

OWNER'S MANUAL

PRECOR[®]

TRM 243

TRM 445

Precision[™] & Energy[™]

SERIES
TREADMILLS

TRM 445

TRM 243

WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

Important Safety Instructions

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

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

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

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

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

- Do not allow children, or those unfamiliar with the operation of the equipment, on or near it. Do not leave children unsupervised around the unit.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from the power source when it is not in use, before cleaning it, and before acquiring authorized service.

- **Important** *The heart rate and SmartRate® features are intended for reference only. They may not be accurate for every user or at every speed and are not intended for use as a medical device. Holding the heart rate handle touch sensor while running may also decrease accuracy of the heart rate reading and is not recommended. Also visit: www.precor.com/en-us/customer-service/faq.*
- Treadmill Weight Restrictions: For treadmills 211, 223, and 243: DO NOT use the treadmill if you weigh more than 300 pounds (136 kg). For treadmills 425 and 445: DO NOT use the treadmill if you weigh more than 350 pounds (159 kg).
- When the equipment is not in use, disconnect it by turning the power switch to the Off position, and then remove the power plug from the power outlet. Alternatively, you can prevent inappropriate use by disconnecting the magnetic stop key and removing it from the location where the equipment is installed.
- Assemble and operate the equipment on a solid, level surface. Locate the equipment a few feet from walls or furniture. Keep the area behind the equipment clear.

- Never operate the unit if it is damaged, not working properly, when it has been dropped, or has been dropped in water. Return the equipment to a service center for examination and repair.

DANGER **The treadmill must be connected to a dedicated, grounded circuit (refer to *Grounding Instructions*).**

- Keep the power cord and plug away from heated surfaces.
- Keep all electrical components, such as the power cord and power switch, away from liquids to prevent shock.
- Do not operate the equipment where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Maintain the equipment in good working condition (refer to *Maintenance*). Make sure that all fasteners are secure and the running belt is clean and running smoothly.

- Do not attempt to service the equipment yourself except to follow the maintenance instructions found in this manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Do not set anything on the handrails or hood. Place liquids, magazines, and books in the appropriate receptacles.
- Do not rock the unit. Do not lean or pull on the console at any time. Do not stand on the hood.
- Wear proper exercise clothing and shoes for your workout and avoid loose clothing. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any dirt and embedded stones. Tie long hair back.
- Use care when getting on or off the equipment. Always grasp the handrail when stepping on the running belt and keep the initial speed at or below 1 mile per hour (mph) or 1.6 kilometers per hour (kph). Never step off the treadmill while the running belt is moving.
- Before the running belt begins moving (before your workout), and after it stops (at the end of your workout), straddle the belt by placing your feet firmly on the right and left staging platforms.
- Keep your body and head facing forward. Never attempt to turn around on the treadmill.
- The safety clip must be attached at waist level before your workout. A lanyard connects to the red magnetic stop key within the STOP switch. If you encounter difficulties, a strong tug on the lanyard disengages the magnetic stop key and stops the running belt.
- Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

Safety Approvals for Cardiovascular Equipment

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

Cardiovascular Type Equipment:

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

Grounding Instructions

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

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

120 V Units Designated for North American Markets

The unit must be connected to a dedicated, grounded circuit. A 15 amp dedicated circuit is required, but a 20 amp dedicated circuit is recommended. The power outlet must have the same configuration as the plug. No adapter should be used with this product.

Radio Frequency Interference (RFI)

Federal Communications Commission,
Part 15

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

If the equipment does cause harmful interference to radio or television reception, which can be determined by turning the unit off and on, you are encouraged to try to correct the interference using one or more of the following measures:

- Reorient or relocate the receiving antenna for your TV, radio, VCR, DVR, etc.

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

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

Canadian Department of Communications

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

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

ATTENTION: Haute Tension
Débranchez avant de réparer

Obtaining Service

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

Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at www.precor.com.

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

Model number: _____

Equipment serial number: _____

Console serial number: _____

Date purchased: _____

The equipment serial number is located at the lower front edge of the treadmill cover, near the power switch and cord.



Figure 1: Treadmill serial number label position

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



Figure 2: Console serial number label position

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Treadmill Safety Features

The treadmill is equipped with certain items that, when used properly, help sustain a safe and enjoyable workout. These items include:

- Safety clip and magnetic stop key
- Handrails
- Power switch

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

Location

It is important to keep the area around the treadmill open and free from encumbrances such as other equipment. The minimum space requirements needed for user safety and proper maintenance are as follows:

- An area three feet wide by six feet long (one meter wide by two meters long) must be left open directly behind the running belt.
- Three feet (one meter) of space should be available on either side of the equipment.

Turning the Unit On and Off

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

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

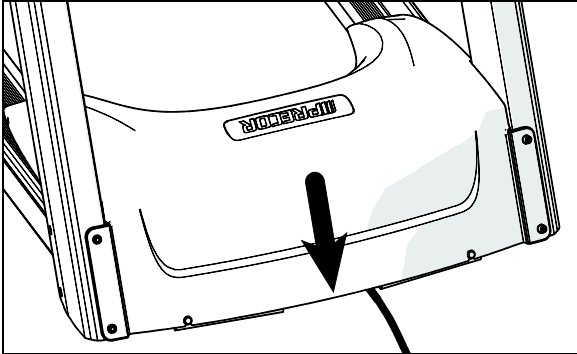


Figure 3: Power switch location

Using the Treadmill Safety Clip

The treadmill is equipped with two different stop functions, which behave as follows:

<i>If the user ...</i>	<i>Then the treadmill belt ...</i>	<i>And the console ...</i>
Pulls on the lanyard attached to the safety clip and removes the stop key	Slows to a stop	Shows the words "Please Replace the Stop Key."
Presses down on the red STOP switch	Slows to a stop	Shows that the exercise workout is paused. Pressing the button again ends the workout and displays the workout summary. Pressing it a third time returns the user to the home screen.

