

 9.21i  
 9.21si

# Owner's Manual

Low Impact  
Treadmills featuring  
the Heart Rate  
Interactive System

**PRECOR**<sup>®</sup> USA

# IMPORTANT SAFETY INSTRUCTIONS

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

- Read all instructions before using the M9.21i or M9.21si. These instructions are written to ensure your safety and to protect the unit.

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

*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 to persons, take the following precautions:

- When it is plugged in, do not leave the M9.21i or M9.21si unattended. Unplug the unit from the power source when it is not in use, and before putting on or taking off parts.
- Do not allow children, invalids, or disabled persons on or near the M9.21i or M9.21si treadmill without adult supervision. Close supervision is necessary.
- Use the M9.21i or M9.21si only for its intended use as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injuries.
- Never operate the unit if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped in water. Return the M9.21i or M9.21si to a service center for examination and repair.
- Keep the power cord and plug away from heated surfaces.
- Never block the air openings on the hood while operating the M9.21i or M9.21si. Keep the air openings clean and free of lint, hair, or anything that might impede the free flow of air.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn the power switch to the OFF (O) position, then remove the power plug from the wall outlet.

## WARNING

Connect the M9.21i or M9.21si to a properly grounded outlet only. See *Grounding Instructions*.

**SAVE THESE INSTRUCTIONS**

## Personal Safety

- Assemble and operate the treadmill on a solid, level surface. Locate the treadmill at least 4 feet from walls or furniture. Keep the area behind the treadmill clear.
- Check the M9.21i or M9.21si treadmill before each use. Completely assemble the treadmill before using it.
- Turn OFF (O) and unplug the treadmill when adjusting or working near the rear roller. Do not adjust the running belt when someone is standing on the unit.
- Keep all electrical components, such as the motor, power cord, and ON/OFF (I/O) switch, away from water or other liquids to prevent shock. Do not set anything on the handrail, electronic console, or hood. Never place liquids on any part of the unit.
- Always attach the safety clip to your clothing at waist level prior to beginning your workout. The safety clip is connected by a cord to the magnetic safety key in the electronic console. If you encounter difficulties, you can stop the running belt by pulling on the cord to disengage the magnetic safety key from inside the console. To resume operation, the magnetic safety key must be replaced.
- When the treadmill is not being used, remove the magnetic safety key and store it in a safe place to prevent unauthorized use.
- 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 running surface. The running belt will not stop immediately if an object becomes caught in the belt or rollers.
- Use care when getting on or off the treadmill. Use the handrails whenever possible. Step onto the running belt when the speed is at or below 1 mile per hour (1.6 kilometers per hour). Never step off the treadmill while the running belt is moving.
- Before the running belt begins moving (prior to 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 side platforms.
- 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 on the handrails, electronic console, or hood.
- Do not attempt to service the treadmill yourself other than the assembly and maintenance instructions found 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 Heart Rate Option—Safety Guidelines

The Precor Heart Rate Option was created and designed exclusively for Precor products. The equipment is extremely sensitive—you should use the heart rate option with this in mind and take time to read the following guidelines:

- Handle the Precor Heart Rate Option with care. Do not drop the equipment. It might damage the transmitter and you could void the manufacturer's limited warranty.
- Do not use the chest strap near strong electromagnetic radiation sources. Television sets, electric motors, radios, and high voltage power lines can interfere with the heart rate signal that is being transmitted to the receiver and might affect the heart rate readings that appear on the electronic console.

- Use only one chest strap at a time inside the range of the receiver. If the receiver tries to process several signals simultaneously, an incorrect heart rate reading could result. Be sure to keep any other transmitters at least 5 feet (1.5 meters) away from the receiver on your M9.21i or M9.21si treadmill.
- Keep the equipment dry. Although the chest strap should not be immersed in water, wetting the electrodes and your chest will improve the initial performance. Note that perspiration on the chest strap during workouts is normal and actually enhances the signal being sent from the chest strap's transmitter.
- To conduct the electrical impulses from your heart, the chest strap's electrodes require a certain percentage of salts and minerals in the water used to wet them. The electrodes continue to transmit your heart rate reading as long as they are in contact with your skin and your skin is providing enough moisture through your perspiration to keep the electrodes wet. However, if the concentration of salts in your perspiration is not high enough to conduct electrical impulses and send them to the receiver, your heart rate reading will appear erratic or not appear at all. Some people cannot use the heart rate feature because they do not have the proper body chemistry.
- Do not use the chest strap if you are taking any medication or have a cardiac pacemaker. Inaccurate heart rate readings can occur due to medication or electrical impulses from the cardiac pacemaker.
- Stretching or bending the electrode strips on the chest strap may cause the strips to lose their conductivity. Handle the chest strap with care.
- After extensive use, the chest strap (transmitter) may wear out, causing inaccurate heart rate readings. With every use, check the strap for excessive wear and replace it if necessary. See *Obtaining Service* in the maintenance section of this manual.

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.

### Information Regarding Use in the U.S.A. and Canada

Federal Communications Commission, Part 15

The M9.21i or M9.21si 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 M9.21i or M9.21si 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. However, there is no guarantee that interference will not occur in a particular installation.

If the M9.21i or M9.21si treadmill does cause harmful interference to radio or television reception, which can be determined by turning the M9.21i or M9.21si treadmill 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 M9.21i or M9.21si treadmill and the receiver (TV, radio, etc.).
- Connect the M9.21i or M9.21si 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 that the treadmill is connected to.
- Consult your dealer or 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.”

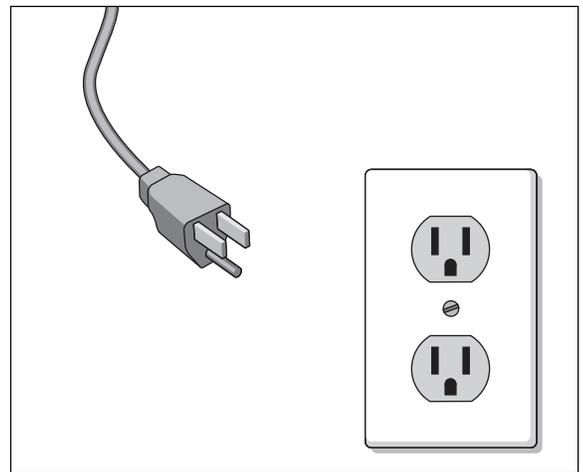
“Le présent appareil numérique n’émet pas de bruits radioélectriques dépassant les limites applicables aux appareils numériques (de la class B) prescrites dans le Règlement sur le brouillage radioélectrique édicté par le ministère des Communications du Canada.”

### Grounding Instructions

The M9.21i or M9.21si Low Impact Treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current which reduces the risk of electrical shock. The treadmill is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**Diagram A**

Proper grounding plug and power outlet for 120v connection



## 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 treadmill is properly grounded. Do not modify the plug provided with the treadmill—if it doesn’t fit the outlet, get a proper outlet installed by a qualified technician.

The treadmill is for use on a nominal 120-volt circuit (refer to the WARNING below and to the *Installation Requirements* on page 9) and has a grounding plug that looks like the plug illustrated in Diagram A.

## WARNING

This product is rated for use on a circuit having a nominal rating of 120 volts, 15 amps and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the treadmill must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.

## ATTENTION: Haute Tension

Débranchez avant de réparer

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# 1

## Before You Begin

*This manual explains how to assemble, use, and maintain the M9.21i or M9.21si Low Impact Treadmill. The following conventions are used in this manual:*

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

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

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

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

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

**CAUTION:** This unit weighs over 160 pounds. To avoid injury and to ensure the safety of the unit and yourself, get adequate assistance before unpacking your treadmill. Slide the running bed out of the box.

Thank you for purchasing the Precor M9.21i or M9.21si Low Impact Treadmill which feature several sophisticated and beneficial technologies: *Ground Effects*, *Integrated Footplant Technology*, *Smart Rate®*, and the *Heart Rate Interactive System*.

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

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

The console's display offers varying selections that provide motivating feedback about your workout. The display also incorporates the latest in cardiac monitoring to provide Smart Rate® — a visual aid that lets you, the user, see your heart rate with a glance. On the M9.21i or M9.21si, the optional Precor receiver must be installed and the Precor Heart Rate Option chest strap worn, before the graph on the display can light up with colored cells to indicate your exercise intensity.

The M9.21i Low Impact Treadmill offers an easy-to-understand electronic console that gives motivating feedback about your workout. Professionally designed exercise options incorporate the latest in exercise science. Three different modes enhance your workout capabilities: **Manual**, **Interval**, **Weight Loss**, **Random**, and **Heart Rate Control** course which requires the Precor Heart Rate Option kit. The **Heart Rate Course** monitors your heart rate within a target zone (usually 85% of your maximum heart rate) and automatically changes the incline to keep your heart rate in that zone when you wear the chest strap during your workout.

The M9.21si combines all the benefits of the M9.21i and provides additional features: **Program** and **Custom** mode. The factory-programmed courses provide variety to help motivate you during your workout. A graphic representation of the programs appear on the console.

The M9.21i and M9.21si Low Impact Treadmills are for household use only and have many unique features which sets them apart from conventional treadmills. To maximize your use of the M9.21i or M9.21si treadmill, please study this guide thoroughly.

### Unpacking the M9.21i or M9.21si Low Impact Treadmill

The M9.21i or M9.21si treadmill is carefully tested and inspected before shipment. Precor ships the unit in pieces, as listed below:

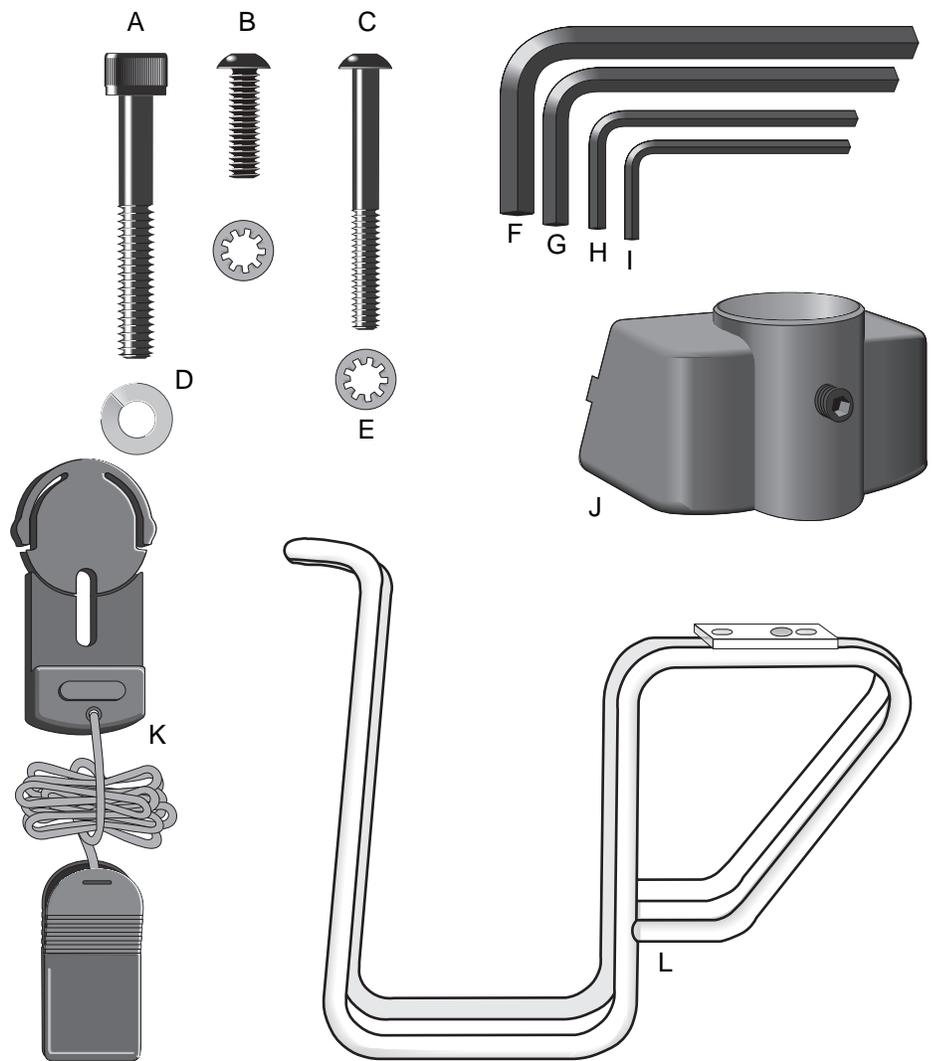
- running bed assembly
- upright column support assembly (includes the electronic console and upper handrail clamp)
- left and right handrails
- owner's manual, limited warranty card, and hardware kit (The hardware kit is shown in Diagram 1.)

