



PRECOR® 9.5sp

Programmable
Treadmill Ergometer

Owner's Manual



PRECOR® USA

Safety Information

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

Read and observe the following guidelines when using the M9.5sp Programmable Treadmill Ergometer:

- Read the Owner's Manual and follow all instructions. These instructions were written to ensure your safety and to protect the treadmill.

Note for Club Owners: To ensure the proper use and safety of the M9.5sp treadmill, make sure that all users review this manual. Please make this manual a part of your training program.

- Assemble and operate the M9.5sp treadmill on a solid, level surface. Locate the treadmill at least 4 feet from walls or furniture. Keep the area behind the treadmill clear.
- Never allow children on or near the M9.5sp treadmill. Never leave children unsupervised around the treadmill.
- Check the M9.5sp treadmill before each use. Do not use the treadmill if it is not completely assembled or is damaged in any way.
- Keep hands away from moving parts.
- Wear proper exercise clothing and shoes for your workout—no 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.
- Keep all loose clothing and towels away from the treadmill running surface. A treadmill running belt will not stop immediately if an object becomes caught in the belt or rollers.
- Use care when getting on or off the M9.5sp treadmill. Use the handrails whenever possible. Do not get on or off the treadmill when the running belt is moving.
- Before starting the running belt, straddle the belt by placing your feet firmly on the right and left staging platforms. You should also step onto the staging platforms after turning off the running belt.
- Never turn ON the treadmill when someone is standing on the machine.
- Keep your body and head facing forward. Never attempt to turn around on the treadmill when the running belt is moving.
- Do not rock the unit. Do not stand or climb on the handrails, electronic console, or hood.
- Do not set anything on the handrail, electronic console, or hood. Never place liquids on any part of the treadmill.

- Keep all electrical components, such as the motor, power cord, and ON/OFF switch, away from water or other liquids to prevent shock.
- Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injuries.
- Do not attempt to service the M9.5sp treadmill yourself. This treadmill does not have any user-serviceable parts. See *Getting Service* later in this manual for service information.
- Turn OFF the treadmill when adjusting or working near the rear roller. Do not make any adjustments to the running belt when someone is standing on the machine.
- This treadmill is manufactured with six safe “fail-off” systems. If the treadmill encounters a problem, it will trigger a “fail-off” system, allowing the running belt to come to a gradual stop. Continued use of the treadmill after a fail-off system occurs is not recommended. Instead, have your treadmill serviced as described in *Getting Service* later in this manual.
- Do not overexert yourself or work to exhaustion.
- Stop your workout immediately if you feel any pain or abnormal symptoms, and consult your physician.

Precor treadmills are designed for the enjoyment of the serious runner as well as the dedicated walker. By following the above precautions and using good common sense, you will have many safe and pleasurable hours of healthful exercise with your Precor treadmill.

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1

Before You Begin

Congratulations on purchasing one of the newest, most technologically advanced electronic treadmills available, the M9.5sp Programmable Treadmill Ergometer. This treadmill belongs to Precor's exciting "M" series of exercise equipment, which represents a superior combination of high technology and ergonomics.

The M9.5sp treadmill offers 105 professionally-designed exercise programs. Incorporating the latest in exercise science, these programs are designed to maximize cardiorespiratory benefits, while providing challenge and motivation. You can also custom design up to nineteen courses for even more challenge and variety.

The easy-to-understand electronic console displays the speed and percent incline of your chosen course. After an optional 3-minute warm-up, an electronic pacer motivates you to maintain your pace uphill or downhill, or around a quarter-mile or 400-meter track. Other displays include time, distance, speed, and calories burned. If you ever have a question about a prompt, the "Help" feature can give clarification.

The M9.5sp Programmable Treadmill Ergometer has unique features which set it apart from conventional treadmills. To maximize your use of the M9.5sp treadmill, please study this guide thoroughly.

About this Manual

This Owner's Manual explains how to assemble and use the M9.5sp Programmable Treadmill Ergometer. This manual also provides a basic explanation of aerobic conditioning, and describes how to tailor a M9.5sp fitness program to your needs. If you encounter problems while installing or using the M9.5sp treadmill, refer to this manual for troubleshooting information.

This manual uses the following conventions:

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

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

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

Unpacking the M9.5sp Treadmill

Your M9.5sp treadmill is carefully inspected before shipment, so it should arrive in good operating condition. Precor ships the unit in five pieces as listed below:

- running bed assembly
- handrail/display assembly
- lift motor
- lift motor cover
- hardware kit (contents described below)

Carefully unpack the parts from the original shipping container.

CAUTION: This unit weighs over 150 pounds. To avoid back strain and to ensure the safety of the unit and yourself, we suggest that you drop the sidewalls of the box and slide the running bed assembly from the box, rather than lifting the running bed assembly from the box.

After unpacking the treadmill, open the hardware kit and make sure that you have the following items:

- two hex-head shoulder bolts
- one long shoulder bolt
- four 3/8" screws
- one 7/8" washer
- one 3/8" locknut
- two plastic plug caps
- three cable ties
- one 1/4" hex key
- one 5/16" hex key

If any items are missing, contact your authorized Precor dealer. For the dealer nearest you, call 1-800-4-PRECOR.

Important: The packaging for this equipment was designed to protect it during shipment. Please store the original packaging in a safe place in case you need to ship the M9.5sp treadmill in the future.

2

Setting Up the M9.5sp Treadmill

Installation Requirements

You do not need special knowledge or experience is required to set up an M9.5sp treadmill. However, you must carefully review and follow the instructions in this manual. If you do not assemble and use this treadmill according to following guidelines, you could void the Precor warranty.

CAUTION: Precor recommends that two people move the treadmill to its proper location. A fully assembled M9.5sp treadmill is very heavy, and may cause back strain if one person tries to move it.

Follow these installation requirements when installing the treadmill:

- **Set up the M9.5sp treadmill on a solid, level surface.** Do not install the treadmill on deeply padded, plush, or shag carpeting due to possible damage to the carpet and the machine. If the treadmill is placed on a carpeted surface, place a piece of heavy cardboard, plywood, or other smooth, flat surface under the unit to protect the carpet and treadmill.
- **Locate the treadmill at least 4 feet from walls and furniture.** Be sure to provide ample space in front of the machine to allow easy access to the ON/OFF switch. Open space to the sides and back of the unit makes for a safer mount and dismount and easier belt adjustment.
- **Use a 220-volt outlet.** Precor recommends that you plug the treadmill into an outlet with a dedicated 20 amp circuit breaker. The treadmill comes equipped with a 20 amp circuit breaker to protect the electrical and electronic components from sustained overloads, and an integral 3-prong plug grounded to protect the machine and provide for your safety.

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

- **Supply the appropriate tools.** To properly assemble the 9.5sp treadmill, you need to supply two box end wrenches. A 1/2" box end wrench is needed to complete the handrail assembly installation while a 9/16" box end wrench is required to secure the lift platform and lift tube.

Assembly Instructions

Take the following steps to assemble the M9.5sp treadmill. We recommend that two people assemble the treadmill.

1. Make sure that the treadmill is unplugged and turned OFF. Do not assemble the M9.5sp treadmill if it is plugged in and turned ON.
2. Remove the black hood by unscrewing the eight phillips-head screws.
3. Remove the four 5/16" locknuts and washers (two on each side) from the handrail/display assembly mounts near the front of the treadmill as shown in Photo 1.

