp Resistance**



2-1 Interval: Cycles of two minutes of work and one minute of rest.



4-1 Interval: Cycles of four minutes of work and one minute of rest.



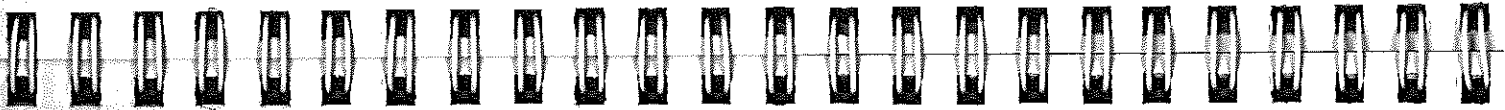
**Workout**

Total Body Interval: Cycles of intense exercise and resting periods designed to train your upper and lower body at the same time. The equipment provides instructions on how best to exercise your arms and when to pedal backward.

**Profile**



**CrossRamp Resistance**



**Workout**

Rolling Hills: A simulated run over gradually steeper hills.

**Profile**



**CrossRamp Resistance**



Mountain Peaks: A simulation of a two-summit climb. (No climbing gear required!)



Hill Climb: A simulation of a steady climb to the top of a large hill. The equipment provides instructions on when to pedal backward.



Heart Rate Cardio: Work and rest cycles managed by the equipment to keep your heart rate at the best level for moderate cardiovascular conditioning.



### Lose Weight

Workout	Profile	CrossRamp	Resistance
4-3 Interval: Cycles of four minutes of work and three minutes of rest.			
Aerobic: Workout routine designed to challenge and improve your aerobic fitness.			
Fat Burner: Calorie-burning routine with cycles of gradually increasing resistance.			
Heart Rate Fat Burn: Workout managed by the equipment to keep your heart rate at the most effective level for weight loss (moderate intensity, but with a high-intensity stage in the middle).			

### Push Performance

Workout	Profile	CrossRamp	Resistance
1-4 Interval: Cycles of one minute of intense exercise and four minutes of rest.			
1-2 Interval: Cycles of one minute of intense exercise and two minutes of rest.			
Heart Rate Zone: Quick bursts of intense exercise, managed by the equipment to keep your heart rate at a high performance level.			



### Get Toned

Workout	Profile	CrossRamp	Resistance
Glute Toner: Gradually increasing intensity with an abrupt drop-off, designed to improve the shape of your thighs and gluteal muscles.			
Glute Toner Plus: More intense workout targeting your thighs and gluteal muscles.			
Leg Sculpt: Cycles of increasing intensity designed to define and strengthen your leg muscles.			
Leg Sculpt Plus: More intense version of the Leg Sculpt workout.			

**Note:** To provide the best possible results, the equipment advises you to pedal backward during certain stages of these workouts.



### Go the Distance

This group of workouts allows you to set your preferred intensity levels for one of the following distances:

- 1 Mile
- 5K
- 10K

**Note:** During these workouts, the equipment does not modify workout intensity in any way.

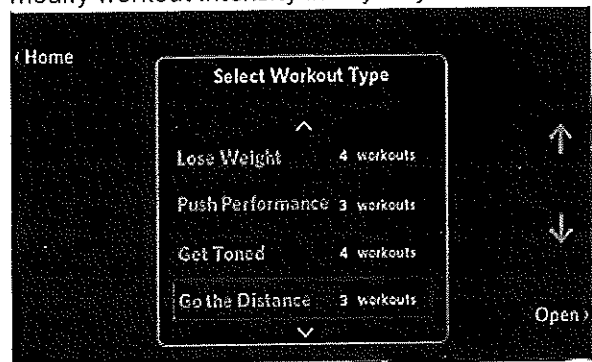


Figure 28: Go the Distance

### Completing a workout

Your final position is shown on the **Cool-Down** screen.

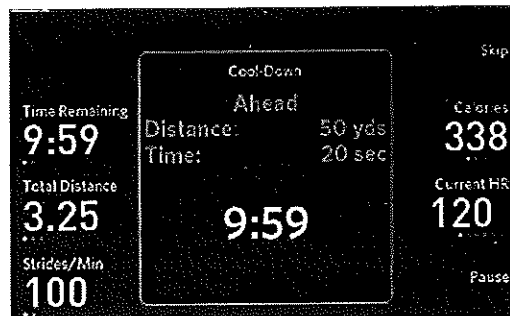


Figure 29: .Cool-Down

- Touch **Skip** if you do not want to cool-down and go straight to the workout summary.
- Touch **Save Workout** if you want to save this workout.



The metrics will be erased if you touch **Home**.

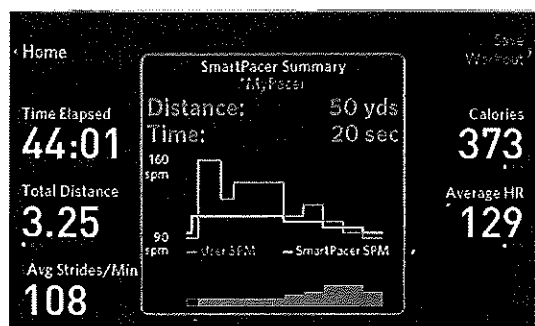


Figure 30: Summary

### Fitness Test

The Fitness Test consists of stages that last between three and five minutes. The equipment prompts you to choose the CrossRamp setting you want to use before the test begins. Then, at each successive stage of the test, the workout becomes more intense and the equipment increases your target heart rate.

**Important:** After the warm-up stage of the test, you cannot adjust the CrossRamp or resistance levels.

The EFX ends the test prematurely if any of the following things happen:

- The EFX cannot detect your heartbeat.
- Your heart rate exceeds 85% of your maximum safe rate for 15 seconds or more.
- Your heart rate changes too quickly.
- You stop pedaling.

After you complete the test, the EFX displays your score. The score number shows the maximum amount of oxygen your body can take in over a period of time, in milliliters per kilogram of body weight per second (abbreviated as  $VO_2 \text{ max}$ ). If your score is 0.0, it means the test ended early.

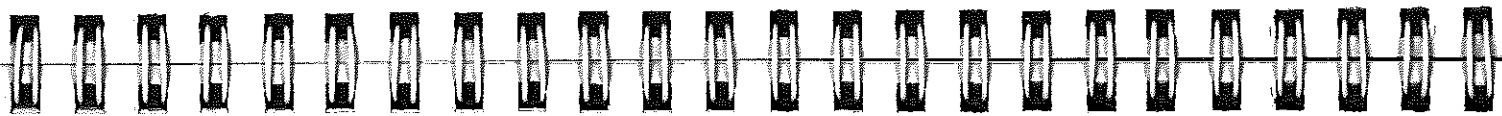
**Important:** For best results, sit and rest for at least five minutes before you take the test. Be sure to use a heart rate chest strap.

To see how your performance level increases with exercise over time, try taking the fitness test as soon as possible after you install the equipment. Then, as you keep working out, take the fitness test from time to time and watch your results improve. After you complete a test, the final result appears in **Fitness Score**, which you can find in the Workouts section.

Refer to the following two tables to compare your fitness level to typical levels for your age and gender.

**Table 3. Cardio-Respiratory Fitness Score Category (Women)\***

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



**Table 4. Cardio-Respiratory Fitness Score Category (Men)\***

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

\* The test and analysis algorithm were developed by Dr. Emily Cooper of Seattle Performance Medicine ([www.spmedicine.com](http://www.spmedicine.com)).

## Changing Settings and Metrics While You Work Out

When you start a workout, you select a pre-defined program. However, in addition to changing the intensity of the workout, you can change many of its other aspects. You can also adjust the workout progress graph so that it displays the information you want to see.

You can make the following changes at any time:

- Workout selection (between workouts that can be interrupted)
- Workout length
- Information displayed on progress graph
- Metrics displayed on screen
- Metrics Scan (all available metrics appear in sequence on the screen)

In addition, if you are signed in under your user profile, you can change the following:

- Target heart rate (except for heart rate controlled workouts)
- SmartRate activation / deactivation

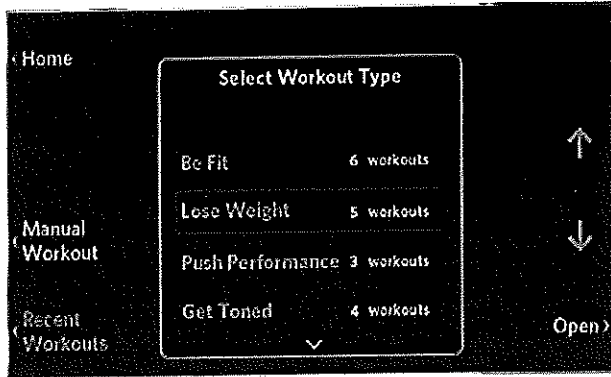


Figure 31: Select Workout

### Changing Your Workout Length

The normal length of your workout (the *default duration*) is preset to 30 minutes. If you want to choose a different amount of time, you can do that after you have started your workout.

#### To change the length of your current workout:

1. At the main workout screen, touch **Change Time**.

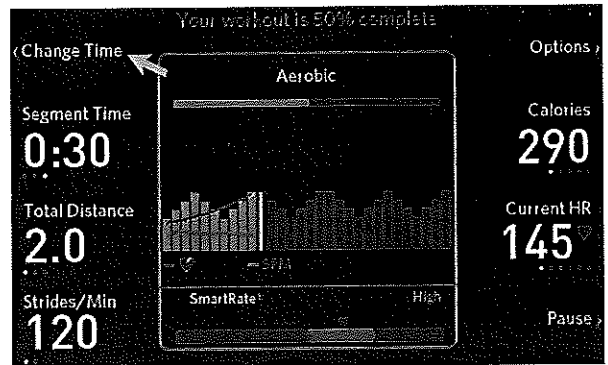


Figure 32: Change Time button

2. Use the up and down arrow buttons to increase or decrease the length of your workout.

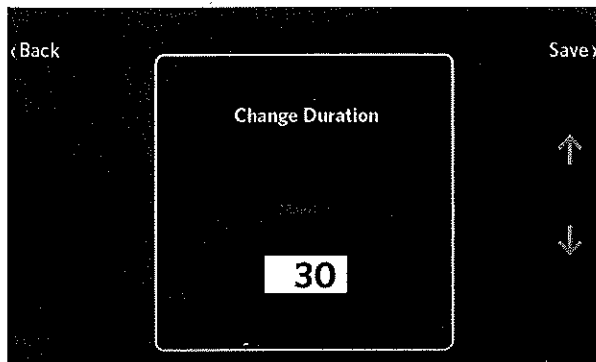


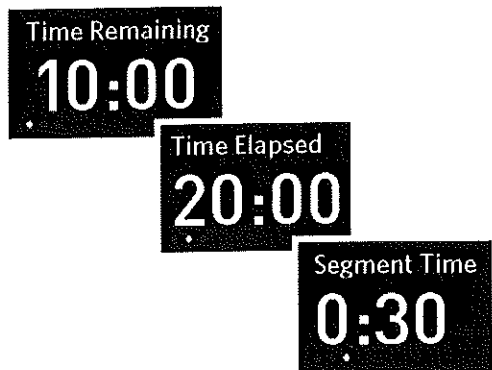
Figure 33: Change Duration screen

3. Touch **Save** to return to the main workout screen.  
**Note:** Touching **Back** instead of **Save** returns you to your workout without saving the changes.

### Changing the Workout Display

While you are working out, you can choose different measurements of your progress, or *metrics*, as shown in the following figure and table. Simply touch the button next to the measurement you want to change.

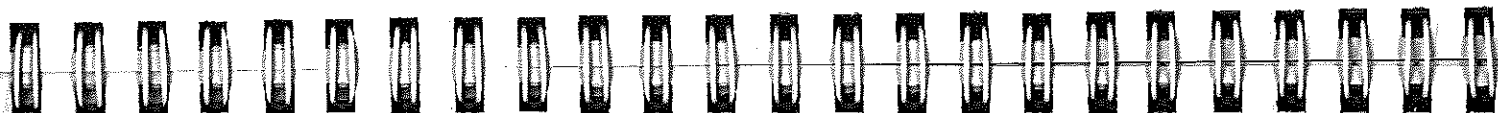
**Note:** If you are signed in under your user profile, the equipment will save your display settings and metrics selections for the next workout, even if you don't save your workout.



**Figure 34: Time measurement selection**

**Table 5. Workout metrics**

Metric	Types Available
Workout Time	<ul style="list-style-type: none"> <li>Time Elapsed (the amount of time you've been exercising during this workout)</li> <li>Time Remaining (the amount of time left in the workout)</li> <li>Finish Time (for workouts whose total distance is defined)</li> <li>Segment Time (time remaining in the current intensity segment of the workout)</li> </ul>
Achievement	<ul style="list-style-type: none"> <li>Total Distance</li> <li>Distance Remaining (for workouts whose total distance is defined)</li> <li>Total Strides (total number of strides completed)</li> <li>Elevation Gain (total for this workout)</li> </ul>
Speed	<ul style="list-style-type: none"> <li>Strides / Min (current speed in strides per minute)</li> <li>Avg Strides / Min (average speed for the whole workout, in strides per minute)</li> </ul>



Metric	Types Available
Energy Use	<ul style="list-style-type: none"> <li>Calories (total for this workout)</li> <li>Calories / Min (calories per minute)</li> <li>Calories / Hr (calories per hour)</li> <li>METs (metabolic equivalents)*</li> <li>Watts</li> </ul>
Heart Rate	<ul style="list-style-type: none"> <li>Current HR (current heart rate)</li> <li>Current Zone (current SmartRate zone: warm-up, moderate, high, or maximum) ⓘ</li> <li>Average HR (average heart rate in this workout)</li> <li>Max HR (maximum heart rate in this workout)</li> <li>Target HR (target heart rate) ⓘ</li> <li>Time in Zone (time elapsed in the current zone, moderate and high zones only) ⓘ</li> </ul>

\* You can think of one MET as the amount of energy you use while sitting still, based on your body weight. If you're working out at three METs, that's three times the energy you would use if you weren't moving. Some personal trainers and medical professionals suggest tracking METs instead of calories because your MET target doesn't change as your weight changes.

If you want to see all of this information during your workout, you can turn on Metrics Scan. While Metrics Scan is on, each metric changes every seven seconds to show all of the types of information it can display.

**To turn on Metrics Scan:**

1. During your workout, touch **Options**.
2. At the Options screen, touch **Turn On Metrics Scan**.

**Note:** To turn off Metrics Scan, repeat the preceding steps. The **Turn On Metrics Scan** button is renamed **Turn Off Metrics Scan** if this feature is active.

You can also change the information shown in the progress graph during your workout.

**To change the progress graph:**

1. During your workout, touch **Options**.
2. At the Options screen, touch **Change Graph**.

- Use the arrow buttons to move between the types of information you can display on the graph (strides per minute, CrossRamp, or heart rate). Touch **Add** or **Remove** to select one or two types of information.

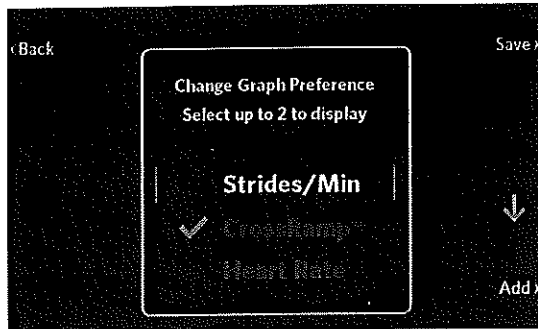


Figure 35: Change Graph Preference screen

- Touch **Save** to save your changes and return to the workout progress graph. The types of information you selected appears as lines in the graph.

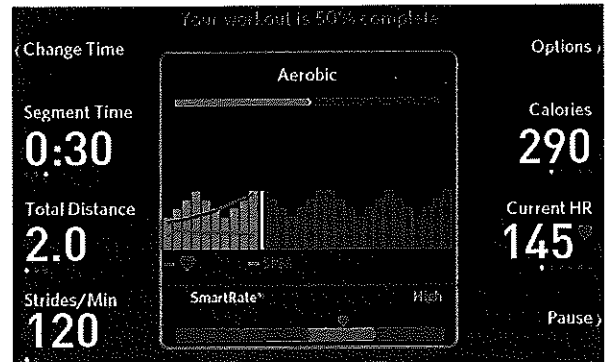


Figure 36: Progress graph with heart rate and strides-per-minute (SPM) lines

**Note:** The bars in the progress graph can describe strides per minute, CrossRamp, or a combination of both (refer to *Available Workouts*). The width of each bar corresponds to one minute for timed workouts, or 200 meters (656 feet) for distance-controlled workouts. These bars scroll from right to left as your workout continues. The line above the bars shows the entire length of your workout and your current position in it.

