



Low Impact Treadmill

Owner's Manual

PRECOR[®]USA

IMPORTANT SAFETY INSTRUCTIONS

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

- Read all instructions before using the M9.33 treadmill. These instructions are written to ensure your safety and to protect the unit.

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

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

DANGER

To reduce the risk of electrical shock always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

WARNING

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

- When it is plugged in, do not leave the M9.33 unattended. Unplug the treadmill from the power source when it is not in use, and before putting on or taking off parts.
- Do not allow children on or near the M9.33 treadmill.
- Use the M9.33 only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer — such attachments might cause injuries.
- Never operate the unit if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped in water. Return the M9.33 to a service center for examination and repair.
- Keep the power cord and plug away from heated surfaces.
- Never block the air vents while operating the treadmill. Keep the air vents clean and free of lint, hair, or anything that might impede the free flow of air.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- When the treadmill is not in use, disconnect the unit by turning the power switch to the OFF (O) position, then remove the power plug from the wall outlet.

WARNING

Connect the M9.33 to a properly grounded outlet only. The M9.33 treadmill must be connected to a 15 amp dedicated circuit. See *Grounding Instructions* on page 5.

Personal Safety

When using the treadmill, take the following precautions:

- Do not allow children on or near the treadmill. Do not leave children unsupervised around the treadmill.
- Assemble and operate the treadmill on a solid, level surface. Locate the treadmill a few feet from walls or furniture. Keep the area behind the treadmill clear.
- Maintain the treadmill in good working condition. (Refer to the *Maintenance* section.) Run through a check list prior to each use. Make sure that all fasteners are secure and the belt is clean and running smoothly.
- Turn OFF (O) and unplug the treadmill when adjusting or working near the rear roller. Do not adjust the running belt when someone is standing on the unit.
- Keep all electrical components, such as the motor, power cord, and I/O switch, away from liquids to prevent shock. Do not set anything on the handrail, display console, or hood. Place liquids in the appropriate receptacles.
- The security clip should 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 you encounter difficulties, the running belt can be stopped by pulling on the cord.
- To help prevent unauthorized use, the M9.33 is equipped with password protection. The password involves entering three keys in sequence. Refer to *Entering a Password* on page 19.
- Wear proper exercise clothing and shoes for your workout—no loose clothing. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any dirt and embedded stones. Tie long hair back.
- Keep all loose clothing and towels away from the running surface. Tie long hair back. The running belt will not stop immediately if an object becomes caught in the belt or rollers.
- Use care when getting on or off the treadmill. Use the handrail(s) whenever possible. Step onto the running belt when the speed is at 1 mph (1.5 kph). Never step off the treadmill while the running belt is moving.
- Before the running belt begins moving (prior to your workout), and after it stops (at the end of your workout), straddle the belt by placing your feet firmly on the right and left side platforms.
- Never turn ON the treadmill when someone is standing on the machine.
- Keep your body and head facing forward. Never attempt to turn around on the treadmill when the running belt is moving.
- Do not rock the unit. Do not stand on the handrails, display console, or hood.
- Do not attempt to service the treadmill yourself other than the assembly and maintenance instructions found in this manual.
- Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately 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 treadmill.

Precor Heart Rate Option—Safety Guidelines

The Precor Heart Rate Option was created and designed exclusively for Precor products. The equipment is extremely sensitive—you should use the heart rate option with this in mind and take time to read the guidelines found on page 37.

RFI — Radio Frequency Interference

Federal Communications Commission, Part 15

The M9.33 treadmill has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. The M9.33 treadmill generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If the M9.33 treadmill does cause harmful interference to radio or television reception, which can be determined by turning the M9.33 treadmill OFF and ON, you are encouraged to try to correct the interference using one or more of the following measures:

- Reorient or relocate the receiving antenna for your TV, radio, VCR, etc.
- Increase separation between the treadmill and the receiver (TV, radio, etc.).
- Connect the treadmill into a different power outlet—on a dedicated circuit different from the one used by the receiver (TV, radio, etc.). No other appliance should be plugged into the same power outlet that the treadmill is connected to.
- Consult an experienced radio/TV technician for help.

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 B limits for radio noise emissions from digital apparatus set out in the Radio Interference Regulations of the Canadian Department of Communications.

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

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).

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.

Safety Approval

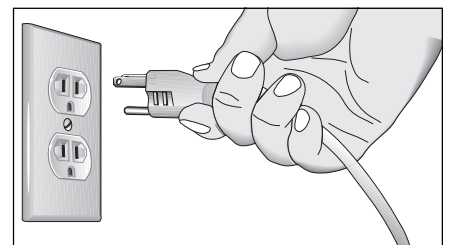
When identified with the ETL-c logo, the treadmill has been tested and conforms to the requirements of CAN/CSA-E-335-1/2-94, Safety of Household and Similar Electrical Appliances.

Grounding Instructions

The M9.33 Low Impact Treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current which reduces the risk of electrical shock. The treadmill is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. If you do not follow these *Grounding Instructions*, you could void the Precor Limited Warranty.

Diagram 1

*Correct power outlet for
U.S. Markets: 15 amp 120-volts.*



120-volt grounding plug

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 electrician.

120V Units Designated for U.S. Markets

The M9.33 treadmill must be connected to a 15 amp **dedicated** circuit having a nominal rating of 120-volts. The treadmill's grounding plug looks like the plug illustrated in Diagram 1. The power outlet must have the same configuration as the plug. No adapter should be used with this product.

ATTENTION: Haute Tension

Débranchez avant de réparer

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Notes:

1

This manual explains how to assemble, use, and maintain the M9.33 Low Impact Treadmill. The following conventions are used in this manual.

