

Product Owner's Manual

RBK 615 • UBK 615



PRECOR[®]

Product Owner's Manual

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Edition Information

UBK / RBK 615 PRODUCT OWNER'S MANUAL

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Important Safety Instructions

Important: *Save these instructions for future reference.*

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

Note: This product is intended for commercial use.

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

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

Safety Precautions

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

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

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

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

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

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

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

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

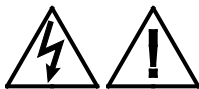
Careful consideration should be given to the requirements of the Americans with Disabilities Act (ADA), US Code 28 CFR (see Section 305). ASTM

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

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

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

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



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

Educating Users

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

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

Hazardous Materials and Proper Disposal

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

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

Product Recycling and Disposal

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

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

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

Regulatory Notices for the RFID Module

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

Radio Frequency Interference (RFI)

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

Federal Communications Commission, Part 15

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

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

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

Industry Canada

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

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

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

ATTENTION: Haute Tension
Débranchez avant de réparer

European Applications

CE compliance is claimed to the following directives:

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

Directive compliance has been verified to the following standards:

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

Regulatory Notices for Cardiovascular Exercise Equipment

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

Safety Approvals for Cardiovascular Equipment

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

Cardiovascular Type Equipment:

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

PVS and P80 Regulatory Notice

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

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

Radio Frequency Interference (RFI)

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

Federal Communications Commission, Part 15

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

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

Industry Canada

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

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

ATTENTION: Haute Tension
Débranchez avant de réparer

European Applications

CE compliance is claimed to the following directives:

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

Directive compliance has been verified to the following standards:

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

Electrical Recommendations: All Equipment Excluding Treadmills

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

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

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

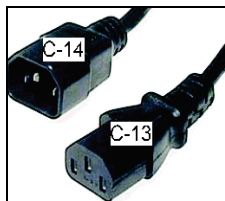


Figure 1: IEC-320 C13 and C14 plugs

Obtaining Service

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

Obtaining Updated Documentation

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

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Product Features

This section is designed to show you how to customize the equipment for your users and view useful product information. All these features remain hidden to the users and can only be accessed using special keypresses. These custom settings allow you to

- Change the display to a different language
- Change the display to show U.S. standard or metric measurements
- Set the maximum exercise and pause times
- Set a cool down time limit
- Set the resistance range
- View the odometer
- Display the number of hours the equipment has been in use
- View the software versions and part numbers
- Display the serial number
- Check the program usage and error logs

Note: To review the product programming prompts and factory default settings that can be changed through product programming mode, refer to the following table.

Table 1. Custom features and settings for your fitness equipment

Equipment	Programming Prompt	Factory Default Setting	Features you can change
All *	SELECT LANGUAGE	English	Select one language for your user.
All *	SELECT UNITS	U.S.	Two standard units of measurement are available. Choose U.S. or Metric.
All *	SET MAX WORKOUT TIME	60 minutes	Exercise session time limits range from 1 to 240 minutes. A NO LIMIT setting is accessible once you pass 240 minutes.
All *	SET MAX PAUSE TIME	120 seconds	Pause time limits range from 1 to 120 seconds (2 minutes). Restrictions exist for self-powered equipment.
All *	SET COOL DOWN TIME	5 minutes	Cool down time limits range from 1 to 5 minutes.
Bike	SET RESISTANCE RANGE	High	Settings range from High, Medium, and Low.

* This feature is available in all Precor fitness equipment.

Note: When you make changes in the programming mode, the new settings replace the factory defaults.

Programming Tips

- Always start at the Precor banner.
- Electrical power must be supplied. For self-powered equipment, a constant power source is available if you use the optional power adapter. Otherwise, users have to maintain the minimum rate of motion. If you plan to program self-powered equipment, purchasing the optional power adapter is highly recommended.

Note: If you do not use the optional power adapter during programming mode, and the rate of motion falls below the minimum requirements, no warning is given when the equipment moves into its 30-second shutdown procedure.

- Changes made in the programming mode become the default settings when the display resets to the Precor banner.

Changing the Product Settings

You must be in the Programming mode before you can change the settings.

To access the programming mode:

1. At the Precor banner, press the following keys in sequence without pausing between selections:

RESET, 5, 6, 5, 1, 5, 6, 5

Note: A PAUSE/RESET key appears on some products and functions the same as the RESET key.

The programming prompts appear sequentially and in a menu format.

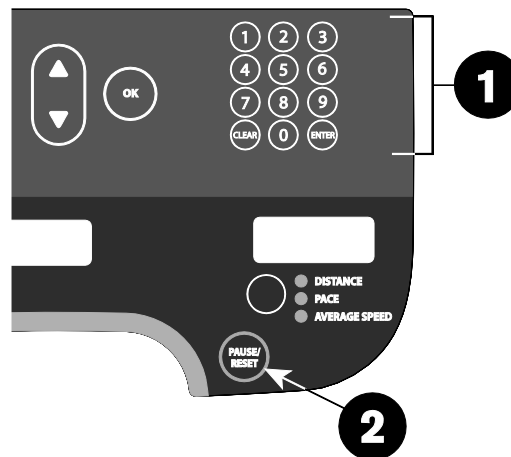


Figure 2: Keys used in programming mode

2. The following table describes how to use the keys to navigate the programming mode menus.

Table 2. Programming mode keys

Key	Description
▲ or ▼	Navigational arrows: Move you through the menu and can also be used to increase or decrease time units.
OK	Press to choose or accept the displayed selection.
Number keypad CLEAR 1	Returns user to the previous menu level without saving changes.
PAUSE/RESET 2	Exits Programming mode and returns to the Precor banner.

Note: The number keypad is disabled once you enter programming mode.

Use the following flowchart to navigate through the menu settings.

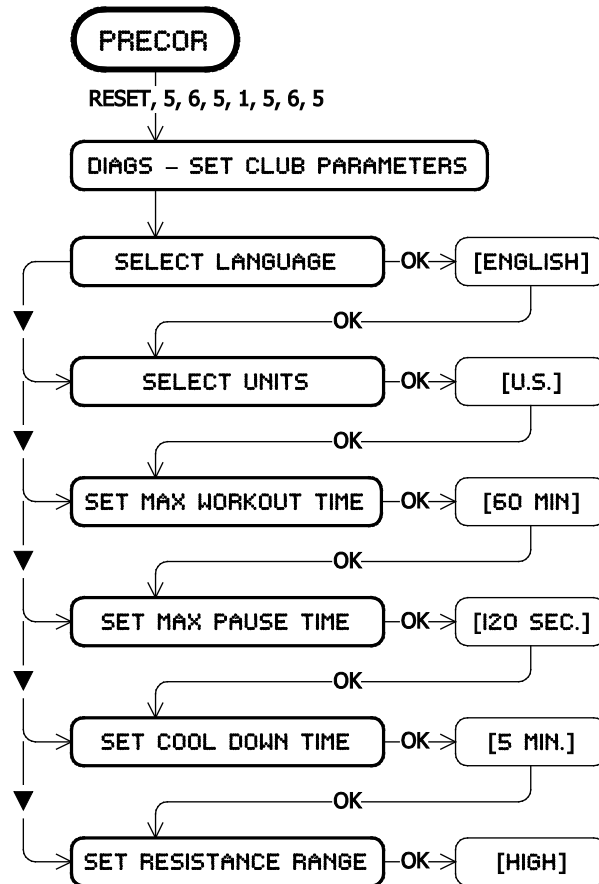


Figure 3: Bike menu settings

Choosing a Language

The equipment can display user prompts, text, and user entries in several different languages. When the equipment is shipped from the factory, the default language is English.

Note: Programming prompts are not affected by language selection. The prompts in this section continue to appear in English.

To choose a language:

1. At the **SELECT LANGUAGE** prompt, press OK. Use the navigational arrow keys to choose a language.
2. Press OK again to accept the displayed setting and move to the next feature.

Selecting a U.S. Standard or Metric Display

The equipment can display measurements in either Metric or U.S. Standard. The default factory setting is U.S. Standard.

To change the display measurement:

1. At the **SELECT UNITS** prompt, press OK.
Use the navigational arrow keys to select a unit of measure (**US** or **METRIC**).
Press OK to accept the displayed setting and move to the next feature.

Setting a Workout Session Time Limit

You can limit how long a user can exercise on the equipment. For example, if you set the time limit to 20 minutes, users can only enter a session time between 1 and 20 minutes.

Note: The automatic cool down period is appended to the end of any time-based program, so adjust the time limit accordingly.

To set a maximum workout time:

1. At the **SET MAX WORKOUT TIME** prompt, press OK. Use the navigational arrow keys to change the displayed time limit.
Note: When you press and hold a navigational arrow key, the number increments by five, for example, 1, 5, 10, 15, 20. When you tap an arrow key, the number increments by one.
2. When you have selected a maximum workout time, press OK to accept the displayed setting and move to the next feature.