### Changing Your Mind During Your Workout

As your workout continues, you might find that you'd rather be doing a different workout than the one you originally selected. If so, you can switch from one workout to another without stopping. The actual results of your combined workout will be saved in your profile, and you can save the mixed workout to use it again later (refer to *Finishing Your Workout*).

**Note:** You can't change to a heart rate workout or a fitness test, and you can't change from a fitness test to another workout.

#### To change a workout in progress:

- Touch **Options**.
- On the Options screen, touch **Change Workout**.
- Select a new workout from the workout list, then touch **Start**.

**Note:** If you want to use one of the workouts you have completed recently, touch **Recent Workouts**. Use the up and down arrow buttons to select the workout you want, then touch **Start**.

### Changing Settings and Metrics While You Work Out (EFX)

When you start a workout, you select a pre-defined program. However, in addition to changing the intensity of the workout, you can change many of its other aspects. You can also adjust the workout progress graph so that it displays the information you want to see.

You can make the following changes at any time:

- Workout selection (between workouts that can be interrupted)
- Workout length (except for heart rate controlled workouts and the Fitness Test)
- Information displayed on progress graph
- Metrics displayed on screen
- Metrics Scan (all available metrics appear in sequence on the screen)

In addition, if you are signed in under your user profile, you can change the following:

- Target heart rate (except for heart rate controlled workouts)
- SmartRate activation / deactivation

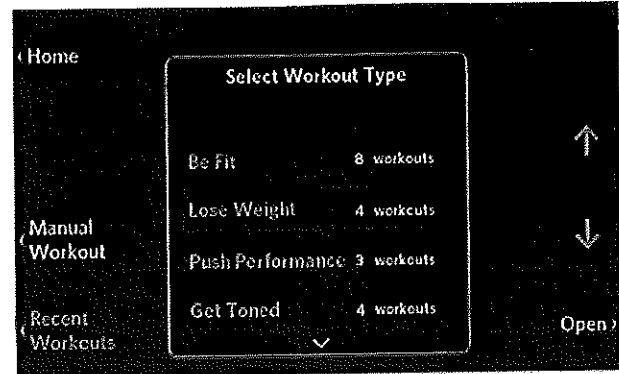
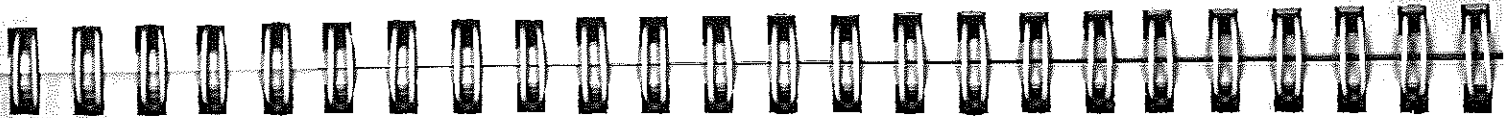


Figure 37: Select Workout Type



### Finishing Your Workout

If you need to end your workout early, simply touch **Pause**, then **Finish**. You will see a summary of what you have accomplished during the workout. All of the metrics around the edges of the screen show your totals and averages for the entire workout, and the progress graph remains in the center of the screen.

If you stop pedaling anytime during a workout, the Pause screen appears. If you resume pedaling at >80 SPM, the workout will automatically resume.

If you finish the workout normally, you go through a short, less intense cool-down stage after the workout itself. The cool-down time is 10 minutes.

This additional stage brings your heart rate down in a gradual, controlled manner and helps prevent stiff, sore muscles later. After the cool-down stage, the Workout Summary screen appears. You can see your metrics by touching either **View with Cool-Down** or **View Workout Only**.

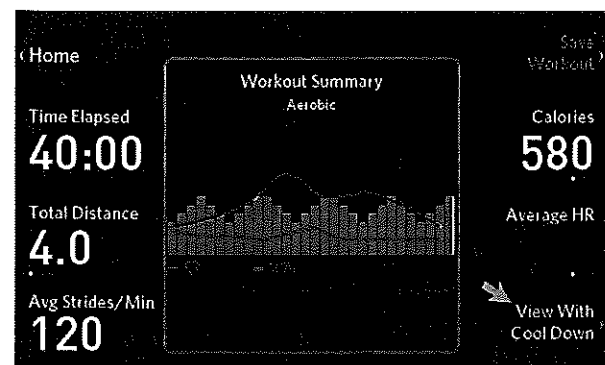


Figure 38: Workout Summary screen and View with Cool Down button

## Saving Your Workout

 You must be signed in under your user profile to use this feature.

At the workout summary screen, you can save the workout you just finished so you can use it again later. Your saved workout includes intensity changes you make every 15 seconds or 50 meters (distance workout) as well as the actual total time.

**Note:** You can save your workout only if it lasted five minutes or more. You cannot save your workout under any of the following conditions:

- You are signed in as a guest.
- You worked out for less than five minutes.
- You have changed between a distance workout and a timed workout, in either direction.
- You were using a heart rate controlled workout or taking a fitness test. (You can't store your current heart rate or fitness level.)

### To save your workout:

1. Touch **Save Workout**.

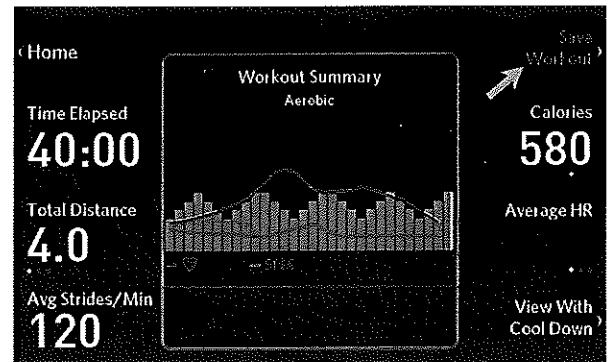


Figure 39: Save Workout button

2. At the Name Your Workout screen, use the **Shift** and arrow buttons to enter a name for this workout.

Scroll between letters, numbers, and spaces (use the Shift button to switch between upper and lower case)



Move from one character to another

**Note:** If you prefer not to name the workout, you can also leave the default name of "Favorite number", where *number* is a single digit.

3. When you have finished specifying the name, touch **Save**.


Each user can save a total of four (4) workouts.

### To use a saved workout again:

1. If necessary, switch to your own user profile (refer to *Choosing a User Profile*).
2. At the home screen, touch **My Workouts**.  
**Note:** Your saved workouts are listed in the order in which you last used them, with the most recent workout first.
3. Use the up and down arrow buttons to select a workout, then touch **Start**.

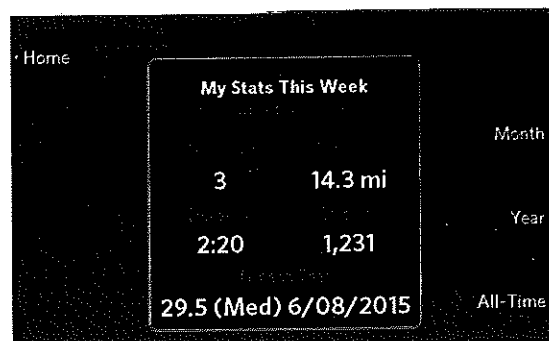
**Note:** The duration and total distance of a saved workout cannot be changed.

## Checking Your Weekly Progress

 You must be signed in under your user profile to use this feature.

To see how much progress you've made each week, month, year, or for all-time, touch **My Stats** on the Home screen. This button takes you to the My Stats screen, where you can see the following totals:

- Number of workouts completed
  - Distance covered
  - Time (hours and minutes) completed
  - Calories burned
  - Fitness Test score\*, includes a low, medium, or high fitness category plus, a weekly stats date
- \* The score appears only if you've completed a Fitness Test.



**Figure 40: My Statistics This Week**

Touch **Home** to return to the home screen.

**Note:** Each week starts on Monday and ends on Sunday.

## Tracking Your Progress with Preva

Preva is a free, cloud-based service from Precor that tracks all of your exercise—at home, at the gym, or outdoors—to help you stay focused on your weekly, monthly, or all-time fitness goals. Through your iPhone device and Preva-equipped Precor fitness equipment, Preva tracks all of your workouts and lets you know whether you're on track, ahead, or behind your goals. It also helps you celebrate major milestones in your progress (including some with actual miles or kilometers) and keeps your workout history.

### To make sure Preva follows the progress you make on your new fitness equipment:

1. If necessary, download the free Preva app from iTunes® or the Apple App Store™.
2. Make sure that you are signed in to Preva.

3. At any time before you finish your workout, connect your iPhone to your equipment.
 

**Note:** Before you begin your workout, you will need to connect your iPhone data cable to the console (refer to *Connecting Your Apple Device*).
4. Check to make sure that the playback controls appear on the console, indicating that your iPhone is properly connected.

At the end of the workout, your workout information is uploaded automatically to your Preva account. Your Goal Compass™ and your workout history are updated to include this workout.

**Tip:** To track your progress and to coordinate your workouts on this equipment with your other forms of exercise, connect to Preva before each workout (refer to *Tracking Your Progress with Preva*).



# Creating User Profiles

When you first create your user profile, you start by storing your personal information (age, weight, gender, and workout focus). As you continue working out with the equipment, it stores your progress and your workout preferences. In other words, your user profile allows the equipment to fine-tune itself to your needs.

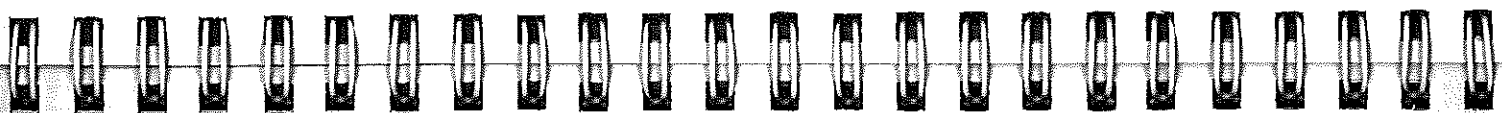
Your user profile allows you to do the following things:

- Use SmartRate, or set your target heart rate, to help ensure you get the cardiovascular workout you want
- Receive workout suggestions based on your own fitness focus
- Save favorite workouts (up to 4 per user) and use them again later
- Set your own default workout duration and display settings

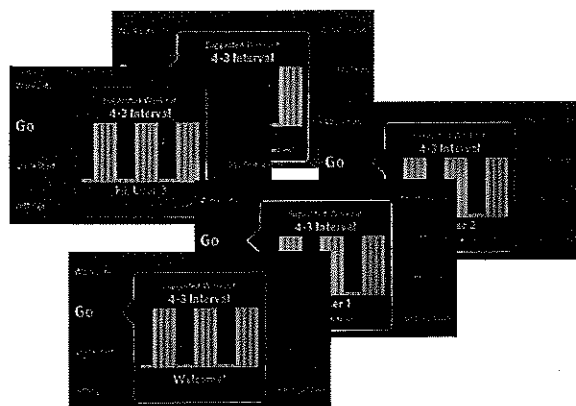
- Automatically see accurate calorie use estimates based on your age
- Track your progress throughout the week

**Note:** Some features of the equipment are available only if you are signed in under your user profile. Those features are identified with a user profile symbol (👤) in this guide.

The equipment can store profiles for up to four people. Each profile has a unique color and a unique name—you can enter your own name or leave the “User number” name that the equipment first assigns to your profile. When you select your profile later, the equipment addresses you by name and all of the screens are accented in your color.



You can change your profile information by touching the **My Profile** button at the home screen.



**Figure 41: Home screens for all user profiles**

**Note:** In addition to the four user profiles, a Guest profile is always available. While you use the Guest profile, the equipment does not store settings, results, or workouts.

## To create a profile:

1. At the home screen, touch **Change User**.
2. On the user list screen, the buttons on the right show the names of user profiles that have already been created. The first available button is labeled **Add User**. Touch this button to continue.

**Note:** If no **Add User** button appears, the equipment already has as many user profiles as it can store. In this case, if you want to create an additional profile, you must either edit one of the existing profiles or delete it (refer to *Deleting User Profiles*).

3. On the User Name screen, use the arrow and **Shift** buttons to enter your name.

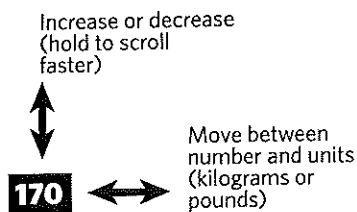
Scroll between letters, numbers, and spaces (use the Shift button to switch between upper and lower case)



Move from one character to another

Touch **Next** to continue.

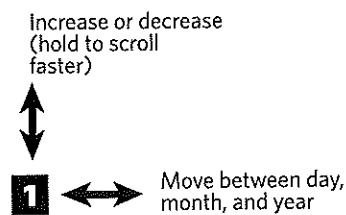
- On the Enter Weight screen, use the arrow buttons to enter your current weight.



Touch **Next** to continue.

- On the Select Gender screen, use the up and down arrow buttons to confirm your gender, then touch **Next**.

- On the Enter Date of Birth screen, use the arrow buttons to enter the date when you were born.



When you have finished entering your birthdate, touch **Next**.

- On the Select Focus screen, use the up and down arrow buttons to select your workout focus:
  - **Be Fit** (maintain a healthy lifestyle)
  - **Lose Weight**
  - **Push Performance** (challenge and improve your stamina)
  - **Get Toned** (improve your muscle tone)
 Touch **Next** to continue.

- On the My Profile screen, review the information you have entered.

<i>If ...</i>	<i>Then touch ...</i>
All of the information is correct	<b>Save</b>
Some of the information needs to be changed	<b>Back or Edit</b>

As you lose weight, or if you want to change any of your other profile information, you can make your changes easily. Just touch **My Profile** at the home screen. Your profile is then displayed and you can choose individual parts of your profile to change.

## Choosing a User Profile

Your fitness equipment can store user profiles for up to four different people. Each person is represented by a different color. Also, a Guest profile is available. Your visitors can choose the Guest profile if they want to use the equipment, but it will not store their results.

**Note:** SmartRate® is not available when the Guest profile is selected.

### To choose a user profile:

- At the home screen, touch **Change User**.

- On the user list screen, touch one of the buttons on the right side of the screen.

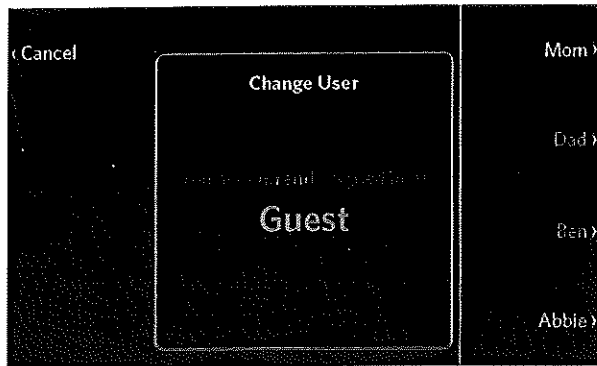


Figure 42: User profiles

**Note:** The user profile you have selected remains active until someone chooses a different profile.

## Changing Your Default Settings

 **You must be signed in under your user profile to use this feature.**

In addition to the overall settings for the fitness equipment, you can adjust the default workout duration assigned to your profile. This duration is normally set to 30 minutes.

### To change your user settings:

- At the home screen, touch **Settings**.
- At the Settings screen, touch **My Settings**.
- Use the up and down arrow buttons to make your adjustment, then touch **Save** to return to the My Settings screen.

## Deleting User Profiles

You have to select a profile before you can delete it. This helps prevent people from accidentally deleting each other's profiles.

### To delete a user profile:

- At the home screen, touch **Change User**.
- Using the buttons on the right of the screen, select the user profile you want to delete.
- After you return to the home screen, touch **My Profile**.
- On the My Profile screen, touch **Delete Profile**.
- On the Delete Profile screen, use the up and down arrow buttons to select **Yes**, then touch **Delete**.

# Changing the System Settings

When you first set up your equipment, you entered the following information:

- Equipment model number
- Date
- Time
- Units of distance (kilometers or miles)

If you need to change these settings, touch the **Settings** button at the home screen.

**Note:** These settings affect all users. For example, if you set the distance units to kilometers, everyone sees their workout distances in kilometers.

