



M 9.4

Electronic
Treadmill Ergometer

Owner's Manual



PRECOR[®] USA

Safety Information

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

Review this manual to become familiar with the M9.4 Electronic Treadmill Ergometer operations. Be sure to read and observe the following guidelines when using this treadmill:

- Read the Owner's Manual and follow all instructions.

Note for Club Owners: To ensure the proper use and safety of the M9.4 treadmill, make sure that all users review this manual. Please make this manual a part of your training program.

- Assemble and operate the M9.4 treadmill on a solid, level surface. Locate the treadmill at least 4 feet from walls or furniture. Keep the area behind the treadmill clear.
- Do not allow children on or near the M9.4 treadmill. Do not leave children unsupervised around the treadmill.
- Check the M9.4 treadmill before each use. Do not use the treadmill if it is not completely assembled or is damaged in any way.
- Keep hands away from moving parts.
- Do not use the M9.4 treadmill if you weigh over 350 lbs. The M9.4 treadmill is built to handle runners up to 350 lbs. at speeds up to 12 mph.
- Wear proper exercise clothing and shoes for your workout—no loose clothing. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any embedded stones. Tie long hair back.
- Keep all loose clothing and towels away from the treadmill running surface. A treadmill running belt will not stop immediately if any object becomes caught in the belt or rollers.
- Use care when getting on or off the M9.4 treadmill. Use the handrails whenever possible. Do not get on or off the treadmill when the running belt is moving.
- Before starting the running belt, straddle the belt by placing your feet firmly on the right and left staging platforms. You should also step off the belt and onto the staging platforms after turning off the treadmill.
- Do not turn ON the treadmill when someone is standing on the machine.
- Keep your body and head facing forward. Never attempt to turn around on the treadmill when the running belt is moving.
- Do not rock the unit. Do not stand or climb on the handrails, electronic console, or hood.

- Do not set anything on the handrail, electronic console, or hood. Never place liquids on any part of the treadmill.
- Keep all electrical components, such as the motor, power cord, and ON/OFF switch, away from water or other liquids to prevent shock.
- Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injuries.
- Do not attempt to service the M9.4 treadmill yourself. This treadmill does not have any user-serviceable parts. See *Getting Service* at the end of this manual for service information.
- Turn OFF the treadmill and wait for the belt to come to a complete stop before adjusting or working near the rear roller. Do not make any adjustments to the running belt when someone is standing on the machine.
- This treadmill is manufactured with six safe “fail-off” systems. If the treadmill encounters a problem, it will trigger a “fail-off” system, allowing the running belt to come to a gradual stop. Continued use of the treadmill after a fail-off system occurs is not recommended. Instead, have your treadmill serviced as described in *Getting Service* later in this manual.
- Do not overexert yourself or work to exhaustion.
- Stop your workout immediately if you feel any pain or abnormal symptoms, and consult your physician.

Precor treadmills are designed for the enjoyment of the serious runner as well as the dedicated walker. By following the above precautions and using good common sense, you will have many safe and pleasurable hours of healthful exercise with your Precor M9.4 Electronic Treadmill Ergometer.

Table of Contents

| | | |
|----------|------------------------------------------------------------|-----------|
| 1 | Before You Begin | 5 |
| | About this Manual | 5 |
| | Unpacking the M9.4 Treadmill | 6 |
| 2 | Setting Up the M9.4 Electronic Treadmill Ergometer | 7 |
| | Installation Requirements | 7 |
| | Assembly Instructions | 7 |
| | Checking the Alignment of the Running Belt | 11 |
| 3 | Using the M9.4 Electronic Treadmill Ergometer | 12 |
| | Understanding the Electronic Console | 12 |
| | Running on the M9.4 Electronic Treadmill | 14 |
| 4 | Getting the Most Out of Your Workout | 16 |
| | How Hard Should I Exercise? | 17 |
| | How Long Should I Exercise? | 18 |
| | How Often Should I Exercise? | 18 |
| 5 | Maintaining the M9.4 Electronic Treadmill Ergometer | 19 |
| | Cleaning the Treadmill | 19 |
| | Adjusting the Running Belt | 19 |
| | Getting Service | 21 |

1

Before You Begin

Congratulations on purchasing one of the newest, most technologically advanced electronic treadmills available, the Precor M9.4 Electronic Treadmill Ergometer. This treadmill belongs to Precor's exciting "M" series of exercise equipment, a superior combination of high technology and ergonomics.

