

PRECOR[®] USA
904

Total Body
Treadmill

Owner's Manual
Assembly and Operation

PRECOR[®] 904

Total Body Treadmill

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

Thank you for purchasing one of the innovative additions to the famous Precor treadmill line: the 904 Total Body Treadmill. Smooth, manual operation and dual-action handrails provide a safe and effective cardiovascular and “total body” workout.

Before using the 904 Total Body Treadmill, we urge you to familiarize yourself with the entire Owner’s Manual. Whether you are a beginner or exercise on treadmills regularly, understanding this manual will help you use the 904 treadmill safely and successfully.

Safety Information

Please review and observe the following safety guidelines:

- Read the Owner’s Manual and follow all instructions.
- Assemble and operate the 904 treadmill on a solid, level surface. A low-pile carpet is best. If the treadmill is placed on a hardwood floor or a deep-pile carpet, place a piece of heavy cardboard, plywood, or other flat surface under the unit to protect the floor or carpet. Locate the treadmill a few feet from walls or furniture. Keep the area behind the treadmill clear.
- Do not allow children on or near the 904 treadmill. Do not leave children unsupervised around the treadmill.
- Check the 904 treadmill before each use. Be sure all assembly bolts are tightened and secure. Do not use the treadmill if it is not completely assembled or is damaged in any way.
- Keep hands away from the flywheel and other moving parts.
- Wear proper exercise clothing and shoes for your workout—no loose clothing. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any embedded stones. Tie long hair back.
- Use care when getting on or off the 904 treadmill. If you are unfamiliar with the use of the treadmill, secure the handrails into an upright position by inserting the locking pins in place prior to walking or running on the treadmill. Refer to the *Assembly Instructions*.
- Keep your body and head facing forward. Do not attempt to turn around on the treadmill when the belt is moving.
- Do not rock the unit. Do not stand or climb on the handrails. Never place liquids on any part of the treadmill.
- 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 manual treadmills are designed for the enjoyment of the dedicated walker and runner. By following the above precautions and using good common sense, you will have many safe and pleasurable hours of healthful exercise with your Precor treadmill.

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Unpacking the 904 Total Body Treadmill

All Precor products are thoroughly tested and inspected before shipment. Precor ships the 904 treadmill in seven pieces:

- Deck or treadmill's base assembly
- Handrails (right and left)
- Front lift bar
- T-knob assembly
- Literature kit (not shown) and Hardware kit (contents shown in Diagram 2)

Diagram 1

Unassembled 904 treadmill.

Cardboard end block

T-knob assembly

Front lift bar

Running belt

Micro-adjustment cable

Handrail (right)

Right handrail mount

Flywheel

Side rail

Handrail (left)

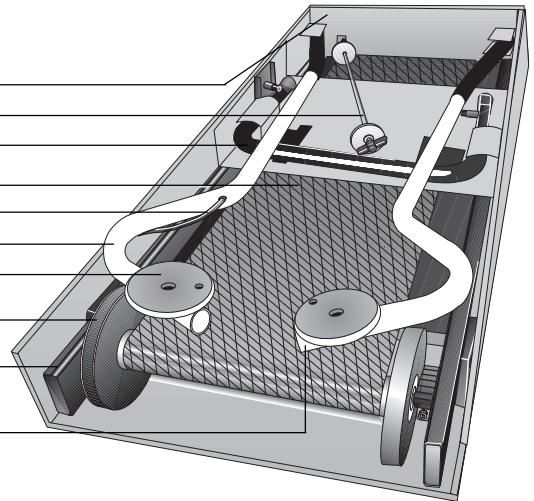


Diagram 1 shows the treadmill's parts after opening the carton. Callouts point to the different parts of the treadmill that are discussed in the assembly instructions. Unpack the treadmill close to the location where you plan to use it.

Note: Save the triangular, cardboard end block for use in the assembly.

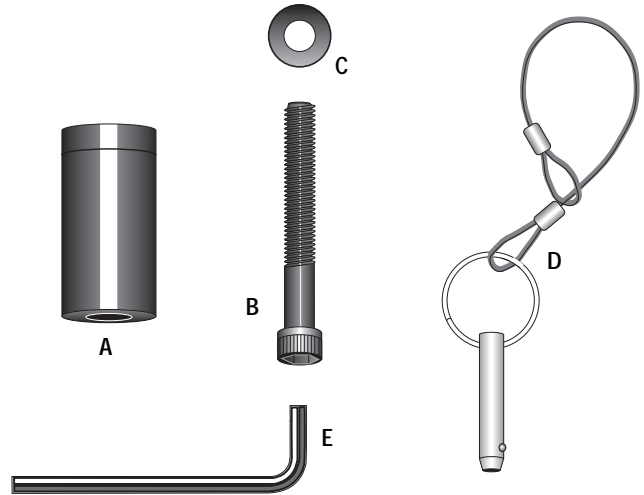
CAUTION: The right handrail is attached to the deck assembly by the micro-adjustment cable. Be sure to leave the right handrail on top of the running belt.

CAUTION: Avoid injury by placing your hands on the side rails when lifting the rear of the treadmill. Do not use the rear roller to lift the treadmill.

Tips for unpacking the treadmill:

- Ask for assistance to help you unpack the treadmill. Place the carton close to the location where you plan to assemble and use the treadmill.
- To avoid scratching yourself or the unit, remove the staples when you open the carton. Let the sides of the carton fall flat onto the floor.
- Take the *left* handrail off the running belt and set it aside. See Diagram 1.
- To access the front lift bar and its cardboard packing, carefully lift the black foam section of the right handrail (since its base is attached to the treadmill by a cable). Remove the front lift bar and set it aside. Leave the right handrail on top of the running belt.
- Remove the T-knob assembly by lifting the unsecured T-knob and sliding the opposite end out of the cardboard slot.
- Have your assistant hold onto the side rails at the rear of the treadmill to lift the deck while you pull the triangular, cardboard end block away from the rear roller. Set the triangular, cardboard end block aside to use in step 2 of the assembly instructions.
- Use a paper towel or a clean cloth to wipe off the excess lubricant on the running belt and deck. Do not wipe off any lubricant that is between the belt and the deck.

Diagram 2
904 Hardware kit.



CAUTION: After assembling the treadmill, place the hex key in a safe and secure place. If the running belt should move off-center, you can use the 1/4" hex key to align it.

Open the hardware kit and make sure that you have the following items. See Diagram 2. As you identify the contents of the kit, check them off below.