Photo 1

*Install handrail/
display assembly.*

Handrail/display assembly

Handrail/display assembly mount



4. Position the handrail assembly so both the right and left handrail columns align over the mounts. (See Photo 1.) Replace the washers and locknuts. Using the 1/2" box end wrench, begin to tighten each locknut. Alternate between each one until all four locknuts are snug up against the handrail columns.

Photo 2

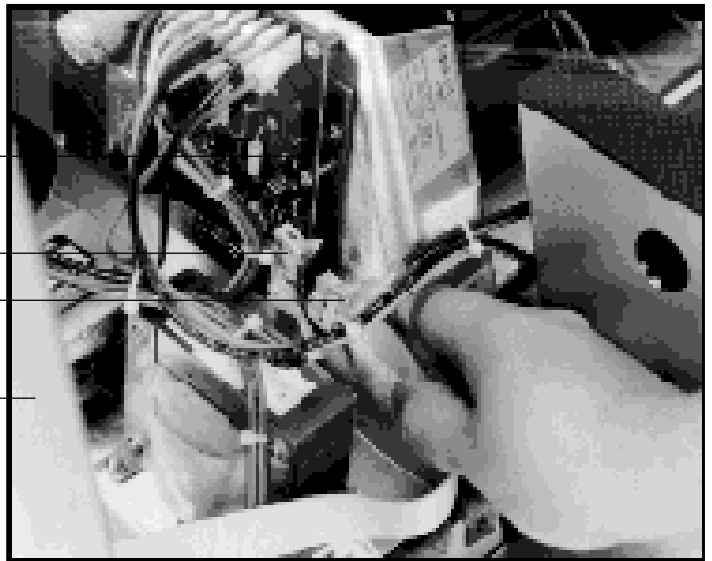
*Install ribbon
cable connector.*

Printed circuit board

Ribbon cable connector receptacle

Ribbon cable connector

Handrail/display assembly



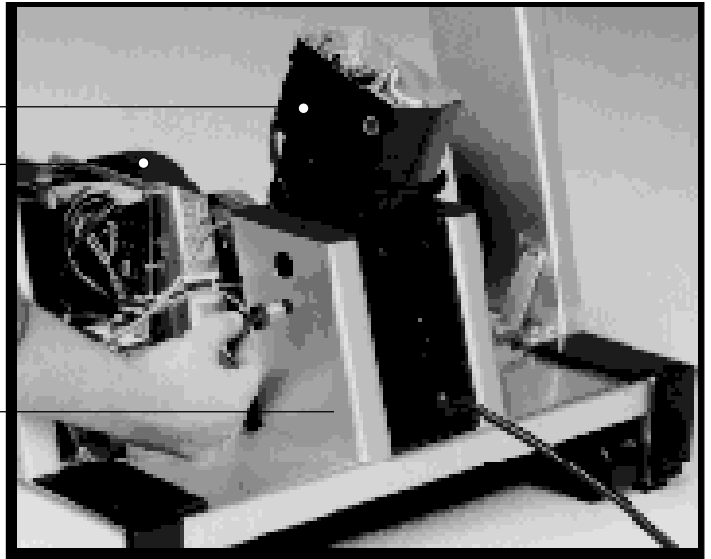
5. Locate the ribbon cable connector that protrudes from the handrail/display assembly.
6. Align the tab on the side of the ribbon cable connector with its corresponding receptacle on the printed circuit board located near the motor. (See Photo 2.) Make sure that all pins are aligned and fully engaged. The connector is designed to engage in one direction only. Do not force the connector into the receptacle.

Photo 3 *Secure top two bolts.*

Lift motor _____

Treadmill motor _____

Lift motor support mount _____



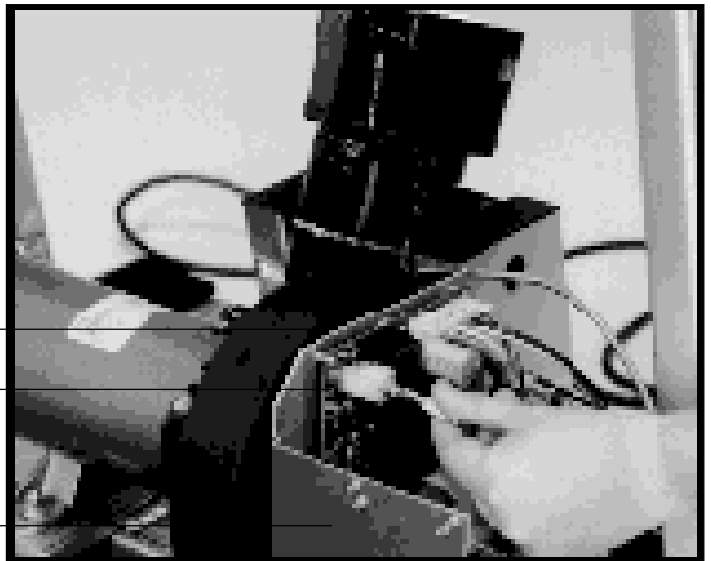
7. Slide the lift motor into position, shaft side down, with the long tube toward the front of the treadmill and the short tube facing the treadmill motor. (See Photo 3.)
8. Secure the lift motor by placing one of the two hex-head shoulder bolts on the 5/16" hex wrench (both are found in the hardware kit). Insert the bolt through the lift motor mount and into the lift motor. Follow the same procedure for the second shoulder bolt. (See Photo 3.) Align the motor and securely tighten the shoulder bolts.
9. Locate the two plastic plug caps in the hardware kit. Insert the plastic plug caps over the two shoulder bolts on the lift motor support mount.

Photo 4 *Plug lift-motor wiring harness into printed circuit board.*

Lift-motor wiring harness receptacle _____

Printed circuit board _____

Lower board chassis _____



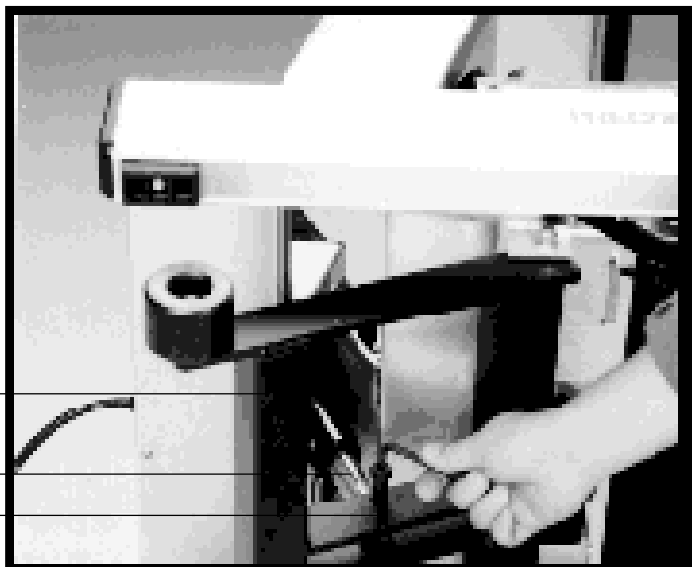
10. Plug the lift-motor wiring harness into the receptacle on the printed circuit board. (See Photo 4.)
11. Using the cable ties supplied in the hardware kit, secure the lift-motor wiring to the lower board chassis. Cut the ends of the cable ties so the excess plastic does not interfere with the motor or circuit board.