The precision engineered M9.4 treadmill features a monocoque aluminum frame, a running platform designed with built-in shock absorption, and the most durable and comfortable running surface available. These features, coupled with a heavy duty 2.2 h.p. motor and CMOS electronics, make the M9.4 treadmill an exceptionally strong and reliable performer.

The M9.4 Electronic Treadmill Ergometer has many unique features which set it apart from conventional treadmills. To maximize your use of the M9.4 treadmill, please study this guide thoroughly.

About this Manual

This manual explains how to assemble, use, and maintain the M9.4 Electronic Treadmill Ergometer. You will also find a basic explanation of aerobic conditioning and tips for developing your own fitness program with this treadmill.

The following conventions are used in this manual:

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

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

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

Unpacking the M9.4 Treadmill

Your M9.4 treadmill is carefully inspected before shipment, so it should arrive in good operating condition. Precor ships the unit in five pieces as listed below:

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

Carefully unpack the parts from the original shipping container.

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

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

two hex-head shoulder bolts

one long shoulder bolt

four 3/8" screws

one 3/8" locknut

two plastic plug caps

three cable ties

one 1/4" hex key

one 5/16" hex key

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

Important: The packaging for this equipment was designed to protect it during shipment. Please store the original packaging in a safe place in case you need to ship the M9.4 treadmill in the future.

2

Setting Up the M9.4 Electronic Treadmill Ergometer

You do not need any special knowledge or experience to set up an M9.4 Electronic Treadmill Ergometer. However, you must carefully review and follow the instructions in this manual. If you do not assemble and use this treadmill according to the following guidelines, you could void the Precor warranty.

Installation Requirements

Follow these installation requirements when installing the treadmill:

- **Set up the M9.4 treadmill on a solid flat surface.** Do not install the treadmill on deeply padded, plush, or shag carpeting due to possible damage to the carpet and machine. If the treadmill is placed on a carpeted surface, place a piece of heavy cardboard, plywood, or other smooth, flat surface under the unit to protect the carpet and treadmill.
- **Locate the treadmill at least 4 feet from walls and furniture.** Be sure to provide ample space in front of the machine to allow easy access to the ON/OFF power switch. Open space to the sides and back of the machine makes for a safer mount and dismount and easier belt adjustment.
- **Use a standard 120-volt household outlet.** Precor recommends that you plug the treadmill into an outlet with a dedicated 20 amp circuit breaker. The treadmill comes with a 20 amp circuit breaker to protect the electrical and electronic components from sustained overloads, and an integral 3-prong plug grounded for your safety and to protect the machine.

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

Assembly Instructions

Follow these instructions to assemble the M9.4 treadmill:

1. Make sure that the treadmill is unplugged and turned OFF. Do not assemble the M9.4 treadmill if it is plugged in and turned ON.
2. Remove the black hood by unscrewing the eight phillips-head screws.

Photo 1 *Handrail/display assembly*

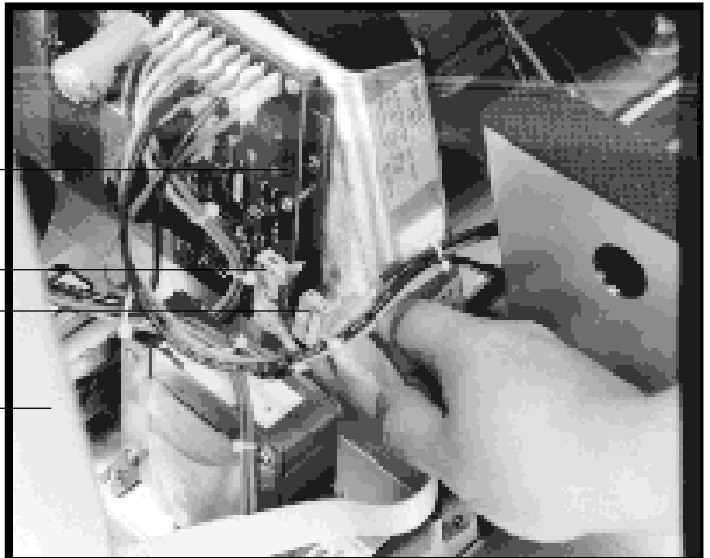
Handrail/display assembly —
Running bed —
Handrail/display assembly mounts —



3. Remove the four 5/16" locknuts and washers (two on each side) from the handrail/display assembly mounts near the front of the running bed as shown in Photo 1.
4. Position the handrail assembly so both the right and left handrail columns align over the mounts. Replace the washers and locknuts. Using the hex key provided in the hardware kit, securely tighten each locknut.
5. Locate the ribbon cable connector that protrudes from the handrail/display assembly.