- (A) two safety stops—front lift bar installation
- (B) two bolts—front lift bar installation
- (C) two washers—front lift bar installation
- (D) two locking pins—handrail installation
- (E) one 1/4" hex key—treadmill assembly and belt adjustment

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

Assembling the 904 Total Body Treadmill

Follow the instructions in this section to assemble the 904 Total Body Treadmill. It is important to read through the entire procedure before assembling your treadmill. If you do not assemble and use this treadmill according to the following guidelines, you could void the Precor limited warranty.

Installation Requirements

Follow these installation requirements when installing the treadmill:

- **Fill out and mail the limited warranty registration card.** The serial number is written on a label underneath the treadmill on the side beam. During the assembly process, write the serial number on the limited warranty card and in this Owner's Manual (see *Obtaining Service*). If you want a 904 Technical Service Manual, write to:

ATTN: 904 Technical Service Manual
Precor Customer Service Department
P.O. Box 3004
Bothell, WA 98041-3004
- **Set up the 904 treadmill on a solid, flat surface.** We recommend placing the treadmill on a low-pile carpet. Do not install the treadmill on hardwood floors because the wheels might scratch or damage the surface. If the treadmill is placed on a hardwood floor or a deep-pile carpet, place a piece of heavy cardboard, plywood, or other flat surface under the unit to protect the floor or carpet. If the floor is not flat and even, the running belt may not track properly.
- **Locate the treadmill at least 2 feet from walls and furniture.** Open space to the front, sides, and rear of the machine make for a safer mount and dismount and easier belt adjustment.

Assembly Instructions

To assist you in the assembly of the 904 treadmill, the items in the hardware kit, shown in Diagram 2 on page 6, correspond to a particular letter of the alphabet. These letters appear in the assembly instructions. If necessary, refer to Diagram 2 while performing the steps below.

To assemble the 904 treadmill, take the following steps:

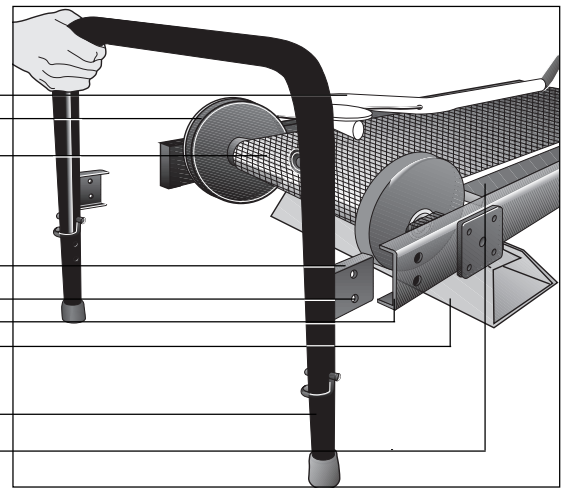
CAUTION: The lubricant may stain certain types of fabrics. Keep the lubricant away from your clothes. Do not use the treadmill until you have wiped off the excess lubricant.

1. **Wipe Excess Lubricant Off the Deck.** The area between the treadmill's running belt and deck is lubricated at the factory. During shipment, the lubricant tends to migrate toward the rear of the treadmill. Use paper towels or a clean cloth to wipe the excess lubricant off the deck and running belt *before* assembling the treadmill. Do not remove any lubricant between the running belt and deck.

Diagram 3

Preparing to install the front lift bar.

Right handrail
Flywheel
Running belt
Front lift bar bracket
Lower bolt hole
Side rail mount
Triangular, cardboard end block
Elevation tube
Deck



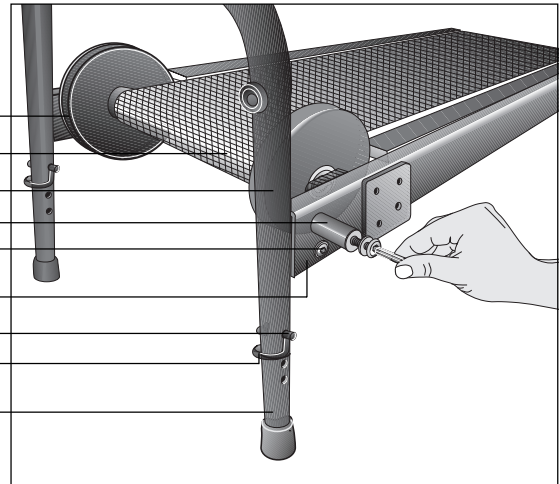
2. **Install the Front Lift Bar Assembly.** (Diagrams 3 and 4) With the treadmill base flat on the floor near the location where you plan to use it, take the following steps to install the front lift bar:
 - a. Place the triangular, cardboard end block, set aside when you unpacked the treadmill, under the running belt and deck so that it supports the front end of the unit and lifts the flywheel off of the floor. See Diagram 3.
 - b. Remove the two bolts and washers from inside the front lift bar bracket and set them aside.
 - c. Slide the front lift bar brackets into the side rail mounts and align the lower bolt holes.

CAUTION: To avoid injury, place each hand on opposite sides of the side rails and lift the front of the treadmill. Do not lift the treadmill by holding onto the running belt or front roller.

Note: You may need to ask for assistance to help you lift the front of the treadmill to properly align the front lift bar brackets with the side rail mounts.

Diagram 4
Installing the Front Lift Bar assembly.

- Flywheel
- Running belt
- Front lift bar
- Safety stop
- Bolt and washer
- Side rail
- Height adjustment pin
- Locking portion of pin
- Elevation tube



- d. Replace the two bolts and washers (set aside in step 2b.). Make sure that a washer is on each bolt. Insert a bolt—one on either side of the treadmill—through the lower bolt hole. Note that the head of the bolt should appear on the “outside” portion of the side rail. See Diagram 4. Tighten the bolts using your fingers. Do not use the hex key (E) at this time.
- e. Remove the safety stops (A), bolts (B), and washers (C) from the hardware kit.
- f. Assemble the safety stops by placing a washer on each bolt. Insert a bolt through each safety stop.
- g. Position the safety stop so that the metal spacer on the end of the safety stop will be against the side rail. Insert a safety stop—one on either side of the treadmill—into the side rail’s upper bolt hole as shown in Diagram 4 and finger-tighten.
- h. Securely tighten both the upper and lower mounting bolts into the side rails using the hex key (E) provided.
- i. Remove the triangular, cardboard end block from under the front of the treadmill.

CAUTION: Avoid damaging the handrails by placing the metal spacer, attached to the safety stop, against the side rail.

