PRECOR ®USA

Commercial EFX® Owner's Manual

EFX®532

Before You Begin

Thank you for purchasing the Precor EFX®532. Built to the exacting standards of the health club environment, the EFX532 is intended for commercial use and can withstand the rigors of daily club use with little maintenance.

Before using the Precor EFX532, we urge you to familiarize yourself and your staff with the entire Owner's Manual. Understanding this manual will help you and your customers use the EFX532 safely and successfully.

ABOUT THIS MANUAL

Inside this manual, you will find instructions for installing and using the EFX532. To maximize the use of the EFX532, please study this manual thoroughly. The manual uses the following conventions for identifying special information:

"**Note:**" Contains additional information that applies to the preceding text.

"**Important:**" Indicates information to which you should pay special attention.

"**CAUTION:**" **Indicates steps or information necessary to prevent harm to yourself or damage to the equipment.**

"**WARNING:**" **Provides instructions to prevent electrical damage to the equipment and prevent injuries to yourself.**

"**DANGER:**" **Indicates steps you must take to prevent electrical shock.**

OBTAINING SERVICE

Do not attempt to service the EFX532 yourself except for the maintenance tasks described in this manual. The EFX532 does not contain any user-serviceable parts. For information about product operation or service, contact an authorized Precor Commercial Products Customer Service Representative at 1-888-665-4404.

To help the customer service representative expedite your call, have your serial number available. To locate the serial number, kneel down alongside the EFX and look for a label inside the rear cover.

Model number: **EFX532**

Unit number: _____ Serial number: _____

Unit number: _____ Serial number: _____

Unit number: _____ Serial number: _____

Unit number: _____ Serial number: _____

Unit number: _____ Serial number: _____

Unit number: _____ Serial number: _____

Unit number: _____ Serial number: _____

If you have any questions regarding the EFX532, use the model and serial numbers whenever you call your Precor dealer or servicer.

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

- **Read all instructions before using the EFX532. These instructions were written to ensure your safety and to protect the unit.**

- **To ensure the proper use and safety of the EFX532, make sure that all users read this manual. Please make this manual a part of your training program.**

Remind the club users that before beginning any fitness program, he or she should obtain a complete physical examination from his or her physician.

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

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

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

- **The EFX532 should never be left unattended when plugged in. Unplug the unit from the outlet when it is not in use, before cleaning it, and before putting on or taking off parts.**

- **Do not allow children on or near the EFX.**

- **Use the EFX532 only for its intended use as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injuries.**

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

- **Keep the power cord away from heated surfaces.**

- **Never drop or insert any object into any opening. Keep hands away from moving parts.**

- **Do not operate where aerosol (spray) products are being used or where oxygen is being administered.**

- **Do not use outdoors.**

- **To disconnect, turn all controls to the OFF (0) position, then remove the power plug from the outlet.**

WARNING — **Connect the EFX to a properly grounded outlet only. See *Grounding Instructions* on page 4.**

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS

The EFX532 must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current which reduces the risk of electrical shock. The EFX532 is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. If you do not follow these *Grounding Instructions*, you 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 EFX is properly grounded. Do not modify the plug provided with the unit—if it doesn't fit the outlet, get a proper outlet installed by a qualified technician.

Diagram A
Correct power outlet for U.S. Markets:
20 amp120-volt plug.
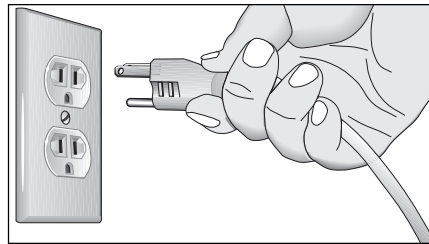
120-volt grounding plug

120V Units Designated for U.S. Markets

The EFX532 is for use on a nominal 120-volt circuit. The unit's grounding plug looks like the plug illustrated in Diagram A. The power outlet must have the same configuration as the plug. No adapter should be used with this product.

SAFETY APPROVAL

When identified with the ETL-c logo, the EFX has been tested and conforms to the requirements of CAN/CSA-E-335-1/2-94, Safety of Household and Similar Electrical Appliances.

RFI — RADIO FREQUENCY INTERFERENCE

Federal Communications Commission Part 15

The EFX has been tested and found to comply with,

- the IEC EMC Directive (international electromagnetic compatibility certification)

- 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 EFX 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. Operation of the EFX in a residential area is likely to cause harmful interference. If this occurs, the user will be required to correct the interference at his or her own expense.

CAUTION — **Per FCC rules, changes or modifications to the EFX 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 A 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 radioéélectriques dépassant les limites applicables aux appareils numériques de la Class A prescrites dans le Règlement sur le brouillage radioélectrique édicté par le ministére des Communications du Canada.

EUROPEAN APPLICATIONS

This product conforms to the requirements of the European Council Directive 89/336/EEC, Electromagnetic Compatibility and has been tested to the following standards:

EN55022, Limits & Methods of Measurement of Radio Interference, Information Technology Equipment (Class A).

EN50082-1, Generic Immunity Standard for Residential, Commercial and Light Industrial Products (Class A).

This product additionally conforms to the requirements of the European Council Directive 73/23/EEC, Low Voltage Directive and has been tested to the following standard:

IEC 335-1, Safety of Household and similar Electrical Appliances.

PERSONAL SAFETY

When using the EFX, take the following precautions:

- Do not allow children on or near the EFX. Do not leave children unsupervised around the EFX.

- A locking pin, inserted through the ramp and roller arm at the factory, provides an added security feature. This locking mechanism must be removed prior to working out. See *Working Out on the EFX*.

- Completely assemble the EFX532 before using it. Check the unit before each use. Do not continue to operate the EFX532 when it is not working properly and return the unit to a service center for examination and repair.

- Keep all electrical components, such as the power cable and I/O switch, away from liquids to prevent shock. Do not set anything on the casing, handrails, or display console. Place liquids only in the appropriate receptacles.

- Assemble and operate the EFX on a solid, level surface. Locate the EFX a few feet from walls or furniture. Keep the area behind the EFX clear.

- Maintain the EFX in good working condition. (See the *Maintenance* section). Run through a check list prior to each use. Verify that all fasteners are secure.

- Wear proper exercise clothing and shoes during a workout—no loose clothing. Tie long hair back. Keep towels away from moving parts.

- Use care when getting on or off the EFX. Use the stationary handrail(s) whenever possible. Keep your body and head facing forward. Never attempt to turn around on the EFX.

- Never place your hand(s) or feet in the path of the roller arm because injury may occur to you or damage may occur to the equipment.

- Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injury.

- Do not rock the unit. Do not stand on the display console or casing.

- Do not attempt to service the EFX yourself other than the assembly and maintenance instructions found in this manual. Refer to *Obtaining Service*.

- Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

PRECOR HEART RATE OPTIONS—SAFETY GUIDELINES

The Precor Heart Rate Options are created and designed exclusively for Precor products. The equipment is very sensitive—you should use the heart rate options with this in mind and take time to read the guidelines found in this owner's manual. If you purchased the POLAR® chest strap, review the guidelines found in the *Precor Heart Rate Option Owner's Manual* that is supplied with that option.

Table of Contents

Table of Contents

Unpacking the EFX

Your EFX532 is carefully inspected before shipment so it should arrive in good operating condition. Precor ships the unit in the following pieces:

❑ base frame assembly

❑ handrail assembly (included the display console)

❑ hardware kit and water bottle cage

❑ Literature kit (includes Owner's manual, Exploded views and warranty card)

CAUTION: This unit weighs over 160 pounds (72 kilograms). To avoid back strain and ensure the safety of the unit and yourself, we suggest that you get assistance before removing the unit from the pallet. To remove the EFX from the wood pallet, be sure to ask for assistance from more than one adult.

If any items are missing, contact your Precor Commercial Products Service Representative at 1-888-665-4404.

Important: If you plan to move the EFX, do so before you install the handrails. Ask for assistance to move the unit. Once the handrails are in place, the unit is wide enough that moving it down a hallway or through a door frame (without scratching it) is very difficult.

OPTIONAL EQUIPMENT

The EFX532 incorporates the Precor Smart Rate® and Heart Rate features into it's display console. However, an optional purchase (Precor Heart Rate Option) must be made to activate these features. A receiver is mounted inside the display console and sends signals to a POLAR® chest strap worn by the user. The user's heart rate is then displayed on the console.

If you are interested in obtaining Precor option kits for your unit, check with your dealer. To locate the dealer nearest you, call 1-888-665-4404. For customer service, see *Obtaining Service* on page 2.

HARDWARE KIT

Carefully unpack the parts from the shipping container. Open the Hardware kit and make sure that you have the following items as shown in Diagram 1:

☐ (A) two buttonhead hex screws—water bottle cage assembly

☐ (B) two lock washers—water bottle cage assembly

☐ (C) tie wrap—handrail cable assembly

☐ (D) 5/32" hex key—tightens screws on water bottle cage

☐ (E) 1/4" hex key— upper column assembly (**Note**: A hex torque wrench is also required, although it isn't supplied.)

☐ (F) Power cord

If any items are missing, contact your dealer. For the Precor authorized dealer or servicer nearest you, call 1-888-665-4404.

Note: After assembling the EFX, be sure to store the hex keys in a secure place. The tools are used for maintenance procedures that are described in this manual.

Diagram 1   *EFX532*
             Hardware kit
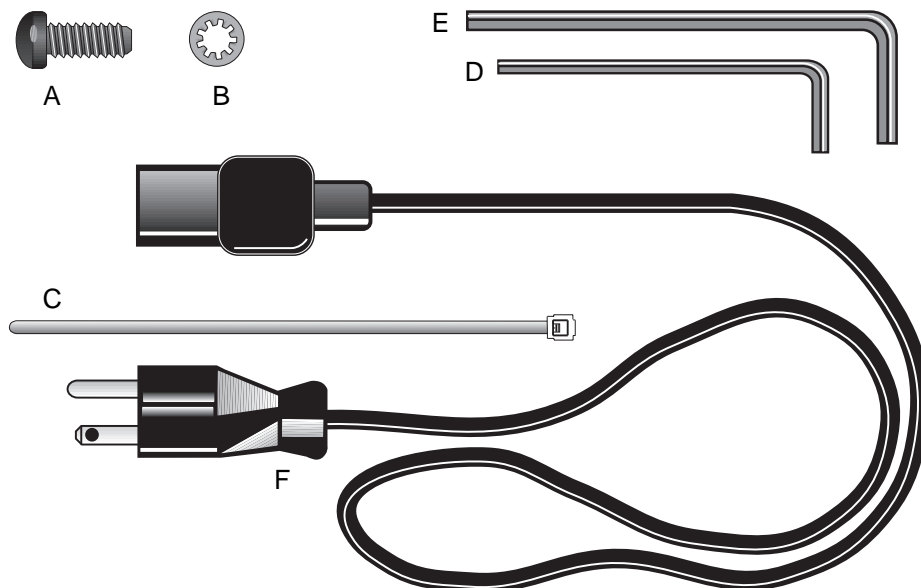
ACQUIRE THE APPROPRIATE TOOLS

Obtain the following tools *before* assembling the EFX.

☐ Wire cutter

☐ Duct tape (or similar strong adhesive tape)

☐ Hex torque wrench

Setting Up the EFX

You do not need any special knowledge or experience to set up the EFX. However, you will need assistance. Because of the size and weight of the EFX, it is recommended that at least three adult persons assemble it.

