



**9.10**

Low Impact  
Treadmill

# Owner's Manual



**PRECOR<sup>®</sup>** USA

## **Safety Information—Save These Instructions**

**Before beginning any fitness program, you should have a complete physical examination by your physician.**

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

- Read, observe, and follow all instructions in this owner's manual when using the M9.10 Low Impact Treadmill. These instructions were written to ensure your safety and to protect the treadmill.

### **Prevent Electrical Shock**

## **DANGER**

To reduce the risk of electrical shock always unplug the M9.10 Low Impact Treadmill from the electrical outlet immediately after using and before cleaning.

## **WARNING**

Connect the M9.10 to a properly grounded outlet. For more information, refer to *Grounding Instructions* in this section. To reduce the risk of burns, fire, electric shock, or injury to persons, take the following precautions:

- The M9.10 treadmill should never be left unattended when plugged in. Unplug the treadmill from the outlet when it is not in use, and before putting on or taking off parts.
- Do not allow children on or near the M9.10 treadmill without adult supervision. Do not leave children unsupervised around the treadmill.
- Use the M9.10 treadmill 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.
- Check the M9.10 treadmill before each use. Completely assemble the treadmill before using it. Do not use the treadmill if the cord or plug is damaged. Do not continue to operate the treadmill when it is not working properly. Never operate the M9.10 treadmill if it has been dropped, damaged, or immersed in water. Return the M9.10 treadmill to a service center for examination and repair.
- Turn OFF and unplug the treadmill when adjusting or working near the rear roller. Do not make any adjustments to the running belt when someone is standing on the machine.
- 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.
- Keep all electrical components, such as the motor, power cable, and ON/OFF switch, away from water or other liquids to prevent shock. Do not set anything on the handrail, electronic console, or hood. Never place liquids on any part of the treadmill.

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# 1

## Before You Begin

Congratulations on purchasing one of the newest, most technologically advanced electronic treadmills available: the M9.10 Low Impact Treadmill. This treadmill features two of the most sophisticated and beneficial technologies Precor has ever created: *Ground Effects Low Impact System* and *Integrated Footplant Technology*. Both are true breakthroughs in technology.

Ground Effects allows the treadmill running bed to “float” on specially formulated elastomeric springs, which cushion impact and control lateral motion without diminishing the bed’s lively, responsive feel. Because it’s fully suspended, the bed provides optimum shock absorption anywhere your feet land, not just in the center of the running area.

Integrated Footplant Technology (IFT) is a microprocessor-regulated motor control system. This patented technology collects motor and belt speed data, using it to monitor your workout and enhance your safety and comfort. It replicates the natural walking and running motion of your feet. By allowing slight, natural speed variations throughout your stride, Precor treadmills reduce shock and pounding to your body.

The M9.10 Low Impact Treadmill offers an easy-to-understand electronic console that gives motivating feedback about your workout. Information provided by the console includes calories burned, distance covered, current speed, elapsed time, and percent of incline. When desired, use the easy-to-reach incline crank handle on the console to change incline. Inclines from 0 to 10 percent are available.

Two exercise modes come with the M9.10 treadmill: Manual and Interval. **Manual Mode** lets you control your workload throughout your workout session. In the **Interval Mode**, the treadmill reminds you to raise and lower the workload during your session in interval training fashion, helping you to achieve aerobic fitness in a shorter period of time.

The M9.10 Low Impact Treadmill has many unique features which set it apart from conventional treadmills. To maximize your use of the M9.10 treadmill, please study this manual thoroughly.

### About this Manual

This Owner’s Manual explains how to assemble, use, and maintain the M9.10 Low Impact Treadmill. You will also find a basic explanation of aerobic conditioning and tips about tailoring a fitness program to meet your needs.

This manual uses the following conventions:

**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.

## Unpacking the M9.10 Treadmill

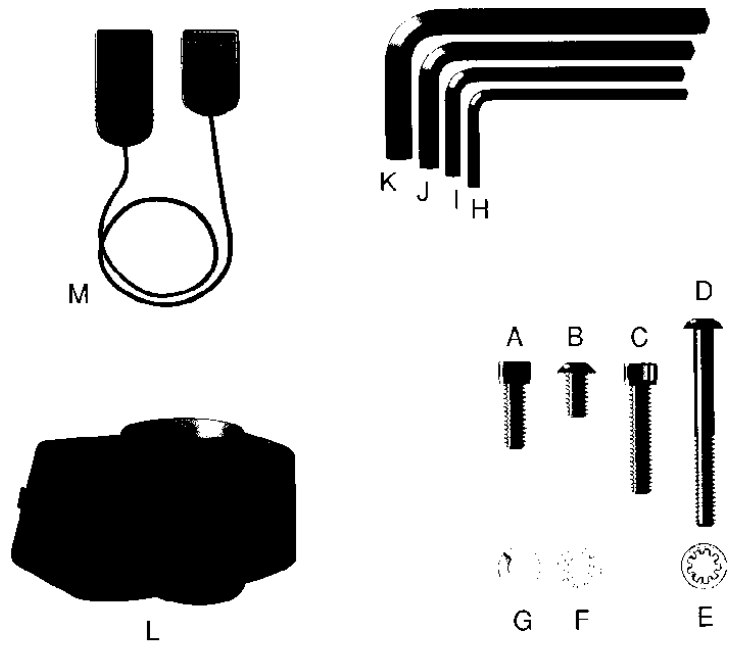
Your M9.10 treadmill is carefully inspected before shipment, so it should arrive in good operating condition. Precor ships the unit in seven pieces as listed below:

- running bed assembly
- lift column assembly
- electronic console display
- handrails
- lift column trim
- incline crank handle
- Owner's Manual, limited warranty card, and hardware kit (The hardware kit is shown in Diagram 1.)

**CAUTION: This unit weighs over 160 pounds. To avoid injury and to ensure the safety of the unit and yourself, get assistance before dropping the sidewalls of the box and sliding the running bed assembly out of the box. Do not lift the running bed from the box.**

Carefully unpack the pieces of the treadmill and lay them on the floor near the location where you plan to use the treadmill.

Diagram 1 Hardware kit



After unpacking the treadmill, open the hardware kit (refer to Diagram 1) and make sure that you have the following items:

- (A) five frame-to-base bolts
- (B) two handrail console bolts
- (C) three upper handrail clamp screws
- (D) two lower handrail clamp screws
- (E) two internal star washers
- (F) two external star washers
- (G) five split lock washers
- (H) one 1/8" hex key—crank assembly
- (I) one 5/32" hex key—upper and lower handrail clamp
- (J) one 3/16" hex key—frame-to-base bolts
- (K) one 1/4" hex key—belt adjustment
- (L) two lower handrail clamps
- (M) one magnetic safety key

If any items are missing, contact the dealer from whom you purchased the treadmill, or call 1-800-4-PRECOR for the authorized Precor dealer nearest you.

**Important:** The packaging for this equipment was designed to protect it during shipment. If you plan on moving in the near future, please store the original packaging in a safe place.