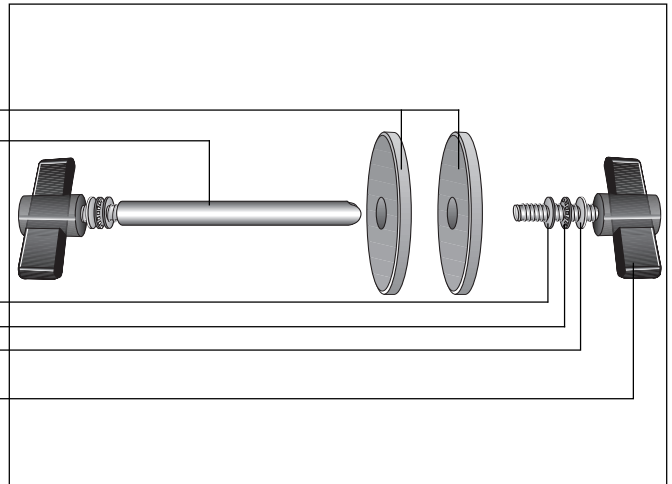
Diagram 5

Removing hardware from the T-knob assembly.

Leather pads
Rod

Flat washer
Thrust bearing
Flat washer

T-knob



3. **Prepare the T-knob Assembly for Installation.** (Diagram 5) Remove one T-knob and its 2 flat washers and 1 thrust bearing (looks like a washer with ball bearings) from one side of the rod. Take both leather pads off the rod as shown in Diagram 5.

Diagram 6

Sliding the rod through the right handrail mount.

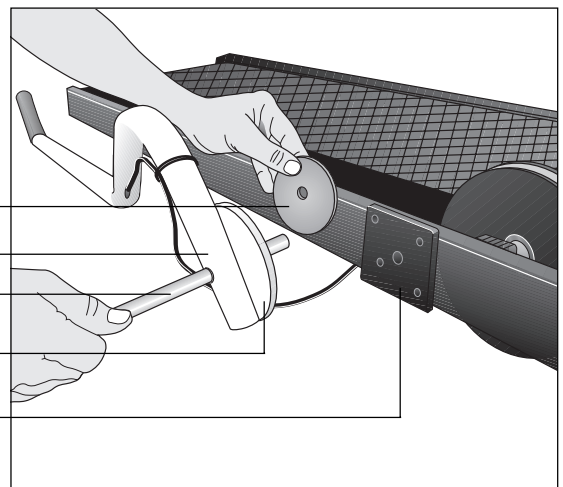
Smooth side of leather pad

Right handrail

Rod

Right handrail mount

Side rail mount

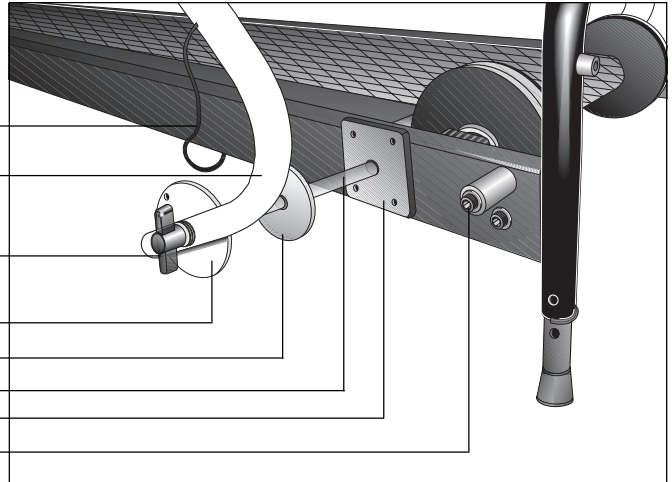


4. **Install the Handrails.** (Diagrams 6, 7, and 8) Move to the right side of the treadmill to install the right handrail. The right handrail has the micro-adjustment cable running through it. See Diagram 6. Take the following steps to mount the handrails:
 - a. Have your assistant turn the handrail so that the mounting holes on the handrail align with the side rail mounts. Slide the rod through the right *handrail* mount. See Diagram 6.
 - b. Pick up a leather pad. Notice that one side is smooth and the other side is rough. Place the pad onto the rod so that the smooth side faces the handrail mount. Slide the leather pad up against the handrail mount.

CAUTION: Make sure that the *micro-adjustment cable* does not loop around the rod or get pinched between the handrail mount and the side rail.

Diagram 7
Installing the right handrail and T-knob assembly.

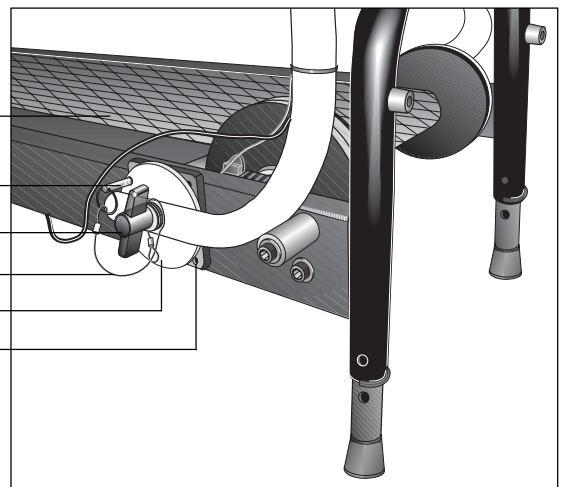
- Micro-adjustment cable
- Handrail (right)
- T-knob
- Handrail mount
- Leather pad
- Rod
- Side rail mount
- Safety stop



- c. Insert the rod into the side rail mount and apply pressure to push the T-knob assembly through to the opposite side. See Diagram 7. You may need to jiggle the rod slightly to help alleviate friction and to align the rod in the opposite side rail mount.
- Note:** Take your time and be patient while installing the rod between the two handrails. The tight fit assures smooth handrail operation.
- d. Rest the right handrail on the safety stop.

Diagram 8
Inserting the locking pin.

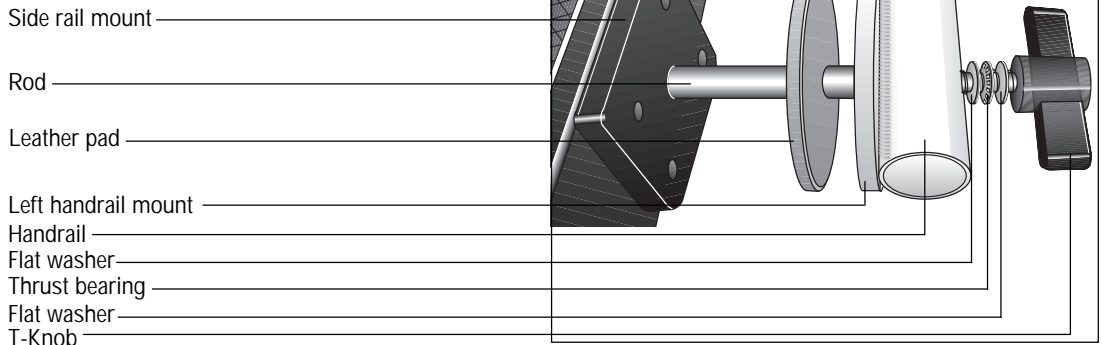
- Running belt
- Locking pin
- T-knob
- Wire loop
- Handrail mount
- Side rail mount



- e. Remove the locking pin (D) from the hardware kit and place the wire pin over the T-knob. Align the hole in the handrail mount with the side rail mount and insert the locking pin. See Diagram 8.