You can also let a user exercise indefinitely by selecting **NO LIMIT**. If you choose the **NO LIMIT** setting, you will need to provide the following instructions to your users.

To exercise without a time limit:

1. Select a program. The workout time appears in the display.
2. On the number keypad, type **240**.
3. Press the UP arrow key to display **NO LIMIT**, and press OK.
The exercise session times available are between 1 and 240 minutes.

Setting a Pause Time Limit

You can limit how long a user can pause while exercising on the equipment by entering a time between 1 and 120 seconds (two minutes). For example, if you set a pause time limit of 60 seconds, the display automatically resets to the Precor banner if no movement is detected and no key press occurs for one minute.

Important: *The optional power adapter must be connected on self-powered equipment to establish a definitive pause time limit. If the optional power adapter is not attached and the rate of motion drops below the minimum requirements, the equipment begins its 30-second shutdown, effectively eliminating pause mode.*

To set a maximum pause time:

1. At the **SET MAX PAUSE TIME** prompt, press OK. Use the navigational arrow keys to select a time limit between 1 and 120 seconds (two minutes).
2. Press OK to accept the displayed setting and move to the next feature.

Setting a Cool Down Time Limit

Use this setting to select the maximum amount of time the machine will remain in the cool down mode. Cool down time is the period of time following the completion of a program when the user exercises at a reduced work rate.

To set a cool down time:

1. At the **SET COOL DOWN TIME** prompt, press OK.
2. Use the navigational arrow keys to display the available time limits and choose a time between 0 and 5 minutes.
Note: The default setting is 5 minutes.
3. Press OK to accept the displayed setting and move to the next feature.

Setting a Resistance Range

The bike resistance levels are low, medium, and high. Within each setting, 25 levels of resistance are available, but the chosen setting affects the overall resistance range.

To set a resistance range:

1. At the **SET RESISTANCE RANGE** prompt, press OK and use the navigational arrow keys to choose **LOW**, **MEDIUM** or **HIGH** (**LO**, **MED**, or **HI** on some equipment).
2. Press OK to accept the displayed setting and move to the next feature.

The following table provides more information about each setting.

Table 3. Resistance settings on bikes

Setting	Description
HI or HIGH	<ul style="list-style-type: none"> • Provides the full range of resistance available. • Provides enough resistance to simulate sprinting or hill climbing or for users who want to stand on the bike while pedaling. • Provides enough resistance for elite riders that are capable of spinning at high speed with high resistance.
MED or MEDIUM	<ul style="list-style-type: none"> • Provides approximately two thirds of the resistance that is available within the high group setting. • Select the medium range for recumbent bikes. • A medium range allows users to make easier resistance changes in the preset programs.
LO or LOW	<ul style="list-style-type: none"> • Provides approximately one third of the resistance that is available within the high group setting. • Appropriate in special situations where poorly conditioned users are anticipated.

Informational Displays

Use the information displays to locate information about equipment use (odometer and hour meter), software versions and part numbers, serial number, usage log, and error log. In general, you would only access this information if directed to do so by Precor Customer Support.

To navigate through the informational displays, use the following flowchart. A table located after the flowchart provides more information about each more display.

Note: The CLEAR key is located on the number keypad. If your product has a PAUSE/RESET key, use it in place of the RESET key called out in the flowchart.

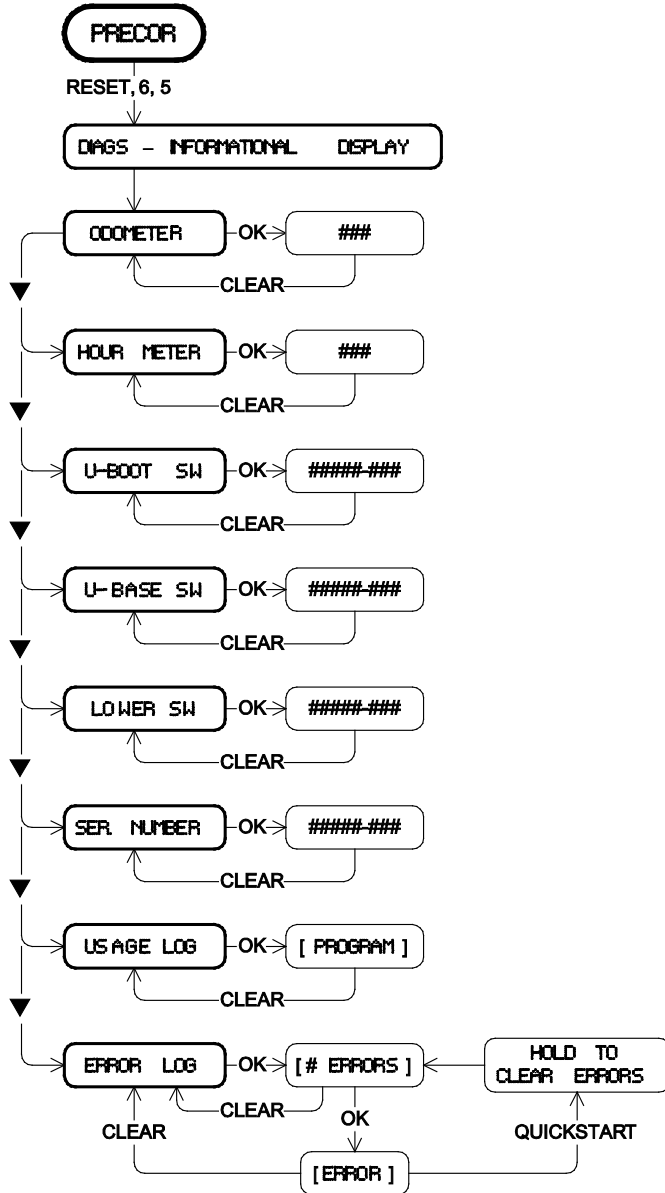


Table 4. Informational Displays for all products

Product	Display	Description
All	HOURL METER	<ul style="list-style-type: none"> The number of hours that the equipment has been in use. The equipment tracks the elapsed minutes, but the value that appears is truncated to the nearest full hour.
All	U-BOOT SW	<p>Upper board application software part number and version.</p> <p>Note: Some displays show UPPER BOOT SW PART NUMBER.</p>
All	U-BASE SW	<p>Upper base application software version.</p> <p>Note: Some displays show UPPER BASE SW PART NUMBER.</p>
All	LOWER SW	<p>Lower application software version.</p> <p>Note: Some displays show LOWER BASE SW PART NUMBER.</p>
All	SER. NUMBER	<p>The serial number is helpful when you contact Customer Support.</p> <p>Note: Some displays show SERIAL NUMBER.</p>
All	USAGE LOG	<ul style="list-style-type: none"> The number of times each program has been used and displays the associated cumulative minutes. Helpful in determining user preferences in program selection.

Product	Display	Description
All	ERROR LOG	Displays any error codes that may have been detected by the software.
All	ODOMETER	<p>The odometer value correlates to the type of Precor product and the standard of units, U.S. or Metric, selected in the programs.</p> <ul style="list-style-type: none"> • Treadmill shows the number of cumulative miles or kilometers logged to date. • EFX or AMT shows the number of total strides logged to date. • Cycle shows the number of total revolutions logged to date. • Climber indicates the number of floors climbed.

Error Log

Quick access to the informational display is available if error messages appear on the display and have been recorded in the error log. This feature is usually reserved for service personnel.

To view the error log:

1. At the Precor banner, press and hold PAUSE/RESET for 4 seconds.
2. If **DIAGS - INFORMATION DISPLAY** or **ERROR LOG** appears, then press OK.

If any errors are logged, they appear on the display. If no errors are logged, a message such as **STOP KEY** or **STUCK KEY** appears instead.

3. Release the PAUSE/RESET key to return to the Precor banner.

Erasing the Error Log

When you no longer need the error log information, you can erase the entries.

To erase the error log entries:

1. Press QUICKSTART while any error description is scrolling across the display.
2. Continue to maintain light pressure on the key until the message **HOLD TO CLEAR ERRORS** scrolls off the display.
3. When you release Quickstart, the message **NO ERRORS** will appear in the display if the error log has been deleted.

Important: *You cannot retrieve the error log once you have deleted it. You may want to resolve any issues you are experiencing with the equipment before erasing the error log.*

4. Press RESET to return to the Precor banner.

Educating Users

This console offers an easy-to-follow display and multiple programs to help users meet their workout needs. The keypad lets them select data and control their workout session and SmartRate® provides a visual aid that monitors heart rate and workout intensity at a glance.