# 2

## Setting Up the M9.10 Treadmill

You do not need any special knowledge or experience to set up an M9.10 treadmill. However, you must carefully review and follow the instructions in this manual. If you do not assemble and use this treadmill according to the following guidelines, you could void the Precor limited warranty.

### Installation Requirements

Follow these installation requirements when installing the treadmill:

- **Fill out and mail the limited warranty card.** The serial number is written on a label located underneath the treadmill on the left, rear corner of the running bed. The best time to locate and write the serial number onto the limited warranty card and in the *Owner's Manual* (see *Obtaining Service*, page 25) is while the treadmill is on its side in steps 2 through 6 of the assembly procedures.
- **Set up the M9.10 treadmill on a solid, flat surface.** Do not install the treadmill on deeply padded, plush, or shag carpeting due to possible damage to the carpet and machine. If the treadmill is placed on a carpeted surface, place a piece of heavy cardboard, plywood, or other smooth, flat surface under the unit to protect the carpet and treadmill.
- **Locate the treadmill at least 4 feet from walls and furniture.** Be sure to provide ample space in front of the machine to allow easy access to the ON/OFF switch. Open space to the sides and rear of the machine makes for a safer mount and dismount and easier belt adjustment.
- **Use a standard 110-volt household outlet.** Precor recommends that you plug the treadmill into a grounded outlet dedicated to a 20 amp circuit breaker. The treadmill is equipped with a 20 amp circuit breaker to protect the electrical and electronic components from sustained overloads. An integral 3-prong plug protects the machine and is grounded for your safety.

**CAUTION: Do not remove the 3-prong plug or otherwise bypass it with an adapter in order to use a non-grounded outlet.**



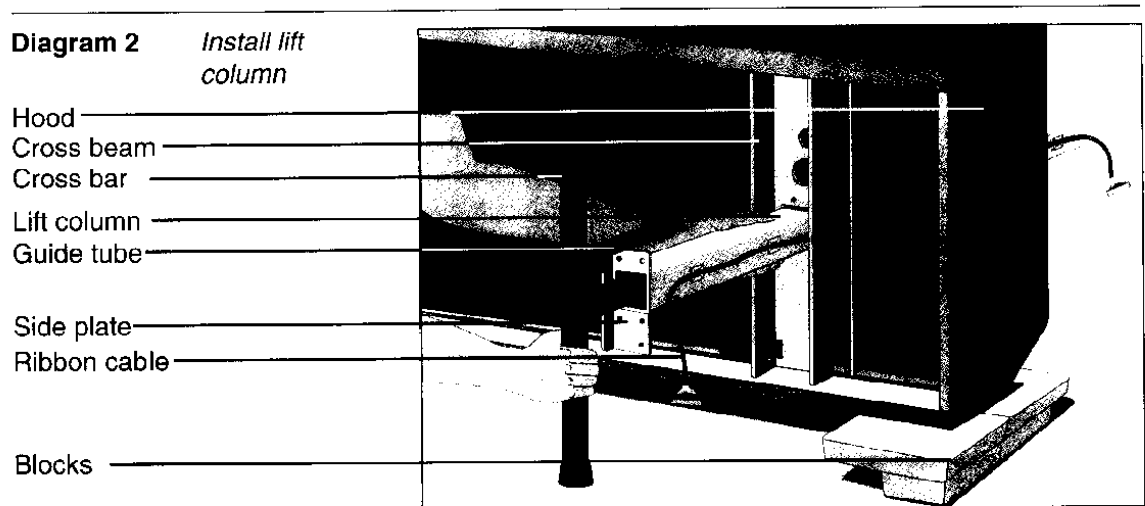
## Assembly Instructions

To assist you in the assembly of the treadmill, 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 while performing the steps below.

To assemble the M9.10 treadmill, take the following steps:

1. Locate the power switch at the front of the treadmill. Make sure that the power switch is in the OFF position and the treadmill is unplugged. Do not assemble the M9.10 if it is plugged in.

**CAUTION: Do not try to assemble the treadmill by yourself. Because of the weight of the treadmill and its parts, get additional help before performing the following steps.**



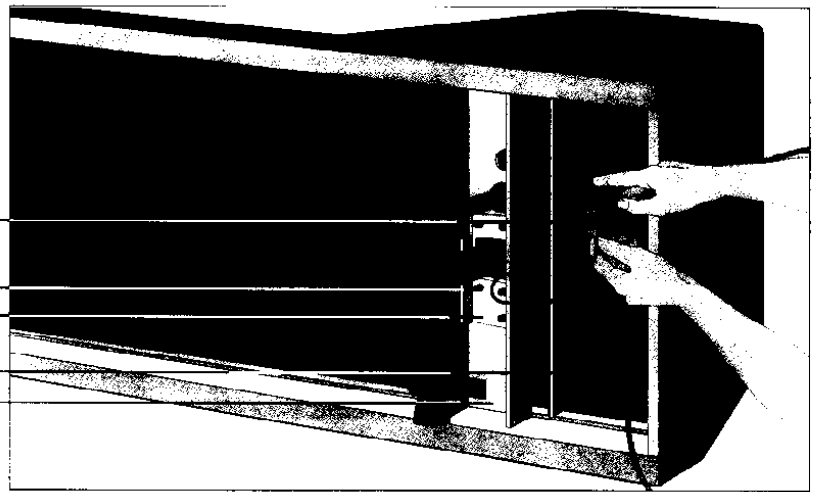
2. Obtain appropriate assistance to lay the treadmill on its left-hand side. Placing the foam blocks on the hood of the treadmill as shown in Diagram 2 helps keep the hood and side rail off the floor during assembly. Due to the rounded corners on the side rail, one assistant will need to balance the treadmill on its side rail, while another assistant helps you install the lift tube.

**Note:** Right and left are determined while standing to the rear of the treadmill (see Diagram 14, page 24), facing toward the hood.

3. On the underside of the treadmill, insert the lift column into the cross beam so that the guide tube aligns with the grommet hole in the crossbar. Carefully feed the lift column through the cross beam and hood. (See Diagram 2.) Have an assistant support the far end of the lift column.
4. Align the five holes in the lift column's side plate with the holes in the cross beam. While your assistant holds the lift column firmly in place, put a lock washer (G) on each of the five frame-to-base bolts (A). Insert the bolts into the five holes in the side plate and finger-tighten.
5. Using the hex key (J) provided, begin to tighten the five bolts. Alternate between each one, until the side plate is snug up against the cross beam. Do not overtighten the bolts.