Photo 2 *Installing ribbon cable connector*

Printed circuit board —
Ribbon cable receptacle —
Ribbon cable connector —
Handrail/display assembly —



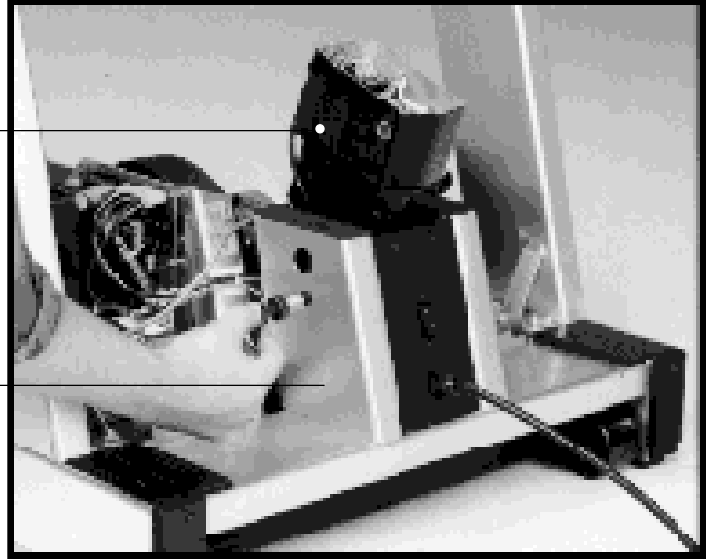
6. Align the tab on the side of the ribbon cable connector with its corresponding receptacle on the printed circuit board located near the motor. (See Photo 2.) Make sure that all pins are aligned and fully engaged. The connector is designed to engage in one direction only. Do not force the connector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