Using SmartRate®

The Precor SmartRate® technology is a precise, easy-to-read heart rate monitor that helps users achieve their best personalized workouts. SmartRate displays actual heart rate information in relation to the user's target zone for weight loss and cardiovascular training. This feature is visible during all workouts. In addition, some equipment includes a Heart Rate Control (HRC) workout that automatically adjusts intensity to keep a user's heart rate in its target zone. For more information, refer to *Workouts*.

CAUTION: Before beginning any fitness program, see your physician for a thorough physical examination. Seek advice from your physician to learn the target heart rate appropriate for your fitness level.

To test your heart rate:

1. Begin a workout by pressing **QUICK START**, or by selecting a preset workout followed by pressing **GO**.
2. Grasp the handheld heart rate sensors with both hands. Depending on the type of equipment, the letters "**Hr**" appear, or a blinking heart displays while the equipment reads your heart rate. After a few moments, your heart rate displays in beats per minute. The blinking segments in the SmartRate field indicate the current zone of your heart rate: Warm Up, Fat Burn, Cardio, or High.

Display Console

The display console is designed for ease of use. Use the following graphic and table to learn more about the console displays.

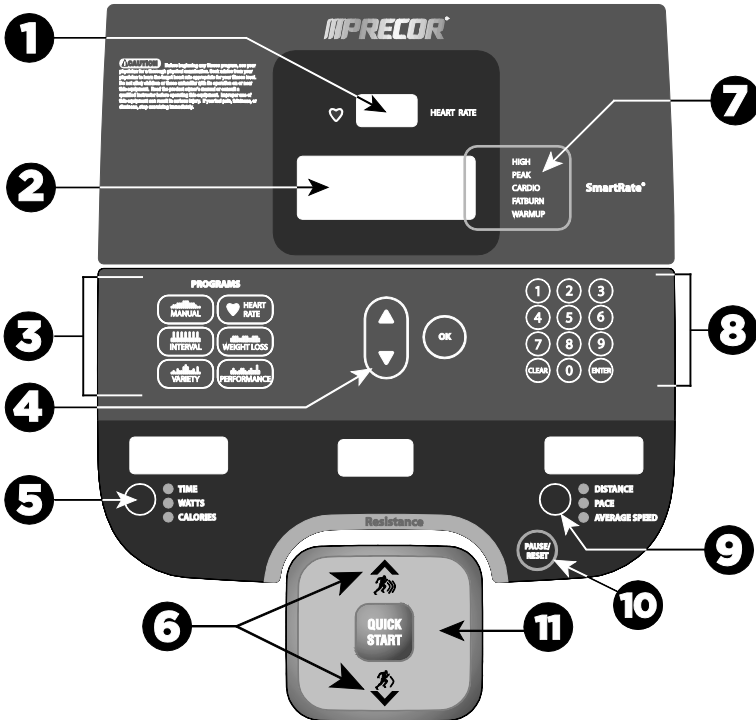


Figure 4: Console parts

Table 5. Parts of the display console

Number	Description
1	HEART RATE display: Use a chest strap or grasp both touch-sensitive grips to display and monitor your pulse.
2	Center display: Initially shows the Precor banner. It changes to the program profile when you select a program or press QUICKSTART. A blinking column in the profile indicates your position. Also see additional information below about the Program Profile.
3	PROGRAMS keypad: Press one of the six program keys to select that workout.
4	OK and Navigational arrow keys: Use the OK key to confirm responses to specific prompts. Use the arrows to navigate menus.
5	Selection keys: Press the key to choose what you want to display: Time, Watts, or Calories. An indicator light appears next to the item that is displayed.
6	RESISTANCE keys: Use these keys to adjust the resistance.
7	SmartRate display: Monitor your heart rate and maintain it in your target zone.
8	Number keys: During an exercise session, use the number keys to answer prompts or update information.
9	Selection keys: Press the key to choose what you want to display: Distance, Stride, or Average Speed. An indicator light appears next to the item that is displayed.
10	Pause/Reset key: Press the key once to pause the equipment and twice to return to the Precor banner.
11	QUICKSTART: Press to begin your workout immediately.

Using the Upper Display

The program profile supplies information about your programmed workout. A blinking segment in the profile indicates your position. The profile raises or lowers if you change your resistance.

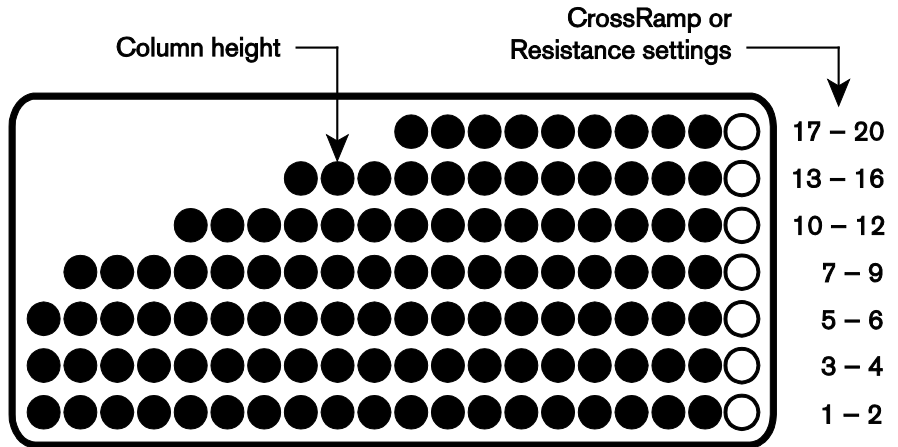


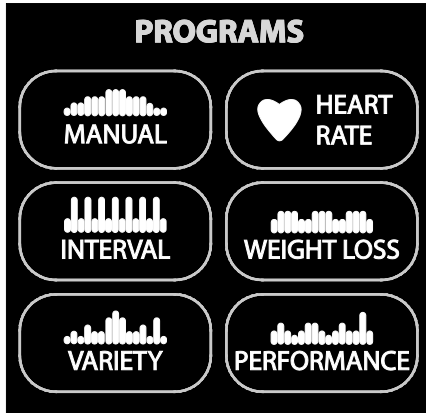
Figure 5: Parts of the program profile

Keypads

Use the keypads to enter program selections and display preferences.

Multiple keypads exist on the console display including a navigational keypad in the center of the display, and a PROGRAMS keypad.

PROGRAMS Keypad



The PROGRAMS keypad provides access to all the exercise programs.

To use the program keypad:

1. Press the center of the key to view the top level program in its menu.
2. Press the OK key to confirm your selection.

Table 6. Available programs

PROGRAMS Key	Program Menu
MANUAL	MANUAL
INTERVAL	INTERVAL
VARIETY	GLUTEAL
HEART RATE	BASIC HRC *
WEIGHT LOSS	WEIGHT LOSS
PERFORMANCE	CROSS TRAINING

* Use of a chest strap or the touch-sensitive grips is required.

Number Keypad

The number keypad has several functions depending on what is connected to the equipment.



Table 7. Connections

Connection	Description
Computer (CSAFE compatible)	If a computer is attached to the CSAFE connection on the equipment, the number keypad lets you enter your user ID and answer other setup prompts.
Entertainment Option	If an entertainment option is connected to the display, the number keypad acts as a remote control which you use to select the available channels. You can also enter number values in answer to exercise session prompts.
Unconnected	Whether or not peripheral devices are attached to the equipment, the keypad lets you enter number values in answer to exercise session prompts. You need to press ENTER or OK to confirm the selection.

The CLEAR and ENTER keys provide the following functions:

CLEAR: Use the CLEAR key to remove the last number being displayed.

ENTER: Use the ENTER key to accept the number being displayed.

Note: The OK and ENTER keys are usually interchangeable and provide the same function when no peripheral devices are attached to the equipment. However, when answering prompts that originate from a CSAFE device or computer connection, use the ENTER key.

Workout Options

CAUTION: Before beginning any fitness program, see your physician for a complete physical examination. Know your physician-recommended heart rate target zone.

To begin your workout:

1. Face the display.
2. Hold on to a handlebar and step on the foot pedals.
3. When you are comfortably situated, begin pedaling.
4. Select one of the following options:

If you want to...

Then...

Start exercising immediately Press the QUICKSTART key.

Select a program

Press a PROGRAMS key.

Note: The QUICKSTART key is disabled when you press a PROGRAMS key. You need to confirm each exercise session selection (program, time, weight, and age) using the OK key.

Choosing QUICKSTART

Use the Quickstart feature to begin an immediate workout.