**Diagram 3** *Plug connector into lower board*

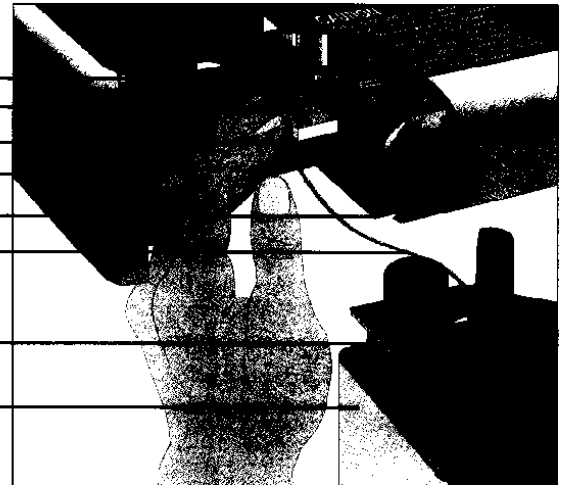
Ribbon cable connector  
Frame-to-base bolts  
Side plate  
Motor chassis  
Cross beam



6. Align the tab on the ribbon cable connector with its counterpart located on the receptacle in the motor chassis. Plug the connector into the receptacle. (See Diagram 3.) The plastic flanges on the receptacle should clip onto the connector when you plug it in. Since the connector is designed to engage in one direction only, do not force the connector into the receptacle.
7. Get assistance and return the treadmill to an upright position, so that the base is flat on the floor.
8. If your hands are dirty, wash your hands before continuing to the next step. This will help keep the electronic console display clean.

**Diagram 4** *Attach cable to display*

Slot for ribbon cable  
Connector  
Plastic flange on receptacle  
Ribbon cable  
Handrail console  
Potentiometer cable  
  
Incline crank shaft  
Lift column



9. Hold the electronic console over the lift column. Attach the ribbon cable connector to its matching receptacle on the handrail console. Refer to Diagram 4, while you take the following steps:
  - a. Slide the connector and ribbon cable through the slot on the underside of the handrail console. Hold the potentiometer cable away from the slot as you slide the ribbon cable into place.

- b. Align the tab on the ribbon cable connector with its counterpart located on the receptacle and plug the connector into the receptacle using your fingers as shown in Diagram 4. The plastic flanges on the receptacle should clip onto the connector when you plug it in. The connector is designed to engage in one direction only. Do not force the connection.

**Note:** If you have difficulty plugging the ribbon cable into its receptacle, you might want to remove the bolts that hold the handrail console in place using the hex key (I). After plugging in the ribbon cable, be sure to properly replace the handrail console and securely tighten the bolts.

If, at a later date, you need to disengage the connector, push the flanges off of the connector and use your fingers to pull the connector away from its receptacle.

**Diagram 5**

*Attach  
handrail  
console to  
lift column*

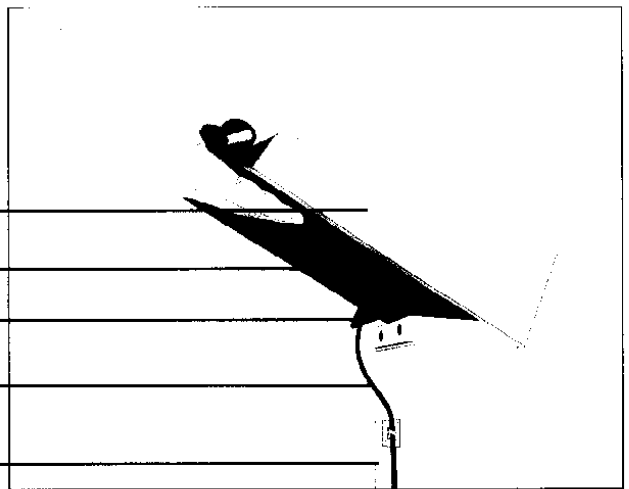
Electronic console

Handrail console

Handrail console flange

Ribbon cable

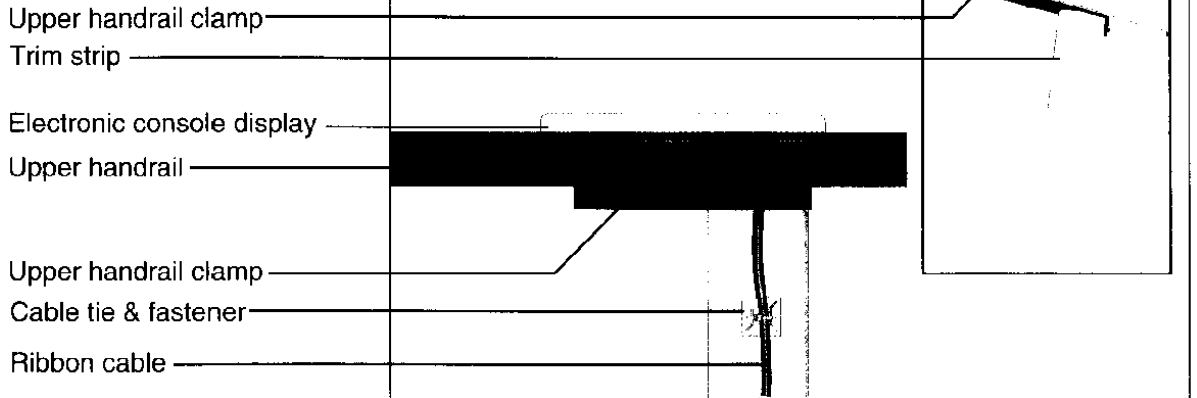
Lift column



10. Attach the handrail console to the lift column by placing the two external star washers (F) on the two handrail console bolts (B). Get assistance to help you fit and hold the handrail console into the groove on the lift column and align the bolt holes. Insert the bolts through the handrail console and into the lift column. Tighten the bolts securely with the hex key (I) provided.
11. Carefully push the excess cable up inside the handrail console compartment. Check to be sure the cable forms a smooth loop. If the cable is pinched or damaged by improper installation, it will not be covered by the limited warranty.

**Diagram 6**

*Install  
upper  
handrails*



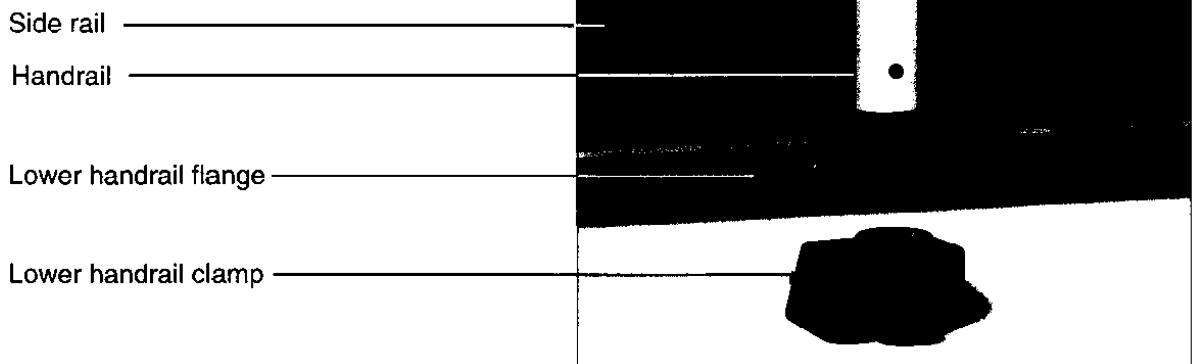
12. Insert the upper end of a handrail into the upper handrail clamp until the black foam wrap just touches the clamp (see Diagram 6). Set the base of the handrail on the floor. Repeat this step for the other handrail.