Optional equipment that you can purchase through your dealer includes:

- Precor Heart Rate Option
- Precor Smart Weights

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

Diagram 1  
Hardware Kit.



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

- (A) four frame-to-base plate bolts
- (B) two water bottle cage mounting bolts
- (C) two lower handrail clamp bolts
- (D) four split star washers—place on frame-to-base bolts
- (E) four internal star washers—2 for lower handrail clamps/2 for mounting water bottle cage
- (F) one 5/16" hex key—frame-to-base bolts
- (G) one 1/4" hex key—belt tracking and tension adjustment
- (H) one 3/16" hex key—upper handrail bolts
- (I) one 5/32" hex key—lower handrail clamp and water bottle cage
- (J) two lower handrail clamps
- (K) one magnetic safety key assembly
- (L) one water bottle cage

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

# 2

## Setting Up the Low Impact Treadmill

You do not need any special knowledge or experience to set up a M9.21i or M9.21si treadmill. However, you must review and follow the instructions in this manual. If you do not assemble and use the treadmill according to the following guidelines, you might void the Precor limited warranty.

### Installation Requirements

Follow these installation requirements when installing the treadmill:

- **Acquire the appropriate tools.** In addition to the tools supplied in the hardware kit, you will need a phillips head screwdriver to remove the hood from the treadmill.
- **Fill out and mail the limited warranty card.** The serial number is printed on a label located underneath the treadmill on the left, rear corner of the running bed. Write the serial number onto the limited warranty card and in this manual before assembling the treadmill. Refer to *Obtaining Service*.
- **Set up the M9.21i or M9.21si treadmill on a solid, flat surface.** Do not install the treadmill on deeply padded, plush, or shag carpeting due to possible damage to the carpet and machine. If the treadmill is installed in a carpeted area, place a piece of heavy cardboard, plywood, or other solid, smooth, flat surface under the unit. If the floor is not even, the running belt will not track properly. Refer to *Checking the Alignment of the Running Belt*.
- **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 machine makes for a safer mount and dismount and easier belt adjustment.
- **Use a standard 120-volt household outlet.** The M9.21i or M9.21si treadmill is for household use only. Precor recommends plugging the treadmill into an outlet that is connected to a dedicated 20 amp house circuit breaker. A 20 amp circuit breaker inside the treadmill also helps protect the electrical and electronic components from sustained overloads. An integral 3-prong, grounded plug meets safety requirements and protects the machine.

**CAUTION:** Do not remove or otherwise bypass the 3-prong plug with an adapter or extension cord in order to use a non-grounded outlet. Electrical damage can occur if the treadmill is connected to an improper power source.

### Assembly Instructions

To assist you in the assembly of the treadmill, the items in the hardware kit shown in Diagram 1, correspond to a particular letter in the alphabet. These letters appear throughout the assembly instructions. If necessary, refer to Diagram 1 while performing the steps below.

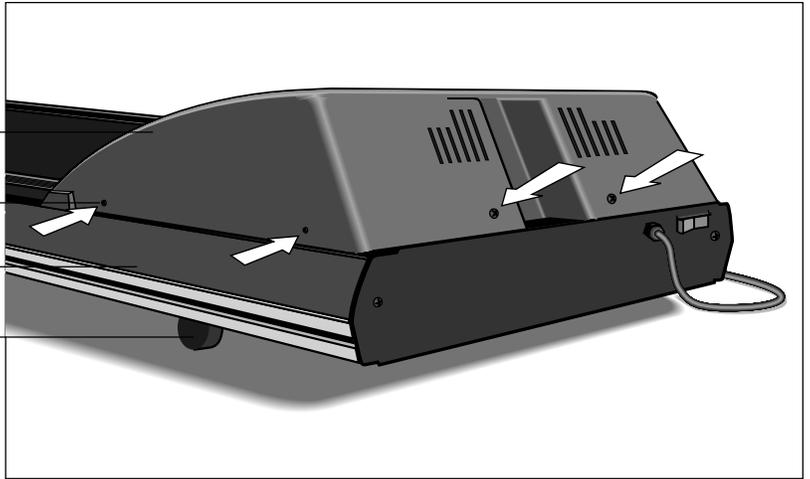
To assemble the M9.21i or M9.21si treadmill, take the following steps:

1. Locate the power switch at the front of the treadmill. Make sure that the power switch is in the OFF (O) position and unplug the treadmill's power cord from the power outlet. Do not assemble the M9.21i or M9.21si treadmill if it is plugged into a power source.

Diagram 2

**Remove the hood.**

Hood  
Screw  
Base  
Wheel

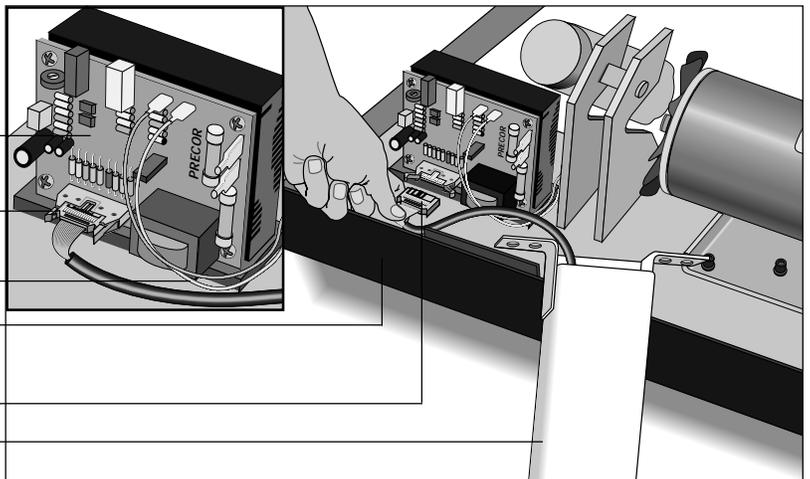


2. Remove the treadmill's hood using a phillips head screwdriver. Unscrew all six screws and set them aside. See Diagram 2. Grasp both sides of the hood with your hands and pull up to remove the hood from the base.

Diagram 3

**Plug connector into lower board.**

Lower board  
Proper tab alignment on receptacle  
Lower board's cables  
Front plate  
Ribbon cable connector  
Upright column support



3. Set the upright column support assembly on the front plate. Route the ribbon cable under the lower board's cables. See inset in Diagram 3.
4. Align the tab on the ribbon cable connector with its counterpart located on the receptacle on the lower board. Plug the connector into the receptacle. See Diagram 3. The plastic flanges on the receptacle should clip onto the connector when you plug it in. Since the connector is designed to engage in one direction only, do not force the connector into the receptacle.
5. Place a lock washer (D) onto each frame-to-base bolt (A). (The bolts and washers are found in the hardware kit.) Set the bolts and washers within easy reach of the upright column support.

Diagram 4

**Secure the upright column support.**

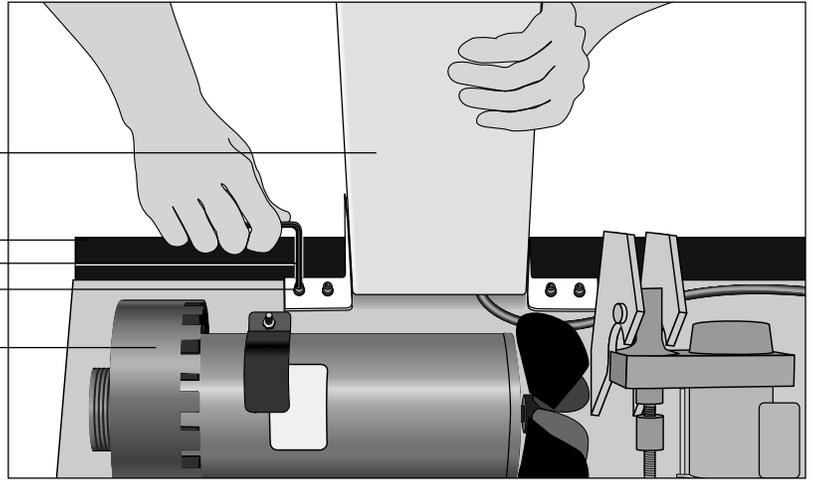
Upright column

Front plate

Hex key (F)

Frame-to-base bolt (A)

Motor



6. Secure the upright column support to the base by lifting it into position onto the base mounting plate. See Diagram 4. Align the bolt holes and hold onto the upright column support as you insert the frame-to-base bolts and finger tighten. Alternately tighten each bolt using the 5/16" hex key (F) provided.
7. With the upright column support secure, replace the hood by aligning the screw holes on the hood with the holes in the base frame. Tighten the screws securely using a phillips head screwdriver.
8. Loosen the bolts in the upper handrail clamp using the 3/16" hex key (H). You do not need to remove the bolts.