INSTALLATION REQUIREMENTS

Follow these installation requirements when installing the EFX. *If you do not install the EFX according to the following guidelines, you could void the Precor limited warranty.*

- **Set up the EFX on a solid, flat surface**. Unpack and assemble the EFX close to where you'll use it. Make sure that the flat surface under the unit is smooth and level. A level unit is required for the user's safety and for proper operation.

- **Provide ample space around the unit**. Open space around the unit makes for a safer mount and dismount.

- **Fill out and mail the limited warranty card**. Be sure that the EFX is turned OFF. To locate the serial number, kneel down alongside the EFX and look for a label on the rear crossbar inside the rear cover. Write the serial number onto the Precor limited warranty card found on the back cover of this manual. Refer to *Obtaining Service* on page 2 and write the number(s) there as well.

- **Use the appropriate voltage, dedicated circuit, and grounding as specified on the EFX532.** The EFX532 is available in a 120-volt model. Refer to the identification label next to the ON/OFF (I/O) switch to determine the voltage, power cord, and plug that your EFX532 requires. Make sure that the EFX532 is connected to a power outlet that has the same configuration as the plug.

CAUTION: Use the appropriate power cord and plug for your unit. Do not use a non-grounded outlet. Electrical damage can occur if the EFX532 is connected to an improper power source.

ASSEMBLY INSTRUCTIONS

You should plan where you want to permanently locate the EFX because, once you install the handrails, the width of the EFX provides little room for maneuvering through a standard door frame and you could scratch or dent the unit. Because of its weight and size, *ask for several assistants to help you assemble the EFX532.*

To assist you in the assembly, the items in the hardware kit, shown in Diagram 1, correspond to a particular letter in the alphabet. These letters appear throughout the assembly instructions. Refer to Diagram 1, as needed.

1. **Unpack the EFX532.** Remove the packing materials and loose contents (upper handrail assembly with display console, hardware kit, water bottle cage, and power cord) from inside the cardboard pockets and from around the base frame assembly.

2. **Pull the large cardboard pieces away from the base frame assembly**. Ask for assistance to move the EFX532 off the shipping pallet. You may need to cut the tie wraps that hold the base frame and roller arms to the pallet.

3. **Move the unit to the location where you plan to use it.** Make sure that the EFX532 is unplugged and turned OFF. **Do not assemble the EFX532 if it is plugged into a power outlet.**

Diagram 2 *EFX parts overview.*

Display console

Handrail assembly

Curved washer

Hex head screw

Ribbon cable connection

Base handrail support

Foot rest

Ramp
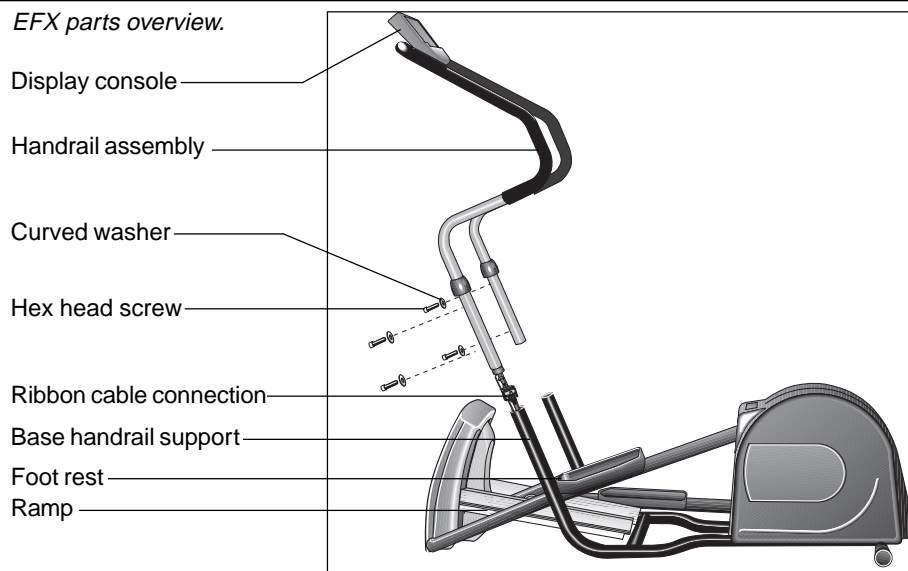
4. **Remove the 4 curved washers and screws from the handrails.** Use the supplied hex key if necessary. Keep the washers on the screws and set them within easy reach of the base handrail supports.

5. **For an overview of the EFX and its parts, study Diagram 2.** Understanding the names of the different parts will help you assemble the unit.

   CAUTION: Do not install the handrail assembly until you move the EFX to its final location. Ask for assistance to move the unit.

6. **Position the handrail assembly over the base support.** Diagram 2. Set the handrail assembly close to the base handrail support so that the ribbon cable from the upper handrail assembly and the string protruding from the base support face each other.

Diagram 3 *Pull the string to extend the coiled ribbon cable.*

String

Cable receptacle

Upright support tube

Front cover
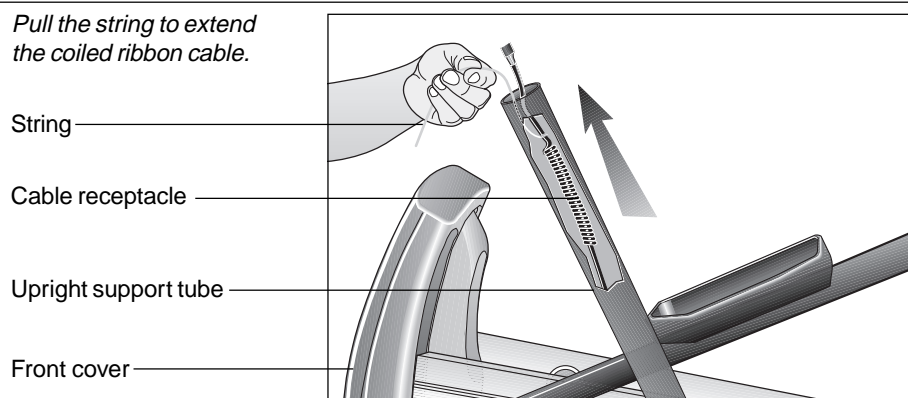
CAUTION: Get assistance before performing the following steps.

7. **Grasp the string that is secured to the base support.** Diagram 3. Gently pull up on the string to produce the ribbon cable connection from inside the base support.

Diagram 4 *Connect and secure the ribbon cable.*

Plastic reinforcement strip

Tie wrap

Flange
Securely press the flanges onto the connector tabs.

Receptacle
Connector tabs

Ribbon cable
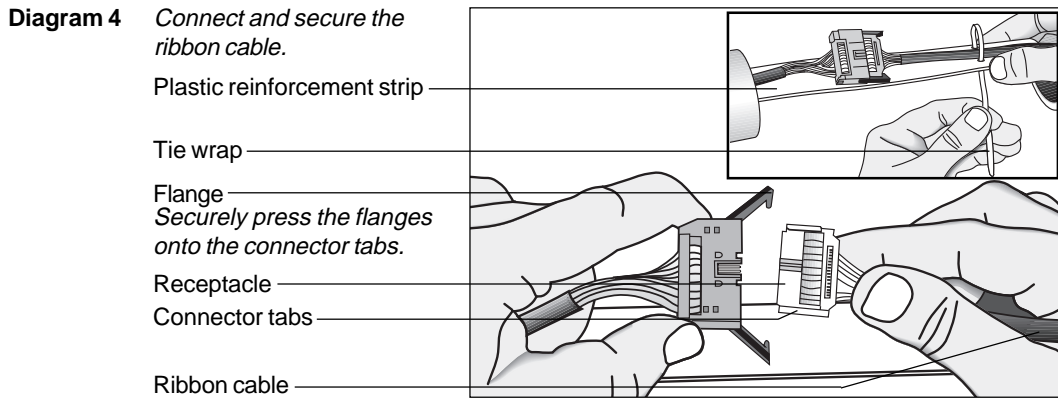
> **CAUTION: do not let go of the string until you are holding onto the coiled cable. The string could drop inside the base support making it difficult to retrieve the coiled cable.**

8. **Connect the cables.** Diagram 4. Have an assistant hold the handrail assembly over the base handrail supports (display console must face the foot pedals) while you connect the cable. Insert the cable into it's receptacle. Since the connector is designed to engage in one direction only, do not force the connector into the receptacle. To secure the connection, press the flanges together so that they clip onto the connector tabs.

9. **Secure the lower portion of the ribbon cable.** Diagram 4, inset. Use the tie wrap provided. Thread the tie wrap through the holes in the plastic reinforcement strip and around the ribbon cable. Pull the end of the tie wrap tightly to secure the cable.

10. **Use a scissors or wire cutter to clip off the excess on the end of the tie wrap**. Once the cable is secure, cut off the excess at the end of the tie wrap. You can also remove the string from the coiled cable.

> **CAUTION: Do not allow your assistant to lift the handrails so high that the excess ribbon cable is stretched or damaged. Cables damaged by improper installation will not be covered by the Precor limited warranty. Excess cable may be gently pushed into the lower support tube.**

Diagram 5   *Secure the handrail*
assembly to the base.

Handrail —————————————————

Handrail covers —————————————

Screw and curved washer ————————

Ribbon cable connection —————————

Front casing —————————————
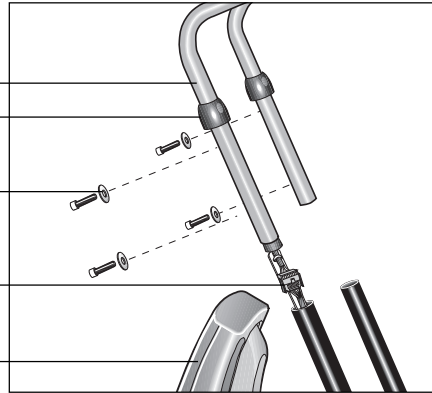
11. **Secure the handrail assembly to the base handrail support.** Diagram 5. While your assistant holds the handrails, guide the ribbon cable into the base support. If you feel any resistance, do not force the handrails into position. Slowly, remove the handrails from the base supports and start over again.

12. **Two mounting hole locations on each base support provide for height adjustments.** Diagram 5. Determine which height is best suited to meet your needs (lower holes are usually used for those 5'6" or shorter) before securing the handrails to the base handrail supports.

    Important: Once the upper console assembly is secured, use a hex torque wrench to tighten all 4 screws to 140 in-lbs.

13. **Install and tighten the handrail screws.** Diagram 5. Align the handrails with the mounting holes. Be sure that the **concave side of each washer** is placed against the handrail base supports. Insert the screws with washers and alternately tighten each screw using the supplied hex key.

    Note: Periodically, inspect the handrail-to-base screws and , if necessary, tighten each bolt using the hex key provided.

