

# Owner's Manual

## 9.31

## 9.33

Low-Impact Treadmills



**PRECOR**<sup>USA</sup>  
move beyond<sup>®</sup>



## Important Safety Instructions

When using a treadmill, always take basic precautions, including the following:

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

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

### **DANGER**

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

### **WARNING**

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

- Do not allow children or those unfamiliar with its operation on or near the treadmill. Do not leave children unsupervised around the unit.

- Never leave the treadmill unattended when it is plugged in. Unplug the treadmill from the power source when it is not in use, before cleaning it, and before acquiring authorized service.
- Assemble and operate the treadmill on a solid, level surface. Locate the treadmill a few feet from walls or furniture. Keep the area behind the treadmill clear.
- Maintain the treadmill in good working condition. Refer to the *Maintenance* section. Make sure that all fasteners are secure and the running belt is clean and running smoothly.
- Use the treadmill only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Never operate the unit if it is damaged, not working properly, when it has been dropped, or has been dropped in water. Return the treadmill to a service center for examination and repair.
- Keep the power cord and plug away from heated surfaces.
- Do not operate the treadmill where aerosol (spray) products are being used or where oxygen is being administered.

- Do not use outdoors.
- Do not attempt to service the treadmill yourself except to follow the maintenance instructions found in this manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Keep all electrical components, such as the power cord and power switch, away from liquids to prevent shock.
- Do not set anything on the handrails, display console, or hood. Place liquids, magazines, and books in the appropriate receptacles.
- Do not rock the unit. Do not stand on the handrail(s), display console, or hood.

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

- Wear proper exercise clothing and shoes for your workout and avoid loose clothing. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any dirt and embedded stones. Tie long hair back.
- Use care when getting on or off the treadmill. Always grasp the handrail when stepping on the running belt and keep the initial speed at or below 1 mile per hour (mph) or 1 kilometer per hour (kph). Never step off the treadmill while the running belt is moving.
- Before the running belt begins moving (before your workout), and after it stops (at the end of your workout), straddle the belt by placing your feet firmly on the right and left staging platforms.
- Keep your body and head facing forward. Never attempt to turn around on the treadmill.
- The safety clip must be attached at waist level before your workout. A lanyard connects to the magnetic safety key near the red STOP button. If you encounter difficulties, a strong tug on the lanyard disengages the magnetic safety key and stops the running belt.
- Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- When the treadmill is not in use, disconnect the unit by turning the power switch to the Off position, and then remove the power plug from the power outlet.

## Safety Code

To help prevent unauthorized use, the treadmill is equipped with a safety code. The safety code involves entering four keys in sequence. If the correct keys are not pressed within two minutes, further access is denied and the running belt will not move. For more information, refer to *Entering the Safety Code*.

## Safety Approval

When identified with the ETL-c logo, the unit has been tested and conforms to the requirements of CAN/CSA-E-335-1/3-04, EN 60335-1: 2002 Safety of Household and Similar Electrical Appliances.

## Grounding Instructions

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

### **DANGER**

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

## 120 V and 240 V Units Designated for U.S. Markets

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

## 240 V Units Designated for International Markets

Your dealer must supply and verify that the treadmill is equipped with an IEC approved 60320 C19 Inlet connector, which has an IEC approved, SJT 60° minimum, international color-code, 3 x 1.5mm 2 power cord. The power cord must be equipped with a local connector that can be plugged into an electrical outlet on a dedicated circuit. No adapter should be used with this product.

## Radio Frequency Interference (RFI)

### Federal Communications Commission, Part 15

The treadmill has been tested and found to comply with

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

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

- Reorient or relocate the receiving antenna for your TV, radio, VCR, etc.
- Increase separation between the unit and the receiver (TV, radio, etc.).

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

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

### **Canadian Department of Communications**

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

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

### **ATTENTION: Haute Tension**

### **Débranchez avant de réparer**

Owner's Manual: Important Safety Instructions

## **European Applications**

This product is compliant to:

- 2004/108/EC Electromagnetic Compatibility Directive.
- 2006/95/EC Low Voltage Directive.
- 2002/95/EC Restriction of Hazardous Substances Directive.

This product conforms to the requirements of the European Council Directive 89/336/EEC, 2004/108/EC Electromagnetic Compatibility and has been tested to the following standards:

- EN55022, Limits & Methods of Measurement of Radio Interference, Information Technology Equipment.
- EN55024, Immunity of Information Technology Equipment.

This product also conforms to the requirements of the European Council Directive 73/23/EEC, 2006/95/EC Low Voltage Directive and has been tested to the following standard:

- IEC 335-1, EN60335-1 Safety of Household and similar Electrical Appliances.

## Product Recycling and Disposal

This equipment must be recycled or discarded according to applicable local and national regulations.

Product labels, in accordance with European Directive 2002/96/ EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product is not to be thrown away, but rather reclaimed upon end of life per this Directive.

In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to be collected separately and to be reused, recycled, or recovered at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste, but use the collection framework available to customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to the potential presence of hazardous substances in EEE. For proper collection and treatment, refer to *Obtaining Service*.

## Obtaining Service

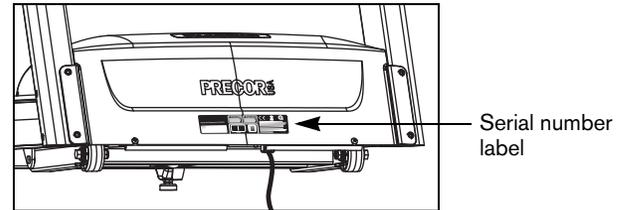
You should not attempt to service the treadmill except for maintenance tasks as described in this manual. The treadmill does not contain any user-serviceable parts that require lubrication. For information about product operation or service, see the Precor web site at [www.precor.com](http://www.precor.com).

Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at [www.precor.com](http://www.precor.com).

For future reference, write the model, serial number, and date of purchase for your unit in the space provided. The serial number is printed on a label located on the front panel, near the power cord (Diagram 1).

Model #: \_\_\_\_\_ Serial #: \_\_\_\_\_

Date purchased: \_\_\_\_\_



**Diagram 1: Location of serial number**

# Table of Contents

## **Important Safety Instructions ..... 1**

Safety Code .....	3
Safety Approval .....	3
Grounding Instructions .....	3
Radio Frequency Interference (RFI) .....	4
European Applications .....	5
Product Recycling and Disposal .....	6
Obtaining Service .....	6

## **Treadmill Safety Features ..... 9**

Using the Safety Clip .....	9
Entering the Safety Code .....	10
Using the Handrails .....	10
Turning the Unit On and Off .....	10
Location .....	10

## **Heart Rate Features ..... 11**

Important Use and Safety Information .....	11
Using the Touch-Sensitive Grips .....	14
Using SmartRate .....	14
Exercise to Your Target Heart Rate .....	16
Heart Rate Analysis .....	16

## **Display Console ..... 17**

More Information about the Heart Rate and Center Displays .....	19
More Information about the Lower Display .....	19
Keypads .....	21

## **User Identification ..... 27**

Adding a User .....	28
Updating User Information .....	29
Changing the User Name and Clearing Workout Statistics .....	30

## **Workout Options ..... 31**

Choosing QUICKSTART .....	32
Selecting a Program .....	33
Selecting a USER Key .....	34
Recording Your Personal Best Time .....	35
Changing Programs in Mid-session .....	35
Cooling Down After a Workout .....	36
Pausing During a Workout or the Cool-Down Period .....	37
Ending a Workout .....	38

**Programs ..... 39**

Choosing a Program ..... 39  
Program Tips ..... 39  
Manual Program ..... 40  
Interval Program ..... 41  
Random Program ..... 41  
Custom Programs ..... 42  
Heart Rate Programs ..... 43  
Heart Rate Program Tips ..... 44  
Weight Loss Programs ..... 45  
5K Program ..... 46  
10K Program ..... 46  
Mile Program ..... 47  
WALK Programs ..... 47  
RUN Programs ..... 48

**Advanced Programming and Troubleshooting ..... 49**

Advanced Programming Tips ..... 49  
Changing Treadmill Settings ..... 50  
Informational Displays ..... 53  
Troubleshooting Error Codes ..... 57  
Troubleshooting Heart Rate ..... 57

**Maintenance .....58**

Inspection ..... 58  
Cleaning the Equipment ..... 58  
Storing the Chest Strap ..... 59  
Checking the Alignment of the Running Belt ..... 59  
Adjusting the Running Belt ..... 60  
Long-Term Storage ..... 61

**Precor Residential Equipment  
Limited Warranty..... 62**

# Treadmill Safety Features

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

- Safety clip and magnetic safety key
- Safety code
- Handrails
- Power switch

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

## Using the Safety Clip

Attach the safety clip to your clothing before each workout. Refer to Diagram 4. A tug on the lanyard disengages the magnetic safety key and trips the safety switch inside the display console which stops the running belt.

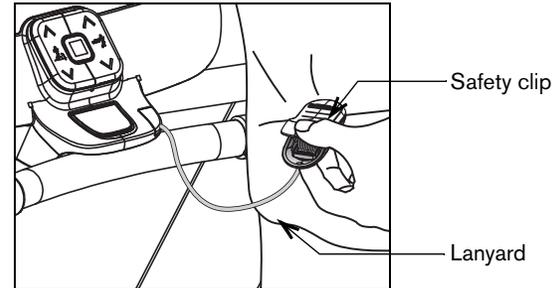
If the safety switch trips while you are exercising, the running belt stops and the treadmill enters pause mode. A ten-minute countdown appears in the upper display.

**Note:** If the safety switch trips while the banner is scrolling across the display, STOP KEY appears.

To resume exercising, take the following steps:

1. If needed, reattach the safety clip to your clothing and the magnetic safety key onto the display console.
2. Straddle the running belt.
3. Press QUICKSTART or the SPEED up arrow key.
4. If needed, enter the safety code.
5. Hold onto a handrail while you step on to the running belt with the speed at or below 1 mph or 1 kph.

**Note:** The treadmill retains your workout statistics if you resume exercising within 10 minutes.



**Diagram 4: Attach the safety clip to your clothing**

## Entering the Safety Code

The treadmill provides a safety code to help prevent unauthorized use. When you initially assemble the treadmill, the safety code is disabled. To enable it, refer to the instructions found in *Changing Treadmill Settings*.

If you are prompted for a safety code, press the following number sequence: 1, 2, 3, 4.

An asterisk appears on the display with each key press. If a key is not pressed within 30 seconds or the correct safety code is not entered within two minutes, the banner appears on the display and the running belt does not move.

**Important:** Do not assume the treadmill is safe because of safety code protection. Never leave children unsupervised around the treadmill. Always turn Off and unplug the treadmill when it is not in use.

## Using the Handrails

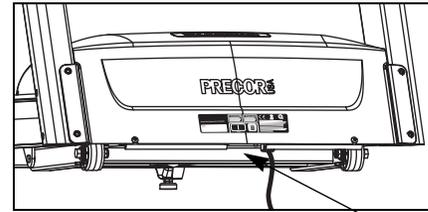
To maintain your balance, always grasp a handrail extension when you step on or off the treadmill, and when you use the keypad.

To learn more about the touch-sensitive grips on the 9.33, refer to *Heart Rate Features*.

## Turning the Unit On and Off

To turn the unit On and Off, use the power switch located at the front of the unit, near the power cord connection. Refer to Diagram 5.

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



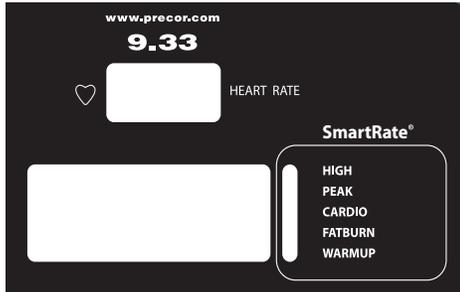
Power switch

**Diagram 5: Power switch**

## Location

It is important to keep the area around the treadmill open and free from encumbrances such as other equipment. The minimum space requirement needed for user safety and proper maintenance is three feet wide by six feet deep (one meter wide by two meters deep), directly behind the running belt.

# Heart Rate Features



Heart rate and SmartRate® features are available when you wear the chest strap or grasp both touch-sensitive grips (9.33 only). When a heartbeat is detected, the HEART RATE display shows your heart rate and, if your age has been entered, the SmartRate LED pulses and indicates your target zone.

## Important Use and Safety Information

Read the following before using the heart rate or SmartRate features.

- Consult your physician before engaging in any vigorous exercise. Do not use the heart rate programs until authorized by your physician.
- Know your heart rate and your physician-recommended heart rate target zone. Individual heart rates vary according to several physiological factors and may not correspond directly with Diagram 6.

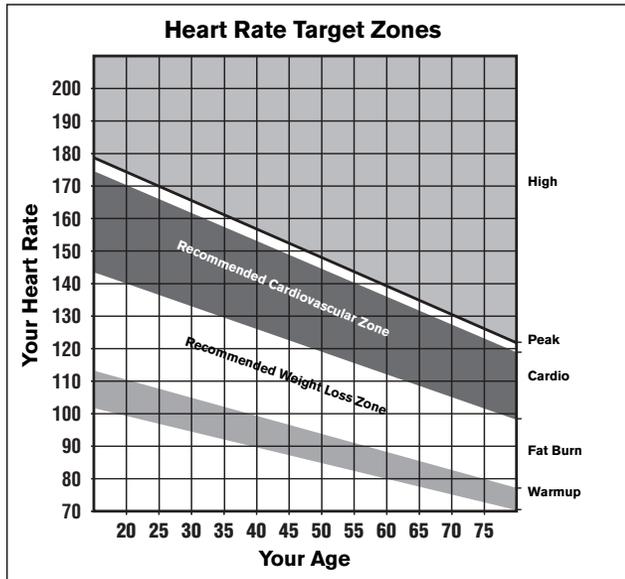
- The calculation used for the heart rate target zone is:  $(220 \text{ minus your age})$  multiplied by a percent.

For example:

Low range:  $(220 \text{ minus your age})$  multiplied by 55%

High range:  $(220 \text{ minus your age})$  multiplied by 85%

Refer to Table 1 in *Using SmartRate*.