Photo 3

Installing lift motor

Lift motor

Lift motor support mount



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

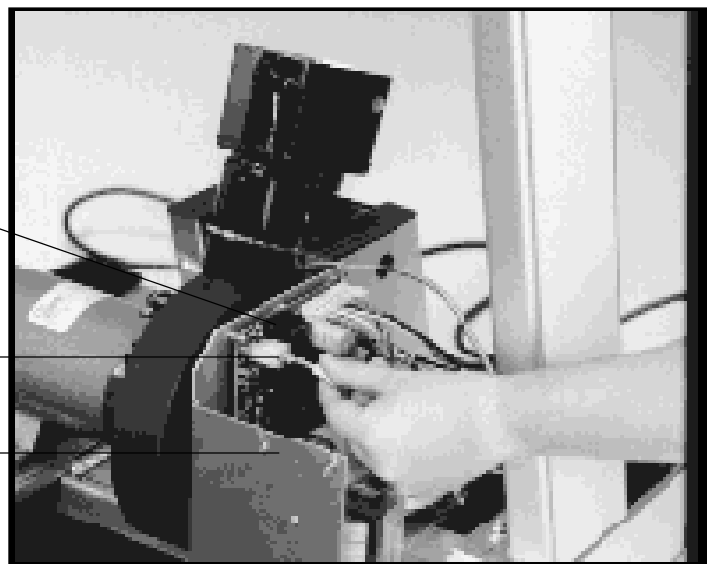
Photo 4

Plug lift-motor wiring harness into printed circuit board

Printed circuit board

Lift motor wiring harness

Lower board chassis



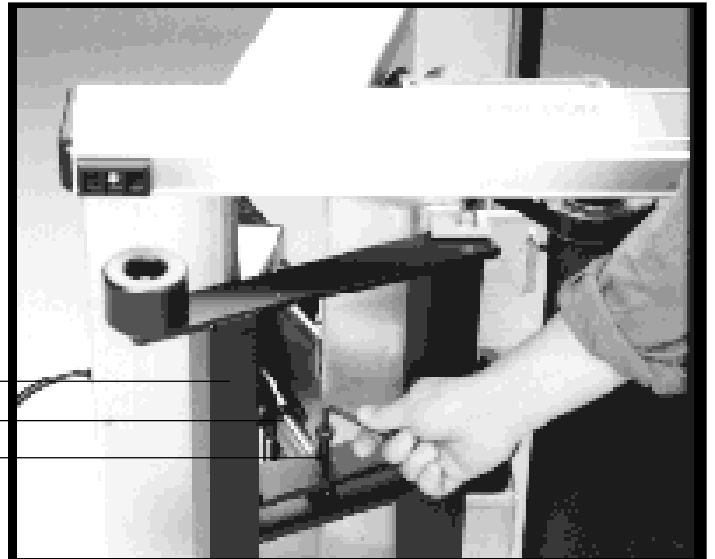
10. Plug the lift-motor wiring harness into the receptacle on the printed circuit board. (See Photo 4.)
11. Using the cable ties supplied in the hardware kit, secure the lift-motor wiring to the lower board chassis. Cut the ends of the cable ties so the excess plastic does not interfere with the motor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

12. Place the lift motor cover onto the lift motor. Using the four 3/8" screws found in the hardware kit, securely attach the cover to the lift motor.

Photo 5

Secure lift platform and lift tube

Lift platform
Lift tube
Long shoulder bolt



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

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

14. Locate the long shoulder bolt and 3/8" locknut in the hardware kit. Insert the long shoulder bolt through the center of the lift platform and the lift tube. Secure the lift platform and tube together by fastening the 3/8 " locknut to the end of the shoulder bolt. Fully tighten the bolt with the hex key provided. (See Photo 5.)

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

16. Replace the black hood that you removed in Step 1 and tighten the eight phillips-head screws.

CAUTION: Precor recommends that two people move the treadmill to its final location. A fully-assembled M9.4 treadmill is very heavy, and might cause back strain if one person tries to move it.

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

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

18. Plug the treadmill into a standard 120v household outlet. Make sure that no other major appliances use the same circuit as the treadmill.

19. Continue to *Checking the Alignment of the Running Belt* to complete the installation of the M9.4 treadmill.

Checking the Alignment of the Running Belt

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

Follow these steps to check the alignment:

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

1. Locate the ON/OFF power switch at the front of the black hood and turn ON the treadmill.
2. Stand next to the treadmill. At the **WEIGHT** display, accept the default value of 150 by pressing the ENTER WEIGHT keypad.
3. Continue to stand next to the treadmill and increase the running belt speed to 6 miles per hour using the ▲ arrow keypad located under the TIME, MPH, MILES display.
4. Walk to the back of the treadmill and observe the belt as it runs (watch for about one minute). As you watch the belt, check its operation against the red and green alignment label located on the hood above the left-hand edge of the belt.

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

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

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

If the belt is functioning correctly, the M9.4 Electronic Treadmill Ergometer is assembled and ready to use. If the belt needs alignment, refer to *Adjusting the Running Belt* for instructions *before* using the treadmill.

3

Using the M9.4 Electronic Treadmill Ergometer

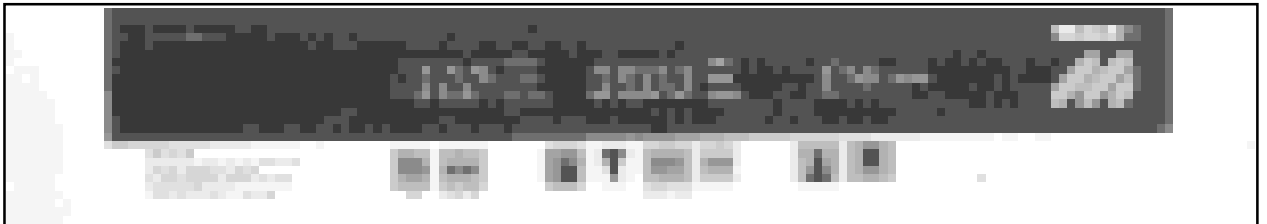
As simple as using the M9.4 treadmill might seem, you should read this section so that you can use it safely and easily. This section provides the basic information you need to exercise on your treadmill, including the following:

- a brief description of the electronic console
- instructions for exercising on the treadmill

Understanding the Electronic Console

The electronic console lets you control your M9.4 treadmill session. As you work out, electronic LED displays provide constant feedback about your progress. Information about distance covered, elapsed time, speed, calories burned, and degree of incline is available at any time. Since both the left and center display windows provide three different features, a small indicator light appears to the left of the callout and distinguishes which feature is being displayed. Photo 6 shows a sample of the M9.4 electronic console. An explanation of each feature on the console follows the photograph.