Diagram 6   *Install the water bottle cage.*

Position the cage and insert the screws and lock washers in to the two mounting locations. ——————————————

5/32" hex key —————————————
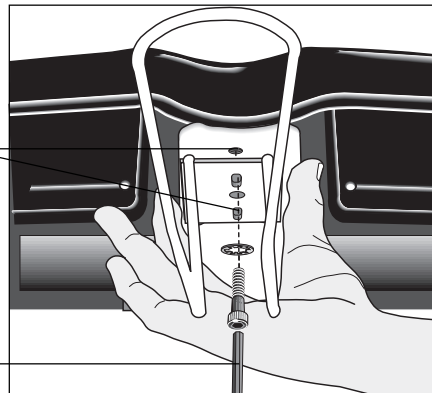
14. **Install the water bottle cage.** Diagram 6. Place a lock washer (B) on each of 2 screws (A). Position the water bottle cage under the display console. Align the mounting holes and insert the screws and washers. Securely tighten each screw using the supplied hex key.

page 14

Diagram 7 *Connect the power cord.*

Adjustable rear foot

ON/OFF (I/O) switch

Power plug

Power cordreceptacle

Adjustable rear foot
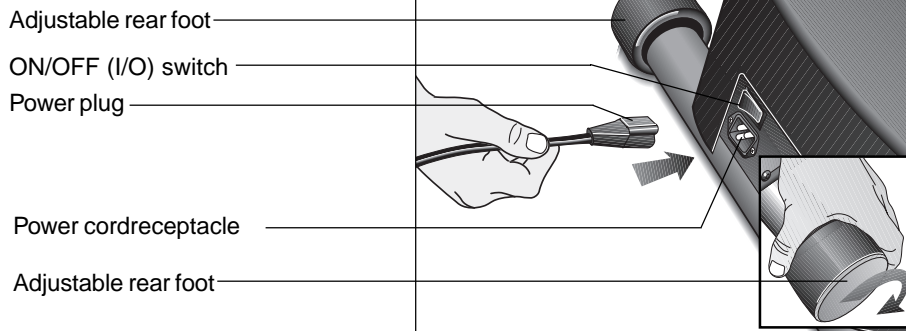
15. **If you need to move the EFX, ask for assistance.** The EFX weighs over 160 pounds (72 kilograms). A hand cart may be useful to help move the unit.

   CAUTION: A fully-assembled EFX532 is very heavy. To avoid possible injury, Precor recommends that more than one person move the EFX532 to its final location.

16. **Level the unit.** Diagram 7, inset. The unit has adjustable rear feet that can help level the unit ± 1/4". To rotate the adjustable rear feet, have an assistant stand in front of the display console and face the rear feet. Ask the assistant to grasp the upper handrails near the display console and pull toward him or her. The rear feet should lift off the floor which will allow you to rotate the rubber feet in the necessary direction.

17. **Connect the power cord.** Diagram 7. Insert the power plug's connector into the receptacle at the rear of the base assembly.

   CAUTION: Use an appropriate power cord. Do not remove or otherwise bypass the 3-prong plug with an adapter in order to use a non-grounded outlet. Do not plug the EFX532 into a power transformer in an attempt to adjust the voltage requirements. Failure to follow these instruction's might damage the unit and void Precor's limited warranty.

18. **Plug the EFX532 into a grounded outlet.** Be sure to use the appropriate voltage requirements. Refer to *Grounding Instructions* on the front cover.

TURNING THE EFX532 ON AND OFF

Use the ON/OFF (I/O) power switch to turn the unit ON and OFF. This switch is located at the rear of the unit, near the power cord receptacle. Refer to Diagram 7.

CAUTION: Never remove or bypass the 3-prong plug on the unit's power cable with an adapter. Do not use a non-grounded outlet. Do not plug the EFX into a power transformer in an attempt to adjust the voltage requirements.

Use the I/O power switch to turn OFF (0) the EFX532 and unplug the unit from the power outlet when it is not in use for extended periods of time.
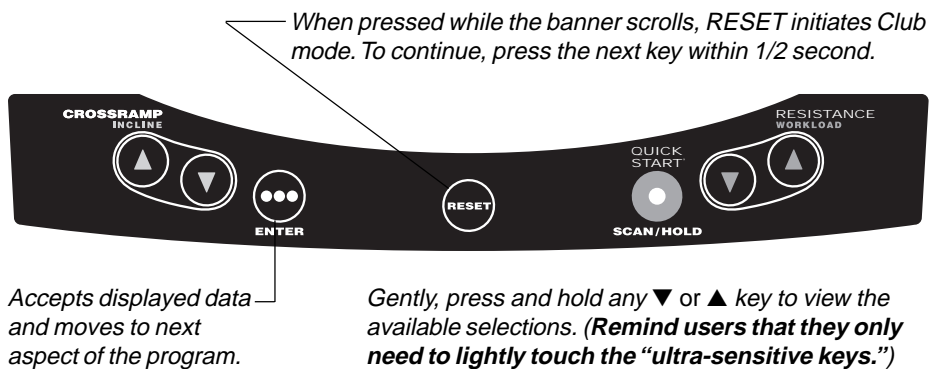
Club Information

These next few pages provide information that allows you to customize the EFX for your Club. It is not information that your customer needs or, necessarily, should see. This section covers the following information about how to:

- determine whether U.S. standard or Metric unit appear on the display

- set maximum workout and pause times

- display the odometer and other useful information

Note: If your customers are interested in the learning more about the EFX, you may wish to direct them to the manual available on Precor's web site (**www.precor.com**). (The manual that appears on the web site does not contain the information found in this section.)

Diagram 8   *Display console keys used for Club mode.*

When pressed while the banner scrolls, RESET initiates Club mode. To continue, press the next key within 1/2 second.

Accepts displayed data and moves to next aspect of the program.

*Gently, press and hold any ▼ or ▲ key to view the available selections. (**Remind users that they only need to lightly touch the "ultra-sensitive keys."**)*

CHANGING THE CLUB SETTINGS

The Club "custom" settings can only be initiated while the banner is being displayed. Specific key codes (that help eliminate unauthorized access) are entered in sequence. Refer to Diagram 8 to locate the keys. Information that you can access and features that can be customized are as follows:

- **Units of Measure** — Select between U.S. Standard and Metric displays.
- **Maximum Workout Time** — Sets a maximum limit on workout time.

  Note: Remember the additional 5-minute cool-down period appended to a completed course, so adjust the maximum time limit accordingly.

- **Maximum Pause Time** — Sets the maximum duration for which a person can "pause" his or her workout.
- **Scrolling Speed** — Lets you determine how fast information on the display scrolls past.
- **Odometer, Hours of Use, Software Version,** and **Error Log** —The EFX stores the cumulative strides, the number of hours that the unit has been in use, the software version and software type (which is valuable when calling customer service), and an error log (useful when troubleshooting).

To access the Club mode, the following must occur:

❑ **Check to be sure that the EFX is turned ON**.

❑ **Check that the Precor (or club) banner appears on the display**.

❑ **Press the appropriate key sequences**.

Important: To access Club mode, press **Reset** while the Precor banner is displayed. Within 1/2 second, begin pressing the key sequences. If the system does not detect a key press (within 1/2 second) after **Reset**, it returns to the banner. Once you begin entering a key sequence, each key must be pressed within 4 seconds of the other or the Precor banner reappears and you have to begin again.

Note: The touch sensitive keys can be gently pressed and held to view several selections. The longer the key is held down, the faster the numbers scroll past.

Important: Remember to begin at the Precor banner. After pressing the **Reset** key, you must press the next key in the sequence within 1/2 second, or the Precor banner reappears and you have to begin again.

The display console keys that you need to press to select the units of measure, set the maximum workout and pause times, or set the scrolling speed are as follows:

Reset: **Quick Start, Resistance ▼, Quick Start, CrossRamp ▲, Quick Start, Resistance ▼, Quick Start**

Display key functions within the Club Mode	
▼▲ lets you scroll through the various selections that appear. **Enter** saves the information being displayed and moves to the next aspect of the program.	**Reset** exits Club mode and displays the Precor banner.

DETERMINING THE UNITS OF MEASURE

Two different units of measure can be selected, *Metric* or *U.S. standard*. Make your selection using the ▼▲ keys. Press **Enter** once the correct unit is displayed.

Note: Anytime you wish to exit the Club mode, press the **Reset** key. Any previous display attributes that you selected by pressing **Enter** are saved and recorded in memory. If no key press is detected within 2 minutes, the banner reappears because no entry occurred.

SETTING A WORKOUT TIME LIMIT

You can limit how long a user works out by setting a duration between 10 and 240 minutes.

Note: The **Quick Start** program is automatically limited to 30 minutes. However, if a user presses **Quick Start** at the Precor banner, and the Club program has limited **Workout Time** to less than 30 minutes, then that duration takes effect.

Use the ▼▲ keys to select a workout time limit. For example, if you set the workout time limit to 20 minutes, the EFX allows users to specify a workout between 10 and 20 minutes. A workout longer than 25 minutes (adjusted for the cool-down period) would not be allowed.

Note: Take into account that the user will get an additional 5-minute cool down period appended to his or her workout, so adjust the time limit accordingly.

SETTING A PAUSE TIME LIMIT

Setting a **Pause** time limit is useful because the EFX exits the course and returns to the Precor banner at a predetermined interval after the user stops pedaling.

Use the ▼▲ keys to set a **Pause** time limit between 1 and 120 seconds (2 minutes).

SETTING THE SCROLLING SPEED

You can adjust the message scrolling speed using the ▼▲ keys. The prompt that scrolls across the display helps gives you an idea of how fast or slow the display messages can move.

Press **Enter** to return to the Precor banner.

VIEWING THE ODOMETER, HOURS OF USE, SOFTWARE VERSION AND ERROR LOG

The display console keys that you need to press to view the odometer, the number of hours the EFX has been in use, the software version and any error codes, are as follows:

Reset: Resistance ▼, **Quick Start**

Important: Remember to begin at the Precor banner. After pressing **Reset**, the next key in the sequence must be pressed within 1/2 second.
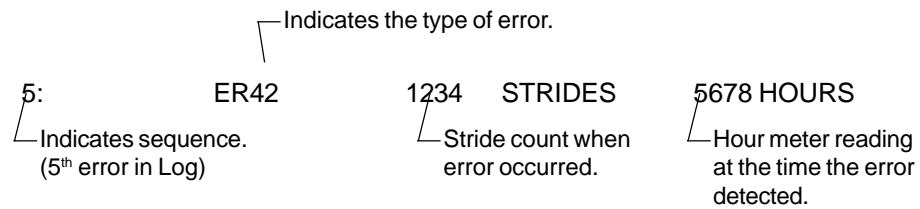
The field name **Odometer** appears briefly and then the odometer value (the cumulative strides that users have travelled) appears.

Press **Enter** and the number of hours (**Hour Meter**) that the unit has been in use appears. The EFX notes the passing of each 10th of an hour, but the numeric value that appears is truncated to the nearest full hour.

Note: The odometer and hour meter are updated at the end of each course. If the course is terminated by turning off the power, the data for that course is lost.

Press **Enter** again and the unit's three digit **Software Version** (V1.23, for example) and **Part Number** (38314-123, for example) appear on the display. This information is useful when ordering parts.

Press **Enter** once again and the **Error Log** appears. The EFX stores the last 10 errors that have been detected. Press the ▼ or ▲ key to view each error message. To return to the Precor banner, press **Enter** or **Reset**. An example of a recorded error message appears below:

┌─Indicates the type of error.

5:                    ER42   1234   STRIDES   5678 HOURS

└─Indicates sequence.   └─Stride count when   └─Hour meter reading
  (5th error in Log)   error occurred.   at the time the error
                                                           detected.

Note: To **clear** (delete) the error log, press **Quick Start** and **Reset** simultaneously for at least 4 seconds while viewing the list. Prompts appear on the display and let you know when the error messages have been deleted ("cleared" from memory).