**Diagram 6: Heart rate target zones**

- After you put on the chest strap, face the display console for a few seconds. This allows the receiver in the console to recognize the signal from the chest strap.
  - If **Hr** appears on the display, the treadmill is detecting a signal, but has not yet determined your heart rate. Make sure the chest strap is positioned properly around your chest and against your skin.
  - If you prefer to use the touch-sensitive grips on the 9.33, grasp both touch-sensitive grips and wait five to ten seconds. Make sure both hands are moist.
- Note:** When a signal is detected, a number flashes in the HEART RATE display and indicates your heart rate.
- Always face forward on the treadmill and use the handrail for balance. Keep upper body movement to a minimum.

## Wearing a Chest Strap

During a workout, the heart rate features appear on the display when you wear a chest strap. To receive an accurate reading, the chest strap needs to be in direct contact with your skin.

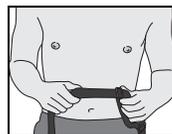
1. Carefully dampen the back of the strap with tap water. Refer to Diagram 7.

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



**Diagram 7: Moisten chest strap**

2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive. Refer to Diagram 8.



**Diagram 8: Adjust chest strap**

3. Make sure that the chest strap is right side up, lies horizontally across your chest, and is centered in the middle of your chest. Refer to Diagram 9.

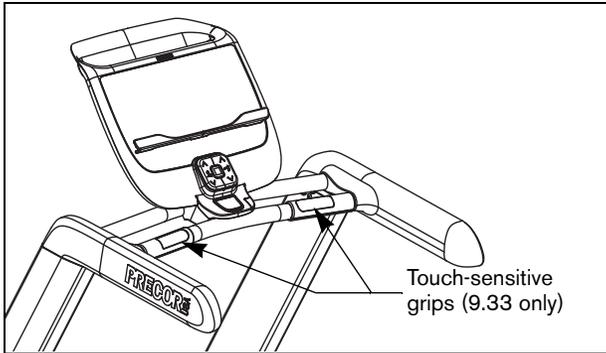


**Diagram 9: Fasten chest strap**

After you put on the chest strap, face the display console for a minimum of 15 seconds. This allows the receiver in the console to recognize the signal from the chest strap.

## Using the Touch-Sensitive Grips

While exercising, you must grasp both touch-sensitive grips for a minimum of five to ten seconds to transmit your heart rate to the display. Refer to Diagram 10.



**Diagram 10: Touch-sensitive grips on the 9.33**

Usually, the concentration of salts in a person's perspiration provides enough conductivity to transmit a signal to the receiver inside the display console. However, some people, because of body chemistry or erratic heart beats cannot use the touch-sensitive heart rate feature on the treadmill. A chest strap may provide better results.

**Important:** While exercising, do not grasp the touch-sensitive grips and wear the chest strap at the same time. The touch-sensitive grips override the signals from the chest strap transmitter. If used together, inconsistent readings may occur.

## Using SmartRate

The SmartRate feature helps you monitor and maintain your heart rate in the target zone best suited to your specific needs. All 7 green LEDs may light during a workout. When the treadmill detects a heart rate, a single LED blinks and indicates the zone that your heart rate is in.

**Important:** To use the SmartRate feature, you must choose a program and enter your age during the setup phase of your exercise session.

Table 1 shows the percents used in calculating the heart rate target zones. While your heart rate remains within these zones, the corresponding lights blink and provide a visual cue.

The calculation used to determine your maximum aerobic heart rate is (220 minus your age). When you multiply it by the percent indicated in Table 1, you can understand the relation-ship between the pulsating LED and your target heart rate.

**CAUTION: Your heart rate should never exceed 85% of your maximum aerobic heart rate or go above PEAK. If it does, immediately reduce your pace or adjust the incline to return your heart rate to your physician-recommended target zone.**

**Table 1. Heart rate target zones and SmartRate LEDs**

<i>Heart Rate Zone Percent</i>	<i>LED Blinking</i>	<i>Label</i>
Below 55	First	WARMUP
55 to 61	Second	FATBURN
62 to 69	Third	FATBURN
70 to 77	Fourth	CARDIO
78 to 84	Fifth	CARDIO
85 to 87	Sixth	PEAK
Above 87	Seventh	HIGH

The SmartRate indicator lights do not appear when:

- You press QUICKSTART at the banner.
- You do not enter your age before starting a program.
- You do not wear or improperly position the chest strap.
- You fail to grasp both touch-sensitive grips on the 9.33 for five to ten seconds.

## Exercise to Your Target Heart Rate

A heart rate receiver is an integral part of the display so you can monitor your heart rate while exercising. You must wear a chest strap if you are using the 9.31 treadmill. If you own a 9.33 treadmill, you have the option of wearing a chest strap or grasping both touch-sensitive grips. Your heart rate (beats per minute) appears on the display.

The Precor web site ([www.precor.com](http://www.precor.com)) has several suggestions for workouts with varying levels of intensity. It provides many workout details that include the appropriate target heart rate.

The 9.31 treadmill includes one program that lets you exercise based on a specified target heart rate. The 9.33 treadmill contains two: Basic HR and Weight Loss HR. As you exercise, the heart rate programs monitor your heart rate and automatically maintain it within a target heart rate zone.

To use these programs, press the PROGRAMS - HEART RATE key. Refer to Table 2. For more information, refer to *Programs*.

**Table 2. Heart rate programs**

<b>PROGRAMS - HEART RATE</b>	<b>9.31</b>	<b>9.33</b>
Basic HR	✓	✓
Weight Loss HR		✓

## Heart Rate Analysis

Every time you complete a program using the chest strap or 9.33 touch-sensitive grips, the treadmill provides a heart rate analysis after the workout summary.

Your average heart rate appears followed by the maximum heart rate achieved during your workout. A third display appears, if you entered your age, and indicates the amount of time your heart rate remained between the target zones shown.

The heart rate analysis is based on how often your heart rate signal is received while exercising. If you use the chest strap, the average heart rate will be more accurate than if you occasionally grasp the touch-sensitive grips on the 9.33 treadmill.

# Display Console

**Center display:** Initially shows the banner. It changes to the program profile when you select a program or press QUICKSTART. A blinking column in the profile indicates your position.

**PROGRAMS keypad:** To begin an exercise session, press a PROGRAMS key to view a menu of programs within each category. For program descriptions, refer to Programs.

**User 1–2:** Two USER keys are available on the 9.33 treadmill. Press a USER key at the banner to personalize your exercise experience. The information is stored for future exercise sessions.

**Selection key:** Press the key to move through the information in the column, so you can choose what you want to display during your session. Indicator lights appear next to the item that is displayed.

**INCLINE arrow keys:** Use the arrow keys to adjust the incline.

**QUICKSTART:** Press QUICKSTART to begin your workout immediately.

**Red STOP button:** Press to pause or end a workout and stop the running belt.

**HEART RATE display:** The HEART RATE display shows your pulse.

**SmartRate display:** LEDs light in this column when the SmartRate feature is activated. Follow the LEDs to monitor your heart rate and maintain it in your target zone.

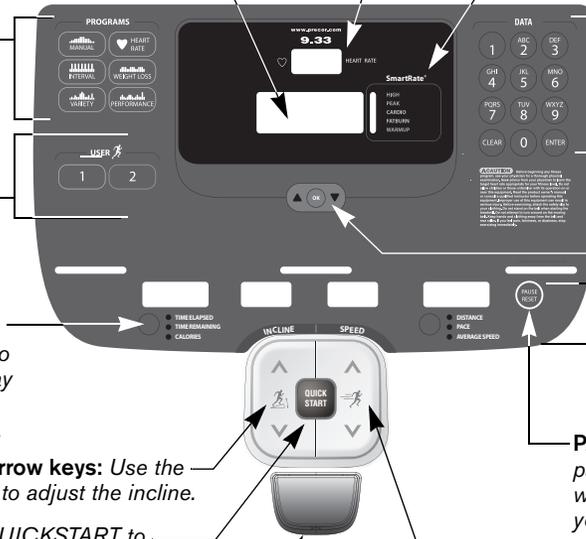
**Number keys:** During an exercise session, use the number keys to answer prompts and update information.

**OK and Navigational arrow keys:** Use the OK key to confirm responses to specific prompts. The up and down arrow keys present the available selection and affect what appears on the display.

**Lower display:** While you exercise, four sets of numbers show information about your session.

**PAUSE/RESET key:** Press it once to enter pause mode. Press it again to display a workout summary. Press it once more to end your exercise session.

**SPEED arrow keys:** Use the arrow keys to adjust the speed.



**Center display:** Initially shows the banner. It changes to the program profile when you select a program or press QUICKSTART. A blinking column in the profile indicates your position.

**HEART RATE display:** The HEART RATE display shows your pulse.

**SmartRate display:** LEDs light in this column when the SmartRate feature is activated. Follow the LEDs to monitor your heart rate and maintain it in your target zone.

**PROGRAMS keypad:** To begin an exercise session, press a PROGRAMS key to view a menu of programs within each category. For program descriptions, refer to Programs.

**Number keys:** During an exercise session, use the number keys to answer prompts and update information.

**Selection key:** Press the key to move through the information in the column, so you can choose what you want to display during your session. Indicator lights appear next to the item that is displayed.

**OK and Navigational arrow keys:** Use the OK key to confirm responses to specific prompts. The up and down arrow keys present the available selection and affect what appears on the display.

**INCLINE arrow keys:** Use the arrow keys to adjust the incline.

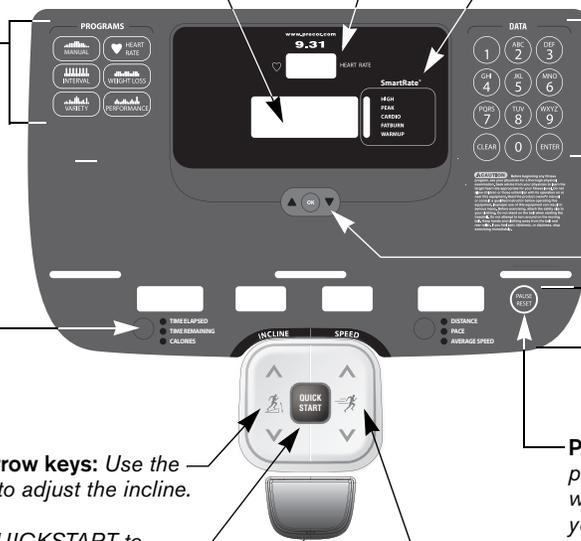
**QUICKSTART:** Press QUICKSTART to begin your workout immediately.

**Red STOP button:** Press to pause or end a workout and stop the running belt.

**SPEED arrow keys:** Use the arrow keys to adjust the speed.

**Lower display:** While you exercise, four sets of numbers show information about your session.

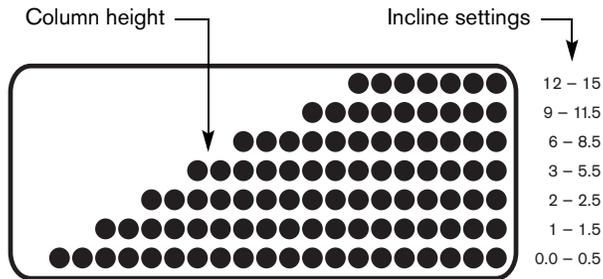
**PAUSE/RESET key:** Press it once to enter pause mode. Press it again to display a workout summary. Press it once more to end your exercise session.



## More Information about the Heart Rate and Center Displays

Your heart rate appears in the HEART RATE display if you are using a chest strap or the 9.33 touch-sensitive grips. Refer to *Heart Rate Features*.

In most programs, the incline setting affects the column height in the program profile as shown in Diagram 11. The profile raises or lowers according to which arrow key is pressed.



**Diagram 11:** Column height in the program profile

The center display presents the program name when you select a program. During an exercise session, the center display becomes a message bar showing additional information depending on user selections and program interludes.

## More Information about the Lower Display

The lower display consists of four windows which provide information about your exercise session. The two center windows automatically provide information about your incline and speed. To choose the type of information displayed in the left and right windows, press the adjacent Selection key. The numbers that appear relate to your workout statistics and are described below.

**Note:** If you choose to rest a book or magazine on the display, you can still view these workout statistics.

## **Column 1: TIME ELAPSED and TIME REMAINING**

**TIME ELAPSED**—displays workout time in minutes and seconds and indicates the amount of time you have been exercising. When you exceed 60 minutes during a single workout, the TIME ELAPSED display converts to hours and minutes.

**TIME REMAINING**—shows the amount of time remaining in a workout. If the selected workout time is less than 60 minutes, the display shows time in minutes and seconds. If you select a workout time greater than 60 minutes, the display reflects hours and minutes until the countdown reaches 60 minutes, at which time the display reverts to minutes and seconds.

**CALORIES**—shows the cumulative number of calories being burned.

## **Column 2: INCLINE**

**INCLINE**—displays the percentage of incline or decline during your workout. The INCLINE arrow keys affect the lift and let you set an incline between 0% and 15%. The values displayed can change in 0.5% increments.

## **Column 3: SPEED**

**SPEED**—displays the running belt speed in miles per hour (mph) or kilometers per hour (kph). The running belt speed ranges from 0.5 and 12 mph (0.8 to 20 kph) and can be changed in 0.1 increments using the SPEED arrow keys.

## **Column 4: DISTANCE, PACE and AVERAGE SPEED**

**DISTANCE**—shows linear distance in either miles or kilometers. The distance is calculated based on your speed.

**PACE**—displays your target speed in minutes and seconds per mile (or kilometer). For example, the number **4:23** indicates that the pace (speed at which you are moving) is 4 minutes and 23 seconds per mile. When you press the SPEED arrow keys, the pace display changes accordingly (0.1 mile per key press). To designate a specific pace, use the PACE key. Refer to *Navigational Keypad*.