Photo 6



Left Display Window

The left display window shows body weight, calories burned per minute, and total calories burned during a workout. When you initially turn on the treadmill, the display remains at the **WEIGHT** function until you enter your weight. The display then alternates between **CAL/MIN** and **TOTAL CAL.** during the workout.

WEIGHT: Displays the default weight of 150 pounds when the unit is turned on. Use the ▲ and ▼ arrow keypads to change the displayed weight (in 5-pound increments). Press ENTER WEIGHT when the desired weight is displayed.

CAL/MIN: Shows calories burned per minute based on the body weight entered. During a workout, the display alternates between the total calories you are burning per minute and the total calories you have burned off.

TOTAL CAL: Shows the total calories burned based on the body weight you enter. During a workout, the display alternates between the total calories you have burned off and the total calories you are burning per minute.

Center Display Window

During a workout, the center display moves from **TIME**, **MPH**, and **MILES** in five second intervals.

TIME: Functions like a stopwatch and provides your total exercise time per session, up to a maximum of 59 minutes and 59 seconds. Use this display to keep track of *how long* you have exercised in a given session.

MPH: Shows your workout speed, from 1.0 to 10 mph. Use this display to measure your *workout speed* at any given moment.

MILES: This display shows the distance you have traveled up to a maximum of 99.99 miles. Use this display to track how far you have travelled during a specific length of time or, once you have achieved the distance you want, use **TIME** to determine how long it took you.

Right Display Window

INCLINE: Displays the percent of incline, from 1 to 15%.

Keypads

Each keypad on the M9.4 treadmill's electronic console provides specific functions. The following information explains the different uses of the keypads, from left to right. To locate each keypad, refer to Photo 6.

ENTER WEIGHT: Press this keypad when the desired weight appears in the **WEIGHT** display. You can also use this keypad to reset the entire electronic console's memory to zero by pressing and holding **ENTER WEIGHT** for about three seconds.

SCAN (on Left Display): If **CAL/MIN** or **TOTAL CAL** is currently displayed, press **SCAN** to hold the displayed information. Press **SCAN** again and the display returns to alternating between **CAL/MIN** and **TOTAL CAL**.

The **SCAN** keypad can also reset the **CAL/MIN** or **TOTAL CAL** displays to zero. You might use this feature when you want to measure calories burned after your warm-up period. When the calories appear, press and hold **SCAN** for three seconds. The numbers in the display reset to zero.

GREEN ▲: Press and hold this keypad to increase body weight when the **WEIGHT** display appears. Once a weight has been entered, press this keypad to increase the speed of the running belt.

YELLOW ▼: Press and hold this keypad to decrease body weight when the **WEIGHT** display appears. Once a weight has been entered, press this keypad to decrease the speed of the running belt.

SCAN (on Center Display): Press this keypad to hold the current numbers being displayed. Press it again and the console returns to alternating between **TIME**, **MPH**, and **MILES** displays.

The **SCAN** keypad can also reset the **TIME** and **MILES** displays to zero. You might use this feature if you want to discover the time elapsed or the miles you progress after your warm-up period. When the **TIME** appears, press and hold **SCAN** for three seconds (do the same for the **MILES** display). The numbers in the display reset to zero.

GRAY ▲ and ▼ arrows: Use these keypads to change incline. Simply press the appropriate arrow until the desired percent of incline is displayed. When you change incline, please note that the number shown on the screen changes faster than the lift motor can respond. Once you select an elevation, there might be a brief delay before the running belt reaches that elevation.

Running on the M9.4 Electronic Treadmill Ergometer

This section explains how to run or walk on the treadmill. Before using the M9.4 Electronic Treadmill Ergometer for an actual workout, we recommend that you follow these instructions and go through a preliminary demonstration of the unit. Be sure that you understand how to use the electronic console. We also recommend that you become familiar with the M9.4 treadmill at a gentle pace before attempting the higher speeds.

When using the treadmill, follow these general guidelines:

- At the beginning of a workout, take several minutes to bring your heart rate into your training zone, which is shown in Diagram 2 in Chapter 5.
- After your workout, walk slowly for several minutes to cool down your body and lower your pulse rate.
- Gently stretch your lower body and back after a workout to help prevent stiffness or soreness.

