



## P82 CONSOLE GETTING STARTED GUIDE

Welcome to a **Personalized Networked Fitness Experience** for your members

The intuitive high-definition touchscreen, easy-to-reach single or dual motion controls, and built-in fitness tutorials make the P82 Console an unique fitness experience for your members and trainers.

### Set up the console

The P82 Console has a built-in Administrator account for owners.

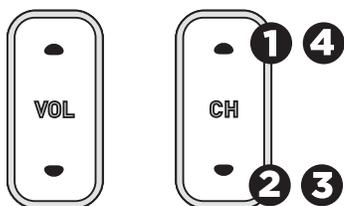
The Settings menu is visible only to administrators and registered service technicians. Changes made to these settings are saved to the fitness equipment.

An **Administrator** uses a password (see below), and can access the console settings so they can configure the console settings to benefit their members and their facility.



To change system settings:

1. Press and hold **Volume Down**.
2. Press **Channel** in the following order:  
**Channel Up**  
**Channel Down**  
**Channel Down**  
**Channel Up**



3. Enter the password: **5 6 5 1 5 6 5**
4. Touch **OK**. The System Settings banner appears.

Setting	Information
About	Displays serial number and event log
Equipment Use	Gathers data on individual and cumulative equipment use
System Settings	<p>Connectivity: Determines network type and IP address</p> <p>Display: Customizes language, time zone, and date format</p> <p>TV settings: Sets up channels and close captions</p> <p>Workout limits: Sets limits on equipment use during peak hours, limit maximum treadmill speed, or choose maximum pause time</p> <p>Alerts: For networked equipment, a technician can update software over the network. For non-networked equipment, a technician uses a USB drive to update each machine.</p>

# TRAINING AND EXERCISING

## Get to know the P82 Console

The P82 single- and dual-motion control consoles use an LCD touchscreen display that includes a mobile device charger, and is Preva™ Network Capable, and IPTV Compatible.



No.	Function
1	Pause
2	Incline or stride height* indicator
3	Intensity or resistance indicator**
4	Volume up/down

No.	Function
5	Channel up/down
6	Mute
7	Audio jack
8	Mobile device charger

\* Stride height indicator for AMT only

\*\* Incline indicator only on the dual-motion control. The motion control(s) are located right below the indicator.

## Start exercising

Ready to up your game and give your clients great workouts and training programs?

Take advantage of Precor's product tutorials, best-in-class training resources, and content libraries — which we refresh regularly (select regions only) — on [www.precor.com](http://www.precor.com).

**CAUTION Before beginning any fitness program, see your physician for a thorough medical exam. Ask your physician for the appropriate target heart rate for your fitness level.**

### To start a workout:

Touch **Quick Start** to launch the Manual Program. Calculations, such as calories used, are based on a 170-lb (77 kg), 40-year old individual. Your clients can complete a workout using this program with the default values, or you can change workout settings to suit the training program you set up for them.

### To start a featured workout:

The Featured Workout appears on the Welcome Screen and changes daily. Touch **GO** on the Featured Workout screen.

### To start a preset workout:

Preset workouts are a great way to tailor your client's workouts to their fitness goals, stay challenged, and add variety to their sessions. These workouts are arranged in the following groups: *Manual, Heart Rate, Interval, Weight Loss (Fat Burner on Climbers), Variety, and Performance.*

1. Touch **Workouts**, select a workout, then touch **GO**. At the end of a workout, a summary screen displays the average heart rate and accumulated metrics achieved during a workout.
2. Save the workout for replay later (for Preva accounts only).

## Monitor your heart rate

### Chest straps

A chest strap provides the best heart rate monitoring results. When you wear a chest strap during a workout, the heart rate features appear on the screen. To receive an accurate reading, the chest strap must be in direct contact with your skin.

### Touch heart rate feature

Several Precor products incorporate contact sensors on the handrail grips. Use both hands on the grips and make sure your hands are moist (not dry). Avoid grasping the sensors too tightly.



For complete console operating instructions and troubleshooting, visit us at [www.precor.com](http://www.precor.com).