**Note:** If you are taking longer than an hour to complete a mile, the display shows hours and minutes.

**AVERAGE SPEED**—indicates the average speed associated with your workout.

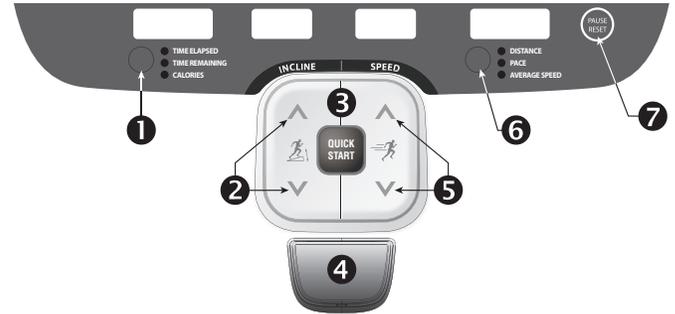
## Keypads

Use the keypads to enter your workout session selections, to affect what appears on the display, and to establish your incline and speed preferences.

Five distinct keypads exist on the display and are discussed in this section:

- Lower Display keypad and the Selection keys
- User identification keys
- Navigational keypad in the center of the display
- PROGRAMS keypad
- Data keypad

## Lower Display Keypad and the Selection Keys



**Diagram 12: Lower Display keypad and the Selection keys**

- 1 Left Selection Key:** Every time you press this key the the display reflects the amount of time elapsed since you began your exercise session, or the time remaining, or the cumulative number of calories burned. An LED lights and indications which information is being displayed. The TIME REMAINING display is lit when you begin a program.

- 2 INCLINE:** Press and hold the INCLINE arrow keys to increase or decrease the incline from 0% to 15% in 0.5% increments.
- Changes to the incline are not immediate. It takes time for the lift to reach the target incline shown on the display.
- To change the incline in larger increments, use the number keys. Refer to *Data Keypad*.
- The incline setting affects the column height in the program profile. The incline display shows the new setting.
- 3 QUICKSTART:** Press QUICKSTART to start your workout immediately using the Manual Program. Refer to *Choosing QUICKSTART*.
- 4 STOP:** A firm tap on the red STOP button slows the running belt to a stop and the treadmill enters pause mode. To resume, press QUICKSTART or the SPEED up arrow key and enter the safety code, if necessary. Refer to *Pausing During a Workout or the Cool-Down Period*.

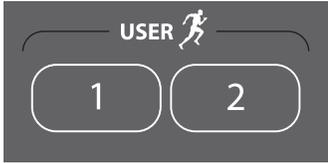
- 5 SPEED:** Press and hold the SPEED arrow keys to increase or decrease the running belt speed in 0.1 increments from 0.5 to 12 mph (0.8 to 20 kph).

To change the speed in larger increments, use the number keys. Refer to *Data Keypad*.

When you press the arrow keys, a target speed appears in the display. The running belt speed changes to meet the target, but the change occurs gradually so the transition is smooth.

- 6 PAUSE/RESET:** This key has several functions during an exercise session. You press it once to enter pause mode. You press it again to display a workout summary. And, you press it a third time, to end your session and return to the banner. Refer to *Pausing During a Workout or the Cool-Down Period*.
- 7 Right Selection Key:** Every time you press this key the display reflects either the distance travelled since you began your exercise session, your current pace, or your average speed. An LED lights and indicates which information is being displayed.

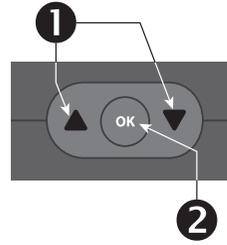
## USER Keys



**Diagram 13: USER keys**

**User Keys:** On the 9.33, you can personalize your exercise session by pressing a USER key (1 or 2) at the banner. Selecting a USER key lets you track your workout statistics from session to session. When you choose a USER key, personal information such as age, weight, and preferred program are reinstated as your exercise session begins. If you haven't already done so, you'll need to select a user number and enter a user name. For more information, refer to *Adding a User* or *Selecting a USER Key*.

## Navigational Keypad

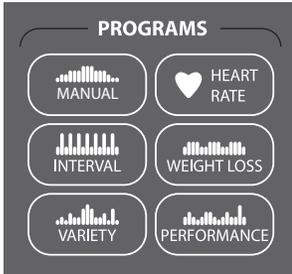


**Diagram 14: Navigational keypad**

The navigational keypad consists of the OK key and the up and down arrow keys.

- 1 Up and Down Arrows:** These up and down arrows present the available selections and affect what appears on the display.
- 2 OK:** Use the OK key to confirm responses to specific prompts.

## PROGRAMS Keypad



**Diagram 15: PROGRAMS keypad**

The PROGRAMS keypad provides access to all the exercise programs. Choosing a category and continually pressing the associated PROGRAMS key, cycles you through the menu selections. Refer to Table 3. For a description of each program, refer to *Programs*.

**Note:** Use the OK key to confirm your selection. For more information, refer to *Workout Options*.

**Table 3. Available programs**

<i>PROGRAMS</i> key	<i>Menu Selections</i>	9.31	9.33
<b>MANUAL</b>	Manual	✓	✓
<b>INTERVAL</b>	Interval	✓	✓
<b>VARIETY</b>	Random	✓	✓
	1 Custom <sup>†</sup>		✓
	2 Custom <sup>†</sup>		✓
<b>HEART RATE</b>	Basic HR*	✓	✓
	Weight Loss HR*		✓
<b>WEIGHT LOSS</b>	Weight Loss	✓	
	Weight Loss HR*		✓
<b>PERFORMANCE</b>	5 K	✓	✓
	10 K	✓	✓
	Mile	✓	✓
	WALK 1		✓
	WALK 2		✓
	WALK 3		✓
	RUN 1		✓
	RUN 2		✓
	RUN 3		✓

\* Use of chest strap or the touch-sensitive grips is required.

<sup>†</sup> Appears when you select a USER key.

## Data Keypad



**Diagram 16: Data keypad**

During an exercise session, you can use the number keys to answer prompts and update information or adjust the incline and speed.

The CLEAR and ENTER keys provide the following functions:

**CLEAR:** Use the CLEAR key to remove the last number being displayed.

**ENTER:** Use the ENTER key to accept the number being displayed.

**Note:** The OK and ENTER keys are interchangeable and provide the same function when no peripheral devices are attached to the treadmill.

When you press the INCLINE or SPEED arrow keys, the lift or running belt changes incrementally.

**To adjust the incline in larger increments, take the following steps.**

1. To establish the direction of the lift, press the appropriate INCLINE arrow key.
2. Within three seconds, press a number (0 – 15) followed by a zero, and then press ENTER.

For example, to adjust the lift incline to 8% when the display shows 2.0, you need to press the INCLINE up arrow, press the number 8 and 0, and then press ENTER or the INCLINE up arrow key.

If you wish to halt the lift's movement, press either INCLINE arrow key. The lift stops moving and the display indicates the current incline level.

**To adjust the speed of the running belt in larger increments, take the following steps.**

1. To adjust the speed, press the appropriate SPEED up or down arrow key.
2. Within three seconds, press a number 0–12 for miles (0–20 for kilometers) followed by a zero, and then press ENTER.

If you wish to cancel the speed adjustment, press either SPEED arrow key. The display indicates the current speed of the running belt.

# User Identification

Choosing a user identification (USER key) enables the treadmill to identify you and track your cumulative workout statistics. Once you configure your USER key, you can personalize your workout session and store information about your preferred program, workout time, weight, and age.

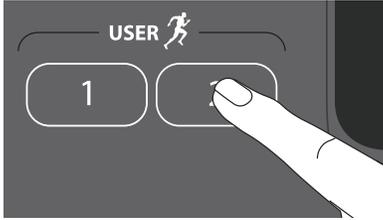
The USER keys on the 9.33 treadmill allow two people to customize, store, and retrieve workout selections. Two custom programs are also available when you choose a USER key. The custom programs record your speed and incline settings as you exercise.

Initially, you must “add a user” so the treadmill can store exercise session information associated with the specific USER key. Once you enter the requested information, it is stored until you opt to change it. You can select the same USER key time and time again, and your user preferences will automatically be re-instated. Refer to *Adding a User*.

This section explains how to:

- Add a user.
- Update your personal information.
- Change the user name and clear your workout statistics.

## Adding a User



To add a user, select a user number by taking the following steps:

1. At the banner, press a USER key. A blinking line prompts you to enter the first letter in your name.
2. Use the alphabet, on the number keypad, to enter your name. To enter a letter, press the appropriate number key repeatedly until the desired letter appears. To erase a letter, press the CLEAR key.
3. Wait until the next cell blinks and continue the process until your name or identification is complete.

**Note:** Blank spaces between letters are not allowed.

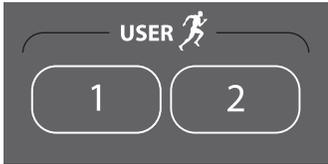
4. When you are satisfied with your name or user identification, press OK.
5. The display then prompts you to enter your weight and age.

Use the navigational arrow keys or number keys to answer each prompt, and then press OK. With each successful entry, you move onto the next prompt. After the age prompt, the display indicates that the user setup is complete and resets to the banner.

**Note:** The 9.33 treadmill retains entries even if you exit the user setup process prior to answering all the prompts. When you press the same USER key, the setup process is initiated and the prompts display your existing entries. Press OK to accept each entry and move on to the next prompt.

To begin an exercise session using your USER key, refer to *Selecting a USER Key*.

## Updating User Information



To update user information such as weight and age without clearing the workout statistics associated with a USER key, take the following steps:

1. At the banner, press and hold the USER key. A welcome greeting scrolls across the display.  
Continue holding the USER key until CHANGE USER [user number]? USER [x] SETUP scrolls across the display. Release the USER key, and then press OK.
2. When your user name appears, do not change it. Accept it as is by pressing OK.

**Important:** If you change your user name, you also delete all cumulative workout statistics associated with the user name. Refer to Changing the User Name and Clearing Workout Statistics.

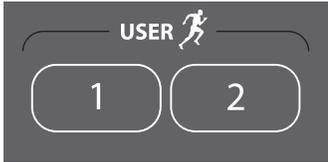
3. Answer the prompts for weight and age.

Use the navigational arrow keys or number keys to answer each prompt, and then press OK. With each successful entry, you move onto the next prompt.

4. At the CLEAR [user name] STATISTICS? prompt, choose one of the following options:

1 = No	Pressing USER key 1 updates user information only. The program preferences and cumulative workout statistics remain intact.
2 = Yes	Pressing USER key 2 updates user information, but deletes program preferences and cumulative workout statistics. Refer to <i>Changing the User Name and Clearing Workout Statistics</i> .

## Changing the User Name and Clearing Workout Statistics



You can clear the stored workout statistics for any USER key by changing the name associated with a USER key. Changing the user name resets workout time, weight and age preferences to the original factory defaults. The cumulative goal statistics and personal best records are reset to zero.

1. At the banner, press and hold the USER key while the welcome greeting scrolls across the display. Continue holding the USER key until CHANGE USER [user number]? scrolls across the display. Release the USER key, and then press OK.
2. When your user name appears, a blinking line prompts you to change the first letter.

3. Use the alphabet, on the number keypad, to enter a new name. To enter a letter, press the appropriate number key repeatedly until the desired letter appears. To erase a letter, press the CLEAR key.
4. A blinking space or letter indicates it is ready to receive a new letter. Wait until the next cell blinks and continue the process until your name or user identification is complete.  
**Note:** Blank spaces between letters are not allowed.
5. When you are satisfied with your name or user identification, press OK.
6. The display then prompts you to enter your weight and age.

Use the navigational arrow keys or number keys to answer each prompt, and then press OK. With each successful entry, you move onto the next prompt. After the age prompt, the display indicates that the user setup is complete and resets to the banner.

**Note:** Preferences and workout statistics are cleared.

# Workout Options

**CAUTION: Before beginning any fitness program, see your physician for a complete physical examination. Know your physician-recommended heart rate target zone.**

1. Turn the unit On. The banner prompt scrolls across the display.  
9.33 banner: CHOOSE USER OR QUICKSTART OR A PROGRAM TO BEGIN  
9.31 banner: CHOOSE QUICKSTART OR A PROGRAM TO BEGIN.
2. Hold on to a handrail while stepping on to the treadmill.
3. Face the display and then straddle the running belt by placing your feet on the trim strips provided.
4. Attach the safety clip to your clothing.
5. Grip a handrail with one hand to steady yourself.

6. Select one of the following options:

<i>Option...</i>	<i>Steps...</i>
To start exercising immediately	Use the QUICKSTART key. Refer to <i>Choosing QUICKSTART</i> .
To view a list of programs	Press a PROGRAMS key. Refer to <i>Selecting a Program</i> .
To begin exercising on the 9.33 using personal preferences	Press your USER key. Refer to <i>Selecting a USER Key</i> .

## Choosing QUICKSTART



1. While the banner scrolls, press QUICKSTART to begin the Manual Program.

QUICKSTART applies the following defaults:

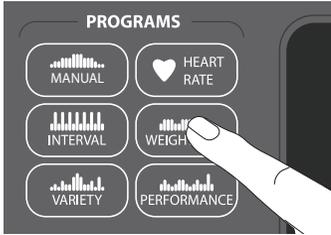
<b>Prompts</b>	<b>Default Value</b>
Program	Manual
Time	30 minutes
Weight	150 lb (68 kg)
Age	0

2. If needed, enter the safety code by pressing: 1, 2, 3, 4.  
An asterisk appears on the display with each entry.
3. Hold onto a handrail and straddle the running belt.  
BELT STARTING scrolls across the display. A 3-second countdown appears in the upper display, and then the running belt starts moving.
4. Step on to the running belt with the speed at or below 1 mph or 1 kph and begin exercising. Use the SPEED arrow keys to increase or decrease the speed of the running belt.

To use the SmartRate feature, you need to specify your age. In this case, review the steps found in *Adding a User* or *Selecting a Program*.

When you use the QUICKSTART key, you enter the MANUAL program as a guest user. The workout time, weight, and age are set to default values.

## Selecting a Program



1. While the banner prompt scrolls, continually press one of the PROGRAMS keys to review its list of programs. Choose the program you want, and then press OK. For a description of each program, refer to *Programs* or review Table 3 with the *PROGRAMS Keypad*.

**Note:** After pressing a PROGRAMS key, you can also scroll through the list of programs by pressing the navigational arrow keys.