Diagram 5

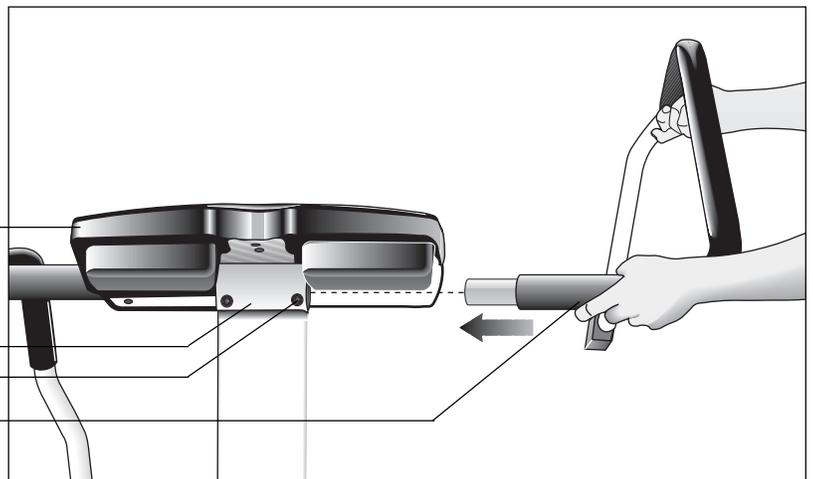
**Secure the handrails into upper handrail clamp.**

Electronic console

Handrail clamp

Handrail clamp bolt

Upper handrail



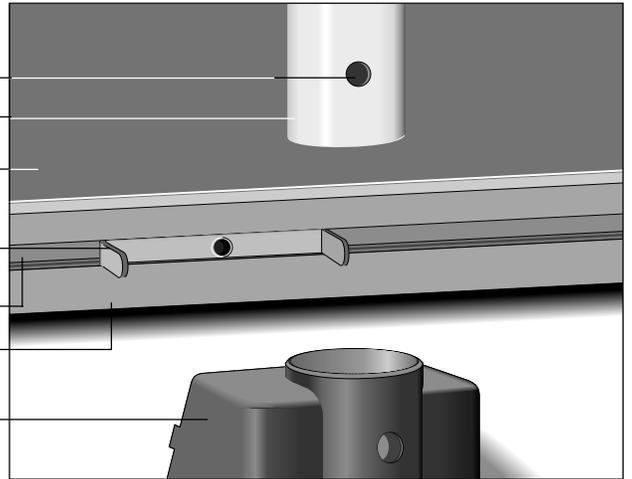
9. Insert the upper end of a handrail into the upper handrail clamp. Using one hand, apply pressure on the portion of the handrail going into the clamp while, with the other hand, lift and lower the base of the handrail. This rotating motion helps move the handrail into place. The handrail is properly positioned when the black foam wrap touches the clamp as shown in Diagram 5. Repeat this step for the other handrail.

**Important:** Do not fully tighten the upper handrail clamp bolts until you have installed the lower handrail clamps. The instructions are on the next page.

Diagram 6

**Attach lower handrails.**

- Handrail mounting hole
- Handrail
- Side rail
- Handrail nut plate
- Guide rail
- Base of treadmill
- Lower handrail clamp



10. To mount the lower portion of the handrails, take the lower handrail clamps (J), two of the internal star washers (E), and lower handrail clamp bolts (C) out of the hardware kit. Refer to Diagram 6 while taking the following steps:

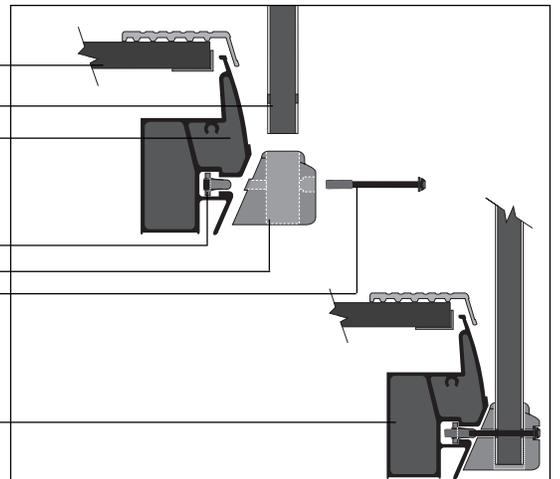
**Note:** Perform these steps on one side of the treadmill before proceeding to the other side.

- a. Put one internal star washer (E) on each of the lower handrail clamp bolts (C). Place the bolts on either side of the treadmill near the location of the lower handrail.
- b. Place the lower handrail inside the lower handrail clamp (J). Slide the handrail nut plate along its guide rail until the hole in the nut plate is in line with the handrail clamp's mounting hole.

Diagram 7

**Secure the lower handrails.**

- Deck
- Handrail
- Base and side rail assembly
- Nut plate
- Lower handrail clamp
- Bolt
- Lower handrail assembled



- c. Guide the lower handrail clamp onto the nut plate making sure that the flanges on the nut plate are inside the lower handrail clamp. See Diagram 7. Slide the clamp and nut plate along the guide rail to find the equilibrium point for the handrail.
- d. To secure the handrail inside the clamp, use the 5/32" hex key ( I ) provided. Do not overtighten the bolt or damage may occur to the clamp.

**Note:** Periodically inspect the handrail clamp bolts and, if necessary, tighten the handrail clamp bolts using the 5/32" hex key ( I ) provided.

- e. Proceed to the other side of the treadmill and follow steps "a" through "d" to complete the installation of the lower handrails.

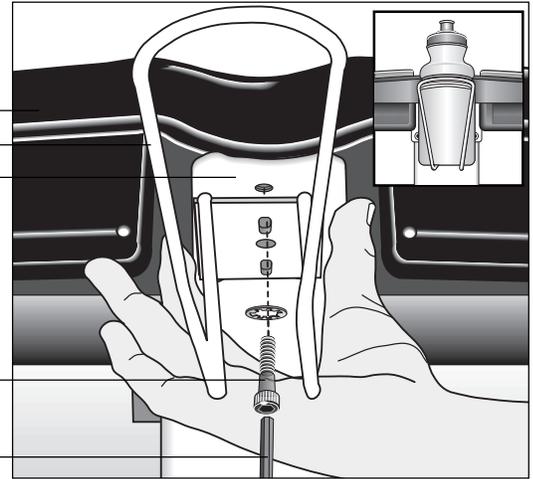
Diagram 8

**Install the water bottle cage.**

Electronic console  
Water bottle cage  
Water bottle cage mounting location

Bolt (B) with washer (E)

Hex key (I)



11. Return to the upper handrail clamp, check to see that the foam on the handrails touches the edge of the clamp, readjust the handrails if necessary, and *tighten the bolts securely using the 3/16" hex key (H) provided.*
12. Install the water bottle cage by placing one internal star washer (E) on each of the mounting bolts (B). Position the cage onto the mounting hole locations and insert the bolts. See Diagram 8. Securely tighten the bolts using the 5/32" hex key (I). Place a water bottle inside the cage as shown in the inset in Diagram 8.
13. Plug the treadmill into a standard 120v household outlet. Make sure that no other appliances use the same circuit as the treadmill. If you need to move the treadmill, ask for assistance from one or more persons. Roll the treadmill on its front wheels to the new location by lifting the rear end of the unit.  
  
**Important:** Before you can roll the treadmill on its front wheels, set the incline at 3% or more. Follow steps 1 through 4 in *Checking the Alignment of the Running Belt*, and then, adjust the incline to a minimum of 3%. Turn OFF the treadmill and unplug it before moving it.
14. Continue on to *Checking the Alignment of the Running Belt* to complete the installation of the M9.21i or M9.21si 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. Take the following steps to check the alignment:

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

**CAUTION:** If you hear or notice any chafing or the running belt appears to be getting damaged, stop the running belt immediately by pressing the STOP key. Contact a Precor Service Representative.

1. Insert the magnetic safety key (K) into the opening on the electronic console. Locate the ON/OFF (I/O) switch at the front of the treadmill and turn ON (I) the treadmill.
2. Stand beside the treadmill and press QUICK START. The running belt starts automatically after the display scrolls the message, "**Belt Starting 3, 2, 1,...**"
3. Continue standing next to the treadmill and press the SPEED ▲ key to maintain the running belt at a speed of 3 miles per hour (5 kph).
4. Walk to the back of the treadmill and observe the belt for a few minutes as it moves.

If the running belt,...	Then,...
tracks centered on the running surface	the belt is functioning correctly and no adjustment is necessary.
runs or drifts off center	you need to adjust the belt; see <i>Aligning the Running Belt</i> in Chapter 7.

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

5. To stop the running belt, press STOP and remove the safety key. Store the safety key in a safe place to prevent unauthorized use.

If the belt is functioning correctly, the M9.21i or M9.21si treadmill is ready to use.

# 3

## Using the Low Impact Treadmill

As simple as using the M9.21i or M9.21si Low Impact Treadmill might seem, you should read this section so that you can use the treadmill safely and effectively. This section of the owner's manual provides the basic information you need for exercising on your treadmill, including the following:

- locating the ON and OFF switch
- using the magnetic safety key
- reviewing features on the electronic console
- customizing the display (changing to U.S. standard or Metric, displaying Smart Rate, and selecting the TIME or DISTANCE prompt)

**Note:** Instructions explaining how to use the Precor Heart Rate Option and information regarding the Heart Rate Course appear in the next section: *Using the Precor Heart Rate Option*.

### Locating the ON and OFF Switch

Use the ON/OFF (I/O) power switch to turn the treadmill ON "I" or OFF "O". This switch is located at the front of the treadmill, near the power cord.

**Note:** The running belt will not move until the magnetic safety key is inserted into the electronic console. Refer to the instructions below for more information about the safety key.

### Using the Magnetic Safety Key

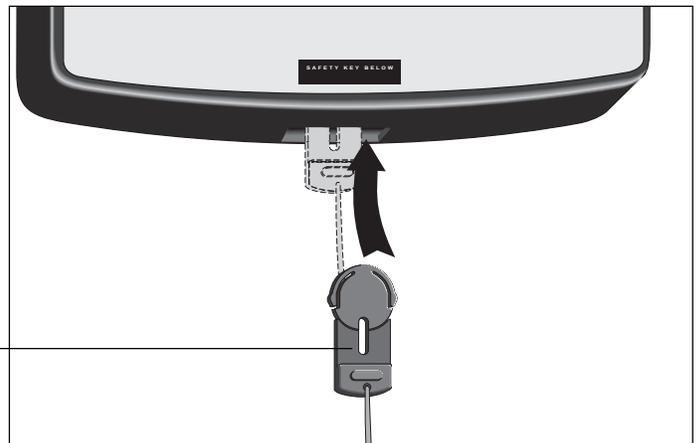
**CAUTION:** Before each workout, always attach the magnetic safety key's clip to your clothing at your waistline.

The magnetic safety key lets you stop the treadmill's running belt. Use this key in an emergency or when finished exercising. Pulling the key out of the console compartment has the same effect as pressing STOP. To prevent unauthorized use of the treadmill, store the safety key in a safe place.

Diagram 9

Magnetic safety key

Magnetic safety key



Before you can begin a workout, the magnetic safety key must be inserted into the electronic console as shown in Diagram 9. The treadmill's running belt will not move until the safety key is inserted and secure inside the electronic console.

**Important:** Do not force the safety key into position, it should slide easily into place within the electronic console compartment. Applying too much pressure to the connection could break a safety key component and void the Precor limited warranty.

## Understanding the Electronic Console

The electronic console lets you control your M9.21i or M9.21si treadmill session. As you work out, the electronic display provides constant feedback about your progress. Information about distance covered, elapsed time, speed, total caloric burn, degree of incline, and heart rate (if you use the Precor Heart Rate Option) is available at any time. When you use the Precor Heart Rate Option, the chest strap that you wear transmits a signal which is picked up by the M9.21i or M9.21si software and displayed numerically (when the Heart Rate indicator is lit).

