

PRECOR®



Owner's Manual

Discovery™ Series Plate Loaded Line

Important Safety Guidelines for Owners

Follow these guidelines to maintain proper working condition of the equipment:

Important: *Do not modify the equipment or any of its parts, or permanently remove any part from the equipment. Do not use accessory attachments that are not recommended by Precor, as such attachments might cause injuries.*

- Regular maintenance must be performed by qualified technicians.
- Make sure that trainers, facility personnel, and maintenance technicians understand how to use the equipment, know important safety guidelines, and can recognize potential problems such as a cracked weld.
- Strength training requires a significant focus by the facility and its staff to maintain the quality of the fitness environment. If possible, the facility should provide direct supervision of the fitness equipment at all times by people knowledgeable about the safe operation of the equipment and trained to recognize potential problems.
- If any facility personnel witness unsafe use of the equipment, the staff member should address the user directly, demonstrate the proper technique, and review the *Important Safety Information for Users*. Precor recommends posting a copy of the *Important Safety Information for Users* near the equipment in a prominent location.
- Make sure the equipment is stable and placed on a solid surface. The equipment is designed to be freestanding; however, it can be bolted to the floor for extra stability. Precor highly recommends that the equipment be bolted to the floor to reduce the risk of toppling the equipment due to improper use. Since floor construction varies, please consult a professional building engineer for proper fastening.

- Locate the equipment at least 40 inches (1 meter) away from walls or furniture on either side of the equipment, and 40 inches (1 meter) away from objects behind the equipment.
- Check the equipment thoroughly based on the recommended inspection schedules outlined in this manual, including daily, weekly, monthly and annual checks.
- Place an “out-of-order” sign on the equipment during maintenance of the equipment or the surrounding area. Users should never be allowed to operate the equipment until it has been inspected and works properly. If a piece of equipment needs service, keep it out of use until repaired.
- Do not attempt to free any jammed assemblies alone as this may cause injury. With the help of another person, carefully return the mechanism to its proper resting position.
- Do not place the equipment outdoors or on wet surfaces.

Safety Approval

Precor commercial strength equipment is designed and tested according to EN 957-1/2 standards.

Important Safety Information for Users

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

French equivalent of the preceding paragraph, for the Canadian market: *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.*

When using exercise equipment, you should always take basic precautions, including the following:

- If you do not understand how to operate a piece of equipment, ask someone from the facility such as a trainer to demonstrate how to use it and explain any safety instructions.
- Do not allow children on or near the equipment. Do not leave children unsupervised around the equipment.
- Use the equipment only for its intended purpose. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Wear proper exercise clothing and shoes for your workout—no loose clothing.
- **Do not overexert yourself or work to exhaustion.** Use reasonable judgment when working with weights. Avoid using excessive weight, which may cause injury.
- If you feel pain or abnormal symptoms, stop exercising immediately and consult your physician.
- Keep head, limbs, fingers, and hair clear of all moving parts while the equipment is in use. Keep hands clear of racking pegs.
- Never drop or insert objects into any opening in the equipment.
- Always check the equipment before using it. If you spot a potential problem, contact someone in the facility immediately. Do not use the equipment until the facility has verified that the equipment is working properly. Do not attempt to fix broken or jammed equipment.
- Do not use the equipment outdoors or on wet surfaces.
- Do not use the equipment if an "out of order" sign has been placed on it.
- Read all posted instructions, including all safety instructions and warnings.

Table of Contents

Important Safety Guidelines for Owners.....	1
Safety Approval.....	1
Important Safety Information for Users.....	2
Before You Begin	4
Recommended Tools.....	4
Obtaining Service	5
Daily Inspection	6
Clean Upholstery	6
Inspect Pads for Wear	6
Clean and Inspect Frames.....	6
Check Warning and Instructional Labels	7
Weekly Inspection	9
Condition and Deep Clean Upholstery	9
Inspect and Lubricate Bearings and Bushings	10
Check and Lubricate Seat Adjustment	10
Monthly Inspection.....	11
Inspect Frames and Movement Arms	11
Inspect All Fasteners	11

Before You Begin

Precor recommends implementing a thorough maintenance program that incorporates regular safety inspections by qualified maintenance technicians as outlined in this manual.

This manual explains how to maintain the Precor Discovery Plate Loaded line of commercial strength equipment. It provides information about items that need to be inspected and maintained on a daily, weekly, monthly, and annual basis. You should perform those tasks that are appropriate for the equipment you are maintaining, and skip those tasks that do not apply.

This manual covers the general maintenance procedures that you can perform in the fitness facility. However, if the equipment requires service beyond the maintenance procedures covered in this manual, refer to *Obtaining Service*.

Important: *Always purchase replacement parts and hardware from Precor. Many parts are tested and manufactured specifically for Precor commercial strength equipment. If you use parts not approved by Precor, you could void the Precor Limited Warranty. Use of parts not approved by Precor may cause injury.*

Precor recommends that maintenance technicians thoroughly read and understand the safety guidelines and maintenance procedures covered in this manual.

