PRECOR ®USA

Commercial Treadmill Owner's Manual

C954
C956

IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS *(vertical, left margin)*

When using the C956 or C954 treadmill, always follow basic precautions, including the following:

- **To ensure your safety and to protect the unit, read all the instructions before assembling and using the treadmill.**

- **To ensure the proper use and safety of the treadmill, make sure that all users read this manual. Please make this manual a part of your club's training program. Remind the club users that before beginning any fitness program, they should obtain complete physical examinations from their physicians.**

Il est conseillé de subir un examen médical complet avant d'entre-prendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

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

WARNING — To reduce the risk of burns, fire, electric shock, or injury to persons, take the following precautions:

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

- **Never leave the treadmill unattended. Unplug the unit from the power outlet when it is not in use, before cleaning it, and before putting on or taking off parts. Do not adjust the running belt when someone is standing on the unit.**

- **Assemble and operate the treadmill on a solid, level surface. Locate the treadmill a few feet from walls or furniture. Check the unit before each use and verify that all fasteners are secure. Maintain the treadmill in good working condition.**

- **Use the treadmill 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.**

- **If you purchased the optional POLAR® chest strap, review the guidelines found in the *Precor Heart Rate Option Owner's Manual* that is supplied with that option.**

- **Never operate the unit if it is damaged, if it is not working properly, if it has been dropped, or if it has been dropped in water. Return the unit to a service center for examination and repair.**

- **Keep all electrical components such as the motor, power cord, and I/O switch, away from liquids to prevent shock. Do not set anything on the handrail, display console, or hood. Place liquids, magazines and books in the appropriate receptacles.**

- **Keep the power cord away from heated surfaces.**

- **Do not operate the treadmill where aerosol (spray) products are being used or where oxygen is being administered.**

- **Do not use outdoors.**

- **The security clip must be attached at waist level prior to beginning a workout. A cord connects the security clip to the red STOP button on the console. If a user encounters difficulties, a strong tug on the security cord or a quick tap on the red STOP button will stop the running belt.**

- **Use care when getting on or off the treadmill. Use the stationary handrail whenever possible. Place your feet firmly on the right and left side platforms before the running belt begins moving (prior to a workout). Step onto the running belt when the speed is at or below 1 mph (1.6 kph).**

IMPORTANT SAFETY INSTRUCTIONS

- **Never step off the treadmill while the running belt is moving. Keep your body and head facing forward. Never attempt to turn around on the treadmill.**
- **Never turn ON the treadmill when someone is standing on the machine.**
- **Never block the air openings on the hood while operating the treadmill. Keep the air openings clean and free of lint, hair, or anything that might impeded the free flow of air. Never drop or insert objects into any opening.**
- **Wear proper exercise clothing and shoes during a workout—no loose clothing. Tie long hair back. Keep all loose towels away from the running surface. The running belt will not stop immediately if an object becomes caught in the belt or rollers.**
- **Do not rock the unit. Do not stand on the display console or hood.**
- **Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.**

SAFETY APPROVAL

When identified with the ETL-c logo, the treadmill has been tested and conforms to the requirements of CAN/CSA-E-335-1/3-94, Safety of Household and Similar Electrical Appliances.

GROUNDING INSTRUCTIONS

The C956 or C954 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 C956 or C954 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. If you do not follow these *Grounding Instructions*, you could void the Precor limited warranty.

DANGER — **Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the 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.**

Diagram 1
Correct power outlet for U.S. Markets: 120-volt and 240-volt plugs.
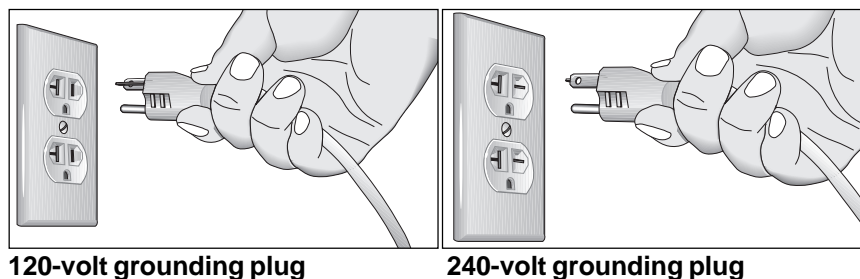
120-volt grounding plug   **240-volt grounding plug**

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

The C956 or C954 treadmill must be connected to a dedicated, grounded circuit. A 20 amp dedicated circuit is recommended. The treadmill is factory-equipped with a specific power supply cord to permit connection to a proper electric circuit as shown in Diagram 1. Make sure that the treadmill is connected to an outlet having the same configurations as the plug. No adapter should be used with this product.

SAVE THESE INSTRUCTIONS

Table of Contents

Table of Contents

RADIO FREQUENCY INTERFERENCE (RFI)

Federal Communications Commission Part 15

The treadmill has been tested and found to comply with:

• The IEC EMC Directive (international electromagnetic compatibility certification)

• The limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The treadmill generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications. Operation of the treadmill in a residential area is likely to cause harmful interference. If this occurs, the user will be required to correct the interference at his or her own expense.

CAUTION — **Per FCC rules, changes or modifications to the treadmill 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 A 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 radioéélectriques dépassant les limites applicables aux appareils numériques de la Class A prescrites dans le Règlement sur le brouillage radioélectrique édicté par le ministére des Communications du Canada.

EUROPEAN APPLICATIONS

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

EN55022, Limits & Methods of Measurement of Radio Interference, Information Technology Equipment (Class A). Per the standard, the treadmill is a Class A product. In a domestic environment, this product may cause radio interference, in which case the user is responsible to take adequate measures to alleviate the interference.

EN50082-1, Generic Immunity Standard for Residential, Commercial and Light Industrial Products (Class A).

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

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

OBTAINING SERVICE

Do not attempt to service the treadmill yourself except for the maintenance tasks described in this manual. The treadmill does not contain any user-serviceable parts. For information about product operation or service, visit the Precor Web Site at www.precor.com or contact an authorized Precor Commercial Products Customer Service Representative at 1-888-665-4404.

To help customer service personnel expedite your call, have your serial number available. The serial number can be found on the shipping container or on the label near the power receptacle. If you have any questions regarding the treadmill, use the model and serial numbers whenever you call a Precor dealer or Commercial Products Customer Service Representative.

Model number: **C956 or C954**

Unit number: _____   Serial number: _____
Unit number: _____   Serial number: _____
Unit number: _____   Serial number: _____

ABOUT THIS MANUAL

This manual includes instructions for installing and using the treadmill. To maximize the use of the treadmill, please study this manual thoroughly. The manual uses the following conventions for identifying special information:

Note: Contains additional information.

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 injuries to yourself.

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

Unpacking the Treadmill

Thank you for purchasing the Precor C956 or C954 treadmill. Built to the exacting standards of the health club environment, the treadmill is intended for commercial use and can withstand the rigors of daily club use with little maintenance.

Important: Before using the treadmill, we urge you to familiarize yourself and your staff with the entire Owner's Manual. Understanding this manual will help you and your customers use the treadmill safely and successfully.

CAUTION: This unit weighs over 350 pounds (158 kilograms). To prevent injury to yourself or damage to the equipment, obtain appropriate assistance before removing the unit from the pallet.

The treadmill is carefully inspected before shipment so it should arrive in good operating condition. Precor ships the unit in the following pieces:

❏ Base frame assembly with hood   ❏ Hardware kit

❏ Two upright supports   ❏ Owner's Manual

❏ Display console with cable   ❏ Power cord

❏ Two handrails (left and right)

If any items are missing, refer to *Obtaining Service* on page 7.

STANDARD EQUIPMENT

The treadmill incorporates the Precor Smart Rate® and Heart Rate features into its display console. Devices, such as FitLinxx®, that are CSAFE compatible, can also be attached.

The Precor "touch" heart rate is standard on the C956 and provides electrode strips, called "grips," on the center handrail. When a user grasps the metal-portion of the center handrail, a heart rate is transmitted to the receiver.

Note: If a user does not wish to use the touch-sensitive hand grips, an optional POLAR® chest strap can be purchased and worn. The chest strap transmits the user's heart rate and it appears as a number in the HEART RATE display.

Important: The Precor "touch" heart rate is not available on the C954 treadmill, but the Smart Rate® and heart rate features will appear on the display if the user wears the optional POLAR® chest strap.

OTHER EQUIPMENT

Optional equipment available through your dealer includes:

• POLAR® chest strap.

• Long handrails.

If you are interested in obtaining Precor option kits for your unit, check with your dealer. For customer service, see *Obtaining Service* on page 7.

HARDWARE KIT

After unpacking the treadmill, open the hardware kit and make sure that you have the following items shown in Diagram 2.

- ❑ (A) twelve 1-inch buttonhead hex screws
- ❑ (B) twelve flat stainless steel washers — place on 1-inch buttonhead hex screws
- ❑ (C) four 1/2-inch flat head hex screws — attach to upper handrails
- ❑ (D) four 3 1/4-inch socket head screws — install upright supports
- ❑ (E) four flat black washers — place on 3 1/4-inch socket head screws
- ❑ (F) four barrel spacers — place on 3 1/4-inch socket head screws after washers
- ❑ (G) 5/32-inch hex key — attach handrails to display frame
- ❑ (H) 3/16-inch hex key — attach hood, mount upright supports, attach display and handrails to base frame
- ❑ (J) 1/4-inch hex key — attach upright supports to base mounting brackets
- ❑ (K) 5/16-inch hex key — adjust running belt

Diagram 2   *Hardware kit (not shown to scale).*
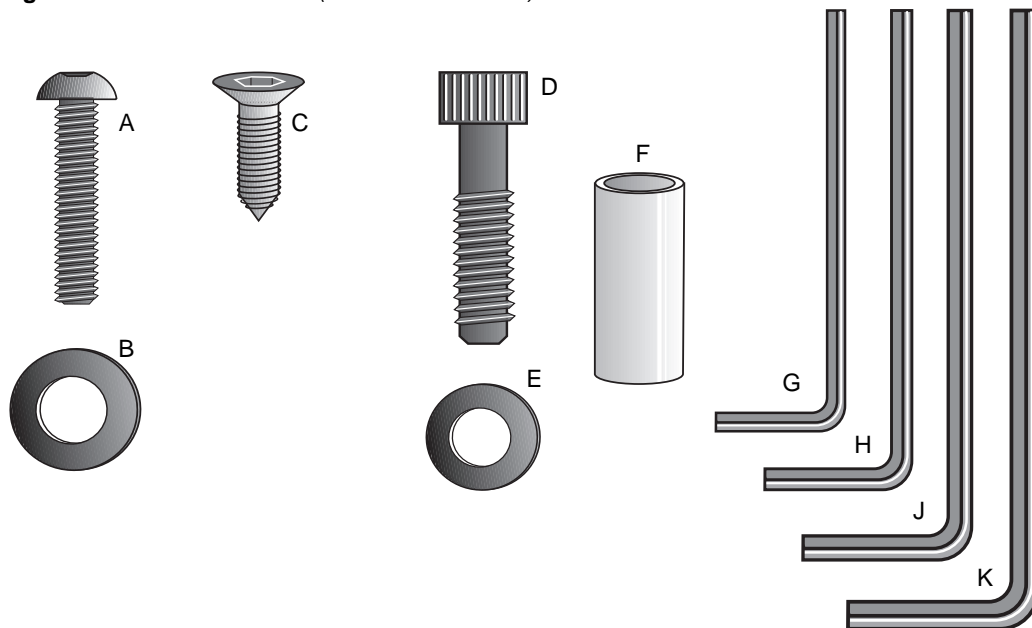
Note: After assembling the treadmill, be sure to store the hex keys in a secure place. The tools are used for specific maintenance procedures that are described in this manual.

Setting Up the Treadmill

You do not need any special knowledge or experience to set up the treadmill. However, because of its size and weight, you will need to obtain assistance.

INSTALLATION REQUIREMENTS

Follow these installation requirements when installing the treadmill. *If you do not install the treadmill according to the following guidelines, you could void the Precor limited warranty.*

- **Set up the treadmill on a solid, flat surface**. Unpack and assemble the treadmill close to where you plan to use it. Make sure that the flat surface under the unit is smooth and level. A level unit is required for the user's safety and proper operation.

