|||PRECOR®

Cardio Equipment Quick Reference

Maintenance Guide

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For **complete** maintenance and cleaning information, visit us at *www.precor.com*. For torque settings, review the product Assembly Guide included with your equipment, or go to *www.precor.com* for more information.

❗ IMPORTANT
The owner is responsible for maintaining Precor equipment in their facility based on the recommendations below and any accompanying material.

Weekly maintenance tasks
Cleaning procedures

Use a lint-free cloth dampened with water or an approved cleaner in the procedures below.

- Clean the floor under the equipment. **DO NOT lift and hold equipment while vacuuming.** When the floor is completely dry, restore power and return the equipment to its level position.
- Clean all surfaces of the frame and plastic components. **Keep excess moisture away from electronic components to prevent electrical shock or damage, and dry completely.**
- Use a soft nylon scrub brush to clean grooves and textured surfaces on foot contact locations.
- On LCD- or PVS-equipped equipment, clean the screen using only a diluted solution of one part 91% isopropyl alcohol to one part water on a damped, lint-free cloth. Dry completely.
- **For elliptical and treadmill only** Clean debris from all wheels (for treadmill and elliptical) and CrossRamp® (for elliptical). Dry completely.

Other weekly maintenance tasks for all equipment

- Unplug the power cords from any equipment or entertainment devices plugged into a wall outlet. For treadmill: Turn off the circuit breaker.
- Verify all equipment feet sit squarely on the floor, and adjust if necessary to ensure the equipment does not wobble.
- Verify that the power cords are not damaged or pinched.
- Plug in the equipment, turn it on, and verify the following features are performing properly:
  - Handheld Heart Rate (HHHR)
  - Incline, Speed, and Resistance controls

- **Elliptical only**
  - Elevate the equipment to its maximum incline.
  - Clean the CrossRamp track surfaces and wheels (no disassembly required) using an approved cleaner. See *Cleaning Solutions*.
  - Clean any hard-to-remove grime using a Scotch-Bright pad (or fine steel wool). Debris build-up will shorten the life of the product.
  - If experiencing wheel squeak noises, apply a light coat of ski wax (recommend: Swix UR 10 Yellow Bio Racing Wax ,or equivalent) to the track surfaces. Wipe off excess with a dry, lint-free cloth.

📝 NOTE
Using too much oil will cause dirt and debris to accumulate and potentially damage the ramp surface.

- **Treadmill only**
  - Verify the safety lanyard works.
  - Emergency Stop Button
  - Elevate the equipment to its maximum incline.
  - Follow the procedures, *Check the alignment of the running belt* and *Adjust the running belt*, in this Guide.

Monthly Maintenance Tasks

Perform all checks listed under Weekly Maintenance Tasks *plus* the following:

For all equipment

- Verify the Wireless Heart Rate feature is performing properly by following the procedure, Verify that the heart rate feature works, in this Guide.
- Remove plastic enclosures from the drive compartments and remove any lint or debris, and then do the following in order:
  - Clean the drive belts and pulleys with a small wire brush.
  - Vacuum out any debris, being careful not to bring the vacuum cleaner nozzle too close to any circuit board. Precor recommends you use a vacuum that protects against static buildup.
  - Inspect visible welds, frame, and wire connections.
  - Check all fasteners for proper tightness and torque.
  - **Treadmill, elliptical, and AMT only** Clean and lubricate the lift motor screw with an approved grease such as SuperLube® with Teflon or Mobil 1™ synthetic grease, if necessary.
  - **Treadmill only** Verify the power cord clamp is securely installed.
  - Replace all removed plastic enclosures.

- **Treadmill only** Visually inspect the running deck and belt. Make sure the deck and belt are in good condition and replace the belt, if necessary.
- **Elliptical only**
  - Verify that the wheels run smoothly on the CrossRamp®.
  - Check all wheels for wear or cracks.
  - Lift the badge plate from the bottom front to loosen the rubber gasket. Remove the gasket (at the split) from the back of the display mount. Clean debris then replace the gasket from back to front, aligning the tabs as you go.
    DO NOT pull the gasket ring off before removing the badge plate first.

- **AMT and climber only** Inspect support belts and pulleys for wear or damage. Check torque on belt clamps.
- **All equipment except treadmill** Verify pedals move smoothly and freely in all directions.
- **Bikes only** Verify that the seat moves through the entire adjustment range and that the position latch works correctly.
- **For treadmill only** Clean the underside of the running belt and top deck by following the procedure, Clean the running belt and deck in this Guide or visit us at *www.precor.com*.

Quarterly maintenance tasks

Perform all checks listed under *Weekly Maintenance Tasks* and *Monthly Maintenance Tasks,plus* the following:

- Check tension of the running belts and adjust if necessary. Inspect belts for excessive wear.
- Perform software diagnostics and check LED function.
- **AMT only** Inspect the gas spring shock. Contact Precor Customer Support if you have questions.
- **EFX only** Check the belt tension.
- **Bikes only** Verify that the seat is secure and stable.
- **Climber only** Inspect the tension springs and pedal stops for damage and function.