The following figure shows the location of the STOP switch and the stop key.

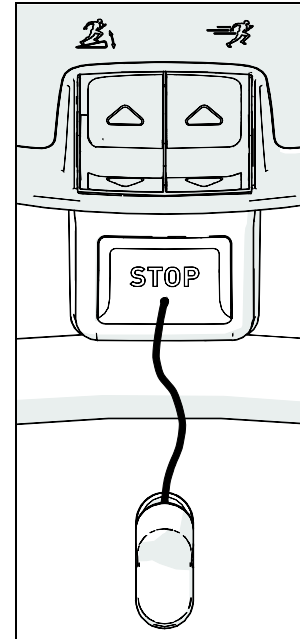


Figure 4: STOP switch, stop key, and safety clip

CAUTION: When you work out, **ALWAYS** attach the safety clip to your clothing. A position near your waistline normally works best.

If the stop key is removed during exercise, perform the following steps:

1. Reattach the safety clip if necessary.
2. Insert the stop key into the recess on the STOP switch, returning it to its normal position.
3. Wait for the treadmill to reset itself.

Note: If the stop key is removed from the STOP switch, all information about the current workout is deleted.

4. Start the workout from the beginning, reducing the time as needed to account for the amount of exercise that has been completed.

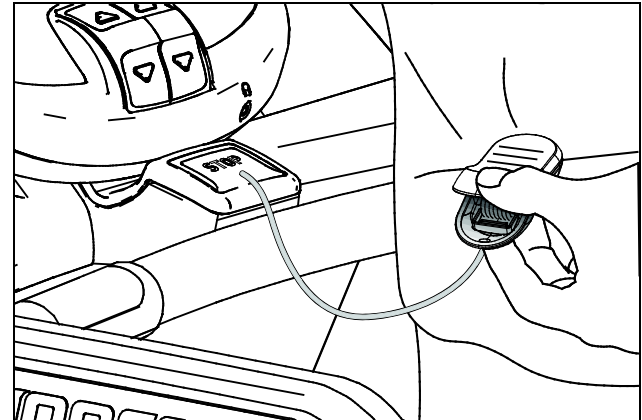


Figure 5: Attaching the safety clip

Using the Handrails

To maintain your balance, always grasp a handrail extension when you step on or off the treadmill, and when you use the keypad.

To learn more about the touch-sensitive grips, refer to *Measuring Your Heart Rate*.

Getting Started

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

Note: These instructions assume that your treadmill has been completely installed and set up (refer to *Setting Up Your Equipment*).

WARNING Read through **ALL** of the safety information in this manual, and make sure that the treadmill is properly connected to the electrical supply in your house, before you use the treadmill.

To get started with your new Precor treadmill:

1. Turn the treadmill on if necessary.
2. Step onto the treadmill.
3. Attach the safety clip securely to your clothing (refer to *Using the Treadmill Safety Clip*).
4. Place one foot on each of the rails on either side of the treadmill belt.
5. Touch one of the following buttons:
 - **Go** (to start the suggested workout)
 - **QuickStart**
6. After the console has displayed its countdown and the belt has started to move, step onto the belt.

7. Use the motion controls to adjust the incline angle of the treadmill and the speed of the belt.



Figure 6: Motion controls

8. If you need to end your workout early, do one of the following things:
 - Press the **STOP** switch just below the console three times.
 - On the console screen, touch **Pause**, then **Finish**, then **Home**.

Note: If you've been inactive for 20 minutes or more, the console reverts to stand-by mode.

Using the Console Controls

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



Figure 7: Controls and display areas

Table 1. Console feature descriptions

Area	Purpose
<p>1</p>	<p>The display screen shows you what the equipment is currently doing and how you are using it. As you work with the equipment, the available options appear next to the buttons along the left and right edges of this area. If you've connected a player to the console and are using it while you work out, the current track information appears along the top edge.</p> <p>Note: You must use your player's screen to display video, but you can play its audio portion through the console.</p>
<p>2</p>	<p>Touch the capacitive buttons to enter your personal settings, set up the equipment, and choose workouts. Depending on what you're doing, these buttons have different names and purposes. The names of the buttons appear next to them on the display screen.</p>

Area	Purpose
3	The level indicators show how intense your workout is at the moment. The indicator on the left shows the incline angle and the indicator on the right shows your speed.
4	The motion controls set the intensity levels shown on the level indicators.
5	The playback controls navigate through the tracks and set the volume on your Apple® device, if it is connected to the console.