- **Provide ample space around the unit**. Open space around the unit makes for a safer mount and dismount.

- **Fill out and mail the limited warranty card**. The serial number can be found on the shipping container or on the label near the power receptacle. Write the serial number onto the Precor limited warranty card found on the back cover of this manual and in the *Obtaining Service* section on page 7.

- **Use the appropriate voltage, dedicated circuit, and grounding as specified on the treadmill.** The treadmill is available in both 120-volt and 240-volt models. Refer to the treadmill's identification label to determine the voltage that your treadmill requires. Both the 120-volt and 240-volt models require a **dedicated** circuit. A 20 amp circuit is recommended.

  CAUTION: Do not use a non-grounded outlet or transformer. Do not remove or otherwise bypass the plug with an adapter. Electrical damage can occur and void the Precor limited warranty if the treadmill is connected to an improper power source. Refer to *Grounding Instructions* **on page 2.**

ADDITIONAL TOOLS NEEDED

Obtain the following tools *before* assembling the treadmill.

- ❏ Wire cutter
- ❏ Bubble level
- ❏ Medium weight string
- ❏ 1/2-inch box end wrench
- ❏ SAE standard socket set with a ratchet or 8-inch crescent wrench

ASSEMBLY INSTRUCTIONS

Take the following steps to assemble the treadmill.

CAUTION: To avoid injury and ensure your safety, get assistance before moving the treadmill off the pallet. Do not drop the unit.

1. **Think about the site and location**. Have your assistants help place the shipping carton close to the location where you plan to use the treadmill. Break down the side walls of the shipping carton so that they lie flat. Remove the loose contents.

2. **Make sure that the power switch is OFF**. Check the ON/OFF power switch on the front of the treadmill. Place the switch in the O (OFF) position. Make sure that the treadmill is not plugged into a power source.

Diagram 3 *Lift the rear of the unit and roll it to its assembly location.*

Rear end cap

Lift the unit by grasping the hand holds inside the rear end caps.
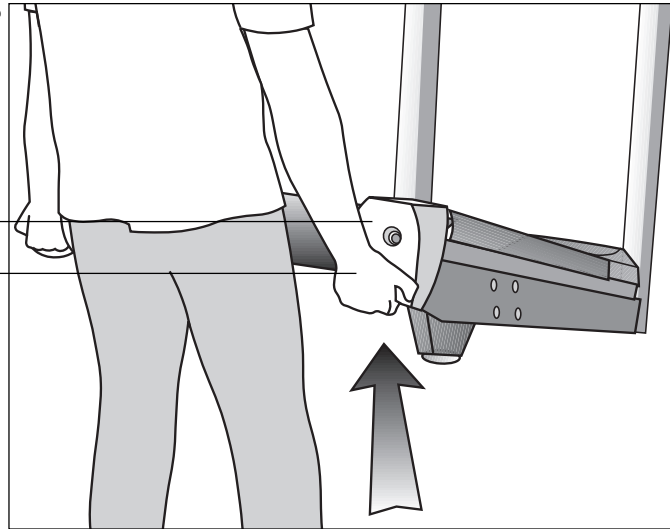
3. **Move the treadmill**. Diagram 3. Grasp the hand holds inside the rear end caps and use proper lifting techniques to lift the rear end so that you can roll the treadmill on its front wheels. To avoid injury to yourself or damage to the unit, ask for help in placing the treadmill where you plan to use it.
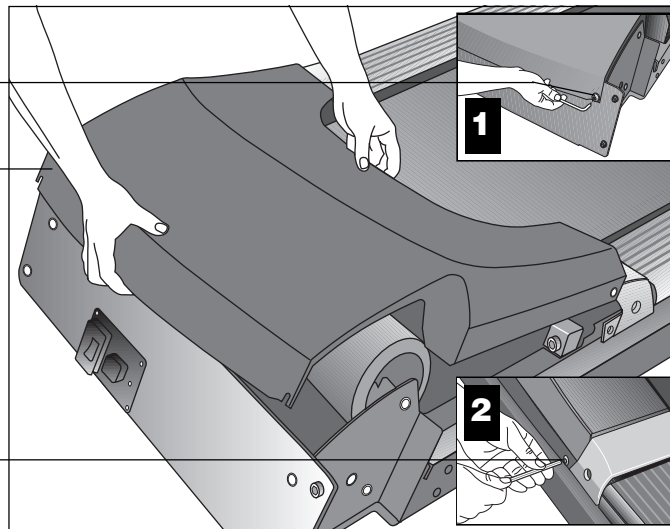
Diagram 4 *Remove the hood.*

Front screw

Hood

Side screw

4. **Remove the hood.** Diagram 4. Loosen and remove the four buttonhead screws using the 3/16-inch hex key. Inset #1 shows the location of one of the front screws. Inset #2 illustrates the location of the side screw. The other is on the opposite side. Lift the hood off the treadmill and set it aside.

Diagram 5   *Remove the shipping fasteners from the left side front panel.*

Shipping fasteners found on left and right sides of the front panel.

Left side mounting bracket
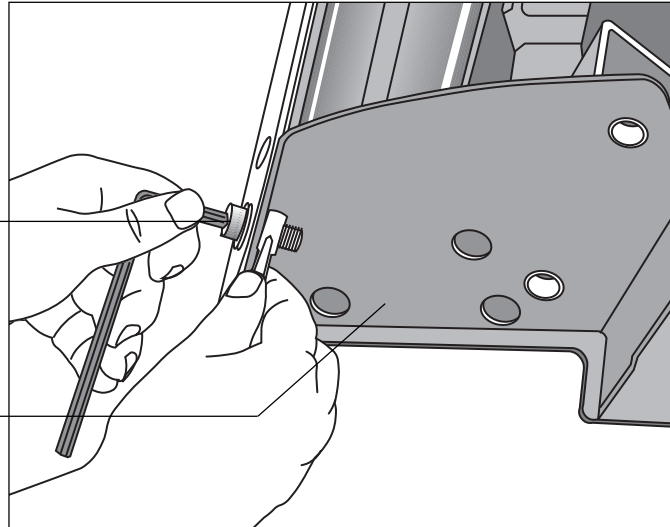
5.   **Attach the left side upright support.** Diagram 5. Take the following steps.

a. Remove the shipping fasteners from the front panel. With the supplied hex key and a ½-inch box end wrench, loosen and remove the two bolts, washers and nuts on the left side of the front panel. These fasteners hold the front panel in place during shipping. (The front panel will drop slightly when you remove the fasteners.) Discard the nuts, but keep the bolts and washers.

Diagram 6   *Secure the left upright support.*

Screws (D), washers (E), and barrel spacers (F)

Left upright support
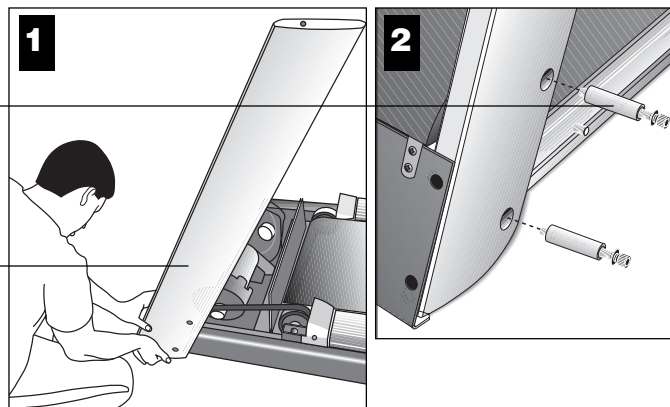
b. Attach the left upright support by placing it inside the base mount and aligning the mounting holes. Obtain two bolts, washers and barrel spacers from the Hardware kit. Place a washer and barrel sleeve on each bolt and insert the fasteners through the side of the upright support and into the base mounts. Use the 1/4-inch hex key to secure the bolts, but leave room for adjustments. See Diagram 6, #1.

c. Reinsert the two shipping fasteners (bolts and washers only) removed in step 5a, and finger tighten. See Diagram 6, #2.

Diagram 7   *Attach the display console to the left upright support.*

Display console

Display cable

Screws (A) with washers (B)

Left side upright support
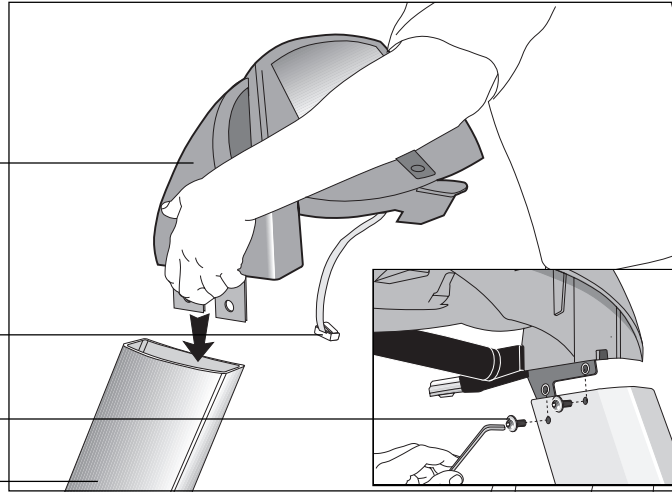
CAUTION: To avoid damage to the display cable, read the following steps carefully. Damage to the cable due to improper assembly is not covered by the Precor limited warranty.

6.   **Secure the display console to the left upright support.** Diagram 7. Remove any tape or wire ties that secure the display cable. Unwrap the cable to remove kinks. Ask an assistant to hold the display console in place while you attach it to the left upright support using two buttonhead screws (A) with washer (B). Finger tighten.

Diagram 8   *Remove right side front panel screws.*

Right side mounting bracket

Front panel fasteners
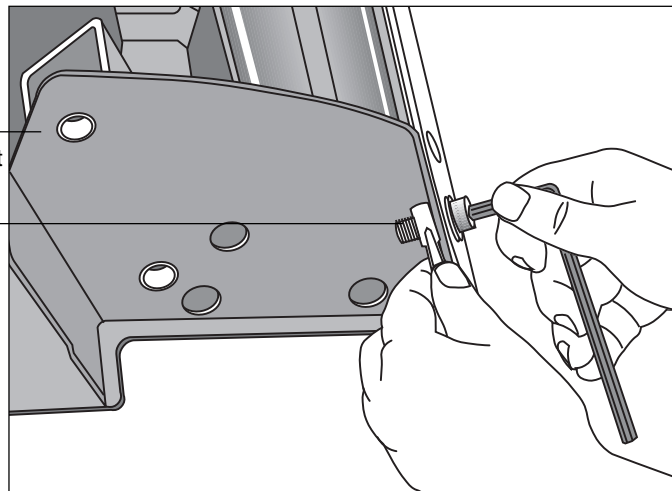
7.   **Prepare to attach the right side upright.** Diagram 8. Take the following steps:

a. Remove the shipping fasteners from the right front panel. Follow the same process as in step 5a. With the supplied hex key and a ½-inch box end wrench, loosen and remove the two bolts, washers and nuts on the right side of the front panel.

Diagram 9   *Route the cable.*

Right upright
support

Display cable

Base frame

Base mounting
bracket

Right upright
support

Bracket hole

Lower board
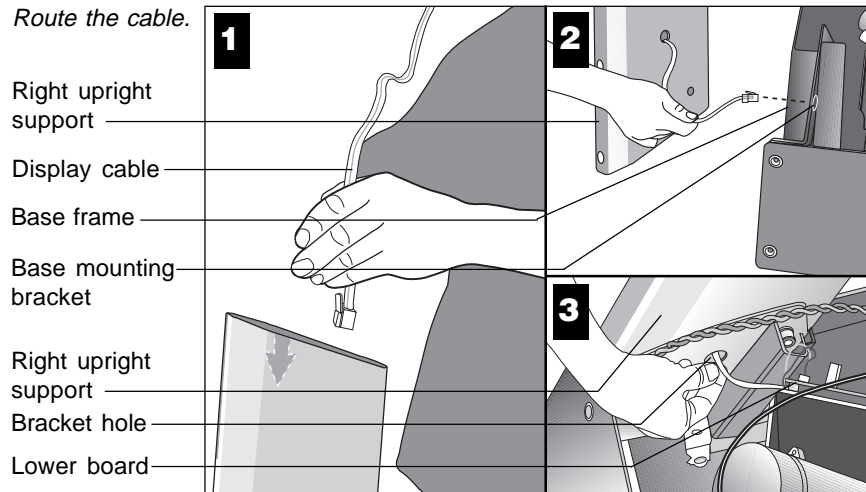
b. Route the display cable through the right upright support. Ask an assistant to hold the upright support close to the right side mounting bracket. Route the cable through the upright support (see Diagram 9, #1) and pull it out of the large hole on the side of the support near its base. Diagram 9, #2.