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

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

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

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

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

CAUTION: *This unit weighs over 250 pounds (113 kilograms). To avoid injury and to ensure the safety of the unit and yourself, get adequate assistance before unpacking your treadmill. Break down the container's side walls before removing anything from the box.*

Before You Begin

Thank you for purchasing the Precor M9.33 Low Impact Treadmill. The M9.33 incorporates some of the most popular features in the health and fitness industry.

Ground Effects helps absorb and cushion the shock of walking or running by utilizing specially formulated elastomeric springs built into the running bed. Integrated Footplant Technology (IFT) replicates the natural walking and running motion of your feet which helps reduce shock and pounding to your body.

The M9.33 display console provides motivating feedback about your workout. Two separate users can customize their workout sessions so that the last course used, workout time, weight, and age parameters are easily retrieved. Precor Smart Rate®—a visual aid that lets you see your heart rate with a glance, provides the latest in cardiac monitoring.

Note: For the heart rate features to appear, a POLAR® chest strap must be worn. See *Optional Equipment* below.

The M9.33 Low Impact Treadmill is for household use only. It has many unique features which set it apart from conventional treadmills. To maximize your use of the treadmill, please study this guide thoroughly.

Obtaining Service

Do not attempt to service the M9.33 Low Impact Treadmill yourself except for minor belt adjustments and maintenance as described in this manual. The M9.33 treadmill does not contain any user-serviceable parts.

For information about product operation or service, check out the Precor Web Site at www.precor.com or call Precor Customer Support at 1-800-347-4404.

If you contact Precor Customer Support, have your model and serial number available.

The serial number on the treadmill is printed on a label located on the base frame. To locate the serial number, verify that the treadmill is turned OFF. Then, stand at the rear of the unit and face the display console. Kneel down and look under the running bed at the left, inboard-side of the base rail. For future reference, write the serial and model number and date of purchase in the space provided below.

Model #: _____ Serial #: _____ Date purchased: _____

If you have any questions regarding the treadmill, use the model and serial numbers whenever you contact Precor Customer Support.

Unpacking the M9.33 Low Impact Treadmill

The M9.33 treadmill is carefully tested and inspected before shipment. Precor ships the unit in components, as listed below:

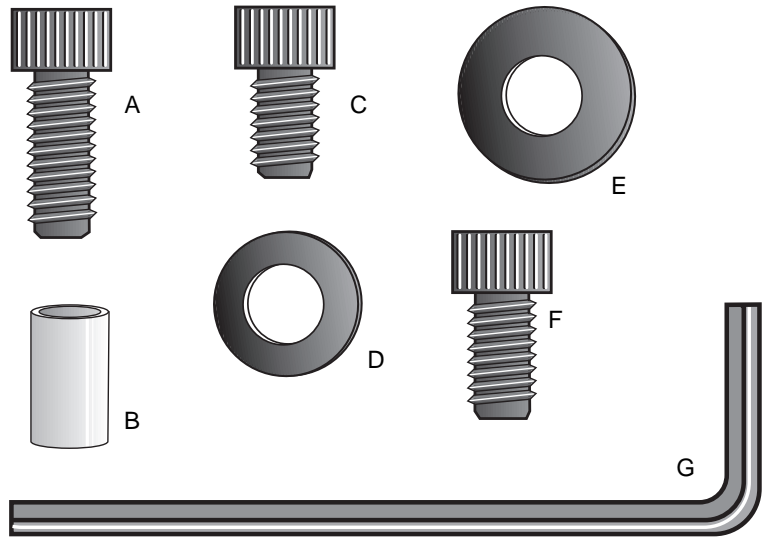
- running bed assembly
- right and left upright supports
- display console
- right and left handrails
- owner's manual and hardware kit

Optional Equipment

An additional POLAR® chest strap can be purchased by calling Retail Sales at 1-800-786-8404 or visiting the Precor web site at www.precor.com.

Diagram 2

Hardware kit.



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

Hardware Kit

After unpacking the treadmill, open the hardware kit (refer to Diagram 2) and make sure that you have the following items:

- (A) four 2-inch socket head screws — used to mount upright supports to base
- (B) four barrel spacers — place on 2-inch screws
- (C) sixteen 3/4-inch socket head screws
- (D) twenty-two flat washers
- (E) two large diameter washers — place on handrail side bracket screws
- (F) two 1 1/2-inch socket head screws — used on upper handrail clamp
- (G) 3/4-inch hex key — 3 inch by 10 inch

If any items are missing, contact Customer Support at 1-800-347-4404.

Note: After assembling the treadmill, be sure to store the hex key in a secure place. It is used for specific maintenance procedures that are described in this manual.

Acquiring the Appropriate Tools

Obtain the following tools *before* assembling the treadmill.

- Wire cutter
- 1/2-inch box end wrench
- Bubble level

2

Setting Up the Treadmill

You do not need any special knowledge or experience to set up the treadmill. However, you will need assistance during assembly.

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 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.** To locate the serial number, turn OFF the treadmill. Place yourself at the rear of the treadmill and face the display. Kneel down and look for the label on the inboard-side of the running bed at the left, rear corner. Write the serial number onto warranty card found on the back cover. Refer to *Obtaining Service* on page 9 and write the number there as well.
- **Use the appropriate voltage, dedicated circuit, and grounding as specified on the treadmill.** The M9.33 treadmill requires a **dedicated** 15 amp circuit.