To use this feature:

1. Begin pedaling.
2. While the Precor banner scrolls, press QUICKSTART to begin the Manual Program.



Figure 6: QUICKSTART button

QUICKSTART applies the following defaults:

Prompts	Default Value
Program	Manual
Time	Fitness Facility setting
Weight	150 lb (68 kg)
Age	35

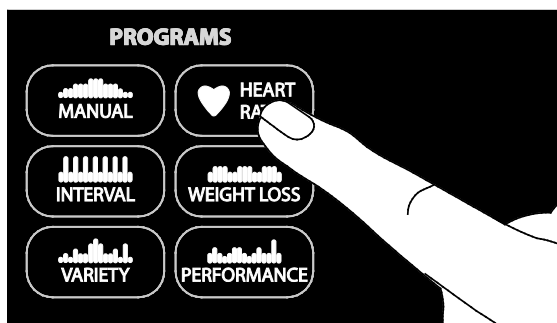
3. Use the RESISTANCE keys to change the resistance.

To use the SmartRate feature during your workout, you will need to specify your age and wear a chest strap or grasp both touch-sensitive grips:

1. Press **MANUAL**, and then press **OK**.
2. Follow the prompts to enter your weight and age.
You can use the navigational arrow keys or the number keypad to change the blinking prompts.
3. Press **OK** to confirm your entries.

Selecting a Program

1. While the Precor banner scrolls, press a PROGRAMS key, and then press OK.



2. A time prompt blinks in the display. Use the navigational arrow keys or the number keys to adjust the minutes (1-240) and then press OK. (Or, press CLEAR to return to the default time limit.)

Note: Because the fitness facility can set limits for workout, pause, and cool-down times, selecting an unlimited workout time may not be allowed. Check with your fitness facility manager.

To select the NO LIMIT option, type 240 on the number keypad when the time prompt appears, then press the up arrow key. When **NO LIMIT** appears, press OK.

Note: This option eliminates the automatic cool down period after your workout. If you want a cool down period, use the Manual Program to create one. Also, if you set the center display to time and select the NO LIMIT option, the display shows the time elapsed in your workout, instead of the time remaining.

3. Enter your weight (1-999) and then your age (1-99).

Note: To change a value (program, time, weight, or age) that you have already entered, continue pedaling and press RESET to return to the Precor banner. Select a program and reenter the appropriate values.

4. Maintain a comfortable and consistent RPM while exercising.

Note: The default workout time is 30 minutes.

Storing Workout Statistics

In some fitness facilities, Precor equipment is connected to a computer so that you can easily retrieve your workout statistics and determine how well you are meeting your fitness goals. If you are interested in maintaining workout statistic information, ask the manager to create a user account and a user ID for you. A user ID entry is required to store your statistics.

Note: If the display is blank, you will need to maintain the minimum rate of motion to supply power. If the Precor banner appears, the equipment is not connected to a computer.

If the equipment is connected to a computer, the following appears:

CHOOSE QUICKSTART, ENTER, OR A PROGRAM TO BEGIN

To save the statistics generated during your exercise session:

1. Press ENTER.
2. Use the number keypad to specify your 5-digit user ID. If you make a mistake, press the CLEAR key and reenter the correct number.
3. When your user ID is shown, press ENTER.
A message appears and indicates when the user ID is accepted by the computer.
4. To begin your exercise session, select a program.
Note: To bypass the user ID entry, press ENTER while all five zeros appear in the user ID field. The statistics generated during your exercise session will not be added to your file.

Changing Programs in Mid-session

You can change programs in the middle of a session by selecting a new program from the PROGRAMS key menu and pressing OK. All accumulated statistics are transferred to the new program as you continue exercising.

Certain programs, such as Basic HRC and Weight Loss, are not available for mid-session transfers due to set goals and program preferences. If this occurs, a message scrolls across the center display.

Note: You cannot select a different program if you are in the cool down period or if you stop pedaling and the equipment is in the pause mode.

Cooling Down After a Workout

Cool down periods are designed to help lower your heart rate toward the end of a workout session.

When you complete a program with a time limit or specified goal, you automatically enter a cool down period. The settings change to help reduce the intensity of your workout.

Note: You cannot switch to a different program during the cool down period. Any pressure on the PROGRAMS keys is ignored.

A workout summary appears at the end of the cool down period.

A cool down period will not be appended to your exercise session if any one of the following occurs:

- The fitness facility allows an unlimited time goal. A user must enter a time goal of **NO LIMIT** to access this option.
- The fitness facility sets a cool down time of zero, which eliminates the cool down phase.
- You exit a program before completing it.

If you specify an unlimited time or the fitness facility removed the cool down phase, remember to incorporate a cool down period at the end of your exercise session.

Pausing During a Workout or the Cool-Down Period

If your rate of motion drops below minimum requirements while exercising or during the cool down period, a 30-second shutdown is initiated. You cannot pause for a longer period of time or change to a different program unless the fitness facility has the optional power adapter attached to the equipment.

When the optional power adapter is attached, you can pause for a set time, usually two minutes. If you do not resume exercising during that time, the display returns to the banner.

- To pause, slow to a stop.
- To exit pause mode, resume exercising.

Note: In pause mode, you have the ability to change your program selection if the optional power adapter is attached. Refer to *Changing Programs in Mid-session*.

Ending a Workout

At the end of your workout, a workout summary appears and shows your cumulative statistics including warm-up and cool down periods. You can review your statistics as long as you maintain power with the minimum rate of motion.

If you hold on to the touch-sensitive grips or wear a chest strap while exercising, a heart rate analysis appears during the workout summary.

To view your workout summary:







1. Maintain the minimum rate of motion when you complete the cool down period.
2. End your session by pressing **RESET** to return to the Precor banner.

Note: If the optional power adapter is attached, you do not have to continue the minimum rate of motion to view your workout statistics. When you complete the cool down period, the workout summary appears. When you are ready, press **RESET** to return to the Precor banner.

Chapter 5

Programs

This section describes the programs available on the equipment. Use the following table to learn more about each workout program.

Graphic	Program Heading	Workout Details
	Manual	This workout begins as a flat line. You can increase or decrease the resistance using the resistance key. The workout profile reflects changes you make and a blinking light in the column indicates your position in the workout.
	Interval	These workouts raise and lower your level of exertion repeatedly for a specific time period. You can vary your resistance during these workouts.
	Variety	These workouts are a mix of different levels and can be varied using the RESISTANCE keys.
	Heart Rate	Use these programs to set a target for your heart rate. The workouts adjust the resistance to maintain your heart rate within two beats per minute of the target heart rate while you exercise. To use this feature, you must enter your age and wear a chest strap so your heart rate can be monitored throughout the session.
	Weight Loss	These workouts are targeted at lowering body fat while improving muscle tone and conditioning. The workout time is fixed at 28 minutes and consists of seven 4-minute intervals. You are not prompted for a workout time.
	Performance	Use the RESISTANCE keys to change the resistance for the rest or work intervals. When you make changes, the program repeats the settings for the remaining intervals. Note: You cannot transfer mid-session to the Weight Loss Workout. These workouts consist of an alternating profile that focuses on working the thigh and calf muscle groups.

Program Tips

- Begin at the Precor banner and choose a program by pressing a PROGRAMS key or QUICKSTART.
- While exercising, you need to sustain your exercise motion. Stopping any movement causes the equipment to shut down to conserve battery power.
- A blinking column indicates your position as you progress through a workout.
- To use the SmartRate feature, you need to specify your age and wear a chest strap or hold on to the touch-sensitive grips.
- In some programs, an unlimited time setting may be an available option.
- The fitness facility can set limits on workout, pause, and cool down times and customize other aspects of your exercise session. Check with your manager to learn if any limits are in place that might affect your program selections.

Notes:



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XBK 615 POM 302217-101 rev A
December 2012

Assembling and Maintaining the RBK 615 Recumbent Exercise Bike



PRECOR[®]

Assembling and Maintaining the RBK 615 Recumbent Exercise Bike



Edition Information

ASSEMBLING AND MAINTAINING THE RBK 615
RECUMBENT EXERCISE BIKE

P/N 302216-141 rev C

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Important Safety Instructions

Important: *Save these instructions for future reference.*

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

Note: This product is intended for commercial use.

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

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

Safety Precautions

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

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

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

- Do not allow children, or people unfamiliar with the operation of this equipment, on or near it. Do not leave children unsupervised around the equipment.
- Make sure all users wear proper exercise clothing and shoes for their workouts and avoid loose or dangling clothing. Users should not wear shoes with heels or leather soles, and they should check the soles of their shoes to remove any dirt and embedded stones. They should also tie long hair back.

- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use, before cleaning it, and before providing authorized service.