12. Place the lift motor cover over the lift motor. Locate the four 3/8" screws and appropriate hex key in the hardware kit. Use the screws to securely attach the cover to the lift motor. Do not overtighten the screws. Overtightening can cause damage to the plastic cover.

Photo 5

Secure lift platform and lift tube.

Lift platform —
Lift tube —
Long shoulder bolt —



13. Lay the treadmill on its right-hand side with the help of another person.

Note: Right and left are determined while standing behind the treadmill, facing towards the front of the machine.

14. Locate the long shoulder bolt, 7/8" washer and 3/8" locknut in the hardware kit. Insert the long shoulder bolt through the center of the lift platform and the lift tube. Secure the lift platform and tube together by sliding the washer and fastening the 3/8" locknut onto the end of the shoulder bolt. Hold the locknut in place using your 9/16" box end wrench while fully tightening the bolt with the hex key provided. (See Photo 5.)

15. Return the treadmill to an upright position, so it rests flat on the floor.

16. Replace the black hood that you removed in Step 2 and tighten the eight phillips-head screws.

CAUTION: Precor recommends that two people move the treadmill to its final location. A fully-assembled M9.5sp treadmill is very heavy, and might cause back strain if one person tries to move it.

17. If you need to move the treadmill, ask for assistance from another person. Roll the treadmill on its front wheels to the new location by lifting the rear end of the unit.

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

18. Plug the treadmill into a 220v outlet. Make sure that no other major appliances use the same circuit as the treadmill.
19. Continue to *Checking the Alignment of the Running Belt* to complete the installation of the M9.5sp treadmill.

Checking the Alignment of the Running Belt

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

Follow these steps to check the alignment:

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

1. Locate the ON/OFF power switch at the front of the black hood and turn ON the treadmill.
2. Stand next to the treadmill, and answer the startup questions. Select "**Manual**" mode.
3. Continue to stand next to the treadmill and increase the running belt speed to 6 miles per hour using the SPEED ▲ arrow key.
4. Walk to the back of the treadmill and observe the belt as it runs (watch for about one minute).

If the running belt	Then...
tracks centered on the treadmill	the belt is functioning correctly and no adjustment is necessary
runs or drifts off center	you need to adjust the belt; see <i>Aligning the Running Belt</i> at the end of this manual for instructions

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

5. Press and hold STOP to stop the running belt. Using the ON/OFF switch, turn OFF the treadmill.

If the belt is functioning correctly, the M9.5sp Programmable Treadmill Ergometer is assembled and ready to use. If the belt needs alignment, refer to *Aligning the Running Belt* for instructions *before* using the treadmill.

3

Using the M9.5sp Treadmill

As simple as using the M9.5sp treadmill might seem, you should read this section so that you can use it safely and easily. This section provides the basic information you need to exercise on your treadmill, including the following:

- a brief description of the electronic console
- instructions explaining how to exercise on the treadmill
- instructions for creating custom courses and marathon races
- instructions for changing the preconfigured default settings for the startup questions

Understanding the Electronic Console

The electronic console lets you control your M9.5sp treadmill session. As you workout, the electronic LED display provides constant feedback about your progress. Information about elapsed time, speed, distance covered, degree of incline, and total calories burned is available at any time. Photo 6 shows the electronic console. An explanation of the keypads and displays follows the photograph.

Photo 6 *M9.5sp electronic console*



Left Keypad

The left keypad is used to program the desired course or track. Each key provides a separate function. The following information describes each key on the left keypad.

HELP: Press this key when you want an explanation of any selection. The information will scroll across the top of the display.

Right arrow: Use this multi-function key to select a position on a custom course. Press the key if the arrow corresponds to your desired choice on the display.

Left arrow: Use this multi-function key to select a position on a custom course. Press the key if the arrow corresponds to your desired choice on the display.

Up arrow: Use this multi-function key to increase body weight and belt speed in program mode only. Also, push if the arrow corresponds to the desired choice on screen.

Down arrow: Use this multi-function key to decrease body weight and belt speed in program mode only. Also, press this key if the arrow corresponds to your desired choice on the display.

ENTER: Use this key to enter your selection into the program.

CANCEL: Press this key to cancel your selection and return to a previous question.

Right Keypad

The right keypad facilitates manual control of treadmill. The following information describes each key on the right keypad.

START: Press this key to start the running belt and begin a programmed course.

RESET: This key has two uses.

- a. Use this key to select a new program. When using the treadmill in course or track mode, first press STOP. Then, press RESET to select a new program.
- b. While using the treadmill in track mode, press RESET to return to the beginning of the lap. The pacer is also returned to the beginning of the lap.

Green arrow: Press this key to increase belt speed (this does not affect the pacer speed).

Yellow arrow: Press this key to decrease belt speed (this does not affect the pacer speed).

Black up arrow: Press and hold this key until the desired incline is displayed; you can choose an incline up to 12% percent (cannot use key during programmed course).

Black down arrow: Press and hold this key to lower the incline; you can lower to a -3% incline (cannot use key during programmed course).

STOP: Press this key to stop the running belt; it immediately shuts off power to the motor, and begins to slow the running belt to 0 mph.

Upper Display Window (Red LED's)

TIME: Displays the elapsed time up to 59 minutes and 59 seconds.

SCAN: Alternately displays (every five seconds) belt speed in mph/kph and total calories burned.

DISTANCE: Displays cumulative distance travelled during workout.

Center Display Window (Green LED's)

Course mode: Displays a comparison profile of the selected course along with your progress. Your position on the course is indicated by the flashing segment. A programmed pacer also appears across the bottom of the display.

Track mode: Depending on your selection, this window displays either a 440-yard or 400-meter oval track with lap counter. Your position on the track is indicated by the flashing segment. The pacer appears on the outside of the track.

How to Use the M9.5sp Treadmill

Before using the M9.5sp treadmill, we recommend that you follow these instructions and go through a preliminary demonstration of the treadmill. Then, you will be familiar with the treadmill when you begin your workout.

When using the treadmill, follow these general guidelines:

- At the beginning of a workout, take several minutes to bring your heart rate into your training zone, which is shown in Diagram 2 later in this manual.
- After your workout, walk slowly for several minutes to cool down your body and lower your pulse rate.
- Gently stretch your lower body and back after a workout to help prevent stiffness or soreness.

The M9.5sp treadmill has a series of standard startup prompts that you must answer before each workout. For example, these startup prompts let you specify whether you want to use the 440-yard (400 meter) track or one of the programmed courses. Many of the answers to the startup prompts can be preset which lets you quickly begin your workout. Instructions for pre-setting the answers to the standard prompts are provided in *Configuring the M9.5sp Default Settings*.

To use the treadmill, take the following steps. While following these steps, you can press the HELP key at anytime and an explanation of your selection will scroll across the top of the display. We recommend that you start at a gentle pace before attempting the more advanced courses and higher speeds.

Note: A few steps show the word (Preconfigured) prior to the step's instructions. This means that a particular mode has been previously set. The prompt in these steps will not appear on the electronic console display unless you change the configuration. Skip these preconfigured steps unless the prompt appears.