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

CAUTION: Before assembling (or disassembling) the unit, turn OFF the treadmill and unplug it from the power outlet. Do not assemble (or disassemble) the treadmill if it is plugged into a power source. To avoid injury and ensure your safety, get assistance before lifting the treadmill out of the box and rolling it onto the floor. Do not drop the unit.

Assembly Instructions

To assemble the treadmill, take the following steps.

1. **Obtain adult assistance.** 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.
3. **Move the treadmill.** Diagram 3. To avoid injury to yourself or damage to the unit, ask for help in placing the treadmill where you plan to use it. Diagram 3 illustrates how to properly lift the rear end so that you can roll it on its front wheels.

Diagram 3

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

Rear cover of unit

Lift rear by placing hands on opposite sides of the cross brace that is found under the rear cover.

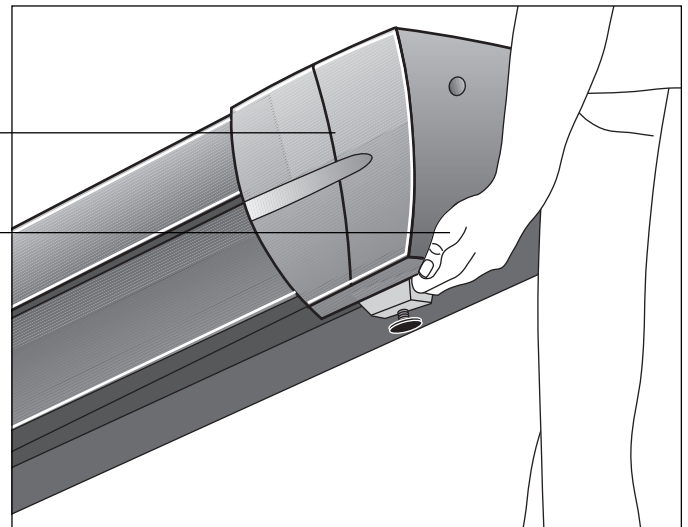
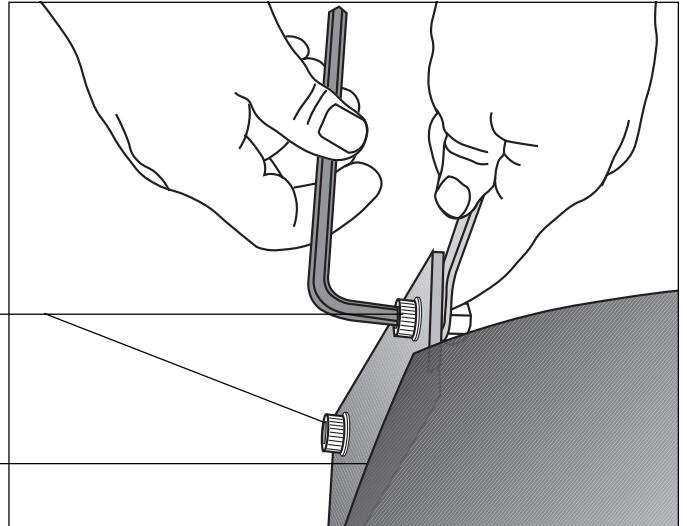


Diagram 4

Remove the shipping fasteners from the front plate.

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

Front panel



4. **Remove the shipping fasteners from the front panel.** Diagram 4. With the supplied hex key and a ½-inch box end wrench, loosen and remove the 4 bolts, washers and nuts on the front panel. These fasteners are used during shipping to hold the front plate in place. Discard the fasteners.
5. **Remove any tape or wire ties securing the display cable to the side of the unit.**

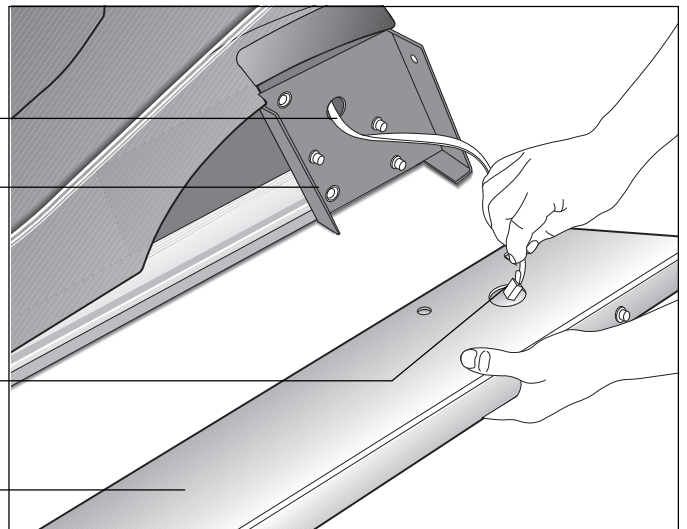
Diagram 5

Route the cable.

Display cable
Right side mounting bracket

Route cable through hole.

Right side upright support



CAUTION: To avoid damage to the display cable, read and follow these steps carefully. Damage to the cable due to improper assembly is not covered by the Precor limited warranty.

6. **Route the display cable.** Diagram 5. Have your assistant hold the right upright support close to the base while you route the cable through it.