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

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

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

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

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

- Keep equipment away from water and moisture. Avoid dropping anything on or spilling anything inside the equipment to prevent electric shock or damage to the electronics.
- When using the treadmill, always attach the safety clip to your clothing before beginning your workout. Failure to use the safety clip may pose a greater risk of injury in the event of a fall.
- Keep in mind that heart rate monitors are not medical devices. Various factors, including the user's movement, may affect the accuracy of the heart rate readings. The heart rate monitors are intended only as exercise aids in determining heart rate trends in general.

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



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

Educating Users

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

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

Hazardous Materials and Proper Disposal

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

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

Product Recycling and Disposal

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

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

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

Regulatory Notices for the RFID Module

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

Radio Frequency Interference (RFI)

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

Federal Communications Commission, Part 15

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

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

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

Industry Canada

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

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

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

ATTENTION: Haute Tension
Débranchez avant de réparer

European Applications

CE compliance is claimed to the following directives:

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

Directive compliance has been verified to the following standards:

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

Regulatory Notices for Cardiovascular Exercise Equipment

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

Safety Approvals for Cardiovascular Equipment

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

Cardiovascular Type Equipment:

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

PVS and P80 Regulatory Notice

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

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

Radio Frequency Interference (RFI)

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

Federal Communications Commission, Part 15

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

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

Industry Canada

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

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

ATTENTION: Haute Tension
Débranchez avant de réparer

European Applications

CE compliance is claimed to the following directives:

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

Directive compliance has been verified to the following standards:

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

Electrical Recommendations: All Equipment Excluding Treadmills

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

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

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

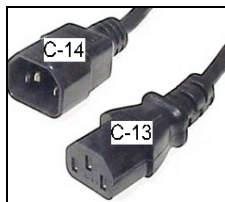


Figure 1: IEC-320 C13 and C14 plugs

Obtaining Service

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

Obtaining Updated Documentation

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

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Assembling the Exercise Bike

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

To prepare the exercise bike for assembly:

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

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

- Assemble the equipment according to the guidelines in this manual to ensure you do not void the Precor Limited Warranty.

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

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

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

Unpacking the Equipment

The shipping container for this exercise bike consists of the following items:

- Wooden pallet
- Cardboard base
- Cardboard cover
- Foam spacers

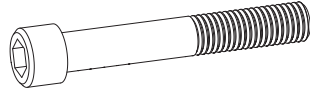
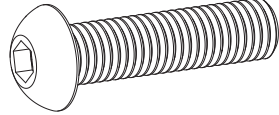
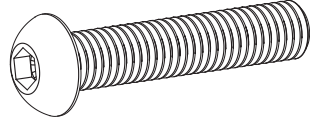
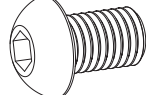
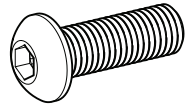
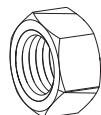
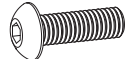

WARNING Do not attempt to move the equipment off of the pallet by yourself. Have at least one other person help you during this procedure, and use safe lifting techniques.

To unpack the bike:

1. Cut the plastic straps securing the cover to the cardboard base.
2. Lift the cover upward and set it aside.
3. Remove the plastic tape securing the loose parts in the recesses of the foam spacers.
4. Remove the loose parts and set them down near the spot where you plan to install the equipment.
5. While your assistant tilts the body assembly to one side, pull the side and back foam spacers away from the other side. Repeat this step to remove the spacers from the opposite side of the body assembly.
6. While your assistant lifts the front of the body assembly, pull the front spacer away from it. Set all of the removed spacers aside.
7. With the help of your assistant, lift the body assembly and move it to the location where you plan to install it.
8. Place the body assembly upright on the floor and remove its plastic wrap. Keep it supported until you add the feet and stabilizers later in this manual.

Hardware Kit (not to scale)

Before you begin the assembly, verify that the following hardware items are packed with the equipment.

Fasteners	Quantity
 M12 x 80 mm sockethead screw	2
 M10 x 40 mm buttonhead screw	4
 M10 x 55 mm buttonhead screw	2
 M10 x 15 mm buttonhead screw	4
 1/4-inch x 3/4-inch buttonhead screw	4
 M10 hex nut	2
 M5 x 16 mm buttonhead screw	1
 5 mm flat washer	1

Required Tools

- 6 mm hex wrench
- 10 mm hex wrench
- $\frac{5}{32}$ -inch hex wrench
- 13 mm open-end, box, or socket wrench
- 14 mm open-end, box, or socket wrench
- #2 Phillips screwdriver
- Wire cutter
- Fish tape

Installing the Stabilizers

The two stabilizers containing the feet of the bike are detached for shipment. Before performing any other assembly tasks, bolt the stabilizers onto the main frame of the bike.

Note: The front stabilizer includes two wheels to assist in positioning the bike.

To install the stabilizers:

1. Place the rear stabilizer underneath the bracket at the rear of the bike.

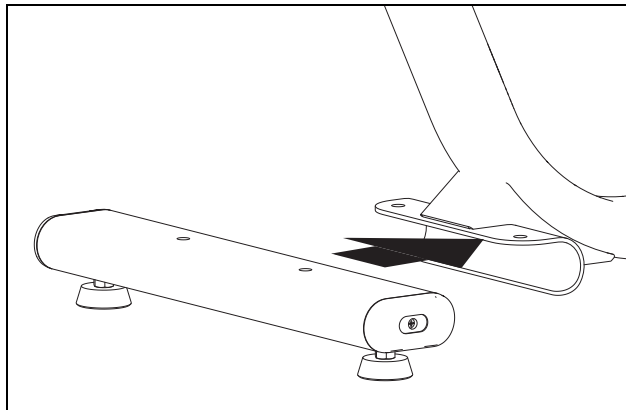


Figure 2: Rear stabilizer installation

2. Secure the rear stabilizer using two M10 x 40 mm buttonhead screws. Tighten the screws completely using a 6 mm hex wrench.

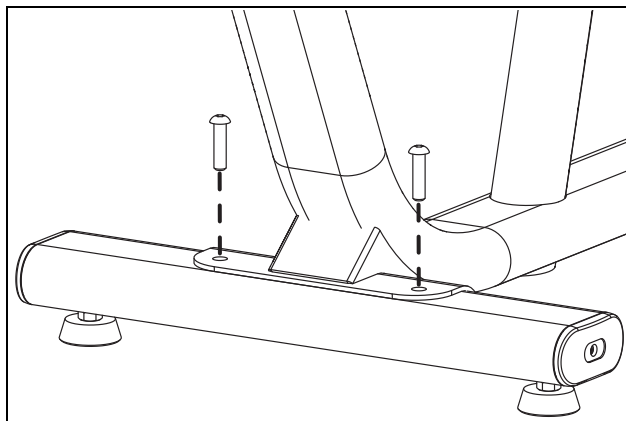


Figure 3: Rear stabilizer attachment

3. Place the front stabilizer underneath the bracket at the front of the bike.

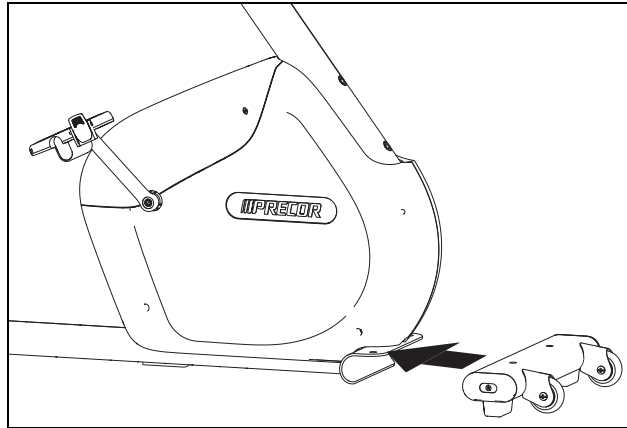


Figure 4: Front stabilizer installation

4. Secure the front stabilizer using two M10 x 40 mm buttonhead screws. Tighten the screws completely using a 6 mm hex wrench.

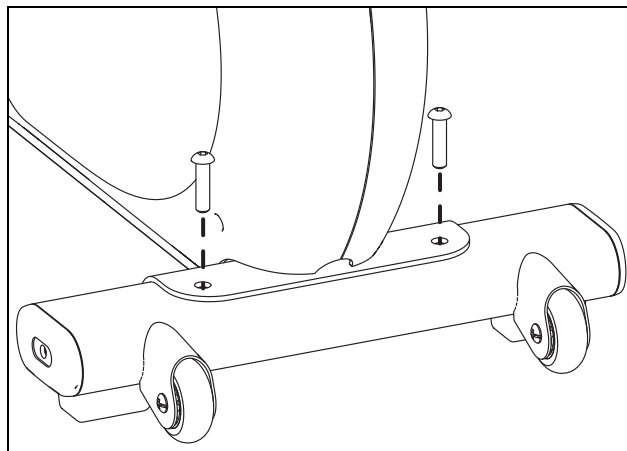


Figure 5: Front stabilizer attachment

Attaching the Seat Back and Bottle Holder

While the equipment is in use, the seat back flexes to support users of different shapes and sizes. Underneath the seat back, the bottle holder accommodates both left-handed and right-handed users.