Note: If the equipment requires assembly, a separate assembly guide is provided. For information on how to use a piece of equipment, refer to the instructional label found on the equipment and the *Product Specifications and Use* section in this manual.

Recommended Tools

We recommend that you keep the following tools available to inspect and maintain the equipment:

- Complete combination box wrench set (common metric sizes)
- Complete socket set (common metric and SAE sizes)
- Complete hex key set (common metric sizes)
- 12-inch adjustable wrench
- Rubber mallet

Obtaining Service

You should not attempt to service the strength equipment, except for the maintenance tasks described in this manual. If any items are missing, contact your dealer. If you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor website at www.precor.com.

If you have any questions regarding a piece of equipment, locate its serial number and contact Precor Customer Support. Precor uses the serial number to establish the model and year of the product. You can generally find the serial number underneath the seat support.

For future reference, write the serial numbers, model numbers, and dates of purchase for your Precor strength training equipment in the space provided. You may want to list all equipment information below for easy reference.

Model #: Serial #:

Date purchased:

Model #: Serial #:

Date purchased:

Model #: Serial #:

Date purchased:

Model #: Serial #:

Date purchased:

Model #: Serial #:

Date purchased:

Model #: Serial #:

Date purchased:

Model #: Serial #:

Date purchased:

Model #: Serial #:

Date purchased:

Model #: Serial #:

Date purchased:

Model #: Serial #:

Date purchased:

Model #: Serial #:

Date purchased:

Model #: Serial #:

Date purchased:

Daily Inspection

You will need to perform the following tasks each day to maintain the equipment and keep it operating smoothly:

- Clean any upholstery on the equipment.
- Inspect pads for wear.
- Clean and inspect equipment frames.
- Check warning and instructional labels.

Clean Upholstery

To remove surface dirt and perspiration, clean upholstery daily with a mild soap and water solution in a spray bottle. Spray upholstered surfaces lightly and wipe dry with a clean cloth.

Important: To clean the upholstery, do not use cleaning products that have any of these ingredients: solvents, alcohol, ammonia, or petroleum. Use a mild detergent-based cleaner instead.

Inspect Pads for Wear

Inspect pads for cracks in the upholstery, broken and loose stitching, loose staples, and loose mounting bolts. Replace pads as needed (refer to *Obtaining Service* to purchase new pads).

Important: Do not reupholster pads or use pads not approved by Precor.

Clean and Inspect Frames

To remove grease and dirt, clean frames daily with a mild soap and water solution in a spray bottle. Wipe the equipment down with a damp cloth and dry completely. Be sure to wipe down both painted parts and chrome or plated parts.

To restore and maintain the luster of chrome parts, use a commercial chrome cleaner.

As you clean, inspect the frames for cracks, rust, or other damage. Make sure welds are solid and fasteners are properly secured.

Check Warning and Instructional Labels

Inspect warning and instructional labels daily to make sure that all the information can be clearly read. If any portion is not visible or part of the label is not adhered properly, replace that label immediately (refer to *Obtaining Service* for purchase information).

Clean labels as needed with a mild soap and water solution in a spray bottle, and dry thoroughly with a soft cloth.

The following figure shows an example of an instructional placard assembly, which contains labels for the name of the equipment and the workout instructions.

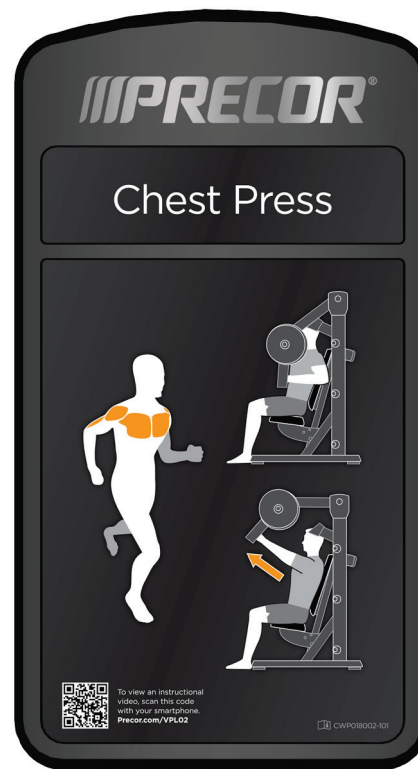


Figure 1: Example instructional placard

Precor products come equipped with a number of standard warning labels. The following two figures show sample warning labels you may see on the equipment depending on the model and product line:



Figure 2: Warning label indicating pinching hazard

Warning

Improper use of this equipment can result in serious injury. Even with proper use, you assume a risk of injury when using this type of equipment.