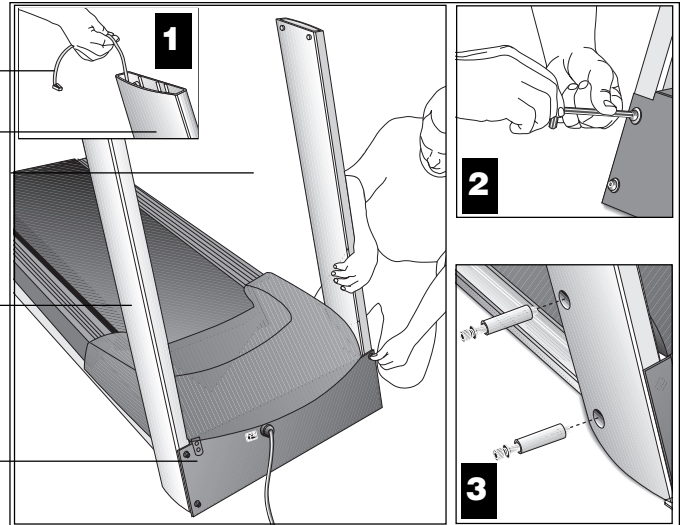
Note: The left or right side of the treadmill can be determined when you stand at the rear of the running bed and face the motor.

Diagram 6

Attach the upright supports.
Display cable
Right side upright support

Upright support
Attach this right side support first.

Front panel

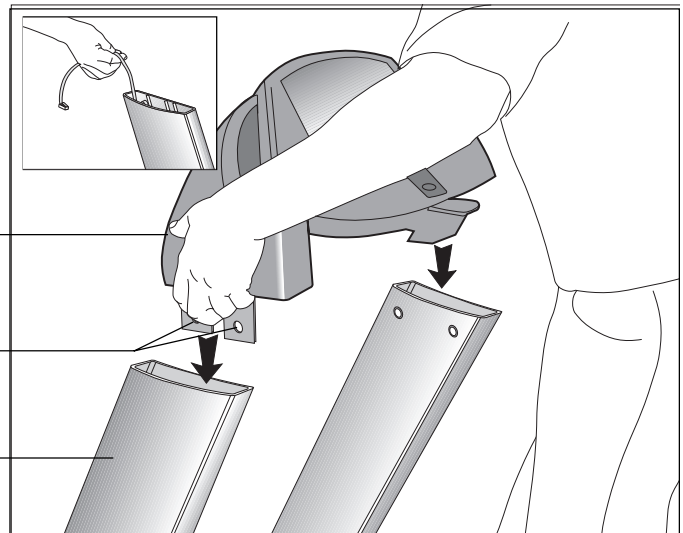


7. **Attach the right side upright support to the base assembly.** Diagram 6. Align the right side upright support with the base assembly mounting locations while your assistant keeps tension on the cable. (Refer to Diagram 6, #1.) To secure the upright support to the base assembly, take the following steps:
 - a. Place a washer (D) onto each of two 3/4-inch screws (C). Thread the screws through the front panel and into the upright support. Do not fully tighten the screws. Leave room for final adjustments.
 - b. Place a washer (D) and barrel spacer (B) on each of two 2-inch screws (A). Insert the screws through the upright support and thread them into the base mounts. See Diagram 6, #3. **Do not securely** tighten the screws until after the unit has been fully assembled.
8. **Attach the left side upright support to the base assembly.** Diagram 6. Align the upright support with the base assembly mounting bracket and secure it by following steps 7a. and 7b.

Diagram 7

Install the display console.

Display console
Display console mounting brackets
Upright support



CAUTION: Do not crimp or pinch the cable! Crimped or pinched cables are not covered by the Precor limited warranty.

9. **Secure the display console to the upright supports.** Diagram 7.
 - a. Make sure that the cable is routed through the top of the upright support. Have an assistant hold onto the cable (see inset).

Diagram 8

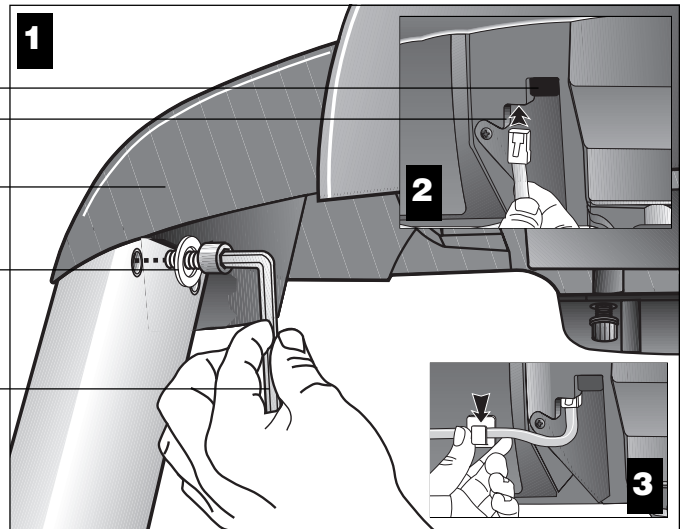
Secure the display console.

CSAFE receptacle
Cable receptacle

Display console

3/4-inch screws (C)
with washers (D)

Tighten the screws,
but leave room for
adjustments.



- b. Align the display console with the upright support mounts. Insert two 3/4-inch screws (C) with washers (D) and finger tighten. Do the same for the opposite upright support. Do not securely tighten the screws until after the handrails have been attached.
- c. Attach the cable connector by sliding it into its receptacle underneath the console. A definite “click” is heard when the cable is properly attached. Refer to Diagram 8, #2. If you do not hear and feel the connector “snap” into place, reinsert it.

Important: Do not use the receptacle covered by the plastic plug. This CSAFE receptacle is for a separate and future purpose.

- d. So that the cable does not hang below the console, slide it into the clip found underneath the console. Refer to Diagram 8, #3.

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.