**Note:** Look underneath the upper handrail clamp to be sure that the handrail ends meet in the middle of the clamp.

13. Insert the three upper handrail clamp screws (C) into the upper handrail clamp and finger-tighten. *Do not fully tighten the screws at this point.*

**Diagram 7**

*Attach lower  
handrails*



14. To mount the lower portion of the handrails to the treadmill, refer to Diagram 7 while taking the following steps:

**Note:** Perform the following steps on one side of the treadmill before proceeding to the other side.

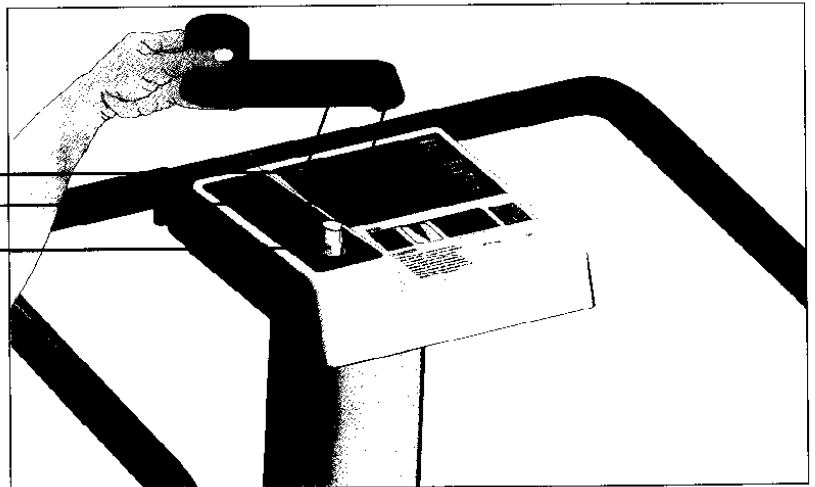
- a. Slide the lower handrail flange along its guide rail until it is aligned with the handrail mounting bolt hole. Note that the flange should line up with the seam in the side rail label.
- b. Position the lower handrail clamp onto the flange, align the screw holes, and push the clamp into place.

- c. Place the lower portion of the handrail into the clamp. You may need to push the lower handrail clamp down along its track to securely seat the end of the tube into the clamp.
  - d. Put an internal star washer (E) on the lower handrail clamp screw (D), align the screw holes, and finger-tighten the screw.
  - e. Use the hex key (I) provided, to secure the handrail inside the clamp. Do not overtighten the screw or damage may occur to the clamp.
- Note:** After extensive use, vibrations from the treadmill may cause the clamp to loosen. You may need to periodically tighten the handrail clamp screws using the hex key (I) provided.
- f. Proceed to the other side of the treadmill and follow steps a through e to complete the installation of the lower handrails.
15. Return to the upper handrail clamp, look underneath the clamp to be sure that the handrail ends meet in the middle of the clamp, re-adjust the handrails, if necessary, and *tighten the screws securely using the hex key (I) provided.*

**Diagram 8**

*Install  
incline  
crank  
handle*

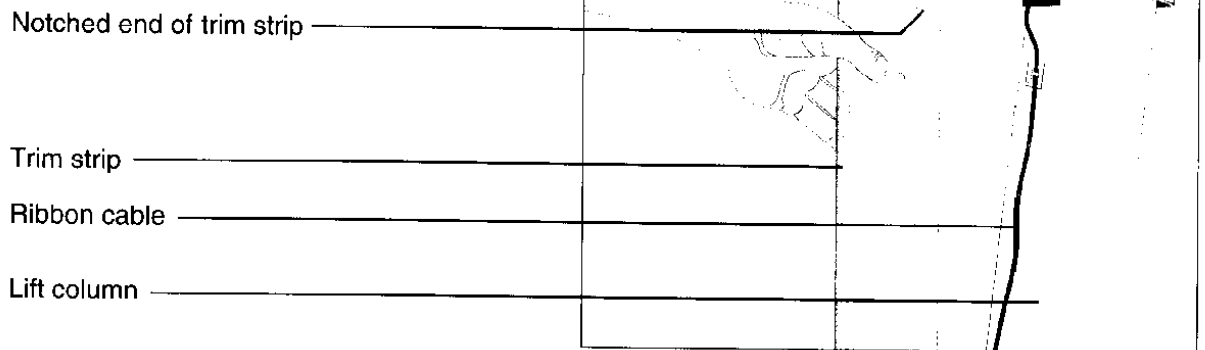
Incline crank  
Set screws  
Incline crank shaft



16. Install the incline crank handle onto the lift column shaft as shown in Diagram 8. Screw one set screw one-quarter of the way into the incline crank before placing the crank onto the lift column shaft. Position the handle so that the one set screw clamps onto the *flat* portion of the shaft end and then tighten both set screws with the hex key (H) provided. *Do not overtighten.*

**Diagram 9**

*Attach trim strip  
to lift column*



17. Attach the lift column trim by following these steps. While performing these steps, refer to Diagram 9 for further clarification.

- a. Position the trim strip so that the notched end points up (see Diagram 9).
- b. Insert the base of the trim through the opening in the hood.
- c. Raise the trim until the notched end of the trim touches the underside of the upper handrail clamp. Be careful to maintain vertical alignment of the trim with the lift column.

**CAUTION: Make sure that the ribbon cable is situated in the trim's center slot before you take the next step. Cables crimped or pinched due to inaccurate assembly may not be covered by the limited warranty.**

- d. While maintaining alignment, attach the trim by pressing firmly against the lift column until the hook and loop pads fasten securely to each other.

18. If you need to move the treadmill, ask for additional assistance. Check to be sure the treadmill is turned OFF and the power cord is unplugged from the power outlet. Roll the treadmill on its front wheels to the new location by lifting the rear end of the unit.

**CAUTION: Do not remove the 3-prong plug or otherwise bypass it with an adapter in order to use a non-grounded outlet.**

19. Plug the treadmill into a standard 110v household outlet. Make sure that no other major appliances use the same circuit as the treadmill.

20. Continue to *Checking the Alignment of the Running Belt* on the following page to complete the installation of the M9.10 treadmill.

## Checking the Alignment of the Running Belt

The belt is aligned at the factory before shipment. However, during shipment or by using the treadmill on an uneven surface, the belt might move off center. Proper belt alignment is important because it allows the belt to remain centered and assures smooth operation. Follow these steps to check the alignment:

**CAUTION: Do not walk on the running belt during this procedure.**

1. On the electronic console, move the magnetic safety key to the **ACTIVATE** position. Locate the **ON/OFF** switch at the front of the treadmill and turn **ON** the treadmill.
2. Stand next to the treadmill and answer the standard start-up questions as instructed below:
  - a. At the **"ENTER WEIGHT"** prompt, specify a weight and press the **SCAN/ENTER** key.
  - b. At the **"SELECT MODE"** prompt, use the arrow keys to select **"MANL"** (Manual) mode and press **SCAN/ENTER**.
3. Continue standing next to the treadmill and bring the running belt up to a speed of 6 miles per hour by pressing the **SPEED ▲** key.