Important: You cannot retrieve the error log once you have deleted it.
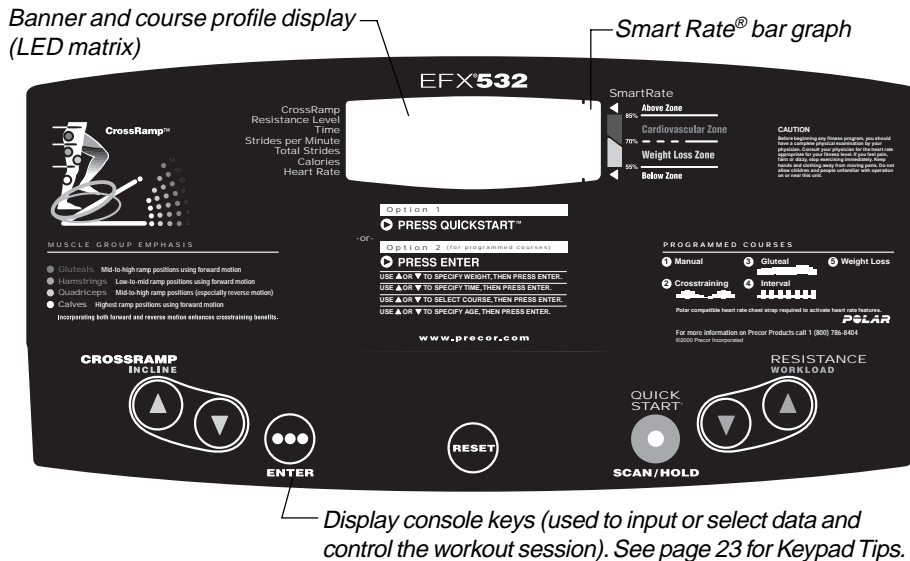
The EFX532 Display

The EFX is designed so users can work out with minimal instruction or training. The directions on the console and the prompts on the display will guide a user through the entire workout session. Before the EFX is used, however, we recommend that you familiarize yourself with it so you can instruct your customers to use it safely and effectively. This section covers the following information:

•   an overview of the features provided on the display console

•   an explanation about the available courses

•   instructions for utilizing the heart rate options

FEATURES ON THE DISPLAY CONSOLE

As you exercise, the display console provides motivation by presenting constant feedback about your progress. An brief explanation of each feature on the display console appears in Diagram 9. Look on the following pages for a more thorough explanation.

Diagram 9   *EFX Display Console*

Banner and course profile display
(LED matrix)

Smart Rate® bar graph

Display console keys (used to input or select data and control the workout session). See page 23 for Keypad Tips.

Note: If an error message appears, call a Precor qualified service technician or service center. For the service center nearest you call, 1-888-665-4404.

CENTER DISPLAY

Precor banner: The Precor banner and course profiles appear in the center display (LED matrix). Always start a workout at the Precor banner.

Course Profile: During workouts, the course profile appears in the center display and corresponds to the program you selected. As the user proceeds through his or her workout, the course position is indicated by a blinking column. The remaining course is shown as an outline (the top LED is lit).

The course profile represents **Cross Ramp**™ incline settings which can vary between 1 to 14. The lowest row of LED's represent level 1 and 2, the next row represents levels 3 and 4, and so on. If Smart Rate® is displayed, then the two columns on the right are not used by the profile display.

Smart Rate®: You must enter your "**Age**" (during the course Setup prompts) and wear a POLAR® chest strap (while in a course program) so that your heart rate can be detected. Once a heart rate is detected, the Smart Rate column lights up and a blinking segment in the bar graph (on the right of the center display) shows the zone that your heart rate is in, either **Cardiovascular** or **Weight Loss**.

❑ **Cardiovascular Zone**: Maintaining your heart rate between 70% and 85% of your maximum aerobic heart rate, helps you (when continued on a regular basis for 30 minutes or more) improve your overall cardiovascular/cardiorespiratory fitness level.

❑ **Weight Loss Zone**: Maintaining your heart rate between 55% and 70% of your maximum aerobic heart rate, helps burn enough calories that, when continued on a regular basis for 30 minutes or more, provides the greatest fat-burning results.

Important: During a course, your heart rate must be above 40 beats per minute before the segment begins to blink. Note that pressing **Quick Start** disables the Smart Rate® display feature.

Workout Statistics: Seven items, that relate to your workout, appear on the display once you begin a course. After entering a course, the profile appears for about 18 seconds and then each "workout statistic" appears in sequence (starting from the top) for 5 seconds — this is called *scanning*. An LED (indicator light) is highlighted next to the workout statistic so you know what information is being displayed.

Scanning: Lets you evaluate your workout and change certain aspects like, the CrossRamp™ incline or resistance by using the appropriate ▼▲ keys, or strides per minute, the amount of calories being burned, and your heart rate by changing the pedaling speed. As stated above, each "workout statistic" appears in sequence (starting from the top) for 5 seconds after the course profile has been displayed for approximately 18 seconds.

Any time during your workout, you can stop *scanning* and **hold** the display to any one item. While the indicator light is highlighted next to the workout statistic you wish to remain displayed, press the **Scan/Hold** key. A prompt appears indicating that you are moving to "HOLD" the display static mode. If the display is static (displaying one item), resume scanning by pressing the **Scan/Hold** key again. A "SCAN" prompt appears and scanning resumes where it left off.

The items that appear in the display during a workout are described below.

CrossRamp™: Displays the CrossRamp incline numerically (1 through 14). This display and the corresponding ramp incline are affected by pressing the **CrossRamp ▲▼** keys.

Resistance Level: Indicates the degree of effort (1 through 20) associated with the foot pedal resistance. This display and the corresponding ramp incline are affected by pressing the **Resistance ▼▲** keys.

page 21

Time: During your workout, a time (0:00) display appears when you begin work-ing out. **Time** appears in minutes and seconds. However, should you exceed 60 minutes (during a single workout), the **Time** display converts to hours and min-utes. The **Time** display shows how long you've been working out and stops whenever you pause or stop pedaling.

Strides per minute: Displays the number of strides completed in one minute (your current pedaling speed).

Total Strides: Shows the total number of strides completed. The number will always be even since two strides create one complete revolution of the flywheel. A stride is an exaggerated walking movement. On the EFX, if you start in a position with one foot forward and one foot back, a stride is completed when you move the rear foot all the way forward while the forward foot moves to the rear.

Calories: Provides the cumulative number of calories being burned. The calorie calculation is dependent on the weight that you enter during the setup prompts. An accurate weight selection results in a more accurate calorie count.

Heart Rate: The heart rate display lets you monitor your heart rate. When a heart beat is detected, the highlighted LED blinks steadily. If you did not purchase the Precor Heart Rate option or are not wearing a POLAR® chest strap, your heart rate will not be detected and no blinking LED appears. Refer to *The Heart Rate Feature* on page 31.

USER SETUP PROMPTS

Prompts appear in the center display prior to your workout. You address each prompt using the keypad keys. Once the EFX detects a minimum or 4 strides (or Enter is pressed), the **Weight** prompt appears.

Note: If no key press is detected for 10 seconds, the display scrolls a prompt reminding the user what to do next. If no key press is detected for 2 minutes or the RESET key is pressed, the display returns to the banner.

Weight prompt: A default weight (150 lb. or 68 kg.) appears. Use any ▼▲ key to **Enter** a weight between 0 or 995 pounds (998 kilograms). An accurate weight entry provides for a more accurate calorie count and proper use of the Weight Loss course. Press **Enter** to accept the displayed value.

Note: Pressing **Quick Start** bypasses further selections and displays the Manual course profile. Default values apply (see **QUICK START** on page 25). The Smart Rate® display does not appear.

Age prompt: At the **AGE00** ("Age" value unknown) prompt, use any ▼▲ key to display your age (from 0 to 99). Press **Enter** to accept the displayed value. Note that Smart Rate® does not appear unless an age value is entered.

Course prompt: The EFX provides 5 course selections. The first course selection to appear on the display is MANL (Manual course). Use any ▼▲ key to change the selection. Press **Enter** to accept the displayed name: XTR = CrossTraining, GLUT = Gluteal, INTV = Interval, WTLS = Weight Loss. Refer to page 31 for more information about courses types.

Important: If you press **Quick Start** while a course selection is displayed, the course begins. The Weight and Age values entered apply (so Smart Rate is active). The course time is 30 minutes or the club limit, whichever is less.

Note: A workout time cannot be entered for the Weight Loss course. If you choose WTLS at the **Course** prompt, your workout time is set at 28 minutes. When you press **Enter**, the **Workout Time** prompt is bypassed and the course profile appears.

Workout Time prompt: A default value of 30 minutes (or the club limit, whichever is less) appears. Use any ▼▲ key to change the workout time. For MANL, XTR, and GLUT courses, the workout time may be set as low as 1 minute or as high as the club limit. The workout time for the INTV course, may be set as low as 6 minutes or as high as the club limit. Press **Enter** or **Quick Start** to accept the displayed value.

KEYS ON THE DISPLAY CONSOLE

The Precor products have an easy-to-use keypad that is activated by the slightest touch. Remind users that they only need to "lightly touch" these ultra-sensitive keys.
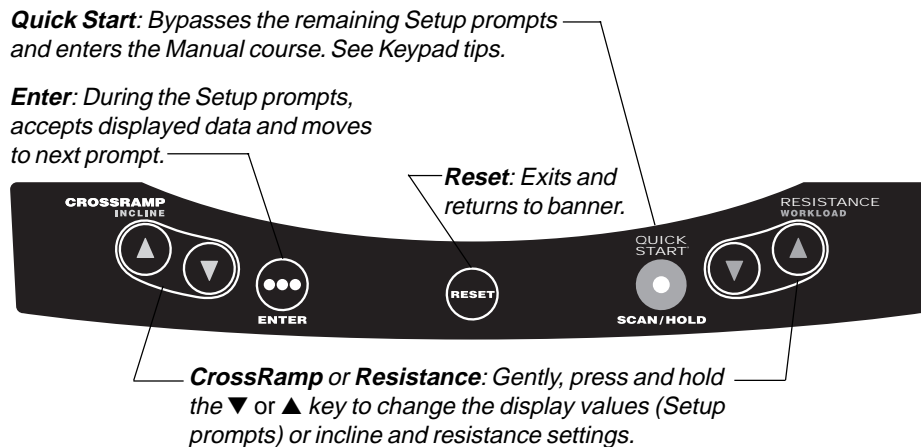
Each key on the display console's keypad provides specific functions. The ▼▲ keys let you enter data in answer to the display prompts and change the incline or resistance during a workout. The standard keys, **CrossRamp ▲▼**, **Enter**, **Reset, Quick Start, Scan/Hold** and **Resistance ▼▲**, let you enter data as well as control your workout.

KEYPAD TIPS

- Accurate entries are required or features such as the Weight Loss course will not work properly.

- Answer the Setup prompts by pressing any ▼ or ▲ key.

- Press **Enter** to select the information being displayed.

- Pressing **Quick Start** bypasses further selections and prompts you to workout in Manual mode (unless you press **Quick Start** at the **Course** prompt display). Default values apply (see **QUICK START** on page 25). The Smart Rate® display does not appear.

- A time-out occurs during the Setup prompts if the EFX detects no key presses for 2 minutes. The display returns to the Precor banner.

- Press **Reset** to return to the Precor banner.

   Important: The keys on the keypad are ultra-sensitive. A light "touch" is all that is required to activate the key function.

Diagram 10 *Display console keypad.*

Quick Start: Bypasses the remaining Setup prompts and enters the Manual course. See Keypad tips.

Enter: During the Setup prompts, accepts displayed data and moves to next prompt.

Reset: Exits and returns to banner.

CrossRamp or Resistance: Gently, press and hold the ▼ or ▲ key to change the display values (Setup prompts) or incline and resistance settings.

The following information explains the different uses of the keys from left to right. To locate each key, look at the display console or refer to Diagram 10.

CROSSRAMP™ ▲▼: During a workout, the **CrossRamp ▲▼** keys let you increase or decease the ramp's position from 1 to 14. The 1 position provides the most elongated, elliptical movement. Increasing the ramp position, changes the vertical angle of the ellipse which causes an upward movement in your stride path and works different muscle groups in your lower body. As you press the ▲ or ▼ key, the number that appears in the display indicates the ramp setting.