Note: If you encounter difficulties with the cable, try tying a string to the end of the cable. Attach a washer to the opposite end for weight and route it through the upright support.

c. Ask your assistant to position the right upright support inside the base mounting bracket and align the mounting holes as you pull the cable through the mounting bracket hole in the base frame. See Diagram 9, #3.

Diagram 10   *Connect the cable.*

Cable connector

Lower board

Display cable
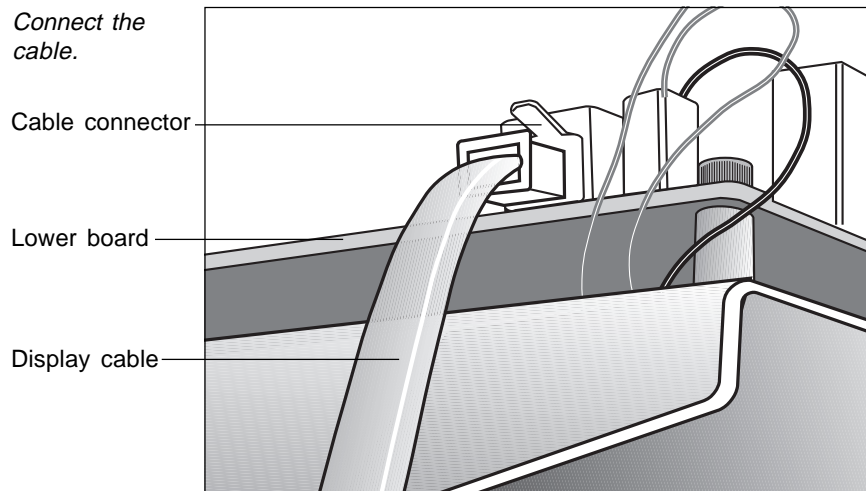
d. Plug the cable connector into its receptacle on the lower board near the motor. See Diagram 10. A definite "click" is heard when the cable is properly attached. If you do not hear and feel the connector snap into place, reinsert it.

Diagram 11   *Secure the right upright support.*

Screws (D), washers (E), and barrel spacers (F)

Tighten so that the upright is secure, but leave room for adjustments.

Right upright support

Front panel
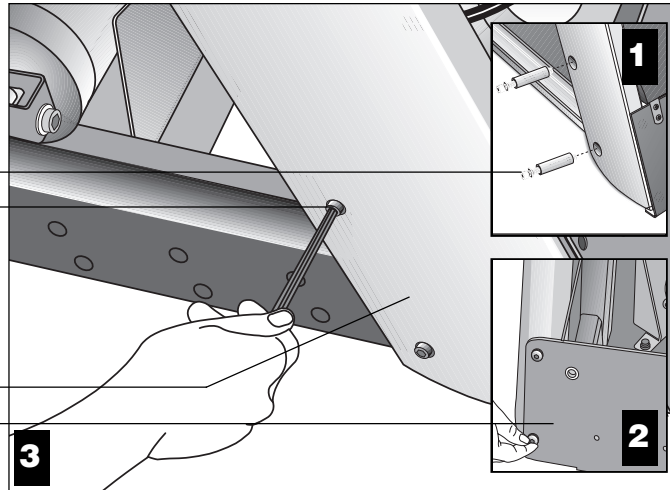
8. **Secure the upright support.** Diagram 11, #1. Obtain two screws (D), washers (E) and barrel spacers (F) from the Hardware kit. Place a washer and barrel sleeve on each bolt and insert the fasteners through the side of the upright support and into the base mounts. Secure the upright support using the 1/4-inch hex key. See Diagram 11, #3.

   Important: Do not securely tighten the screws until after the unit has been fully assembled. Make sure that the bolt and spacer do not pinch the cable.

9. Insert the two bolts removed in step 5a, and finger tighten. Diagram 11, #2.

Diagram 12   *Secure the display console.*

Display console

1-inch screws (A) with washers (B)

Tighten the screws, but leave room for adjustments.
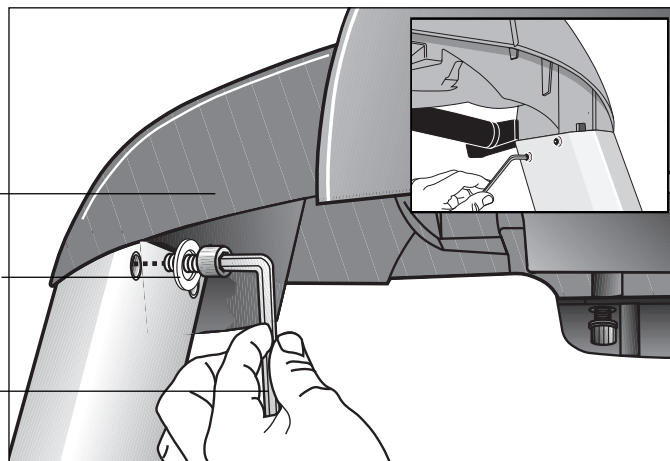
10. **Secure the display console to the upright supports.** Diagram 12. Align the display console with the right side upright support mounts. Insert two 1-inch screws (A) with washers (B) and finger tighten. Fully tighten the screws using the hex key provided. Do the same for the opposite upright support. See inset in Diagram 12.

Diagram 13   *Handrail alignment and installation.*
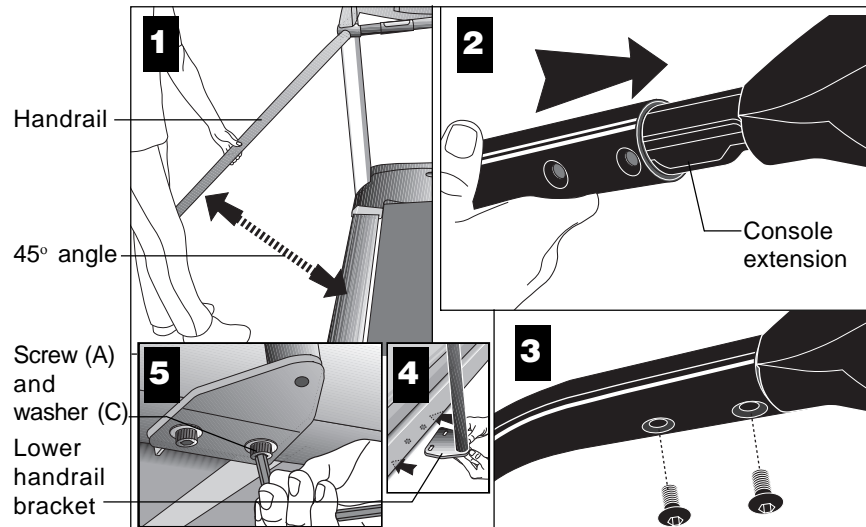
Important: *With the handrails attached, the width of the treadmill is 33½ inches (85 cm). It will not fit through a standard 32-inch doorway.*

11. **Attach the handrails.** Diagram 13. For ease of assembly, place the side rails or adjustable rear feet on blocks. Obtain assistance to lift the treadmill. **Do not place blocks beneath the running bed.**

    To attach the handrails, perform the following steps on *one side at a time*:

    a. Alignment pins on the top of the handrails necessitate sliding the handrails into the console assembly at a 45° angle. Position the handrail as shown in Diagram 13, #1 and #2 and slide it onto the console extension. When the alignment pins are fully engaged, carefully lower the handrail toward the base. Insert two flat head screws (C) into the upper handrail mounts and finger-tighten. See Diagram 13, #3.

    b. Align the lower handrail bracket with the two base mounts and insert two screws (A) with washers (B). See Diagram 13, #4. Tighten the screws with the hex key. See Diagram 13, #5.

    c. Return to the upper handrail screws and securely tighten each one.

    d. Perform steps a. through c. on the opposite side.

    e. Obtain assistance and remove the blocks from beneath the base.

Diagram 14   *Secure the*
fasteners and
replace the
hood.

Alternately
tighten four
side upright
screws.

Alternately
tighten the four
front panel
screws.

Alternately tighten
the four screws
that secure the
display console.
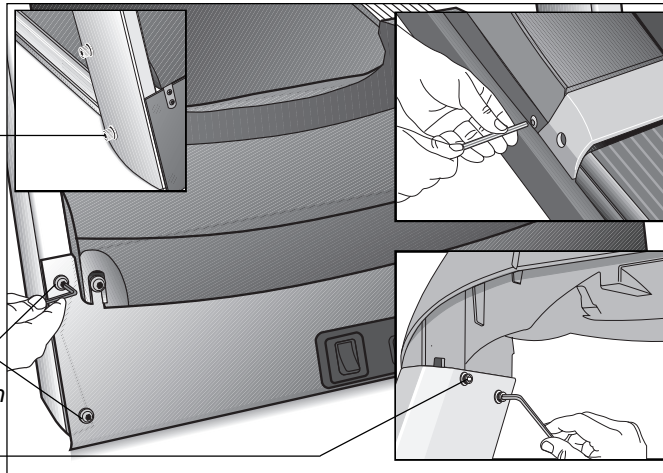
12. **Replace the hood.** Diagram 14. Reposition the hood on the treadmill and replace the four buttonhead screws removed in step 4. The two screws with washers are placed through the front panel. Tighten the screws using the 3/16-inch hex key.

13. **Tighten all mounting screws with the hex keys provided.** Diagram 14. Start at the front of the treadmill with the four screws that attach the upright supports to the front panel. Tightening these screws first helps pull the rest of the treadmill's parts into alignment. Then, proceed with tightening the four screws (D) that secure the upright supports, the four console assembly screws (A), the handrail assembly screws (A) and (C), and the hood screws.

Diagram 15   *Adjust the level*
of the treadmill.

Bubble level

Running belt

Adjustable rear
foot
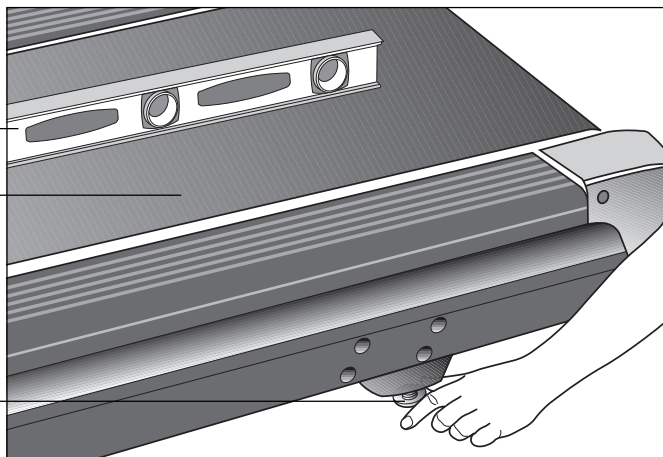
14. **Level the unit.** Diagram 15. The C956 or C954 has adjustable rear feet. Check to make sure that the running surface is level (use a bubble level as shown in Diagram 15). If the treadmill is placed on a slightly, uneven surface, adjusting the rear feet can help, but will not compensate for extremely uneven surfaces.

Important: If you need to make adjustments, adjust one rear foot at a time. Do not use the rear foot to raise or lower the unit more than ¾-inches. Check the level of the unit after each adjustment.