1. Locate the ON/OFF switch at the front of the black hood and turn ON the treadmill. The electronic console display shows **"Press Enter to Begin."**
2. Straddle the running belt with your feet firmly planted on the right and left staging platforms. (Stand close enough to the electronic console so you can extend your arms and touch the keys.)
3. Press ENTER to begin setting up the treadmill for your workout session.
4. At the **"Weight?"** prompt, specify your weight using the black ▲ and ▼ arrows. Press ENTER when your weight is displayed.

This information allows the M9.5sp treadmill to accurately calculate how many calories you burn during your workout. The display always automatically shows the last weight entered, so you will not have to re-enter your weight next time unless someone else has used the treadmill.

- At the "**Select Mode**" prompt, choose how you want to program your session (Manual or Program) by using the appropriate black arrow.

Select **Manual** if you want to start using the treadmill quickly, using the 440-yard (400-meter) track. Select **Program** if you want to specify a course and distance.

- (Preconfigured; miles) At the "**Select Mode**" prompt, specify whether you want distance measured in miles or kilometers using the appropriate black arrow.
- (Preconfigured; mph) At the "**Speed Display Mode?**" prompt, specify miles per hour (mph) or kilometers per hour (kph) using the appropriate black arrow.

This lets you to use a different speed display than chosen in distance mode. For example, you can choose a kilometer course and have your speed displayed in mph and minutes per mile.

If you selected in Step 5...	Then...
Manual	Continue to Step 8
Program	Skip to Step 11

Program Mode Steps

- At the "**Course**" prompt, select the course you want to use. Use the black ▲ and ▼ arrows to move through the available courses. When the course you want is shown, press ENTER. You can choose from six standard types of courses: Easy-Walk, Moderate-Walk, Advanced-Walk, Easy-Run, Moderate-Run, and Advanced-Run.
- At the "**Distance**" prompt, specify the distance you want to travel by using the black arrows to increase or decrease the distance displayed. Press ENTER.

If a walking course was selected, you can choose from .5 to 3.0 miles (kilometers) in .5 mile increments. If a running course is selected, you can choose from 1.0 to 6.0 miles (kilometers) in .5 mile increments.

- (Preconfigured; constant) At the "**Select Speed Mode**" prompt, specify whether you want the speed to be maintained at a Constant or Average speed by pressing the appropriate black arrow. Choose **Constant** if you want the M9.5sp treadmill to maintain a selected speed throughout the course. Choose **Average** if you want the treadmill to slow down on inclines to maintain a constant calorie burn.

Note: The pacer always runs at a constant speed.

Steps for Both Modes

11. (Preconfigured; no pacer) At the “**Pacer Speed**” prompt, specify how fast you want the pacer to move using the appropriate black arrow. Press ENTER.
12. Stand on the running belt with one hand on the handrail for balance, prepared to start walking.
13. (Preconfigured; no warmup) At the “**Warm-up**” prompt, specify whether you want a warmup period.

If “**Warm-up**” is chosen, you may exit the 3-minute warmup session by pressing CANCEL. If “**Warm-up**” is not chosen, the treadmill will automatically increase speed to the desired pacer speed.

14. At the “**Press Start to Begin**” prompt, press START when you are ready to begin your session.

In **Manual** mode, as soon as you press START, the display shows a 440-yard (400-meter) track. In **Program** mode, your chosen course appears on the display after your selected warm-up period. During your session, you can control your speed by using the two SPEED arrows.

15. When you feel comfortable with the motion of the treadmill, let go of the handrail and continue your workout. Remember to hold onto the handrail when using the electronic console and when slowing down or stopping the running belt.
16. When you are finished exercising, hold onto the handrail and either press STOP or use the SPEED key to come to a safe stop.

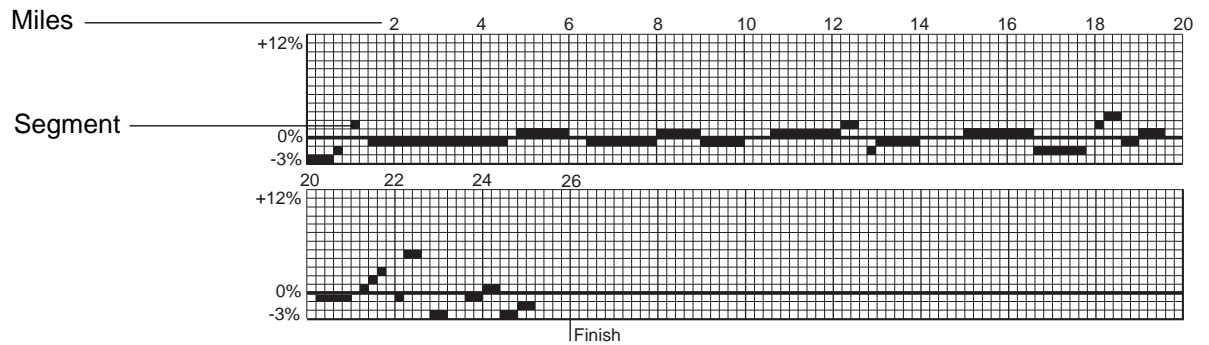
Note: Always allow yourself a cool-down period of a few minutes before bringing the machine to a complete stop.

Creating Custom Courses

You can program your M9.5sp treadmill with a maximum of nineteen custom designed courses. Since each course has been pre-programmed at the factory, all you need to do is modify the factory-programmed segments with your own custom course changes. If you plan to design your own course, we suggest that you plot your custom course on one of the graphs found at the end of this manual before programming the M9.5sp treadmill.

An example of a custom designed course (the Boston Marathon) is shown on the graph in Diagram 1. The M9.5sp treadmill provides 20 sections (miles or kilometers) in which you can plot a custom course. Each section is composed of 10 segments. The 10 segments within each section let you plot out the degree of incline and the distance you want to travel.

Diagram 1 *Boston Marathon custom designed course*



The programmable courses are packaged by segment length. For example, the segment length in Courses 1 through 10 is .05 miles (0.5 mile incremental sections let you design up to a ten mile course). For courses 11 through 15, the segments are 0.1 miles. For courses 16 through 19, the segments are 0.2 miles which lets you design a course up to 40 miles in length.

The location of each segment is displayed on the electronic console in the upper right-hand corner beneath DISTANCE. The flashing segment indicates the position of the segment you are currently working on. By pressing the ▲▼ arrows on the left key, you indicate the distance and incline for each segment on the course.

You can program the percent of incline or decline between +12% and -3% for each segment. As you create your custom course, this information is displayed in the middle display window under SCAN.

To create your own custom course, take the following steps.

1. If the treadmill is OFF, locate the ON/OFF switch at the front of the unit above the power cord and turn ON the treadmill. If the treadmill is already ON, press and hold the RESET key for three seconds. The prompt, "**Press Enter to Begin**" appears on the electronic console display.
2. Straddle the running belt with your feet firmly planted on the right and left staging platforms. (Stand close enough to the electronic console so you can extend your arms and touch the keypads.)
3. Locate the hidden key directly below the STOP key and to the right of the INCLINE key. Press the hidden key to access the Configuration and Custom Course modes. You can press this key only when "**Press Enter to Begin**" appears on the display.