2. A workout time blinks in the display if you choose a time-based program. Enter a number between 1–240 minutes or zero (NO LIMIT) by using the navigational arrow keys or the number keys, and then press OK.

**Note:** If you select a zero time limit, NO LIMIT scrolls across the display and designates an unlimited workout time. If you choose NO LIMIT, remember to incorporate a cool-down period at the end of your workout. If you

choose a distance-goal program, you will not be prompted for a workout time.

3. Enter your weight (1–999) and then your age (1–99).

**Note:** To change a value (program, weight, or age) that you have already entered press PAUSE/RESET to return to the banner 30 seconds. Select a program and reenter the appropriate values.

4. Hold onto a handrail and straddle the running belt.
5. If needed, enter the safety code by pressing: 1, 2, 3, 4.

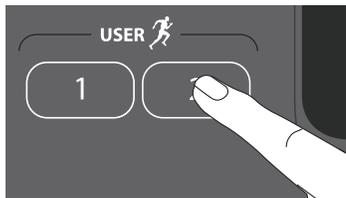
An asterisk appears on the display with each entry.

BELT STARTING scrolls across the display. A 3-second countdown appears, and then the running belt starts moving.

6. Step on to the running belt with the speed at or below 1 mph or 1 kph and begin exercising. Use the SPEED arrow keys to increase or decrease the speed of the running belt.

**Note:** On the 9.33, when you select a program without pressing a USER key, you enter the program as a guest user. Features, such as your personal best record which are stored with a USER key, will not appear with a guest user.

## Selecting a USER Key



To start your exercise session using personal identification and preferences set up in *Adding a User*, take the following steps:

1. At the banner, press the same USER key you designated in step 1, *Adding a User*.

**Note:** Refer to *User Identification* if you have not previously chosen a USER key.

A welcome greeting scrolls across the display and the last program associated with the USER key appears. User preferences such as weight and age are re-instated.

The time or distance goal associated with the displayed program also applies.

2. Press OK to select the program being displayed or choose another program using the navigational arrow keys or the PROGRAMS keypad. Refer to *Selecting a Program* for information about how to choose a program.

**Important:** If you make an entry error, press PAUSE/RESET to return to the banner.

3. If needed, enter the safety code by pressing: 1, 2, 3, 4.

An asterisk appears on the display with each entry.

BELT STARTING scrolls across the display. A 3-second countdown appears and then the running belt starts moving.

4. Step on to the running belt with the speed at or below 1 mph or 1 kph and begin exercising. Use the SPEED arrow keys to increase or decrease the speed of the running belt.

## Recording Your Personal Best Time

The distance programs (5K, 10K, Mile) record your personal best time when you select a USER key on the 9.33 and complete the program. The next time you select the same USER key and its settings, your personal best record appears when you press OK.

During your exercise session, the distance traveled is being recorded whether or not the program goal is time or distance. If you transfer to a distance program and complete it, your personal best time indicates the cumulative workout time regardless of how many mid-session transfers may have occurred. Upon program completion, one of the following messages scrolls across the display as you begin the cool-down period.

NEW PERSONAL BEST	displays your best time.
MISSED PERSONAL BEST	displays the amount of time required to meet or surpass your personal best time.
SAME PERSONAL BEST	indicates that you met and maintained your personal best record.

**Note:** Your personal best time appears in minutes and seconds unless you surpass 60 minutes. Then, the display presents your workout time in hours and minutes.

## Changing Programs in Mid-session

You can change programs in the middle of a session by selecting a new program from the PROGRAMS key menu. All accumulated workout statistics are transferred to the new program as you continue exercising.

Certain programs, such as the heart rate programs, are not available for mid-session transfers due to set goals and program preferences. If this occurs, a message scrolls across the center display.

Mid-session transfers are also not allowed during the cool-down period.

## Cooling Down After a Workout

Incorporate a cool-down period into your workout to help lower your heart rate and minimize muscle stiffness or soreness.

**Note:** You cannot switch to a different program during the cool-down period. To alter the cool-down period time limit, refer to *Setting a Cool-Down Time Limit*.

When you complete a program with a time limit or specified goal, you automatically enter a cool-down period. The running belt slows by about 20% and the incline returns to 0% grade. To readjust the speed or incline, press the SPEED or INCLINE arrow keys.

A workout summary appears at the end of the cool-down period. Refer to *Ending a Workout*.

**Important:** *If you exit a program before completing it, the cool-down period is bypassed.*

**Note:** The red STOP button and the PAUSE/RESET key can be used interchangeably. So, for the following steps, you may use the red STOP button instead of the PAUSE/RESET key.

To prematurely end the cool-down period, do the following:

1. Grasp a handrail with one hand.
2. Press the PAUSE/RESET key with your other hand. The treadmill enters pause mode.
3. Press PAUSE/RESET to view the workout summary.
4. Press PAUSE/RESET again to return to the banner.

**Important:** *Hold on to a handrail extension. Step off the treadmill when the lift has stopped moving.*

## Pausing During a Workout or the Cool-Down Period

Press the red STOP button or the PAUSE/RESET key to pause anytime during a workout or during a cool-down period. The pause mode has a time limit. If you do not resume exercising during that time, the display returns to the banner.

**Note:** The red STOP button and the PAUSE/RESET key can be used interchangeably.

1. To pause, press the red STOP button or the PAUSE/RESET key.

The display indicates the amount of time remaining in pause mode.

2. To resume exercising from pause mode, press QUICKSTART or the SPEED up arrow key.

3. If needed, enter the safety code by pressing: 1, 2, 3, 4.

An asterisk appears on the display with each entry.

4. Adjust the running belt speed using the SPEED arrow keys.

**Note:** When you pause during a program, you can change to another program. All cumulative exercise session statistics pass to the new program. However, if you pause during a cool-down period, changing to a different program is not allowed. Refer to *Changing Programs in Mid-session* and *Changing Treadmill Settings*.

## Ending a Workout

**CAUTION: Hold on to a handrail when you near the end of your exercise session. The incline automatically recalibrates to a 0% grade. If the lift is moving, wait until it stops before stepping off the treadmill.**

The running belt stops when you complete the automatic cool-down period. After the running belt stops, time stops accruing.

The workout summary shows your cumulative workout statistics including warm-up and cool-down periods. You can review your workout statistics for 10 minutes before the display automatically resets to the banner.

Grand totals (cumulative statistics) in calories, distance and time appear if you have been accessing programs through a USER key (9.33 only).

A heart rate analysis also appears, if you held onto the 9.33 touch-sensitive grips or wore a chest strap while exercising. Refer to *Heart Rate Analysis*.

If you choose to exercise with no set time limit, you must manually end a program by pressing the red STOP button or the PAUSE/RESET key. You can also press the SPEED down arrow until the speed is reduced to zero and the running belt stops.

**Note:** The red STOP button and the PAUSE/RESET key can be used interchangeably.

To stop the running belt or end an exercise session at any time, do the following:

1. Grasp a handrail with one hand.
2. Press the PAUSE/RESET key with your other hand. The treadmill enters pause mode.
3. Press PAUSE/RESET to view the workout summary.
4. Press PAUSE/RESET again to return to the banner.

***Important:*** Do not assume the treadmill is safe because of safety code protection. Never leave children unsupervised around the treadmill. Always turn Off and unplug the treadmill when it is not in use.

# Programs

This section describes the programs available on the treadmill. Use this section as a reference tool to better understand each program's purpose. For more information, refer to *Selecting a Program*.

The program descriptions are presented in menu selection order. To see a list of programs, refer to *PROGRAMS Keypad* and Table 3.

## Choosing a Program

Choosing a program depends on your goals. If you are a beginner or returning to regular exercise, you can start a cardio-conditioning program to slowly return your body to a comfortable level of exercise. If you have been exercising and feel that you have an intermediate or advanced fitness level, you probably have established goals. The Precor web site ([www.precor.com](http://www.precor.com)) can give you many ideas about fitness workouts and advice from the experts.

Several exercise choices on the treadmill are pre-programmed with recommendations for incline levels, pace, and alternating intervals. You always have the option to override the suggested levels.

## Program Tips

- Begin at the banner. Refer to *Workout Options*.
- A blinking column indicates your position as you progress through a program.
- To use the SmartRate feature, you need to specify your age and wear a chest strap or hold on to the touch-sensitive grips (9.33 only). Refer to *Using SmartRate*.
- To exercise indefinitely in any program (except preset distance programs), an unlimited exercise time setting may be an available option. Refer to *Selecting a Program*.
- If your level of exertion becomes too great, reduce your pace or change the incline using the SPEED or INCLINE arrow keys to override each upcoming column in the program profile.
- To view your pace, tap the SPEED up key. Your current pace appears in the display. You can also choose to display your pace in the lower display by pressing the Selection key until the LED lights next to the word PACE.

- To pause during a program, press PAUSE/RESET or the red STOP button. Refer to *Pausing During a Workout or the Cool-Down Period*.
- When you complete a program that contains a time or distance goal, the automatic cool-down period begins. Refer to *Cooling Down After a Workout*.
- Cumulative workout statistics appear when you end your exercise session. Refer to *Ending a Workout*.

## Manual Program



The Manual Program profile, available by pressing the MANUAL key, begins as a flat line. You control incline and speed settings using the INCLINE or SPEED arrow keys. The program profile reflects changes in all subsequent columns. The blinking column indicates your position in the program. A cool-down period occurs automatically when you end your workout.

**Note:** An exception to the cool-down period exists. Refer to *Advanced Programming and Troubleshooting* for more information.

To use the SmartRate feature, you need to specify your age during the setup prompts.

## Interval Program



The Interval Program, available by pressing the INTERVAL key, is one of the best programs for conditioning your cardiovascular system. The program raises and lowers your level of exertion repeatedly through rest and work intervals. You specify the period of time according to your training regimen.

Initially, the rest interval is set to 0% grade and 1 mph (1 kph). The work interval is set at a 3% grade and the speed remains at 1 mph (1 kph).

While exercising, you can vary the speed and change the preset incline using the SPEED or INCLINE arrow keys. The settings are repeated throughout the remainder of the program.

The display lets you know when the speed setting is about to change, and indicates the levels of the next interval.

**Note:** Incline changes are limited to  $\pm 5\%$  grade variance from the previous incline level.

## Random Program



The Random Program can be accessed by pressing the VARIETY key. Every time the Random program is selected, a different program profile appears. The columns that appear in the program profile show the preprogrammed incline. You can override the preprogrammed incline at any time using the INCLINE arrow keys.

The incline is preset to zero for the first column. The maximum change allowed between columns is  $\pm 4\%$ .

The running belt speed is completely under your control. You can adjust the pace by pressing the SPEED arrow keys.

## Custom Programs



Two Custom Programs are available on the 9.33 treadmill if you select a USER key, and then press the VARIETY key. As you exercise, you customize the program by determining the speed or incline settings for each 1-minute column along the length of the profile. As each column elapses, the speed and incline for that column are stored in memory.

The subsequent columns repeat the last programmed speed or incline and are reflected in the program profile. Adjust the speed or incline using the INCLINE and SPEED arrow keys. When you complete the program, the settings are automatically recalled using the same USER key and program number.

**Important:** *The starting speed may be greater than 1 mph (1 kph). Do not use the custom programs if you are unfamiliar with the settings.*

## Custom Program Tips

- The custom programs are time-based.
- The duration of the custom program and the number of speed and incline settings is limited to available memory in the treadmill. The program does not end if the available memory is exhausted, but the display notifies you and further changes to speed or incline are not saved. Approximately, 1½ hours of recording time are available.
- You need to incorporate a cooling down period into your exercise session. The cool-down period is not automatically appended to the end of the custom programs.
- The program profile reflects changes to incline.

## Clearing the Settings in a Custom Program

Perform the following steps to clear (delete) any speed and incline settings stored in a custom program.

1. At the banner, select a USER key, and then press OK.
2. Display the custom program that you wish to clear.

**Important:** *Clearing the speed and incline settings from a custom program permanently deletes them from memory.*

3. While the custom program name appears on the display, hold the red STOP button for about fourteen seconds. After a message appears on the display indicating that the settings have been cleared, you can release the key. Speed and incline information are reset to zero.

During the 14-second delay and before CLEARING appears on the display, you can release the red STOP button and no change will occur to the custom program settings.

## Heart Rate Programs



The heart rate programs enhance your overall cardiovascular fitness levels to help you achieve your weight loss and fitness goals. Two programs are available on the 9.33 and one heart rate program is available on the 9.31 treadmill. Both monitor your heart rate and adjust the incline to keep you within a specific heart rate target zone while you exercise.

**Important:** *Consult your physician to determine the appropriate target heart rate for your age and fitness level. Do not exercise over the recommended range of 85% of your maximum aerobic heart rate.*

## Heart Rate Program Tips

Read through the following tips before selecting a program. These tips provide general information regarding how the programs function. For more information and exercise suggestions, refer to the Precor web site at [www.precor.com](http://www.precor.com).

- To use the heart rate programs, you must enter your age and wear a chest strap or grasp the touch-sensitive grips on the 9.33 so your heart rate can be monitored throughout the session.
- Each program provides a 3-minute warm-up period. During this time you may change the incline or speed.
- When your target heart rate or heart rate zone is achieved or the 3-minute period elapses, the warm-up period ends and the program begins.
- To change to a different program, select a PROGRAMS key and press OK.
- Cool down periods are incorporated into each program.

**Table 3. Heart Rate Programs**

<b>Program</b>	<b>Description</b>
Basic HR	Start with the Basic HR Program if this is the first time you have used a heart rate program or you are returning to an exercise fitness routine. The Basic HR Program adjusts the incline to maintain your heart rate within two beats per minute of the target heart rate while you exercise. If your physician recommends a different target heart rate than the one that appears on the display, you can adjust your target heart rate by using the navigational arrow keys once you complete the warm-up period.
Weight Loss HR	Improve fat-burning results and increase endurance every time you exercise. This program helps you achieve weight loss and increase your aerobic capacity. The program maintains your heart rate between the weight loss and cardiovascular zones: 55% - 75% of your maximum aerobic heart rate. Refer to <i>Heart Rate Features</i> .  During the program, you cannot adjust your target heart rate. The program monitors your heart rate and automatically adjusts the incline or speed throughout five stages: warm-up, weight loss, cardiovascular, weight loss, and cool down. Forty percent of the workout time is spent in each weight loss zone while the other 20 percent is maintained in the cardiovascular zone.