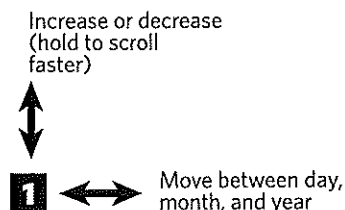
## To correct the model number:

1. At the Settings screen, use the up and down arrow buttons to select **Model**, then touch **Edit**.

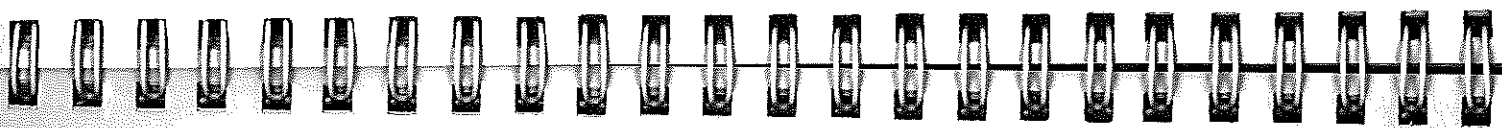
2. At the Set Model screen, use the up and down arrow buttons to select the model you have, then touch **Save**.

## To change the date:

1. At the Settings screen, use the up and down arrow buttons to select **Date**, then touch **Edit**.
2. At the Set Date screen, use the arrow buttons to enter the current date.



When you have finished entering the date, touch **Save**.

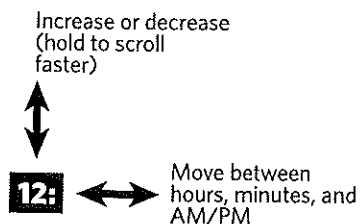


## To change the time:

1. At the Settings screen, use the up and down arrow buttons to select **Time**, then touch **Edit**.
2. At the Set Time screen, use the **12 Hour / 24 Hour** button and the arrow buttons to enter the current time.

## To switch between kilometers and miles:

1. At the Settings screen, use the up and down arrow buttons to select **Distance Units**, then touch **Edit**.
2. At the Set Unit Preference screen, use the up and down arrow buttons to select kilometers or miles, then touch **Save**.



When you have finished entering the time, touch **Save**.

## Retrieving System Information

If you ever need to contact your dealer or Precor Customer Service for help, you may be asked to check the equipment's system information and error log.

The following technical information about your equipment is available for reference:

- Software release part number
- Software version numbers
- Hardware version and serial numbers (console)
- LPCA (equipment base unit control circuit) version number
- Total equipment usage (in hours and minutes)
- Odometer (total usage in kilometers or miles)

### To view the system information:

1. At the home screen, touch **Settings**.
2. At the Settings screen, touch **Information**.

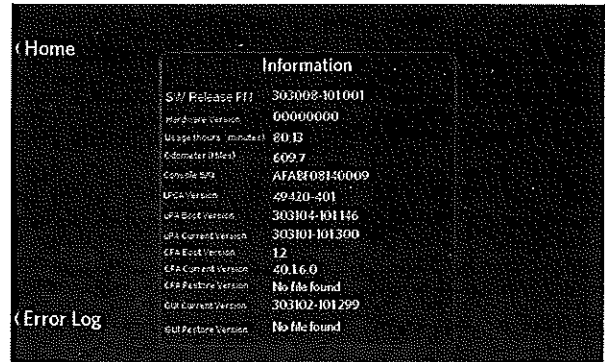


Figure 43: Information screen (example)

3. When you are finished viewing the system information, touch **Home**.



## Displaying the Error Log

Each entry in the error log includes the following information:

- An error ID number
- An error code
- Data providing details about the error
- The time and date when the error occurred
- The odometer setting when the error occurred

### To display the error log:

1. At the home screen, touch **Settings**.
2. At the Settings screen, touch **Information**.

3. At the Information screen, touch **Error Log**.

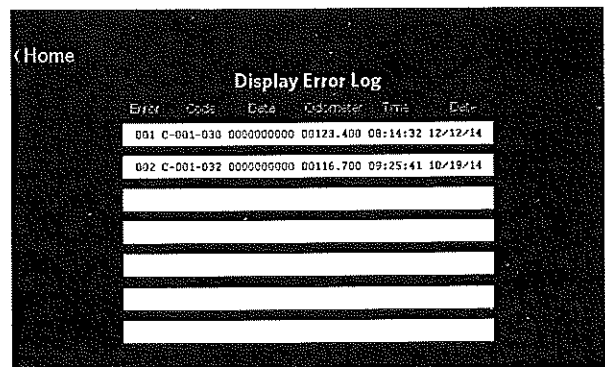


Figure 44: Error log

4. When you are finished viewing the error log, touch **Home**.

# Maintenance

It is important to perform the minor maintenance tasks described in this section. Failure to maintain the equipment as described here could void the Precor Limited Warranty.

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

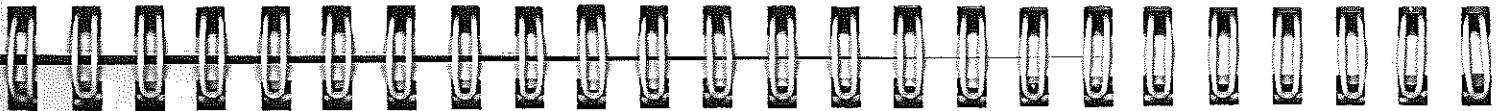
## Inspection

**Inspect the EFX before use.**

Look and listen for loose fasteners, unusual noises, worn or frayed power cords, and any other indications that the equipment may be in need of service. If you notice any of these, obtain service.

**Important:** If you determine that the EFX needs service, make sure that the EFX cannot be used inadvertently. Turn the unit Off, insert the locking pin and then unplug the power cord from its power source. Make sure other users know that the EFX needs service.

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



## Cleaning the Equipment

Most of the working mechanisms are protected inside the covers. However, for efficient operation, the EFX relies on low friction. To keep the friction low, the unit's rollers, ramp, foot pedals, handlebars, and covers must be as clean as possible.

Precor recommends the EFX be cleaned before and after each workout to remove dust, dirt, water, and sweat. Use mild soap and water to dampen a soft cloth and wipe all exposed surfaces.

**CAUTION:** Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and void the Precor Limited Warranty. Never pour water or spray liquids on any part of the EFX, and remove any accumulated sweat from the EFX after use. Allow the EFX to dry completely before using it again.

Frequently vacuum the floor around the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit. Use a soft nylon scrub brush to clean the foot pedals.

## Storing the Chest Strap

Store your chest strap in a place where it remains free of dust, dirt, and moisture, such as in a closet or drawer. Be sure to protect the chest strap from extremes in temperature. Do not store it in a place that may be exposed to temperatures below 32° F (0° C).

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

## Long-Term Storage

When the equipment is not in use for any length of time, turn it off. Make sure that the power cord is unplugged from its power source and is positioned so that it will not become damaged or interfere with people, furniture, or other equipment.

**PRECOR**



# Quick Start Card

PRECISION SERIES  
AND ENERGY SERIES  
ELLIPTICALS

WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

# GETTING STARTED

## PRECISION SERIES AND ENERGY SERIES ELLIPTICALS

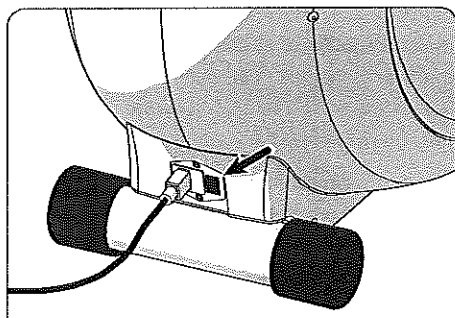
As you get to know your new Precor Elliptical Fitness Crosstrainer™ (EFX®) and your own fitness goals, you'll use the advanced features of the equipment more often. To begin with, though, here's an easy way to start out.



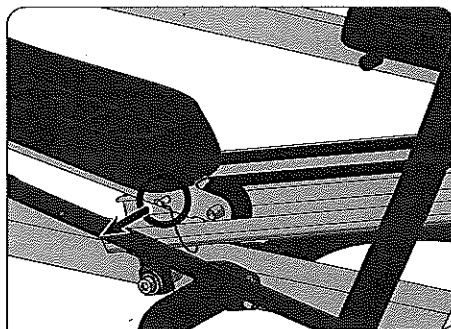
**WARNING:** Read through ALL of the safety information in the Owner's Manual, and make sure that the EFX is properly connected to the electrical supply in your house, before you use the EFX.

**NOTE:** These instructions assume that your EFX has been completely installed and set up.

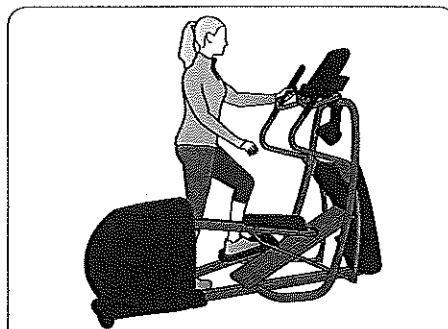
### TO GET STARTED WITH YOUR NEW PRECOR EFX:



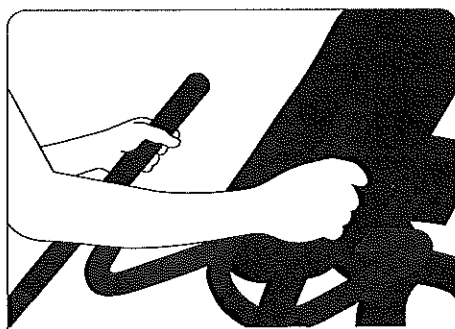
**STEP 1:** Turn the equipment on.



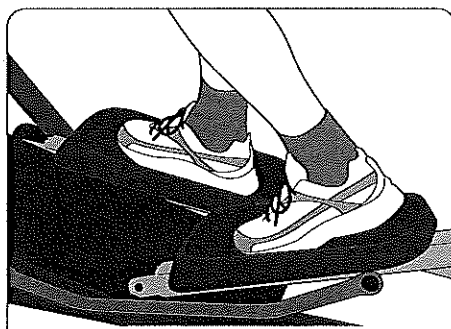
**STEP 2:** If the locking pin is engaged, release it.



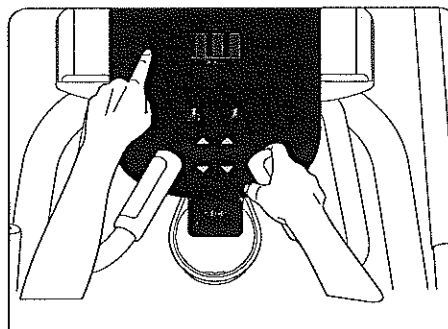
**STEP 3:** Hold one handrail and step onto the pedals.



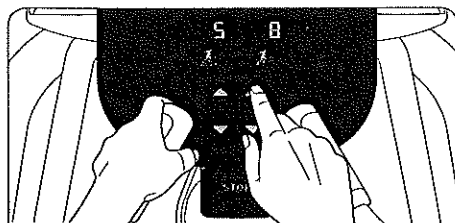
**STEP 4:** Grasp handles firmly with both hands.



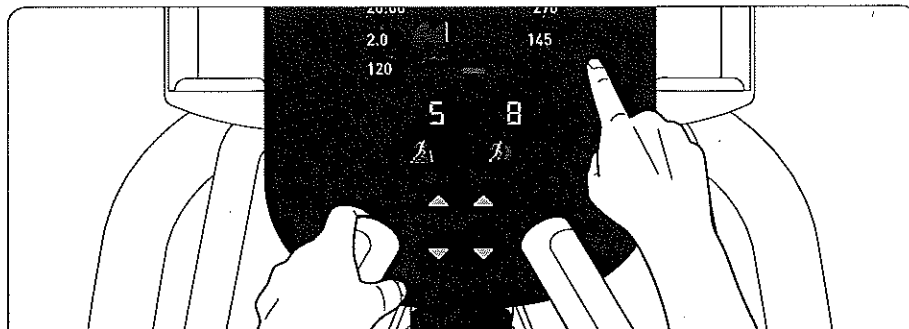
**STEP 5:** Begin pedaling.



**STEP 6:** Touch the **QuickStart** button (*manual operation*) or the **Go** button (*start today's featured workout*).



**STEP 7:** Use the control on the console to adjust the amount of resistance. If the equipment includes a motorized CrossRamp® adjustment, use the control on the left to adjust the CrossRamp height, and the control on the right for the resistance.

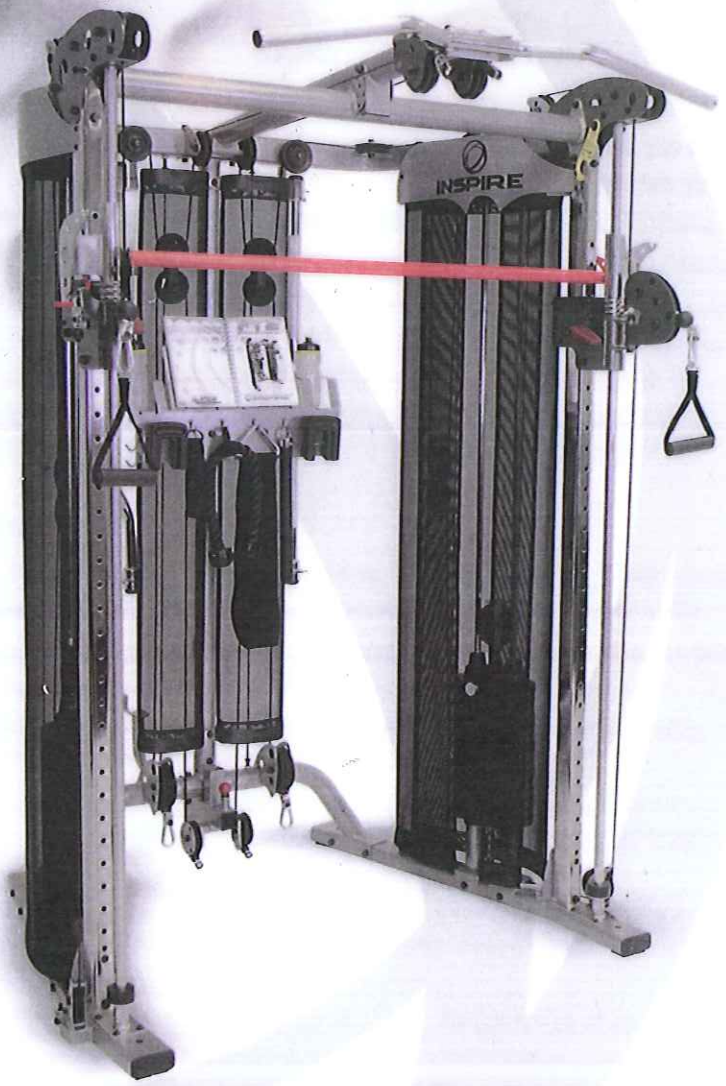


**STEP 8:** If you need to end your workout early, touch **Pause**, then **Finish**, then **Home**.



# FT2

EXERCISE MANUAL





## EXERCISE PROGRAMS

### EXERCISE PROGRAM SUGGESTION #1

Exercise the complete body every other day, up to three times per week.  
The one day of rest enables the body to recover from the previous workout.

### EXERCISE PROGRAM SUGGESTION #2

Alternating your daily workouts.  
One day isolate the upper body exercises, and the next day perform the lower body exercises.  
To reduce lactic acid build-up and consequently reduce muscle soreness, end each exercise with an increased number of repetitions at a lighter weight.  
Also, stretching the muscle is recommended upon completion of your weight resistance program.

## BEFORE YOU BEGIN

### WARNING! PLEASE READ BEFORE EXERCISING

When working out, do the following for each exercise:

1. Read all caution and warning labels before using this machine.
2. Before exercising, inspect this machine for loose, frayed or worn parts, including cables and connectors. If in doubt, do not use machine until the parts have been replaced.
3. Should weights, pulleys, or other parts become jammed, do not attempt to free them yourself, obtain assistance from a certified technician.
4. Keep clear of weights and all moving parts.
5. Children should not be permitted to use the machine.
6. For consistent, smooth operation, the guide rods should be lubricated periodically with synthetic lubricant.
7. Prior to beginning any exercise program it is suggested to have a complete physical examination and a physician's approval of your conditioning program.
8. We recommend that you always exercise with a partner or someone who can assist you should the weights become too heavy for you to lift on your own.

### GETTING STARTED

Always warm up your muscles before exercising. Easy stretching (without bouncing) and light calisthenics, for 20 minutes, are recommended to prepare your body.