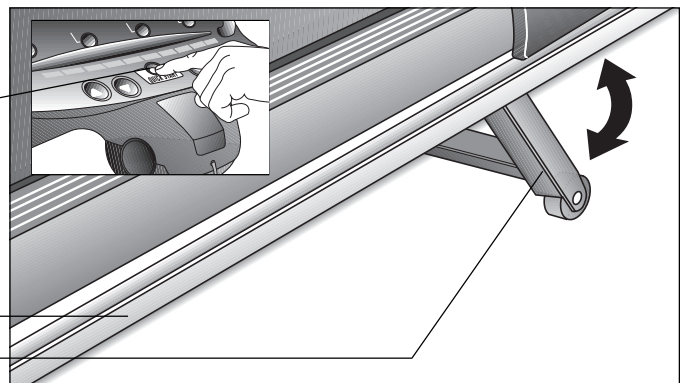
Diagram 9

Raise the incline.

Quick Start key

Side rail

Incline lift



10. **Prepare the unit for handrail installation.** Diagrams 9 and 10. For an easier installation, raise the incline to its maximum height by taking the following steps:
 - a. Plug the treadmill into a power outlet and turn the unit ON.
 - b. Stand to the side of the treadmill and press **Quick Start** (see inset). If necessary, enter the password: INCLINE ▼, SPEED ▼, SPEED ▲. After three seconds, the running belt begins moving.
 - c. Press the INCLINE ▲ key until the display shows an incline of 15 percent.
 - d. Once the ramp stops moving and the display indicates 15 percent, press the STOP (red button) and turn the unit OFF.

Diagram 10

Attach the handrails.

Handrail clamp

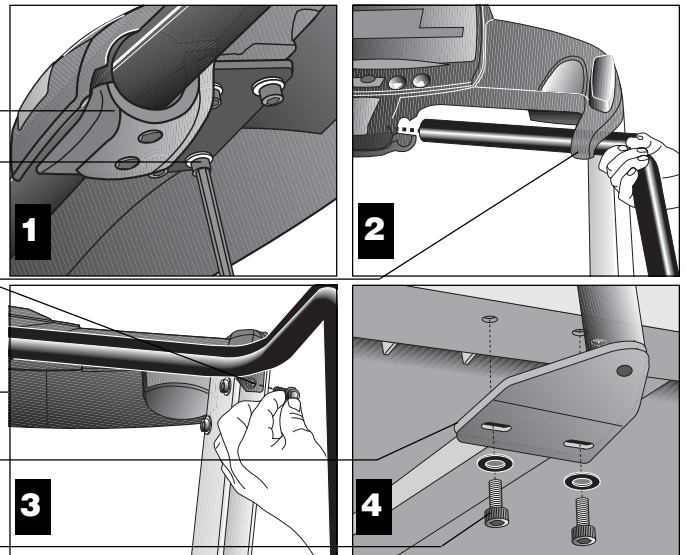
*Loosen the four
handrail clamp
screws.*

Side bracket

Screw (C) with
washer (E)

Lower portion of
handrail.

$\frac{3}{4}$ -inch screws (C)
with washers (D)



11. **Attach the handrails.** Diagram 10. To install the handrails, loosen the four handrail clamp screws with the hex key provided. See Diagram 10, #1.

Attach one handrail at a time. Take the following steps on one side of the treadmill and then, attach the opposite handrail.

- a. Slide the end of the handrail into the handrail clamp. Diagram 10, #2.
- b. Align the handrail with the side bracket. See Diagram 10, #3.
- c. Have your assistant hold the handrail in place while you insert screw (C) with washer (E) and secure the handrail to the side bracket. See Diagram 10, #3.
- d. Attach the lower portion of the handrail. Diagram 10, #4. Align the lower end of each handrail with the two base mount holes in the side rail. Place a washer (D) onto each of two screws (C) and insert the screws. Finger tighten.
- e. Perform steps a. through d. on the opposite side.

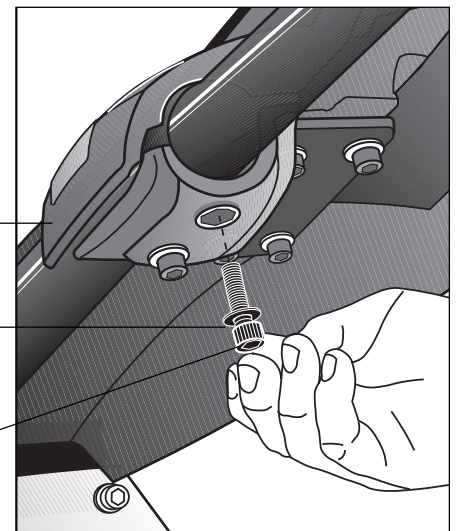
Diagram 11

*Secure the the upper
handrail clamp.*

Handrail clamp

Washer (D) with
screw (F)

*Tighten the screws,
but leave room for
adjustments.*



12. **Install fasteners in the handrail clamp.** Diagram 11. Return to the upper handrail clamp and place a washer (D) onto each of two screws (F). Thread the screws through the handrail clamp. Finger tighten.

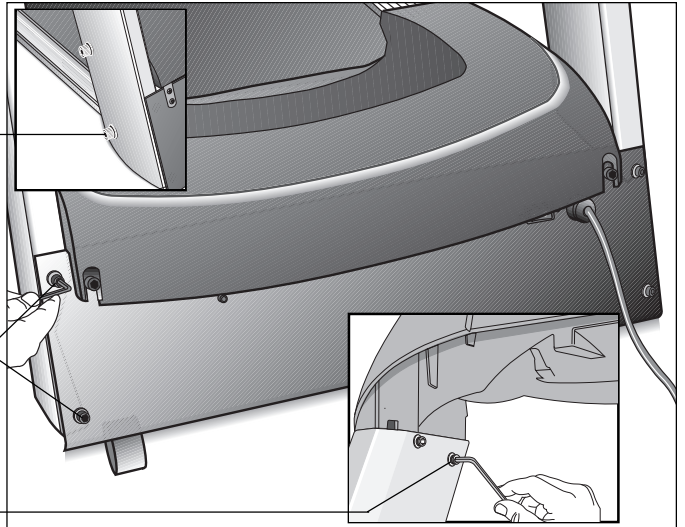
Diagram 12

Secure the fasteners.