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

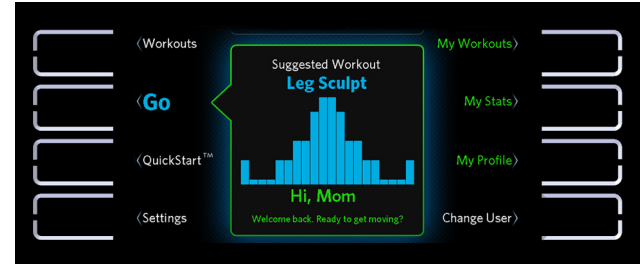


Figure 8: Home screen and capacitive buttons

Setting Up Your Equipment

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

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

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

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

To set up the console:

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

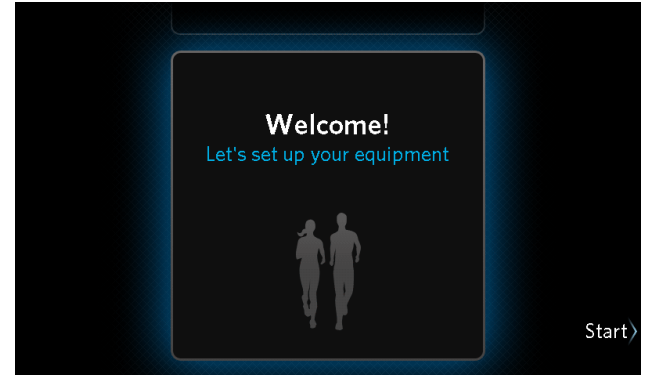


Figure 9: Welcome screen

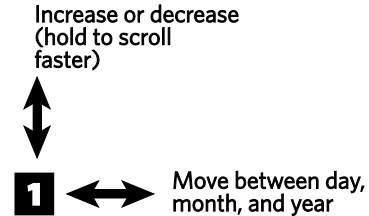
3. At the Initialize Your Equipment screen, touch **Next**.

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



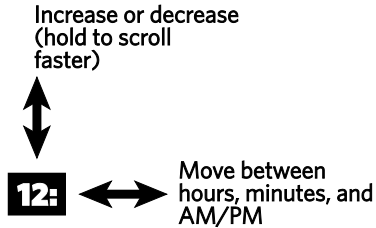
Figure 10: Treadmill Model screen

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



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

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



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

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

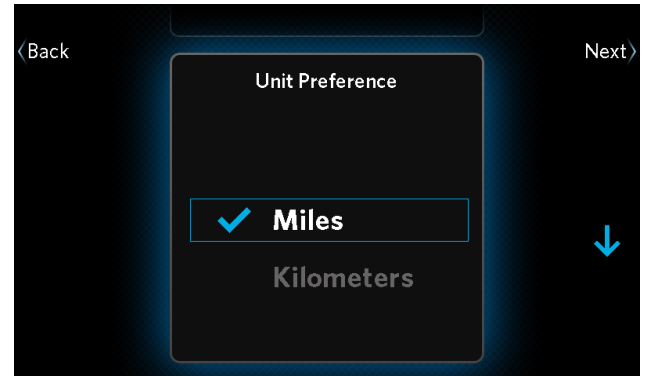


Figure 11: Unit selection

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

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



Figure 12: Equipment Settings screen

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

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

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

Measuring Your Heart Rate

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

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

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

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

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

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

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

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

Maximum heart rate = 207 - (your age × 0.67)

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

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

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

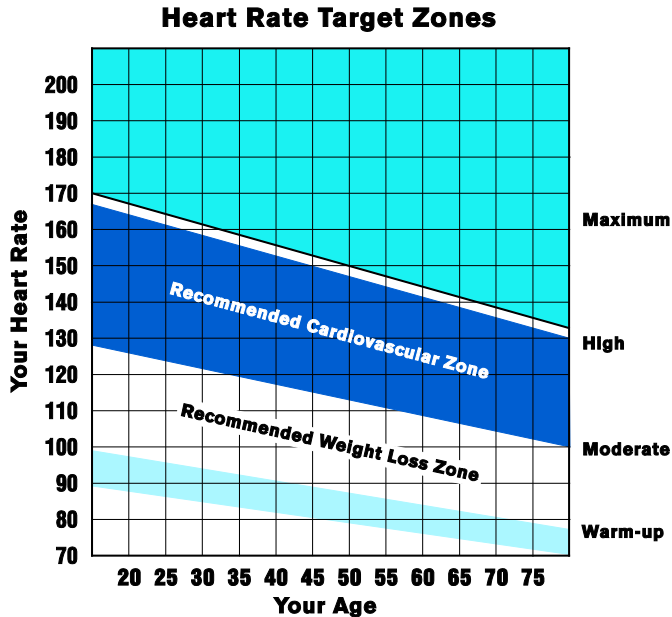


Figure 13: Heart rate target zones

Using SmartRate



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

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

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

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

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

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

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

The following table shows the percentage ranges for each zone.

Table 2. SmartRate zone boundaries

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

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

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



Figure 14: SmartRate zone bar

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

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

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

To turn on SmartRate:

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

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

Getting Accurate Heart Rate Readings

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

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

To attach a chest strap:

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

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

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

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

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

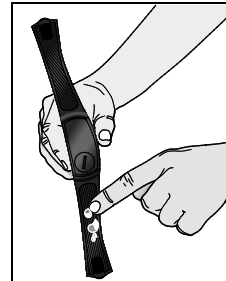


Figure 15: Moisten chest strap

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

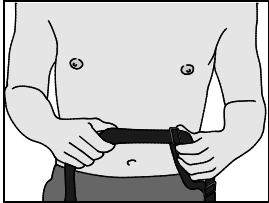


Figure 16: Adjust chest strap

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

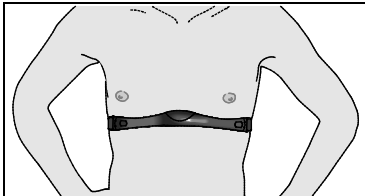


Figure 17: Fasten chest strap

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

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

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

Setting Your Target Heart Rate

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

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

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

To set your target heart rate:

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

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

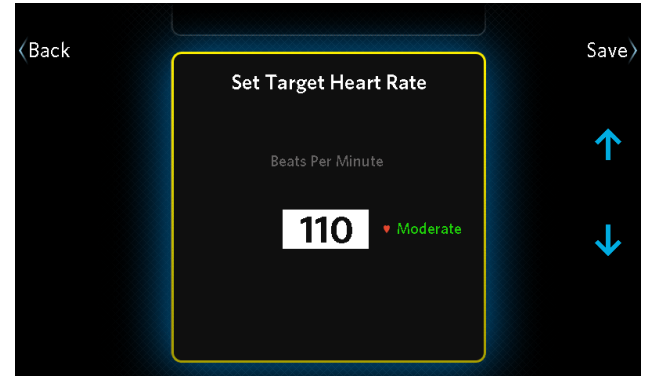


Figure 18: Set Target Heart Rate screen

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

Troubleshooting Heart Rate Readings

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

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

No Heartbeat Icon or Heart Rate Display
Precor cannot guarantee the accuracy of any readings you may get, but for best results, follow these tips.

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

For touch-sensitive grips:

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

For a chest strap:

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

The Displayed Heart Rate Is Wrong or SmartRate Doesn't Work

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

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

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

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

Choosing and Completing a Workout

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

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

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

drawback—the longer you stick to the same workout, the less good that workout does you.

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

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

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

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

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

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

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

Choosing a Workout

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

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

The following sections describe each of these options.

Choosing QuickStart

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

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

Repeating a Saved Favorite Workout

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

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

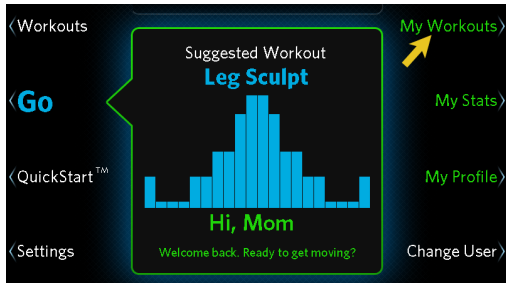


Figure 19: My Workouts button

Choosing and Completing a Workout

Using the Suggested Workout

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

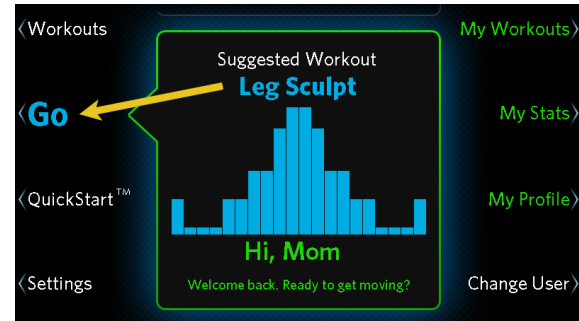


Figure 20: Go button

Selecting a Workout from the Workout List

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

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

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

To select a workout:

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



Figure 21: Workouts button

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

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



Figure 22: Workout type selection

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

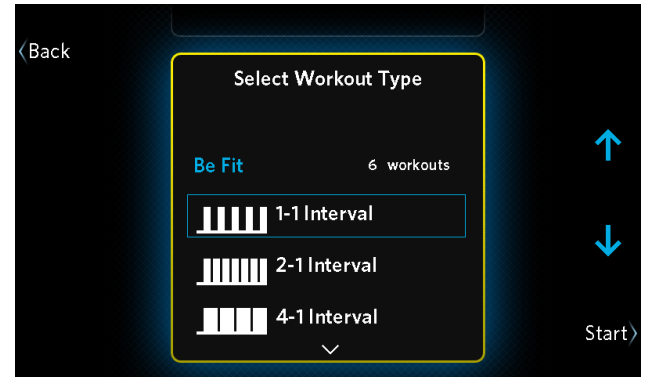


Figure 23: Workout selection

Available Workouts

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

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






























The workout changes this type of intensity automatically.












You can manually adjust the changes that the workout makes.













Be Fit

Workout	Profile	Incline	Speed
1-1 Interval: Cycles of two minutes of intense exercise and two minutes of rest.		 	 
2-1 Interval: Cycles of two minutes of intense exercise and one minute of rest.		 	 
4-1 Interval: Cycles of four minutes of intense exercise and one minute of rest.		 	 















Workout	Profile	Incline	Speed
Rolling Hills: A simulated run over gradually steeper hills.		 	
Mountain Peaks: A simulation of a two-summit climb. (No climbing gear required!)		 	
Heart Rate Cardio: Work and rest cycles managed by the equipment to keep your heart rate at the best level for moderate cardiovascular conditioning.		 	

Lose Weight

















Workout	Profile	Incline	Speed
4-3 Interval: Cycles of four minutes of work and three minutes of rest.		 	 
Aerobic: Workout routine designed to challenge and improve your aerobic fitness.		 	

Workout	Profile	Incline	Speed
Aerobic Plus: More intense version of the Aerobic workout.		 	
Fat Burner: Calorie-burning routine with cycles of gradually increasing resistance.		 	 
Heart Rate Fat Burn: Workout managed by the equipment to keep your heart rate at the most effective level for weight loss (moderate intensity, but with a high-intensity stage in the middle).			