## Weight Loss Programs



The Weight Loss Programs are available by pressing the WEIGHT LOSS key. During your exercise session, set a comfortable pace. Use the HEART RATE display to monitor your heart rate. The display lets you know when the incline or speed levels are about to change.

Table 4 briefly explains the purpose of each program.

**Table 4. Weight Loss Programs**

<i>Program</i>	<i>Description</i>
Weight Loss (9.31 only)	Use this program if you are beginning or returning to a regular fitness routine. The workout time is fixed at 28 minutes and consists of seven 4-minute intervals. You are not prompted for a workout time. To monitor your heart rate, wear a chest strap. Use the SmartRate display and maintain your heart rate within the FAT BURN zone.
Weight Loss HR (9.33 only)	<p>Improve fat-burning results and increase endurance every time you exercise. This program helps you achieve weight loss and increase your aerobic capacity. The program maintains your heart rate between the weight loss and cardiovascular zones: 55% - 75% of your maximum aerobic heart rate. Refer to <i>Heart Rate Features</i>.</p> <p>During the program, you cannot adjust your target heart rate. The program monitors your heart rate and automatically adjusts the incline or speed throughout five stages: warm-up, weight loss, cardiovascular, weight loss, and cool down. Forty percent of the workout time is spent in each weight loss zone while the other 20 percent is maintained in the cardiovascular zone.</p>

## 5K Program



The 5K Program, available by pressing the PERFORMANCE key, provides a favorable distance to run or walk depending on your level of fitness. The distance is fixed at five kilometers (3.1 miles) and cannot be changed. The incline is preprogrammed. You can change the speed and override the preprogrammed incline using the arrow keys.

This program records your personal best time when you select a USER key and complete the program. If you have a previous record, it scrolls across the display when the program begins.

When you complete the program, a message appears indicating whether you exceeded, maintained, or missed your personal best record. Refer to *Recording Your Personal Best Time*.

## 10K Program



The 10K Program is available by pressing the PERFORMANCE key. The distance for the 10K course is fixed at ten kilometers (6.2 miles) and the incline is preprogrammed. You can change the speed and override the preprogrammed incline using the arrow keys.

This program records your personal best time when you select a USER key and complete the program. If you have a previous record, it scrolls across the display when the program begins.

When you complete the program, a message appears indicating whether you exceeded, maintained, or missed your personal best record. Refer to *Recording Your Personal Best Time*.

## Mile Program



The Mile Program is available by pressing the PERFORMANCE key. The distance is fixed at one mile and the incline is preprogrammed. You can change the speed and override the preprogrammed incline using the arrow keys.

This program records your personal best time when you select a USER key and complete the program. If you have a previous record, it scrolls across the display when the program begins.

When you complete the program, a message appears indicating whether you exceeded, maintained, or missed your personal best record. Refer to *Recording Your Personal Best Time*.

## WALK Programs



Three WALK Programs are available on the 9.33 by pressing the PERFORMANCE key. Each program provides varying levels of exertion from an easy walk (WLK 1) and moderate walk (WLK 2) to an advanced level walk (WLK 3). As the number associated with the program increases, so does the percent of incline and the frequency of the changes within the program's profile.

All the WALK programs have preset inclines. As you move through the program, the profile mimics the prior column's incline level unless you change it or the program's time limit is reached. You can override the incline levels at any time by pressing the INCLINE arrow keys.

The running belt's speed is completely under your control. Adjust the speed using the SPEED arrow keys.

The WALK Programs are great cardio-conditioning programs for beginners and serious walkers alike. Visit the Precor web site [www.precor.com](http://www.precor.com) for more information and to supplement your exercise sessions.

## RUN Programs



Three RUN Programs are available on the 9.33 by pressing the PERFORMANCE key. These programs provide varying levels of exertion geared toward the runner from an easy run (RUN 1) or moderate run (RUN 2) to an advanced level run (RUN 3). As the number associated with the program increases, so does the percent of incline and the frequency of the changes within the program's profile.

All the RUN programs have preset inclines. As you move through the program, the profile mimics the prior column's incline level unless you change it or the program's time limit is reached. You can override the incline levels at any time by pressing the INCLINE arrow keys.

The running belt's speed is completely under your control. Adjust the speed using the SPEED arrow keys.

The RUN Programs are great cardio-conditioning programs. If you are a runner, visit the Precor web site [www.precor.com](http://www.precor.com) for more information and to supplement your exercise sessions.

# Advanced Programming and Troubleshooting

Certain features remain hidden and can only be accessed using special key presses. Read this section if you want to:

- Set the pause or cool-down times
- Set the maximum speed limit
- View the odometer
- Display the number of hours you have used your treadmill
- View the software versions and part numbers
- Display the serial number
- Check the usage log
- Check the error log

## Advanced Programming Tips

- Always start at the banner.  
9.33 banner: CHOOSE USER OR QUICKSTART OR A PROGRAM TO BEGIN  
9.31 banner: CHOOSE QUICKSTART OR A PROGRAM TO BEGIN.
- The advanced programming and diagnostic mode is accessed by pressing the red STOP button at the banner. Any remaining key presses must occur quickly and without pause.

- The QUICKSTART key is disabled while in programming mode.
- The number keypad is disabled once you enter advanced programming mode. You need to use the navigational arrow keys to change the blinking prompts.
- Some keys provide the same functionality and can be used interchangeably while in advanced programming mode. These keys are:  
OK and ENTER  
PAUSE/RESET and the red STOP button
- The advanced programming prompts appear sequentially and in a menu format. Pressing the arrow keys in the navigational keypad moves you through the programs. Press OK to choose or accept the displayed selection. To return to the banner without saving any changes, press PAUSE/RESET or the red STOP button.

## Changing Treadmill Settings

Through a specific set of number key presses, you can customize the pause or cool down times and adjust the maximum limit for the running belt speed.

To access the menu and change the settings, perform the following steps:

1. At the banner, press the following keys in sequence without pausing between selections:

PAUSE/RESET, 5, 6, 7, 1

Numbers appear on the display as you press the associated key.

DIAGS - SET PARAMETERS scrolls across the display followed by SAFETY CODE.

## Selecting Safety Code Protection

When the treadmill is shipped from the factory, the safety code protection feature is disabled. If you enable the safety code, the display prompts you to enter the safety code at the beginning of your exercise session. The running belt will not move unless the proper 4-digit safety code is entered.

If the correct code: 1, 2, 3, 4, is not entered within 30 seconds, further access is denied. Refer to *Entering the Safety Code*.

2. At the SAFETY CODE prompt, press OK. Use a navigational arrow key to alternate between the two selections.

<b>Setting</b>	<b>Description</b>
ENABLED	Causes the safety code prompt to appear prior to a workout and when returning from pause mode.
DISABLED	Does not require a safety code to operate.

**CAUTION: Do not assume the treadmill is safe because of safety code protection. Never leave children unsupervised around the treadmill.**

3. When you are ready, press OK to accept the display setting and move to the next program. Or, press PAUSE/RESET to return to the banner.

## Selecting a U.S. Standard or Metric Display

The treadmill can display measurements in either Metric or U.S. Standard. The default factory setting is set to display U.S. Standard. To change this setting, perform the following steps:

4. At the SELECT UNITS prompt, press OK. Use the navigational arrow keys to select a unit of measure (U.S. or METRIC).
5. When you are ready, press OK to accept the display setting and move to the next program. Or, press PAUSE/RESET to return to the banner.

## Setting a Pause Time Limit

You can limit how long a user can pause while exercising on the unit by entering a time between 1 and 10 minutes. For example, if you set the pause time limit to 1 M, the display automatically resets to the banner if no key press occurs within one minute.

6. At the SET MAX PAUSE TIME prompt, press OK. Use the navigational arrow keys to change the time limit. Choose between 1 and 10 minutes.
7. When you are ready, press OK to accept the displayed setting and move to the next program. Or, press PAUSE/RESET to return to the banner.

## Setting a Cool-Down Time Limit

You can limit how long a user cools down after exercising on the unit by entering a time between 0 and 5 minutes (M).

**Important:** *It is highly recommended that you set the cool-down period at or above three minutes. It takes time for a user's heart rate to return to a resting state after vigorous exercise. An effective cool-down period also reduces the amount of lactic acid in muscle tissue.*

8. At the SET COOL DOWN TIME prompt, press OK. Use the navigational arrow keys to display the available time limits. The default setting is 5 minutes.
9. When you are ready, press OK to accept the displayed setting and move to the next program. Or, press PAUSE/RESET to return to the banner.

## Setting the Speed Limit

You can set a maximum speed for the treadmill in miles per hour. This limits how fast the running belt moves and, consequently, the number of speed settings that are available to the user. The range of speeds available are 0.5 to 12 mph.

**Note:** The treadmill automatically converts the speed setting to kilometers per hour if you change the units of measure to metric. To change the units of measure, return to the SELECT UNITS prompt. Refer to *Selecting a U.S. Standard or Metric Display*.

10. At the SET SPEED LIMIT prompt, press OK. Use the navigational arrow keys to select the desired running belt speed limit.
11. When you are ready, press OK to accept the displayed setting and return to the SAFETY CODE prompt. Or, press PAUSE/RESET to return to the banner.

## Informational Displays

The treadmill provides information about its use (odometer and hour meter), as well as software version, serial number, usage log, and error codes. In general, you would only access this information if directed to do so by Precor Customer Support.

These instructions guide you through all eight informational displays. Pressing the OK key moves you through the displays. Pressing the navigational arrow keys cycles you through the menu selection. To exit, press PAUSE/RESET at any time.

**Important:** Quick access to the informational displays is available if error messages have appeared on the display and have been recorded in the error log. This feature is usually reserved for service personnel. At the banner, press and hold PAUSE/RESET for 4 seconds. If DIAGS - INFORMATION DISPLAY appears continue with step 2 in Viewing the Odometer. If no errors are logged, you return to the banner when you release the key.

## Viewing the Odometer

1. At the banner, press the following keys in sequence and without pause:  
PAUSE/RESET, 6, 5

The numbers 6, 5 appear on the display as you press the associated key.

Then DIAGS - INFORMATION DISPLAY scrolls across the display followed by ODOMETER.

2. Press OK to view the odometer value (cumulative miles traveled) or press the ▼ arrow key to move to the next informational display.

**Note:** If the unit of measure is set to metric, then kilometers appears instead of miles.

3. When you are ready, press OK to move to the next display (hour meter).

## Viewing the Hour Meter

HOUR METER scrolls across on the display.

4. Press OK to view the number of hours that the unit has been in use or press the ▼ arrow key to move to the next informational display.

The treadmill tracks the elapsed minutes, but the value that appears is truncated to the nearest full hour.

5. When you are ready, press OK to move to the next display (software version).

## Viewing the Software Part Numbers

U-BOOT SW scrolls across the display.

6. Press OK to view the upper board boot software part number (for example, 48996-100) or press the ▼ arrow key to move to the next informational display.

7. When you are ready, press OK to move to the next display (upper base application software part number).

U-BASE SW scrolls across the display.

8. Press OK to view the upper base application software part number or press the ▼ arrow key to move to the next informational display.

9. When you are ready, press OK to move to the next display (lower board's serial number).

LOWER SW scrolls across the display.

10. Press OK to view the lower board software version and part number.

11. Write the numbers below. You will need these numbers if you call Customer Support with questions. This information will help rule out any software-related problems:

UPPER BOOT SW: \_\_\_\_\_

UPPER BASE SW: \_\_\_\_\_

LOWER SW: \_\_\_\_\_

12. When you are ready, press OK to move to the next display (serial number).

## Viewing the Serial Number

SER. NUMBER scrolls across the display.

13. When you are ready, press OK to view the serial number or press the ▼ arrow key to move to the next informational display. The serial number is helpful when you contact Customer Support.

**Note:** If no serial number has been entered, then SER. NUMBER NONE appears. Use the serial number found on the front panel, near the power cord.

14. If you have not already done so, write the serial number onto the Warranty Registration card. You can also register online at [www.precor.com](http://www.precor.com).
15. When you are ready, press OK to move to the next display (usage log).

## Viewing the Usage Log

USAGE LOG scrolls across the display.

16. When you are ready, press OK to view each program, the number of times it has been used, and the associated cumulative minutes. The usage log is helpful in determining user preferences in program selection.
17. Use the navigational arrow keys to select and view usage information about each specific program.

**Note:** For a list of programs, refer to *Programs* and Table 3.
18. When you are ready, press OK to move to the next display (error log).

## Viewing the Error Log

ERROR LOG scrolls across the display.

19. When you are ready, press OK to determine how many errors exist in the error log or press the ▼ arrow key to cycle back to the ODOMETER display.

**Note:** If there are no errors in the log, you will see NO ERRORS displayed. When you press OK, you return to the ODOMETER display.

20. Press OK again to view the first entry in the error log.

21. If more than one error is being stored, continue to press the ▼ arrow key. Each error code specifies when it occurred, listing the error code, odometer, hour meter and current (amps) values.

**Note:** Use the ▲ arrow key to review prior error log entries. To exit the error log, press OK while the code scrolls across the display and you return to the ODOMETER display.

22. Copy the error code information to paper so you can provide it to Customer Support if needed. Be sure to copy it exactly as shown.
23. To erase the information in the error log, press and hold QUICKSTART while the error code scrolls across the display. The message, NO ERRORS, appears on the display and remains static to let you know when the error log has been erased.

**Important:** *You cannot retrieve the error log once you have cleared it. You may want to resolve any issues you are experiencing with the treadmill before clearing the error log.*

24. When you are ready, press OK to cycle back to the ODOMETER, or press PAUSE/RESET to return to the banner.

## Troubleshooting Error Codes

If any error codes appear in the center display, turn the unit Off and On. If the error continues to occur, call an authorized service person for assistance. Refer to *Obtaining Service*.

## Troubleshooting Heart Rate

Table 5 may help you understand and troubleshoot erratic heart rate readings.