Second: Alternately tighten four side upright screws.

First: Alternately tighten four front panel screws.

Third: Alternately tighten the four screws that secure the console to the uprights.



CAUTION: Do not overtighten the screws or you may inadvertently cause stress cracks.

13. **Tighten all mounting screws with the hex key (G) provided.** Diagram 12. 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 (A) that secure the upright supports and the four console assembly screws (C).

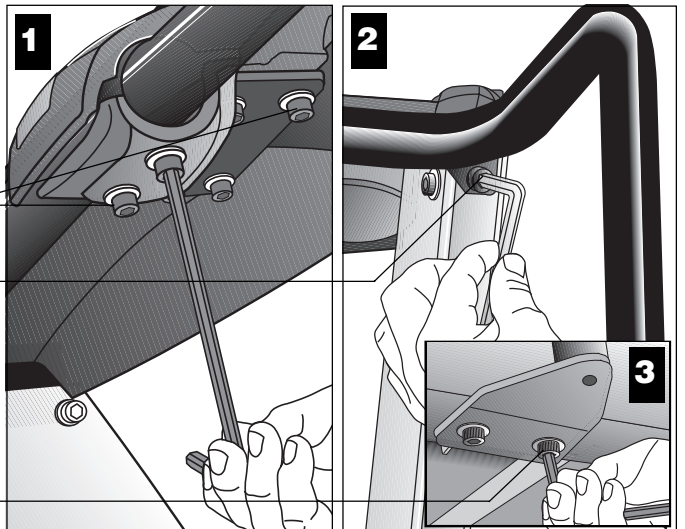
Diagram 13

Tighten the handrail fasteners.

Handrail clamp screws

Side bracket

Lower handrail screws

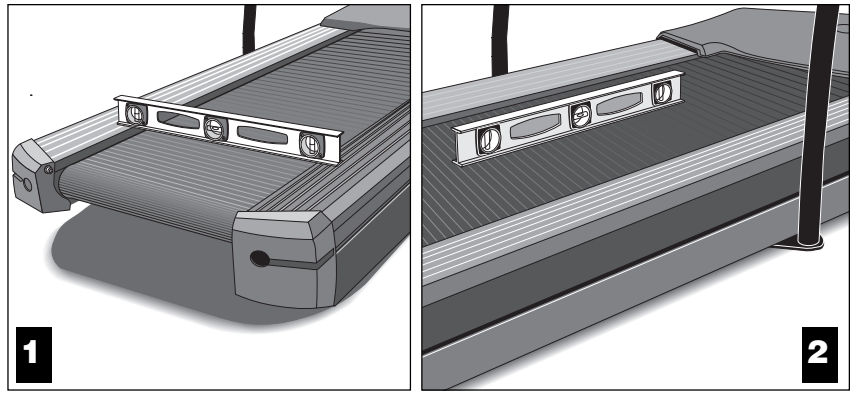


CAUTION: Do not overtighten the screws or you may inadvertently cause stress cracks.

14. **Tighten all the handrail mounting screws.** Diagram 13. So that you don't overtighten the fasteners, hold the supplied hex key by its 3-inch section and tighten all six handrail clamp screws. Next, tighten the two side bracket screws. Because of inaccessibility, hold the 10-inch section of the hex key to tighten the four lower handrail screws.
15. **Lower the treadmill incline.** Make the treadmill's running bed level by returning the incline to zero. To do this, you need to take the following steps:
 - a. Turn the unit ON.
 - b. Stand to the side of the unit and press **Quick Start**. If necessary, enter the password: INCLINE ▼, SPEED ▼, SPEED ▲. After a three-second count-down the running belt begins moving.
 - c. Press the INCLINE ▼ key until the display indicates 0 percent.
 - d. When the ramp stops moving, press the STOP (red button) and turn OFF the treadmill.

Diagram 14

Level
the
unit.

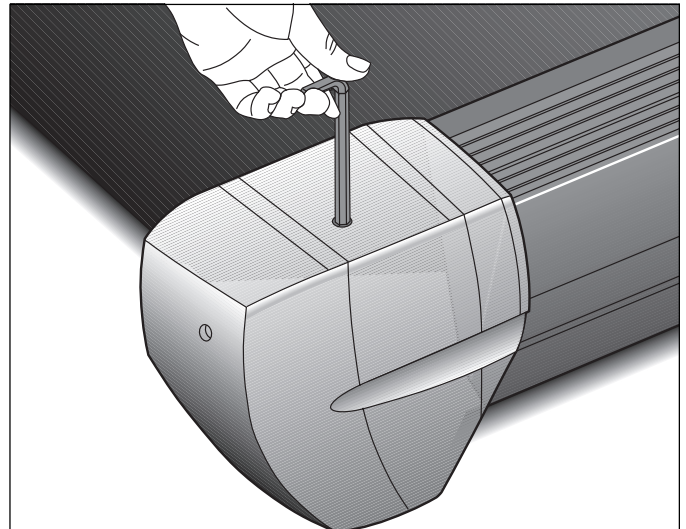


16. **Level the unit.** Diagram 14. The M9.33 has adjustable rear feet. Check to make sure that the running surface is level (use a bubble level as shown in Diagram 14). If the treadmill is placed on a slightly, uneven surface, adjusting the rear feet can help, but will not compensate for extremely uneven 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 $\frac{3}{4}$ -inches. Check the level of the unit after each adjustment.