Diagram 9

Installing the left handrail and securing the T-knob assembly.



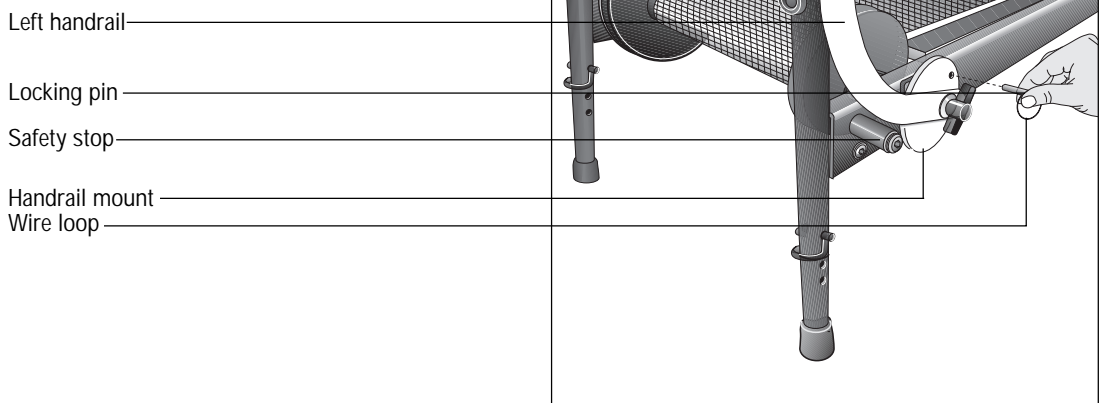
CAUTION: To provide the appropriate amount of friction, the rough side of the leather pad must be against the side rail mount.

- f. Move to the opposite side of the treadmill to install the left handrail. Place the remaining leather pad (rough side facing the side rail mount) onto the rod and slide the handrail mount onto the rod. See Diagram 9.
- g. Make sure that the 2 washers and 1 thrust bearing are on the T-knob that you set aside in step 3. To assure proper operation, the thrust bearing (the one that looks like a washer with ball bearings in it) must be between the two flat washers. See Diagram 9. Insert the T-knob and washers into the end of the rod and turn the T-knob so that it screws into the rod.

Important: If the thrust bearing is not placed between the two flat washers, the handrail resistance will loosen rapidly during a workout. With the thrust bearing in its proper position, the resistance between the T-knobs remains balanced and the handrails maintain a smooth operation.

Diagram 10

Securing the handrails.



- h. Rest the left handrail on the safety stop. See Diagram 10. Continue tightening the T-knob until you feel an appropriate amount of resistance when you move the handrail back and forth.
- i. Take the remaining locking pin (D) from the hardware kit and place the wire loop over the T-knob. Align the locking pin hole in the handrail mount with the side rail and insert the locking pin. See Diagram 10.

- j. Securely tighten the T-knob by turning it clockwise. Alternately tighten the T-knobs until both are tight against the side rails.
5. Adjust the incline of the treadmill and set the running belt to the proper resistance level by following the steps in *Adjusting the Elevation Tube*.

Adjusting the Elevation Tube

The height of the elevation tube is adjusted at the factory. The height adjustment pin is placed at the middle setting (Setting #3—See Table 1). To receive optimal performance, you may need to reposition the height adjustment pin by taking the following steps:

CAUTION: To avoid injury, the locking pins should be inserted and secured during these steps.

1. **Determine the proper Elevation Tube Setting.** (Table 1) The elevation tube has six different settings. Each setting provides a different level of resistance needed (dependent on your weight) to maintain an efficient workout. To get optimal performance from your treadmill, refer to the settings shown in Table 1.

To determine if you have set the proper elevation for your height and weight, stand on the running belt with your hands on the handrails for balance. Your feet should slide slowly and easily away toward the rear of the treadmill. Begin walking. When you are comfortable and well-balanced on the treadmill, release your grip on the handrails. The running belt should continue to move freely while you maintain your momentum. If the running belt slows, stops, or becomes more difficult to walk on, consider increasing the incline of the treadmill by moving the elevation tube up one more setting.

Table 1

Elevation tube settings according to user's weight.

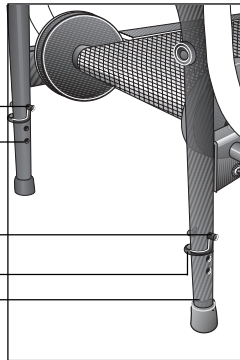
Setting #3

Setting #1

Height adjustment pin

Locking portion of pin

Elevation tube



Elevation Tube Settings Dependent on Weight

#6	below 80 lbs
#5	80 lbs and below
#4	80 to 100 pounds
#3	100 through 140 pounds
#2	140 through 200 pounds
#1	200 pounds (lbs) and above

Table 1 is an approximation and elevation tube settings may vary slightly depending on differences in weight and the amount of lubrication between the running belt and deck. Over time and extended use, you may need to readjust the elevation tube setting or add lubricant between the running belt and deck—this is normal and does not require a service call.

Remember that you want to be able to maintain your momentum on the running belt without having to push off from the handrails. A lubrication kit, available from an authorized Precor dealer, can be used as friction (between the running belt and deck) increases. If you do lubricate the deck, you may need to change the elevation settings. See *Obtaining Service* to learn how to contact the authorized Precor dealer nearest you.

Diagram 11

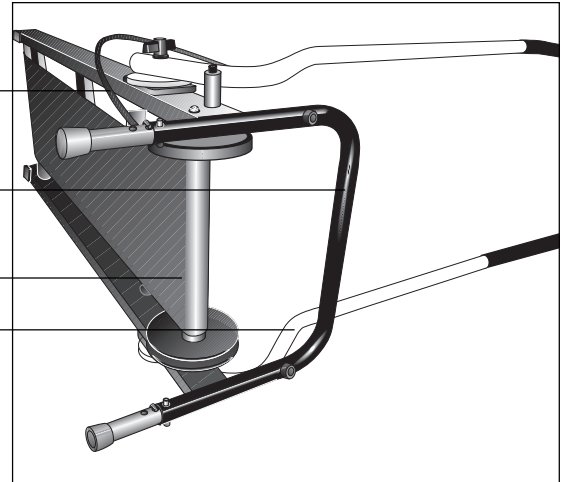
Placing the treadmill on its side.