Note: Any time during a course, you can briefly touch a **CrossRamp ▲** or ▼ key to display the ramp incline setting. A light, quick touch will not affect the setting. You can opt to change the incline, if you hold the key down for more than 2 seconds.

ENTER: Workout specific prompts which appear on the display need to be addressed and "entered" into the unit's memory by pressing the **Enter** key.

RESET: While you are answering the Setup prompts or when you are working out, you can cancel the course program, clear the display, and return to the banner by pressing **Reset**.

SCAN/HOLD: During a workout, the display automatically scans the items shown to the left of the display after showing the course profile for approximately 18 seconds. Any time during your workout, you can stop *scanning* and **hold** the display to any one item. While the indicator light is highlighted next to the workout statistic you wish to remain displayed, press the **Scan/Hold** key. Scanning stops. To resume scanning and review the course profile, press the **Scan/Hold** key again. Scanning resumes where it left off.

RESISTANCE ▼▲: During a workout, the **Resistance ▼▲** keys let you decrease or increase the force applied against your stride. The display can show a range from 1 to 20. Setting #1 provides the least resistance.

When you change the resistance by pressing the **Resistance ▼** or ▲ key, the number that appears on the display shows the *target* resistance (not necessarily, the present resistance being applied) because the display can change much faster than the brake.

Note: Another feature of the **Resistance ▼▲** keys lets you review the EFX's resistance any time during your workout. If **Resistance Level** is not one of the features being scanned, you can view the actual resistance by lightly touching either **Resistance ▼** or ▲ key. You can opt to change the resistance, if you hold the key down for more than 2 seconds.

QUICK START: Quick Start lets you bypass the Setup prompts and start your workout immediately using the Manual course. ***Default values apply.***

QUICK START Default Values	
Prompts	**Default Value**
Weight	150 lbs. (68 kg.)
Age	0 : A valid Age must be entered to utilize the **Smart Rate**® display. If **Quick Start** is pressed *after* an *"Age"* is entered, then the **Smart Rate**® display will appear when you wear the POLAR® chest strap. If no *"Age"* entry occurs, then **Smart Rate**® is not activated.
Course	Manual
Time	30 minutes: Or, the Club limit whichever is less. Weight Loss course is fixed at 28 minutes.

Note: The POLAR® chest strap is available through your Precor dealer. Refer to *The Heart Rate Feature* on page 31.

The **Quick Start** key can be pressed any time during the Setup prompts. Default values apply after that point. See the table below:

Press QUICK START at the,...	The following occurs:
Precor banner	You bypass the Setup prompts and your work out begins in the Manual course.
Weight prompt	The weight that appears on the display becomes your designated weight that the EFX uses to compute statistics. Acceptable entries are between 0 and 999 pounds (0 and 448 kilograms).
Age prompt	The age that appears on the display becomes the your designated age that the EFX uses to compute statistics. A correct age entry between 1 and 99 is very important if you plan to utilize the heart rate characteristics of the EFX. The **Quick Start** key acts the same as the **Enter** key at this point because you have answered all the Setup prompts.
Course prompt	The displayed course is accessed.
Time prompt	The time that appears on the display becomes the workout time limit. **Time** may be set to any value from 1 to the Club limit.

Exercising on the EFX

Once the EFX is assembled and turned ON, it is ready to use. The easy-to-understand prompts let you select a course and specify how long you want to work out. Begin working out and then, adapt the ramp incline and resistance levels to meet your fitness goals.

CAUTION: Before beginning any fitness program, have your physician give you a complete physical examination.

USING THE STATIONARY HANDRAILS

When you step on to or off of the foot pedals and when you use the display keys, always grasp at least one of the stationary handrails to help keep your balance. During a workout, use the stationary handrails to rest or slow down your upper-body movement.

PAUSE, COOL DOWN AND EXIT FEATURES

Pausing, cooling down, and exiting are integral parts of your workout and can be accessed any time during a course. The EFX goes through several prerequisites before actually exiting a course. The following tables explain the various situations.

In a course,	This is what happens...,
you complete it	Enter Cool Down. At the start of the cool-down period, the resistance is reduced by 20%. You can adjust the incline or resistance settings using the appropriate ▼▲ keys. The display items remain, so you can review your workout statistics.
	Note: The **Workout Time** counts down from 5 minutes to zero during the Cool-Down phase. Cumulative workout time is shown during the FINAL display and incorporates the cool-down period**....,**
you press Reset (for 2 seconds)	Exits the course and return to the Precor banner.
stop pedaling	Enter Pause mode. The display features remain, so you can review your workout statistics, and **Time** stops accruing. Note that the Pause mode has a time limit and the club has the option to determine the setting. If you enter Pause mode, it is of limited duration. Check with club personnel or refer to *Club Information* on page 16.

In Pause mode, you	This is what happens...,
resume pedaling	Returns to the course and workout statistics continue from where you left off.
press Reset	Exits Pause mode and returns to the Precor banner.
exceed time limit	The EFX exits Pause mode, resets the displays, and returns to the Precor banner.

Note: The factory setting for Pause mode is 2 minutes (120 seconds). The club has the option to change the setting. A duration can be set between 1 and 120 seconds and limits how long a user can pause his or her workout. Refer to *Club Information* on page 16.

In Cool down, mode	This is what happens...,
no pedaling is detected.	Enter Cool-down, Pause mode. **Time** stops accruing, but the display features remain, so you can review your workout statistics. Note that the Pause mode has a time limit and the club has the option to determine the setting. If you enter Pause mode, it is of limited duration. Check with club personnel or refer to *Club Information* on page 16.
you press Reset	Exits Cool-down and returns to the Precor banner.
it ends.	Displays the **FINAL** banner.

At FINAL banner, you	This is what happens,...
press Reset	Returns to the Precor banner.
Time out	When you complete the 5-minute cool down period, the **FINAL** banner appears. Workout statistics except TIME, STRIDES and CALORIES reset to zero. (Note that the TIME display shows the accumulated workout time including warm-up and cool down periods.) You are given 2 minutes to review your workout statistics before the display automatically resets to the Precor banner. You can also press **Reset,** to return to the Precor banner.

WORKOUT TIPS

The steps to working out on the EFX are listed on the opposite page. A short explanation appears on the left with the more thorough description following on the right. Tips to consider during your workout are shown below.

CAUTION: Before beginning any fitness program, obtain a complete physical examination from your physician.

- Check that the unit is turned ON. The I/0 switch is located at the rear.

- Answer Setup prompts using numeric keys or by pressing the ▼ or ▲ keys.

- Press **Enter** to select the information being displayed.

- **Quick Start** bypasses further selections. Default values apply (see QUICK START on page 25). Smart Rate® is not active unless the Age value was entered and the user is wearing a POLAR® chest strap.

- A time-out occurs during the Setup prompts if the EFX detects no key presses for 2 minutes. The display returns to the Precor banner.

QUICK STEPS TO WORKING OUT

1 ▶ **Put on the chest strap.** (Available with the Precor Heart Rate Option.)

1. For your **Heart Rate** to appear on the display, you need to wear a POLAR® chest strap and enter your Age during the Setup prompts.

2 ▶ **Turn the unit ON.**

2. The I/0 switch is located at the rear of the EFX.

CAUTION: Hold onto the stationary handrails while you step into the foot pedals.

3 ▶ **Hold onto a stationary handrail while you step into the foot pedals and select a course.**
Important: When you begin moving the foot pedals, continue to hold onto a stationary handrail with one hand while you answer the Setup prompts with the other.

3. Move the foot pedals and follow the display prompts. You are prompted to make a WEIGHT selection and enter your workout AGE, TIME, and COURSE.

Note: To answer the Setup prompts, use the ▼▲ keys. Press **Enter** to select the information being displayed. The 5 available courses appear on the label attached to the display console. Brief course descriptions are provided beginning on page 31.

Important: Any time during the Setup prompts, you can press the **Quick Start** key. Refer to QUICK START on page 25.

To pause during your workout session before finishing the selected course, stop pedaling. See *Pause, Cool Down and Exit Features* for more information.

4 ▶ **Continue your workout until course completion.**

4. When you have completed a course that has a limited duration, a 5-minute cool down period automatically begins. Hold onto the stationary handrail while the EFX reduces the resistance by 20%. Note that you can always exit a course prematurely using the **Reset** key. Refer to *Pause, Cool Down and Exit Features* on page 26.

▶5 End your workout and review your workout statistics.

5. After you complete the 5-minute cool-down period, the **FINAL** banner appears. Workout statistics except TIME, STRIDES and CALORIES reset to zero. (Note that the TIME display shows the accumulated workout time including cool-down periods.) You are given 2 minutes to review your workout statistics before the display automatically resets to the Precor banner. You can also press **Reset,** to return to the Precor banner.

▶6 Hold on to a stationary handrail while you step off the EFX.

6. Hold on to the stationary handrails while you carefully step down from the EFX.

A form for recording workout statistics is provided on page 35.

COOLING DOWN AFTER A WORKOUT

Cooling down is an important aspect of your workout because it helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. Cooling down for at least 3 minutes helps provide a smooth transition that allows your heart rate to return to its normal (non-exercising) state. The EFX automatically initiates a 5-minute cool-down period once you complete a course that has a specified time duration. A prompt appears, indicating that you are in cool down.

During your cool down, the workout statistics continue to appear. The **TIME** display begins anew with a 5-minute count down. When you complete the 5-minute cool down, a **FINAL** banner appears. See the information in step 5 above and on page 27.

Important: To activate a cool-down period, a course must "end." The course ends when the workout **Time** (entered during the Setup prompts) expires or the club time limit is exceeded.

Courses

The EFX lets you choose between 5 variable courses. This section provides information about the special features and functions of the EFX courses and how to best utilize the:

- Heart Rate and Smart Rate® features
- Cross Training course
- Interval course
- Manual course
- Gluteal course
- Weight Loss course

Note: To choose a course, begin at the Precor banner and press **Enter**. User-friendly prompts guide you through the course selections. Refer to *Quick Steps to Working Out* on page 29.

THE HEART RATE FEATURE

To use the heart rate features you must wear the POLAR® chest strap while working out. The chest strap transmits your heart rate signal to the receiver installed in the display console. The signal appears as your pulse rate on the display. During your workout, when a heart rate is detected, the Smart Rate® indicator lights and blinks in the appropriate heart rate zone. This lets you see what your heart rate is doing even when the display is presenting other workout statistics.

Note: The Smart Rate® display does not appear if you use the **Quick Start** key to access a course. Refer to QUICK START on page 25.

Important: The POLAR® chest strap is optional equipment and can be purchased through your dealer.

UTILIZING THE SMART RATE® FEATURE

Add the benefit of Smart Rate® to every course on the EFX. Using Smart Rate® as a visual cue helps you adjust your exercise routine to suit specific needs. Smart Rate® simplifies the correlation between heart rate and exercise. You don't have to stop concentrating on your workout to find your pulse. It is displayed right in front of you along with the Smart Rate® zone. Once you begin a course, a blinking segment in the bar graph appears on the right of the display, if you entered your age during the Setup prompts. The blinking segment indicates the zone that your heart rate is in: **Weight Loss** or **Cardiovascular**.

Important: Access to Smart Rate® is only available when the person exercising wears a POLAR® chest strap. (The POLAR® chest strap is a separate purchase option.) The Smart Rate® indicator lights do not appear when **Quick Start** is used to select a course. Refer to QUICK START on page 25.