**CAUTION: If you hear or notice any chafing or the running belt begins to shred, stop the running belt immediately by pressing the STOP key.**

4. Walk to the back of the treadmill and observe the belt as it moves (watch for about one minute).

If the running belt...	Then...
tracks centered on the running surface	the belt is functioning correctly and no adjustment is necessary.
runs or drifts off center	you need to adjust the belt; see <i>Aligning the Running Belt</i> in Chapter 5.

**Important:** If you notice that the belt needs alignment, make the adjustments at once. Failure to do so might cause the belt to tear or fray which is not covered by the limited warranty.

5. Press **STOP** to stop the running belt.

If the belt is functioning correctly, the M9.10 treadmill is ready to use.

# 3

## Using the M9.10 Treadmill

With the belt functioning correctly, the M9.10 Low Impact Treadmill is assembled and ready to use. If the belt needs alignment, refer to *Aligning the Running Belt* for instructions *before* using the treadmill.

As simple as using the M9.10 treadmill might seem, you should read this section so that you can use it safely and effectively. This section provides the basic information you need for exercising on your treadmill, including the following:

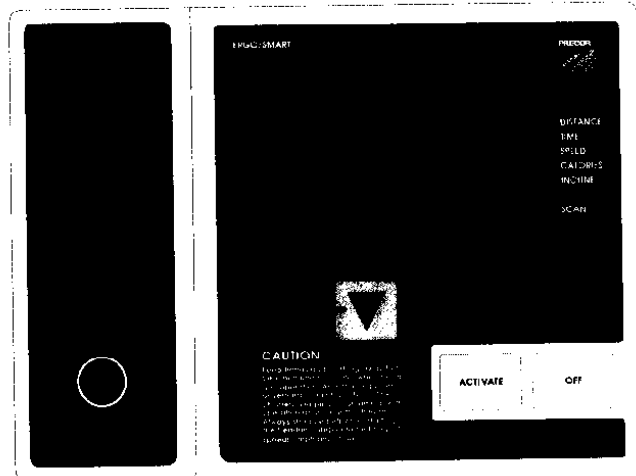
- a brief description of the electronic console
- instructions for using the magnetic safety key
- instructions for pausing or ending your workout
- an explanation of how to change incline using the incline handle
- instructions for exercising on the treadmill
- information about using Interval Mode
- instructions for changing the display from U.S. Standard to Metric

### Understanding the Electronic Console

The electronic console lets you control your M9.10 treadmill session. As you work out, the electronic LED display provides constant feedback about your progress. Information about distance covered, elapsed time, speed, calories burned, and degree of incline is available at any time. Diagram 10 shows a sample of the M9.10 electronic console.

**Diagram 10**

*M9.10 electronic console display*



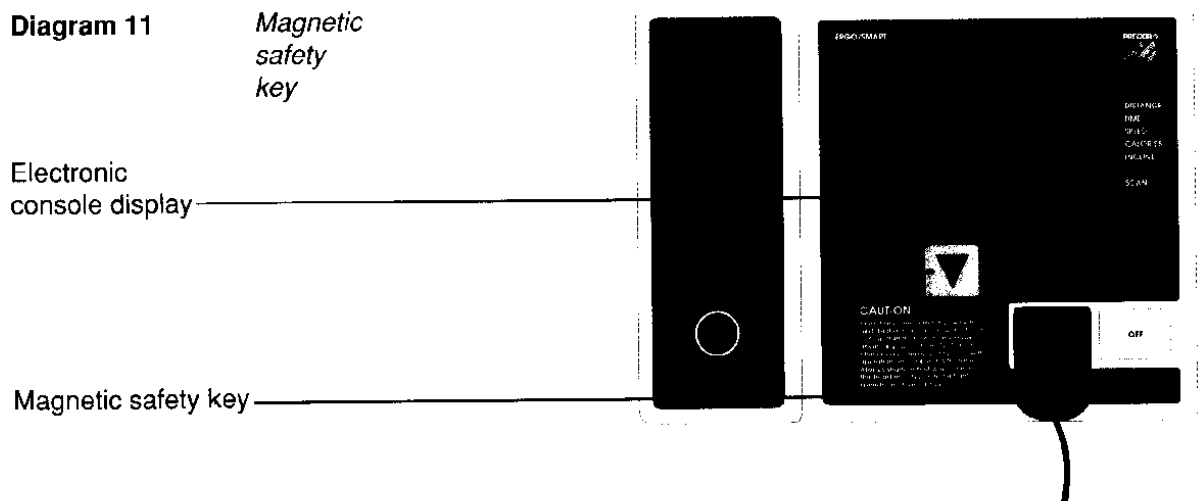


<b>SPEED</b>	<p>Use the <b>SPEED ▲▼</b> keys to change belt speed. Belt speed starts at .5 miles per hour (mph) and increases in .1 mph (.2 kilometers per hour) increments while you hold the <b>▲</b> key. The M9.10 treadmill allows you to increase speed up to 9.0 mph (14.4 kph). When you decrease speed, belt speed decreases at a rate of .1 mph (.2 kph) while you hold the <b>▼</b> key.</p> <p>Anytime during your workout, you can view your speed in minutes per mile (or kilometer). In other words, you can see how many minutes it takes you to walk or jog a mile (or kilometer). To use this feature, simultaneously press both <b>SPEED ▲▼</b> keys and the information will appear on the screen. When you release both keys, the speed display returns to the per hour measurement you originally set. See <i>"Changing the Display to U.S. Standard or Metric."</i></p>
<b>STOP</b>	<p>To pause during your workout, press the <b>STOP</b> key. The running belt slows to a safe stop and the displays on the console freeze.</p>
<b>HOLD TO RESET</b>	<p>To return to the start-up prompt, press the <b>HOLD TO RESET</b> key. Your workout statistics are added to the cumulative totals and the start-up prompt appears.</p> <p><b>Note:</b> You need to depress the key and hold it for a few seconds before the start-up prompt appears and begins scrolling across the display.</p>
<b>SCAN/ENTER</b>	<p>The <b>SCAN/ENTER</b> key has two functions which let you:</p> <ul style="list-style-type: none"> <li>• select the specific workout information you want to display</li> <li>• address each prompt and "enter" the information into the treadmill's memory</li> </ul> <p><b>SCAN</b></p> <p>In general, the electronic console display is set to scan, so the different features (<b>DISTANCE</b>, <b>TIME</b>, <b>SPEED</b>, <b>CALORIES</b>, and <b>INCLINE</b>) alternately appear in sequence every few seconds. A pair of lights next to the word "SCAN" indicates you are in SCAN mode. Another pair of lights on the far right of the display indicate which feature is currently displayed.</p> <p><b>ENTER</b></p> <p>To cause a specific feature, such as the <b>SPEED</b>, to continuously appear on the display, wait until the two round indicator lights appear next to the word "SPEED," and then, press the <b>ENTER</b> key.</p> <p>To specify a weight, select a workout mode (<b>INTV</b> or <b>MANL</b>), or reset U.S. Standard or Metric configurations, you need to use the <b>ENTER</b> key.</p>
<b>ACTIVATE</b>	<p>If the magnetic safety key is not in the <b>ACTIVATE</b> position, you cannot turn <b>ON</b> the treadmill. The magnetic safety key helps to protect you from injury during your workout. Attach the magnetic safety key to your clothing prior to stepping onto the running bed and beginning your workout. If you encounter a problem during your workout, simply pull on the safety key's cord to stop the running belt. When the magnetic safety key is removed from the <b>ACTIVATE</b> position, it trips the circuit breaker and turns <b>OFF</b> the treadmill.</p>
<b>OFF</b>	<p>After completing your workout by pressing the <b>STOP</b> key, place the magnetic safety key on the <b>OFF</b> position. Remove the magnetic safety key and store it in a safe place to ensure that children or an unqualified person will not be able to activate or use the treadmill.</p>