Always refer to the photographs for proper machine settings and body positioning. Select a starting weight that is comfortable for you.

Exhale while lifting the weights, and inhale while returning them to the starting position in a slow and controlled manner.

A "repetition" is defined as one complete movement from the starting position, through the full range of motion, and back to the starting position. A "set" is defined as a series of continuous repetitions.

Start your exercise program conservatively. Select a weight for each exercise that is easily performed for a full range of motion. The number of repetitions for each set should range between eight and fifteen.

While heavy resistance increases muscular strength, the full range of movement is necessary to achieve maximum muscle strength and development. Rest between each set of repetitions long enough to catch your breath.

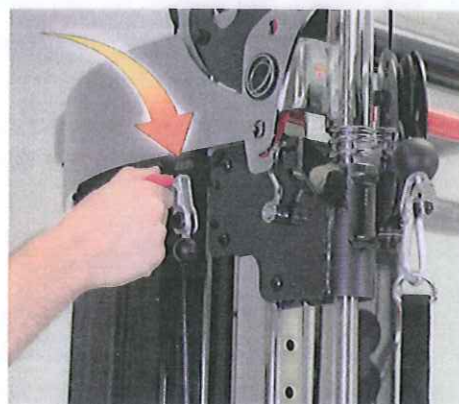
Work up to three or four sets for each isolated exercise. When you can perform the



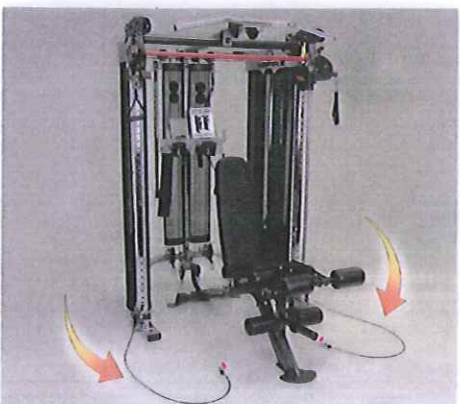
## HOW TO ATTACH LEG DEVELOPER TO WEIGHT STACKS



1) Adjust red bar and pulley carriage to top position.



2) Detach cables from machine, as shown.



3) Lay cables on the ground.



4) Pull cables forward from the low pulley position.



## HOW TO ATTACH BAR TO WEIGHT STACKS



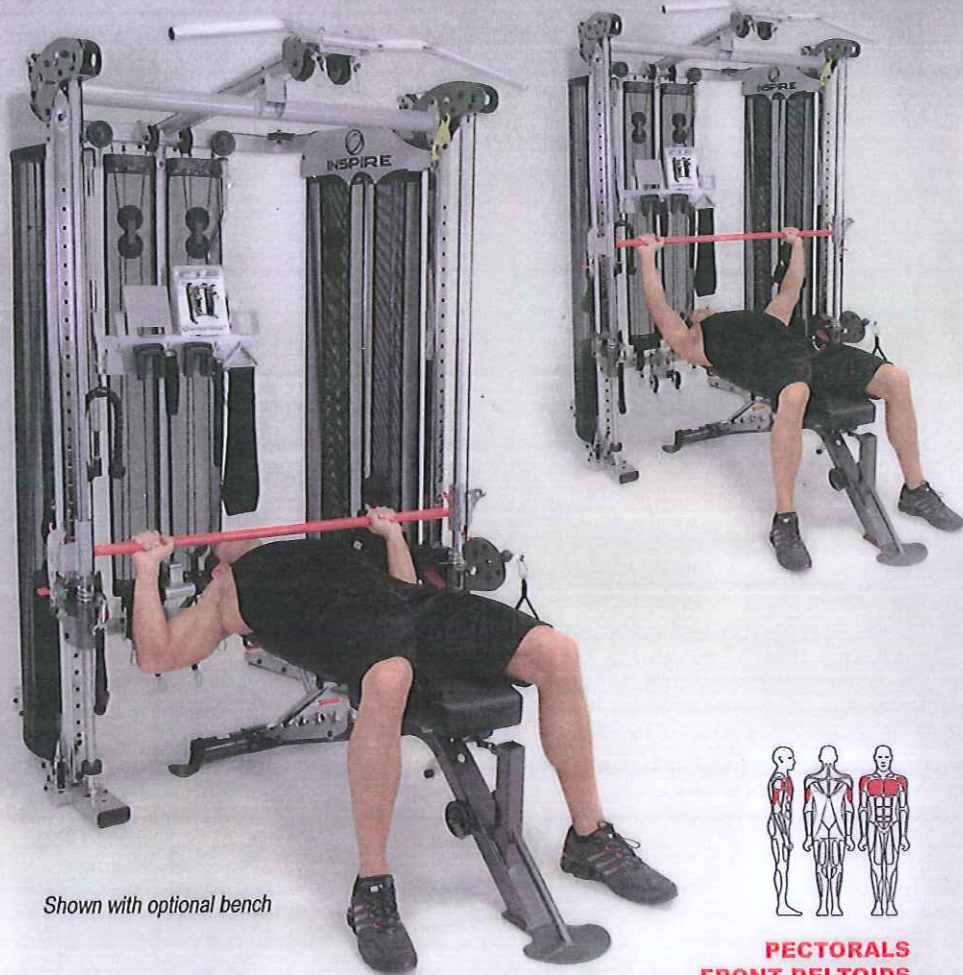
1) Locate the small red cable end handles on each side of the gym.





## LYING CHEST PRESS

chest



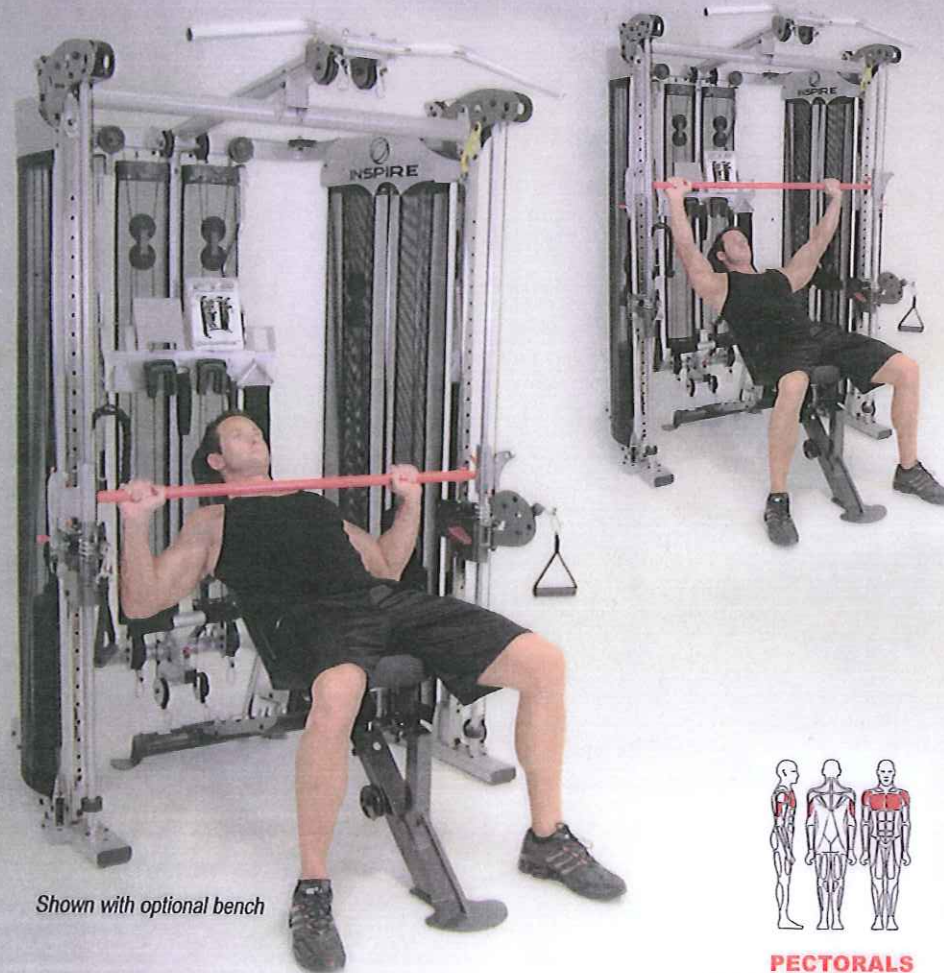
*Shown with optional bench*

**PECTORALS  
FRONT DELTOIDS  
TRICEPS**

1. Begin by selecting a manageable weight from the weight stacks.
2. Lay on the bench and plant both feet on the ground.
3. Take a medium to wide grip on the bar and rotate until both carriages disengage.
4. Lower bar to chest level and rotate bar to engage the carriages.
5. Press the bar upward until elbows are locked

## INCLINED CHEST PRESS

chest



*Shown with optional bench*

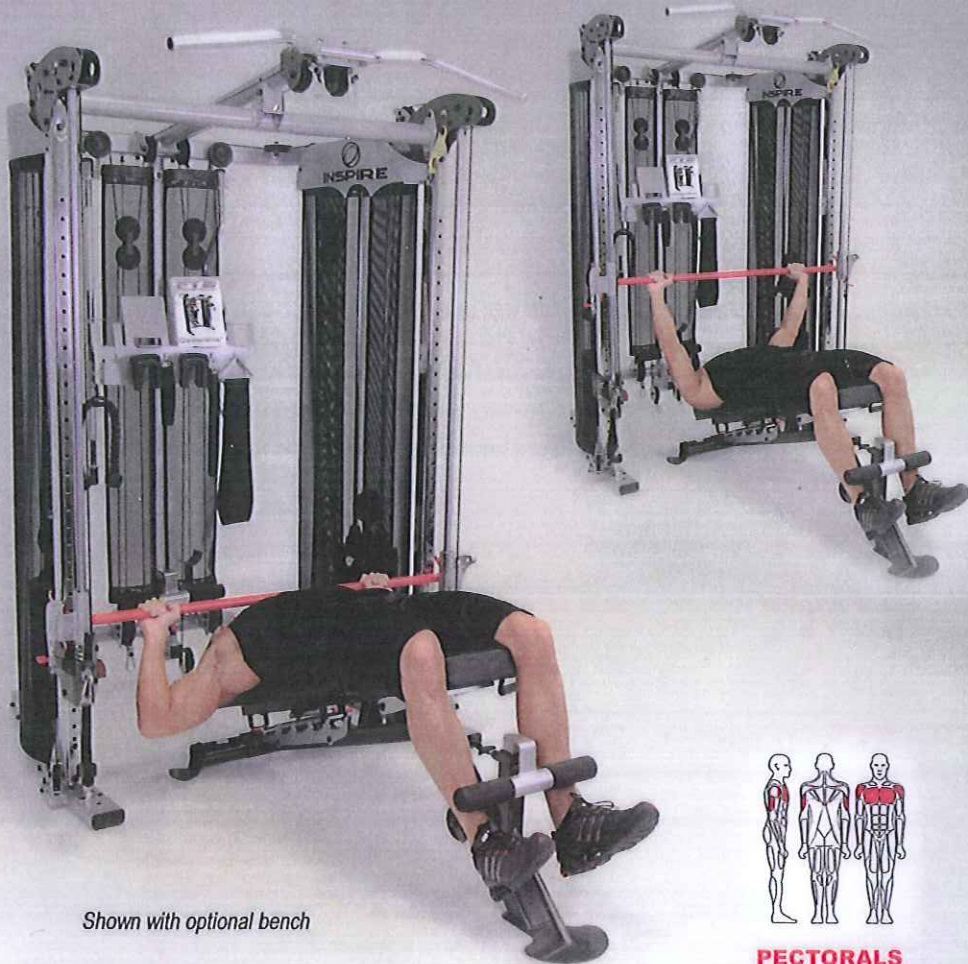
**PECTORALS  
FRONT DELTOIDS  
TRICEPS**

1. Incline the bench to a desired angle. Adjust angle to 45 degrees to maximize upper chest involvement.
2. Select a manageable weight from the weight stacks.
3. Lay on the bench and plant both feet on the ground.
4. Take a medium to wide grip on the bar and rotate until both carriages disengage.

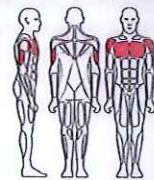


# DECLINED CHEST PRESS

chest



Shown with optional bench

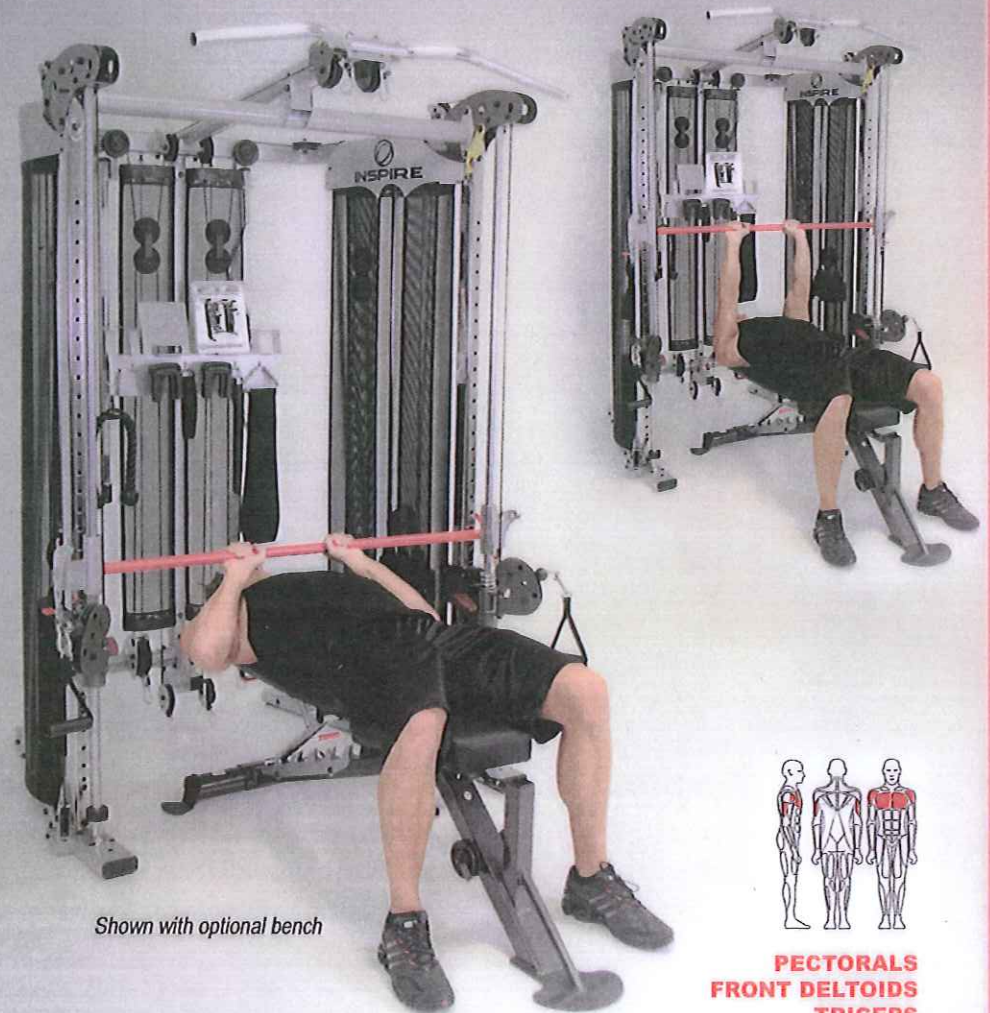


**PECTORALS  
FRONT DELTOIDS  
TRICEPS**

1. Decline the bench to a desired angle.
2. Select a manageable weight from the weight stacks.
3. Lay on the bench and plant both feet on the ground.
4. Take a medium to wide grip on the bar and rotate until both carriages disengage.
5. Lower bar to chest level and rotate bar to engage the carriages.