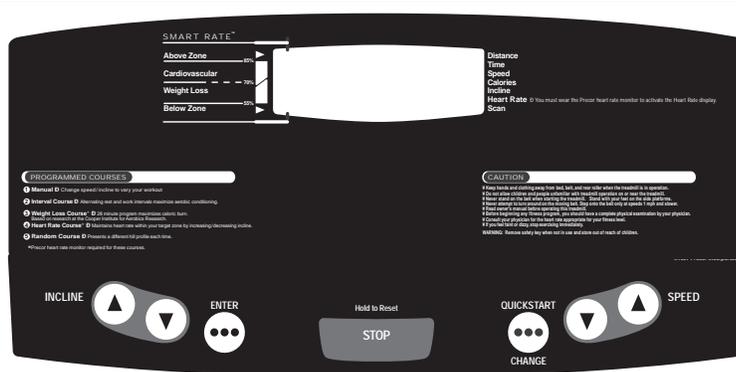
The M9.21si also provides several preprogrammed courses and the ability to design your own custom courses (CUST1 or CUST2). For more information, refer to *Creating Custom Courses on the M9.21si*.

## Displays on the Electronic Console

Indicator lights appear to show you which feature is being displayed. When you are working out, the electronic console display presents each feature consecutively—this is called scanning. Diagram 10 illustrates the electronic console display. Its features and keys are explained on the following pages.

Diagram 10

M9.21i electronic console display



**Note:** Informative messages scroll across the display and prompt you to enter specific information before a workout. These messages request information and action, or explain problems that may arise while you are using the treadmill. Some problems you can solve. Other problems may require a qualified service technician. If you are unsure about an error message, please call a Precor authorized service center. For the service center nearest you call, 1-800-4-PRECOR.

**SMART RATE:**® When the optional Precor heart rate receiver has been properly installed in the treadmill *and* you wear the Precor Heart Rate Option's chest strap, a blinking segment in the bar graph appears on the left of the display. If you have entered your age (completed during the setup prompts), the blinking segment shows you the zone that your heart rate is in: either Weight Loss or Cardiovascular.

**Important:** Smart Rate and HEART RATE displays only appear when the Precor heart rate receiver is installed in the electronic display *and* the chest strap transmitter is worn. Smart Rate does not appear when you use the Quick Start key. If the Smart Rate segment appears, but does not blink, it means that a receiver is installed, but that you are not wearing the chest strap transmitter or it is not working properly. To correct transmitter problems, refer to your *Precor Heart Rate Option Owner's Manual* or to *Obtaining Service* in this manual.

**DISTANCE:** The distance you have travelled appears once you begin a workout. Distance can appear in miles or kilometers. If you wish to change the display, you can follow the instructions found in *Customizing the Display*.

**TIME:** During your workout, a time (00:00) display appears automatically and stops whenever you pause or stop the running belt. As you work out, you will notice that the time starts at zero and counts up when you use distance-based courses. It counts down when in the timed courses and alternates between counting up and counting down during the Interval and Weight Loss programs. Time appears in minutes and seconds. However, should you exceed 60 minutes (during a single workout), the time display converts to hours and minutes.

**SPEED:** The speed at which you are travelling appears in this display. Your speed can appear in miles per hour (0.5 to 10 mph) or kilometers per hour (0.8 to 16 kph). If you wish to change the display, you can follow the instructions found in *Customizing the Display*.

**CALORIES:** When you enter your accurate weight, the number of calories you are burning while you workout appears in the display. At the end of the workout, the estimated number of calories burned appears in the display. The calorie calculation is dependent on the weight that you enter during the setup prompts. An accurate weight selection results in a more accurate calorie count.

**Note:** If you press the QUICK START key, the calorie count is based on a 150 lbs (68 kg) person.

**INCLINE:** The M9.21i or M9.21si treadmill provides inclines from 0% to 15%. You can change the incline and decrease or increase the level of your workout by pressing the INCLINE ▼▲ keys.

**HEART RATE:** The heart rate display lets you monitor your heart rate and, in the Heart Rate Course (HRC), keeps you within your training zone. You must purchase the Precor Heart Rate Option and wear the chest strap transmitter before your heart rate can appear on the display. For more information, refer to the section titled *Using the Precor Heart Rate Option*.

**SCAN:** When you are working out and the display is in SCAN mode, an indicator light appears next to the word SCAN. Another indicator light appears next to the feature that is being displayed. About every 30 seconds, the indicator light moves sequentially through each field on the display.

The SCAN indicator can only be highlighted in Manual mode. In any other program, scanning occurs automatically. To stop scanning and display one feature, press the CHANGE key. Continue to press the CHANGE key to move the indicator light to the feature you want displayed.

## Keys on the Electronic Console

Each key on the electronic console's keypad provides specific functions. The following information explains the different uses of the keys from left to right. To locate each key, look at the electronic console or refer to Diagram 10.

**ENTER:** When you turn ON the treadmill, several prompts appear before you start your workout. Each prompt needs to be addressed and then "entered" into the treadmill's memory by pressing the ENTER key.

**Note:** Tapping ENTER successively 3 times when the start-up prompt "ENTER WEIGHT" appears on the display causes the treadmill to retrieve the last workout program from memory and display it. Refer to *Retrieving the Previous Workout Program*.

**INCLINE CONTROL ▼▲:** The INCLINE arrow keys let you decrease ▼ or increase ▲ the treadmill's incline settings from 0% to 15% in Manual mode.

**STOP:** To pause during your workout, press the STOP key. The running belt stops and the displays on the console freeze allowing you to review your workout statistics. See *Pausing Your Workout*. Tapping STOP twice during a workout program causes the treadmill to access the Manual mode. Use this feature to incorporate a cool-down period into your workout. See *Cooling Down After a Workout*.

**HOLD TO RESET:** To exit the Manual and Interval programs, press HOLD TO RESET for a few seconds. The displays clear, your workout statistics are saved and added to the cumulative totals. Continue to press HOLD TO RESET and the Precor banner appears on the display. You can also use this key to exit other courses prematurely. See *Ending Your Workout*.

**SPEED CONTROL ▼▲:** The SPEED arrow keys let you decrease ▼ or increase ▲ the treadmill's speed settings. During a workout, you can decrease or increase the speed of your workout from 0.5 to 10 miles per hour or 0.8 to 16 kilometers per hour. You can also use the SPEED ▼ key to slow the running belt to a gradual stop.

**QUICK START:** Pressing QUICK START at the Precor banner or during the setup prompts causes a "Belt Starting 3, 2, 1,..." message to scroll across the display. The running belt begins moving at 1 mph and the treadmill enters Manual mode. A default weight of 150 lbs (68 kg) is used to calculate the total caloric burn. (For more information, refer to *Using the QUICK START Feature* and *Using the Manual Course Mode*.)

**CHANGE:** In Manual mode, the CHANGE key lets you select the feature that you want to appear on the display. The feature remains displayed until you press CHANGE again. In other programs, pressing the CHANGE key activates the scan function. Starting from the top of the display, each feature is displayed sequentially and then, the course profile reappears. Note that HEART RATE only appears if you are using the Precor Heart Rate Option.

## Customizing the Display

The M9.21i or M9.21si treadmill can display speed in either miles per hour (mph) or kilometers per hour (kph) and distance in miles or kilometers. When the M9.21i or M9.21si is shipped from the factory, it is set to display to U.S. Standard units of measure (mph and miles). You can also choose to turn the Smart Rate display on or off and change whether the TIME or DISTANCE prompt appears after you choose a preprogrammed course. You can easily change any of the settings by taking the following steps:

**Note:** The M9.21i or M9.21si treadmill will retain your selection even when it is turned OFF and unplugged. You can change your selection at any time by repeating the following steps.

1. Insert the magnetic safety key into the electronic console.
2. Turn ON the treadmill using the power switch located at the front of the hood.
3. At the Precor banner, press the STOP key, followed immediately by the QUICK START key, then the SPEED ▼ key, and lastly the SPEED ▲ key. (The numbers 3, 4, 5, 6 appear sequentially on the display as you press the associated key.) The prompt, "PRESS ▲ FOR MPH OR ▼ FOR KPH" appears on the display.

**Important:** If the QUICK START key is not pressed within 1 second after pressing the STOP key, the display returns to the Precor banner. You will need to begin again.

4. Any ▼ or ▲ key lets you alternate between the prompts. Press one of the ▼ or ▲ keys.
5. A prompt "SMART" or "NO SR" appears on the display. Any ▼ or ▲ key lets you alternate between the prompts to select whether you want the Smart Rate display to appear (SMART) or not appear (NO SR) on the display.
6. Two messages scroll across the display: one confirms your mph or kph selection and the other states, "PUSH ▲ FOR DISTANCE OR ▼ FOR TIME OR 'RESET' TO ASK." Press the appropriate key after answering one of the following if/then scenarios:

**Note:** When using a preprogrammed course (M9.21si only), you can measure your workout by distance or time. You see the "SELECT DISTANCE" or "SELECT TIME" prompt after you enter a course selection. The default measurement is distance.

If you want,...	Then,...
your workout measured by distance	press the ▲ key
your workout measured by time	press the ▼ key
the option of selecting time or distance prior to each workout	press HOLD TO RESET (STOP)

After you press an arrow key, a message scrolls across the display confirming your selection.

7. The changes have been retained in the treadmill's memory. Continue with your workout or turn OFF the treadmill. If you turn OFF the treadmill, be sure to store the safety key in a safe place to prevent unauthorized use.

# 4

## Working Out on the Low Impact Treadmill

Before using your treadmill, we recommend that you follow these instructions and go through a preliminary demonstration of the treadmill.

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, shown in Diagram 15 in Chapter 6.
- After your workout, walk slowly for several minutes to cool down your body and lower your heart rate. Use the cool-down feature on your treadmill.
- Using the clip provided, attach the magnetic safety key to your clothing at your waistline before each workout. Then, if you encounter difficulties or want to end your workout, you can easily stop the running belt by pulling on the cord.
- Before and after a workout, gently stretch your lower body and back to help prevent stiffness or soreness.

### Quick Steps to Working Out

A variety of exercise options are available on the M9.21i or M9.21si. The course profiles on the M9.21i (refer to the label on the electronic console) provide workouts from manual mode to preprogrammed, customized courses, and heart rate interactive courses. (To use the Smart Rate and Heart Rate features, you will need to purchase the Precor Heart Rate Option.)

To work out on the M9.21i or M9.21si, take the following steps:

1 ▶ Put on chest strap (optional).

2 ▶ Insert Safety Key.

3 ▶ Turn ON treadmill.

1. For Smart Rate or your HEART RATE to appear on the display, the heart rate receiver must be installed in the electronic console display and you need to wear the chest strap transmitter. Refer to *Wearing the Chest Strap Transmitter* to learn how to properly use the chest strap.
2. Insert the magnetic safety key into the electronic console compartment.
3. Locate the ON/OFF (I/O) switch at the front of the treadmill and turn ON the treadmill. The Precor banner scrolls across the electronic console display.