Push Performance

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

Get Toned

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

Go the Distance

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

- **1 Mile**
- **5K**
- **10K**

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



Figure 24: Go the Distance

Fitness Test

This test is a modified version of a widely-used fitness test. After a three-minute warm-up, you will complete a series of test stages of increasing intensity. (Speed and incline increase in alternating stages.)

Important: After the warm-up stage of the test, you cannot adjust the speed or incline settings.

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

- The treadmill cannot detect your heartbeat.
- Your heart rate exceeds 85% of your maximum safe rate for 15 seconds or more.
- Your heart rate changes too quickly.
- You press the STOP switch or remove the stop key.

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

Important: For best results, sit and rest for at least five minutes before you take the test. Be sure to use a heart rate chest strap. Do not hold on to the handrails during the test, or your final score may be inaccurately high.

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

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

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

	Fitness Category		
Age in Years	Low Fitness	Medium Fitness	High Fitness
20-39	28 or below	28-34	34 or above
40-49	26 or below	26-32	32 or above
50-59	24 or below	24-29	29 or above
60 or over	22 or below	22-27	27 or above

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

	Fitness Category		
Age in Years	Low Fitness	Medium Fitness	High Fitness
20-39	35 or below	35-43	43 or above
40-49	32 or below	32-40	40 or above
50-59	29 or below	29-37	37 or above
60 or over	24 or below	24-32	32 or above

* The test and analysis algorithm were developed by Dr. Neil Gordon of The Cooper Clinic.

Changing Settings and Metrics While You Work Out

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

You can make the following changes at any time:

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

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

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

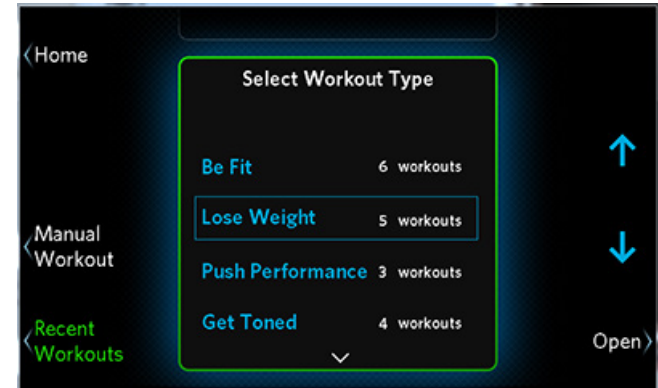


Figure 25: Select Workout

Changing Your Workout Length

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

To change the length of your current workout:

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

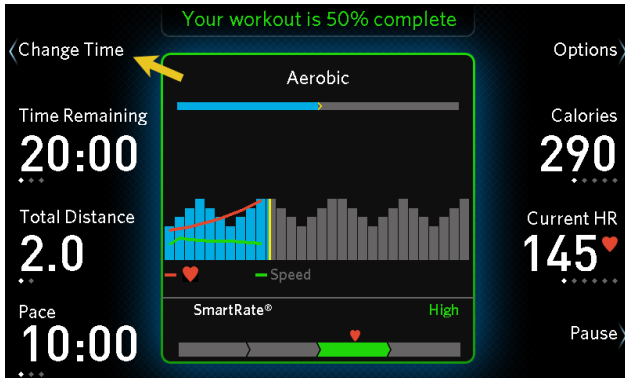


Figure 26: Change Time button

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

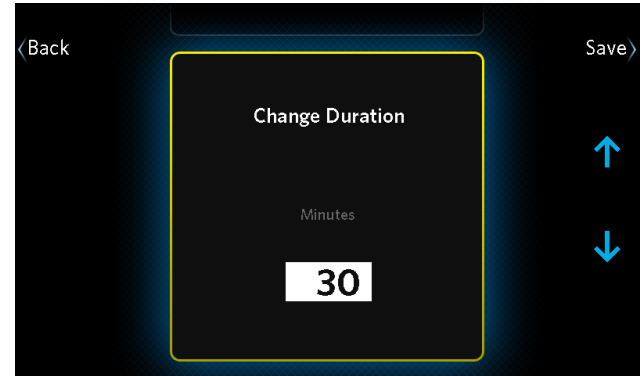


Figure 27: Change Duration screen

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

Changing the Workout Display

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




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



Figure 28: Time measurement selection

Table 5. Workout metrics

Metric	Types Available
Workout Time	<ul style="list-style-type: none"> • Time Elapsed (the amount of time you've been exercising during this workout) • Time Remaining (the amount of time left in the workout) • Finish Time (for workouts whose total distance is defined) • Segment Time (time remaining in the current intensity segment of the workout)
Achievement	<ul style="list-style-type: none"> • Total Distance • Distance Remaining (for workouts whose total distance is defined) • Elevation Gain (total for this workout)
Speed	<ul style="list-style-type: none"> • Pace (amount of time required to complete one mile or kilometer, based on your current speed) • Average Pace (based on the entire workout so far) • Average Speed

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

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

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

To turn on Metrics Scan:

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

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

3. Touch **Back** to return to the main workout screen. You can also change the information shown in the progress graph during your workout.

To change the progress graph:

1. During your workout, touch **Options**.
2. At the Options screen, touch **Change Graph**.
3. Use the arrow buttons to move between the types of information you can display on the graph (speed, incline, or heart rate). Touch **Add** or **Remove** to select one or two types of information.