**Important:** A heart rate can only be detected when the Precor heart rate receiver is properly installed in the display and the treadmill is turned On. You must also wear the chest strap or hold on to both touch-sensitive grips.

To conduct electrical impulses from a user's heart, both touch-sensitive grips must be grasped firmly for five to ten seconds. Usually, the concentration of salts in a person's perspiration provides enough conductivity to transmit a signal to the receiver in the display console. However, because of body chemistry or erratic heartbeats, some people cannot use the heart rate feature. A chest strap may provide better results. Refer to the *QuickStart Card* for proper placement of the chest strap.

**Table 5. Erratic heart rate readings**

<i>What appears on the display</i>	<i>Cause</i>	<i>What to Do</i>
Nothing	The heart rate receiver is not installed or it has been disconnected.	To receive Customer Support, refer to <i>Obtaining Service</i> .
---	A signal is being detected, but the transmission requires more time to establish a heart rate.	Be sure the chest strap is in direct contact with your skin.
Hr	A signal is being detected, but the transmission requires more time to establish a heart rate. Appears on the 9.33 only.	If using the touch-sensitive grips, use both hands and make sure your hands are moist, not dry.
Pulsing HEART	The LED heart blinks when a heart beat is detected.	If the LED is pulsating, it indicates that the heart rate equipment is working properly.

# Maintenance

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

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

## Inspection

Inspect the treadmill daily.

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

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

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

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

## Cleaning the Equipment

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

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

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

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

## Storing the Chest Strap

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

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

## Checking the Alignment of the Running Belt

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

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

1. The treadmill has adjustable rear feet. Make sure that the running surface is level. If the treadmill is placed on an uneven surface, adjusting the rear feet can help, but will not compensate for extremely uneven surfaces.
2. Turn the unit On.
3. Stand beside the treadmill and press QUICKSTART.

4. If needed, enter the safety code by pressing the following number keys in sequence: 1, 2, 3, 4.

The running belt starts automatically after a 3-second countdown appears on the display.

5. Press the SPEED up arrow key until the display shows a speed of 3 mph (5 kph).

**CAUTION: If you hear any chafing or the running belt appears to be getting damaged, stop the running belt immediately by pressing the red STOP button. Contact Precor Customer Support.**

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

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

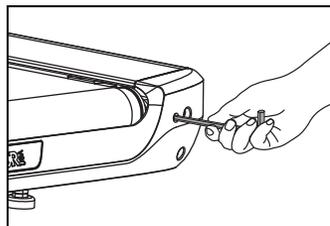
7. To stop the running belt, press the red STOP button.
8. Turn the treadmill Off.

## Adjusting the Running Belt

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

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

1. Locate the right belt adjustment bolt in the rear end cap of the treadmill. Refer to Diagram 11.



**Diagram 11: Location of the adjustment bolt**

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

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

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

2. Recheck the alignment of the running belt by repeating the steps found in *Checking the Alignment of the Running Belt*.

## Long-Term Storage

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

# Precor Residential Equipment Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

## Limited Warranty

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty period set forth below. The warranty period commences on the invoice date of original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To make claim under warranty, the buyer must notify Precor or their authorized Precor dealer within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited and set forth below.

## Warranty Periods and Coverage

All residential products and commercial products used in the home are warranted for the following periods:

- Lifetime frame and welds
- 10 years parts and wear items
- 1 year labor
- Coverage for options and accessories defined below.

## Options / Accessories

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-day parts and labor limited warranty. All components that are not internally connected have 90-day parts only limited warranty. Satisfactory proof of purchase is required in all cases.

## Conditions and Restrictions

This warranty is valid only in accordance with the conditions set forth below:

1. The 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 modifications
  - c. Claims are made within the warranty period
2. 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.

3. Warranty of all Precor products applies to residential use only and is void when products are used in a nonresidential environment or installed in a country other than where sold.
4. Except in Canada, Precor does not pay labor outside the United States.
5. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details.

### **This limited warranty shall not apply to:**

1. Software version upgrades
2. Cosmetic items, including, but not limited to the following: grips, seats, and labels.
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. Pickup, delivery, or freight charges involved with repairs.
6. Any labor costs incurred beyond the applicable labor warranty period.

### **Disclaimer and Release**

The warranties provided herein are the exclusive warranties given by Precor and supersede any prior, contrary or additional representations, whether oral or written. ANY IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE THAT APPLY TO ANY PARTS DESCRIBED ABOVE ARE LIMITED IN DURATION TO THE PERIODS OF EXPRESS WARRANTIES GIVEN ABOVE FOR THOSE SAME PARTS. PRECOR HEREBY DISCLAIMS AND EXCLUDES THOSE WARRANTIES THEREAFTER. Some states do not allow limitation on how long an implied warranty lasts, so the above limitation may not apply to you.

PRECOR ALSO HEREBY DISCLAIMS AND EXCLUDES ALL OTHER OBLIGATIONS OR LIABILITIES, EXPRESS OR IMPLIED, ARISING BY LAW OR OTHERWISE, WITH RESPECT TO ANY NONCONFORMANCE OR DEFECT IN ANY PRODUCT, INCLUDING BUT NOT LIMITED TO: (A) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY IN TORT, WHETHER OR NOT ARISING FROM THE NEGLIGENCE OF PRECOR OR ITS SUPPLIERS (WHETHER ACTIVE, PASSIVE OR IMPUTED); AND (B) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM, OR REMEDY FOR LOSS OF OR DAMAGE TO ANY EQUIPMENT. This disclaimer and release shall apply even if the express warranty set forth above fails of its essential purpose.

### **Exclusive Remedies**

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item. Precor compensates Servicicers for warranty trips within their normal service area to repair equipment at the owner's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

## **Exclusion of Consequential and Incidental Damages**

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COST INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purpose and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation might not apply.

This warranty gives you specific legal rights, and you may also have other rights, which vary state to state.

*Notes:*

*Notes:*

**Thank You and Welcome to Precor**



To allow us to serve you better, please take a few moments to complete and return your warranty registration.

**YOU MAY ALSO REGISTER ONLINE AT**

**[www.precor.com/warranty](http://www.precor.com/warranty)**

If you have questions or need additional information, contact your local dealer or call Precor Customer Support at 800-347-4404.

Fold along dotted line and tape closed before mailing.

RET.

**PRECOR**<sup>®</sup> USA  
Precor Incorporated  
20031 142nd Avenue NE  
PO Box 7202  
Woodinville, WA 98072-4002

PLACE  
STAMP  
HERE



## 9.31/9.33 Low Impact Treadmill

### Product Specifications

Length:	79 in (204 cm)
Width:	34 in (86 cm)
Height:	56 in (142 cm)
Weight:	335 lb (152 kg)
Shipping weight:	400 lb (182 kg)
Running surface:	22 in x 56 in (56 cm x 142 cm)
Motor:	3.0 hp continuous duty (120 V) 4.0 hp peak duty (240 V)
Power:	120 VAC, 50/60Hz 240 VAC, 50/60 Hz
Speed:	0.5–12 mph (0.8–20 kph)
Incline:	0%–15% grade
Frame:	Powder-coated steel
Regulatory Approvals:	FCC, ETL

### Product Features

QUICKSTART™
SmartRate®
Heart Rate Telemetry (chest strap included)
Touch Heart Rate
User IDs (2) - 9.33 only
Safety Code

### Programs

PROGRAMS	Menu Selection	9.31	9.33
Manual	Manual	✓	✓
Interval	Interval	✓	✓
Variety	Random	✓	✓
	1 Custom †		✓
	2 Custom †		✓
Heart Rate	Basic HR*	✓	✓
	Weight Loss HR*		✓
Weight Loss	Weight Loss	✓	
	Weight Loss HR*		✓
Performance	5K	✓	✓
	10K	✓	✓
	Mile	✓	✓
	Walk 1		✓
	Walk 2		✓
	Walk 3		✓
	Run 1		✓
	Run 2		✓
	Run 3		✓

† Appears when you select a USER key.

### Electronic Readouts

% Complete	Program Name
Age	SmartRate*
Average Heart Rate*	Speed
Average Speed	Target Heart Rate
Calories	Time
Distance	Time Elapsed
Heart Rate*	Time in Heart Rate Zone*
Incline	Time Remaining
Maximum Heart Rate*	User Name (9.33 only)
Pace	Weight
Personal Best Record (9.33 only)	Workout Summary
Profile	

\* Use of chest strap or touch-sensitive handrail grips is required.



Precor Incorporated  
20031 142nd Ave NE  
P.O. Box 7202  
Woodinville, WA USA 98072-4002  
1-800-347-4404

Precor, C, CrossRamp, EFX, M, Move Beyond, and SmartRate are registered trademarks of Precor Incorporated. Crosstrainer, QuickStart, and StretchTrainer are trademarks of Precor Incorporated. Copyright 2007 Precor Incorporated. Specifications subject to change without notice.  
[www.precor.com](http://www.precor.com)

**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.

Download from [Www.Somanuals.com](http://Www.Somanuals.com). All Manuals Search And Download.

9.31/9.33 OM 49779-102, en  
Warranty # 36287-110, en  
Registration Card# 45623-102, en  
126 December 2007

**CAUTION: Before using the treadmill, read all these instructions. Failure to do so may result in serious injury.**

- Do not allow children or those unfamiliar with its operation, on or near this equipment.
- Before beginning any fitness program, see your physician for a thorough physical examination. Seek advice from your physician to learn the target heart rate appropriate for your fitness level.
- At the beginning of a workout, straddle the belt by placing your feet firmly on the right and left staging platforms.
- Always face the display and use the handrail for balance. Never attempt to turn around on the treadmill while the running belt is moving.
- If you feel pain, faintness, or dizziness, stop exercising immediately.

## Use the Safety Clip

Always attach the safety clip to your clothing before each workout. A tug on the lanyard trips the safety switch inside the display and stops the running belt. If the safety switch trips while you are exercising, the treadmill retains your workout statistics and enters pause mode. To resume your workout, reattach the magnetic safety key to the console and attach the clip to your clothing. Enter the password, and then press QUICKSTART.

# 9.31 9.33

## Low-Impact Treadmills

### Workout Tips

- Before and after a workout, gently stretch your lower body and back to help prevent stiffness or soreness.
- At the beginning of a workout, take several minutes to bring your heart rate into your target zone (shown in Diagram D on the other side of this card).
- To display your heart rate, wear a chest strap or use both hands to grasp the touch-sensitive handrail grips.
- Incorporate a cool-down period into your workout to help lower your heart rate and minimize muscle stiffness and soreness.

## Begin Your Workout with QUICKSTART

To begin exercising immediately without personalizing your exercise session, take the following steps.

1. Turn On the treadmill, using the power switch located beneath the front of the unit, near the power cord.
2. Step on the treadmill. Face the display and straddle the running belt.
3. Attach the safety clip to your clothing. Make sure the magnetic safety key is in position next to the red STOP button.
4. Hold on to the handrail with one hand and press QUICKSTART with the other. If needed, enter the password. Refer to your owner's manual.

A 3-second countdown appears, and then the running belt starts moving. The Manual Program begins.

5. Step on to the running belt with the speed at 1 mph (1 kph), and begin exercising.
  - To increase or decrease the incline or speed, use the INCLINE or SPEED arrow keys.
  - To pause, hold onto a handrail with one hand while you press the PAUSE/RESET key with the other.
6. To change workout time or enter your weight or age, press MANUAL and answer the prompts that appear on the display.

**Note:** When you reach your time goal, you automatically enter a cool-down period.
7. Complete the cool-down period and a workout summary, which presents your exercise session statistics, appears. To review your cumulative distance and average speed, press the right selection key. The cumulative number of calories burned appears in an upper display.
8. Remove the safety clip from your clothing and hold on to a handrail as you step off the treadmill.
9. To prevent unauthorized use, turn the treadmill Off.

**Note:** To personalize your exercise experience, refer to *Workout Options* in the owner's manual.

## Choose a Program

- Determine your level of fitness: beginner, intermediate, or advanced.
- Determine your immediate goal: endurance training, cardio-conditioning, or weight loss.

If you are a beginner, start a cardio-conditioning program to slowly adjust your body to a comfortable level of exercise. Over a recommended 8-week period, you will increase your endurance and strength while improving flexibility.

If you have been exercising and feel that you have reached an intermediate or advanced fitness level, you probably have established goals for yourself.

For all fitness levels, plan to exercise at a comfortable pace for 20 to 30 minutes a day. Wear a chest strap to monitor your heart rate. Supplement your plans with fitness workouts from the Precor web site ([www.precor.com](http://www.precor.com)). The Precor web site also provides expert advice to help you reach your fitness goals.

## Monitor Your Heart Rate

The SmartRate and heart rate displays provide visual cues that help you adjust your fitness routine to reach your goals. Use these features to keep your heart rate within the target zones.

### Wear a Chest Strap

During a workout, the heart rate features appear on the display when you wear a chest strap. To receive an accurate reading, the chest strap needs to be in direct contact with your skin. After you put on the chest strap, face the display console for a minimum of 15 seconds. This allows the receiver in the console to recognize the signal from the chest strap.

1. Carefully dampen the back of the strap with tap water (Diagram A).

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

2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive (Diagram B).
3. Make sure that the chest strap is right side up, lies horizontally across your chest, and is centered in the middle of your chest (Diagram C).



Diagram A



Diagram B



Diagram C

When these steps are complete, you are ready to view your heart rate!

### Touch-Sensitive Handrail Grips

Several Precor products incorporate touch-sensitive heart rate grips on the handrails. If you prefer to use the touch-sensitive handrail grips, use both hands. Make sure both hands are moist (not dry) when you grasp the touch-sensitive handrail grips.

## SmartRate® Features

When you begin an exercise session, a blinking segment in the SmartRate display appears if you entered your age during the setup phase. The blinking segment indicates the current zone of your heart rate.

The calculation used for the heart rate target zone is your maximum aerobic heart rate:  $(220 \text{ minus your age}) \text{ multiplied by a percent}$ .

For the ideal weight loss range, your heart rate should remain between 55% and 70% of your maximum aerobic heart rate. To improve your overall cardiovascular and respiratory fitness level, maintain your heart rate between 70% and 85% of your maximum aerobic heart rate.