Diagram 15

Adjust the
rear deck.



17. **Adjust the rear deck.** Diagram 15. To raise the rear deck, insert the $\frac{1}{4}$ -inch hex key (G). Make sure that the key is fully engaged and turn it clockwise. Turning the hex key counterclockwise lowers the unit.

Turning the Unit ON and OFF

Use the ON/OFF (I/O) power switch to turn the unit ON and OFF. This switch is located on the front of the unit, near the power cord.

The treadmill requires a dedicated circuit. Plug the power cord into a dedicated 15 amp, grounded, power source. Make sure that no other product or machine uses the same circuit as the treadmill.

To complete the installation of the treadmill, continue to *Checking the Alignment of the Running Belt* on the next page.

CAUTION: Never remove or bypass the 3-prong plug on the unit's power cord with an adapter. Do not use a non-grounded outlet. Do not plug the treadmill into a power transformer in an attempt to adjust the voltage requirements.

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. The treadmill has adjustable rear feet. Check to make sure that the running surface is level (refer to steps 16 and 17 on the previous pages). If the treadmill is placed on a slightly uneven surface, adjusting the rear feet can help, but will not compensate for extremely uneven surfaces.
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**.
4. If necessary, enter the password: **Incline ▼, Speed ▼, Speed ▲**. The running belt starts automatically after the message, "**Belt Starting 3, 2, 1,...**" appears.
5. 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).
6. Walk around to the rear of the unit and observe the belt for a few minutes as it moves.

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

| If the running belt,... | Then,... |
|---|--|
| tracks centered on the running surface (evenly distributed between the side rails) | the belt is functioning correctly and no adjustment is necessary. |
| runs or drifts off center | you need to adjust the belt; see <i>Aligning the Running Belt</i> , page 40. |
| Important: If you notice that the belt needs alignment, make the adjustments at once. Failure to do so might cause the belt to tear or fray which is not covered by the Precor limited warranty . | |

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

If the belt is functioning correctly, the M9.33 treadmill is ready to use.

3

Using the M9.33 Treadmill

The M9.33 is designed so that you can work out with minimal instruction. The directions on the console and the prompts on the display help guide you through your entire workout session. A special feature of the M9.33 is its ability to retain User I.D. information. Each person that uses the treadmill (up to two people) can have their own User I.D. and personalize their workout session. Refer to *User I.D. keys* on page 29.

When you select a User I.D. and work out on the M9.33, the course information, the workout time, your weight, and your age are stored with your User I.D. once you complete a course. By selecting the same User I.D., prior to your next workout, the information about your preferred course, workout time, weight, and age is retrieved from memory.

Your M9.33 also contains a QUICK START feature which lets you bypass the Setup prompts and start your workout immediately. Refer to *The Setup Mode and the Quick Start Feature* on page 23.

This section provides workout tips and information about:

- safety features
- workout tips
- quick steps to working out
- cooling down after a workout
- Setup mode and Quick Start
- pause and exit features

Safety Features

CAUTION: Do not allow children on or near the treadmill at anytime. If anything should get caught in the rollers, the running belt does not stop immediately.

The M9.33 treadmill is a powerful machine. Children should **not** be allowed on or near the treadmill. You should assemble and use the treadmill in a safe and secure location. Other safety aspects to consider include:

- Always attach the security clip to your clothing prior to working out.
- To help prevent unauthorized use, the M9.33 provides password protection. The password is enabled at the factory. Refer to *Entering a Password* below.
- Prior to the start of a course, the display will return to the Precor banner if more than two minutes elapse without a key press occurring. This feature is helpful if you get called away just prior to starting your workout. However, do not assume that this feature makes the treadmill secure from unauthorized use.

Using the Security Clip

A security clip is attached by its cord to the red **Stop** button above the center 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, reattach the security clip to your clothing, and press the Speed ▲ key until you reach the desired speed.

Using the Handrails

Always grasp the handrails to help keep your balance when you step on to or off of the treadmill and when you use the display keys. During a workout, use the handrail(s) to keep your upper-body movement to a minimum.

Entering a Password

The M9.33 is equipped with password protection. At the password prompt "PW?", entering the following key sequence: **Incline ▼, Speed ▼, Speed ▲**.

An asterisk appears on the display with each key press. If the correct key is not pressed within two minutes, access to the course is denied and the running belt will not move. The Precor banner reappears on the display.

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

Workout Tips

The steps to working out on the treadmill are listed on the opposite page. A short description appears in the left margin with the more thorough explanation following on the right. Tips to consider during your workout are shown below:

- Check that the unit is turned ON. The I/O switch is located on the front panel.
- Review the *Safety Features* on the previous page and follow the *Important Safety Instructions* written on the inside cover.
- Select a User I.D. by pressing the SELECT 1 or SELECT 2 key so that you can personalize your workout. To toggle between User I.D.'s, press the ▼▲ keys.
- At the Precor banner, pressing **Quick Start** bypasses further selections and starts the running belt. Default values may apply (see *Quick Start* on page 29). Smart Rate® is not active.
- Entry of a password may be required before starting a course program.

Diagram 16 M9.33 display console

Heart rate display —

Smart Rate® display —

User I.D. display —

Course profile and data entry fields —
Once you begin a course, the profile appears in this portion of the display and remains until you press the SELECT [2] key.