# CLOSE GRIP CHEST PRESS

chest



Shown with optional bench



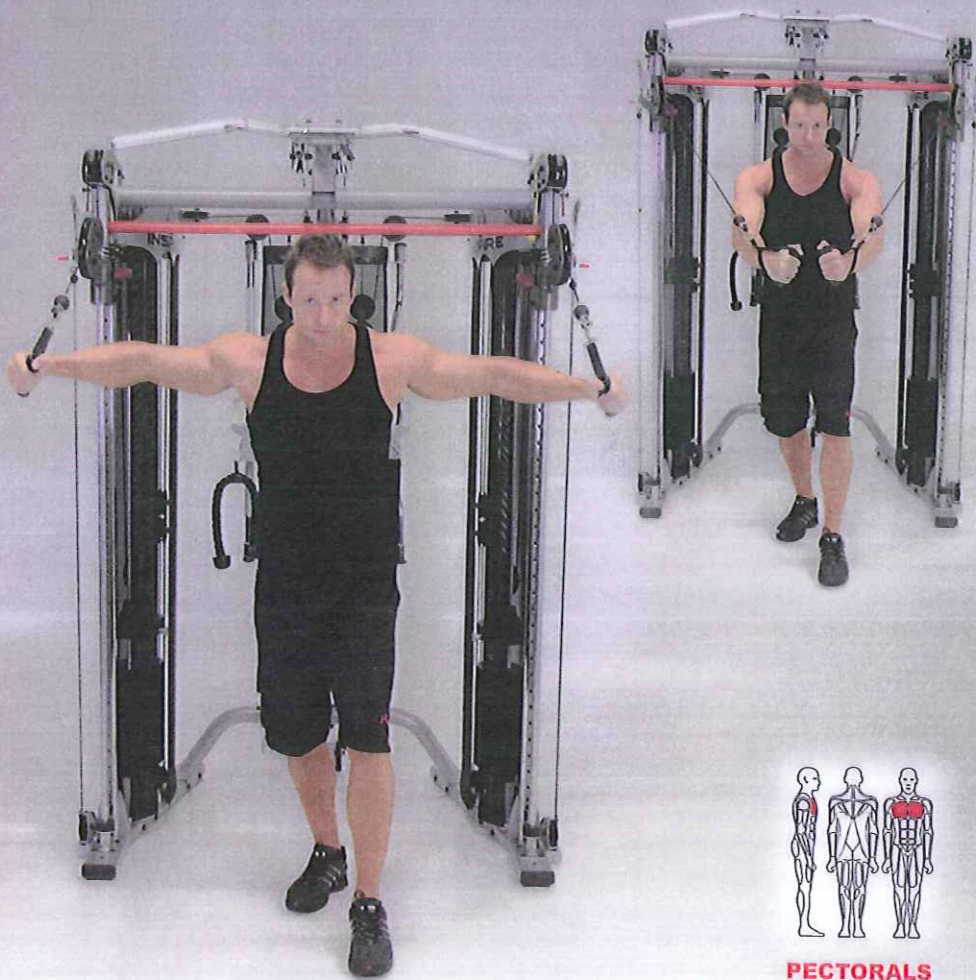
**PECTORALS  
FRONT DELTOIDS  
TRICEPS**

1. Begin by selecting a manageable weight from the weight stacks.
2. Lay on the bench and plant both feet on the ground.
3. Take a medium to wide grip on the bar and rotate until both carriages disengage.
4. Lower bar to chest level and rotate bar to engage the carriages.
5. Press the bar upward until elbows are locked.



## CABLE CROSSOVER

chest



PECTORALS

1. Set the left and right pulley carriages to the highest position and attach the D handles.
2. Facing away from the machine, grab the handles with arms extended at chest level, as shown.
3. Keeping your arms extended, slowly bring your hands together in front

## STANDING INCLINED CHEST FLY

chest



PECTORALS

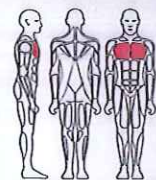
1. Set the left and right pulley carriages to the lowest position and attach the D handles.
2. Facing away from the machine, grab the handles with arms extended at chest level, as shown.
3. Keeping your arms extended, slowly bring your hands together in front



## LYING CHEST FLY



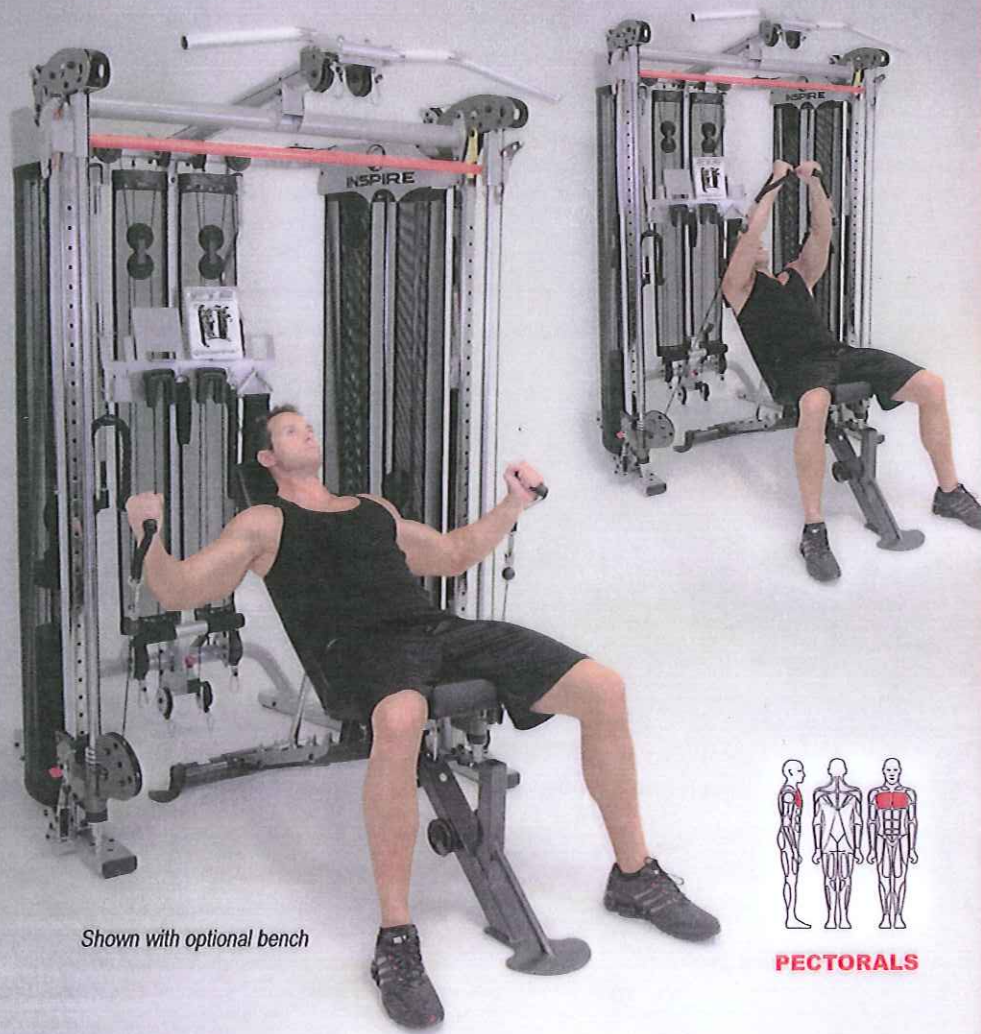
Shown with optional bench



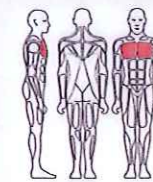
**PECTORALS**

1. Set the left and right pulley carriers to the lowest position and attach the D handles.
2. Select a manageable weight.
3. Lay on flat bench and grab D handles.
4. With elbows slightly bent, slowly bring your hands together in front of

## LYING INCLINE FLY



Shown with optional bench



**PECTORALS**

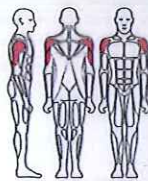
1. Set the left and right pulley carriers to position 5 and attach the D handles.
2. Select a manageable weight.
3. Incline the bench to 30 degrees.
4. Lay down and grab D handles.
5. With elbows slightly bent, slowly bring your hands together in front of your chest.



## SEATED MILITARY PRESS (BAR)



*Shown with optional bench*



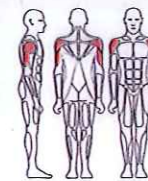
**DELTOIDS  
TRICEPS**

1. Set bench to the highest incline position.
2. Select a manageable weight.
3. Sit on bench and rotate bar until both carriages disengage.
4. Lower bar to chin level.

## SEATED SHOULDER PRESS (CABLES)



*Shown with optional bench*

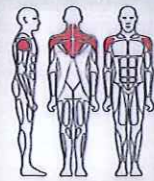
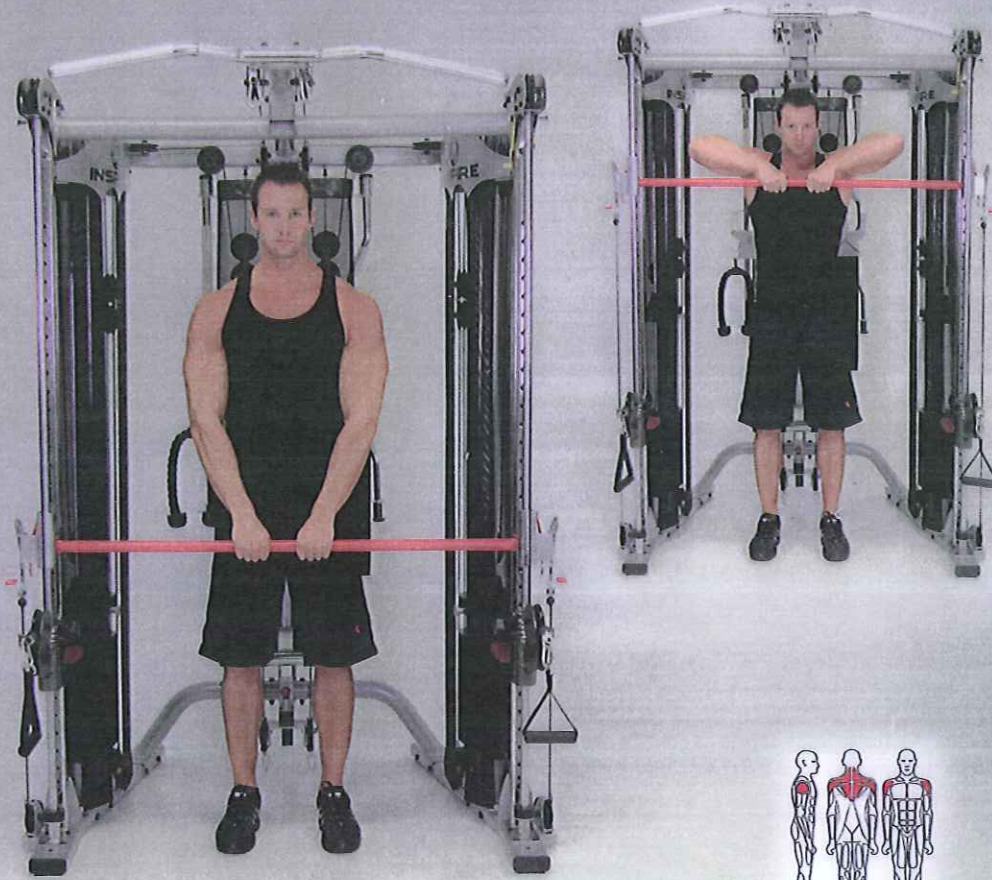


**DELTOIDS  
TRICEPS**

1. Disconnect cables from each end of the bar and store bar in top position.
2. Set bench to the highest incline position.
3. Select a manageable weight.
4. Adjust both carriages to bottom position.
5. Sit on bench and grab both D handles.



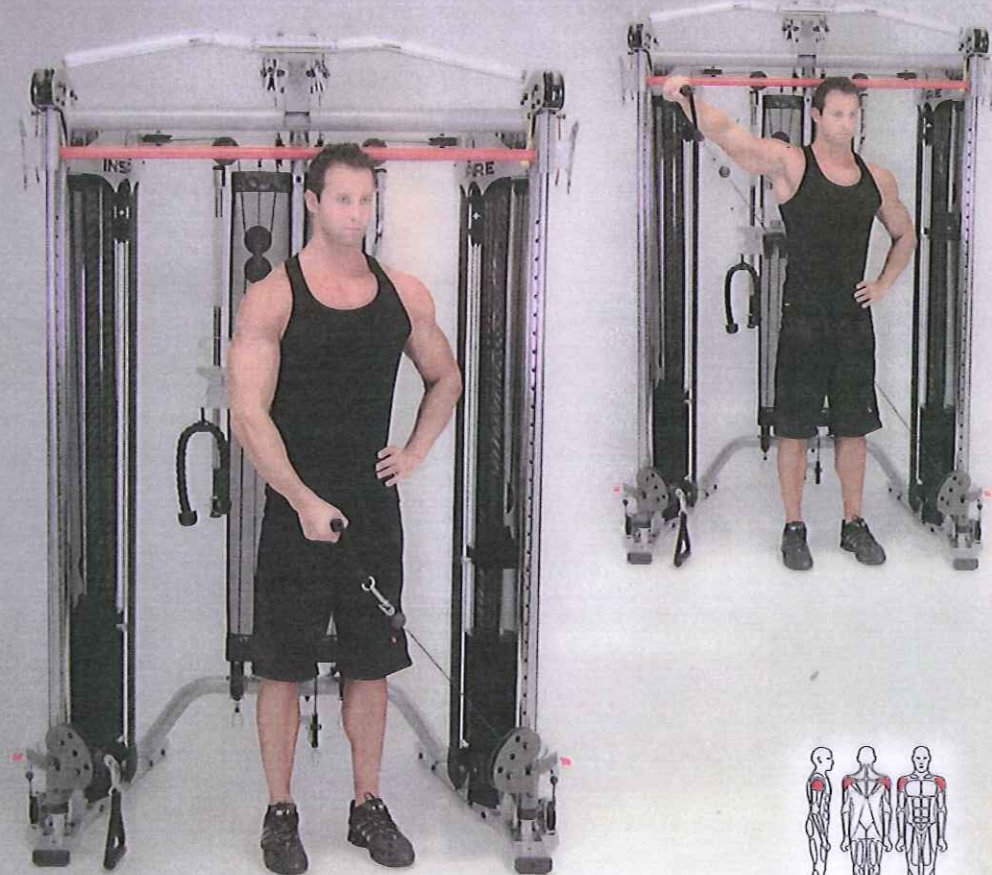
## UPRIGHT ROW



**DELTOIDS  
TRAPEZIUS**

1. Stand facing the machine.
2. Grab the bar and rotate until both carriages are disengaged.
3. Lower bar to knee level.
4. Rotate bar opposite direction and engage both carriages.
5. Using an overhand grip, slowly pull the bar upward towards your chin. Be sure

## LATERAL RAISE

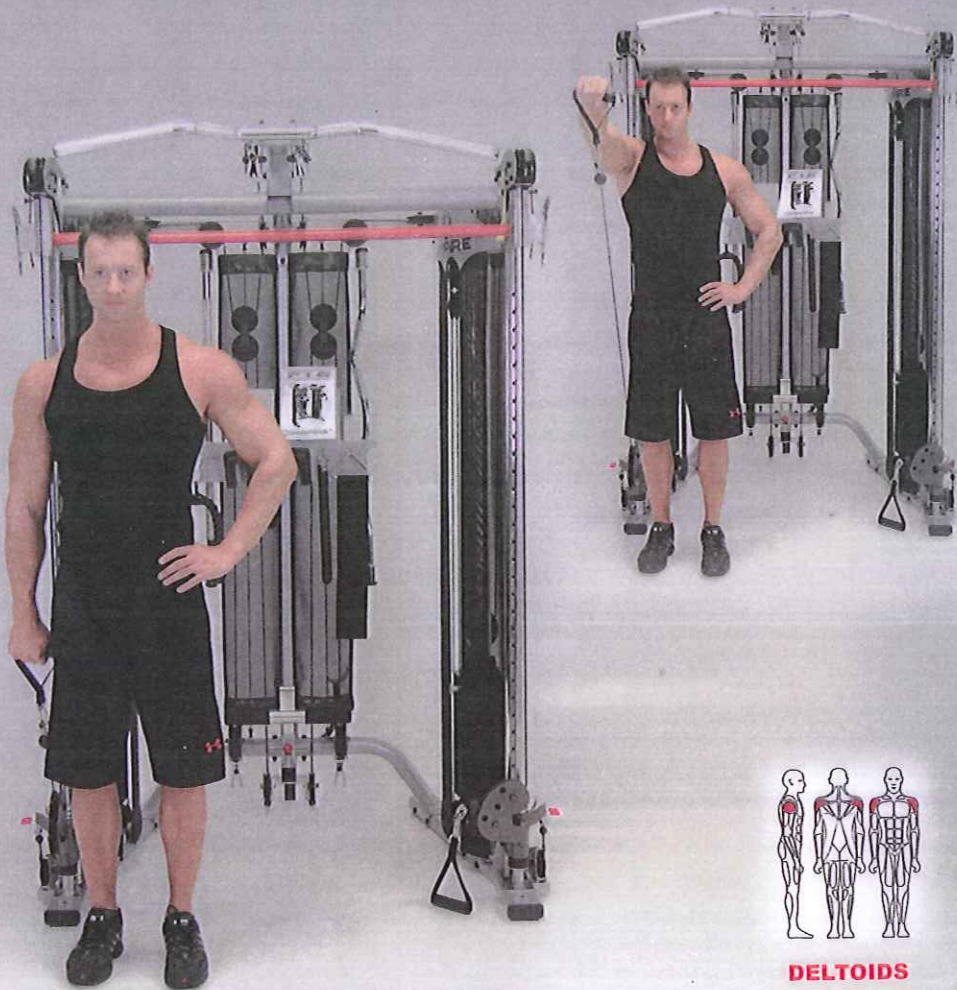


**DELTOIDS**

1. Set the left and right pulley carriages to the lowest position and attach the D handles.
2. Select a manageable weight.
3. Stand facing sideways and away from the machine.
4. Grab D handle with hand that is farthest from the machine, as shown.