4 Straddle belt.

5 Attach safety clip to clothing.

6 Enter Weight or press Quick Start.

7 Enter AGE.

8 Select Course.

**Important:** Before working out, review the information regarding the different M9.21i or M9.21si programs and their operation. Refer to pages 15 through 22.

9 Start working out.

Use the optional Smart Rate and Heart Rate displays to keep your heart rate in your target zone: cardiovascular or weight loss.

(Pause)

To purchase the Precor Heart Rate Option or Smart Weights, call your local dealer.

10 End workout.

(Cool down)

11 Review workout statistics.

(Press HOLD TO RESET)

12 Remove Safety Key. Turn OFF the treadmill.

13 Store Safety Key in a secure place.

4. Straddle the running belt with your feet firmly planted on the right and left staging platforms. (Stand close enough to the electronic console so that you can extend your arms to easily touch the keys.)

5. Using the clip provided, securely attach the magnetic safety key to your clothing near your waistline where it will not interfere with your workout.

**Important:** To retrieve the last course used, rapidly tap the ENTER key three times. Or, to display the manual mode's course profile, press QUICK START. When you use QUICK START, a default weight of 150 lbs (68 kg) is used for calculating the CALORIES display. Refer to *Using the QUICK START Feature*.

6. If you do not use QUICK START or retrieve the last course or program, press any ▼ or ▲ key to change the weight. (The weight increases and decreases in 5-pound or 2 kg increments) To increase the accuracy of the calorie count that appears on the display, select a weight that is closest to your actual weight. Press ENTER.

7. The AGE prompt appears if the Precor Heart Rate Option receiver is installed in the electronic console display. If you wish to purchase this valuable option package, contact the dealer nearest you by calling, 1-800-4-PRECOR.

8. At the "SELECT COURSE" prompt, choose your workout mode:

M9.21i — Manual (MAN'L), Interval (INTV), Weight Loss (WT.LS.), Heart Rate Course (HRC) or Random

M9.21si — all the programs mentioned above plus the preprogrammed courses shown on the display label.

Press the ▼ or ▲ key until you see the desired mode or course number appear on the display, then press ENTER.

9. Depending on the program you select, you may be prompted to answer more questions or press the SPEED ▲ key to begin your workout. Hold onto the handrail with one hand while you press SPEED ▲ with the other hand. Step onto the running belt while the speed is at or below 1 mph (1.6 kph). Once you are comfortable with the walking or running speed, you can remove your hands from the handrail.

To pause during your workout session before finishing the selected program, press the STOP key. The displays on the console freeze. See *Pausing Your Workout* or *Ending Your Workout* for more information.

**Note:** Optional hand weights, called Precor Smart Weights, are available from your local dealer. Precor Smart Weights provide 1- or 2-pound hand weights with the added convenience of remote control. The remote control lets you change your speed or incline and stop the running belt. Precor Smart Weights give you control of your treadmill's electronic console functions while you enjoy the added benefit of an upper body workout. For more information call your local dealer. To locate the dealer nearest you call, 1-800-4-PRECOR.

10. When you are finished exercising, hold onto the handrail and press STOP. (You can also press SPEED ▼ until the running belt stops.) You can then review your workout results as the display scans through DISTANCE, TIME, and CALORIES. (HEART RATE appears if you are wearing the Precor chest strap.)

**Note:** Always allow yourself a cool-down period of a few minutes before bringing the running belt to a complete stop. Cooling down after your workout helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. It also helps your heart rate return to its normal (non-exercising) state. You can access the manual mode (MAN'L) from any program by tapping STOP twice in quick succession. Manual mode enables you to change the speed and incline and adapt a cool-down period into your workout.

11. If desired, after reviewing the displays, reset them to zero by pressing HOLD TO RESET for several seconds.

12. Detach the safety clip from your clothing and remove the magnetic safety key from the electronic console. Turn OFF the treadmill.

13. To prevent unauthorized use, store the safety key in a safe place.

## Using the QUICK START™ Feature

**CAUTION:** Hold onto the handrails when you press QUICK START. The running belt starts automatically at 1 mph after the display scrolls the message “Belt Starting 3, 2, 1...”

The words “quick start” imply that you can start your workout immediately. Once you insert the magnetic safety key and attach the safety clip to your clothing, the QUICK START feature on the M9.21i or M9.21si treadmill allows you to bypass the setup prompts and access manual mode. The weight setting defaults to 150 pounds (68 kg) so all calorie calculations and their associated displays are based on a body weight of 150 pounds (68 kg). The Smart Rate display will not work when you use the QUICK START key.

**Note:** Any prompts that appear after the “SELECT COURSE” prompt require your input before you can proceed. You can press QUICK START at any prompt and access manual mode features. However, QUICK START is disabled once you enter a program and begin your workout.

## Retrieving the Previous Workout Program

To retrieve the previous workout program, simply tap the ENTER key successively three times while the prompt “ENTER WEIGHT” is being displayed. Note that if someone else has exercised on the treadmill after your workout, whatever program he or she used will be the one that is restored from memory.

## Pausing Your Workout

You can pause at any time during your workout. Use this feature to rest or take a short break. To pause while working out, press the STOP key. The running belt stops. Remove the safety key clip and straddle the running belt so that you can safely step off the treadmill. Your workout statistics freeze and remain displayed on the console until you resume your workout.

Do not rely on the Pause feature as a way to end your workout. If you wish to end your workout, follow the instructions in *Ending Your Workout*.

To resume your workout, straddle the running belt, attach the safety key clip to your clothing, press the SPEED ▲ key to start the running belt, hold the handrail, and step onto the running belt while the speed is at or below 1 mph. Your workout statistics continue from where you left off. Continue to press the SPEED ▲ key, to increase the speed to a comfortable level. Once you are comfortable with the walking or running speed, you can remove your hands from the handrail.

## Cooling Down After a Workout

Cooling down after your workout is important because it helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. Cooling down for at least 3 minutes helps provide a smooth transition that allows your heart rate to return to its normal (non-exercising) state.

You can cool down after a workout by accessing Manual mode (MAN'L). Tapping STOP twice in quick succession accesses MAN'L mode from the preprogrammed courses (M9.21si only).

## Ending Your Workout

To end your workout, take the following steps:

1. Hold onto the handrail and press the STOP key or press the SPEED ▼ key until the running belt slows to a gradual stop. The displays on the console freeze which lets you review your workout statistics.
2. Continue to press STOP (HOLD TO RESET) for a few more seconds to add your workout statistics to the cumulative totals and return to the Precor banner.
3. Straddle the running belt and step off the treadmill.
4. To prevent unauthorized use, remove the magnetic safety key from inside the electronic console and store it in a safe place. Turn OFF the treadmill.

## Changing the Interval Course Profile

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

The interval course on the M9.21i or M9.21si treadmill lets you set the course intervals according to your training regimen. It alternates between 60 seconds of “Rest” and 60 seconds of “Work.” During the Rest interval, you can walk or jog slowly; during the Work interval, you can stride quickly or run. You set the speed and incline for the first rest and work interval and the software takes over from there, repeating the intervals throughout the course until you press the STOP key.

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

If you have purchased the Precor Heart Rate Option and installed the heart rate receiver, you can monitor your workout using the Smart Rate and HEART RATE displays.

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

Below are some suggestions that may help you incorporate the Interval mode into your workout:

- If you are starting an exercise program, the Interval mode option can help you increase your workload gradually. For example, in the beginning, you may simply want to specify the same speed and incline for both Work and Rest intervals. Then, to increase your effort level, change to a higher speed and/or incline for your Work interval.
- If you are training with the goal of maintaining a constant pace when on level ground or grade, specify the same speed for both Work and Rest intervals. Then, gradually increase the incline during the Work interval until you can maintain a constant pace.

To use the interval course, follow the steps in *Working Out on Your M9.21i or M9.21si Treadmill*. At the “SELECT COURSE” prompt, use the ▼▲ keys to display “INTV,” and press ENTER.

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

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

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

2. When “ENTER WORK SPEED & INCLINE” scrolls across the display, specify your work speed (up to 10 mph). With one hand on the handrail, use the other hand to press the SPEED ▼ or ▲ keys until the desired work speed is shown. Use the INCLINE▼ or ▲ key to set the incline. When you are comfortable with the rest and work speeds and inclines, you can let go of the handrail.

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

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

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

## Using the Weight Loss Program

The Precor Weight Loss Program incorporates the latest findings on fat-burning and weight loss through exercise. It is based on research at the world-renowned Cooper Institute for Aerobics Research.

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

The Weight Loss Program is similar to the interval course program on your M9.21i or M9.21si treadmill. The Weight Loss Program provides a 28-minute workout with inclines preset to a minimum level for the 4-minute rest interval and a maximum level for the 4-minute work interval.

You can adjust the incline during any interval segment. However, *changing the incline will reduce the effectiveness of your weight loss program.* Any time you adjust the incline, the software returns to the default incline of minimum or maximum at the beginning of the next rest or work interval. The treadmill alerts you of upcoming incline or interval changes by scrolling messages across the display.

The Weight Loss Program is designed to help you burn the most fat during a 28-minute workout, while minimizing the risk of discomfort and injury. Performed three or four times a week, the weight loss mode will help you reach your ideal weight and fitness level quickly and efficiently.

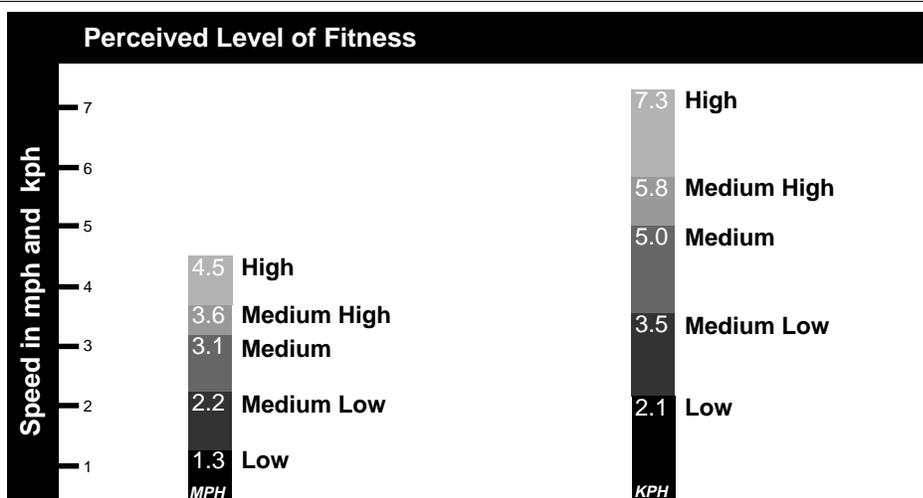
**CAUTION:** The treadmill may automatically change incline when you enter a program. Stay clear of the lift mechanism and hood area until the treadmill has completed the recalibration process.

To use the Weight Loss mode, follow the steps found in the section titled *Working Out on Your M9.21i or M9.21si Treadmill.* When the electronic console display prompts you to select a course, use the ▼ or ▲ keys to select "WT.LS." and then, press ENTER.