Diagram 16 *Raise or lower the deck.*

Hand holds on rear end caps

Adjustable rear foot
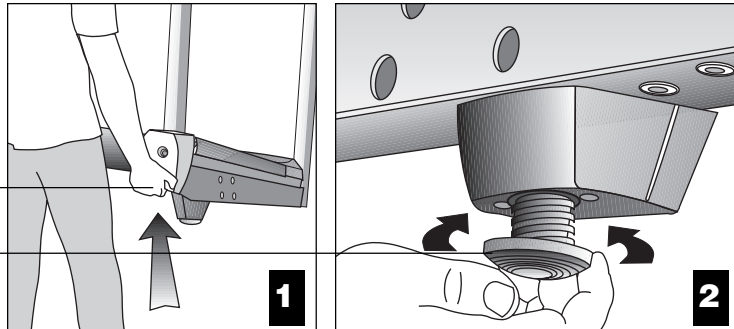
15. **Adjust the rear deck.** Diagram 16. To raise the rear deck, situate yourself next to the adjustable rear foot. Ask an assistant to lift the rear of the treadmill slightly while you turn the adjustable rear foot clockwise. Turning the rear foot counterclockwise lowers the unit.

CAUTION: The treadmill requires a dedicated, grounded circuit. A 20 amp dedicated circuit is recommended. Make sure that no other product or machine uses the same circuit as the treadmill.

16. **Connect the power cord.** Unwrap the power cord from the packing material and plug it into its receptacle on the front panel. Make sure that the ON/OFF (I/O) power switch is placed in the OFF (O) position and connect the power plug to a dedicated, grounded circuit.

TURNING THE UNIT ON AND OFF

Use the ON/OFF (I/O) power switch, located on the front panel, to turn the unit ON and OFF.

To complete the installation of the treadmill, continue with *Checking the Alignment of the Running Belt.*

CHECKING THE ALIGNMENT OF THE RUNNING BELT

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

Follow these steps to check the alignment:

1. The treadmill has adjustable rear feet. Check to make sure that the running surface is level (refer to steps 14 and 15).

2. Locate the I/O switch at the front of the treadmill and turn the unit ON.

3. Stand beside the treadmill and press **Quick Start**. The running belt starts automatically after the message, "**Belt Starting 3, 2, 1,...**" appears.

4. Continue standing next to the treadmill and hold down the **Speed ▲** key until the display shows a speed of 3 miles per hour (5 kph).

5. Walk around to the rear of the unit 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. It is evenly distributed between the side rails so no adjustment is necessary.
runs or drifts off center	you need to adjust the belt; see *Aligning the Running Belt,* page 42.

CAUTION: 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.

6. To stop the running belt, press the red **Stop** button.

If the belt is functioning correctly, the treadmill is ready to use. Please continue on to *Club Information* to learn how to customize the treadmill for your Club.
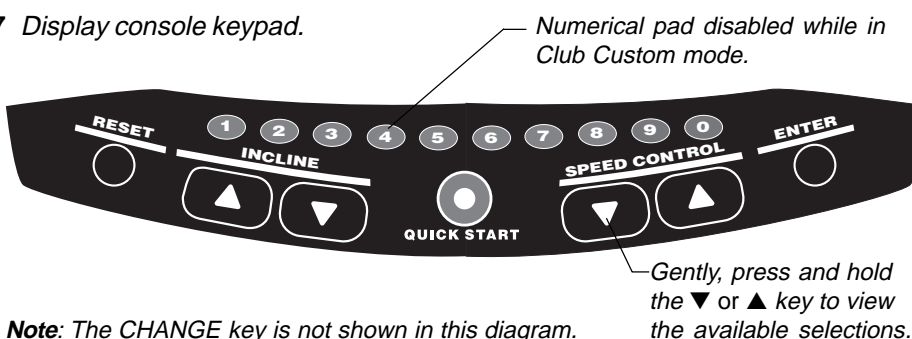
Club Information

These next few pages provide information that lets you customize the treadmill for your Club. It is not information that your customer needs or, necessarily, should see. This section covers the following information about how to:

- determine which language appears on the display
- set maximum speed, workout, and pause times
- design custom courses
- display the odometer and other useful information
- connect to CSAFE compatible devices

Note: If your customers are interested in the learning more about the C956 or C954 treadmill, you may wish to direct them to the manual available on Precor's web site (**www.precor.com**). (The manual that appears on the web site does not contain the information found in this section.)

Diagram 17 *Display console keypad.* — Numerical pad disabled while in Club Custom mode.

Gently, press and hold the ▼ or ▲ key to view the available selections.

Note: The CHANGE key is not shown in this diagram. Refer to Diagram 18 for its location.

CHANGING THE CLUB SETTINGS

The Club "custom" settings are accessed through specific codes that help eliminate unauthorized access. Refer to Diagram 17 to locate the keys. Information that you can access and features that can be customized are as follows:

- **Language** — Choose to display English, German, Spanish or French.
- **Units of Measure** — Select between U.S. Standard and Metric displays.
- **Maximum Speed** — Determines the maximum speed that a user can select. Selections range between 0.5 to 12 mph (1 - 20 kph).
- **Maximum Workout Time** — Sets a maximum limit on workout time.

  Note: Remember that the user will get an additional 5-minute cool down period appended to a completed course. So, adjust the maximum time limit accordingly.
- **Maximum Pause Time** — Sets the maximum duration in which a person can "pause" his or her workout.
- **Custom Course 1 and 2** — Provides 2 courses that can be customized for a specific user or general club purpose.
- **Odometer, Hours of Use, Software Version,** and **Error Log** —The treadmill stores the cumulative miles or kilometers, the number of hours that the unit has been in use, the software version and software type (which is valuable when calling customer service), and an error log (useful when troubleshooting).

To access the Club settings, the following must occur:

❑ **Check to be sure that the treadmill is turned ON**.

❑ **Check that the Precor banner appears on the display**.

❑ **Press the appropriate key sequences**. (To cancel entries, press **Reset**.)

Important: To access Custom mode, press **Stop** while the Precor banner is displayed. Within 1/2 second, begin pressing the key sequences. If the system does not detect a key press (within 1/2 second) after **Stop**, it resets to the Precor banner. When you begin entering a key sequence, each key must be pressed within 4 seconds of the other or the Precor banner reappears and you have to begin again.

Display key functions within the Club Custom Mode	
▼▲ lets you scroll through the various selections that appear. The longer the key is held down, the faster the numbers scroll past.	**Change** reminds you what part of the program you're changing.
	Reset exits Club Custom mode and displays the Precor banner.
Stop advances to the next aspect of the program without storing the information that appears on the display.	**Enter** saves the information being displayed and moves to the next aspect of the program.

Note: The touch sensitive keys can be gently pressed and held to view several selections. The longer the key is held down, the faster the numbers scroll past.

The display console keys that you need to press to change the language, select the units of measure, set the maximum speed, workout, and pause times, or change the Custom courses are as follows:

Begin at the Precor banner and press the **STOP** key. Then, within 1/2 second, initiate the key sequence below.

Speed ▼, **Speed ▲**, **Speed ▼**, **Reset**, **Speed ▼**, **Speed ▲**, **Speed ▼**

SELECTING THE LANGUAGE

Display prompts can appear in English, German, Spanish or French. Use the ▼▲ keys to make your choice and press **Enter** to select it.

Note: The functions of the display console keys while in Club Custom mode are described in the box above.

DETERMINING THE UNITS OF MEASURE

Two different units of measure can be selected, *Metric* or *U.S. standard*. Make your selection using the ▼▲ keys. Press **Enter** once the correct unit is displayed.

Note: Anytime you wish to exit the Club Custom mode, press the **Reset** key. The display attributes that you selected by pressing **Enter** are saved and recorded in memory.

DETERMINING THE CLUB SPEED LIMIT

You can set the maximum speed for the treadmill. This limits how fast the running belt moves and, consequently, how many adjustments a user can make to the treadmill's speed. The speed is displayed in miles per hour (mph) or kilometers per hour (kph) depending upon the units of measure (Metric or U.S. standard) that are selected.

The ▼▲ keys let you choose a speed between: **0.5** to **12.0 mph**

1.0 to **20.0 kph**

Important: If you select a number that limits the miles per hour, your change *will not affect* the kilometers per hour (and vice versa). The treadmill does not convert the speed entered in miles per hour (U.S. standard) to kilometers per hour (Metric). It stores separate numbers for the different units of measure.

CAUTION: If you change the Unit of Measure display, be sure to check the "Set Max Speed" setting to verify that it is correct.

SETTING A WORKOUT TIME LIMIT

You can limit how long a user works out by setting a duration between 1 and 240 minutes. The treadmill also lets you choose "no limit" which allows the user to select a course and work out indefinitely.

Note: The **Quick Start** program is automatically limited to 30 minutes. However, if a user presses **Quick Start** at the Precor banner, and the Club program has limited **Workout Time** to less than 30 minutes, than that duration takes effect.

Use the ▼▲ keys to select a workout time limit. For example, if you set the workout time limit to 20 minutes, the treadmill allows users to specify a workout between 1 and 20 minutes. Users cannot specify a time longer than 20 minutes.

Note: Take into account the user will get an additional 5-minute cool down period appended to his or her workout, so adjust the maximum time limit accordingly.

SETTING A PAUSE TIME LIMIT

Setting a **Pause** time limit is useful because the treadmill returns to the Precor banner at a selected interval after the **Stop** key is pressed whether the user planned to return or not.

Use the ▼▲ keys to set a **Pause** time limit between 1 and 120 seconds (2 minutes).

CHANGING THE C956 CUSTOM COURSES

Note: This aspect of the Club Custom mode does not appear in the C954 treadmill.

Two custom course programs (Course 1 and Course 2) exist in the C956 treadmill. After you modify Course 1 (or opt to bypass it), Course 2 appears on the display. The keys on the console keypad have a different function than explained in the box on page 21. In the Custom Course programs, the keys function as follows:

Custom Course Program Keys	
Speed ▼ or ▲	moves the blinking LED from column to column.
Incline ▲ or ▼	affects the incline of the selected column.
Enter	accepts any changes and stores the course in memory.
Stop or **Reset**	exits the course (leaving it unchanged) and resets the display to the Precor banner.

If you decide to select a custom course, you have the ability to create a new, or "draw over" an existing, course profile. The entire course appears on the display. A blinking LED appears at the top of the far left column and indicates the starting position. Any incline changes that you make occur only in that column. The treadmill's speed is determined by the user.

Begin modifying the course profile one cell at a time using any **Incline ▲** or ▼ key. The available incline range is from 1 to 12%. To move onto the next column, press any **Speed ▼** or ▲ key. (Refer to the chart above.)

When you have finished making changes, press **Enter** to save the course profile. The display moves to the next Custom Course (#2) or returns to the Precor banner (depending on which Custom Course you were modifying).

Note: To exit the custom course mode without saving any of the changes, press **Stop** or **Reset**. The custom course that existed prior to your changes is re-instated and the display returns to the Precor banner.

VIEWING THE ODOMETER, HOURS OF USE, SOFTWARE VERSION AND ERROR LOG

Start at the Precor banner and press the **Stop** key. Then, within 1/2 second, initiate the following key sequence.

Speed ▲, **Speed ▼**

The field name **Odometer** appears briefly and then the odometer value (the cumulative distance users have travelled) appears in miles or kilometers.

Press **Enter** and the number of hours (**Hour Meter**) that the unit has been in use appears. The treadmill notes the passing of each 10th of an hour, but the numeric value that appears is truncated to the nearest full hour.

Press **Enter** again and the unit's three digit **Software Version** (upper and lower) appears on the display.

Press **Enter** once again and the **Error Log** appears. Press any ▼ or ▲ key to view the error messages. To return to the Precor banner, press **Enter, Stop,** or **Reset**.

Note: To **clear** (delete) the error log, press **Quick Start** for at least 4 seconds while viewing the list. Prompts appear on the display and let you know when the error messages have been deleted ("cleared" from memory).

Important: You cannot retrieve the error log once you have deleted it.