To run on the treadmill, follow these instructions:

1. Turn ON the treadmill using the ON/OFF switch located at the front of the black hood.
2. Straddle the running belt with your feet firmly planted on the right and left staging platforms. Stand close enough to the electronic console so you can extend your arms and touch the keypads.
3. At the **WEIGHT** display, use the green and yellow arrows to specify your weight. When the correct weight is displayed, press ENTER WEIGHT.

The number on the display moves in 5-pound increments up or down, depending on the arrow pressed. You must specify this information so the treadmill can provide feedback about calories burned during a workout.

4. Stand on the running belt while keeping one hand on the handrail and prepare to start walking. With your other hand, press the green or yellow arrows until you reach the desired speed.
5. When you feel comfortable with the motion of the treadmill, let go of the handrail and continue your workout. Remember to hold on to the handrail when using the electronic console and when slowing down or stopping the running belt.

6. When you are finished exercising, press the SPEED ▼ keypad until the running belt stops moving and comes to a safe stop.

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

7. If desired, after reviewing the displays, reset them to zero by pressing and holding ENTER WEIGHT for three seconds.

4

Getting the Most Out of Your Workout

A workout on the M9.4 Electronic Treadmill Ergometer provides excellent and efficient cardiovascular conditioning, while strengthening and toning all the major muscle groups in the lower body. Darkened areas in Diagram 1 indicate the muscles worked.

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

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

Diagram 1
Muscles in the body

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

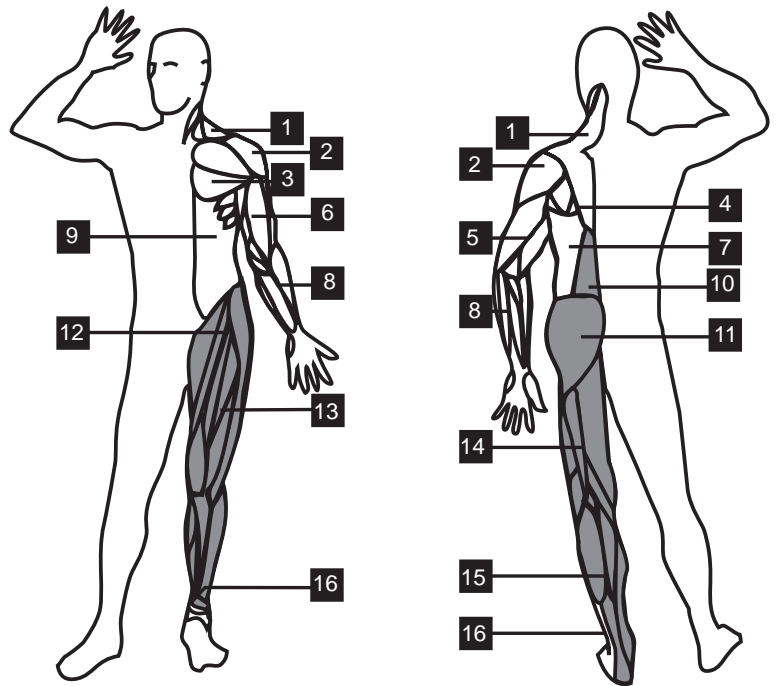
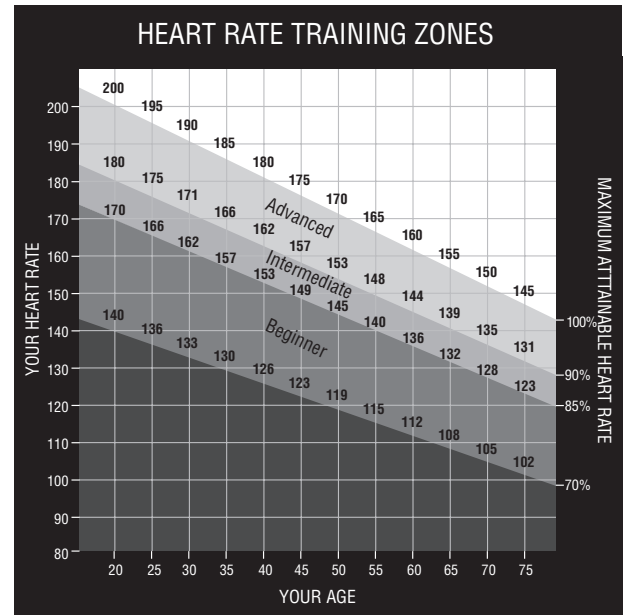


Diagram 2

Your heart rate



How Hard Should I Exercise?