Diagram 11 *Training Zones*

HEART RATE TRAINING ZONE
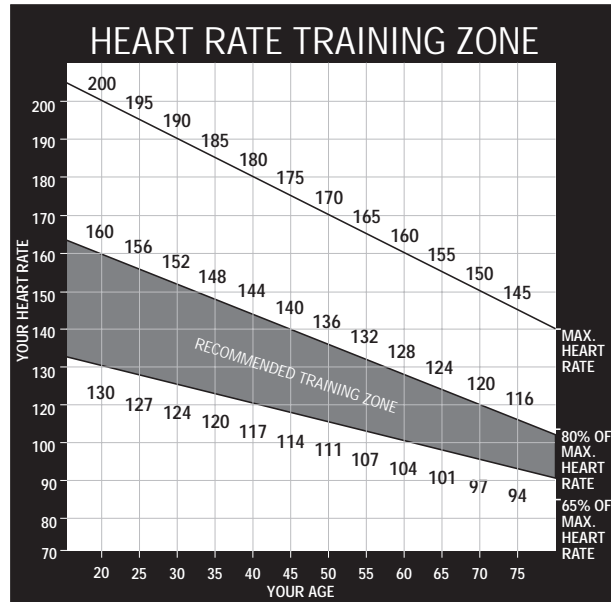
For the ideal "weight loss" range, your heart rate should be between 55% and 70% of your maximum aerobic heart rate. It should never exceed 85% of your maximum aerobic heart rate or go above your training zone. Refer to Diagram 11 for your appropriate training zone.

When you maintain your heart rate between 70% and 85% of your maximum aerobic heart rate, you are improving your overall cardiovascular/cardiorespiratory fitness level. Maintaining your heart rate in either zone (weight loss or cardiovascular) for 30 minutes or more on a regular basis (minimum 3 times a week) provides the greatest benefits.

MANUAL MODE AND THE QUICK START KEY

Manual mode lets you determine the ramp incline and resistance levels which affects the effort you put into your workout. As with other courses, when you complete the time limit set for the course, the automatic cool-down period begins.

You can choose Manual mode in two different ways:

• pressing the **Quick Start** key at the Precor banner. **Quick Start** bypasses the remaining selections and starts the Manual course. Default values include a time limit of 30 minutes (or the Club setting, whichever is less), 150 lbs. (68 kg.) and an age of 0. The Smart Rate® display is inactive.

• pressing **Enter** at the Precor banner. This causes the EFX to display several Setup prompts. At the course prompt, select **MANL** course.

The Manual course profile appears as a flat line. Use the **Resistance ▼▲** keys to adjust the resistance level and the **CrossRamp ▲▼** keys to adjust the ramp incline level. (See page 24 for more information on the different key's function.) As you proceed with your workout, a blinking cell represents your position on the course.

CROSS TRAINING AND GLUTEAL COURSES

The Cross Training and Gluteal courses are preprogrammed courses which means that the ramp incline level is preset. However, the incline can be adjusted any time during the course by pressing the CrossRamp ▲ or ▼ key. If you change the incline, the entire course profile is raised or lowered.

Note: Adjustments to the resistance, occur when the user presses the Resistance ▼ or ▲ key.

INTERVAL COURSE

The interval course on the EFX lets you select the rest and work intervals according to your training regimen. You set the resistance level for first 2-minute rest and work interval and the software repeats the intervals throughout the course. At any point during the workout, you can change the settings of the current interval by simply pressing the appropriate ▲▼. The software remembers the new settings and applies it to the remaining rest or work interval.

Important: If you entered your Age during the Setup prompts and wear the POLAR® chest strap, you can adjust the rest or work intervals to keep your heart rate in its recommended zone. For the weight loss mode, try to maintain your heart rate at the lower end (55% of maximum heart rate) while in the "rest" intervals and keep it at 70% of maximum heart rate while in the "work" intervals. See Diagram 11 on page 32.

To use the interval course, take the following steps:

1. Follow the instructions on page 29, *Quick Steps to Working Out*.

2. At the course prompt, use the ▼▲ key to select the **INTV** course and then press **Enter**.

3. Enter a workout **Time**. The course duration will always fall as "odd" multiples of 2 so that the last interval is set to a rest interval.

4. Press **Enter** to proceed to the next prompt. When you're finished answering the Setup prompts, the Interval course begins.

The "default" rest interval settings are: **CrossRamp** = 3   **Resistance** = 0.

The "default" work interval settings are: **CrossRamp** = 6   **Resistance** = 1.

To adjust the ramp incline and resistance levels, take the following steps:

1. When the Rest interval prompt appears, press the **CrossRamp** ▲ or ▼ key to change the incline. Press **Resistance** ▼ or ▲ key to change the level.

   The EFX returns to the "rest" settings at the beginning of each rest interval until you readjust it or end your workout.

2. The same procedure applies to specifying the settings for the work interval.

Each time the EFX changes intervals, it informs you by displaying a message. When you complete the time limit set for the course, the automatic cool-down period begins.

WEIGHT LOSS COURSE

The Precor Weight Loss course incorporates the latest findings on fat-burning and weight loss through exercise. It is based on research at the world-renowned Cooper Institute for Aerobics Research and it is designed to help you burn the most fat during a 28-minute workout, while minimizing the risk of discomfort and injury. The Weight Loss program is similar to the Interval course, but the intervals are set at 4 minutes. If you use the POLAR® chest strap (separate purchase options), try to keep the rest interval's target heart rate at 55% of (220 - your age), while the work interval should be set to 70% of (220 - your age). As in the Interval course, if you change the CrossRamp™ or resistance levels for the first rest and work interval, the EFX automatically repeats the interval settings throughout the course.

Note: For the EFX to detect a heart rate, the user must wear the POLAR® chest strap. The POLAR® chest strap is optional equipment that can be purchased from your dealer.

To use the Weight Loss program, follow the steps found in *Quick Steps to Working Out* on page 29. When the **Course** prompt appears, choose **WTLS**.

Note: The "Workout Time" prompt is bypassed since the Weight Loss course is limited to a 28-minute duration.

The "default" rest interval settings are: **CrossRamp** = 1   **Resistance** = 4.
The "default" work interval settings are: **CrossRamp** = 14   **Resistance** = 4.

Each time the EFX changes intervals, it informs you by displaying a message. When you complete the time limit set for the course, the automatic cool-down period begins.

Important: During your workout, you can change the ramp incline and resistance, but doing so will cause the effectiveness of the Weight Loss program to vary.

Note: When you complete the 28-minute time limit set for the course, the automatic cool-down period begins.

Maintenance

The EFX will continue to run smoothly and efficiently as long as you maintain it. You are responsible for typical maintenance tasks such as, cleaning the unit to keep it free from dust and dirt accumulation. If you fail to maintain the EFX as described below, it could affect or void the Precor limited warranty.

CLEANING THE EQUIPMENT

DANGER — TO REDUCE THE RISK OF ELECTRICAL SHOCK, ALWAYS UNPLUG THE UNIT FROM ITS POWER SOURCE BEFORE CLEANING OR PERFORMING ANY MAINTENANCE TASKS.

Most of the working mechanisms are protected inside the casing. However, for efficient operation, the EFX relies on low friction. To keep the friction low, the EFX rollers, rails, and internal mechanisms must be as clean as possible.

Everyday use a soft cloth, dampened (not dripping wet) in a solution of mild soap and water, to clean all exposed surfaces on the EFX. To clean the ramp and roller wheels, position one foot pedal at the top of the ramp (the other will automatically be positioned at the bottom). Clean the exposed ramp and roller wheel surfaces. Switch the foot pedal position to finish cleaning the ramp. Gently, lift the roller wheel and rotate it while you wipe it. This helps removes any dust or dirt which might affect the smooth operation of the unit.

CAUTION: Never pour water or spray liquids on the display console or the EFX. Allow the EFX to dry completely before using.

Periodically, clean the groves on the foot pedals using a soft nylon scrub brush. Vacuum the floor underneath the unit every week to prevent the accumulation of dust and dirt.

The Precor Heart Rate equipment requires little maintenance beyond keeping it dust free. Dampen a sponge or soft cloth in mild soap and water to clean the POLAR® chest strap. Dry the surface thoroughly with a clean towel.

STORING THE POLAR® CHEST STRAP

Store the chest strap transmitter in a place where dust and dirt cannot accumulate on it such as, a closet or drawer. Be sure to keep the chest strap protected from extremes in temperature. Do not store it in an area that may be exposed to temperatures below 32 degrees Fahrenheit.

SERVICING THE EFX

Do not attempt to service the EFX yourself except for the maintenance tasks described in this manual. The unit does not contain any user-serviceable parts that require lubrication. For information about product operation or service, call 888-665-4404.

LONG TERM STORAGE

When the EFX is not in use for any length of time, turn it OFF. Ensure that the power cord is unplugged from the wall outlet and is positioned so that it will not become damaged or interfere with other equipment or people.

Workout Statistics Log

You can keep track of your workout using the form below. After finishing a workout, record your workout statistics shown during the **FINAL** display onto this form.

To maintain the original blank form, be sure to make a working copy.