Note: The console briefly displays the odometer reading for your treadmill. Initially, it will display the distance as XX.XX, allowing you to see increments of less than a mile. However, once the treadmill has gone over 99.99 miles, the odometer will drop the decimal point and change to XXXX. The odometer will then increase in 1 mile increments.

- To enter custom course mode, at the “**Set Configuration?**” prompt, press one of the ▲▼ arrows on the left keypad to answer NO .
- Nineteen different course plans are available and can be customized to your particular needs. The following table shows the segment length and the associated course length. For example, if you want to design a ten mile course, at the “**Course #XX**” prompt, select a course numbered 1 through 10.

To select a particular course plan, use the ▲▼ keys on the left keypad when the “**Course #XX**” prompt appears. Once the course number you want appears on the display, press ENTER.

Course Number	Maximum Course Length	Segment Length
1 through 10	10 miles	0.05 miles
11 through 15	20 miles	0.1 miles
16 through 19	40 miles	0.2 miles

- To customize a course, at the “**Modify Course**” prompt, use the ▲ arrow to answer YES and press ENTER.

Note: If you wish to cancel or select a course that is already programmed in, use the ▼ arrow to select NO. Press ENTER.

If you selected	Then...
Yes	Continue to Step 7
No	At the “Weight” prompt, either continue answering the startup prompts or press CANCEL to exit the custom course mode.

- Use the left keypad to modify the selected course plan and design your own custom course. To modify any part of the custom course, locate the segments you wish to modify and change them to the desired incline or decline.

The following information appears on your display:

	INCLINE	DISTANCE
▶ FWD ▲ UP	xx%	xx.xx
◀ BK ▼ DN	COURSE PROFILE	

8. The flashing segment indicates your current position on the course. Use the black directional arrows on the left keypad to change the position of the flashing segment and to design specific portions of the course:

FWD press ► to move the flashing segment from left to right

BK press ◀ to move flashing segment from right to left

UP press ▲ to increase incline

DN press ▼ to decrease incline

9. Change the segment to reflect the desired incline or decline. The length of the course may also be increased or decreased using the FWD ► or BK ◀ arrows as previously described. When modification is complete, move to the final segment of the programmed course.

CAUTION: If CANCEL is pressed during modification, all course segments following the flashing course segment will be erased. Use CANCEL to eliminate any unwanted course segments prior to re-programming. This feature may only be used in Course mode and only affects the course displayed.

10. If your completed course design is shorter than either the 20 segments pre-programmed at the factory or an existing course, you may cancel all remaining segments by pressing CANCEL. Then, press ENTER to save your custom course design in the treadmill's memory.

Note: If CANCEL is pressed in error, press RESET to restore your course design. Only ENTER stores data in the treadmill's memory.

Configuring the M9.5sp Treadmill Default Settings

The M9.5sp treadmill lets you preset many of the answers to the standard startup prompts. Configuring the default settings eliminates the time it takes to answer all the startup prompts, letting you begin your workout sooner.

Precor has preset several of the default answers at the factory, as shown below:

M9.5sp	Configuration
Distance Mode?	Miles
Speed Mode?	Miles per hour
Program Speed?	Constant
Use Pacer?	No pacer
Use Warmup?	No warmup

To preset answers to many of the prompts, take the following steps. While following these steps, you can press the HELP key at anytime and an explanation of your selection will scroll across the top of the display.

1. Locate the ON/OFF switch located at the front of the black hood. Turn ON the treadmill. The prompt, "**Press Enter to Begin**" appears on the electronic console display.
2. Straddle the running belt with your feet firmly planted on the right and left staging platforms. (Stand close enough to the electronic console so you can extend your arms and touch the keys.)
3. Press the hidden key to access the Configuration and Custom Course modes. The display briefly shows the odometer on your treadmill.

Note: The hidden key is located directly below the STOP key and to the right of the INCLINE key. You can press this key only when the "**Press Enter to Begin**" prompt appears.

4. At the "**Set Configuration?**" prompt, use ▲▼ arrows on the left key to answer YES and configure the M9.5sp treadmill default settings.
5. At the "**Distance Mode**" prompt, select one of the following:

If you want...	Then...
To be asked this prompt at the beginning of each session	Press ENTER
Distance measured in Miles	Press ▲
Distance measured in Kilometers	Press ▼

6. At the "**Speed Mode**" prompt, select one:

If you want...	Then...
To be asked this prompt at the beginning of each session	Press ENTER
Speed measured in MPH	Press ▲
Speed measured in KPH	Press ▼

7. At the “**Program Speed**” prompt, select one:

If you want...	Then...
To be asked this prompt at the beginning of each session	Press ENTER
Constant speed	Press ▲
Average speed	Press ▼

8. At the “**Use Pacer**” prompt, select one:

If you want...	Then...
To be asked this prompt at the beginning of each session	Press ENTER
To use a pacer	Press ▲
To not use a pacer	Press ▼

9. At the “**Use Warmup**” prompt, select one:

If you want...	Then...
To be asked this prompt at the beginning of each session	Press ENTER
To use a 3-minute warmup	Press ▲
To not use a 3-minute warmup	Press ▼

You have now configured the default settings.

4

Getting the Most Out of Your Workout

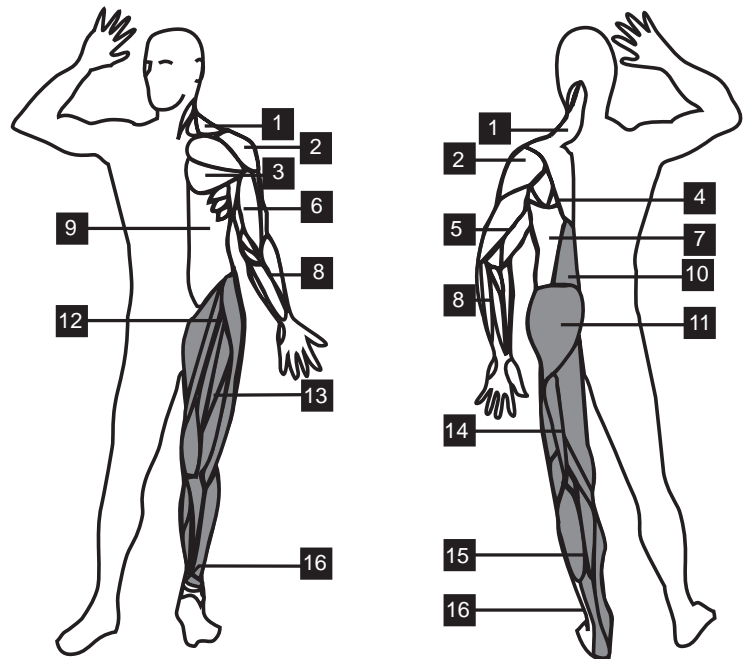
A workout on the M9.5sp Programmable Treadmill Ergometer provides excellent and efficient cardiovascular conditioning, while strengthening and toning all the major muscle groups in the lower body. The darkened areas in Diagram 2 indicate the muscles worked.

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

Diagram 2

Muscles in the body.