**Note:** Be sure to enter your correct weight at the weight prompt. Deviating from your actual weight reduces the effectiveness of the weight loss program.

Table 1

Speed calculated in mph & kph



Set the speed of the treadmill based on your perceived level of fitness (low, medium, or high—see Table 1). The incline is preset to accommodate your level of fitness.

**CAUTION:** If you are unsure about your level of fitness, start at the low speed. Do not increase your speed beyond 1.3 mph or 2.1 kph. Remember, always consult your physician before beginning any new exercise routine.

If you wish to continue the weight loss program at the end of the 28-minute period, press the SPEED▲. The speed remains constant and the preset 4-minute rest and work intervals continue to repeat until you press the STOP key. If you want to adjust the speed, press the SPEED▼ or ▲ key until the desired speed appears in the display.

Always monitor your pulse during and at the end of your workout. If you purchased the Precor Heart Rate Option and have installed the receiver and are wearing chest strap, you can monitor your heart rate through the Smart Rate and HEART RATE displays. For the ideal "weight loss" range, your heart rate should be between 55% and 70% of your maximum aerobic heart rate. It should never exceed 80% of your maximum aerobic heart rate or go above your training zone. Refer to Diagram 15 in *Getting the Most Out of Your Workout* for your appropriate training zone.

**Important:** If you use the Precor Heart Rate Option, you can adjust the rest or work intervals if your heart rate is above or below the recommended zones for your age. For the Weight Loss course, try to maintain your heart rate at the lower end (55% of maximum heart rate) while in the "rest" intervals and keep it at 70% of maximum heart rate while in the "work" intervals.

**CAUTION:** Hold onto the handrails when you press QUICK START. The running belt starts automatically at 1 mph after the display scrolls the message “Belt Starting 3, 2, 1...”.

## Using the Manual Course Program

Manual mode lets you use the M9.21i or M9.21si treadmill for an indefinite period of time while controlling the speed and incline.

You can choose the Manual course program in two different ways:

- pressing QUICK START at the Precor banner or any set-up prompt displays the manual course profile. The weight setting defaults to 150 pounds (68 kg) so all calorie calculations and their associated displays are based on a body weight of 150 pounds (68 kg). The Smart Rate displays do not work when you use QUICK START. For more information, refer to *Using the QUICK START Feature*.
- entering your weight and selecting the “MAN'L” course. At your next workout (if no one else has used the treadmill), rapidly tap ENTER three times to access this same program.

When you choose the Manual program, the program's course profile appears in the display and shows a flat constant course. The INCLINE▼ or ▲ keys change the incline and the SPEED▼ or ▲ keys affect the speed of the running belt.

**Important:** To end a workout in Manual mode, you need to press STOP or press the SPEED ▼ key until the running belt stops. Press HOLD TO RESET for a few seconds to clear the display.

## Using the Random Course

Choosing a random course provides variable course profiles. Each course profile is “randomly” selected by the M9.21i or M9.21si software. Every time the Random course is selected, a different course profile appears.

## Using a Preprogrammed Course on the M9.21si

**CAUTION:** If this is the first time you have operated this treadmill, DO NOT STAND on the running belt until you become familiar with treadmill's operation. Be sure to read and follow the general guidelines found in “Working Out on Your M9.21 or M9.21s Treadmill” prior to using the treadmill.

To use a preprogrammed course, follow the instructions below. Remember, when you use the electronic console, hold onto the handrail to maintain your balance. You should also use the handrail whenever you speed up, slow down, or stop the treadmill.

The M9.21si is equipped with six preprogrammed courses and two custom courses that vary in distance, time, and incline. Refer to the label on the electronic console for a representation of the course profiles.

To use the preprogrammed courses, follow the steps in *Working Out on the M9.21i or M9.21si Low Impact Treadmill* and add the following variation.

1. At the “SELECT COURSE” prompt, enter a program name “WALK” or “RUN.”

The WALK courses combine .05-mile segments with a set series of inclines. The RUN courses combines .1 mile segments. The percent of incline and the frequency with which inclines are encountered indicate the difficulty of the course. For example, WALK EASY takes the user through inclines ranging from 0 to 3 percent grade, while RUN ADV uses inclines in the minimum to maximum range on a more frequent basis. The software simply repeats the segments until the distance or time limit you set is reached, or you press the STOP key.

**Note:** If you do not press ENTER to select a course, after 10 seconds the prompt “PRESS ENTER TO BEGIN” appears. This prompt continues to scroll across the display every few seconds until ENTER is pressed.

2. At the “SELECT MILES (kilometers)” prompt specify the length of your course. Press the ▼ or ▲ keys to choose distance. Press ENTER when the desired distance appears.

**Note:** You can change the “SELECT MILES” prompt to “SELECT TIME” if you prefer to measure your workout by distance. Follow the procedure in *Customizing the Display*.

If you see “SELECT TIME” scroll across the display, specify the length of your workout. Press the ▼ or ▲ key to choose time; the display moves in 1-minute increments, from 5 to 50 minutes. Press ENTER when the desired time appears.

**CAUTION:** The treadmill may automatically change incline when you enter a program. Stay clear of the lift mechanism and hood area until the treadmill has completed its recalibration.

## Creating Custom Courses on the M9.21si

You can program the M9.21si and create your own course profiles using the two custom courses ("CUST1" and "CUST2"). Programming a custom course is easy. You just create the custom courses as you work out by determining the speed and incline for each 0.1 mile segment along the 8-mile maximum course length. Speed and incline settings are saved once every .1 of a mile which equals 10 dots on the display. Once you complete your workout, the course is stored in memory and can be automatically recalled using the same program number.

To create a custom course, follow the steps in *Working Out on the M9.21i or M9.21si Low Impact Treadmill* and add the following variation.

1. At the "SELECT COURSE" prompt, choose your custom course: either "CUST 1" or "CUST 2." Press the ▼ or ▲ keys until you see the desired course, then press ENTER.

**Note:** After pressing ENTER, a prompt scrolls across the display warning you that the custom course contains set speed and inclines. You are not to use the course if you are not familiar with it. The following instructions assume that you are programming a new custom course. However, if you want to use the existing custom course, press SPEED ▲ to begin.

**CAUTION:** After pressing ENTER, clear an existing custom course profile by simultaneously pressing both the INCLINE ▼▲ keys for at least 3 seconds. The course profile reverts to a blinking line at 0% incline. Be cautious about performing this procedure. Once you clear an existing course profile, you cannot retrieve it.

2. Hold onto the handrail and press the SPEED ▲ key. Step onto the running belt while the speed is at or below 1 mph and begin walking. Use the INCLINE ▼▲ keys to change the course profile as you walk. The first time the custom courses appear, the profile appears flat (0% incline) until you change it.
3. As you move through the course, you can change the course profile by using the SPEED and INCLINE ▼▲ keys on the segment that is blinking. You cannot "go back" to a segment once you move beyond it. However, you can pause by pressing STOP. Prompts appear and scroll across the display asking you to save the course and end your workout, or continue with your workout.
  - Pressing ENTER saves the course profile up to the point (mile or kilometer) where you stopped and resets any previously saved program course.

**Note:** You must program at least .10 mile (10 dots on the display) before your new course can be saved otherwise the software reverts back to the existing course. If an existing course profile extended beyond the segment where you stopped, it will be discarded.
  - Pressing SPEED ▲ starts the running belt and allows you to continue from where you left off. Be sure to hold onto the handrail before pressing SPEED ▲.
4. Once you reach the maximum distance of 8 miles, the prompt, "END COURSE" appears and scrolls across the display. The running belt slows to a gradual stop, the incline returns to 0%, and prompts appear requesting that you save your changes.
5. Save your changes by pressing ENTER. Once you save your custom course, you can work out and use the same course over and over by entering the associated custom course number.

## Deleting Custom Courses on the M9.21si

An existing custom course can be deleted by pressing both INCLINE ▼ or ▲ keys when the custom course profile appears on the display. Take the following steps to delete a custom course:

**CAUTION:** Once you press the INCLINE ▼▲ keys to reset the course profile, you cannot retrieve the old custom course.

1. After answering the setup prompts and choosing your custom course, a "CAUTION" message scrolls across the screen indicating that an existing custom course exists.
2. When the course profile appears on the display, press both INCLINE ▼▲ keys and hold for at least 3 seconds. A message appears indicating that the custom course profile has been reset (0% incline and 1 mph/kph speed).

# 5

## Using the Precor Heart Rate Option

The Precor Heart Rate Interactive System has many unique features. When you use the Precor Heart Rate Option and have the optional heart rate receiver installed in the electronic console, your heart rate can appear on the display. The Smart Rate and Heart Rate displays simplify the correlation between heart rate and exercise. You don't have to stop concentrating on your workout to find your pulse anymore. It is displayed right in front of you. When you use the Heart Rate Course, the software monitors and maintains your heart rate in the target zone best suited for your specific needs.

When you maintain your heart rate between 70% and 85% of your maximum aerobic heart rate, you are improving your overall cardiovascular/cardiorespiratory fitness level. If you maintain your heart rate between 55% and 70% of your maximum aerobic heart rate, you are burning enough calories that, when continued on a regular basis for 30 minutes or more, provides the greatest fat-burning (weight loss) benefits. Before you use the chest strap transmitter, Heart Rate Course, or Weight Loss program, please study this section thoroughly. Included in this section are the following:

- wearing the chest strap transmitter
- utilizing the heart rate interactive system
- using the Heart Rate Course
- correcting inconsistent heart rate readings

**Important:** If you do not use the Precor Heart Rate Option and the optional heart rate receiver according to the guidelines found in this manual, you could jeopardize the accuracy of your heart rate readings or void the Precor limited warranty.

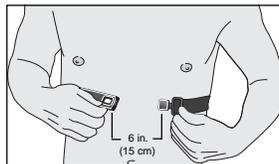
### Wearing the Chest Strap Transmitter

The Precor Heart Rate Option is a completely wireless system. A built-in receiver displays continual feedback about your heart rate when you wear the transmitter strap around your chest. No bulky wires or cables interfere with your movements.

The wireless chest strap contains the electrodes that transmit your heart rate (pulse) to the receiver. To get an accurate reading, the electrodes need to be *moist* and in *direct contact* with your skin. *Be sure to wear the chest strap underneath your clothing.*

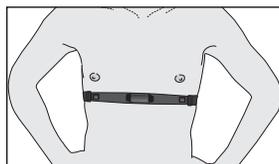
Take the following steps to put on the chest strap:

**Diagram 11**  
*Determine proper length.*



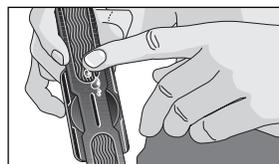
1. Determine the length of the strap by wrapping it around your chest. Without stretching the strap, check the distance between the two ends of the strap. For a snug fit, the ends of the strap should be about 6 inches (15 cm) apart. See Diagram 11. Adjust the tightness of the chest strap by sliding the buckle along the strap.