USING CSAFE STANDARD EQUIPMENT

The C956 and C954 are fully compatible with CSAFE protocols. If the unit is connected to a CSAFE master device, the user will be prompted to enter a user ID. Five zeros appear on the display. The left zero blinks to indicate that it is awaiting input. The following table provides information about the keypad functions:

User ID Entry: Program Keys	
Speed ▼ or ▲	moves the blinking LED from field to field.
Incline ▲ or ▼	changes the number value in the selected field.
Number keypad	use the number keys to enter a user ID. The number that is pressed appears in the display and the next field begins to blink. When all 5 user ID numbers are selected, the user must press **Enter** to submit it.
Enter	submits the displayed user ID. Note that if the 5 zeros are being displayed when the user presses **Enter**, user ID. entry is bypassed and the **Course** prompt appears.
Reset	resets the display to the Precor banner.

A message indicates when the user ID is accepted by the CSAFE master device. Then, the **Course** prompt is displayed. See *Quick Steps to Working Out* on page 34.
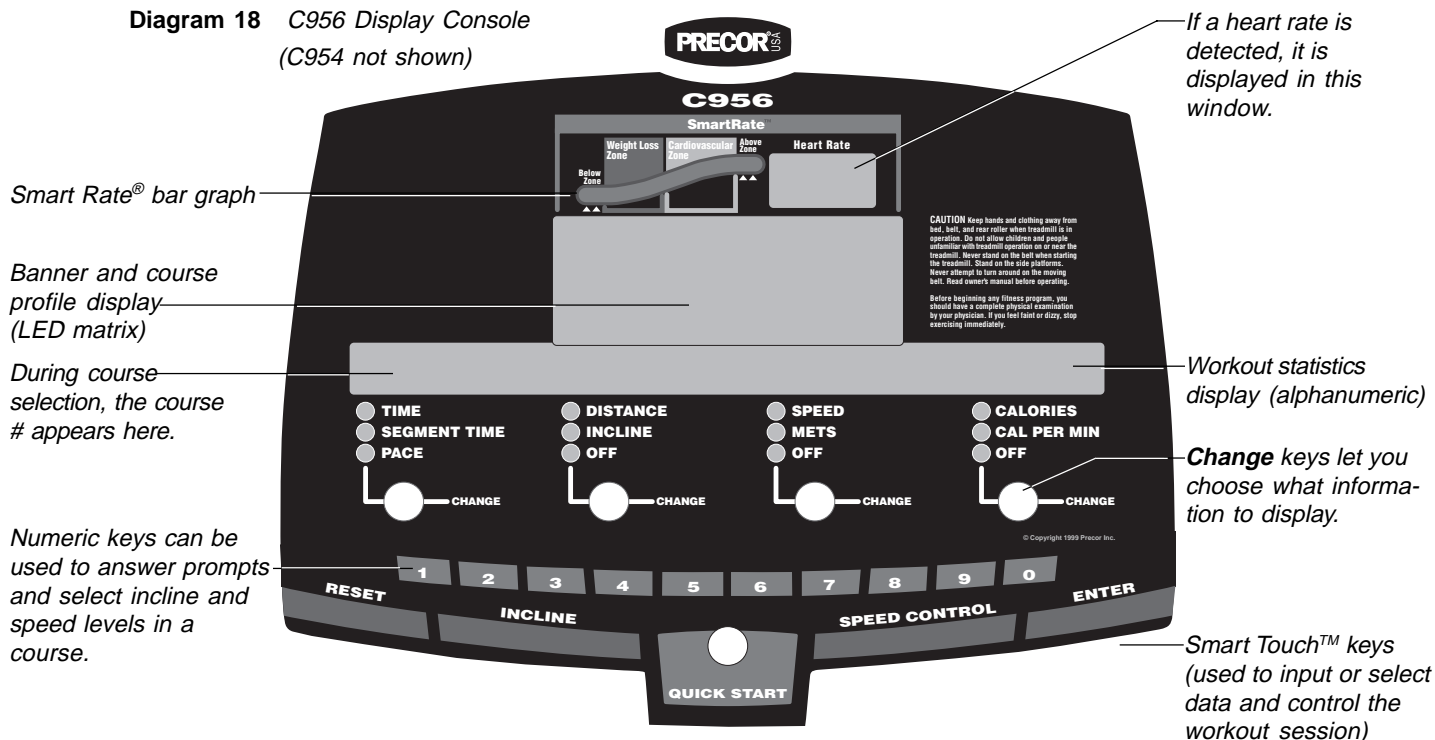
The C56/C954 Display

The C956 or C954 is designed so users can work out with minimal instruction or training. The directions on the console and the prompts on the display will guide a user through the entire workout session. Before the treadmill is used, however, we recommend that you familiarize yourself with it so you can instruct your customers to use it safely and effectively. This section covers the following information:

- an overview of the features provided on the display console

- an explanation about the available courses

- instructions for utilizing the heart rate options

FEATURES ON THE DISPLAY CONSOLE

Indicator lights show you which feature is being displayed. When you are working out, the display presents **Time**, **Distance**, **Speed**, and **Calories**. You change what features appear on the display by pressing the **Change** keys.

Diagram 18 *C956 Display Console (C954 not shown)*

Smart Rate® bar graph

Banner and course profile display (LED matrix)

During course selection, the course # appears here.

Numeric keys can be used to answer prompts and select incline and speed levels in a course.

If a heart rate is detected, it is displayed in this window.

Workout statistics display (alphanumeric)

***Change** keys let you choose what information to display.*

Smart Touch™ keys (used to input or select data and control the workout session)

As you exercise, the display console provides motivation by presenting constant feedback about your progress. An brief explanation of each feature on the display console appears in Diagram 18. Look on the next page for a more thorough explanation.

Note: If an error message appears, call a Precor qualified service technician or service center. Refer to *Obtaining Service* on page 7.

TOP DISPLAY WINDOWS

Smart Rate®: You must enter your "**Age**" (during the course Setup prompts), and wear a POLAR® chest strap, while in a course program, before the blinking segment in the bar graph can show the zone that your heart rate is in, either: Weight Loss or Cardiovascular.

Weight Loss Zone: Maintaining your heart rate between 55% and 70% of your maximum aerobic heart rate, helps burn enough calories that, when continued on a regular basis for 30 minutes or more, provides the greatest fat-burning results.

Cardiovascular Zone: Maintaining your heart rate between 70% and 85% of your maximum aerobic heart rate, helps you (when continued on a regular basis for 30 minutes or more) improve your overall cardiovascular/cardiorespiratory fitness level.

Important: During a course, your heart rate must be above 40 beats per minute before the segment begins to blink. If your club has the heart rate touch-sensitive electrodes on the handrail, you don't need to wear a POLAR® chest strap. However, you will need to grasp the electrode strips. Note that pressing **Quick Start** disables the Smart Rate® display feature.

HEART RATE: The heart rate display lets you monitor your heart rate. When a heart beat is detected, the number appears in the small upper right display (refer to Diagram 18). If you did not purchase the Precor Heart Rate Touch option or are not wearing a POLAR® chest strap, your heart rate will not be detected and no pulse rate appears.

UPPER DISPLAY (C956 only)

The Precor banner and course profiles appear in the large center display (LED matrix). Always start a workout at the Precor banner. During workouts, the course profile appears in the center display and corresponds to the program you selected. As you proceed through your workout, your position is indicated by a blinking cell.

CENTER DISPLAY (C956 and C954)

Prompts appear in this display prior to your workout. You address each prompt using the numeric or keypad keys. Once you begin a workout, lights appear in the columns below the window indicating which information is being displayed. You can highlight a particular feature by pressing the appropriate **Change** key.

The following describes the information that can appear in the display.

TIME: During your workout, a time (0:00) display appears when you begin working out. **Time** appears in minutes and seconds. However, should you exceed 60 minutes (during a single workout), the **Time** display converts to hours and minutes. Usually, the **Time** display shows how long you've been working out. However, in warm-up and cool-down periods, the **Time** display indicates the minutes remaining. This also occurs in a course that has a specified duration.

COMMERCIAL   PRODUCTS   DIVISION

DISTANCE: The distance that you have travelled appears (00.00) once you begin a workout. Distance appears in 100th mile increments. Distance can appear in miles or kilometers. If you wish to change the display, follow the instructions found in *Club Information* on page 20.

SPEED: Displays the running belt's speed. The ▼ and ▲ keys let you decrease or increase the treadmill's speed. The maximum speed can be set by the club (see *Club Information* on page 20). The running belt speed ranges from 0.5 to 12 mph (0.8 to 20 kph). You can also use the numeric keys to designate the speed, once the running belt is moving. Refer to **Numeric Keys** and **Speed ▼▲** on page 29.

Note: You can check the speed (when it is not the chosen display) any time during your workout by lightly pressing either **Speed ▼** or ▲ key (for less than 2 seconds). Pressing the **Speed ▼** or ▲ key for more than 2 seconds causes the treadmill's speed to change.

CALORIES: Provides the cumulative number of calories being burned by the user.

SEGMENT TIME: Indicates the amount of time, in minutes and seconds (mm:ss), that remain in the highlighted column (or segment) before the cell at the top of the next column begins blinking.

INCLINE: Displays the percent of incline during your workout. The **Incline ▲** and ▼ keys affect the treadmill's lift and let you set an incline between 0% and 12%. The values displayed can change (in 0.5% increments). You can also use the numeric keys to designate the incline, once the course has begun. Refer to **Numeric Keys** and **Incline ▲▼** on page 29.

Note: You can check the incline (when it is not the chosen display) any time during your workout by lightly pressing either **Incline ▲** or ▼ key for less than 2 seconds. Pressing the **Incline ▲** or ▼ key for more than 2 seconds causes the treadmill's incline to change.

METS: Displays the metabolic units associated with your workout.

CALORIES PER MINUTE: Indicates the approximate number of calories being burned per minute.

PACE: Displays your target speed in minutes and seconds per mile (or kilometer).
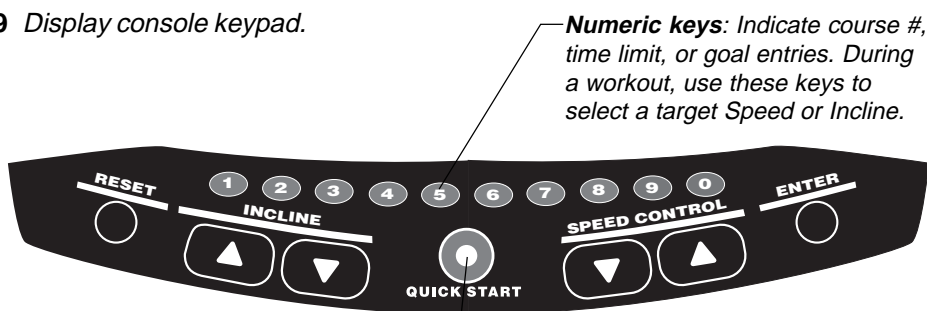
KEYS ON THE DISPLAY CONSOLE

The Precor treadmills have an easy-to-use keypad that is activated by the slightest touch. Remind users that they only need to apply gentle pressure to these ultra-sensitive keys.

Each key on the display console's keypad provides specific functions. Numeric keys (numbered 1 - 0) let you enter data in answer to the display prompts and change the speed during a workout. The standard keys, **Change**, **Reset**, **Incline** ▲▼, **Speed Control** ▼▲, and **Enter**, let you enter data as well as control your workout.

The following information explains the different uses of the keys from left to right. To locate each key, look at the display console or refer to Diagram 19.

Diagram 19 *Display console keypad.*

Numeric keys: Indicate course #, time limit, or goal entries. During a workout, use these keys to select a target Speed or Incline.

Quick Start: Bypasses the remaining Setup prompts and starts moving the running belt. Smart Rate® is inactive and default values apply.

Note: The CHANGE key is not shown in this diagram. Refer to Diagram 17 for its location.

KEYPAD TIPS

- Accurate entries are required or features such as Smart Rate® will not work properly.

- Answer the Setup prompts using the numeric keys or by pressing the ▼ or ▲ keys.

- Press **Enter** to select the information being displayed.

- **Quick Start** bypasses further selections and causes the running belt to start moving. Default values apply (see **QUICK START** on page 30). The Smart Rate® display does not appear.

- A time-out occurs during the Setup prompts if the treadmill detects no key presses for 2 seconds. The display returns to the Precor banner.

- Press **Reset** to return to the Precor banner.

- The **Stop** key does not appear in Diagram 19, but its function is vital as explained in this section.