For the greatest benefits, maintain your heart rate in either zone for 30 minutes or more at least three times a week.

**CAUTION: Your heart rate should never exceed 85% of your maximum aerobic heart rate or go above your target zone (Diagram D).**

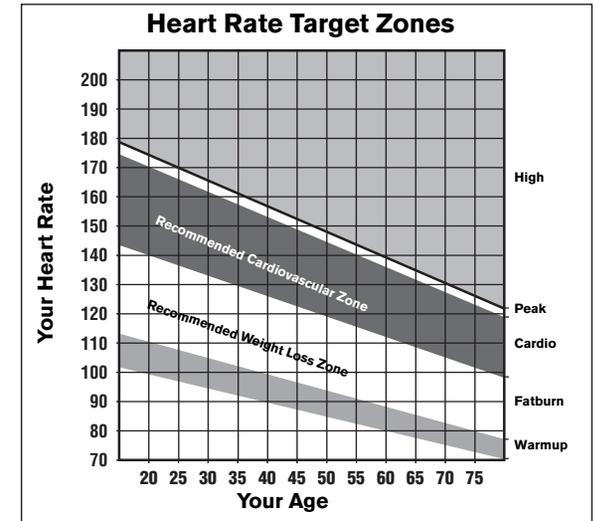


Diagram D

## Cool Down After Your 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 three minutes helps provide a smooth transition that allows your heart rate to return to its normal, non-exercising state.

**PRECOR**<sup>USA</sup>  
move beyond<sup>®</sup>

Precor Incorporated  
20031 142nd Avenue NE  
P.O. Box 7202  
Woodinville, WA USA 98072-4002  
[www.precor.com](http://www.precor.com)  
HR INFO 48140-104  
©2007 Precor Incorporated

# Assembly Guide



**PRECOR**<sup>®</sup> USA  
move beyond<sup>®</sup>

**9.3x**  
Low-Impact Treadmills



Thank you for choosing Precor. For proper installation, please read this guide thoroughly and follow the assembly instructions. If you do not assemble the treadmill according to these guidelines, you could void the Precor Limited Warranty.

## Obtaining Service

You should not attempt to service the treadmill except for minor belt adjustments and maintenance as described in the owner's manual. Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor website at [www.precor.com/cons](http://www.precor.com/cons).

## Unpacking the Equipment

The treadmill is carefully tested and inspected before shipment. The unit is shipped in one box. Ask for help from two or more people to unpack and assemble the treadmill. If any items are missing, contact your dealer.

## Required Tools

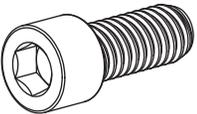
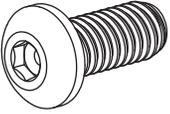
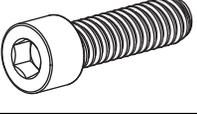
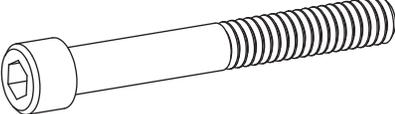
- Phillips-head screwdriver
- Crescent wrench
- Bubble level
- Wire cutter

## Installation Requirements

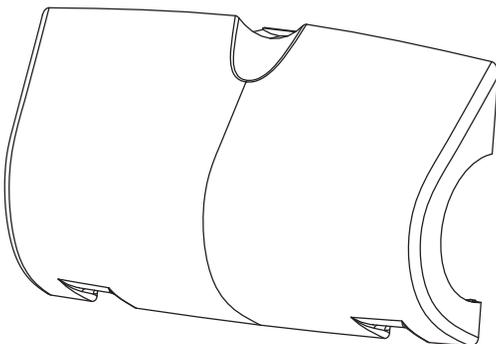
Follow these installation requirements when assembling the unit:

- **Assemble the unit near the location where you plan to use it.**
- **Provide ample space around the unit.**  
Open space around the unit allows for easier access.
- **Set up the unit on a solid, flat surface.**  
A smooth, flat surface under the unit helps keep it level. A level unit has fewer malfunctions.
- **Open the box and assemble the components in the sequence presented in this guide.**
- **Obtain assistance.**  
Ask another capable adult for assistance during the assembly process.
- **Use your fingers or the appropriate tools to insert fasteners.**  
Proper alignment helps alleviate cross-threading. Do not fully wrench tighten fasteners until instructed to do so.  
***Important:** When wrench tightening, the head of the fastener should be flush with the product. If it is not, cross-threading has occurred. Do not attempt to rework the assembly as more damage to the unit will occur. Contact Customer Support. Refer to Obtaining Service.*
- **If you plan to move the unit, obtain help and use proper lifting techniques.**  
Grasp the one-piece plastic end cap to lift the treadmill and roll it on its front wheels. Do not grasp any other plastic part while lifting or moving the unit. The other plastic parts are not reinforced and they may break.

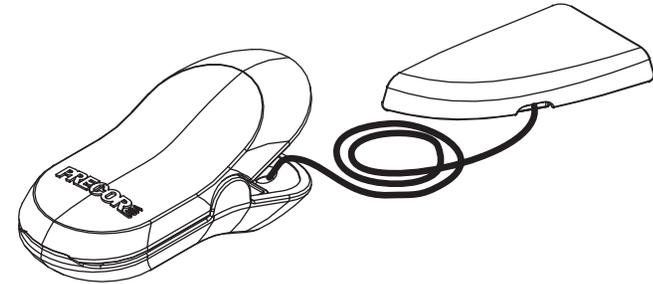
## Hardware Kit (not to scale)

Fasteners		Quantity
	(A) Socket head screw (3/4-inch)	8
	(B) Buttonhead screw (3/4-inch)	6
	(C) Socket head screw (7/8-inch)	1
	(D) Split washer (5/16-inch)	6
	(E) Socket head screw (2-inch)	2
	(F) Phillips-head screw (3/8-inch)	2

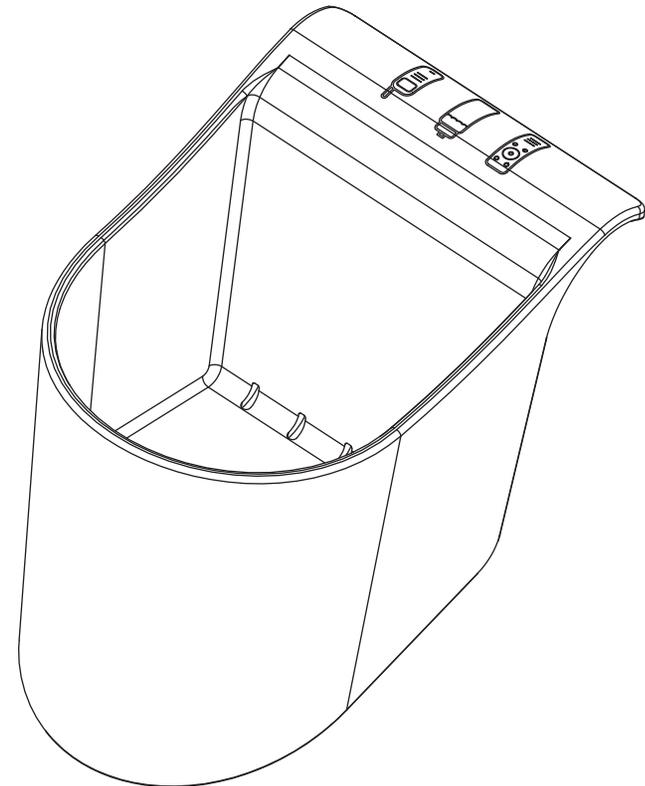
1 – Console cover (G)



1 – Magnetic safety key and safety clip (H)



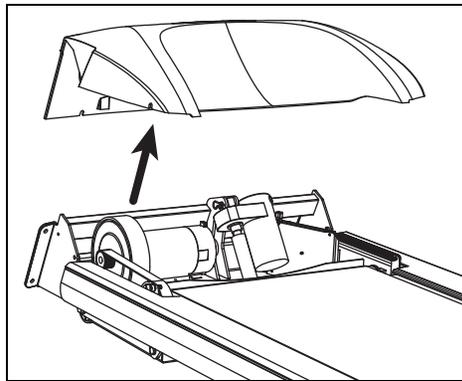
2 – Water bottle holder (J)



1 – 3/16 Hex key

1 – 1/4 Hex key

# Assembly Steps



1

120 V model shown

**CAUTION:** The location of the On/Off switch is beneath the cutout on the base frame. Make sure the power switch is in the Off position. Make sure the power cord is disconnected from its power source.

1

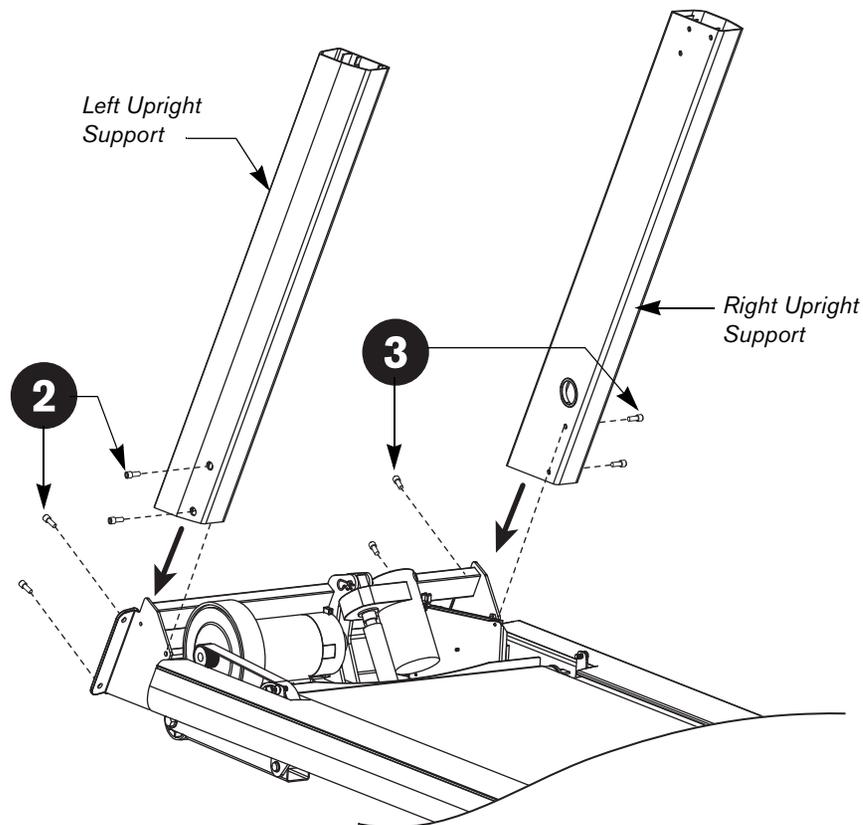
Loosen, but do not remove, the two front fasteners and two side fasteners on the hood using the  $\frac{3}{16}$ -inch hex key. Remove the hood and set it aside.

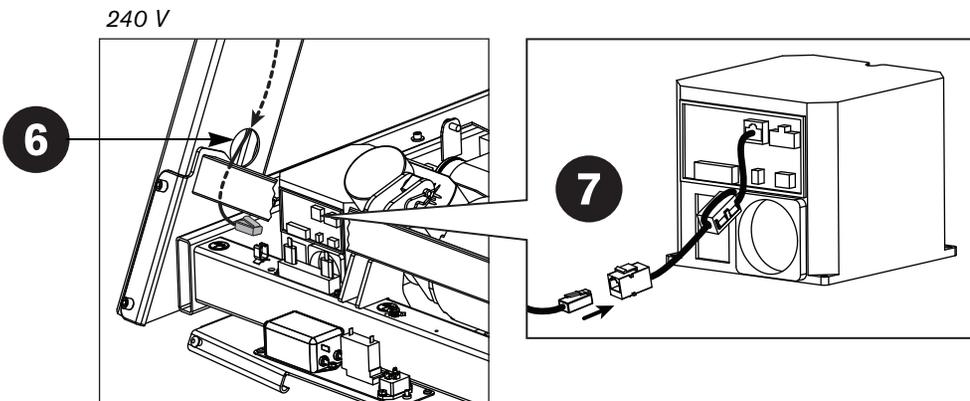
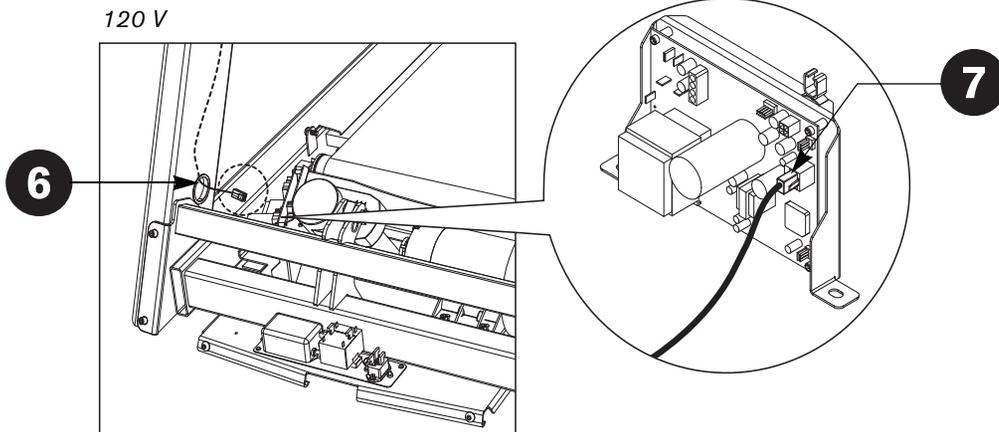
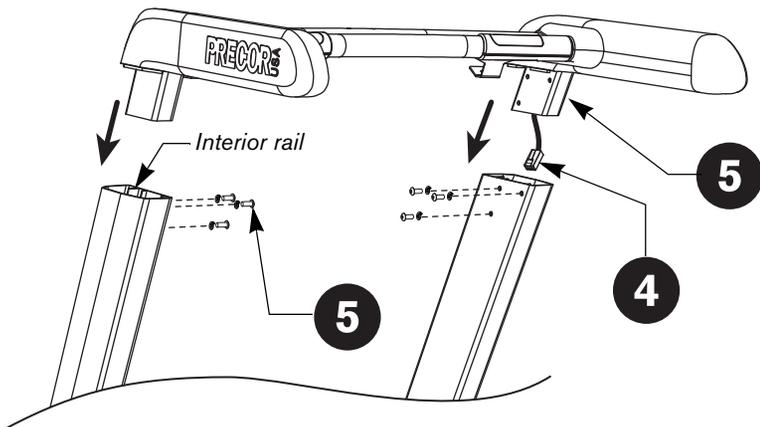
2

Place the left upright support into the base frame side bracket. Ask your assistant to insert a socket head screw (A) into the top mounting hole on the front panel. Thread the screw so the other mounting holes line up. Then, secure the upright support to the side bracket using two socket head screws (A). Finger tighten.