**Diagram 12**  
*Moisten electrodes. If needed, use the spray included with the Precor Heart Rate Option.*



2. Remove the strap from around your chest and dampen the electrode strips with tap water as shown in Diagram 12 or use the Precor spray. Do not use deionized water. To function properly, the electrodes need the salts and minerals found in non-purified water. Once you begin your workout, your perspiration keeps the electrodes moist.

**Diagram 13**  
*Buckle chest strap.*



3. Buckle the strap around your chest. The strap should feel snug, not restrictive. Make sure that the transmitter lies horizontally across your chest and is centered in the middle of your chest. See Diagram 13.

**Note:** The chest strap transmitter has a one-year warranty. Some units contain a replaceable battery. To change the battery, refer to *Changing the Battery in the Chest Strap* on page 32.

With the proper adjustment of the chest strap, you are ready to begin using the Precor Heart Rate Option.

## Utilizing the Heart Rate Interactive Capabilities

You can make each program on the treadmill a heart rate interactive course by monitoring and maintaining your heart rate in the Smart Rate® zone best suited for your specific needs. You can access Smart Rate only if the optional heart rate receiver is installed in your unit and you wear the Precor chest strap. The Smart Rate indicator lights do not appear when you use QUICK START™.

**CAUTION:** Keep in mind that the “Heart Rate” or “Training” zones are approximations. Always check with your physician to learn what the appropriate heart rate is for **your** level of fitness. Do not push yourself beyond the recommended range.

Before using the Heart Rate capabilities on the M9.21i or M9.21si, take time to read the following guidelines.

- Consult with your physician before engaging in any vigorous exercise. Do not use the Heart Rate Course until authorized by your physician.
- Slow down and stop immediately if you experience any pain or abnormal symptoms.
- Gently stretch you lower body and back before and after working out to help prevent stiffness or soreness.
- Know your heart rate (pulse) and your physician-recommended heart rate training zone. Individual heart rates vary according to several physiological factors and may not correspond directly with the tables provided.
- You should not use the Heart Rate capabilities if you are taking any medications that either speed up or slow down your heart rate.
- Always face forward on your treadmill and only use the handrails for balance. *Do not use the handrails to support your weight.*
- Keep in mind that you are working with very sensitive equipment and upper body movement should be kept to a minimum.
- After putting on the chest strap, turn the treadmill ON “O” and position yourself on the running belt for a minimum of 15 seconds. This allows the treadmill to acknowledge the presence of the transmitter.
- While using the chest strap, face the electronic console and stay within 3 feet of it. If you move outside the 3-foot range, the receiver may have difficulty picking up your heart rate signal.
- Remember to incorporate a cool-down period into your workout to help lower your heart rate and minimize muscle stiffness or soreness.

**CAUTION:** Refer to Precor Heart Rate Option—Safety Guidelines for other important safety tips.

## Using the Heart Rate Course

The Heart Rate Course has been designed from research conducted at the world-renowned Cooper Institute for Aerobics Research. The HRC program must be used in conjunction with the Precor Heart Rate Option. You can use the Heart Rate Course to maximize your aerobic workout. Once you start the program, the software automatically adjusts the incline (or prompts you to adjust the speed, if necessary) to keep your heart rate within the cardiovascular heart rate zone.

**Note:** You must wear the Precor chest strap to use the Heart Rate Course.

To use the course follow the steps in *Working Out on the M9.21i or M9.21si Low Impact Treadmill* and choose “HRC” at the “SELECT COURSE” prompt. The following occurs:

**CAUTION:** Always check with your physician to learn what the appropriate heart rate is for **your** level of fitness. Do not push yourself beyond the recommended range.

1. A prompt asks you to select a workout time. The software defaults to 20 minutes if no previous record exists. You can select a range of time between 5 and 99 minutes in 1-minute increments. Use the ▼ or ▲ keys to specify your workout time. Press ENTER.
2. A scrolling prompt appears to query you about your recommended heart rate zones. The upper limit of your target heart rate appears and scrolls across the display. Use the ▼ or ▲ keys if you wish to override the recommended heart rate. Press ENTER. A chart showing the recommended heart rate zones can be found in Diagram 15 in *Getting the Most Out of Your Workout*.
3. Another scrolling prompt appears to ask you to verify your lower heart rate limit. Use the ▼ or ▲ keys if you wish to override the recommended heart rate. Press ENTER.

4. The software verifies that it detects the heart rate signal and a prompt appears requesting that you press the SPEED ▲ key to begin your workout.

**Important:** Hold onto the handrail. If the treadmill is not already at 0% incline, it automatically returns to 0% incline.

5. Use the SPEED ▼ or ▲ keys to control the running belt's speed. The treadmill automatically adjusts the incline to keep your heart rate within the target zone. You can use the INCLINE or SPEED ▼ or ▲ keys any time during the 3-minute warm-up period to get your heart rate into its target zone. The program automatically takes over once your heart rate is in the target zone or the 3 minutes elapse. If, during your workout, your heart rate falls outside of the target range, the treadmill automatically overrides the incline (in 2% increments up to 10%) to bring your heart rate to within the target zone.

**Note:** If your heart rate cannot be detected or no heart rate is transmitted for more than 3 minutes, the Heart Rate course begins, but its operation is the same as Manual mode. Every 30 seconds the program checks for a heart rate.

6. When you reach the time limit, the treadmill automatically enters Manual mode so you can begin a cool-down period. You can change the speed and incline by pressing the ▼ or ▲ keys.

During your cool down, the displays on the console continue to appear. The TIME display counts up from zero, so you know how long you have been in the cool-down period. It is recommended that you cool down for at least 3 minutes. This helps your heart rate to return to a normal rhythm.

7. Hold onto the handrail and press the STOP key or press the SPEED ▼ key until the running belt slows to a gradual stop. The displays on the console freeze which lets you review your workout statistics. Straddle the running belt and remove the safety clip from your clothing. Step off the treadmill if you have finished your workout and turn it OFF.
8. To prevent unauthorized use, remove the magnetic safety key from inside the electronic console and store it in a safe place.

## Correcting Inconsistent Heart Rate Readings

If you have purchased the Precor Heart Rate Option and the treadmill cannot pick up your heart rate signal or messages appear on the display regarding heart rate errors, stop your workout and take the following steps:

**Important:** Be sure that the optional heart rate receiver is installed in the electronic console. Also, review the information found in the **Safety Information**, *Precor Heart Rate Option—Safety Guidelines*.

1. Make sure that the electrodes on the chest strap are moist and placed properly against your skin. Sometimes, due to body chemistry, the chest strap cannot successfully detect and transmit your heart rate. If this occurs, use the electrolyte spray that accompanies your Precor Heart Rate Option package. Follow the directions on the bottle. After spraying the electrode strips on the chest strap, check to be sure that the strap is comfortably tight around your chest. The brand name of the strap should be upright and centered in the middle of your chest. Refer to Diagram 13 in the section titled, *Wearing the Chest Strap Transmitter*.
2. Make sure that the treadmill is turned ON and the magnetic safety key is secure.
3. Be sure that you are within 3 feet of the electronic console and facing toward it. Allow a few seconds for the receiver to display your heart rate on the electronic console's display.

If you have taken the steps above and still get erratic readings, you may need to replace the chest strap transmitter or its battery. For chest straps with batteries, refer to *Changing the Battery in the Chest Strap*.

Most often, when the chest strap fails to transmit a heart rate signal, the cause is incorrect placement or problems with the electrodes. Check with your local servicer, he or she has a chest strap/heart rate simulator that can test your equipment to make sure that it is operating properly.

# 6

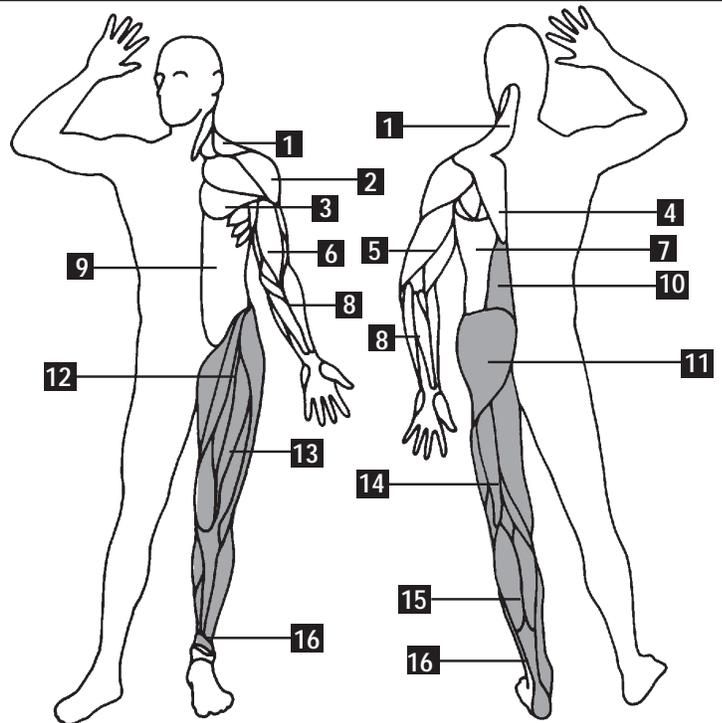
## Getting the Most Out of Your Workout

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 14

*Muscles improved*

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



A workout on the M9.21i or M9.21si Low Impact Treadmill provides excellent and efficient cardiovascular conditioning, while strengthening and toning all the major muscle groups in the lower body. Darkened areas in Diagram 14 indicate the muscles improved.

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

### How Hard Should I Exercise?

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

Diagram 15

## Training zones

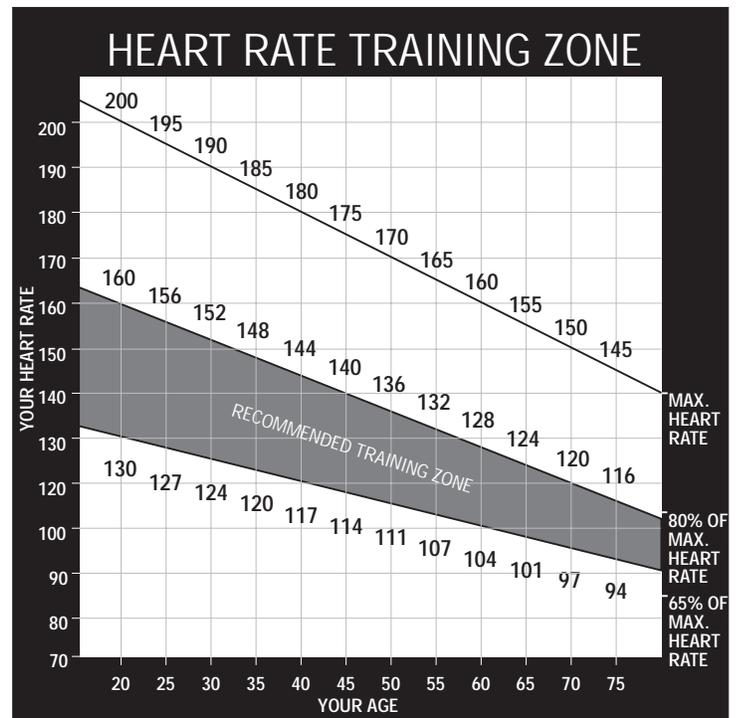


Diagram 15 shows your recommended heart rate training zone, which is calculated using your age and your maximum aerobic heart rate. Your maximum aerobic heart rate is equal to 220 minus your age. The chart is based on a resting heart rate of about 72 for males and 80 for females. Your optimum training zone is between 65% and 80% of your maximum heart rate. For efficient aerobic exercise, work only hard enough to keep your heart rate in this zone. You will obtain the greatest fat-burning benefits when you exercise within the optimum training zone.