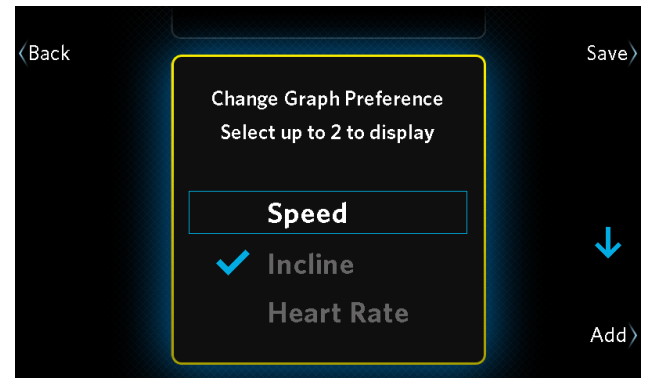


Figure 29: Change Graph Preferences screen

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



Figure 30: Progress graph with heart rate and speed lines

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

Changing Your Mind During Your Workout

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

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

To change a workout in progress:

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

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

Finishing Your Workout

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

If you stop running anytime during a workout, the Pause screen appears. If you resume running using the motion controls, the workout will automatically restart.

Tip: You can also end your workout at any time by pressing the STOP switch twice.

If you finish the workout normally, you go through a short, less intense cool-down stage after the workout itself. This additional stage brings your heart rate down in a gradual, controlled manner and helps prevent stiff, sore muscles later. After the cool-down stage, the Workout Summary screen appears. You can see the effect of the cool-down stage by touching **View with Cool Down** and **View Workout Only**.

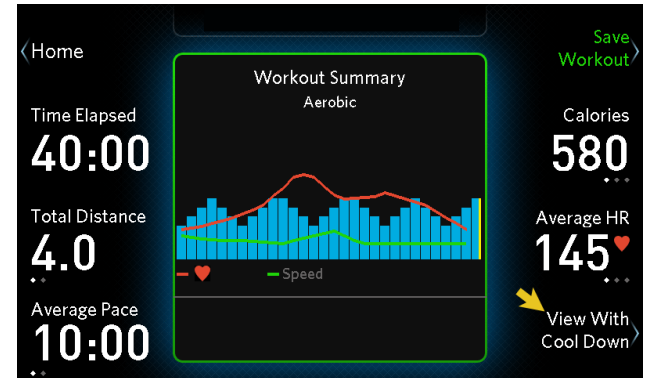


Figure 31: Workout Summary screen and View With Cool Down button

Saving Your Workout



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

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

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

- You are signed in as a Guest.
- You worked out for less than five minutes.
- You have changed between a distance workout (such as a 10K run) and a timed workout, in either direction.
- You were using a heart rate controlled workout or taking a fitness test. (You can't store your current heart rate or fitness level.)

To save your workout:

1. Touch **Save Workout**.

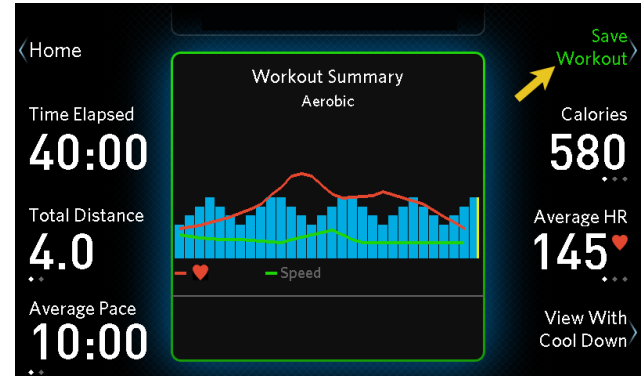


Figure 32: Save Workout button

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

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



Move from one character to another

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

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

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

To use a saved workout again:

1. If necessary, switch to your own user profile (refer to *Choosing a User Profile*).
2. At the home screen, touch **My Workouts**.

Note: Your saved workouts are listed in the order in which you last used them, with the most recent workout first.

3. Use the up and down arrow buttons to select a workout, then touch **Start**.

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

Checking Your Weekly Progress



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

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

- Number of workouts completed
- Distance covered
- Time (hours and minutes) completed
- Calories burned

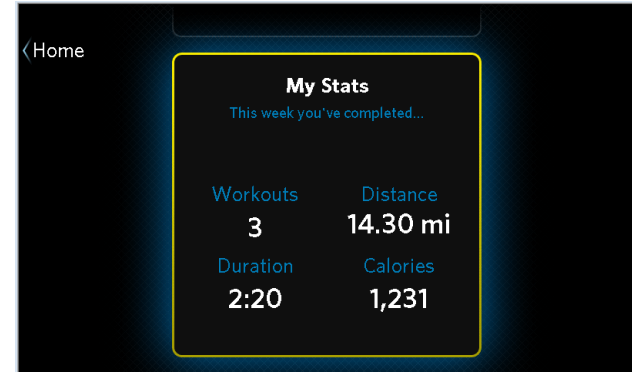


Figure 33: My Statistics this week

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

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

Creating User Profiles

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

Your user profile allows you to do the following things:

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

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

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

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

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

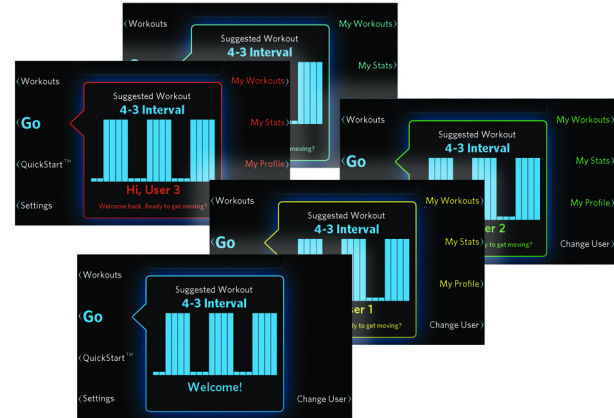


Figure 34: Home screens for all user profiles

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

To create a profile:

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

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

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

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



Move from one character to another

Touch **Next** to continue.