Numeric Keys (1 - 0): During a workout, you can use the numeric keys to change the treadmill's speed or incline (in whole numbers or increments). The range of speed (0.5 - 12 mph, 1 - 20 kph) can be set by the club, so there may be limits. Check with the club manager. Remember, if you use the numeric keys to change the speed or incline, you need to designate which function you are changing by pressing the **Speed** ▼ or ▲ key (or the Incline ▲ or ▼ key) within 3 seconds.

Note: When you use the numeric keys to change the incline, the actual incline appears on the display as the lift moves toward the target position. If you wish to halt the lift's movement, press either the Incline ▲ or ▼ key. The lift stops moving and the display shows the current incline level. A similar situation occurs when you use the numeric keys to change the speed, only it's the running belt that is being affected.

During the Setup prompts, you can also use the numeric keys to type in a course number, workout time, "goal" entry, and age. Note that you must press **Enter** to process your selection.

CHANGE: During a workout, the **Change** key lets you choose which feature appears on the display.

RESET: While you are answering the Setup prompts or when the running belt is stopped, you can cancel the program, clear the display, and return to the banner by pressing **Reset**.

INCLINE ▲▼: During a workout, the **Incline ▲▼** keys let you increase or de- crease the running bed's incline. The incline changes can range from 0% to 12% in 0.5% increments. The incline in some courses (Custom, Random and Interval) is preset, but can be overridden by the user. An exception to these rules are the Heart Rate and Weight Loss courses.

When you press the **Incline ▲▼** keys, the number that appears on the display shows the target incline (not the actual incline) because the display can change much faster than the motor driven lift.

Another feature of the **Incline ▲▼** keys lets you review the treadmill's incline any time during your workout. If INCLINE is not one of the chosen features being dis- played, you can view the actual incline by lightly touching either **Incline ▲** or ▼ key. You can opt to change the incline, if you hold the key down for more than 2 seconds.

Note: The numeric keys can also be used to adjust the incline. Please refer to *Numeric keys* above.

*Important: In the Heart Rate and Weight Loss courses, the **Incline ▲▼** keys affect the target heart rate, not the treadmill's incline.*

STOP: When the **Stop** key is pressed, the running belt slows to a gradual stop. The treadmill remains in Pause mode. If the lift was moving when the **Stop** key was pressed, the lift stops also and remains at its current incline level.

To resume a workout, the **Speed ▲** must be pressed. If no key press is detected and the Pause time limit elapses, the display returns to the Precor banner. A default time limit of 2 minutes exists or a "Pause time limit" can be set by the club, refer to *Club Information* on page 20.

Important: As a safety feature, a sharp tug on the security cord that is attached to the **Stop** key will cause the running belt to stop. It is a **requirement** that a user attach the security clip on his or her clothing while working out. Please refer to *Using the Security Clip* on page 32.

SPEED CONTROL ▼▲: The **Speed ▲** key initiates the movement of the running belt at the beginning of a course and lets you designate the target speed. During a workout, the **Speed ▼▲** keys let you increase or decrease the running belt's speed. Speed changes can range from 0.5 to 12 mph (1 to 20 kph) in 0.1 increments. The speed in the Interval course can be programmed by the user. The speed of the running belt can also be modified and limited by the club. Check with the club manager or refer to *Club Information* on page 20.

Note: When you press the **Speed ▼▲** key, the number that appears on the display shows the target speed and may differ slightly from the actual speed because the display can change much faster than the running belt. Eventually, the two meet at the target speed.

Another feature of the **Speed ▼▲** keys lets you review the treadmill's speed and pace any time during your workout. If SPEED and/or PACE is not one of the chosen features being displayed, you can view the speed of the running belt and your pace by lightly touching the **Speed ▼** or **▲** key. A 2-second display lets you review your speed and pace. You can opt to change the speed, if you hold the key down for a few more seconds.

Note: The numeric keys can also be used to adjust the speed. Please refer to **Numeric keys** above.

QUICK START: Quick Start lets you bypass the Setup prompts and start your workout immediately using the Manual course. ***Default values apply.***

QUICK START Default Values	
Prompts	**Default Value**
Course	Manual
Time	30 minutes: Or, the Club limit whichever is less. Weight Loss course is fixed at 28 minutes.
Distance Goal	3 miles (5 kilometers)
Calorie Goal	300
Weight	150 lbs. (68 kg.)
Age	0 : An Age entry must occur to utilize the **Smart Rate**® display. If **Quick Start** is pressed *after* an *Age* is entered, then the **Smart Rate**® display will appear when you hold onto the heart rate "touch" sensors on the handrail or wear the POLAR® chest strap. If no *Age* entry occurs, the **Smart Rate**® display lights up, but no blinking sensor appears.

Note: The heart rate "touch" sensors on the handrail are an option available through your Precor dealer.

The **Quick Start** key can be pressed any time during the Setup prompts. Default values apply after that point. See the table below:

Press Quick Start at the,...	The following occurs:
Precor banner	You bypass the Setup prompts. A message appears, *Belt Starting 3, 2, 1,...* and your work out begins in Manual mode.
Course prompt	The displayed course is accessed.
Workout Time prompt	The time that appears on the display becomes the workout time limit.
Distance Goal prompt	The displayed number is set as a distance goal. This prompt only appears when the Distance Goal course is selected. Allowable distance entries: 0.1 to 50.0 in miles (or kilometers).
Calorie Goal prompt	The displayed number is entered as the calories goal. This prompt only appears when the Calorie Goal course is selected. Enter between 1 to 5000 calories.
Weight prompt	The weight that appears on the display becomes your designated weight that the treadmill uses to compute statistics. Acceptable entries: between 0 and 999.
Age prompt	The age that appears on the display becomes the your designated age that the treadmill uses to compute statistics. A correct age entry between 0 and 99 is very important if you plan to utilize the heart rate characteristics of the treadmill. The **Quick Start** key acts the same as the **Enter** key at this point because you have answered all the Setup prompts.

ENTER: Workout specific prompts need to be answered and "entered" into memory. Pressing **Enter** selects the information displayed and processes it.

Exercising on the Treadmill

Once the C956 or C954 is set up, it is ready to use. There are no complex instructions to follow or mandatory programming steps required to operate the treadmill. The easy-to-understand prompts let you select a course and specify how long you want to work out. Begin working out and then, adapt the speed and incline level to meet your fitness goals.

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

USING THE SECURITY CLIP

A security clip is attached by its cord to the red **Stop** button that straddles the handrail. ***Always attach the security clip to your clothing before each workout.*** A tug on the cord trips the security switch and slows the running belt to a stop. If the security switch trips while you are working out, the treadmill retains your workout statistics and enters Pause mode. To resume your workout, re attach the security clip to your clothing, and press the **Speed ▲** key until you reach the desired speed.

Important: Club owners, managers, personal trainers. Remind users how important it is to use the security clip while working out on the treadmill. Instruct them on how to attach it to their clothing near their waistline. If any complications occur, a strong tug on the security cord will stop the running belt.

Note: A velcro patch is located on the right side of the console by the handrail. Use it to store the clip while the treadmill is not being used.

PAUSE, COOL DOWN, SUMMARY AND EXIT FEATURES

Pausing, cooling down, and exiting are integral parts of your workout and can be accessed any time during a course. The treadmill goes through several prerequisites before actually exiting a course. The following tables explain the different conditions or situations that apply.

In a course, you press	This is what happens...,
Stop	Enter Pause mode. The running belt slows to a gradual stop. Note that you may also press the **Speed ▼** key until zero appears on the display. Once the running belt stops, TIME stops accruing. The display features remain, so you can review your workout statistics. The factory setting for Pause mode is 2 minutes (120 seconds). The club has the option to change the setting. A duration can be set between 1 and 120 minutes and limits how long a user can pause his or her workout. Refer to *Club Information* on page 20.

In Pause mode, you press	This is what happens...,
Speed ▲	Exits Pause mode and starts the running belt moving again so that you can resume where you left off.
Reset	Displays the **Workout Summary** banner. You can scan through your workout statistics (TIME, DISTANCE, CALORIES) by pressing the **Change** key. Note that the TIME display shows the accumulated workout time including warm-up and cool down periods. To exit the summary state, press **Reset** again or wait until the time limit (2 minutes) elapses. The display returns to the Precor banner.

Note: The factory setting for Pause mode is 2 minutes (120 seconds). The club has the option to change the setting. A duration can be set between 1 and 120 seconds and limits how long a user can pause his or her workout. Refer to *Club Information* on page 20.

In Cool down, you press	This is what happens...,
Stop	Enters Cool down - Pause mode. The running belt slows to a gradual stop. TIME stops counting. The display features remain, so you can review your workout statistics. Note that the Pause mode has a time limit and the club has the option to change the setting. If you enter Pause mode during your cool down, it is of limited duration.
Speed ▲	Starts the running belt moving again and returns to the cool down mode, so that you can resume where you left off. TIME continues to count down.
Reset	Displays the **Workout Summary** banner. See the information under Pause mode.

At the Workout Summary banner, you press	This is what happens,...
Reset	Returns to the Precor banner. When you complete the cool down period (or exit from a paused mode by pressing **Reset**), the **Workout Summary** banner appears. Workout statistics except TIME, DISTANCE and CALORIES reset to zero. (Note that the TIME display shows the accumulated workout time including warm-up and cool down periods.) You are given 2 minutes to review your workout statistics before the display automatically resets to the Precor banner. You can also press **Reset,** to return to the Precor banner.

QUICK STEPS TO WORKING OUT

The steps to working out on the C956/C954 are listed below. A short explanation appears on the left with the more thorough description following on the right.

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

WORKOUT TIPS

- Always attach the security clip to your clothing prior to working out.
- Check that the unit is turned ON. The I/O switch is located at the front.
- Answer Setup prompts using the numeric keys or by pressing the ▼ or ▲ keys.
- Press **Enter** to select the information being displayed.
- **Quick Start** bypasses further selections and starts the running belt. Default values apply (see QUICK START on page 30). Smart Rate® is not active.
- A time-out occurs during the Setup prompts if the treadmill detects no key presses for 2 seconds. The display returns to the Precor banner.

1 ▶ **Put on the chest strap.** (Available with the Precor Heart Rate Option.)

1. For your **Heart Rate** to appear on the display, you need to wear a POLAR® chest strap or hold onto the touch-sensitive electrode grips on the handrail.

2 ▶ **Straddle belt.**

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

3 ▶ **Attach security clip to clothing.**

3. Attach the security clip to your clothing near your waistline where it will not interfere with your workout.

4. On the C954, to begin your workout, press **Quick Start**. On the C956, to display the course selections, press any ▼ or ▲ key or use the number keys and then, press **Enter**.

4 ▶ **Select a course.**

C954 — Manual course only. For default values, see QUICK START on page 30.

C956 —The 21 courses that are available appear on the label attached to the display console. Brief course descriptions are provided beginning on page 36.

5 ▶ **Begin working out.** *Enter the course selection, answer prompts, and enter your Weight and Age.*

5. The next displays are dependent on the type of course that you select. Then, you are prompted to enter your WEIGHT and AGE. Follow the instructions on the display. 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 1 mph (2 kph). Once you are comfortable with the walking or running speed, you can remove your hands from the handrail.

Note: Any time during the Setup prompts, you can press the **Quick Start** key. Refer to QUICK START on page 30.

(Pause)		To pause during your workout session before finishing the selected course, press the **Stop** key. See *Pause, Cool Down, Summary and Exit Features* for more information.
▶6 **Continue your workout.** (Cool down)	6.	When you have completed a course, a 5-minute cool down period automatically begins. Hold onto the handrail. You can exit a course prematurely or access the cool down period prior to the end of a course using the keys on the keypad. Refer to *Pause, Cool Down, Summary and Exit Features* on page 32. **Note:** Always incorporate a cool-down period into your workout. See *Cooling Down After Your Workout*.
▶7 **End your workout.** (Review WORKOUT SUMMARY)	7.	After you complete the 5-minute cool down period, the running belt comes to a complete stop and a **Workout Summary** banner appears. Workout statistics except TIME, DISTANCE and CALORIES reset to zero. (Note that the TIME display shows the accumulated workout time including warm-up and cool down periods.) You are given 2 minutes to review your workout statistics before the display automatically resets to the Precor banner. You can also press **Reset,** to return to the Precor banner.
▶8 **Remove the security clip and step off the treadmill.**	8.	Detach the security clip from your clothing and carefully step down from the treadmill.