Name _____

Course _____ Date _____

Time	Total Strides	Calories	Comments

Course _____ Date _____

Time	Total Strides	Calories	Comments

Course _____ Date _____

Time	Total Strides	Calories	Comments

Course _____ Date _____

Time	Total Strides	Calories	Comments

EFX®532

Exploded Views
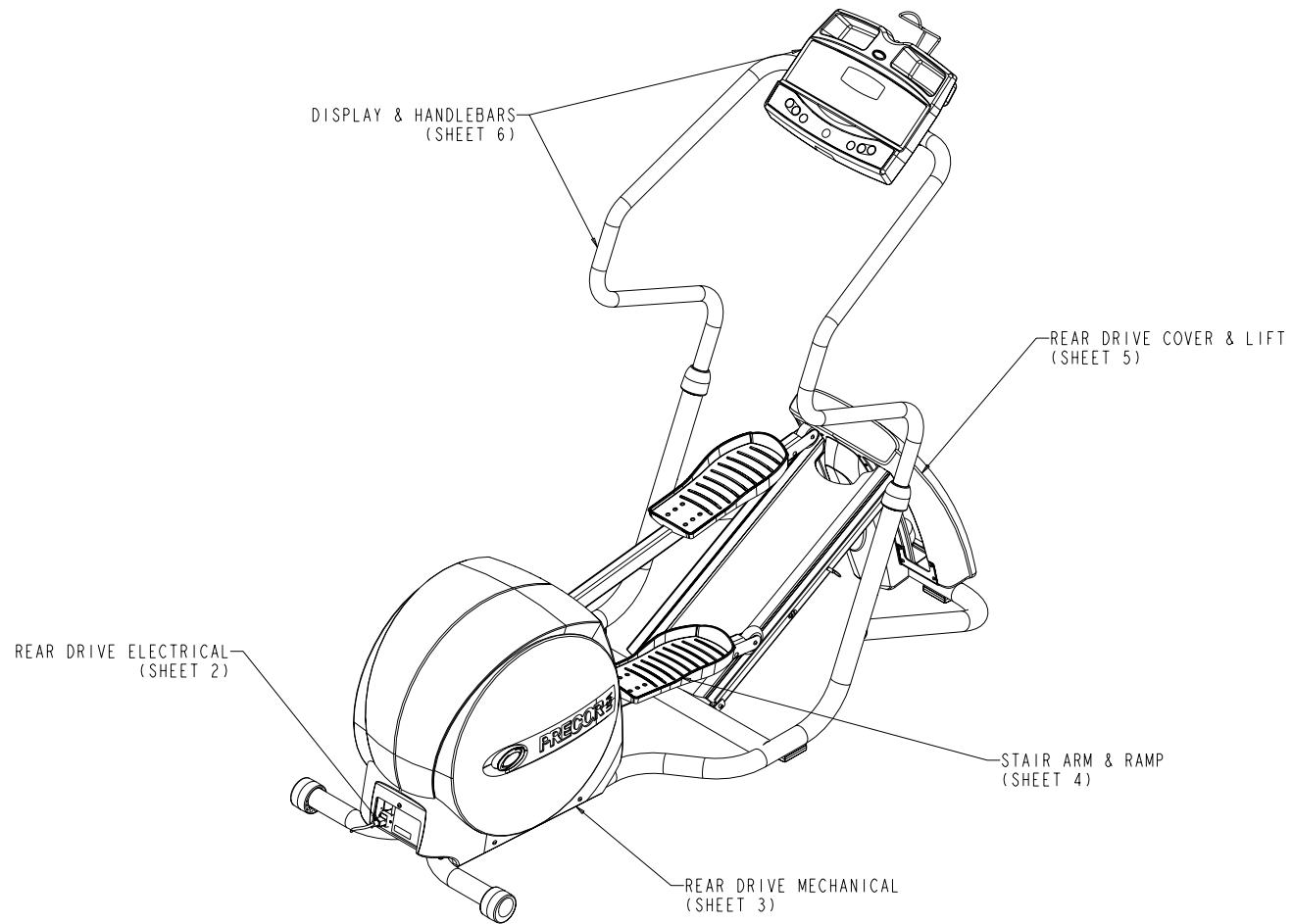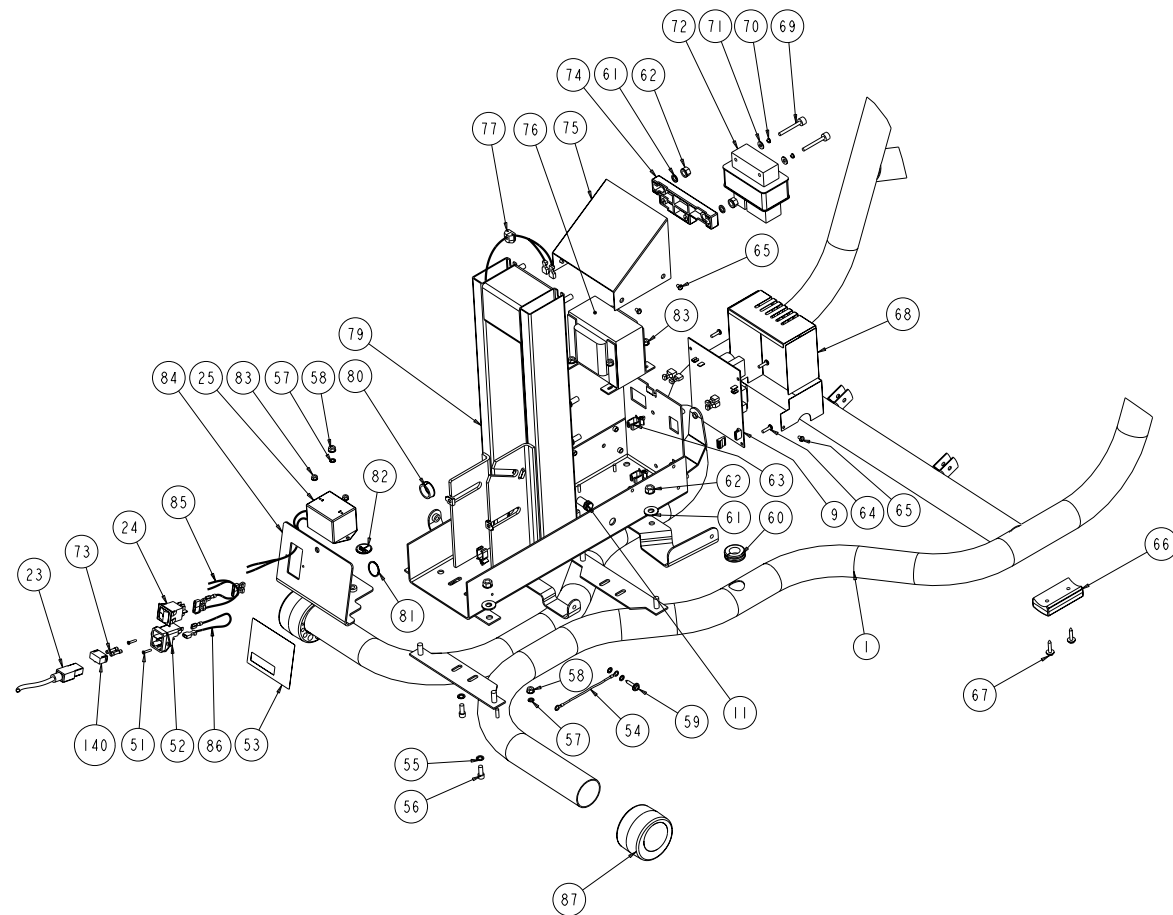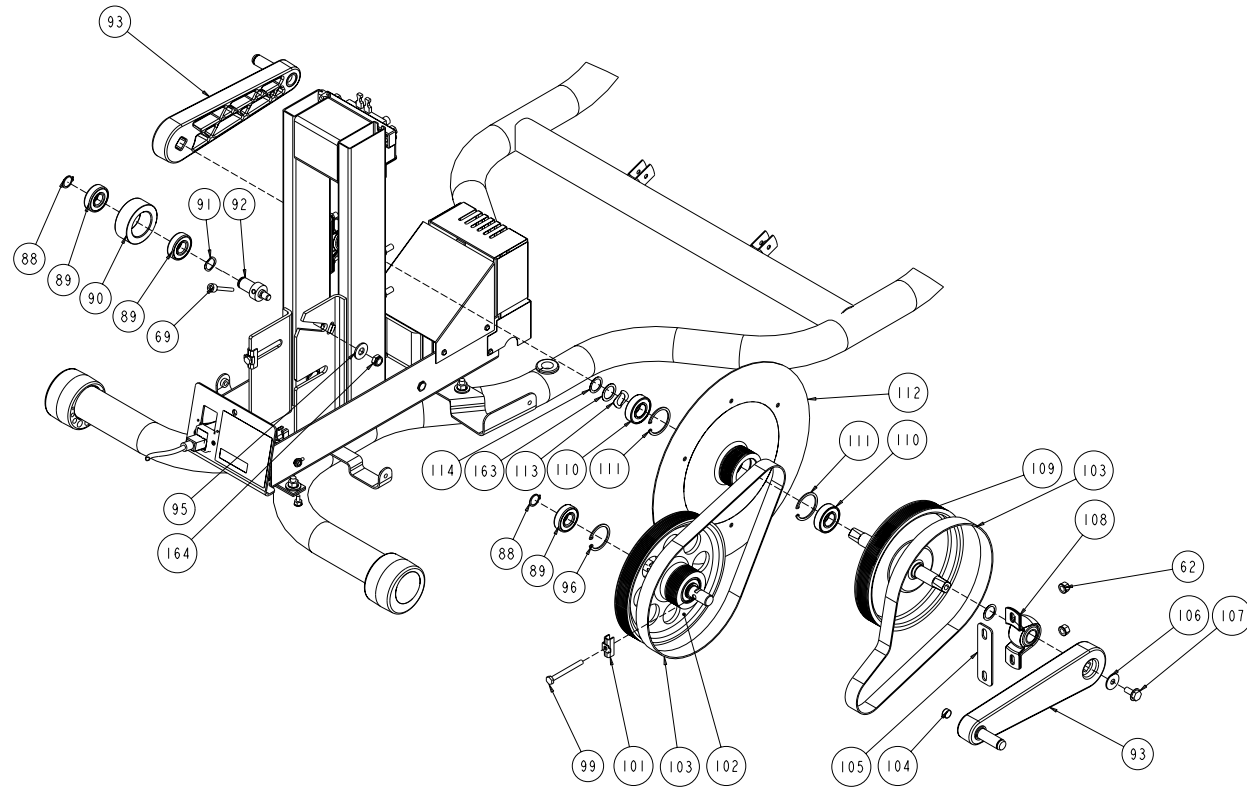
DISPLAY & HANDLEBARS
(SHEET 6)

REAR DRIVE COVER & LIFT
(SHEET 5)

REAR DRIVE ELECTRICAL
(SHEET 2)

STAIR ARM & RAMP
(SHEET 4)

REAR DRIVE MECHANICAL
(SHEET 3)