3

Attach the right upright support by following the same procedure as step 2 using four socket head screws (A). Finger tighten.





- 4** Unwrap the cable and remove the kinks. Ask your assistant to hold the handrail extensions while you feed the cable inside the right upright support. Make sure the cable connector rests on the floor at the base of the upright support.

**CAUTION: Be aware of the handrail extensions when you are working around the front of the unit. It is easy to bump your head or sustain other injuries if you ignore the location of the handrail extensions.**

- 5** Have your assistant hold the handrail assembly above the upright supports. Tip the assembly forward so the mounting brackets slide along the interior rails inside the upright supports. Align the mounting holes and insert six buttonhead screws (B) and six split washers (D). For easier assembly, insert the top rear fasteners first. Then, lift the handrail extensions and insert the bottom front fasteners. Align the top front mounting holes and thread the two remaining fasteners. Finger tighten.

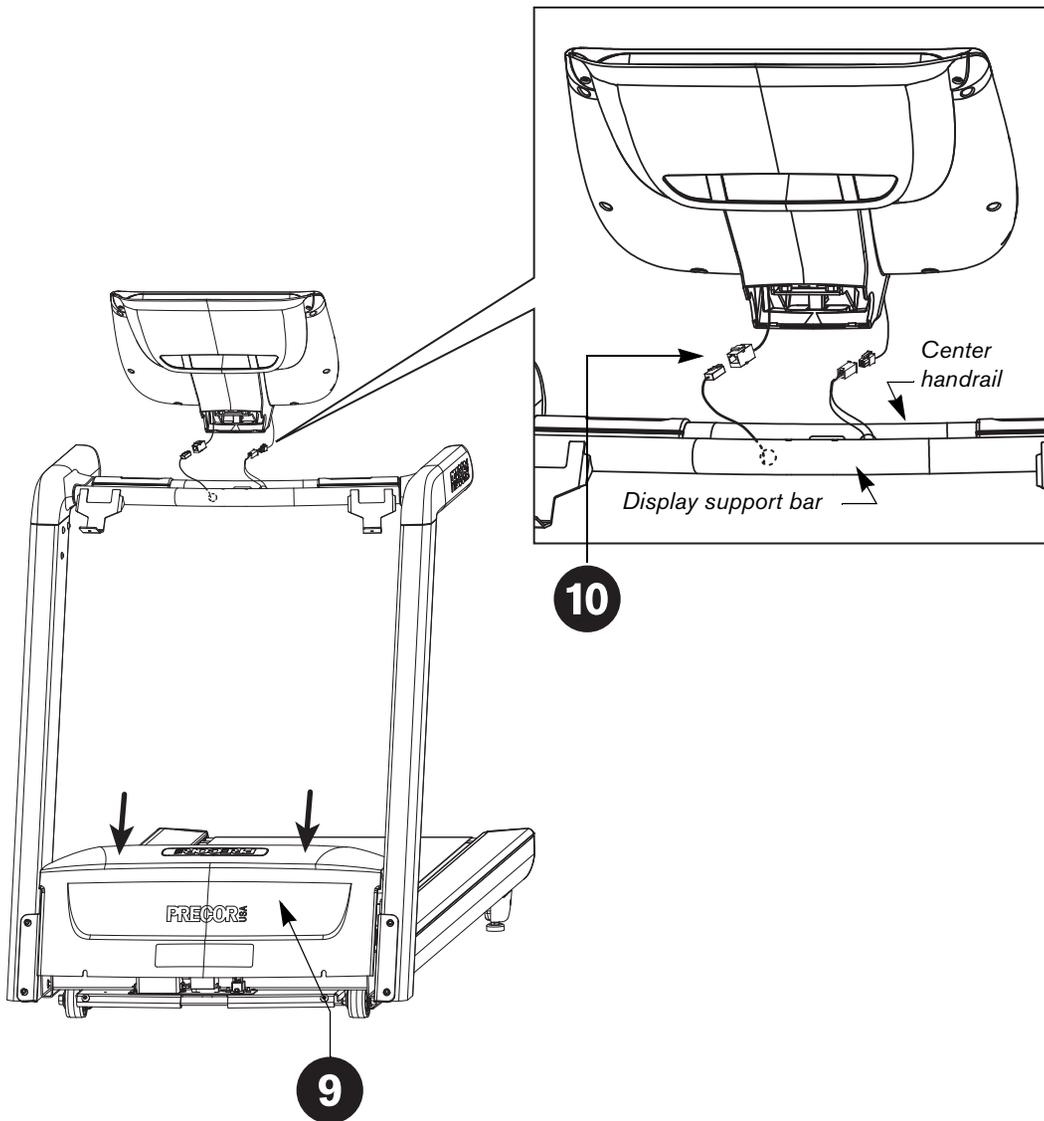
**Important:** Make sure the fasteners do not pinch the cable. Cables damaged by improper installation will not be covered by the Precor Limited Warranty.

- 6** Pull the cable connector through the hole in the right upright support.
- 7** For 120 V models, connect the display cable to its receptacle on the electronics board. The tab on the cable connector faces the front of the treadmill. An audible click is heard when the cable is properly attached.

For 240 V models, connect the display cable to the jumper cable. An audible click is heard when the cable is properly attached.

**Note:** Place the excess cable inside the upright support.

- 8** Tighten all mounting screws.
- Start at the base and use the 1/4-inch hex key to alternately tighten the eight fasteners that secure the upright supports to the base assembly. Refer to steps 2 and 3.
  - Use the 3/16-inch hex key to wrench tighten the six screws that secure the handrail extensions to the upright supports. Refer to step 5.

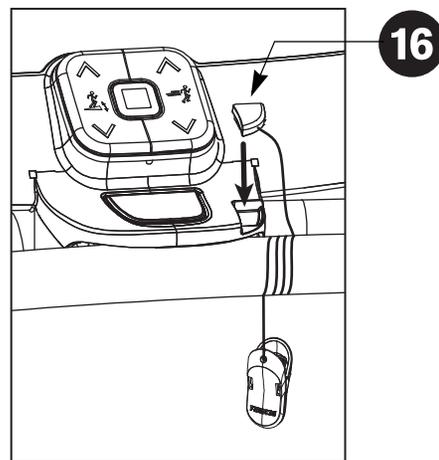
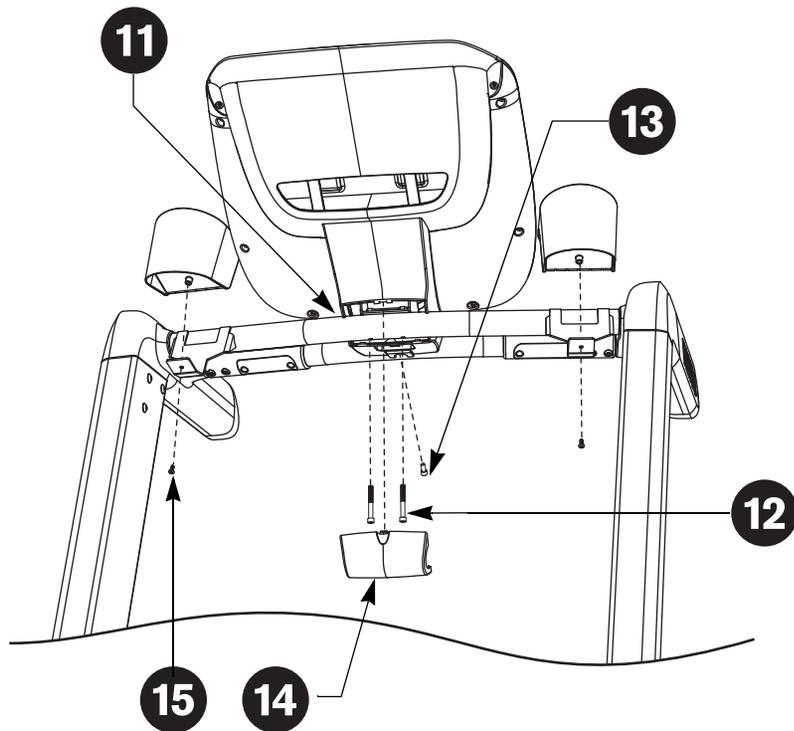


**9** Position the hood over the running belt so you can slide it through the upright supports from the rear. Align the hood with its four fasteners. Use the  $\frac{3}{16}$ -inch hex key to wrench tighten the two side fasteners before wrench tightening the two fasteners that secure the front of the hood.

**10** Install the display console.

- Cut the wire ties that secure the cables to the center handrail and display support bar.
- Ask your assistant to stand on the running belt and hold the display console. The display label must face the rear of the treadmill. Tilt the display console so the cables are easily accessible.
- Stand to the side of the treadmill and connect each cable to its appropriate receptacle.

**Note:** The 9.31 has one cable connection. The 9.33 and 9.35 have two cable connections.



- 11** Position the display console so the half-round cutout rests on the display support bar. Place any excess cables inside the display console. Tip the display console up so its base aligns with the mounting bracket on the center handrail.

**CAUTION: Have your assistant hold the display console until it is fastened to the center handrail and display support bar. If it drops, cables will stretch or break and damage will occur to the electronic boards. The Precor Limited Warranty does not cover damage caused during installation.**

- 12** Secure the display console to the display support bar with two socket head screws (E). Wrench tighten using a  $\frac{3}{16}$ -inch hex key.

Once the display console is secure, your assistant can stop supporting it.

- 13** Secure the display console to the center handrail with one socket head screw (C). Wrench tighten using the  $\frac{3}{16}$ -inch hex key.

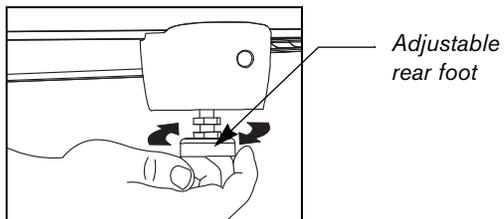
- 14** Attach the console cover (G) by inserting the bottom two tabs. Rotate the cover up and apply pressure so the top tab snaps into place.

**Note:** If you need to remove the cover, apply pressure to the thumb tab and rotate the cover out.

- 15** Place the two water bottle holders (J) onto their brackets and secure each with a buttonhead screw (F). Tighten each screw with a Phillips-head screwdriver.

- 16** Place the magnetic safety key (H) into the cutout on the display console.

- 17** Before using the unit, make sure it is level. If adjustments are needed, adjust one rear foot at a time. Do not raise the unit more than  $\frac{3}{4}$  inch (2 cm) from the floor.
- Ask a capable assistant to lift the rear portion of the treadmill (using proper lifting techniques).
  - Loosen the upper lock nut with a crescent wrench and rotate the rear feet as needed.



- Retighten the lock nut and lower the treadmill to the floor.

- 18** Check the alignment and adjust the running belt. For instructions, refer to *Checking the Alignment and Adjusting the Running Belt*. If you wish to test the heart rate feature, refer to the owner's manual.

# Checking the Alignment and Adjusting the Running Belt

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

## To check the alignment:

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

1. The treadmill has adjustable rear feet. Make sure that the running surface is level before aligning or adjusting the running belt. Refer to step 18.
2. Connect the power plug to an appropriate dedicated circuit and turn the unit On.
3. Stand beside the treadmill and press QUICKSTART.
4. If needed, enter the password. Refer to your owner's manual. The running belt starts automatically after a 3-second countdown appears on the display.
5. Press the SPEED up arrow key until the display shows a speed of 3 mph (5 kph).

**CAUTION: If you hear any chafing or see that the running belt appears to be getting damaged, stop the running belt immediately by pressing the red STOP button. Contact Precor Customer Support.**

6. Walk around to the rear of the unit and observe the belt for a few minutes. The belt should run centered along the running bed. If the belt drifts off center, you will need to make adjustments. Refer to the next section.

**Important:** If the belt needs alignment, make the adjustments at once. Failure to align the belt may cause the belt to tear or fray, which is not covered by the Precor Limited Warranty.

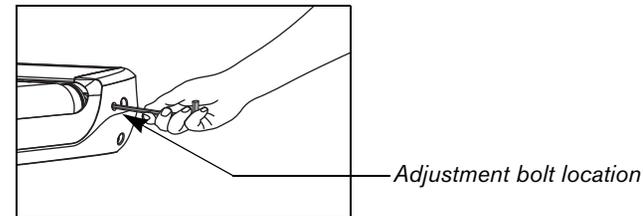
7. To stop the running belt, press the red STOP button.
8. Turn the treadmill Off.

## To adjust the running belt:

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

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

1. Locate the right belt adjustment bolt in the rear end cap of the treadmill.



To determine left and right, stand at the rear of the treadmill and face the display. Make all belt adjustments on the **right rear corner bolt** using the 1/4-inch hex key.

- If the belt is off center to the LEFT, turn the adjusting bolt 1/4 turn *counterclockwise*, which moves the running belt to the right.
- If the belt is off center to the RIGHT, turn the bolt 1/4 turn *clockwise*, which moves the belt to the left.

**Important:** Do not turn the adjusting bolt more than 1/4 turn at a time. Overtightening the bolt can damage the treadmill.

2. Recheck the alignment of the running belt.





Precor Incorporated  
20031 142nd Avenue NE  
P.O. Box 7202  
Woodinville, WA USA 98072-4002  
1-800-347-4404

©2009 Precor Incorporated  
[www.precor.com](http://www.precor.com)  
9.3x AG 49760-106 rev F  
15 August 2009

## 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>