Micro-adjustment cable

Front lift bar

Running belt

Left handrail



CAUTION: Be sure that the *T-knobs are secure and the handrails are locked into position on both sides before performing this step.*

2. **Position the Treadmill on Its Side.** (Diagram 11) Place one hand on each handrail and gently tip the treadmill onto its side opposite the micro-adjustment knob. See Diagram 11. Be sure the treadmill is balanced and secure on its side and the micro-adjustment knob is *not* resting on the floor, before you let go of the handrails.

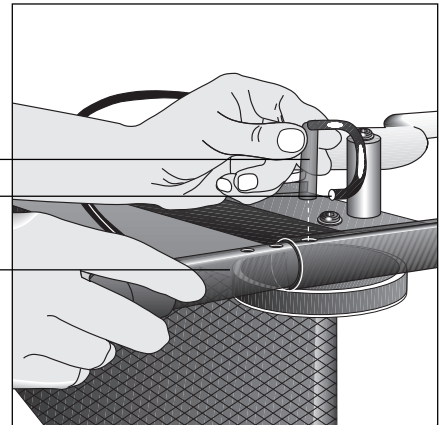
Diagram 12

Moving the elevation tube and inserting the height adjustment pins.

Height adjustment pin

Locking portion of pin

Elevation tube



3. **Adjust the Elevation Tube.** (Diagram 12) The elevation tube has six settings (refer to Table 1). To move the height adjustment pin to another setting, take the following steps.

Important: Due to the weight of the treadmill, always adjust the elevation tube while the treadmill is resting on its side. Making adjustments in this manner also alleviates the possibility of injury.

CAUTION: To avoid injury, do not place your fingers between the locking portion of the height adjustment pin and the elevation tube.

- a. Remove the height adjustment pin by pushing up on the locking portion that wraps around the tube. Use your fingers to pull the pin out of the elevation tube hole. Repeat this step on the opposite side. See Diagram 12. Set the height adjustment pins aside.
- b. Slide the elevation tube so that the elevation tube and front lift bar holes align at the proper setting. *Make sure that the settings are the same on both elevation tubes.*

- c. Reinsert the height adjustment pins and push down on the portion that wraps around the tube to secure the pin into position. Pull and push on the elevation tube to make sure that it is secure.
- d. Return the treadmill to an upright position so that the base is flat on the floor and go through the following check list.
 - Make sure that all the bolts and fasteners you installed are secure. Use the hex key (E) to tighten any bolts that may be loose.
 - Check that the height adjustment pins are placed in the same setting in both elevation tubes. If necessary, readjust the settings by following steps 2 and 3 above.
 - Make sure that all excess lubricant has been wiped off of the running belt and deck. Use paper towels or a clean cloth to wipe off the lubricant.

Checking the Alignment of the Running Belt

Before working out on your treadmill, you need to check the alignment of the running belt. The running belt on the 904 treadmill has been fully adjusted at the factory and should track straight on the deck. However, if the running belt seems to track off center or you hear a chafing noise, stop walking and check the belt alignment by taking the following steps:

CAUTION: To avoid injury, the locking pins should be inserted and the handrails secured during these procedures.

1. Walk on the treadmill while holding onto the handrails for balance.
2. Observe the running belt for a couple minutes.
3. If the running belt tracks off center or the belt moves toward either flywheel, you need to align the belt.
4. If you determine that the belt needs alignment, follow the steps in *Aligning the Running Belt* found in the maintenance section of this manual.

Once the treadmill is assembled, be sure to check the alignment of the belt periodically. Adjust the running belt as soon as it needs alignment to prevent tearing or fraying of the belt. Any damage due to improper maintenance of the running belt is not covered by the limited warranty.

Using the Precor 904 Total Body Treadmill

In addition to providing an excellent cardiovascular workout, one of the advantages of the 904 Total Body Treadmill is that it is simple to use. With very little time or practice, you can learn how to use it effectively. This section provides information about the following areas:

- beginning and ending your workout
- using the handrails
- working out on the treadmill
- adjusting the resistance of the running belt

Beginning Your Workout

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

Prior to beginning a workout, make sure that you have completed the following:

- assembled your 904 treadmill—*Assembly Instructions*
- adjusted the elevation tube settings—*Adjusting the Elevation Tube*
- checked the running belt alignment—*Aligning the Running Belt*
- determined handrail usage—*Using the Handrails*
- stretched your lower body and back—*Working Out on Your 904 Treadmill*

If a procedure has not been fully completed, refer to that section and complete the tasks involved before beginning your workout.

Important: We strongly recommend that you secure the handrails in an upright position while you become familiar with the micro-adjustment knob.

To begin a workout, step onto the running belt. Grasp the handrails and slowly, turn the micro-adjustment knob to fine-tune the resistance of the running belt. You should adjust the resistance so that you can walk comfortably, but maintain momentum without holding onto the handrails for support. For more information about working out, refer to *Working Out on Your 904 Treadmill* and *Using the Micro-Adjustment Knob*.

Important: The micro-adjustment knob is a fine-tuning device. If you need to turn the adjustment knob several rotations to maintain the running belt's resistance, try changing the settings in both elevation tubes. See *Adjusting the Elevation Tube*. Screw threads appear and the micro-adjustment knob can fall out of the handrail if it is rotated *too* many times.

Ending Your Workout

To end your workout, gradually slow your pace and reduce the speed of the running belt till it comes to a complete stop. Step off the running belt and onto the floor. If the handrails are not locked in an upright position, rest each one on the safety stop. If you wish to store the treadmill, refer to the instructions found in *Storing the Treadmill*.

Remember to incorporate a cool-down period into your workout. A cool-down period helps you to gradually lower your heart rate and lessen excessive muscle soreness or stiffness.

Diagram 13
904 Total Body Treadmill.

Micro-adjustment knob



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

Working Out on the 904 Treadmill

Before using your treadmill, we recommend that you follow these instructions and go through a preliminary demonstration of the treadmill. Then, you will be more familiar with the treadmill when you begin your workout. Diagram 13 shows a fully assembled 904 treadmill with the handrails resting on the safety stops.

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, as shown in Diagram 15 on page 22.
- After your workout, walk slowly for several minutes to cool down your body and lower your pulse rate.
- Gently stretch your lower body and back before and after a workout to help prevent stiffness or soreness.

To use the 904 treadmill, follow these steps:

1. Step onto the running belt and grasp the handrails.

Important: Lock the handrails into an upright position until you are comfortable with the motion of the running belt. Remove the handrail's locking pins once you are familiar with the treadmill and are ready to incorporate arm movement with your walking or running stride for a "total body" workout.