EFX®532

Exploded Views

EFX®**532**

Exploded Views

EFX®**532**

Exploded Views

EFX®532

Exploded Views

LIFT BRACKET DETAIL

SEE LIFT BRACKET DETAIL
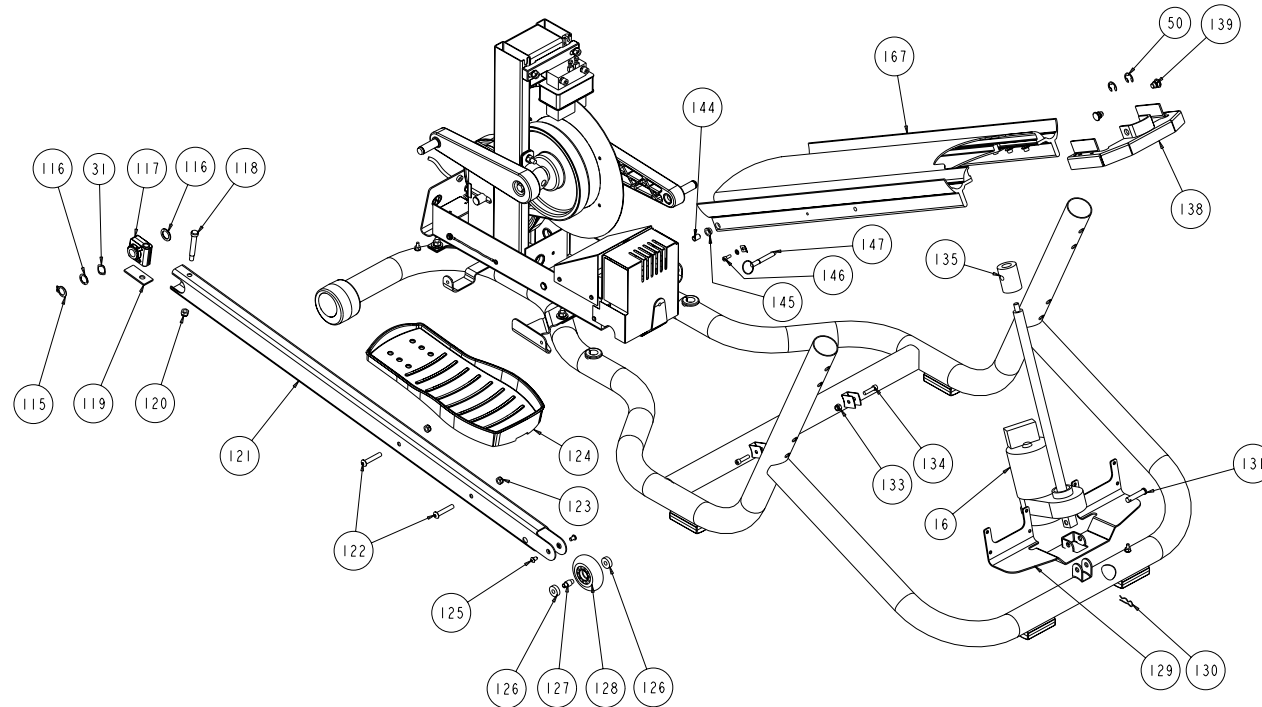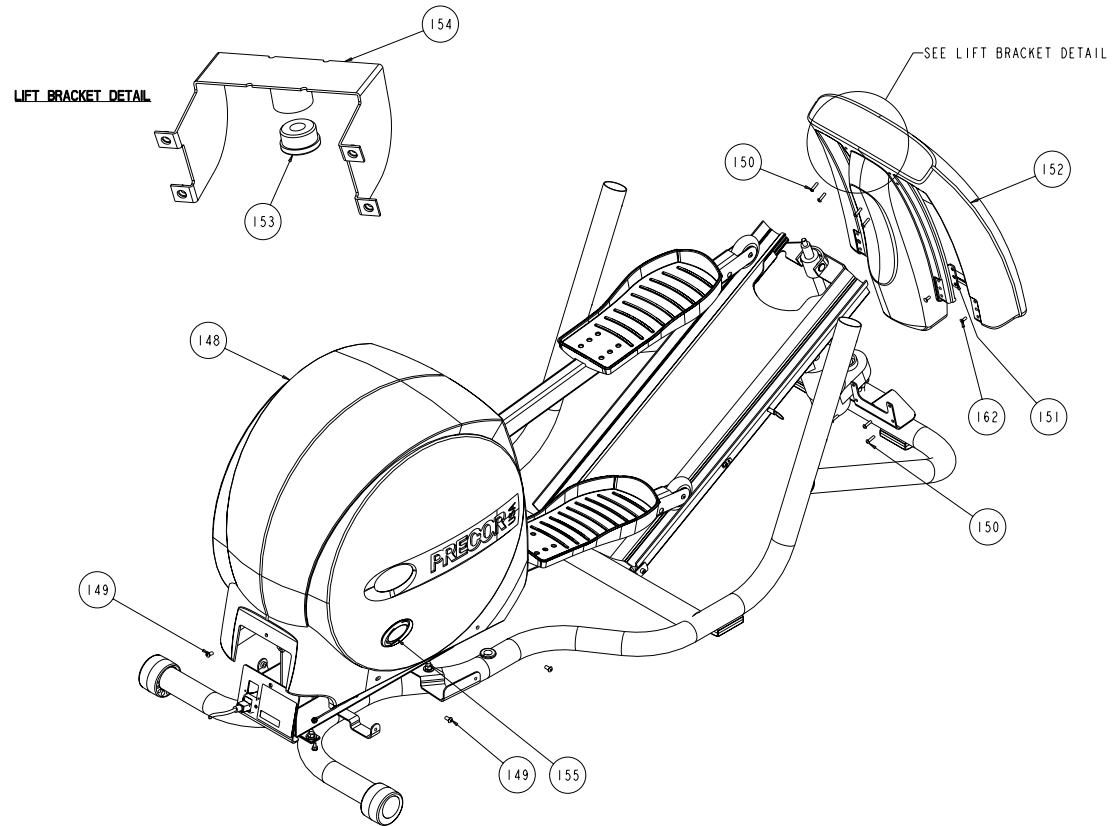
EFX®**532**

Exploded Views
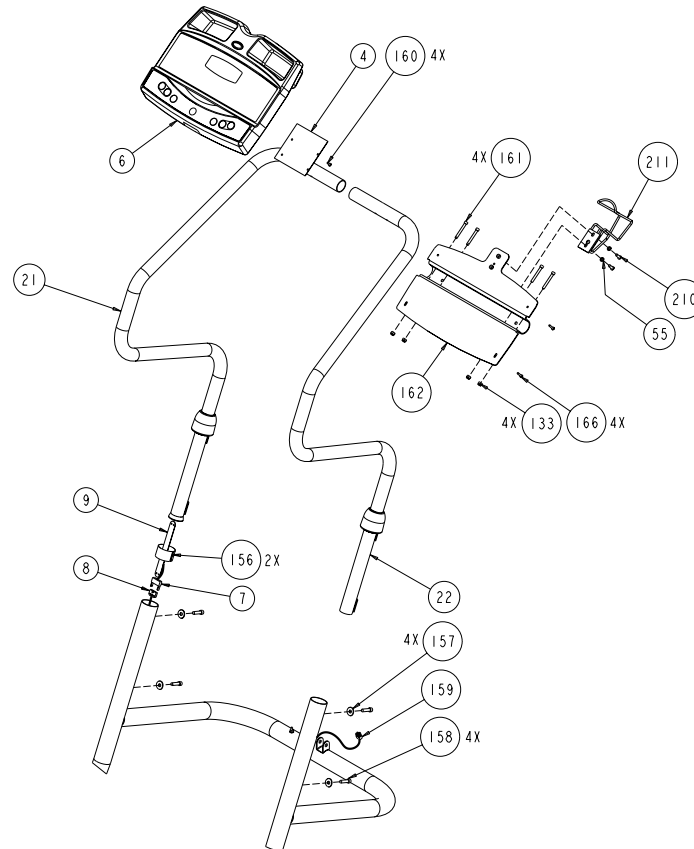
Commercial Equipment Limited Warranty

Thank you for purchasing a PRECOR product. In order that we may continue to serve you in the future, please take a few minutes to complete and return this warranty registration.

The undersigned hereby acknowledges receipt of the Precor Limited Warranty and affirms that the date of purchase was_____ 20___; further, that the undersigned has read and understands the conditions and terms of the Precor Limited Warranty in its entirety. For your protection, complete the Precor Limited Warranty registration card within 10 days from date of purchase and mail it to Precor. In the event of a safety modification or for other reasons Precor might deem necessary, we will contact you directly.

Name of Facility

Contact Person ☐ Mr. ☐ Ms.

Phone Number

Address

City   State   Zip Code

Purchased From

City   State   Zip Code

Serial #   Serial number is located on shipping box and on the product.

Purchaser's Signature_____

Please detach and return this portion.

Commercial Equipment Limited Warranty

Precor Incorporated warrants that all new Precor products are free of manufacturing defects in workmanship and materials. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. This warranty becomes effective at the invoice date of the original purchase.

C-Series Products (excluding StretchTrainer, Strength Equipment — formerly Pacific Fitness and C942 Treadmill) Labor is covered for a period of one year, parts are covered for a period of two years plus a five year frame weld warranty covering parts-only repair or replacement. Precor provides an additional one year parts-only limited warranty for the treadmill drive motor.

All Other Commercial Products including options (excluding StretchTrainer, Strength Equipment — formerly Pacific Fitness) Labor (except options and parts) is covered for a period of one year, plus a five year frame weld warranty covering parts-only repair or replacement. **Labor coverage for options is 90 days.** Precor provides an additional one year parts-only limited warranty for the treadmill running bed, running belt, and drive motor: eddy current magnets and disk.

StretchTrainer Labor is covered for a period of 90 days and parts are covered for a period of one year plus a five year frame weld warranty covering parts-only repair or replacement.

Strength Products (Formerly Pacific Fitness) manufactured after August 1, 1999 This is a parts-only warranty. Bearings, Guide rods, Cams, Pulleys will be warranted for three years. Belts, Cables, Hand grips, and Miscellaneous parts will be warranted for a period of one year. Frame and Frame Welds will be warranted for a period of five years. Upholstery: Foam molded pads and Naugahyde upholstery are warranted for 90 days. (S3.21 [Del Mar], Newport, and Ventura WILL NOT be warranted for commercial application.)

Options / Accessories / Battery-powered or Self-Operated Devices Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a 90 days parts and labor limited warranty. All components that are not internally connected have a 90 days parts only limited warranty. Satisfactory proof of purchase is required in all cases.

PRECOR'S SOLE LIABILITY IS LIMITED TO REPAIR OR REPLACEMENT OF PARTS ACCORDING TO THE TERMS AND CONDITIONS OF THESE LIMITED WARRANTIES, AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE ARE LIMITED TO THE DURATION OF THE ABOVE WRITTEN WARRANTIES. IN NO EVENT WILL PRECOR OR THE SELLING DEALER BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES SUCH AS INCONVENIENCE, COMMERCIAL LOSS, LOST PROFITS OR DAMAGE TO OTHER PROPERTY. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Conditions
This warranty is valid only in accordance with the conditions set forth below.
1. Warranty applies to the Precor product only while A) it remains in the possession of the original purchaser and proof of purchase is demonstrated, B) it has not been subjected to accident, misuse, abuse, improper service, or non-Precor modification and C) claims are made within the warranty period.
2. Products warranted for commercial use: C-series products except C942.
3. Products warranted for light commercial use only (defined as use in non-fee paying clubs or facilities and less than 4 hours daily use. Unapproved use voids the warranty.
4. This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
5. Precor compensates Servicers for warranty trips within their normal service area to repair commercial equipment at the customer's location. You may be charged a trip charge outside the service area.
6. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item.

This Limited Warranty shall not apply to:
1. Software (PROM) limitations or corrections.
2. Batteries or other consumables, or cosmetic items, grips, seats, labels, or wheels.
3. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
4. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
5. Pick-up, delivery, or freight charges involved with repairs.
6. Any labor costs incurred beyond the applicable labor warranty period.

Fill this portion out and keep for your records.

Purchased From

Phone Number

Product/model   Serial #

Effective 01 Oct. 99
P/N 36286-105

PRECOR®USA

Precor Incorporated
P.O. Box 3004
Bothell, WA USA 98041-3004

Warranty Registration Card

EFX®532 Commercial Crosstrainer featuring Heart Rate and Smart Rate® Systems

Product Specifications

Length: 76 inches (190 cm)
Width: 30 inches (75 cm)
Height: 63 inches (158 cm)
Power: 120 v @ 50/60Hz 2.0 Amps
Weight: 160 lbs (72 kg)
Shipping
Weight: 175 lbs (79 kg)

Electronic Specifications

Programs:

Manual
Cross Training
Gluteal
Interval
Weight Loss

Display Readouts:

CrossRamp™
Resistance Level
Time
Strides per Minute
Total Strides
Calories
Heart Rate

Heart Rate* and Smart Rate®*

* Requires that the POLAR® chest strap be worn by the user and the Precor Heart Rate option be installed.

PRECOR®USA

Precor Incorporated
P.O. Box 3004
Bothell, WA USA 98041-3004

Precor, EFX, C, and Smart Rate are registered trademarks of Precor Incorporated.
CrossRamp and Quick Start are trademarks of Precor Incorporated.
POLAR is a registered trademark of Polar Electro, Inc.
Fitlinxx is a registered trademark of Fitlinxx, Inc.
Copyright 2000 Precor Incorporated.
Specifications subject to change without notice.
Precor web site: **www.precor.com**

Lit Kit# 38309-101
OM# 38313-101
Warranty Card# 36286-105
Exploded Views# 38312-101 Rev. A

NOTICE:

Precor is widely recognized for its innovative, award winning designs of exercise equipment. Precor aggressively seeks U.S. and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor's product designs is hereby forewarned that Precor considers the unauthorized appropriation of its proprietary rights to be a very serious matter. Precor will vigorously pursue all unauthorized appropriation of its proprietary rights.

Free Manuals Download Website

http://myh66.com

http://usermanuals.us

http://www.somanuals.com

http://www.4manuals.cc

http://www.manual-lib.com

http://www.404manual.com

http://www.luxmanual.com

http://aubethermostatmanual.com

Golf course search by state

http://golfingnear.com

Email search by domain

http://emailbydomain.com

Auto manuals search

http://auto.somanuals.com

TV manuals search

http://tv.somanuals.com