Semi-annual tasks

- **All equipment except treadmill** Verify battery voltage.
- **Treadmill only** Lubricate the lift motor screw.

Error codes

The following is a list of error codes and how to resolve the issue:

Error codes	Action	Equipment
00-09, 11-16, 50	Turn the equipment off and on. Repeat twice. If the message still appears, contact a Precor certified service technician.	AMT, elliptical, treadmill, RBK, UBK, and CLM
10, 20-23, 26-28, 32, LS, ERR, E2, E4	Contact a Precor-certified service technician.	AMT, elliptical, treadmill, RBK, UBK, and CLM
40, 42, 44-46	Logs error and displays code to user. User can continue the workout without interruption.	AMT, elliptical, treadmill, RBK, UBK, and CLM
80-83	Turn the equipment off and on. Repeat twice. If the message still appears, contact a Precor certified service technician.	AMT, elliptical, treadmill, RBK, UBK, and CLM
30, 31	Displays the error on the console to the user. Restart the equipment or reset the E-STOP to use. Logs as a fatal error.	AMT, elliptical, treadmill, RBK, UBK, and CLM
62, 70-77	Contact a Precor certified service technician.	AMT only
78	Display the message, "Belts must be changed soon", in place of the standard banner text. Logs the error and allows the user to begin the workout. Contact a Precor certified service technician.	AMT only
79	Displays the message, "Belts change required", in place of the standard banner text. No workout can be started. Contact a Precor-certified service technician.	AMT only
17-20, 25, 85-88	Turn the equipment off and on. Repeat twice. If the message still appears, contact a Precor certified service technician.	treadmill only
29	Displays the error on the console to the user and pauses the workout. The treadmill speed MUST return to 0 before starting again. Logs the error.	treadmill only
33, 35-37, 60, 62	Displays the error on the console to the user. Restart the equipment or reset the E-STOP to use. Logs as a fatal error.	treadmill only

Verify that the heart rate display works

To verify that the heart rate display is operational:

1. Begin exercising on the equipment and grasp both touch-sensitive handlebars. The heart icon flashes while the heart rate is read. You must maintain contact with both metal plates on each handlebar to ensure an accurate reading.
2. Within ten seconds, your heart rate number appears in the HEART RATE display. If a number does not appear, perform the following checks:
   - Verify that the HR cable is properly connected.
   - Repeat the test with a different person. In rare instances, it may not work properly for a few individuals.
   - Repeat this test using a chest strap or a wireless pulse simulator. You'll get better results than if you only grasp the touch-sensitive handlebars. DO NOT hold onto the handlebars during the reading or you'll override those results.

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 elliptical (EFX):

Precor recommends using a four-wheeled dolly to move the EFX.

To move the AMT:

1. Disconnect, unplug, and remove all external connections (television, Ethernet, and power).
2. Lift the rear platform molding to remove it.
3. Lift the rear foot supports to tip the AMT forward onto its roller wheels.
4. Push the AMT into its new location.

5. Lower the rear foot supports to the floor, then reattach the rear platform molding.

To move the treadmill:

A treadmill in an inclined position is easier to move.

❗ IMPORTANT
The plastic end caps on Precor treadmills are designed specifically for lifting. Working with your assistant, place a hand under each side of the end cap. Then, using proper lifting techniques, lift the rear of the treadmill so that it rolls on its front wheels.

To put the treadmill into an inclined position for moving:

1. Press **GO** on the console.
2. Increase the incline to Level 4 or more.
3. While the treadmill is running, turn the main power switch to OFF.
4. Disconnect the treadmill's power cord.

Check the alignment of the running belt (treadmill only)

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

Proper 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, contact Precor Customer Support.

⚠ **CAUTION**
DO NOT adjust the running belt when someone is standing on it.

To check the alignment of the running belt:

1. Make sure that the running surface is as level as possible. If necessary, adjust the rear feet to level the treadmill.

   🗈 **NOTE**
   Adjusting the rear feet cannot compensate for extremely uneven surfaces. If you cannot make the running surface level and stable, move the treadmill.

2. Turn the treadmill on.
3. Stand beside the treadmill (not on it), and press **GO** or **Quick Start** on the console.
4. If necessary, enter the safety code by pressing the number keys in sequence. The running belt starts automatically after a 3-second countdown appears on the console.
5. Press **SPEED UP** until the console shows a speed of 3 mph (5 kph).

6. Observe the belt from the rear of the treadmill for a few minutes. The belt should remain centered along the running bed. If it drifts off center, you need to adjustment it.

   ⚠ **CAUTION**
   If you hear any rubbing or the running belt appears damaged, press the red STOP button immediately and contact Precor Customer Support.