2. Begin walking on the running belt. You should start your workout at a pace that will allow your heart rate to reach your training zone within 5 minutes. Refer to Diagram 15 on page 22. Fine-tune the resistance of the running belt by slowly turning the micro-adjustment knob. Turn the knob counterclockwise to increase resistance (clockwise to reduce resistance). Refer to *Using the Micro-Adjustment Knob*.

Important: Be sure to set the proper incline before working out and adjusting the resistance. Refer to *Adjusting the Elevation Tube*.

3. After your initial warm-up period, maintain your heart rate in your training zone during your aerobic session. Refer to Diagram 15 on page 22. While you are walking (or running), maintain a smooth, even stride with the back and forth motion of the handrails. If you are uncomfortable, lock the handrails in an upright position while you become more familiar with the motion of the running belt.

Note: It takes time to incorporate the motion of the handrails into your workout. Try to reflect the natural movement of your arms when using the handrails. Because you are working out on a machine, you have the tendency to overextend your arms. Relax and imagine that you are walking briskly down the sidewalk. How would your arms enhance your walk or run? Try to imitate and incorporate that natural, fluid motion throughout your workout.

4. When you are through exercising, cool down for 3 to 5 minutes by gradually reducing your belt speed. A proper cool down helps to transport excess lactic acid out of the working muscles which allows them to recover faster.
5. To end your workout, stop walking or running. Step off the running belt and onto the floor and place the handrails against the safety stops.

CAUTION: Before leaving the treadmill unattended, secure the handrails into an upright position using the locking pins.

For best results, vary your workouts by changing duration, intensity, and type of work (such as interval training). We recommend that you keep track of your workouts by writing them down. This helps you monitor your progress toward your fitness goals and also use the information as a reference in planning interesting, challenging workouts.

Using the Handrails

The handrails on the 904 treadmill provide additional benefits when used to enhance the natural movement of your arms during a workout. Exercise and tone your upper body for the “total body workout” by moving the handrails back and forth in natural rhythm with your walking or running stride.

Before using the handrails for an upper body workout, make sure that you have completed the following procedures:

- assembled your 904 treadmill—*Assembly Instructions*
- adjusted the elevation tube settings—*Adjusting the Elevation Tube*
- checked the running belt alignment—*Aligning the Running Belt*
- set the handrail resistance—*Adjusting the Handrail Resistance*
- removed the locking pins—*Adjusting the Handrail Resistance*

Becoming familiar with the movement of the running belt and the motion of the handrails takes time. Try to reflect on the natural movement of your arms when you are walking or running. Imitate that motion while working out on the treadmill.

CAUTION: To avoid injury, always rest the handrails against the safety stops before turning the T-knobs.

Tips for using the handrails follow:

- Use the locking pins to secure the handrails in an upright position until you are comfortable with the movement of the running belt. Once you are comfortable, you can remove the locking pins. The wire loops attached to the locking pins let you hang the locking pin on the T-knob.
- Use the T-knobs to adjust the resistance of the handrails so that you can easily push and pull the handrails back and forth.
- Match the natural movement of your arms when walking or running. Keep your arms slightly bent at the elbows. Do not overextend your arms.
- Maintain a smooth, fluid motion. Move the left arm forward with your left leg. Move your right arm forward with your right leg.
- Do not bounce, bob, or rock back and forth. Keep your back straight and erect while you workout.

Adjusting the Handrail Resistance

The handrail resistance can be loosened by turning one T-knob counterclockwise. You do not need to turn both T-knobs. Turning one T-knob automatically balances the handrail resistance for both sides.

Important: You have to remove the locking pins to use the handrails for an upper body workout.

CAUTION: If the T-knobs are loose, the handrails can free fall toward the rear of the treadmill. To avoid injury, always rest the handrails on the safety stops when adjusting the handrail resistance.

Make sure that you hold onto the handrail with one hand while you loosen the T-knob with the other. Check the resistance of the handrails prior to starting your total body workout. You want the handrails loose enough to maintain the natural motion of your arms while you are walking or running. However, the handrails should provide enough resistance that you feel the need to push and pull the handrails after your warm-up period.

Using the Micro-Adjustment Knob

The micro-adjustment knob on the 904 treadmill allows adjustments that affect the movement of the running belt. Adjust the resistance while you are walking or running on the treadmill. Before using the micro-adjustment knob, make sure that you have completed the following procedures:

- assembled your 904 treadmill—*Assembly Instructions*
- adjusted the elevation tube settings—*Adjusting the Elevation Tube*
- checked the running belt alignment—*Aligning the Running Belt*
- determined handrail usage—*Using the Handrails*

Diagram 13 on page 17 shows the location of the micro-adjustment knob on the 904 treadmill.

Note: Remember that the running belt should move freely while you maintain a comfortable momentum (without holding onto the handrails).

CAUTION: *Avoid excessive wear to the running belt by setting the proper elevation for your weight. Refer to Table 1 on page 13.*

If more than one person in your household uses the treadmill, be sure to release the belt resistance at the end of your workout by turning the micro-adjustment knob clockwise till it stops. This allows the next person on the treadmill to properly readjust the elevation and resistance according to his or her needs. Refer to Table 1 on page 13 to set the treadmill to the proper elevation before beginning a workout.

- To increase the resistance of the running belt and decrease speed, slowly turn the knob counterclockwise. The micro-adjustment knob is a fine-tuning device. Screw threads appear if the micro-adjustment knob is rotated *too* many times. If you see the threads beginning to appear, turn the knob clockwise till it stops, step off the treadmill, and readjust its incline. Refer to *Adjusting the Elevation Tube*.
- To reduce the resistance of the running belt and increase speed, slowly turn the knob clockwise.

Important: If the micro-adjustment knob is turned clockwise as far as it can go and you need to continually push against the handrails to keep the running belt moving, you will need to raise the elevation and reset the height adjustment pins into the next hole. Refer to *Adjusting the Elevation Tube*.

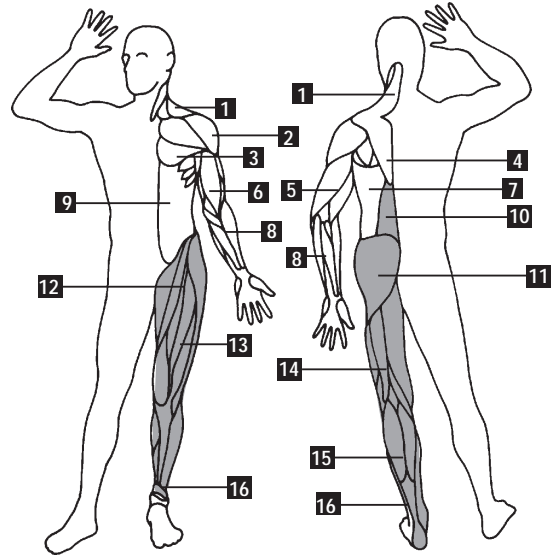
General Aerobic Training Information

A workout on the Precor 904 Total Body Treadmill provides excellent and efficient cardiovascular conditioning, while strengthening and toning the thighs, calves, and hips. Darkened areas in Diagram 14 indicate the muscles that can be improved.