Note: We recommend having a second person assist you when you perform the following procedure.

To attach the seat back:

1. While your assistant holds the seat back assembly, feed the heart rate sensor cable through it. Pass the cable into the seat back support through the opening at its base and then out through the opening in the handlebar bracket as shown in the following figure.

Important: Do not allow the cable to be pinched, crimped, or creased.

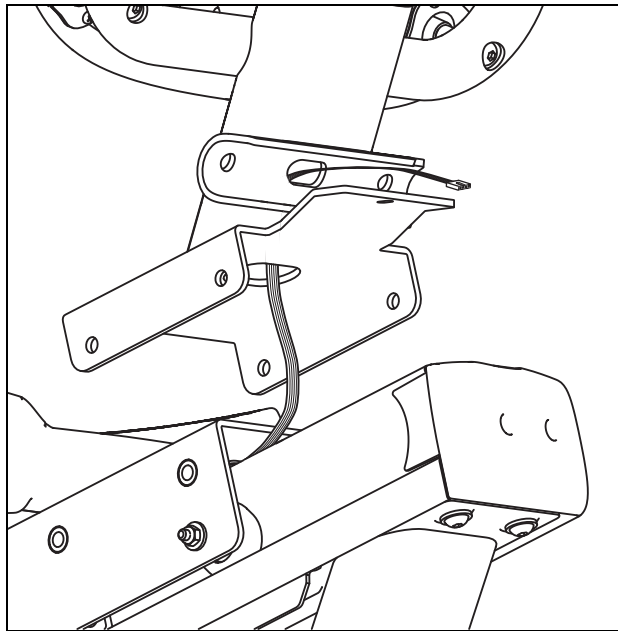


Figure 6: Heart rate sensor cable routing

2. Insert the lower front edge of the seat back assembly under the seat base.

3. Swing the seat back assembly into place so that its four screw holes line up with the holes on the seat carriage bracket, as shown in the following figure.

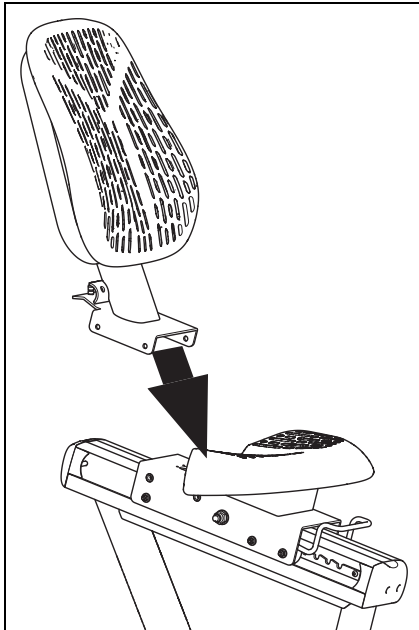


Figure 7: Positioning the seat back assembly

4. Insert four M10 x 15mm buttonhead screws through the holes in the seat back assembly and thread them into the seat carriage bracket, as shown in the following figure.

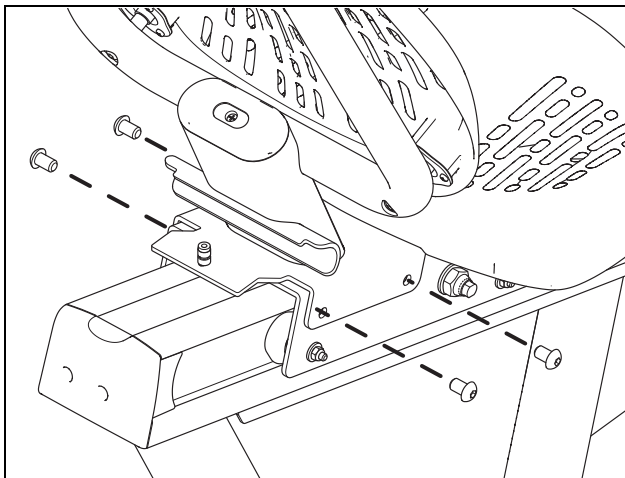


Figure 8: Attaching the seat back assembly

5. Adjust the position of the seat back, then tighten the screws completely using a 6 mm hex wrench.

6. Connect the heart rate sensor cable in the handlebars to the cable you passed through the seat back support earlier, then position the handlebars in the handlebar bracket as shown in the following figure. Feed any extra cable back into the seat back support.

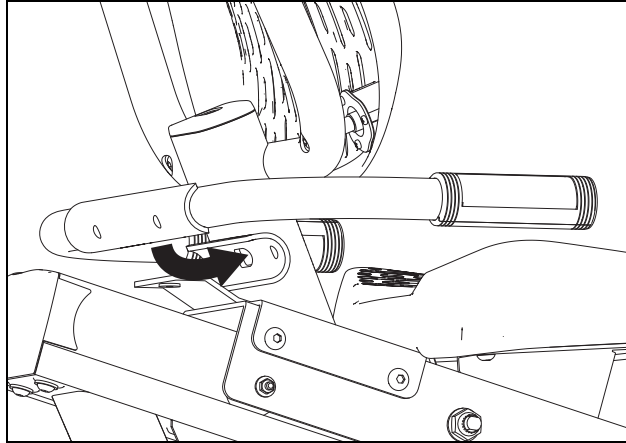


Figure 9: Positioning the handlebars

Important: In the following step, be extremely careful not to trap or pinch the cable. Move the cable out of the way of the screws if necessary.

7. Secure the handlebars in place using two M10 x 55 mm buttonhead cap screws and two M10 hex nuts, as shown in the following figure. Tighten the fasteners completely using a 6 mm hex wrench and a 14 mm open-end, box, or socket wrench.

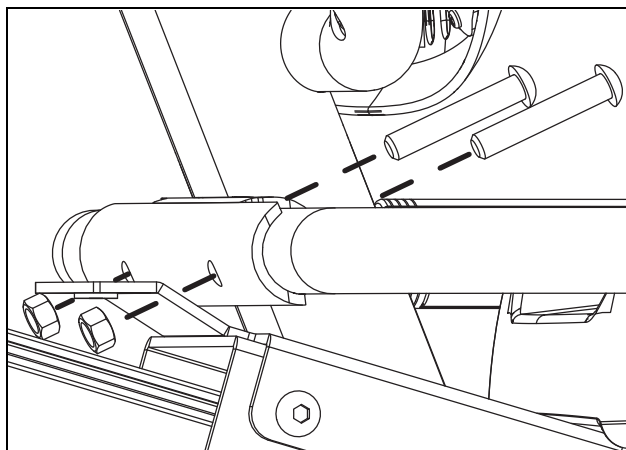
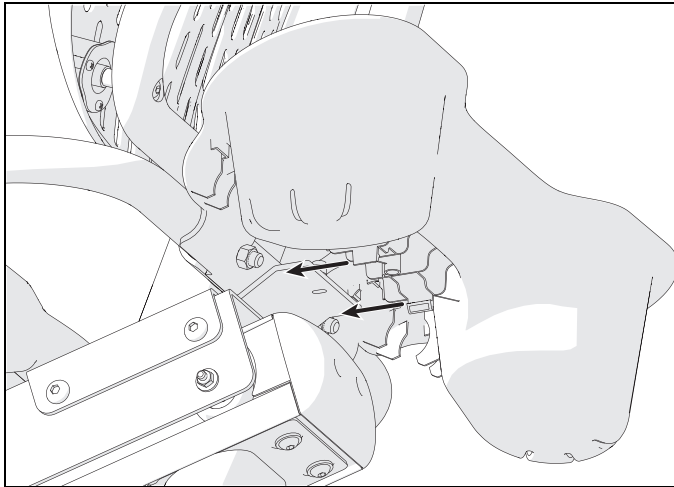


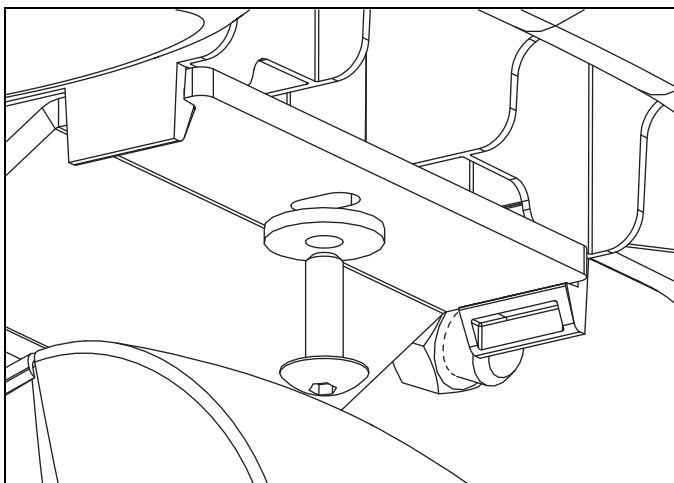
Figure 10: Attaching the handlebars

To attach the bottle holder:

1. Move the seat as far back as it can go.
2. Position the bottle holder so that the two tabs on its underside are aligned with the bottle holder bracket.
3. Slide the bottle holder forward so that its tabs fit around the bracket and the screw holes on the bottle holder and the bracket line up, as shown in the following figure.