## FRONT DELTOID



**DELTOIDS**

1. Set the pulley carriages to a low position and attach D handles.
2. Facing away from the machine, grasp the D handle with the arm closest to the sliding bar, as shown.
3. Keeping your torso upright and your arm extended, pull the D handle upwards and forward.

## REAR DELTOID (HIGH PULLEY)

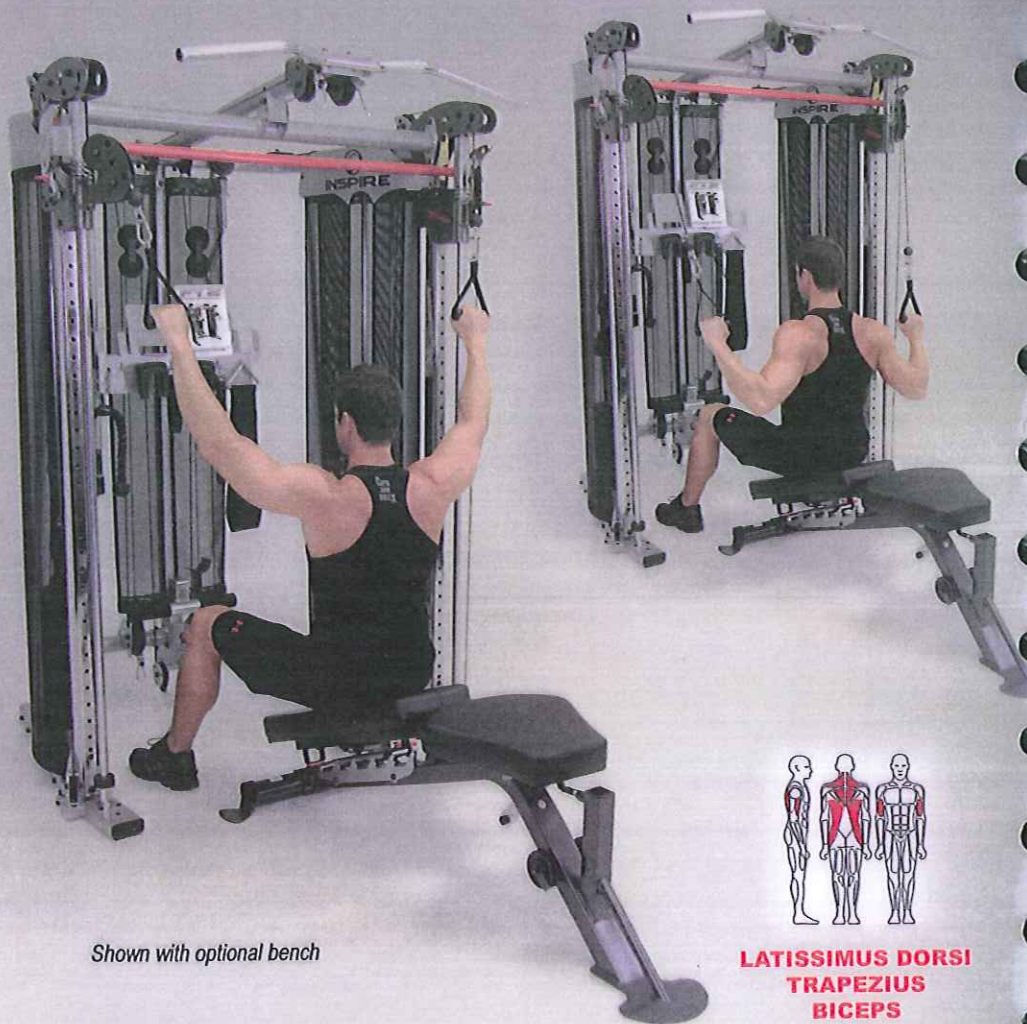


**DELTOIDS,  
TRAPEZIUS, RHOMBOIDS**

1. Set the left and right pulley carriages to the highest position and attach the D handles.
2. Facing the machine, grab the left D handle with right hand and right D handle with left hand, as shown.
3. Maintain a slight bend in your elbows and slowly swing hands out and back until even with shoulders



## LAT PULLDOWN [WIDE]



*Shown with optional bench*

**LATISSIMUS DORSI  
TRAPEZIUS  
BICEPS**

1. Set the left and right pulley carriages to the highest position and attach the D handles.
2. Set bench in declined position and place directly under high pulleys.
3. Sitting on bench, reach up and grab D handles, as shown.
4. Pull hands down and in, towards shoulders.

## LAT PULLDOWN [NARROW]



*Shown with optional bench*

**LATISSIMUS DORSI  
BICEPS**

1. Attach D handles to narrow high pulleys.
2. Set bench in declined position and place directly under high pulleys.
3. Sitting on bench, reach up and grab D handles, as shown.
4. Pull hands straight down towards shoulders.
5. Slowly return to the starting position.



## SEATED ROW



*Shown with optional foot brace*



**LATISSIMUS DORSI  
RHOMBOIDS  
LOWER BACK  
BICEPS**

1. Attach D handles to wide groove pulleys at back of machine.
2. Slide the T shaped foot brace into position.
3. Sit on floor with feet against foot brace.
4. Grab both D handles.
5. Pull both D handles toward mid-section, keeping elbows as close to your

## CHEST SUPPORTED ROW



*Shown with optional bench*

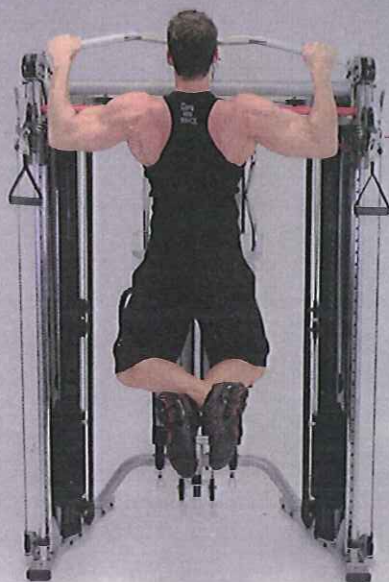
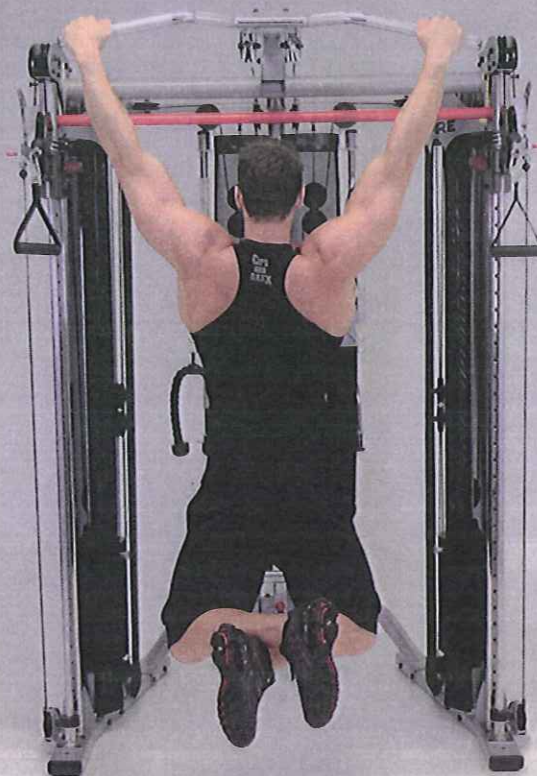


**LATISSIMUS DORSI  
RHOMBOIDS  
BICEPS**

1. Place bench inside machine and incline to top position.
2. Attach D handles to wide groove pulleys at back of machine.
3. Sit on bench with chest against back pad.
4. Lean to the right, reach forward and grab D handle.
5. Repeat step 4 for the left side.



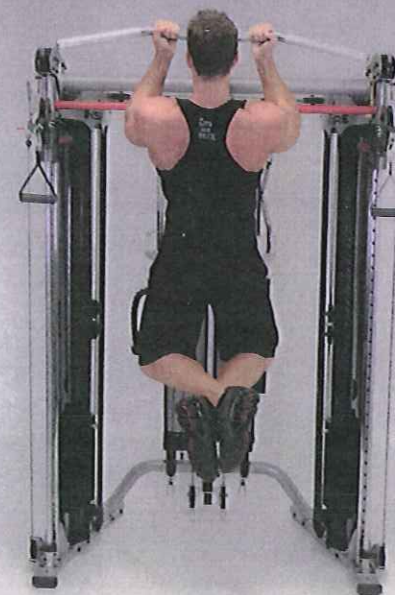
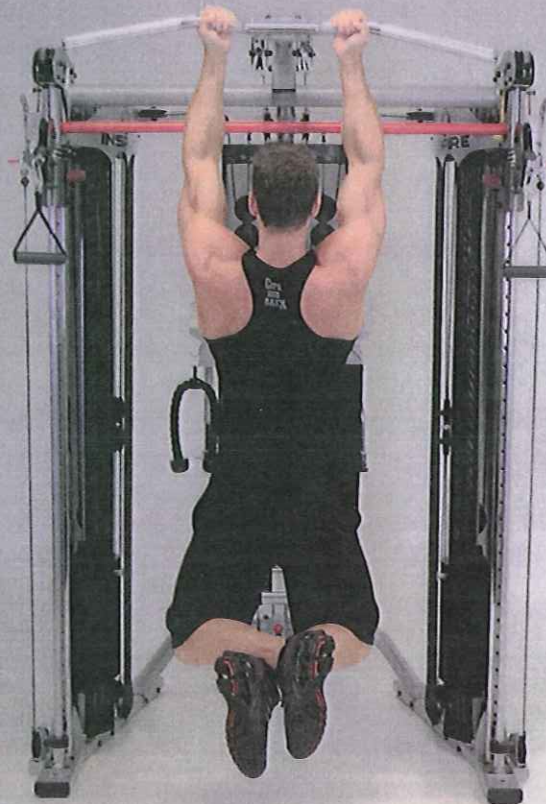
## PULL-UPS



**LATISSIMUS DORSI  
BICEPS**

1. Grasp the pull-up bar with an overhand grip, as shown.
2. Lift your feet off the floor crossing your ankles and hang.
3. Pull yourself upward until your head is at hand level.
4. Slowly return to the starting position.

## CHIN-UPS

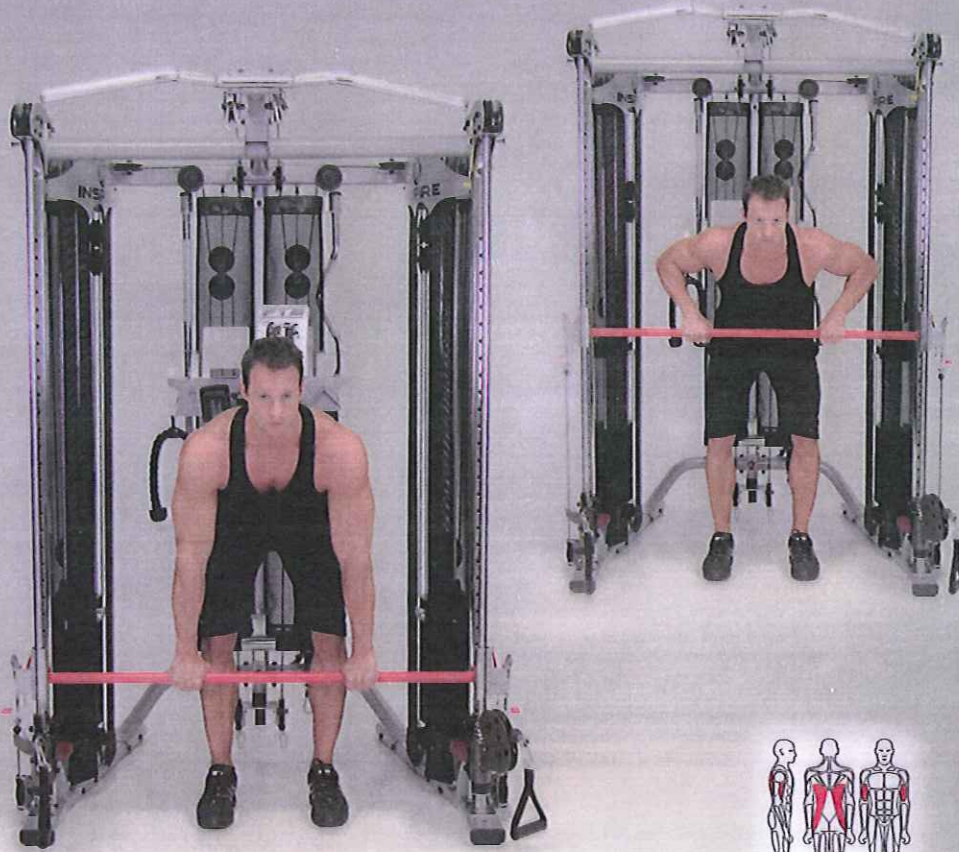


**LATISSIMUS DORSI  
BICEPS**

1. Grasp the pull-up bar with an underhand grip, as shown.
2. Lift your feet off the floor crossing your ankles and hang.
3. Pull yourself upward until your head is at hand level.
4. Slowly return to the starting position.



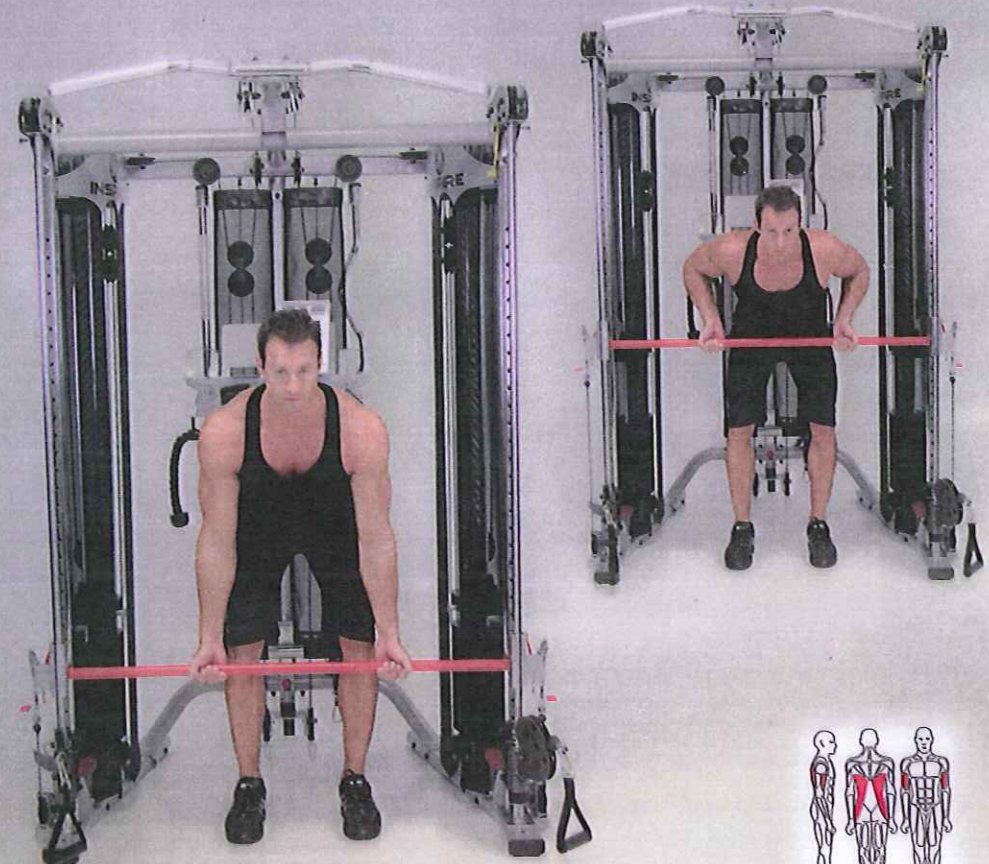
## BENT OVER ROW



**LATISSIMUS DORSI  
BICEPS**

1. Lower bar and both carriages to bottom position.
2. Choose an appropriate weight for yourself.
3. With a shoulder width stance, bend forward at the waist and grab the bar with a wide, overhand grip.