Diagram 14

Muscles exercised during a treadmill workout.

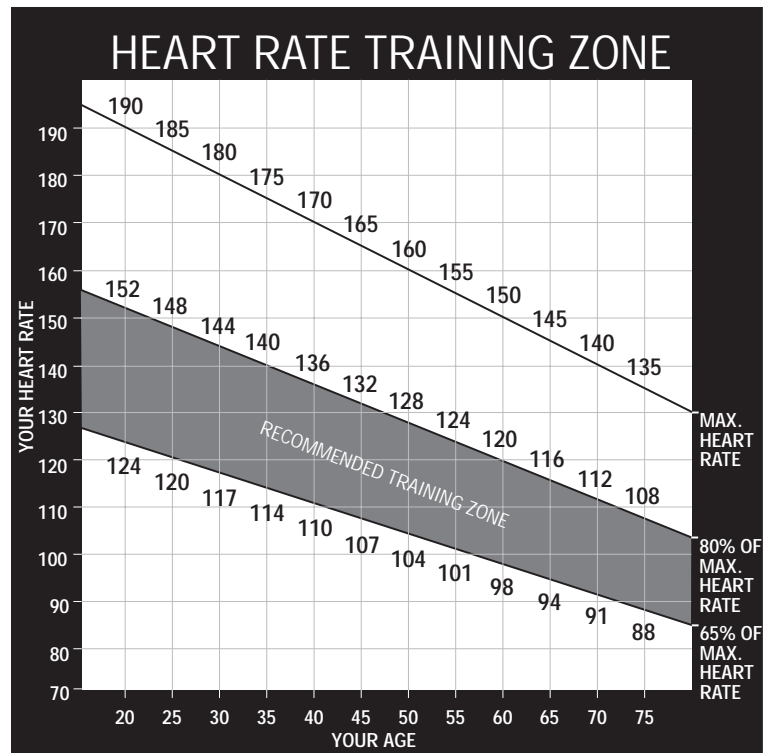
1. Trapezius
2. Deltoid
3. Pectorals
4. Rhomboids
5. Triceps
6. Biceps
7. Latissimus Dorsi
8. Forearm Flexors/Extensors
9. Abdominals
10. Erector Spinae
11. Gluteals
12. Hip Flexors
13. Quadriceps
14. Hamstrings
15. Gastrocnemius/Soleus
16. Peroneus Longus/Brevis



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

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

Diagram 15
Training zones



How Hard Should I Exercise?

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

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

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

Keep in mind that this zone is an approximation, to be used as a guideline—individual heart rates vary according to several physiological factors. To determine your training zone, find your age on the diagram, and then find the line where they intersect. For example, if you are 35 years old, your training zone is between 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 locations for measuring heart rate are directly over the heart on the left side of the chest, on either side of the neck, over the temple, or on the thumb side of either wrist. Wherever you measure your pulse, make sure that you use your index and middle fingers—*not your thumb*. Your thumb has a strong pulse which can affect your heart rate reading.

Once you locate your pulse, look at the time 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 the belt's speed or incline level. *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 setting the elevation too low are common errors. Give yourself time to become familiar with your treadmill and improve your fitness level. Then you can gradually increase your speed and change the elevation to make your workouts more challenging.

How Long Should I Exercise?

The length of each exercise session depends on your fitness level. Exercise physiologists have determined that, to attain cardiovascular benefits from exercise, you should maintain your heart rate in the training zone for at least 15 minutes. This is in addition to your warm up time and does not include cool down. You should always allow several minutes to warm up and bring your heart rate into your training zone by starting out slowly, and gradually increasing the work level. Similarly, use several minutes of light exercise to cool down after the workout and 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 then, gradually increase 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 3 to 5 times a week to obtain significant cardiovascular benefits. Most experts agree that sensible eating habits and regular aerobic exercise are the keys to weight control and fitness. A recent study, which tracked several subjects over a period of years, conclusively shows that exercise, not dieting, is the key factor to successful long-term weight loss.

Maintaining the 904 Total Body Treadmill

The 904 treadmill requires little maintenance. Periodically, you need to clean the treadmill and possibly realign the running belt. Instructions for these procedures are provided in this section. At the end of this section, you will find information about how to receive additional service.

CAUTION: A silicone lubricant exists between the treadmill's running belt and deck. Do not clean between the deck and running belt because you will remove the lubricant.

Cleaning the Treadmill

Before a workout, use a damp, soft cloth to clean the side rails and handrails. This procedure helps to remove any dirt or dust that might affect the smooth operation of the treadmill.

Important: Do not pour water or spray liquids on the treadmill. Allow the treadmill to dry completely before using.

Storing the Treadmill

The 904 treadmill has wheels at the rear of the treadmill for moving and storage purposes and provides locking mechanisms for the handrails. To store the treadmill in a horizontal (base on floor) position, keep in mind that you need a vertical clearance of 14 to 20 inches if you plan to store it underneath something. You can also position the treadmill in a vertical position on its front lift bar to open up floor space when the treadmill is not in use.

CAUTION: Use proper lifting techniques to avoid injury when lifting the front of the treadmill off the floor. The 904 treadmill weighs approximately 60 pounds.

To store the treadmill in a horizontal position (base on the floor), take the following steps:

Note: Perform the following steps on one handrail at a time.

1. Place a handrail in an upright position and secure it using the locking pin.
2. Loosen both T-knobs. Do not remove the T-knobs.
3. Hold onto a handrail with one hand and with the other hand pull the locking pin out and let it hang from the wire loop that is around the T-knob.
4. Lower the handrail alongside the deck. To avoid damaging the foam grips, do not force the handrails over the side rails.
5. Repeat steps 1 through 4 on the opposite handrail.
6. Lock both handrails into the lowered position by tightening both T-knobs securely.
7. Move to the front of the treadmill. Place both hands on the front lift bar.

Important: Note that the treadmill weighs approximately 60 pounds. To avoid injury, ask for assistance before lifting the treadmill.

8. Lift the front of the treadmill off the floor and on its wheels roll it to the storage location.

CAUTION: Always secure the handrails whenever you leave the treadmill unattended for any length of time.

Diagram 16
Storing the treadmill.