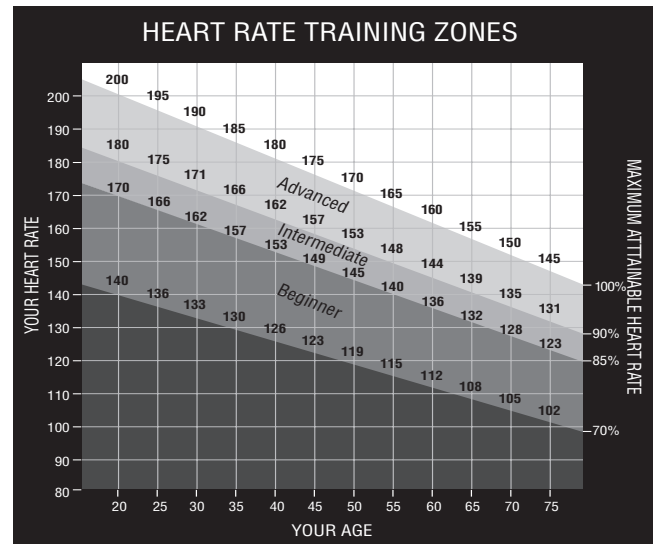
1. Trapezius
2. Deltoid
3. Pectorals
4. Rhomboids
5. Triceps
6. Biceps
7. Latissimus Dorsi
8. Forearm Flexors/Extensors
9. Abdominals
- 10. Erector Spinae**
- 11. Gluteals**
- 12. Hip Flexors**
- 13. Quadriceps**
- 14. Hamstrings**
- 15. Gastrocnemius/Soleus**
- 16. Peroneus Longus/Brevis**



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

Diagram 3

Your heart rate.



How Hard Should I Exercise?

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

Refer to Diagram 3 to determine your training zone. Keep in mind that this zone is an approximation, to be used as a guideline—individual heart rates vary according to several physiological factors. To determine your training zone, or target heart rate, find your age and fitness level on the chart, and then find the line where they intersect. For example, if you are 35 years old, your training heart rate at the intermediate fitness level is 157 beats per minute. Remember this number—this is the pulse rate you should try to maintain as you work out.

To determine your heart rate, take your pulse at a place that you can reach easily and comfortably while you exercise. Typical locations for measuring heart rate are directly over the heart on the left side of the chest, on either side of the neck, over the temple, or on the thumb side of either wrist. Wherever you measure your pulse, make sure that you use your index and middle fingers—*not your thumb*. Your thumb has a strong pulse which can affect your heart rate reading.

Once you locate your pulse, look at a clock with a second hand and count the beats for six seconds. Multiply that number by 10 to determine the total number of beats per minute. For example, if you count 14 beats over six seconds, the total number of beats per minute is 140. Compare the total number of beats with your training zone as identified in Diagram 4. If necessary, increase or decrease your activity level to bring your heart rate into your training zone. You can increase your activity level by decreasing the resistance and stepping at a higher cadence. Similarly, raising the resistance and decreasing your steps per minute will lower your heart rate. *Remember—your heart rate is the definitive measure of how hard you are working.*

Regardless of your fitness level, avoid doing too much too soon. Setting the resistance cylinders too far forward, stepping too deeply (taking large steps) or stepping too quickly for too long are common errors. Give yourself time to become familiar with your climber and improve your fitness level. Then you can gradually decrease your resistance level and increase your stepping cadence to make your workouts more challenging.

How Long Should I Exercise?

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

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

Walking and running are excellent aerobic exercises that condition the heart and lungs while improving strength and tone in the thighs, calves, and hips. The best aerobic exercises involve the continuous, rhythmic, repetitive movement of large muscle groups. When you exercise, you need to work out hard enough, long enough, and often enough to achieve your desired results.

How Often Should I Exercise?

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

To help you get the most out of your workout, this section provides suggestions about aerobic exercise. Following these suggestions will help you reach your fitness goals.

5

Maintaining the M9.5sp Treadmill

Cleaning the Treadmill

The M9.5sp Programmable Treadmill Ergometer requires little maintenance to keep it running smoothly and efficiently. Typical maintenance tasks include cleaning the treadmill and aligning the running belt. Instructions for both procedures are provided in this section.

Cleaning the Treadmill

Your Precor treadmill relies on low friction for efficient operation. To keep the friction low, the treadmill must be as clean as possible.

CAUTION: Turn OFF the treadmill and disconnect the power cord before cleaning.

Before a workout, use a damp, soft cloth to clean the staging platform, running bed, and between the belt and running bed surface as far as you can easily reach. This removes any dirt or dust which might affect the smooth operation of the treadmill.

Vacuum underneath the unit every week to prevent the accumulation of dust and dirt on the running belt.

Periodically, clean the treadmill's frame, control panel assembly, and running belt. Use mild soap and water for this. To clean the running belt, use a soft nylon scrub brush. Never pour water or spray liquids on the control panel. Allow the treadmill to dry completely before using.

Aligning the Running Belt

The correct alignment of the running belt is critical to the smooth operation of the treadmill. The belt is properly aligned at the factory. However, during shipping and handling or by use on an uneven surface, the belt may move off center and require a few simple adjustments.

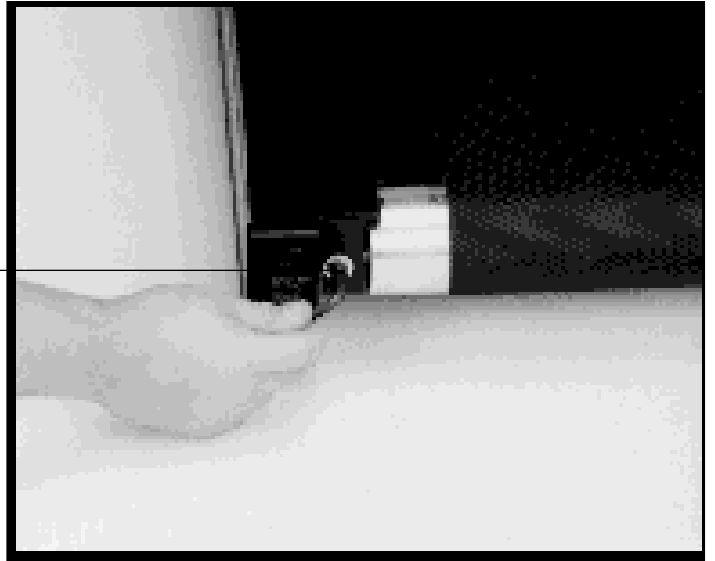
Before adjusting the running belt, check its operation by following the steps in *Checking the Alignment of the Running Belt* earlier in this manual. If you determine that the belt needs adjustment, follow the instructions here.

CAUTION: To avoid injury, special care must be taken when adjusting the running belt. Turn OFF the treadmill and wait for the running belt to come to a complete stop before adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your fingers or any other object clear of the belt and rollers. The treadmill will not stop immediately if any object becomes caught in the belt or rollers.

Photo 7

Adjusting the running belt

Belt adjustment bolt



Take the following steps to adjust the running belt on the M9.5sp treadmill (see Photo 7 for clarification). To ensure proper safety while aligning the running belt, all adjustments must be made when the treadmill is OFF.