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

Refer to Diagram 2 to determine your training zone. Keep in mind that this zone is an approximation, to be used as a guideline—individual heart rates vary according to several physiological factors. To determine your training zone, or target heart rate, find your age and fitness level on the diagram, and then find the line where they intersect. For example, if you are 35 years old, your training heart rate at the intermediate fitness level is 157 beats per minute. Remember this number—this is the pulse rate you should try to maintain as you work out.

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

Once you locate your pulse, look at a clock with a second hand and count the beats for six seconds. Multiply that number by 10 to determine the total number of beats per minute. For example, if you count 14 beats over six seconds, the total number of beats per minute is 140. Compare the total number of beats with your training zone as identified in Diagram 2. If necessary, increase or decrease your activity level to bring your heart rate into your training zone. You can increase your activity level by changing speed and incline. *Remember—your heart rate is the definitive measure of how hard you are working.*

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

How Long Should I Exercise?

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

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

How Often Should I Exercise?

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

5

Maintaining the M9.4 Electronic Treadmill Ergometer

The M9.4 treadmill requires little maintenance to keep it running smoothly and efficiently. Typical maintenance tasks include cleaning the treadmill and adjusting the running belt. Instructions for both procedures are provided in this section.

Cleaning the Treadmill

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

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

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

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

Periodically clean the treadmill's frame, electronic console, and running belt, using mild soap and water. To clean the running belt, use a soft nylon scrub brush. Do not pour water or spray liquids on the electronic console. Allow the treadmill to dry completely before using.

Adjusting the Running Belt

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

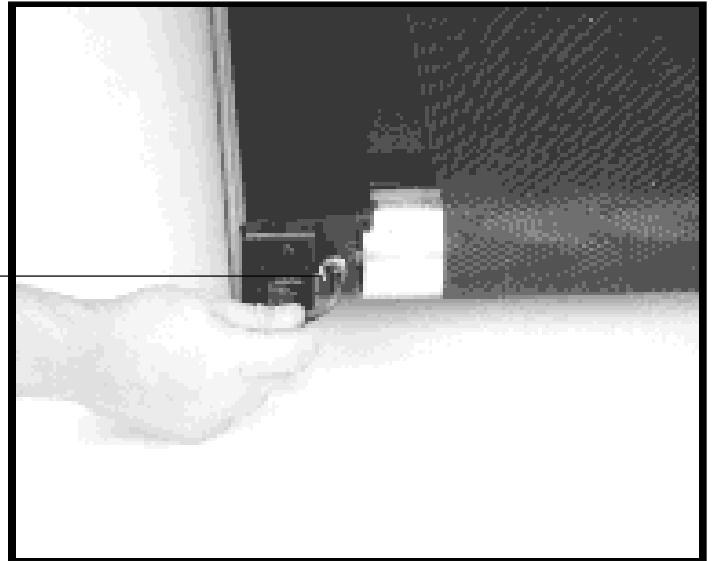
Re-aligning the belt takes a few simple adjustments. If you are unsure about this procedure, call your authorized Precor dealer for service (see *Getting Service* at the end of this manual for information).

CAUTION: Special care must be taken when adjusting the running belt. Turn OFF the treadmill while adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your fingers or any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The M9.4 treadmill is designed to carry people who weigh up to 350 pounds at speeds from 0.5 to 12 miles per hour. The treadmill will not stop immediately if any object becomes caught in the belt or rollers.

Photo 7

Adjusting the running belt

Belt adjustment bolt



Take the following steps to adjust the running belt on the M9.4 treadmill (see Photo 7 for clarification). To ensure proper safety while adjusting your treadmill, all adjustments must be made while the treadmill is turned OFF.

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

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

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

Getting Service

Do not attempt to service the M9.4 Electronic Treadmill Ergometer yourself except for performing the maintenance tasks as described in this manual.

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



Precor Incorporated
P.O. Box 3004
Bothell, WA USA 98041-3004

Precor and "M" are registered trademarks of Precor Incorporated.
© 1987 Precor Incorporated.
1-800-4-PRECOR

P/N 30809-103
5/92