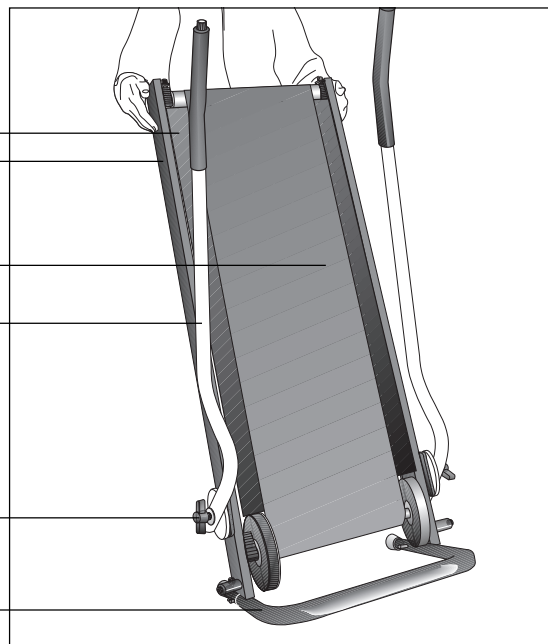
Deck
Side rail

Running belt

Handrail

T-knob

Front lift bar



To store the treadmill in a vertical position as shown in Diagram 16 and free up floor space when the treadmill is not in use, take the following steps:

1. Follow steps 1 through 6 above to lock the handrails in position and then, move to the rear of the treadmill.

Note: If you need to roll the treadmill to a specific location before setting it into a vertical position, lift the treadmill up using the front lift bar and roll it to its storage location.

CAUTION: Do not try to lift the rear of the treadmill by holding onto the rear roller as you may cause injury to yourself.

2. Place your hands on opposite sides of the side rails. Lift the treadmill onto its front lift bar. See Diagram 16. Be sure that the treadmill is secure in a vertical position before taking your hands off of the side rails.

Aligning the Running Belt

Correct alignment of the running belt is critical to the smooth operation of the treadmill. 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.

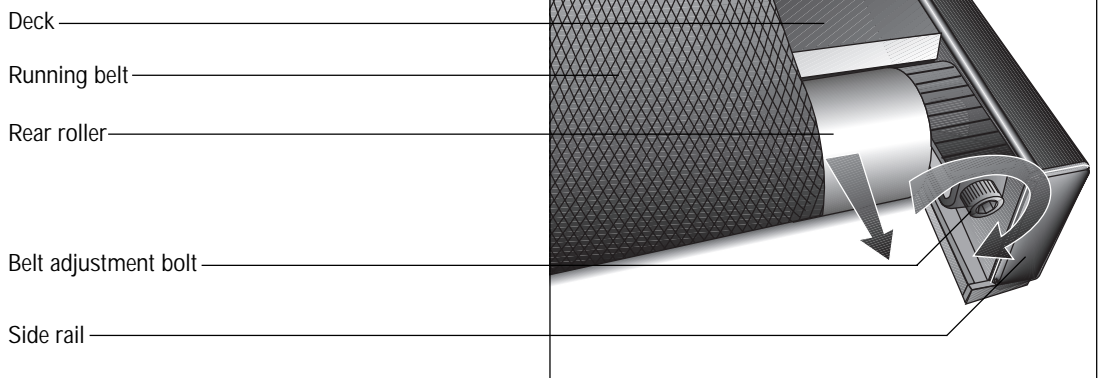
Once the treadmill is assembled, be sure to check the alignment of the belt periodically. Adjust the running belt as soon as it needs alignment to prevent tearing or fraying of the belt. Any damage due to improper maintenance of the running belt is not covered by the limited warranty.

To align the running belt, take the following steps:

1. Insert the locking pins to secure the handrails in an upright position.
2. Walk on the treadmill while holding onto the handrails for balance.
3. If you haven't already done so, set the elevation of the treadmill and adjust the micro-adjustment knob so that you can keep your momentum while walking on the treadmill without pushing off of the handrails. Refer to the sections, *Adjusting the Elevation Tube* to change the height adjustment pins and *Using the Micro-Adjustment Knob* to use the micro-adjustment knob.

Diagram 17

Turning the adjustment bolt to align the running belt.



CAUTION: Be sure to grasp the handrails while performing this step.

CAUTION: Do not turn the adjustment bolt more than 1/2 turn at a time. Overtightening the bolt can damage the treadmill.

4. While walking on the running belt, observe (for a few minutes) how it tracks along the deck. If you see that the running belt is noticeably off center or moves toward either flywheel, adjust the alignment of the belt. Use the supplied hex key (E) to turn the adjustment bolts (located at the rear of the treadmill). See Diagram 17.

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

5. Step off the treadmill and tighten the rear adjustment bolt on the side of the treadmill that the belt tends to move toward. Turn the bolt clockwise 1/2 turn at a time.

Important: Do not stand on or move the running belt while you are turning the adjustment bolt.

6. Walk on the treadmill for a few minutes to see if the belt is tracking properly. If necessary, step off the treadmill and turn the appropriate adjustment bolt clockwise another 1/2 turn.
7. Again, walk on the treadmill for a few minutes to see if the belt is tracking properly. If it is still not tracking properly, loosen the rear adjustment bolt on the opposite side 1/2 turn counterclockwise. Do not overtighten the belt. Continue steps 6 and 7 until the belt tracks centered on the deck.

Lubricating the Running Belt

The lubricant between the running belt and deck normally tends to dissipate over an extended period of time. You may not see the change but you will probably notice that the running belt does not slide as easily as it did when you first purchased the treadmill and adjusted the elevation tubes according to Table 1 on page 13.

Check to see that the micro-adjustment knob is turned clockwise as far as it will go to release all tension from the flywheel resistance belt. If you still need to raise the height adjustment pins up above the next setting on the elevation tube to maintain your exercise intensity and the running belt's momentum, you may want to consider lubricating the deck and running belt. Lubrication kits can be obtained through your local dealer.

Obtaining Service

While servicing the 904 treadmill is possible, do not attempt to service the 904 Total Body Treadmill yourself unless you have purchased the 904 Technical Service Manual and carefully read through the servicing instructions.

For information about product operation or service, contact an authorized Precor dealer (or a Precor Factory Authorized Service Company). To locate the Precor 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 904 treadmill is printed on a label located underneath the treadmill on the side beam. The best time to write the serial number in the space provided below is during the assembly process or when you store the treadmill in an upright position on its front lift bar.

Model number: 904 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. To purchase a 904 Technical Service Manual, see your authorized Precor dealer or write to:

ATTN: 904 Technical Service Manual
Precor Customer Service Department
P.O. Box 3004
Bothell, WA 98041-3004

Precor Incorporated
20001 North Creek Parkway
Bothell, WA USA 98041-3004

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