COOLING DOWN AFTER A WORKOUT

Cooling down is an important aspect of your workout because it helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. Cooling down for at least 3 minutes helps provide a smooth transition that allows your heart rate to return to its normal (non-exercising) state. The treadmill automatically initiates a 5-minute cool down period once you complete a course. A prompt appears, indicating that you are in cool down.

During your cool down, the workout statistics continue to appear. The **TIME** display counts down so you know how much time remains. When you complete the 5-minute cool down, a **Workout Summary** banner appears. See the information on page 33.

Courses

The C954 provides one Manual course while the C956 lets you choose between 21 variable courses. This section provides information about the special features and functions of the treadmill's courses and how to best utilize the:

- Smart Rate® feature
- Track course
- Aerobic courses
- Interval courses
- Random course
- Weight Loss course

- Manual course (C954/C956)
- Cross Country courses
- Gluteal courses
- Custom courses
- Heart Rate course
- Goal-based courses

Note: To choose a course, begin at the Precor banner and press **Enter**. User-friendly prompts guide you through the course selections. Refer to *Quick Steps to Working Out* on page 34.

THE HEART RATE FEATURE

To use the heart rate features you must wear the POLAR® chest strap while working out unless you are using the C956 with the touch-sensitive handrail grips. The chest strap transmits your heart rate signal to the receiver installed in the display console. The signal appears as your pulse rate on the display. During your workout, the heart rate indicator lights and blinks at the same rate as your pulse. This lets you see what your heart rate is doing even when the display is presenting other workout statistics.

Note: The Smart Rate® display does not appear if you use the **Quick Start** key to access a course. Refer to QUICK START on page 30.

USING THE SMART RATE® FEATURE

Add the benefit of Smart Rate® to every course on the treadmill. Using Smart Rate® as a visual cue helps you adjust your exercise routine to suit specific needs. Smart Rate® simplifies the correlation between heart rate and exercise. You don't have to stop concentrating on your workout to find your pulse. It is displayed right in front of you along with the Smart Rate® zone. Once you begin a workout, a blinking segment in the bar graph appears on the left of the display, if you entered your age during the Setup prompts. The blinking segment indicates the zone that your heart rate is in: **Weight Loss** or **Cardiovascular**.

Important: Access to Smart Rate® is only available when the person exercising wears a POLAR® chest strap or uses the touch-sensitive electrode grip on the handrail. (The POLAR® chest strap and the "touch" capability are separate purchase options.) The Smart Rate® indicator lights do not appear when **Quick Start** is used to select a course.

Diagram 20
Target Zones.
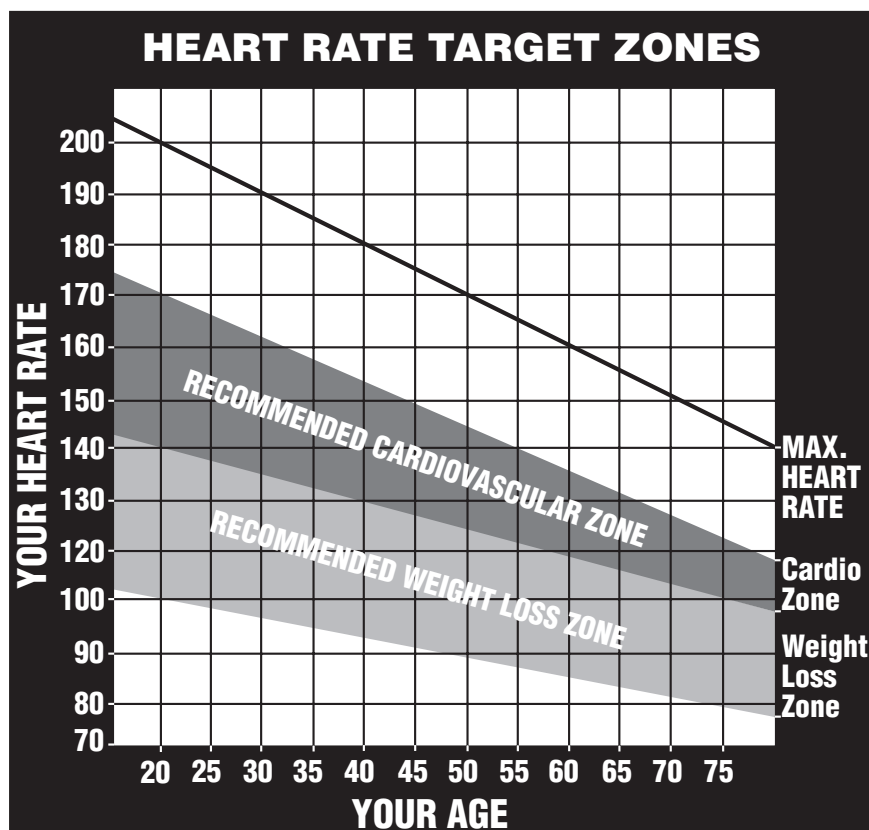
For the ideal "weight loss" range, your heart rate should be between 55% and 70% of your maximum aerobic heart rate. It should never exceed 85% of your maximum aerobic heart rate or go above your target zone. Refer to Diagram 20 for your appropriate target zone.

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. Maintaining your heart rate in either zone (weight loss or cardiovascular) for 30 minutes or more on a regular basis (minimum 3 times a week) provides the greatest benefits.

MANUAL MODE AND THE QUICK START KEY

Manual mode (C956 and C954) lets you control the incline and running belt speed which affects the effort you put into your workout. As with other courses, when you complete the time limit set for the course, the automatic cool-down period begins.

You can choose Manual mode in two different ways:

- pressing the **Quick Start** key at the Precor banner. **Quick Start** bypasses the remaining selections and starts the Manual course. Default values include a time limit of 30 minutes (or the Club setting, whichever is smaller), 150 lbs. (68 kg.) and an age of 0. The Smart Rate® display is inactive.

COMMERCIAL PRODUCTS DIVISION

- pressing **Enter** at the Precor banner. This causes the C954 or C956 to display several Setup prompts. At the course prompt, you select **#1 — Manual** course.

The Manual course profile appears as a flat line. Use the ▼▲ keys or the numeric keys to adjust the incline or speed. (See pages 28 and 29 for more information on the different key's function.) As you proceed with your workout, a blinking cell represents your position on the course.

C956 TRACK COURSE

The C956 Track course presents an oval as the course profile. The "lap" count appears on the inside of the oval and a blinking segment indicates your position on the track. One loop around the track represents 440 yards (0.25 miles) or 400 meters.

You can continue (counterclockwise) around the track for the duration of the course (which can be limited by the club). The lap count that appears represents the number of laps completed, plus the one that your on.

C956 PREPROGRAMMED COURSES

In the C956 preprogrammed courses, the incline is predetermined. You can make changes to the running belt speed (numeric keys or **Speed** ▼▲ keys) throughout the course and even the preset incline can be overridden using the **Incline** ▲▼ keys.

C956 INTERVAL COURSE

The 3 interval courses on the C956 let you select the rest and work intervals according to your training regimen. In the 1-3 interval course, each rest interval is followed by 3 work intervals. In the 1-2 interval course, each rest interval is followed by 2 work intervals. In the 1-1 interval course, each rest interval is followed by 1 work interval. You set the incline and speed for first rest and work interval and the software repeats the intervals throughout the course. At any point during the workout, you can change the settings of the current interval by simply pressing the ▼▲ or number keys. The software remembers the new settings and applies it to the appropriate rest or work interval.

Important: If you entered your Age during the Setup prompts and wear the POLAR® chest strap or utilize the "touch" heart rate, you can adjust the rest or work intervals to keep your heart rate in its recommended zone. For the weight loss mode, 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. See Diagram 20 on page 37.

To use the interval course, take the following steps:

1. Follow the instructions on page 34, *Quick Steps to Working Out*.

2. At the course prompt, use the ▼▲ key or numeric keys to select course 12, 13, or 14 (depending on the interval length).

4. Press **Enter** to proceed to the next prompt. When you finish answering the Setup prompts, the Interval course begins.

To set the incline and speed levels for each interval, take the following steps:

1. To program the rest interval, press the **Incline** and **Speed** ▼▲ keys to change the corresponding levels. When the desired settings are displayed, simply continue working out—you do not need to press **Enter**.

   The C956 returns to the "rest" settings at the beginning of each rest interval until you readjust it or end your workout.

2. The same procedure applies to specify the settings for the work interval.

The value that appears in the SEGMENT TIME field indicates the time remaining in the current interval. Each time the C956 changes intervals, it informs you by displaying a message. When you complete the time limit set for the course, the automatic cool-down period begins.

C956 CUSTOM COURSES

Two custom courses exist on the C956. The incline on these courses can be preset by the club. Refer to *Club Information* on page 20.

C956 RANDOM COURSE

The C956 Random course is similar to the preprogrammed courses in that it's incline is preset. However, the differences include, a "0%" incline for the first segment (column) and a maximum incline of 9%. The maximum range that the incline can be changed is fixed at plus or minus 4%. Every time a user chooses this course, the course profile changes.

C956 HEART RATE COURSE

Once you set your target heart rate and the running belt's speed, the C956 Heart Rate Course monitors your heart rate and automatically maintains it within a few beats per minute (bpm) of the selected target. Blinking lights on the Smart Rate® bar graph appear to show the "zone" that you are in.

Note: For the C956 to detect a heart rate, the user must wear the POLAR® chest strap or hold onto the touch-sensitive grips on the handrail. The POLAR® chest strap and touch-sensitive handrail are optional equipment that can be purchased from your dealer.

To use the Heart Rate Course follow the steps found in *Quick Steps to Working Out* (page 34) and choose the appropriate program number at the **Course** prompt. (Age *must* be entered during the Setup prompts.) Once you have finished answering the remaining Setup prompts, the following occurs:

- The software verifies that it detects a heart rate signal. You need to press the Speed ▲ key to begin your workout.

  Note: If your heart rate cannot be detected (or transmitted through the POLAR® chest strap or touch-sensitive grips), three dashes (- - -) appear in the Heart Rate display.

- The treadmill provides a 3-minute warm-up period before entering the Heart Rate Course. During this time, you may make changes to the target heart rate by using the **Numeric** keypad or **Incline ▲▼** keys. Use the **Speed ▼▲** keys to set the running belt's speed.

  Note: If your heart rate moves into the target zone for your age during the 3-minute warm-up period, the Heart Rate Course begins concurrently.

- After the warm-up period, the treadmill automatically adjusts the incline to keep your heart rate at the selected target. Check the Smart Rate® display to see if you are in your preferred zone (cardiovascular or weight loss).

  Note: You can change your target heart rate (**Incline ▼▲** keys) or speed (**Speed ▲▼** keys) anytime during a workout, but doing so affects the treadmill's ability to maintain your target heart rate. If you change your target heart rate, the treadmill slowly readjusts the incline so that your heart rate remains on target.

  Important: A warning message will appear if you go above your maximum recommended heart rate target zone. Heed the warning and get permission from your personal physician before working out above the maximum recommended zone for your age and fitness level. See Diagram 20 on page 37 for the recommended training zones.

- When you reach the time limit, a cool-down period begins. You can override the speed and incline by pressing the ▼ or ▲ keys.

  Note: The speed remains constant, if you were at or below 1 mph (1.6 kph).

C956 WEIGHT LOSS COURSE

The Precor Weight Loss course 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 and it is designed to help you burn the most fat during a 28-minute workout, while minimizing the risk of discomfort and injury. The Weight Loss program is similar to the Heart Rate Course, but the target heart rates differ. The rest interval's target heart rate is preset to 55% of (220 - your age), while the work interval is preset to 70% of (220 - your age). The C956 automatically adjusts the incline of the treadmill and maintains your heart rate settings while in the rest or work intervals.