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

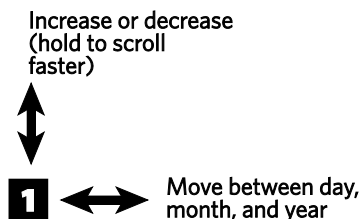
Increase or decrease (hold to scroll faster)



Move between number and units (kilograms or pounds)

Touch **Next** to continue.

5. On the Select Gender screen, use the up and down arrow buttons to confirm your gender, then touch **Next**.
6. On the Enter Date of Birth screen, use the arrow buttons to enter the date when you were born.



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

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

Touch **Next** to continue.

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

If ...

Then touch ...

All of the information is correct

Save

Some of the information needs to be changed

Back or **Edit**

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

Choosing a User Profile

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

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

To choose a user profile:

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

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

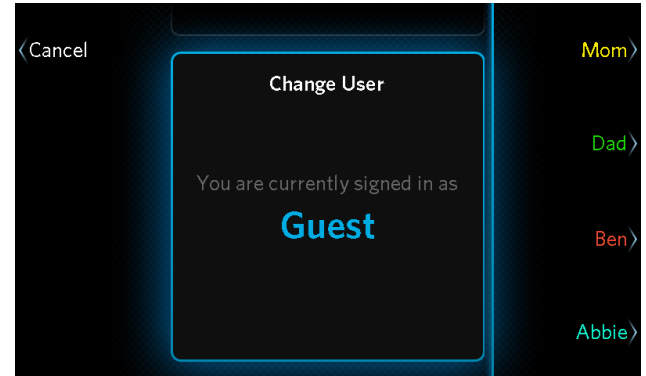


Figure 35: User profiles

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

Changing Your Default Settings



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

In addition to the overall settings for the fitness equipment, you can adjust the following settings for your specific profile.

Table 6. User profile treadmill settings

Setting	Default value
Default workout duration	30 minutes
Maximum speed	12 mph (19.3 kph)

To change your user settings:

1. At the home screen, touch **Settings**.
2. At the Settings screen, touch **My Settings**.
3. Use the up and down arrow buttons to select a setting to change then, touch **Edit**.
4. Use the up and down arrow buttons to make your adjustment then, touch **Save** to return to the My Settings screen.
5. If necessary, repeat the previous two steps to adjust the other setting.

Deleting User Profiles

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

To delete a user profile:

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

Changing the System Settings

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

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

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

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

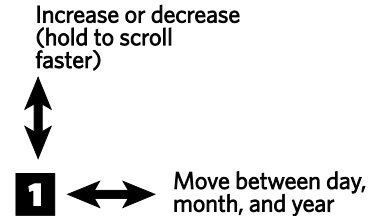
To correct the model number:

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

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

To change the date:

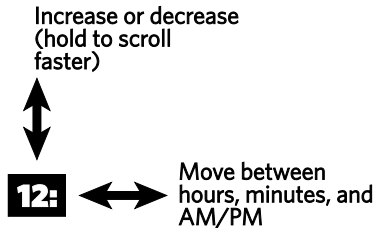
1. At the Settings screen, use the up and down arrow buttons to select **Date**, then touch **Edit**.
2. At the Set Date screen, use the arrow buttons to enter the current date.



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

To change the time:

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



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

To switch between kilometers and miles:

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

Retrieving System Information

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

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

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

To view the system information:

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



Figure 36: Information screen (example)

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

Displaying the Error Log

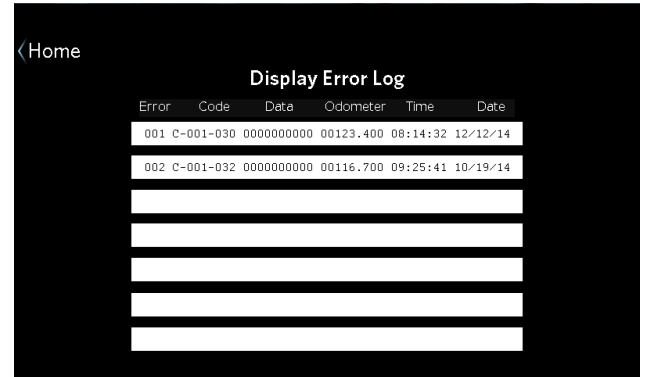
Each entry in the error log includes the following information:

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

To display the error log:

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

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



The screenshot shows a mobile application interface with a black background. At the top left is a '< Home' button. The main title is 'Display Error Log'. Below the title is a table with the following data:

Error	Code	Data	Odometer	Time	Date
001	C-001-030	0000000000	00123.400	08:14:32	12/12/14
002	C-001-032	0000000000	00116.700	09:25:41	10/19/14

Figure 37: Error log

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

Maintenance

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

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

Inspection

Inspect the treadmill daily.

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

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

2. Check for worn, frayed or missing safety lanyards. Replace missing or worn safety lanyards immediately. Do not exercise on the treadmill without attaching the safety clip to your clothing.