## Using the Magnetic Safety Key

The magnetic safety key lets you stop the treadmill's running belt safely. Use this key in an emergency or when you are finished exercising. Pulling the key off the console or moving it to the OFF position, has the same effect as turning OFF the treadmill using the ON/OFF switch. Once you remove the key from the ACTIVATE position, the running belt slows to a gradual stop.

**Important:** Always attach the magnetic safety key to your clothing before each workout. Use the clip provided on the end of the cord.



Before you can turn ON the treadmill, you must move the magnetic safety key to the ACTIVATE position on the electronic console (see Diagram 11). The treadmill will not turn ON unless the safety key is in this position.

## Pausing Your Workout

You can pause your workout at any time by pressing STOP. To continue your workout, use the SPEED ▼▲ keys to restore your speed.

## Ending Your Workout

To end your workout, press STOP. This slows the treadmill's running belt to a gradual stop. The display then begins to scan and allows you to review the total time, distance, and caloric burn of your workout.

When using Interval Mode, you can cool down before ending your workout by changing to Manual Mode; simply press STOP twice in quick succession.

To reset the displays on your treadmill, press the HOLD TO RESET key and hold it for several seconds. This clears all data from the display.

## Changing Incline

Use the incline crank handle to change incline, up to 10 percent. The handle is located on the electronic console.

- to **raise** the incline, rotate the handle *clockwise*
- to **lower** the incline, rotate the handle *counterclockwise*

Incline changes occur in 1 percent increments. Whenever you change the incline, the percent of incline automatically appears on the console display.

You can change incline anytime during your workout. However, you should stand on the sides of the treadmill (the side platforms) and straddle the running belt when you change the incline.

## Working Out on Your M9.10 Treadmill

Before using your treadmill, we recommend that you follow these instructions and go through a preliminary demonstration of the treadmill. Then, you will be familiar with the treadmill when you begin your workout.

When using the treadmill, follow these general guidelines:

- At the beginning of a workout, take several minutes to bring your heart rate into your training zone, which is shown in Diagram 13 later in this manual.
- After your workout, walk slowly for several minutes to cool down your body and lower your pulse rate.
- Using the clip provided, attach the magnetic safety key to your clothing before each workout. Then, if you encounter difficulties or want to end your workout, you can easily stop the running belt by pulling on the cord.
- Gently stretch your lower body and back after a workout to help prevent stiffness or soreness.

To use the treadmill, follow these instructions.

**CAUTION:** If this is the first time you have operated this treadmill, **DO NOT STAND** on the running belt until you become familiar with M9.10 operation.

1. On the electronic console, place the magnetic safety key in the **ACTIVATE** position. Walk to the front of the treadmill and turn **ON** the treadmill using the **ON/OFF** switch. The treadmill will not turn **ON** unless the safety key is in the **ACTIVATE** position.
2. Straddle the running belt with your feet firmly planted on the right and left side platforms. Stand close enough to the electronic console so you can extend your arms and touch the keypad.
3. Using the clip provided, securely attach the magnetic safety key to your exercise clothing at your waistline, where it will not interfere with your workout.
4. When you see "**ENTER WEIGHT**" scroll across the display, specify your weight using the arrow keys. When the correct weight is displayed, press the **ENTER** key.

The number on the display moves in 5-pound increments up or down, depending on the arrow key pressed. You must specify this information so the treadmill can provide accurate feedback about calories burned during a workout.

Once your weight is specified, you may not need to enter it again. The treadmill automatically remembers the last weight entered. At your next workout, simply press **ENTER** at the "**ENTER WEIGHT**" prompt. (If another person has used the machine, you will need to re-enter your weight as described in this step.)

5. At the "**SELECT MODE**" prompt, choose your workout mode, either Interval (INTV) or Manual (MANL). Press the arrow keys until you see the desired mode, then press **ENTER**. For more information about the two different modes, refer to *Changing the Interval Course Profile* or *Using Manual Mode*.

Once you specify the mode, the treadmill automatically remembers it. If no one else uses the treadmill, before your next workout, you can simply press **ENTER** at the "**SELECT MODE**" prompt and activate the same mode.

**Important:** If you choose INTV mode, refer to *Changing the Interval Course Profile* before continuing onto the next steps.

6. Hold onto the handrail with one hand and press the **SPEED ▲** key with the other hand. Step onto the running belt while it is at or below 1 mph. Once you are comfortable with the walking or running speed, you can remove your hands from the handrail.

**Note:** To pause during your workout session, press the **STOP** key. The displays on the console freeze. See *Pausing Your Workout* or *Ending Your Workout* for more information. Remember to hold onto the handrail when using the electronic console and when slowing down or stopping the running belt.

Photo 1

*Working out  
on the M9.10*



7. When you are finished exercising, hold onto the handrail and press STOP. The treadmill's running belt slows to a safe stop. You can then review your workout results as the display scans through DISTANCE, TIME, and CALORIES.

**Note:** Always allow yourself a cool-down period of a few minutes before bringing the running belt to a complete stop.

8. If desired, after reviewing the displays, reset them to zero by pressing and holding STOP for several seconds.
9. Detach the magnetic safety key from your clothing and return it to the OFF position on the electronic console. The treadmill turns OFF. To prevent unauthorized use, store the magnetic safety key in a safe place.

### **Using the Manual Course Mode**

Manual mode lets you use the treadmill for an indefinite period of time while controlling the speed and incline of your workout. All of your workout statistics are compiled and displayed on the electronic console.

To use the manual mode, follow the steps in *Working Out on Your M9.10 Treadmill*. At the "SELECT MODE" prompt, choose "MANL."

## Changing the Interval Course Profile

Interval training provides numerous benefits. Since interval training segments the workout into smaller components, a 20- or 30-minute workout seems to pass more quickly. In addition, studies have shown that it is a more efficient method for achieving aerobic benefits—you start seeing improved cardiovascular fitness much sooner with less effort. Studies also show that people who interval train are more likely to stick with their fitness program.

The interval course on the M9.10 treadmill lets you set the rest and work intervals according to your training regimen. It alternates between 60 seconds of “Rest” and 60 seconds of “Work.” During the Rest interval, you can walk or jog slowly; during the Work interval, you can stride quickly or run. You set the speed for the first rest and work intervals and the software takes over from there, repeating the intervals throughout the course until you press the STOP key.