Note: For the C956 to detect a heart rate, the user must wear the POLAR® chest strap or hold onto the touch-sensitive grips on the handrail. The POLAR® chest strap and touch-sensitive grips are optional equipment that can be purchased from your dealer.

To use the Weight Loss program, follow the steps found in *Quick Steps to Working Out* on page 34. When the **Course** prompt appears, choose the appropriate course number. Refer to the course label to the side of the display.

Important: During your workout, you can change the target heart rate using the Incline ▼▲ keys. The treadmill automatically readjusts the incline so that your heart rate remains on target.

Note: When you complete the time limit set for the course, the automatic cool-down period begins.

C956 GOAL-BASED COURSES

These C956 courses are similar to the time-based Manual course except that the user's position and course duration are based on a "distance" or "calorie" goal.

Note: A club time limit may exist for these courses. Refer to *Club Information* on page 20.

When you complete the time limit set for the course, the automatic cool-down period begins.

Maintenance

The C956 or C954 requires little maintenance to keep it running smoothly and efficiently. However, you, as club manager or owner, are responsible for typical maintenance tasks such as, cleaning the unit to keep it free from dust and dirt accumulation. If you fail to maintain the treadmill as described below, it could affect or void the Precor limited warranty.

CLEANING THE EQUIPMENT

DANGER — TO REDUCE THE RISK OF ELECTRICAL SHOCK**, ALWAYS UNPLUG THE UNIT FROM ITS POWER SOURCE BEFORE CLEANING IT OR PERFORMING ANY MAINTENANCE TASKS.**

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

It is recommended that the running bed and belt be cleaned daily. Use a damp, soft cloth to clean the staging platform, running bed and between the belt and running bed surface as far as you can easily reach. This removes any dust or dirt which might affect the smooth operation of the unit.

CAUTION: Never pour water or spray liquids on the display console, handrails, or treadmill. Allow the treadmill to dry completely before using.

Periodically, clean the treadmill's frame, display console, handrails and running belt with a dampened (not dripping wet), *clean* cloth using a diluted solution of Simple Green®. To clean the grooves on the belt, use a soft nylon scrub brush. Vacuum the floor underneath the unit every week to prevent the accumulation of dust and dirt.

The Precor Heart Rate equipment requires little maintenance beyond keeping it dust free. Dampen a sponge or soft cloth in mild soap and water to wipe the POLAR® chest strap. Dry the surface thoroughly with a clean towel.

ALIGNING THE RUNNING BELT

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

Before aligning the running belt, check its operation by following the procedure in *Checking the Alignment of the Running Belt* on page 19. If you determine that the belt needs alignment, follow the instructions here.

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 finger 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.

Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call Precor Customer Support (see *Obtaining Service* on page 7.)

Diagram 21   *Align the running belt.*

Side rail

Adjust the bolt using a 5/16-inch hex key.

Right side rear end cap

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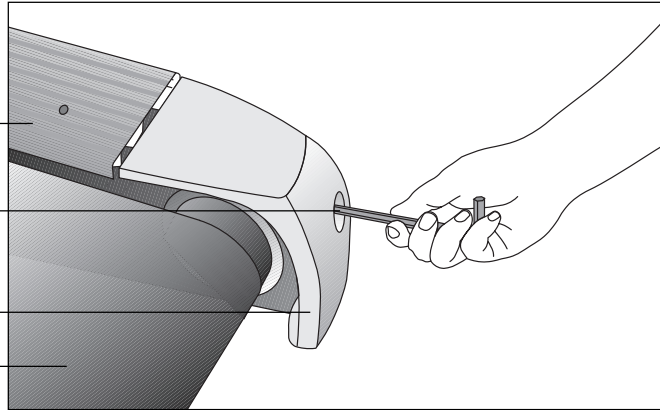
Take the following steps to align the running belt on the treadmill. To ensure your safety, make all adjustments while the treadmill is OFF.

1. Make sure the treadmill is OFF and the running belt has completely stopped.

2. Locate the **right** belt adjustment bolt in the rear end cap of the treadmill. (To determine left and right, stand at the rear of the treadmill and face the display.) See Diagram 21. The direction you turn the bolt depends on how the belt is tracking. Make all belt adjustments on the ***right rear corner bolt*** using the hex key provided.

Pat,

Please double-check that these instructions are accurate. Thanks!

• If the belt is off center to the RIGHT, turn the adjusting bolt 1/4 turn clockwise, which moves the running belt to the left.

• If the belt tracks off center to the LEFT, turn the bolt 1/4 turn *counter-clockwise*; this moves the belt to the right.

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

3. Turn ON the treadmill, press **Quick Start**, and then increase the running belt speed to 3 mph (5 kph) by pressing Speed ▲.

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

4. Observe the running belt for a couple of minutes. The belt should be centered on the running bed. A few inches from either side of the side rail platform.

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

5. If the belt needs additional alignment, repeat steps 1 through 4 of this procedure until the belt is properly aligned.

6. Press **Stop**. To return to the Precor banner, press **Reset**.

STORING THE POLAR® 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.

SERVICING THE TREADMILL

Do not attempt to service the treadmill yourself except for the maintenance tasks described in this manual. The unit does not contain any user-serviceable parts that require lubrication. Refer to *Obtaining Service* on page 7.

LONG TERM STORAGE

When the treadmill is not in use for any length of time, turn it OFF. Ensure that the power cord is unplugged from the wall outlet and is positioned so that it will not become damaged or interfere with other equipment or people.

C956
C954
Exploded Views

C956
C954
Exploded Views

C956
C954
Exploded Views

C956
C954
Exploded Views

C956
C954
Exploded Views

C956
C954
Exploded Views

C956
C954
Exploded Views

Commercial Equipment Limited Warranty

Thank you for purchasing a PRECOR product. In order that we may continue to serve you in the future, please take a few minutes to complete and return this warranty registration.

The undersigned hereby acknowledges receipt of the Precor Limited Warranty and affirms that the date of purchase was_____ 20___; further, that the undersigned has read and understands the conditions and terms of the Precor Limited Warranty in its entirety. For your protection, complete the Precor Limited Warranty registration card within 10 days from date of purchase and mail it to Precor. In the event of a safety modification or for other reasons Precor might deem necessary, we will contact you directly.

Name of Facility

Contact Person ☐ Mr. ☐ Ms.

Phone Number

Address

City   State   Zip Code

Purchased From

City   State   Zip Code

Serial #   Serial number is located on shipping box and on the product.

Purchaser's Signature _____

Please detach and return this portion.

Commercial Equipment Limited Warranty

Precor Incorporated warrants that all new Precor products are free of manufacturing defects in workmanship and materials. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. This warranty becomes effective at the invoice date of the original purchase.

C-Series Products (excluding StretchTrainer, Strength Equipment — formerly Pacific Fitness and C942 Treadmill)Labor is covered for a period of one year, parts are covered for a period of two years plus a five year frame weld warranty covering parts-only repair or replacement. Precor provides an additional one year parts-only limited warranty for the treadmill drive motor.

All Other Commercial Products including options (excluding StretchTrainer, Strength Equipment — formerly Pacific Fitness) Labor (except options and parts) is covered for a period of one year, plus a five year frame weld warranty covering parts-only repair or replacement. **Labor coverage for options is 90 days.** Precor provides an additional one year parts-only limited warranty for the treadmill running bed, running belt, and drive motor: eddy current magnets and disk.

StretchTrainer
Labor is covered for a period of 90 days and parts are covered for a period of one year plus a five year frame weld warranty covering parts-only repair or replacement.

Strength Products (Formerly Pacific Fitness) manufactured after August 1, 1999
This is a parts-only warranty. Bearings, Guide rods, Cams, Pulleys will be warranted for three years. Belts, Cables, Hand grips, and Miscellaneous parts will be warranted for a period of one year. Frame and Frame Welds will be warranted for a period of five years. Upholstery: Foam molded pads and Naugahyde upholstery are warranted for 90 days. (S3.21 [Del Mar], Newport, and Ventura WILL NOT be warranted for commercial application.)

Options / Accessories / Battery-powered or Self-Operated Devices
Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a 90 days parts and labor limited warranty. All components that are not internally connected have a 90 days parts only limited warranty. Satisfactory proof of purchase is required in all cases.

PRECOR'S SOLE LIABILITY IS LIMITED TO REPAIR OR REPLACEMENT OF PARTS ACCORDING TO THE TERMS AND CONDITIONS OF THESE LIMITED WARRANTIES, AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE ARE LIMITED TO THE DURATION OF THE ABOVE WRITTEN WARRANTIES. IN NO EVENT WILL PRECOR OR THE SELLING DEALER BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES SUCH AS INCONVENIENCE, COMMERCIAL LOSS, LOST PROFITS OR DAMAGE TO OTHER PROPERTY.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Fill this portion out and keep for your records.

Purchased From

Phone Number

Product/model   Serial #

Conditions
This warranty is valid only in accordance with the conditions set forth below.
1. Warranty applies to the Precor product only while A) it remains in the possession of the original purchaser and proof of purchase is demonstrated, B) it has not been subjected to accident, misuse, abuse, improper service, or non-Precor modification and C) claims are made within the warranty period.
2. Products warranted for commercial use: C-series products except C942.
3. Products warranted for light commercial use only (defined as use in non-fee paying clubs or facilities and less than 4 hours daily use. Unapproved use voids the warranty.
4. This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
5. Precor compensates Servicers for warranty trips within their normal service area to repair commercial equipment at the customer's location. You may be charged a trip charge outside the service area.
6. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item.

This Limited Warranty shall not apply to:
1. Software (PROM) limitations or corrections.
2. Batteries or other consumables, or cosmetic items, grips, seats, labels, or wheels.
3. Repairs performed on Precor equipment missing a serial number or with a serial tag that has beenaltered or defaced.
4. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
5. Pick-up, delivery, or freight charges involved with repairs.
6. Any labor costs incurred beyond the applicable labor warranty period.

Effective 01 Dec. 00
P/N 36286-106

PLACE
STAMP
HERE

PRECOR USA

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

Warranty Registration Card

C956 and C954 Commercial Treadmills featuring Heart Rate and Smart Rate® Systems

Product Specifications

Length: 84 inches (213 cm)
Width: 36.75 inches (93 cm) w/handrails
33.75 inches (86 cm) w/o handrails
Height: 55 inches (140 cm)
Running
surface: Belt - 20 inches by 60 inches
(51 cm by 152 cm)
Motor: 3.2 hp continuous duty
Speed: 1 to 12 mph (1 to 20 kph)
Incline: 0 to 12% grade
Power: 120 v @ 50/60Hz 20 Amps
240v @ 50/60Hz 20 Amps
Weight: 350 lbs (158 kg)
Shipping
weight: 460 lbs (207 kg)

Electronic Specifications

C954 Programs:

Manual

C954 Display Readouts:

Time	Distance (miles or kilometers)
Incline	Speed (mph or kph)
Mets	Calories
Pace	Calories/Minute (Calories per minute)
Smart Rate® *	Heart Rate*

C956 Programs:

Manual - Time Goal
Track
3 Cross Country
3 Aerobic
2 Gluteal courses
4 Interval courses
2 Custom courses
Random
Heart Rate*
Weight Loss
Distance Goal
Calories Goal

C956 Display Readouts:

Time	Distance	Speed	Calories
Segment Time	Incline	Mets	Calories/Minute
Pace			

Heart Rate* and Smart Rate® *

* Requires that the POLAR® chest strap be worn by the user. Or, on the C956, that Precor Heart Rate "touch" option be installed. The "touch" option provides contact-sensitive electrode grips on the treadmill's handrail and is available only when purchased with the C956 treadmill.

PRECOR USA

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

Precor, EFX, M, and Smart Rate are registered trademarks and Cross Ramp and Quick Start are trademarks of Precor Incorporated. POLAR is a registered trademark of POLAR ELECTRO. Simple Green is a registered trademark of Sunshine Makers, Inc. Copyright 2002 Precor Incorporated.
Specifications subject to change without notice.
Precor web site: www.precor.com

C956/C954 Lit Kit# 44291-101
OM# 44294-101
Online OM# 44294-401
Warranty Card# 36286-106
Exploded Views 44299-102 Rev. A
May 15, 2002

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.