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

Keep in mind that this zone is an approximation, to be used as a guideline—individual heart rates vary according to several physiological factors. To determine your training zone, find your age on the diagram, and then find the line where they intersect. For example, if you are 35 years old, your training zone is between 114 and 140 beats per minute. Remember this zone—this is the heart rate zone you should try to maintain as you work out.

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

Once you locate your pulse, look at a clock with a second hand, and count the beats for six seconds. Multiply that number by 10 to determine the total number of beats per minute. For example, if you count 14 beats over six seconds, the total number of beats per minute is 140. Compare the total number of beats with your training zone as identified in Diagram 15. If necessary, increase or decrease your activity level to bring your heart rate into your training zone. You can regulate your work level (and heart rate) by changing belt speed and incline. **Remember—your heart rate is the definitive measure of how hard you are working.**

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

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

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

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

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

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

# 7

## Maintaining the Low Impact Treadmills

The M9.21i or M9.21si Low Impact Treadmill requires little maintenance to keep it running smoothly and efficiently. However, the customer is responsible for the typical maintenance tasks such as, cleaning the treadmill and adjusting the running belt. If you fail to maintain the treadmill as described below, it could affect or void the limited warranty.

**CAUTION:** Turn OFF the treadmill and disconnect the power cord before performing most maintenance tasks.

**CAUTION:** Do not use an abrasive cleaner on the strap. Do not immerse any part of the chest strap. Do not spray or pour liquids on any part of the equipment.

### Cleaning the Equipment

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

Before a workout, use a damp, soft, clean cloth to clean the side platforms and running bed, (refer to Diagram 17 on page 33). This helps to remove any dirt or dust that might affect the smooth operation of the treadmill.

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

To periodically clean the treadmill's frame, electronic console, and running belt, use a solution of mild soap and water and dampen a clean cloth. To clean the running belt and the grooves on the plastic trim strip, use a soft nylon scrub brush. Never pour water or spray liquids on the electronic console. Allow the treadmill to dry completely before using it.

Manually advance the running belt to clean the opposite side. Do not clean the belt while the running belt is moving. Liquid can splash onto the motor causing damage to the equipment and possibly injuring you.

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

### Changing the Battery in the Chest Strap

Some Precor Heart Rate Option's chest straps come equipped with a battery. Others are the disposable variety. If you have a battery-type chest strap, the signs that the battery is low and needs to be replaced include:

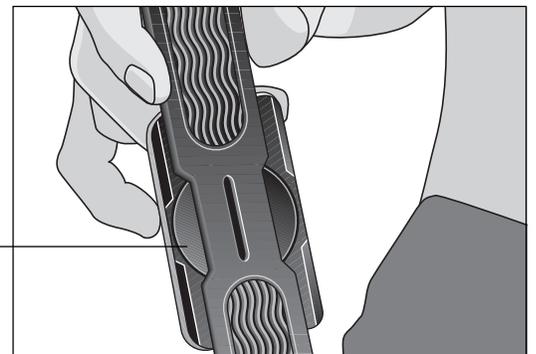
- erratic heart rate display
- no heart rate display appears

To replace the battery, take the following steps:

1. Use a quarter or flathead screwdriver to open the battery case located between the two electrode strips on the chest strap. See Diagram 16. Set the battery cover aside.

Diagram 16 Changing the battery

Battery case



2. Remove the old battery and replace it with a fresh one. Make sure that the positive (+) side is up facing you.
3. Screw the battery cover back into place.
4. Test the battery by putting on the chest strap as described in *Wearing the Chest Strap Transmitter*. Stand within 3 feet and face the electronic console. (Be sure that the treadmill is turned ON). If the battery has been installed properly, your heart rate should appear on the display when you begin a workout program.

## Storing the Chest Strap

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

## Aligning the Running Belt

**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 or 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.

Before aligning the running belt, check its operation by following the procedure in *Checking the Alignment of the Running Belt* on page 14. If you determine that the belt needs alignment, follow the instructions here.

Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call your authorized Precor dealer for service (see *Obtaining Service*).

Take the following steps to adjust the running belt on the treadmill. To ensure your safety, make all adjustments while the treadmill is OFF.

**Diagram 17**

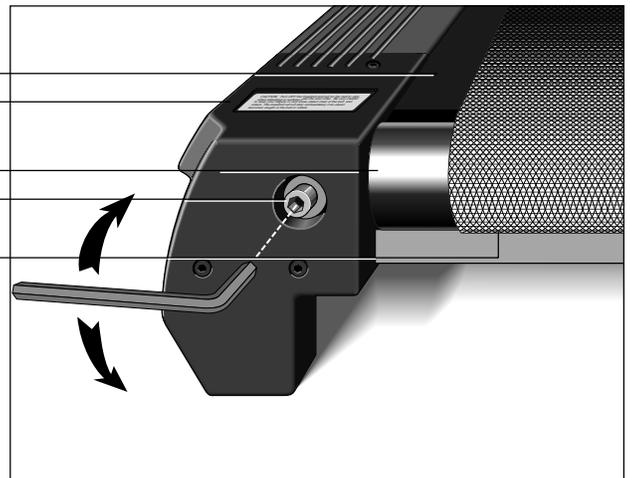
*Alignment of the running belt*

Running bed  
Side platform

Rear roller

Belt adjustment bolt

Running belt



1. Make sure the treadmill is OFF and the running belt has completely stopped.
2. Locate the left belt adjustment bolt at the rear of the treadmill as shown in Diagram 17. 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.*

**CAUTION:** Stand to the side of the treadmill. The running belt begins moving automatically after you press QUICK START.

**CAUTION:** If you hear a chafing sound or the belt begins to tear or fray, stop the running belt immediately by pressing the STOP key or pulling the magnetic safety key out of the electronic console. Contact your Precor service representative.

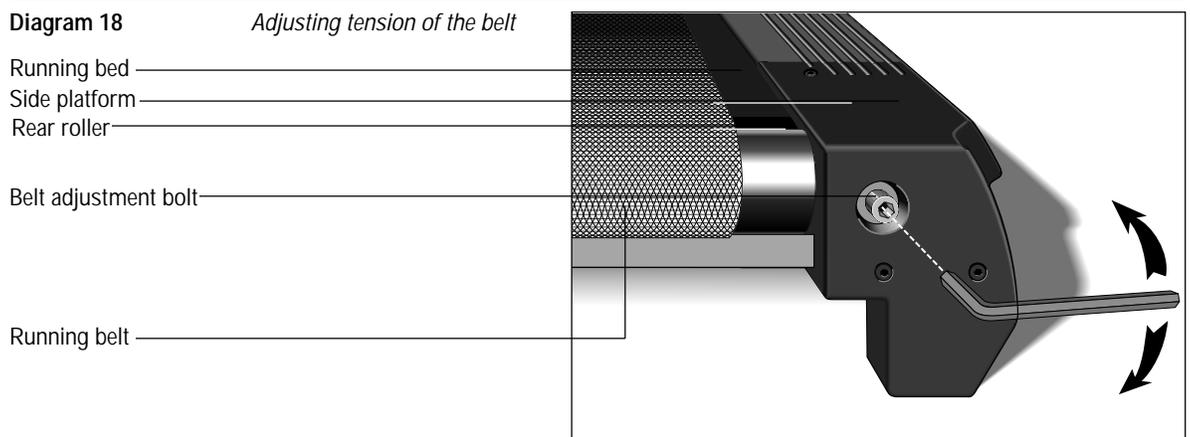
3. Insert the Safety key, turn ON the treadmill, press the QUICK START key, and then increase the running belt speed to 3 mph (5 kph) by pressing the SPEED ▲ key.
4. Observe the running belt for a couple of minutes. The belt should track centered on the running bed.
5. Press STOP to stop the running 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 Belt

Proper belt tension is important for a smooth, steady run. If your physical condition permits, test the belt tension by jogging at 6 mph (10 kph). If the belt tension is too loose, you will feel a pause in the belt with each footplant (step).

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

1. Make sure that the treadmill is OFF (O). If the treadmill is ON (I), switch it to OFF. Wait for the running belt to come to a complete stop.



2. Standing behind the treadmill use the rear belt adjustment bolts (see Diagram 17 on the previous page and Diagram 18). Simply turn each bolt *clockwise* 1/4 turn to adjust the tension of the belt.
3. Insert the Safety key, turn ON the treadmill, answer the start-up prompts, then increase the speed of the running belt to 6 miles per hour (10 kph) by pressing the SPEED ▣ key.
4. Jog on the running belt for 1 minute or more. If you feel a pause in the belt with each footplant (step), you need to continue to adjust the belt tension.
5. Press STOP to stop the running belt.
6. Continue with steps 1 through 5 until the belt tension has been properly adjusted and you no longer feel the pause in the belt with each footplant.

**CAUTION:** Stand to the side of the treadmill. The running belt begins moving automatically after you press QUICK START.

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

## Obtaining Service

Do not attempt to service the M9.21i or M9.21si Low Impact Treadmill yourself except for minor belt adjustments and maintenance as described in this manual. The M9.21i or M9.21si treadmill does not contain any user-serviceable parts.

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

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

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

Model number: **M9.21i or M9.21si**      Serial number: \_\_\_\_\_

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

# M9.21i and M9.21si Low Impact Treadmills featuring the Heart Rate Interactive System

## Specifications

Length:	67 inches (170 cm)
Width:	Handrails 28.5 inches (71 cm) Base 25 inches (63.5 cm)
Height:	44 inches
Running surface:	51 inches by 17 inches (129.5 cm by 43 cm)
Motor:	2.0 hp continuous duty
Speed:	0.5 to 10 mph (0.8 to 16 kph) 10 mph is equivalent to a 6 minute mile
Incline:	0 to 15% grade
Power:	50/60Hz 120v AC 12 Amps
Weight:	193 lbs (87 kg)
Shipping weight:	233 lbs (105 kg)

## Electronic Specifications

### M9.21i Programs:

- Manual
- Interval (1 minute rest: 1 minute work)
- Weight Loss
- Random
- Heart Rate Interactive Course\*

### M9.21i and M9.21si Display Readouts:

- Distance (miles or kilometers)
- Time
- Speed (mph or kph)
- Calories
- Incline
- Heart rate\* and Smart Rate®\*
- Scan

### M9.21si Programs:

- Manual
- Interval (1 minute rest: 1 minute work)
- Weight Loss
- 6 Preprogrammed courses (3 Walk, 3 Run)
- 2 Custom courses
- Random
- Heart Rate Interactive Course\*

\*Requires the Precor Heart Rate Option kit.



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1-800-4-PRECOR

P/N 37975-101  
9/97

#### 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.