At any point during the workout, you can change the speed of the current interval. For example, if 8 mph is a little faster than you prefer during a Work interval, simply use the SPEED ▼ key to reduce speed. The software remembers the new speed for the next Work interval.

To help you monitor your workout, you can set the treadmill's electronic display to SCAN. This mode displays a sequential readout on DISTANCE, TIME, SPEED, CALORIES, and INCLINE.

**Note:** If you pause your workout during an Interval Mode, you must reset the speed of the mode you were in when you paused your workout. For example, if you paused your workout during the Rest interval, you must reset the speed for that interval. In this example, you would not need to reset the speed for the Work interval since it is still stored in memory.

To use the interval course, follow the steps in *Working Out on Your M9.10 Treadmill*. At the “SELECT MODE” prompt, use the arrow keys to display “INTV,” and press ENTER.

To set the interval for the course, take the following steps:

1. When you see “ENTER REST SPEED” scroll across the display, stand on the running belt with one hand on the handrail, prepared to start walking. With your other hand, press the SPEED ▲ key until you reach a comfortable rest speed, either running or walking. When the desired speed is displayed, simply continue working out—you do not need to press ENTER.

Once you reach your desired rest speed, the treadmill remembers that speed and returns to it at the beginning of each rest interval, until you change the speed or end your workout.

2. When “ENTER WORK SPEED” scrolls across the display, specify your work speed (up to 9 mph). With one hand on the handrail, use the other hand to press the SPEED ▲▼ keys until the desired work speed is shown. When you are comfortable with the rest and work speeds, you can let go of the handrail.

3. Use the incline crank handle to change the degree of incline. Hold onto the handrail with one hand while you rotate the crank in a *clockwise* direction to raise the incline with the other hand. To lower the incline, rotate the handle *counterclockwise*.

Each rest and work interval lasts 60 seconds. The display automatically counts down to the next interval. When the count reaches 30 seconds, the display changes and gives information about distance travelled, time elapsed, speed, calories burned, and percent of incline.

When the treadmill changes intervals, it informs you by scrolling **“GOING TO REST SPEED”** or **“GOING TO WORK SPEED”** across the display.

Using the interval course mode, you can cool down before ending your workout by pressing STOP twice in quick succession. The treadmill enters Manual Mode, letting you specify the speed of your cool-down period.

### **Changing the Display to U.S. Standard or Metric**

The M9.10 treadmill can display speed in either miles per hour (mph) or kilometers per hour (kph). When the M9.10 is shipped from the factory, it is usually set to display in U.S. Standard units of measure. You can easily change these settings by taking the following steps:

**Note:** The M9.10 treadmill will retain your selection even when it is turned OFF and unplugged. You can change your selection at any time, simply by repeating the following steps.

1. Place the magnetic safety key in the ACTIVATE position on the electronic console. Walk to the front of the treadmill and turn the power switch ON. (The magnetic safety key must be placed in the ACTIVATE position before you can turn on the treadmill.)
2. Straddle the running belt with your feet firmly planted on the right and left side platforms. (Stand close enough to the electronic console, so that you can extend your arm and touch the keypad.) Use the clip on the magnetic safety key and attach it to your clothing at your waistline.
3. At the **“ENTER WEIGHT”** prompt, simultaneously press and hold the green SPEED ▲ key and the SCAN key. The prompt, **“PRESS ▲ FOR MPH & MILES MODE OR ▼ FOR KPH & KILOMETERS MODE”** appears on the display. Release both keys.
4. Use the appropriate SPEED ▲ or ▼ key to indicate your selection.

You can continue your workout by following the appropriate steps found in *Working Out on Your M9.10 Treadmill* or turn OFF the treadmill by moving the magnetic safety key to the OFF position.

# 4

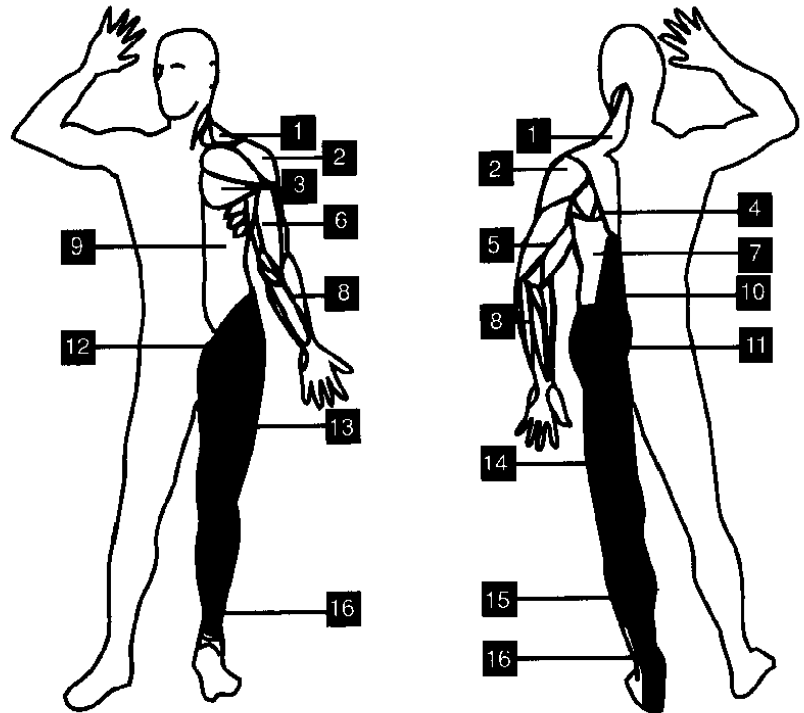
## Getting the Most Out of Your Workout

A workout on the M9.10 Low Impact Treadmill provides excellent and efficient cardiovascular conditioning, while strengthening and toning all the major muscle groups in the lower body. Darkened areas in Diagram 12 indicate the muscles improved.

**Diagram 12**

*Muscles improved*

1. Trapezius
2. Deltoid
3. Pectorals
4. Rhomboids
5. Triceps
6. Biceps
7. Latissimus Dorsi
8. Forearm Flexors/Extensors
9. Abdominals
10. Erector Spinae
11. Gluteals
12. Hip Flexors
13. Quadriceps
14. Hamstrings
15. Gastrocnemius/Soleus
16. Peroneus Longus/Brevis