7. Press **STOP** to stop the belt and turn the treadmill off.

Adjust the running belt (treadmill only)

If you are unsure about adjusting the running belt, contact Precor Customer Support

⚠️ **CAUTION**
Take special care when aligning the running belt. The treadmill will not stop immediately if an object becomes caught in the belt or rollers. Turn OFF the treadmill while adjusting or working near the rear roller. DO NOT wear loose clothing or allow your hair to hang loose during this procedure. DO NOT adjust the running belt when someone is standing on it. Keep your fingers and any other object clear of the belt and rollers, especially in front of the roller and behind the deck.

❗ **IMPORTANT**
Make all belt adjustments on the adjusting bolts at the rear corners of the treadmill using the hex key provided, and DO NOT turn either bolt more than ¼ turn before checking the alignment of the running belt again. Overtightening the adjusting bolts can damage the treadmill.

To adjust the running belt:

1. Locate the adjusting bolt in the right side end cap at the rear corner of the treadmill (Figure 1).
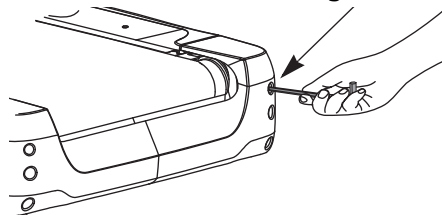

Figure 1

2. Use the hex key to tighten the adjusting bolt in the direction that the belt is shifting. Turn the bolt ¼ turn clockwise.

If the belt...	Then...
Continues to shift in the general direction	Turn the same adjusting bolt 1/4 turn clockwise
Starts to shift in the opposite direction	Turn the same adjusting bolt 1/8 turn or less counterclockwise

3. Recheck the belt position as described in Check the alignment of the running belt.

📝 **NOTE**
If the belt slips after you have adjusted it, tighten the adjusting bolt evenly, ¼ turn at a time, until the slipping stops. DO NOT overtighten the belt.

Clean the running belt and deck (treadmill only)

Before you begin the cleaning procedure, check that the safety stop key works correctly.

⚠️ **CAUTION**
DO NOT stand or allow others to stand on the treadmill running belt during this procedure.

To make sure the safety stop key works:

1. Stand to one side of the treadmill.
2. Make sure that the stop key lanyard is hanging straight down and is not wrapped around the handle bars.
3. Press **QuickStart** and wait for the running belt to begin moving.
4. Press the safety stop key.
5. The running belt should stop immediately. When it stops, reset the safety stop key.

⚠️ **CAUTION**
If the running belt does not stop, turn off the treadmill power using the On/Off switch at the front of the treadmill and unplug the power cord. The treadmill must remain out of service until the stop switch is repaired. Place an "out of order" sign on the treadmill and contact Precor Customer Support.

Turn the treadmill power switch to **Off**. The On/Off switch is located at the front of the treadmill.

To clean the treadmill belt and deck:

1. Make sure the treadmill is turned off.
2. Take a clean, dry cotton towel that is at least 36 in. (2 m) long and fold it in half lengthwise.

3. Lift the running belt up and push the towel under the belt. Make sure a few inches of towel extend over the deck trim on each side.
4. Push the towel forward to the front of the machine so it is located beneath the safety stop key.
5. Turn the power switch to **On**.
6. Step onto machine by standing on the side rails and attach the stop key lanyard to your clothes.

❗ **IMPORTANT**
DO NOT stand on the running belt at any time.

7. Stand firmly on both ends of the towel keeping your feet off of the treadmill running belt (Figure 2). Brace yourself using the handlebars or side hand rails.
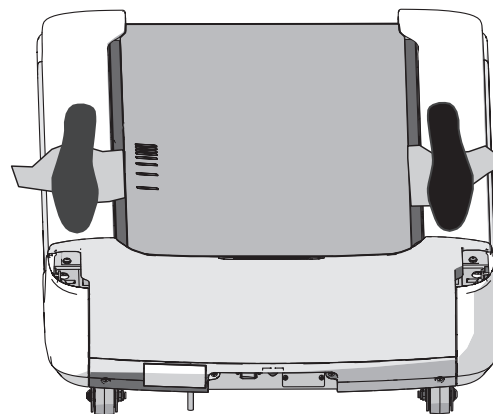

Figure 2

8. Press **QuickStart.**

❗ **IMPORTANT**
You have three seconds before the treadmill belt begins to move. Hold the handlebars or side hand rails to help maintain balance.

9. The treadmill will run at 1 mph. Allow the treadmill to run for one minute while keeping the towel firmly in place

⚠ **CAUTION**
Press the safety stop key if the towel becomes loose to prevent it from being pulled into the treadmill's rollers. DO NOT adjust the treadmill's speed or run it higher than 1 mph.

10. After one minute, press **Stop** to stop the treadmill belt.
11. When the belt is completely stopped, remove the stop key lanyard from your clothing, and step off the treadmill.
12. Turn the treadmill power switch to **Off**.
13. Grasp both sides of the towel and run it up and down the length of the belt several times to clean the top of the deck before removing it from beneath the belt.
14. Turn the power switch to **On** and return the treadmill to normal use.