## BENT OVER ROW (REVERSE GRIP)

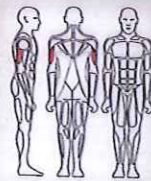
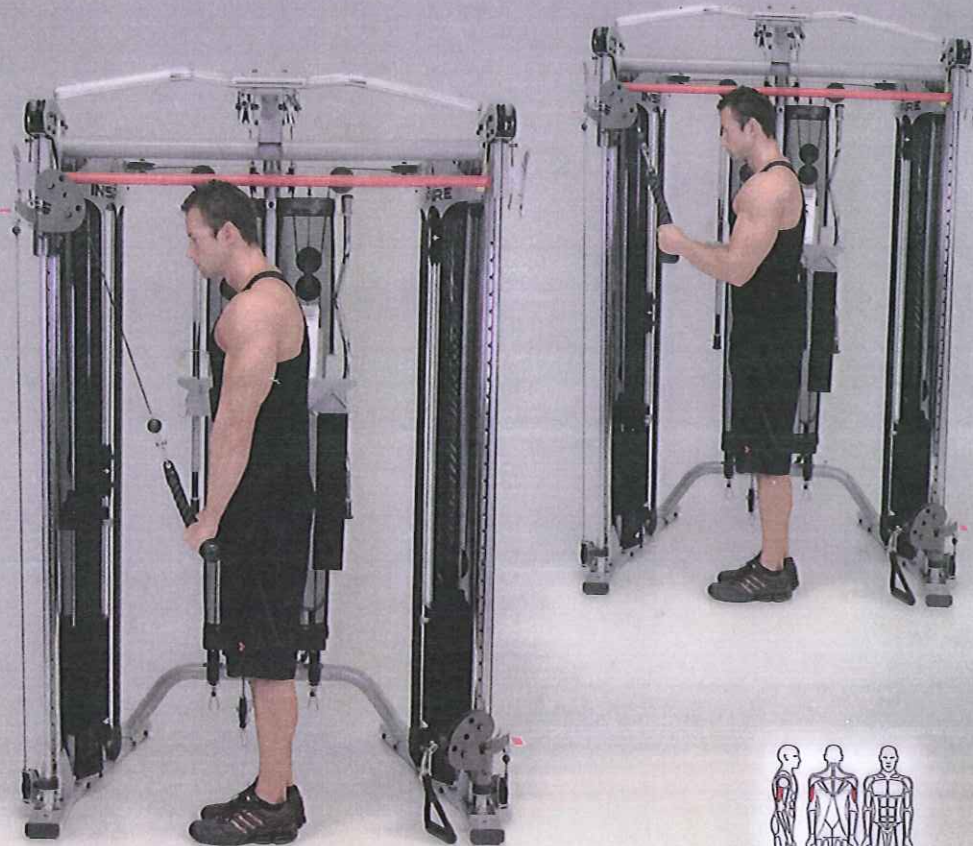


**LATISSIMUS DORSI  
BICEPS**

1. Lower bar and both carriages to bottom position.
2. Choose an appropriate weight for yourself.
3. With a shoulder width stance, bend forward at the waist and grab the bar with a wide, underhand grip.
4. Keeping knees slightly bent, and torso straight, slowly pull the bar up



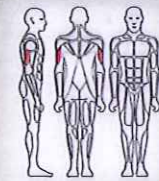
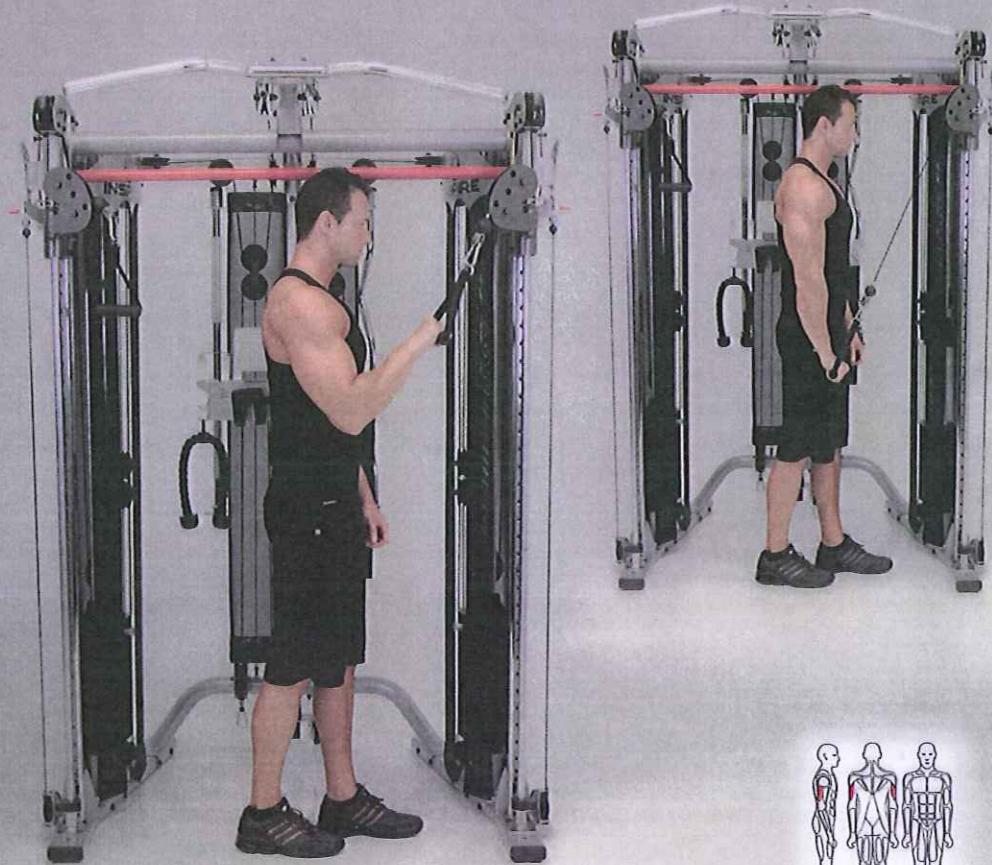
## TRICEP PUSHDOWN [ROPE]



TRICEPS

1. Adjust one carriage to top position.
2. Attach tricep rope to pulley.
3. Choose appropriate weight from stack.
4. Grab tricep rope with both hands, as shown.
5. Keeping elbow fixed at side, press straight down until elbow is locked.

## TRICEP PUSHDOWN [SINGLE HAND]

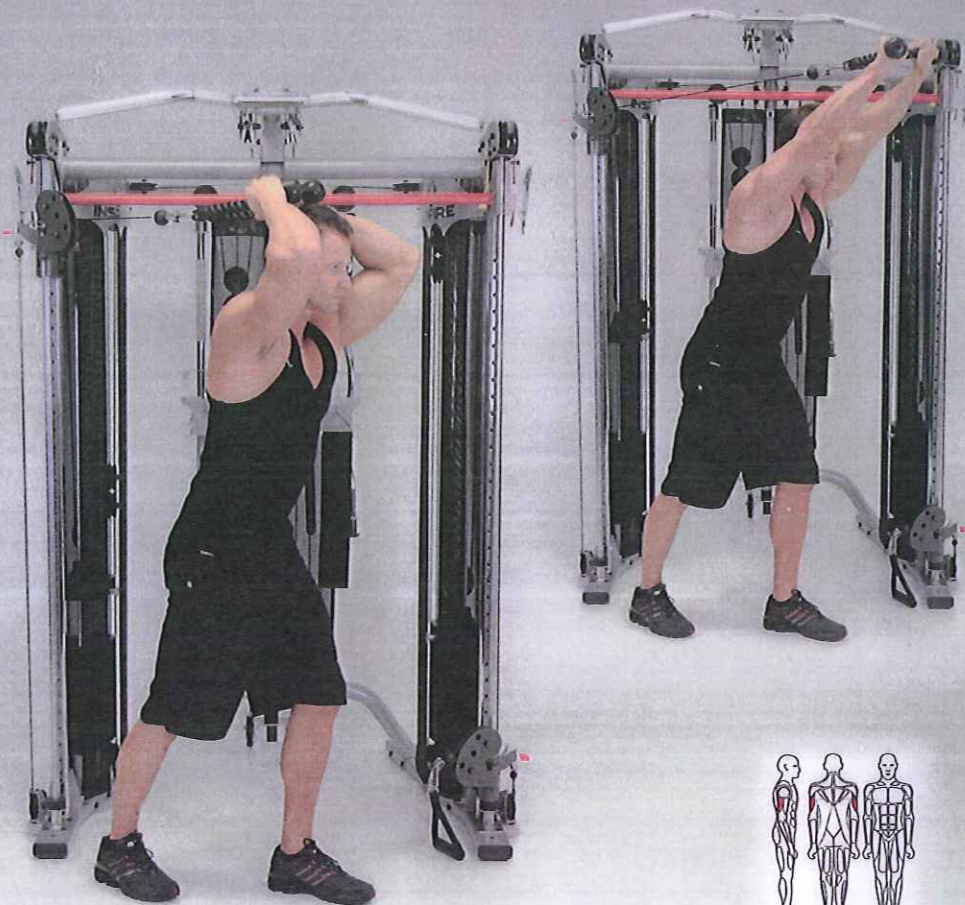


TRICEPS

1. Adjust one carriage to top position.
2. Attach D handle to pulley.
3. Choose appropriate weight from stack.
4. Grab D handle with one hand, as shown.
5. Keeping elbow fixed at side, press straight down until elbow is locked.



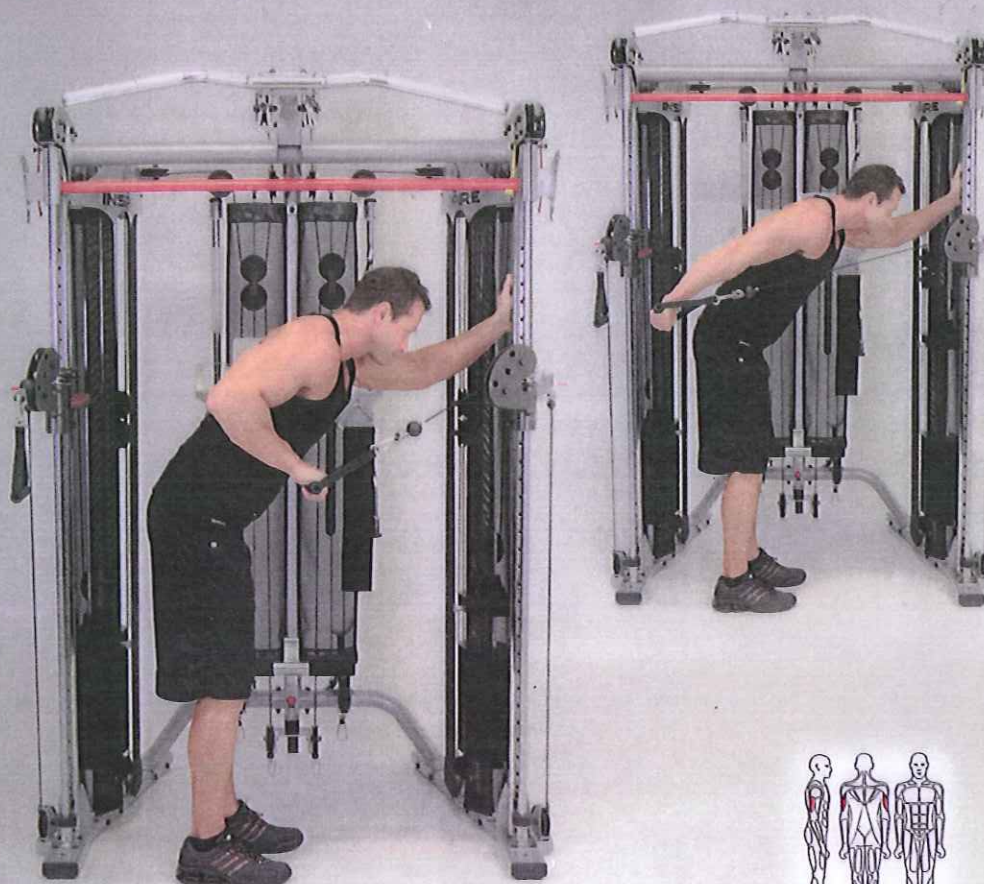
## OVERHEAD TRICEP EXTENSION (ROPE)



TRICEPS

1. Adjust one carriage to top position.
2. Attach tricep rope to pulley.
3. Choose appropriate weight from stack.
4. Facing away from machine, grab tricep rope with both hands, as shown.
5. Keeping elbows fixed at ear level, press hands overhead until elbows are locked.

## TRICEP KICKBACK

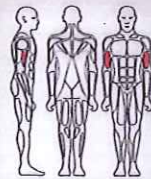
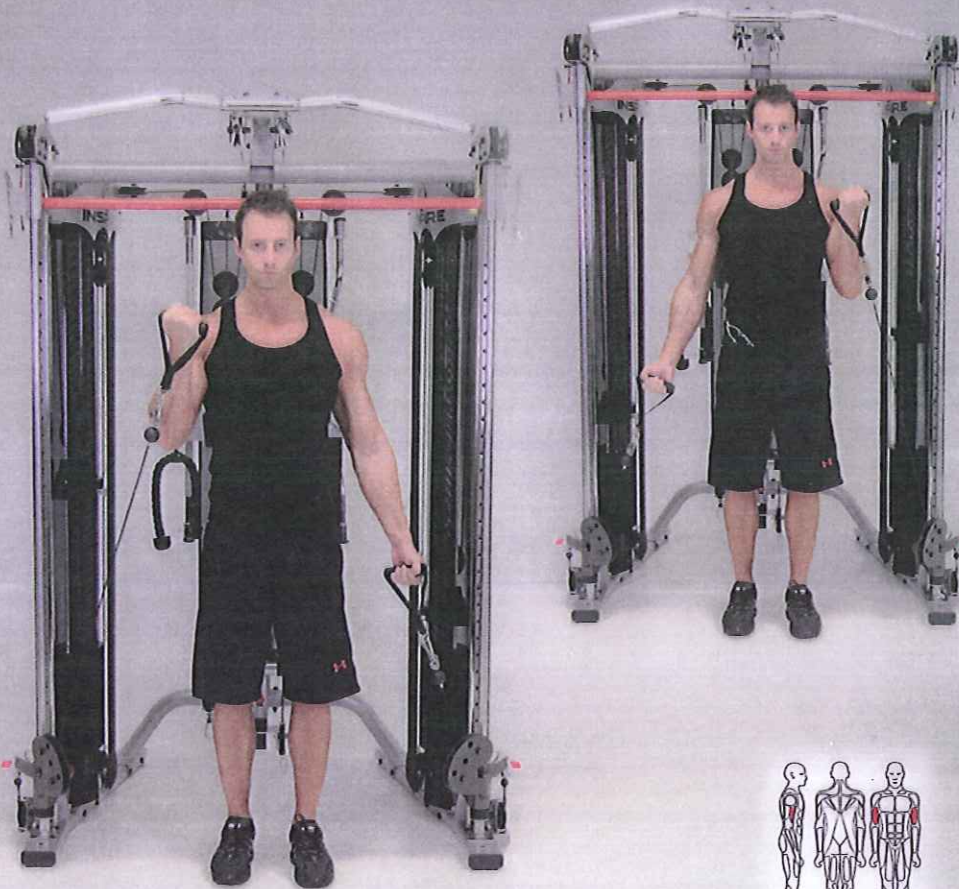


TRICEPS

1. Adjust one carriage to top position.
2. Attach D handle to pulley.
3. Choose appropriate weight from stack.
4. Facing machine, grab D handle and bend forward to 45 degrees, as shown.
5. Keeping elbow fixed at side, kick hand back until arm is straight.