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

1. Make sure the treadmill is OFF and the running belt is completely stopped.
2. Locate the belt adjustment bolt at the rear of the treadmill (see Photo 7). The direction you turn the bolt depends on how the belt is tracking. Make all belt adjustments on the left rear corner bolt using the hex key provided.
 - If the belt is off center to the LEFT, turn the adjusting bolt 1/4 turn *clockwise*, which moves the running belt to the right.
 - If the belt tracks off center to the RIGHT, turn the bolt 1/4 turn *counterclockwise*; this 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.*

3. Turn ON the treadmill, then increase the speed of the running belt to 6 miles per hour. (You can follow Steps 1 through 3 of the procedure, *Checking the Alignment of the Running Belt*, if you need instructions about how to increase speed and check alignment.)
4. Observe the running belt for 30 seconds or more. The belt should track centered on the running bed.
5. Press STOP to stop the running belt.
6. If the belt needs additional alignment, repeat Steps 1 through 5 of this procedure until the belt is properly aligned.

Adjusting the Tension of the Running Belt

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

Important: For your safety, turn OFF the treadmill when adjusting the running belt or working near the rear roller.

To adjust belt tension, use the rear belt adjustment bolts (see Photo 7). Simply alternate turning each (left and right) bolt clockwise in 1/4 turn increments until there is no slippage in the belt when you are jogging.

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

Getting Service

Do not attempt to service the M9.5sp Programmable Treadmill Ergometer yourself except for minor belt adjustments and maintenance as described in this manual.

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

6

Marathon Courses and Custom Course Grids

The following four marathon courses are available for your use. Each course can be programmed into the M9.5sp treadmill by following the instructions found in *Creating Custom Courses*.

Note: After you program the marathons into the treadmill's memory, it might be helpful to write the actual course number you used in the "Notes" section above each graph.

Use the blank custom course graph to design your own custom courses. To maintain the original blank graph, be sure to make a working copy.