- Before beginning a fitness program, see your physician for a thorough physical examination.
- Do not allow children on or near this equipment.
- Before using this equipment, read and follow all warnings and safety instructions.
- Inspect the equipment prior to use. Check for loose fasteners. If you suspect the equipment may be in need of service, notify the facility staff.
- Use the equipment only for its intended use. Obtain proper instruction.
- Make sure the weight plates are fully engaged.
- If the mechanism becomes jammed, do not attempt to free it, as weights may fall unexpectedly. Notify the facility staff.
- Maximum weight load for each exercise weight horn:
180 lb / 81 kg (Shoulder Press)
225 lb / 102 kg (all other units)
- Maximum weight load for each storage weight horn:
180 lb / 81 kg
- Weight plate inner bore:
2 in (51 mm)
- Do not remove labels from the equipment. Replace labels if they become damaged or lost.

Figure 3: General warning label mounted on the equipment frame

Weekly Inspection

This section covers the tasks you should perform each week to maintain the equipment. Perform the following tasks as appropriate for the unit you are maintaining:

- Condition and deep clean upholstery.
- Inspect and lubricate bearings and bushings.
- Check and lubricate the seat adjustment mechanism.

Condition and Deep Clean Upholstery

Condition and deep clean the upholstery weekly with a lanolin-based hand cleaner or upholstery cleaner.

Important: To clean the upholstery, do not use cleaning products that have any of these ingredients: solvents, alcohol, ammonia, or petroleum. Use a mild detergent-based cleaner instead.

Inspect and Lubricate Bearings and Bushings

Precor uses high quality bearings designed for strength applications and long service life. Each week, do the following to maintain the bearings and bushings on the equipment:

- **Bronze bushings:** Precor recommends using a small amount of silicone spray lubricant to lubricate these bushings, which usually support rotary shafts. Spray directly onto the shaft, and then rotate the shaft through its complete range of motion several times. Inspect bushings for excessive wear and damage. *Be careful when using the spray lubricant; it can stain carpet and clothing.* Wipe off any excess lubricant with a cloth.
- **Sealed Bearing Pivot Points:** These locations are protected from the outside environment and require no lubrication. While cleaning the equipment, wipe down the shafts and external bearing surfaces with a cloth to prevent the buildup of dust and perspiration.

Check and Lubricate Seat Adjustment

The seat adjustment mechanism requires little maintenance. However, because seat safety is important to the safety of a workout, you should check the seat lever regularly to see if it sticks when used.

To test if the seat lever needs lubrication, elevate the seat slightly while pressing and releasing the lever. The lever should snap back out easily. If the lever sticks, lubricate its pivot pin with Teflon[®] spray lubricant. Wipe off any excess lubricant with a cloth.

Monthly Inspection

This section covers the tasks you should perform each month to maintain the equipment. Perform the following tasks as appropriate for the unit you are maintaining:

- Inspect frames and movement arms.
- Check and lubricate ratcheting seat lever.
- Inspect all fasteners.

Inspect Frames and Movement Arms

Inspect frames and movement arms monthly for proper function and integrity. Check for cracks, chipped paint, or rust. Touch up dings and chips in the paint as needed. Replace any component at first signs of wear.

Note: You can order touch-up paint from Precor by calling Customer Support. Refer to *Obtaining Service*.

Inspect frames for cracks, particularly at the joints. If any cracks are found, take the equipment out of service immediately and have a qualified maintenance technician repair it. Refer to and *Obtaining Service*.

To remove surface rust from the frame, rub lightly with a fine wet/dry sandpaper or fine steel wool. Finish with Precor touch-up paint if needed. Maintain paint luster with an application of a mild automotive wax product.

To maintain the powder coated, plated, and chrome parts, use a mild detergent-based cleaner for light dirt and grime removal. For removing heavier dirt and grease and for polishing, use a good automotive polish. For scuffs and marks that are not removed by the above methods, use a fine-grit cleanser. Do not use solvents, lacquer thinner, acetone, or fingernail polish remover.

Inspect All Fasteners

Fasteners can loosen with normal use. Inspect all nuts, bolts, screws, and other fasteners to make sure they are tight and installed correctly.

Be sure to check fasteners at bolted joints to make sure the connections are secure. If a fastener is loose but in good condition, retighten it. If you are concerned about the integrity of the fastener, remove it, clean the threads, and inspect it for any damage such as cracks, bad threads, corrosion, or rust. Reinstall the fastener if it appears to be in good condition. Otherwise, remove the equipment from service until a new fastener can be installed properly. You can order new fasteners from Customer Support. For additional information, refer to *Obtaining Service*.

Important: Fastener quality and specifications vary considerably. Replace only with the Precor approved fastener specifically engineered for the precise application. Failure to do so will void the Precor Limited Warranty.

Notes:



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

Precor is a registered trademark and Discovery is a trademark of Precor Incorporated.
Copyright 2014 Precor Incorporated.
Specifications subject to change without notice.
www.precor.com

NOTICE:

Precor is widely recognized for its innovative, award winning designs of exercise equipment. Precor aggressively seeks U.S. and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor 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.



Discovery™ Series Plate Loaded Line Owner's Manual
CWP997777-201, rev B en
31 October 2014



Discovery™ Series Plate Loaded Line
Weight Plate Tree Assembly Guide