**Figure 11: Bottle holder positioning**

4. Attach an M5 x 16 mm buttonhead screw and a 5 mm flat washer to secure the bottle holder in place, as shown in the following figure. Tighten the screw completely using a 3 mm hex wrench.

**Figure 12: Securing the bottle holder in place**

Installing the Upright Support and Cables

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

Before you begin this procedure, retrieve the cables for the console that you plan to install on this exercise bike, or for any Cardio Theater® equipment that you plan to install on the console.

Note: You will need the help of another person to complete this procedure.

To install the upright support and prepare the cables for connection to the console:

1. Remove the wire tie holding the base unit data cable in place inside the upright support channel.
2. Proceed according to whether or not you are installing Cardio Theater equipment on the console.

If ...

Then ...

You are **not** installing Cardio Theater equipment on the console

Skip to step 5.

You are installing Cardio Theater equipment on the console

Continue with step 3.

3. Feed the lower ends of the following cables through the opening just above the front stabilizer:
 - Television cable
 - Power cable

4. Using the wire tie you removed in step 1, bind together the upper ends of all cables.

Note: A fish tape can be helpful in the following step.

5. Place the upright support on the floor with its lower end next to the body assembly. Thread the cable or cables upward through the support, then use the wire tie to secure the upper connectors of the cables at the top of the support.

Note: In the following step, **do not** remove the extra serial number label from its backing.

6. Remove the extra serial number label from the upright support channel on the body assembly. Set the label aside; you will be attaching it later in the installation.

7. Lift the upright support and position its lower end over the upright support channel on the body assembly. Slide the support into position so that its screw holes line up with the corresponding holes on the body assembly, as shown in the following figure.

Note: If the support is positioned correctly, it rests on a metal tab in the upright support channel.

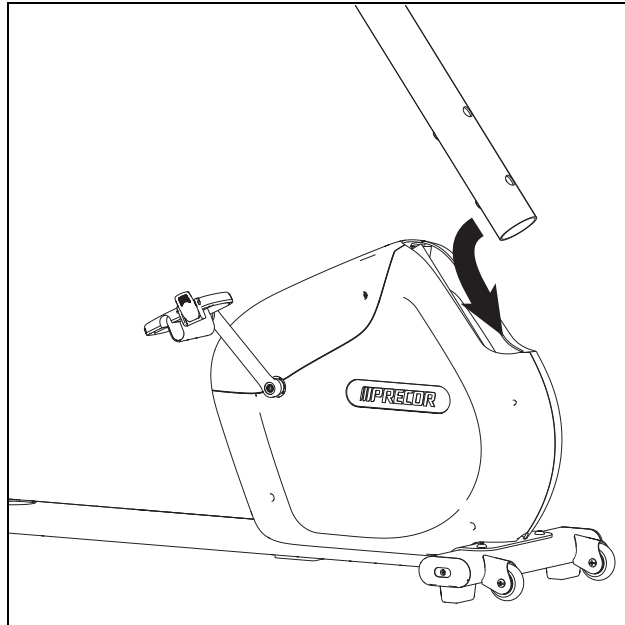


Figure 13: Upright support installation

Important: In the following step, be extremely careful not to trap or pinch any of the cables between the mounting screws and their seats.

8. Insert the two M12 x 80 mm sockethead screws through the openings on the support and into the screw holes on the body assembly. Tighten the screws completely using a 10 mm hex wrench.

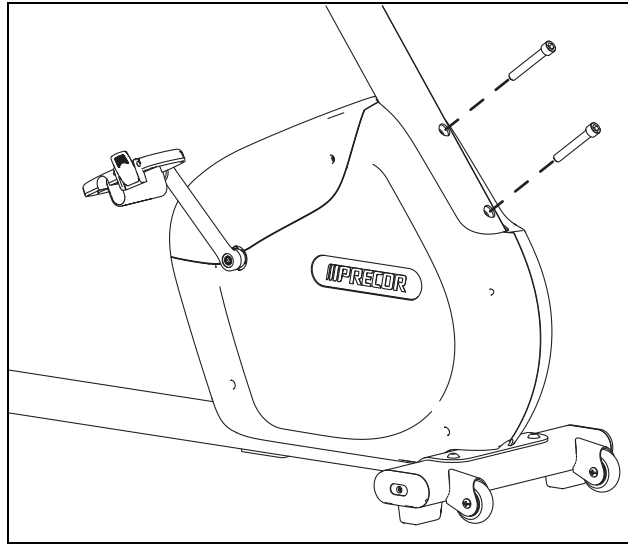


Figure 14: Bolting the upright support into place

Making Sure the Unit Is Stable

Make sure the unit is level before allowing anyone to use it.

CAUTION: To eliminate movement, make sure the adjustable feet are in contact with the floor.

To level the unit:

1. Gently rock the unit. If there is any movement, ask your assistant to tip the unit to one side while you locate the adjustable feet.
2. Correct the height of each adjustable foot as follows.

If you want to ... Then turn the adjustable feet ...

Raise the unit Counterclockwise

Lower the unit Clockwise

Important: *Place the unit on a flat surface. Rotating the adjustable feet cannot compensate for extremely uneven surfaces.*

When you are finished adjusting the unit, place it on the floor and recheck that it is level. Once it is completely level, use a 17 mm open-end wrench to move the jam nut on each foot upward until it contacts the frame. Tighten the jam nuts completely.

Installing the Console

Before you begin, make sure that the cables have been fed through the mounting bracket and their ends extend through the round opening at the base of the bracket. The television cable, along with any audio, video, or power cables needed to support a Cardio Theater screen or receiver, should be fed through the bracket and should extend through the opening at its upper end.

To connect the console:

1. Using a #2 Phillips screwdriver, remove the four 1-inch panhead machine screws securing the back cover of the console. Lift off the back cover and set it aside, along with the four machine screws.
2. Lower the console over the mounting bracket so that the two plastic hooks at the top of the console fit over the two tabs at the upper corners of the bracket.

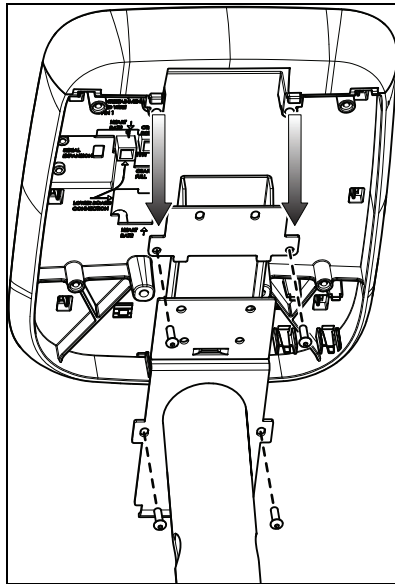


Figure 15: Seating the console

3. Retrieve the serial number label you removed from the body assembly earlier. Remove the backing from the label and apply it inside the console at the upper right, as shown in the following figure.

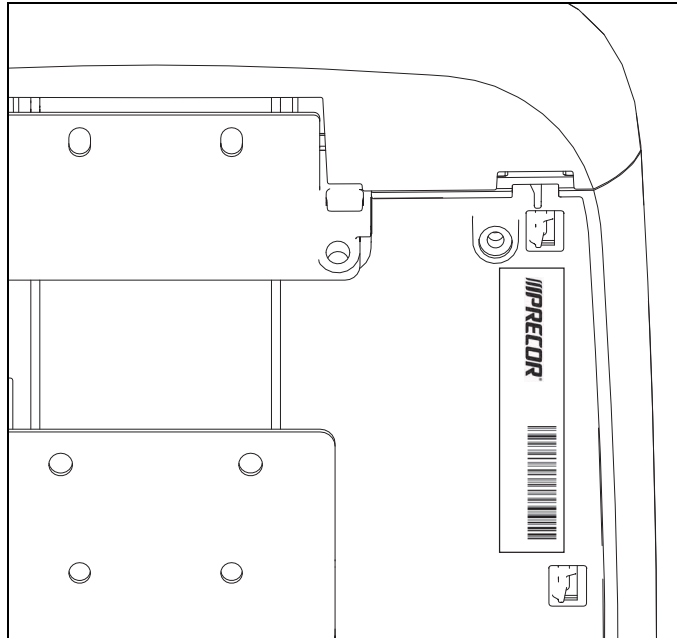


Figure 16: Serial number label location

4. Route the flat, black base unit data cable to the left of the mounting bracket and about three-quarters of the way up the left side of the console, as shown in the following figure. Attach the base unit data cable to the eight-conductor modular jack labeled LOWER BOARD CONNECTION.