Diagram 4

Boston Marathon custom designed course

Course Number: #16-20

Course Description: Boston Marathon

Segment Length: .20 miles

Overall Distance: 26 miles

Notes _____

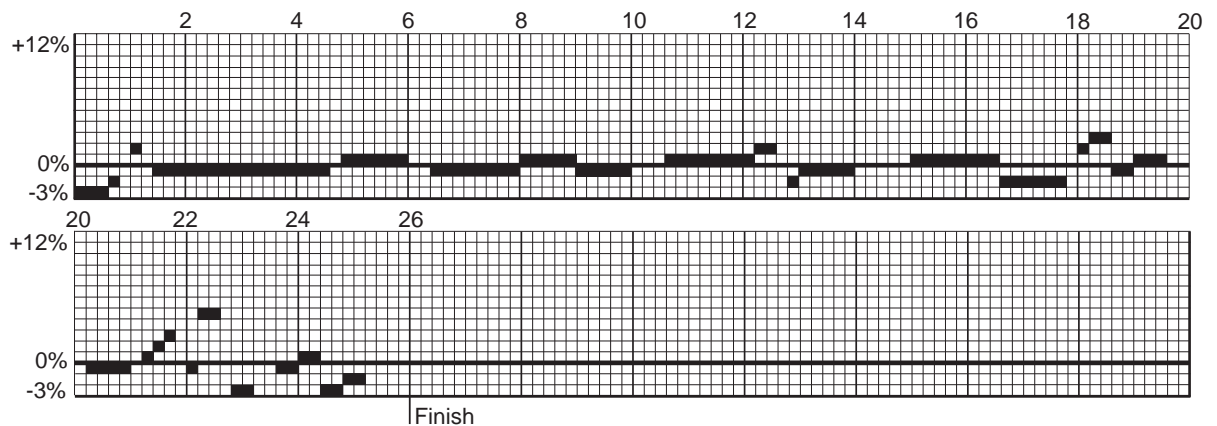


Diagram 5

Bay to Breakers custom designed course

Course Number: #1-10

Course Description: Bay to Breakers

Segment Length: 0.5 miles

Overall Distance: 7.5 miles

Notes _____

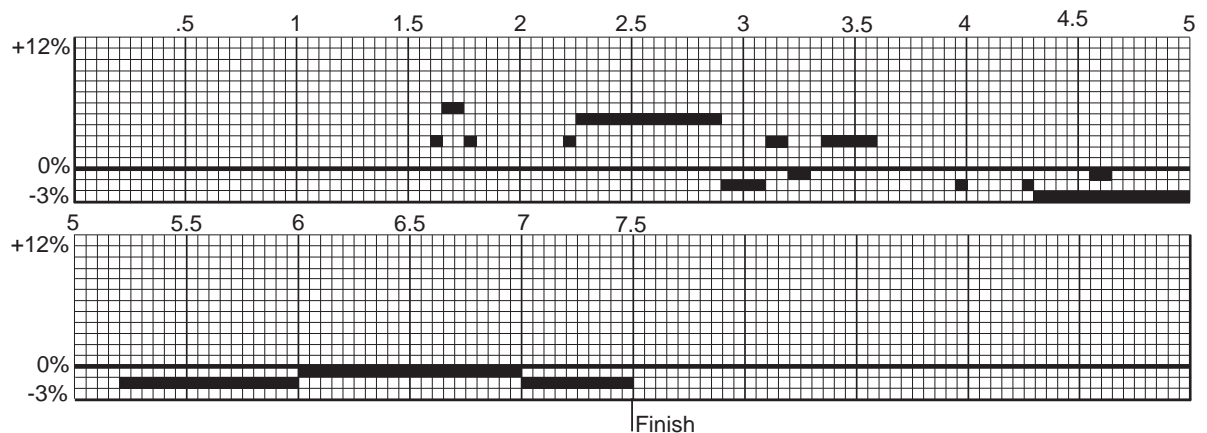


Diagram 6

Bloomsday Run custom designed course

Course Number: #1-10 Course Description: Bloomsday Run - Spokane

Segment Length: .05 miles Overall Distance: 7.4 miles/12 kilometers

Notes _____

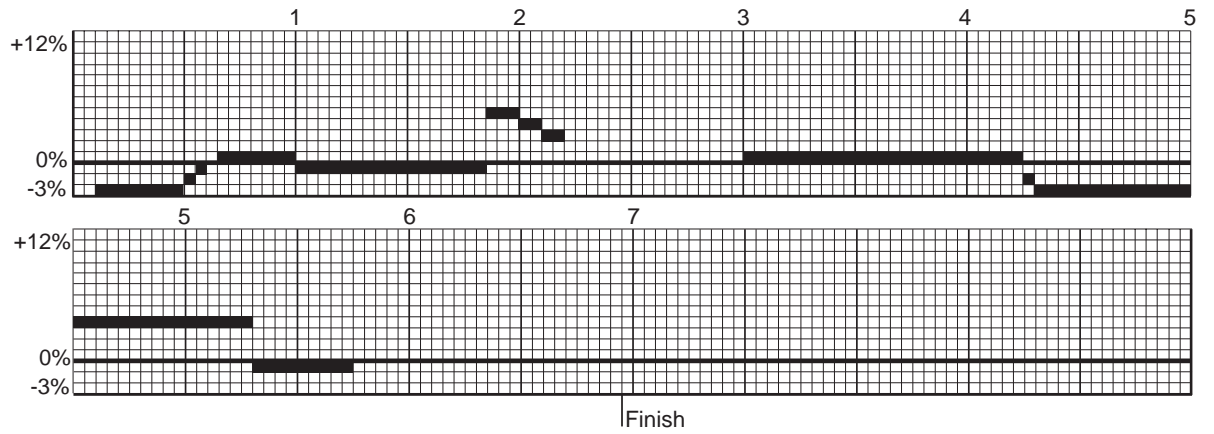


Diagram 7

New York City Marathon custom designed course

Course Number: #16-20 Course Description: NY City Marathon

Segment Length: .20 Overall Distance: 26.2 miles

Notes _____

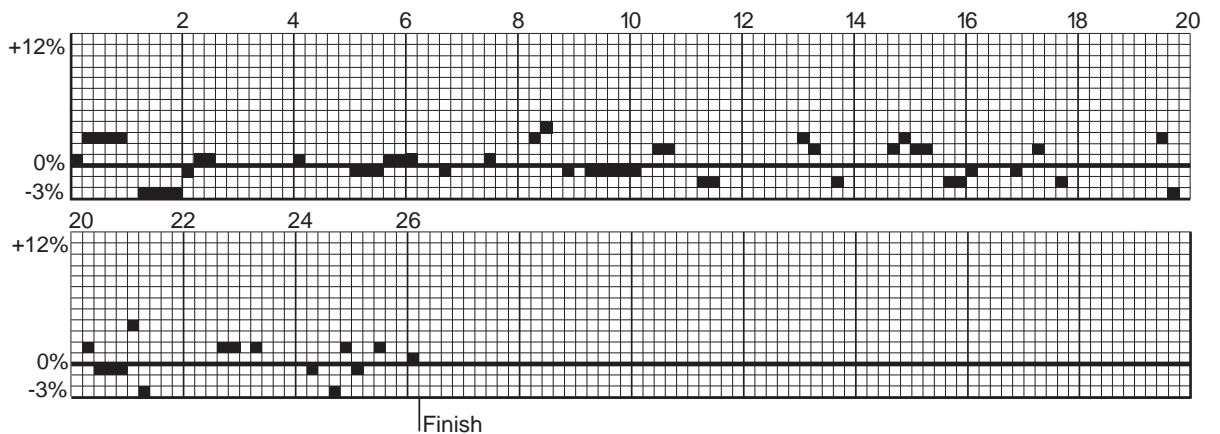
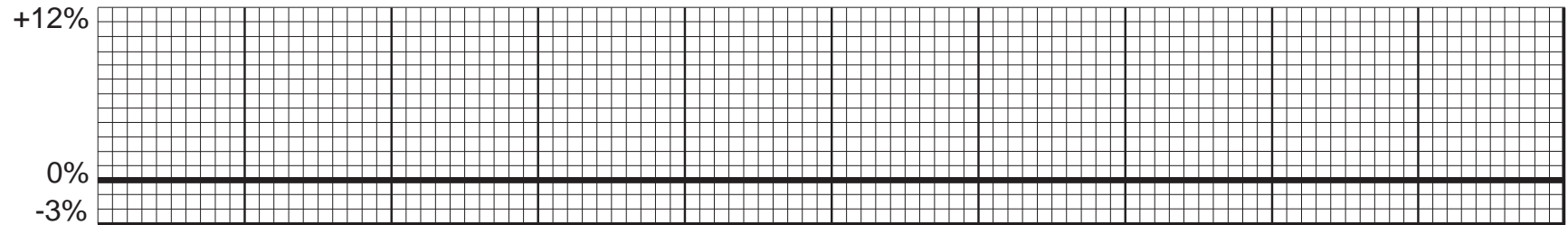
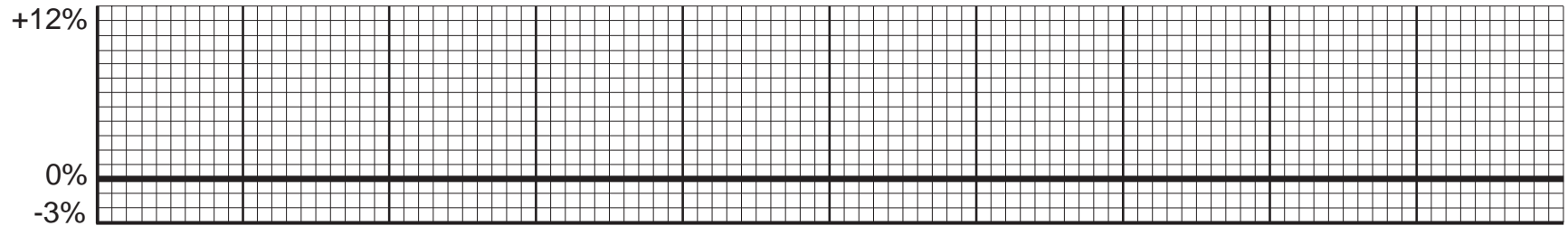
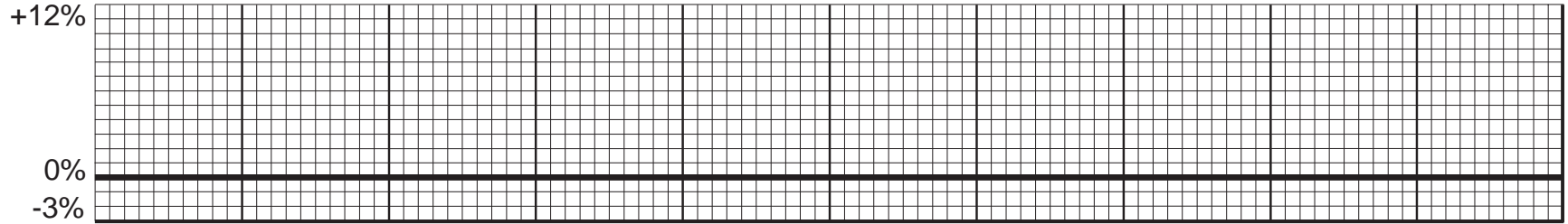
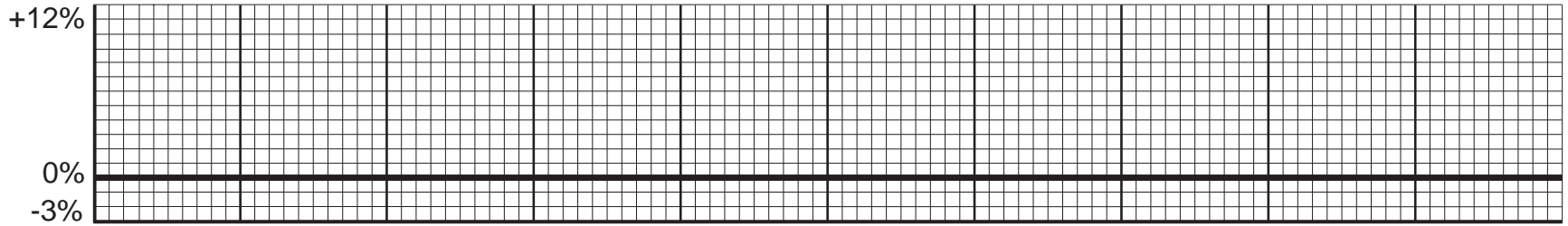


Diagram 8 *Custom Course Grid Sheet*





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