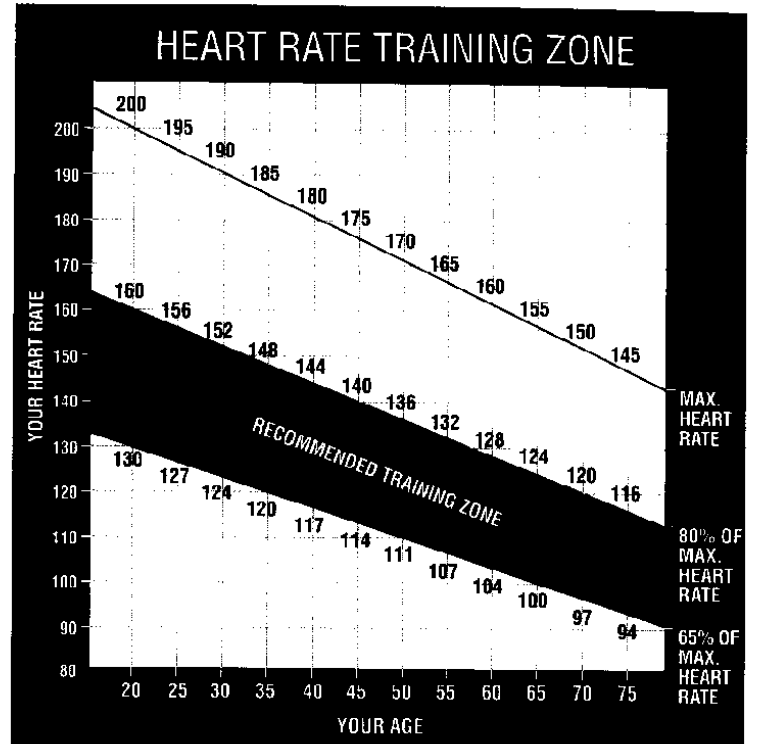
To get the most out of each workout, a general understanding of the principles behind aerobic training is invaluable. The best source of information is your specialty fitness dealer. In addition to providing information on which exercise equipment is best for your individual needs, your fitness dealer can provide useful advice on training, technique, and exercise physiology. Your dealer can also recommend good books on these subjects.

To help you get started in planning and carrying out your fitness program, this section provides some basic information on aerobic exercise—such as how hard should you work out, how long each session should be, and how often you need to exercise to benefit from a regular program.



Diagram 13

Training zones



### How Hard Should I Exercise?

Studies show that to achieve the benefits of aerobic exercise, it is necessary to work out hard enough to raise your heart rate to a certain minimum level, called the "training zone." Your training zone depends on your age and level of fitness.

Diagram 13 shows your recommended heart rate training zone, which is calculated using your age and your maximum attainable heart rate. The chart is based on a resting heart rate of about 72 for males and 80 for females. Your optimum training zone is between 65% and 80% of your maximum heart rate. For efficient aerobic exercise, work only hard enough to keep your heart rate in this zone. You will obtain the greatest fat-burning benefits when you exercise within the optimum training zone.

Pushing yourself beyond the recommended range, (that is, exercising so hard that your heart rate rises above 80% of maximum) can overstress your muscles. To increase cardiovascular improvement, exercise *longer*, not harder.

Keep in mind that this zone is an approximation, to be used as a guideline—individual heart rates vary according to several physiological factors. To determine your training zone, find your age on the diagram, and then find the line where they intersect. For example, if you are 35 years old, your training zone is between 110 and 148 beats per minute. Remember this zone—this is the heart rate zone you should try to maintain as you work out.

If you do not have an accurate heart rate monitor, you can determine your heart rate by taking your pulse at a place that you can reach easily and comfortably while you exercise. Typical places for measuring heart rate are directly over the heart on the left side of the chest, on either side of the neck, over the temple, or on the thumb side of either wrist. Wherever you measure your pulse, make

sure that you use your index and middle fingers—**not your thumb**. Your thumb has a strong pulse which can affect your pulse rate reading.

Once you locate your pulse, look at a clock with a second hand, and count the beats for six seconds. Multiply that number by 10 to determine the total number of beats per minute. For example, if you count 14 beats over six seconds, the total number of beats per minute is 140. Compare the total number of beats with your training zone as identified in Diagram 13. If necessary, increase or decrease your activity level to bring your heart rate into your training zone. You can regulate your work level (and heart rate) by changing belt speed and incline. **Remember—your heart rate is the definitive measure of how hard you are working.**

Regardless of your fitness level, avoid doing too much too soon. Running or walking too fast or choosing too high of an incline are common errors. Give yourself time to become familiar with your treadmill and to improve your fitness level. Then you can gradually increase speed and incline to make your workouts more challenging.

### **How Long Should I Exercise?**

The length of each exercise session depends on your fitness level. Exercise physiologists have determined that, to attain cardiovascular benefits from exercise, you should maintain your heart rate in its training zone for at least 15 minutes. This is in addition to your warm-up time, and does not include cool down. You should always allow several minutes to bring your heart rate into the training zone, by starting out slowly and gradually increasing work level. Similarly, use several minutes of light exercise after the workout to bring your heart rate down to near resting level.

The higher your fitness level, the longer you should maintain your heart rate in the training zone (between 20 and 30 minutes). Beginners should always start slowly, and gradually bring their sessions up to 20 minutes or more.

### **How Often Should I Exercise?**

Research indicates that aerobic sessions of 20 minutes or more should be done at least three to five times a week to obtain significant cardiovascular benefits. Most experts agree that sensible eating habits and regular aerobic exercise are the keys to weight control and fitness. A recent study, which tracked several subjects over a period of years, conclusively shows that exercise, not dieting, is the key factor to long-term weight loss.

## Adjusting the Tension of the Belt

Proper belt tension is important for a smooth, steady run. If your physical condition permits, test the belt tension by jogging at 6 mph. If the belt tension is too loose, you will feel a pause in the belt with each footplant (step).

To adjust the running belt tension, take the following steps:

1. Make sure that the treadmill is OFF. If the treadmill is ON, switch it to OFF. Wait for the running belt to come to a complete stop.
2. Standing behind the treadmill, use the rear belt adjustment bolts (see Diagram 14). Simply alternate turning each bolt *clockwise* in 1/4 turn increments until there is no slippage in the belt when you are jogging.
3. Turn ON the treadmill, answer the start-up prompts, then increase the speed of the running belt to 6 miles per hour by pressing the SPEED ▲ key.
4. Jog on the running belt for 1 minute or more. If you feel a pause in the belt with each footplant (step), you need to continue to adjust the belt tension.
5. Press STOP to stop the running belt.
6. Continue with steps 1 through 5 until the belt tension has been properly adjusted.

**Important:** Do not turn the adjusting bolts more than 1/4 turn at a time. Overtightening the bolts can damage or cause premature failure of the precision bearings in the front and rear rollers.

## Obtaining Service

Do not attempt to service the M9.10 Low Impact Treadmill yourself except for minor belt adjustments and maintenance as described in this manual. The M9.10 treadmill does not contain any user-serviceable parts.

For information about product operation or service, contact an authorized Precor dealer (or a Precor Factory Authorized Service Company). To locate the dealer nearest you, call 1-800-4-PRECOR.

To help the customer service representative expedite your call, have your serial number readily available.

The serial number on the M9.10 treadmill is written on a label located underneath the treadmill at the left, rear corner of the running bed. If you haven't already written the serial number in the space provided below during the assembly process, you will need to get on your knees and bend down to see it.

Model number: M 9.10      Serial number: \_\_\_\_\_

If you have any questions regarding the treadmill, use the model and serial numbers whenever you call your Precor dealer or customer service representative.



Precor Incorporated  
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