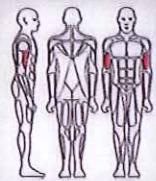
## ALTERNATING BICEP CURL



**BICEPS**

1. Set the pulley carriages to a low position and attach D handles.
2. Facing away from the machine, grasp the D handles with your arms extended by your sides.
3. Keeping your torso upright, pull one D handle upward to your chest, as shown.
4. Slowly return to the starting position, then repeat movement with your other

## STANDING BICEP CURL (EZ CURL BAR)

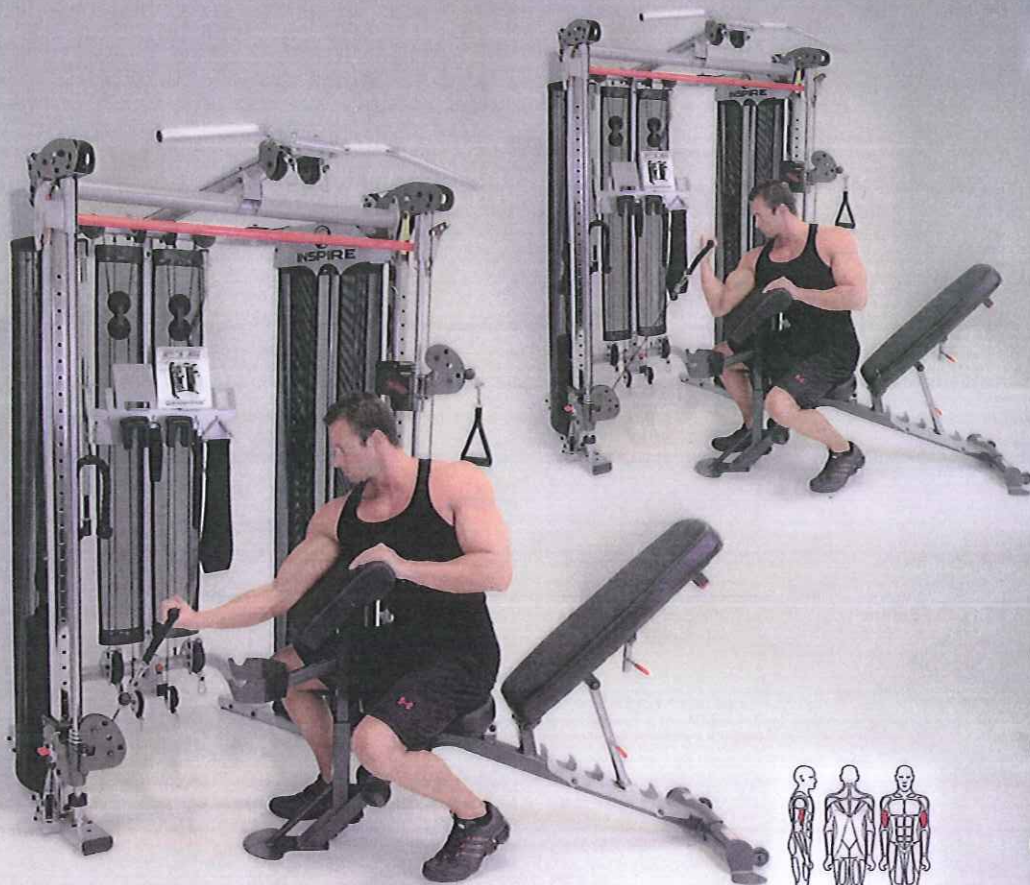


**BICEPS**

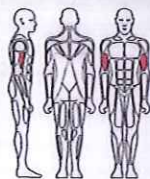
1. Set the pulley carriages to a low position.
2. Attach the EZ curl bar to the two low pulleys.
3. Facing the machine, grasp the bar with both hands and stand upright.
4. Keeping elbows at your sides, pull the bar upwards towards your chest.
5. Slowly return to starting position.



## PREACHER CURL



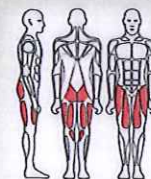
Shown with optional bench and preacher curl



**BICEPS**

1. Attach the Preacher Curl option to the FT-2 Bench.
2. Set the pulley carriages to a low position.
3. Attach the EZ curl bar to the two low pulleys.
4. Rest the EZ curl bar on the Preacher Curl holder.
5. Hang arms over EZ curl pad and grab EZ curl bar

## SQUAT

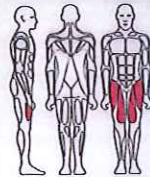


**QUADRICEPS  
GLUTEUS MAXIMUS  
HAMSTRINGS**

1. Adjust bar to shoulder level.
2. Facing away from machine, position yourself under the bar, resting it on your shoulder, as shown.
3. Rotate bar until both carriages are disengaged.
4. Squat down until upper legs are parallel to the ground.



## LEG EXTENSION



**QUADRICEPS**

*Shown with optional bench and leg developer*

1. Attach leg developer to bench.
2. Slide bench brace into position.
3. Position bench up against brace and attach both cables to leg developer.
4. Adjust back pad to 45 degree angle and seat pad to highest position.

## LEG CURL



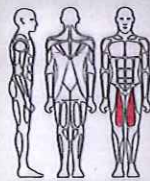
**HAMSTRINGS**

*Shown with optional bench and leg developer*

1. Attach leg developer to bench.
2. Slide bench brace into position.
3. Position bench up against brace and attach both cables to leg developer.
4. Adjust back pad to declined position and seat pad to flat position.
5. Select a manageable weight from weight stacks.



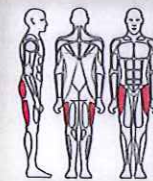
## INNER THIGH



**ADDUCTORS**

1. Set one of the pulley carriages to the lowest position.
2. Attach ankle strap to your ankle and hook to low pulley.
3. Take one step away from gym and brace yourself with one arm, as shown.
4. Swing strapped leg over your supported leg.

## OUTER THIGH

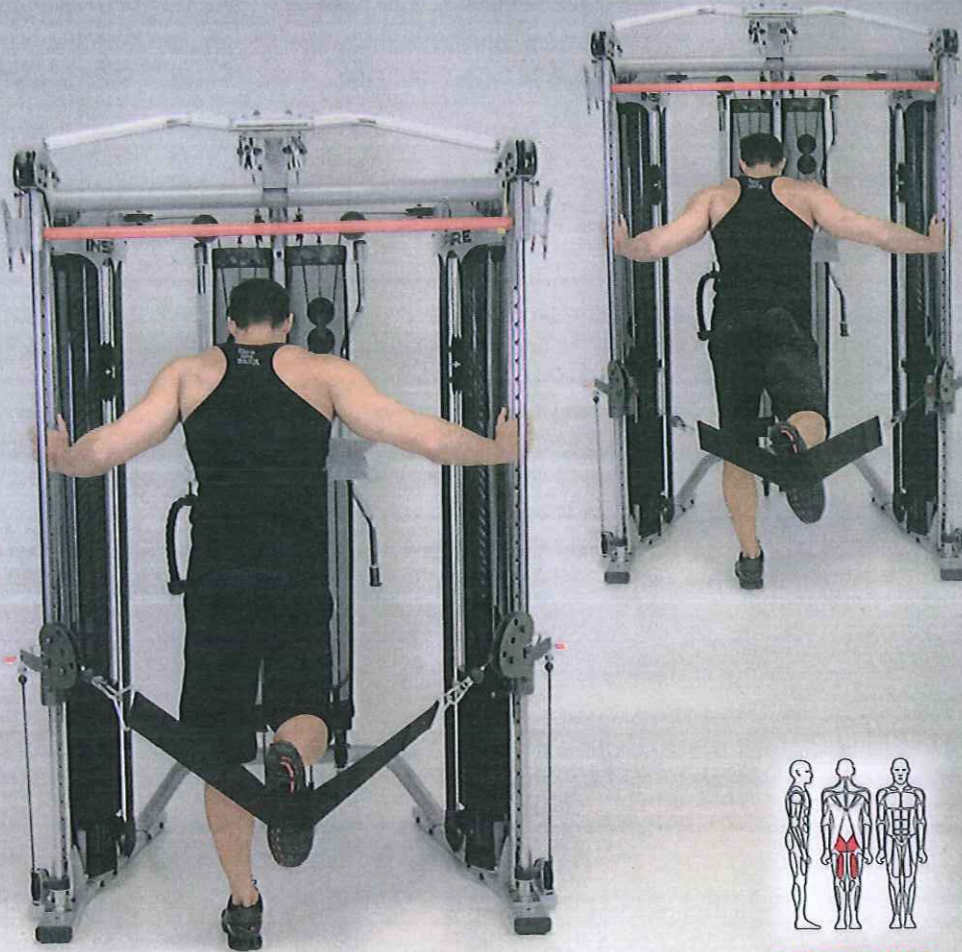


**ABDUCTORS**

1. Set one of the pulley carriages to the lowest position.
2. Attach ankle strap to your ankle and hook to low pulley.
3. Take one step away from gym and brace yourself with one arm, as shown.
4. Swing strapped leg over your supported leg.
5. Slowly return to the starting position.



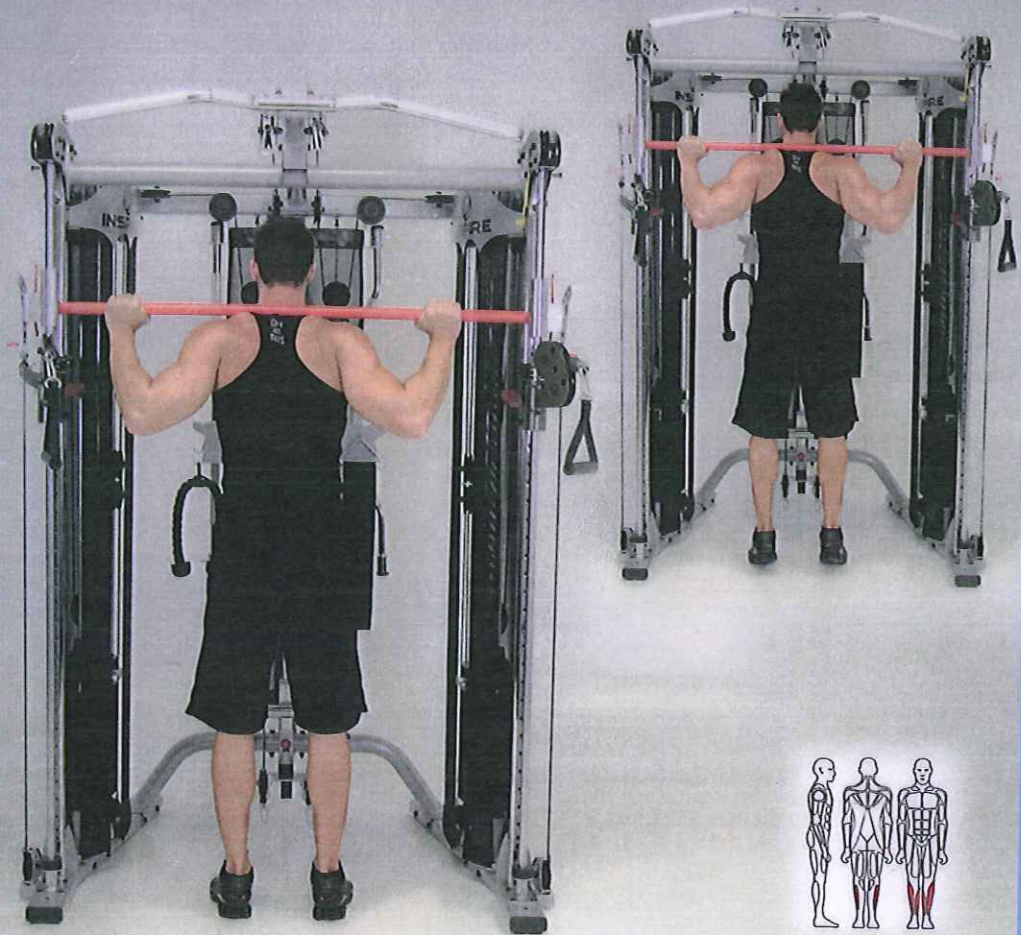
## GLUTE KICK



**HAMSTRINGS  
GLUTEUS MAXIMUS**

1. Set both carriages to a low position.
2. Attach multi-purpose belt to both carriages.
3. Facing machine, brace yourself with hands, place one heel on belt and kick straight back, as shown.
4. Slowly return to starting position.

## STANDING CALF RAISE



**GASTROCNEMIUS**

1. Adjust bar to shoulder level.
2. Facing away from machine, position yourself under the bar, resting it on your shoulder, as shown.
3. Select a manageable weight.
4. Slowly raise your heels until you are on the balls of your feet.

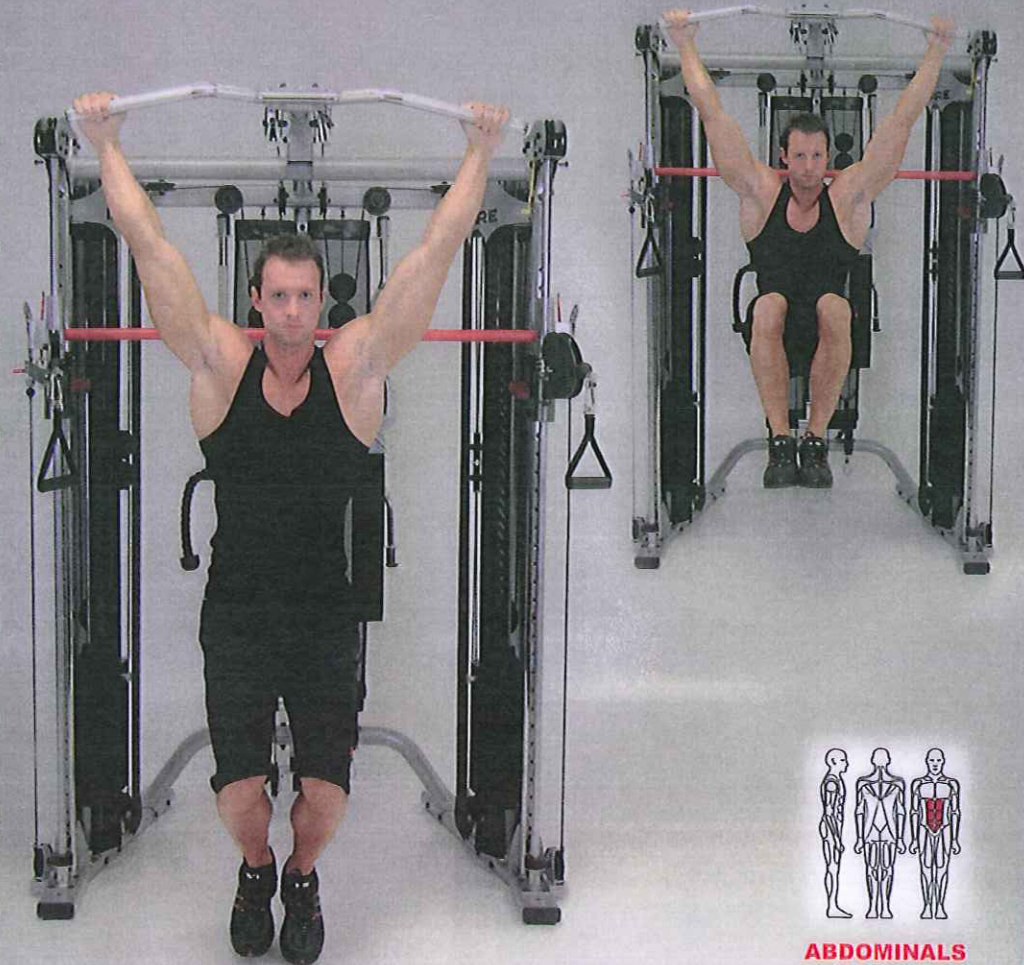


## KNEELING ABDOMINAL CRUNCH



1. Attach the long D handles to the dual high pulleys.
2. Kneeling on the floor, grab the D handles with elbows bent as shown.
3. Bring your head down towards the ground, contracting your midsection.
4. Slowly return to starting position.

## VERTICAL KNEE RAISE



1. Hang from the pull-up bar, facing away from machine.
2. Bend your knees and lift them up toward your mid-section.
3. Slowly return to starting position.



# CORE ROTATION



1. Set one carriage to shoulder height and attach a D handle.
2. Facing away from the machine, reach back and grab the D handle with both hands.
3. Keeping your hips locked in position, slowly twist your torso and extend your arms away from machine.

# NOTES

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