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

Cleaning the Equipment

Most of the working mechanisms are protected inside the hood and base of the treadmill. However, for efficient operation, the treadmill relies on low friction. To keep the friction low, the unit's running belt, staging platforms, and internal mechanisms must be as clean as possible.

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

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

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

Storing the Chest Strap

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

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

Checking the Alignment of the Running Belt

Proper belt alignment allows the belt to remain centered and ensures smooth operation. Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call Precor Customer Support.

CAUTION: Special care must be taken when aligning the running belt. Turn off the treadmill while adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your fingers and any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

To check the alignment of the running belt:

1. The treadmill has adjustable rear feet. Make sure that the running surface is level. If the treadmill is placed on an uneven surface, adjusting the rear feet can help, but will not compensate for extremely uneven surfaces.
2. Turn the unit on.
3. Stand beside the treadmill and touch **QuickStart**. The running belt starts automatically after a 3-second countdown appears on the display.
4. After the running belt starts, increase the speed to 3 mph (5 kph).

CAUTION: If you hear any chafing or the running belt appears to be getting damaged, stop the running belt immediately by pressing the STOP switch.

NEVER add any foreign substance to the underside of the running belt. The belt is designed to move over the treadmill deck without any additional lubrication. If you notice excessive friction or wear in the running belt, contact Precor Customer Support.

5. Walk around to the rear of the unit and observe the belt for a few minutes. The belt should be centered on the running belt. If the belt drifts off center, you must make adjustments (refer to *Adjusting the Running Belt*).

Important: Failure to align the belt may cause the belt to tear or fray, which is not covered by the Precor Limited Warranty.

6. To stop the running belt, press the STOP switch.
7. Turn the treadmill off.

Adjusting the Running Belt

If you are unsure about adjusting the running belt, call Precor Customer Support. Refer to *Obtaining Service*.

CAUTION: For your safety, use the power switch to turn Off the treadmill before making any adjustments. Do not adjust the running belt when someone is standing on the unit.

To adjust the running belt:

1. Locate the right belt adjustment bolt in the rear end cap of the treadmill. Refer to the following figure.

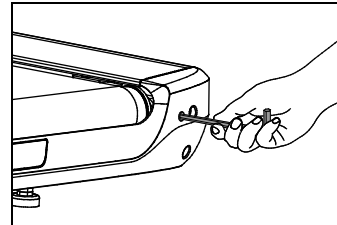


Figure 38: Location of the adjustment bolt

To determine left and right, stand at the rear of the treadmill and face the display. Make all belt adjustments on the right rear corner bolt using the hex key provided.

- If the belt is off center to the LEFT, turn the adjusting bolt $\frac{1}{4}$ turn *counterclockwise*, which moves the running belt to the right.
- If the belt tracks off center to the RIGHT, turn the bolt $\frac{1}{4}$ turn *clockwise*; this moves the belt to the left.

Important: Do not turn the adjusting bolt more than $\frac{1}{4}$ turn at a time. Overtightening the bolt can damage the treadmill.

2. Recheck the alignment of the running belt.

Long-Term Storage

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

TRM 445 / TRM 243 Low Impact Treadmills

Product Specifications

	TRM 445	TRM 243
Length:	79 in (204 cm)	81 in (206 cm)
Width:	34 in (86 cm)	33 in (82 cm)
Height:	59.5 in (151 cm)	60 in (150 in)
Weight:	358 lb (163 kg)	238 lb (108 kg)
Running Surface:	22 in × 56 in (56 cm × 142 cm)	20 in × 57 in (51 cm × 145 cm)
Motor:	3.0 hp continuous duty	
Power Requirements:	120 VAC, 60 Hz	
Speed Range:	0.5-12 mph (0-20 kph)	
Incline Range:	-2%-15% grade	0%-15% grade
Frame:	Powder-coated steel	
Regulatory Approvals:	FCC, ETL	

Product Features

Ground Effects™	Saved Custom Workouts
Integrated Footplant Technology®	Heart Rate Telemetry (chest strap)
Capacitive Touch Display	Heart Rate Touch Sensors
SmartRate®	USB Device Charging
QuickStart™	USB Software Upgrades

Workouts

Be Fit	1-1 Interval
	2-1 Interval
	4-1 Interval
	Rolling Hills
	Mountain Peaks
Lose Weight	Heart Rate Cardio*
	4-3 Interval
	Aerobic
	Aerobic Plus
	Fat Burner
Push Performance	Heart Rate Fat Burn*
	1-4 Interval
	1-2 Interval
	Heart Rate Zone*
	Get Toned
Glute Toner Plus	
Leg Sculpt	
Leg Sculpt Plus	
Go the Distance	1 Mile
	5K
	10K
Test Your Fitness	Fitness Test
QuickStart	Manual

Metrics Available

Speed	Calories per minute
Speed (average)	Calories per hour
Speed (graph)	METs
Pace	Watts
Pace (average)	Workout Profile
Incline	Workout Selected
Incline (graph)	Workout Percentage Complete
Elevation Gain	Total Distance
Heart Rate (current)*	Distance Remaining
Heart Rate (average)*	Time Elapsed
Heart Rate (maximum)*	Time Remaining
Heart Rate (target)*	Time Remaining (current segment)
Heart Rate (graph)*	Finish Time
SmartRate*	Units
Current heart rate zone	Fitness Test Score
Time spent in target heart rate zone	Current User
Calories (total)	Current Media Track [†]

* Use of touch-sensitive heart rate grips or chest strap is required.

[†]An Apple device is required.



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