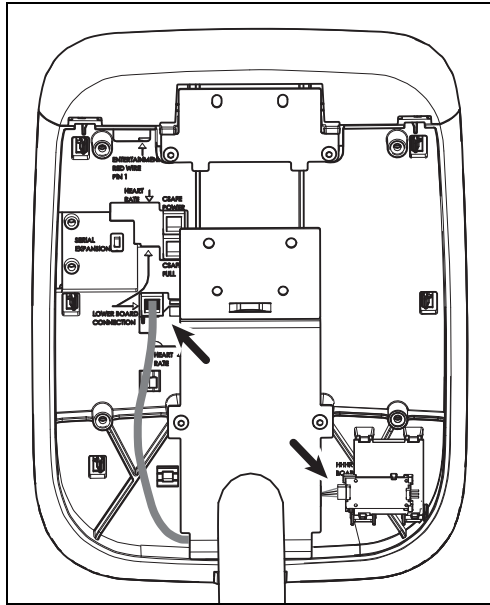


Figure 17: Routing the data and heart rate cables

5. Attach the twisted, red-and-black heart rate sensor cable to the four-pin connector on the heart rate circuit board at the lower right corner of the console.

Note: The connectors can fit together in only one way. There may also be a 10-pin connector labeled HEART RATE on the console, but it is not compatible with this equipment.

Important: If you are installing a Cardio Theater screen or receiver, complete the Cardio Theater installation before you reattach the console's rear cover.

6. Insert four $\frac{1}{4}$ -inch x $\frac{3}{4}$ -inch buttonhead screws through the screw holes in the tabs on the mounting bracket and into the screw anchors on the console. Tighten the screws completely using a $\frac{5}{32}$ -inch hex wrench.
7. Lower the rear cover over the mounting bracket so that the upright support extends through the gap in the cover.

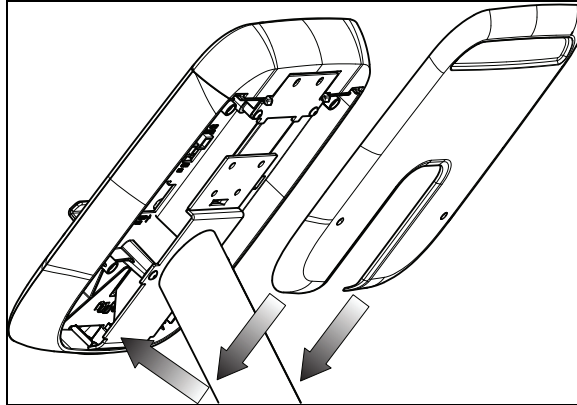


Figure 18: Rear cover position

8. Position the back cover and attach the four 1-inch panhead machine screws, then tighten the screws completely using a #2 Phillips screwdriver.

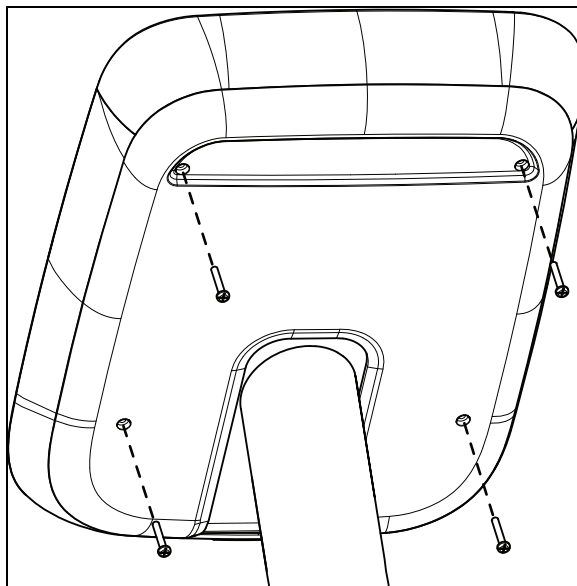


Figure 19: Reattaching rear cover screws

Breaking In the Equipment

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

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

Maintenance

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

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

Daily Cleaning

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

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

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

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

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

Daily Inspection

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

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

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

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

Quarterly Maintenance

Precor recommends that you clean and inspect the equipment more thoroughly once every three months.

To perform quarterly maintenance:

1. Remove the cover panels.
2. Vacuum out any debris, being careful not to bring the vacuum cleaner nozzle too close to any circuit board (unless your vacuum cleaner is protected against static buildup).
3. Check the tension of both belts.
4. Replace the cover panels.
5. Wipe the exterior of the console with a damp sponge or soft cloth, and dry with a clean towel. Keep water away from electronic components to prevent electrical shock or damage.
6. Clean the touchscreen using a soft, lint-free cloth dampened with a 91% isopropyl alcohol solution (either full strength or diluted with an equal amount of water).

Storing the Chest Strap

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

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

Moving the Equipment

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

To move the exercise bike:

1. Disconnect, unplug, and remove all external connections (television, Ethernet, and power).
2. Lift the rear feet to tip the bike forward onto its roller wheels.
3. Push the bike into its new location.
4. Lower the rear feet to the floor.

Long-Term Storage

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

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

Self-Powered Features

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

On self-powered equipment, the system initializes and displays the Welcome screen when a user starts exercising. A minimum rate of motion must be maintained for the banner to appear, as shown in the following table. When a person meets the requirements, the power that is generated allows the equipment to function properly.

Table 1. Minimum requirements for operation

Equipment	Rate of Motion
AMT	40 strides per minute (SPM)
EFX	40 strides per minute (SPM)
Climber	30 steps per minute
Bike	20 revolutions per minute (RPM)

Informational displays appear when the battery is low or when the rate of motion drops below the minimum requirements. The display explains what to do to retain power. If the messages are ignored, the equipment begins shutdown procedures to maintain the charge of the battery. Refer to *Informational Displays Prior to Shutdown*.

An optional power adapter can be purchased and provides sustained power to the equipment. If you plan to change the club settings on a unit equipped with a P30 or P10 console, the power adapter is highly recommended. To purchase the optional power adapter, check with your dealer. Refer to *Obtaining Service*.

Informational Displays Prior to Shutdown

The equipment saves its battery charge by moving into a shutdown mode. If the user does not maintain the minimum rate of motion, a 30-second shutdown process begins.

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

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

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

Symptoms of a Low Battery

If no one has used the equipment for an extended period of time, the battery may need recharging.

Symptoms of a low battery include the following:

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

Important: *To maintain a constant power source, use the optional power adapter.*

Using the Optional Power Adapter

After connecting the power adapter to the equipment, plug the opposite end into the appropriate power source (120 V or 240 V).

CAUTION: When the optional power adapter is in use, make sure that the power supply cord does not create a safety hazard. Keep it out of the way of traffic and moving parts. If the power supply cord or power conversion module is damaged, it must be replaced.

The control console functions differently when the power adapter is connected. Because the power adapter provides a constant source of power, a user can pause for brief periods without initiating shutdown procedures. When the pause time limit expires and the user has not resumed exercising, the console returns to the Welcome screen. The default pause time is 30 seconds for all fitness equipment. Refer to the manual for your control console for instructions on setting or changing the pause time limit. To learn how to install the power adapter, refer to *The Optional Power Adapter Kit*.

The Optional Power Adapter Kit

If you purchase the optional power adapter, you must also purchase the internal cable kit. The kit supplies the cable, bracket, and fasteners that connect the power adapter to the lower electronics board.

CAUTION: The internal cable kit must be installed by authorized service personnel. Do not attempt installation on your own as you could void the Precor Limited Warranty. For more information, refer to *Obtaining Service*.

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

Once the internal cable kit is installed, you can plug the optional power adapter into the equipment. Plug the opposite end into the appropriate power source for your equipment (120 V or 240 V). Review the safety instructions found at the beginning of this manual before using the power adapter.

Replacing the Battery

The equipment's battery is built to last for a long time. However, if you feel that the battery may need replacing, check with an authorized service technician. Refer to *Obtaining Service*.

CAUTION: The battery stored inside the equipment contains hazardous materials and must be disposed of according to Hazardous Waste Regulations. Refer to *Hazardous Materials and Proper Disposal*.



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