Select keys —
Customize the display by highlighting the LED indicators in each column. Make your selections by pressing the appropriate SELECT key. A lit LED indicates which feature is being displayed. If more than one LED is highlighted, the M9.33 sequentially scans the features every few seconds. Refer to page 30.

Keypad keys —

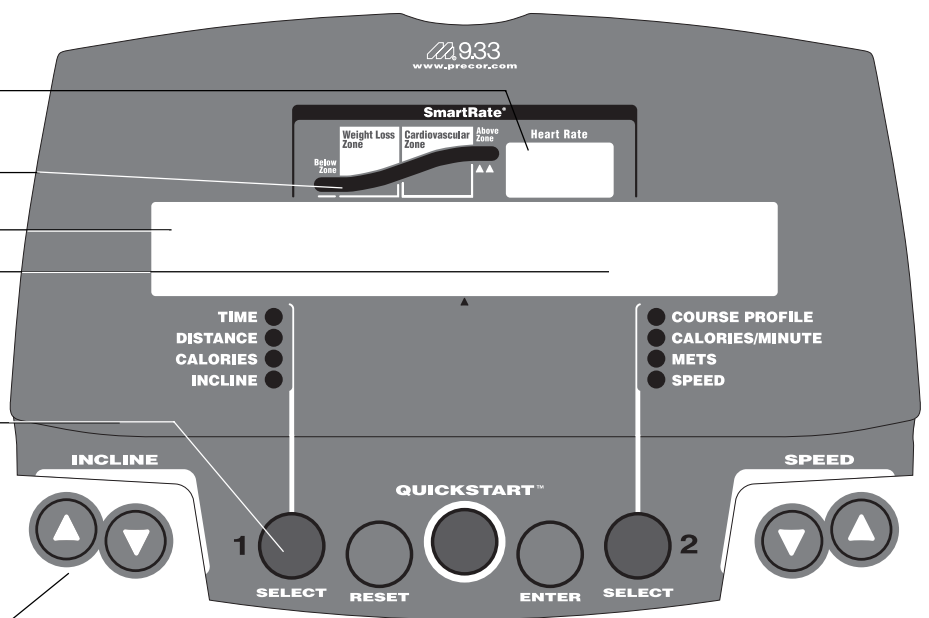


Diagram 16 shows the display console label. Its display features and keys are explained on the following pages.

Smart Rate® display — When you wear the POLAR® chest strap, a blinking segment approximates your heart rate and shows you which zone your heart rate is in: weight loss or cardiovascular.

Heart Rate display — helps you monitor your heart rate and, in the Heart Rate course, keeps you within your target zone. You must wear the POLAR® chest strap and face the display console before your heart rate can appear on the display.

User I.D. keys 1 and 2 — While setting up for your workout, the SELECT keys act as User I.D. 1 and 2 (respectively). Choosing a User I.D. enables the M9.33 to identify you and retrieve the last course used, the workout time, weight, and age. If another person works out on the treadmill, he or she can select a User I.D. of their own and personalize their workout session. To learn more about this feature, refer to *User I.D. Keys 1 and 2* on page 29.

Quick Steps to Working Out

1 ▶ **Wear the POLAR® chest strap.**

2 ▶ **Turn ON the treadmill.**

3 ▶ **Straddle the running belt.**

4 ▶ **Attach the security clip to clothing.**

5 ▶ **Select a user I.D. , press Enter or press Quick Start.**

Important: Before working out, review the information regarding the different M9.33 courses and their operation. Brief course descriptions start on page 33.

6 ▶ **Accept or change the COURSE, TIME, WEIGHT, or AGE information.**

Thirteen courses appear on the label attached to the accessory tray. Additional display prompts occur when you choose certain courses such as INTV (Interval).

For some courses, the amount of TIME you spend in a course can be changed. Other courses are pre-programmed. Once accessed, the TIME field blinks and can be altered using the ▼▲. To designate “no time limit,” select INFINITE (found at zero).

7 ▶ **Enter a password.**

CAUTION: Hold onto the handrail(s) if you pressed the **Quick Start** key. After password entry (if it's enabled), the running belt begins moving at 1 mph (1.5 kph). Default values apply. Refer to **Quick Start** on page 31.

8 ▶ **Begin working out. Press Speed ▲.** Hold onto the handrail with one hand. Step onto the belt while it is at 1 mph (1.5 km).

1. For your heart rate to appear on the display, you need to wear a POLAR® chest strap (refer to Chapter 7) during your workout.
2. Locate the I/O (ON/OFF) switch at the front of the treadmill and turn it ON. The Precor banner appears on the display console.
3. 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 and touch the keys.
4. Attach the security clip to your clothing near your waistline.
5. Face the display and hold onto the handrail with one hand when you press the keypad with the other. There are several different paths you can take to move through the Setup mode. How you set up your workout depends on how detailed you like to be.

6. While the Precor banner is being displayed, do one of the following:

Press **Enter**

By pressing **Enter**, the User I.D. associated with the person who last used the treadmill appears on the display. (To toggle between User I.D.'s, press the ▼▲ keys.)

To change the COURSE, press the **Enter** key again. The course selection that was last stored with the User I.D. appears. To select a different course, use the ▼▲ keys. When your preferred course appears, press **Enter**. If the course selection lets you designate a workout time, the TIME prompt appears. Use the ▼▲ keys to select a time between INFINITE (zero - no time limit) and 240 minutes.

Continue this process to enter or change your WEIGHT (1 through 999 pounds or kilograms) and AGE (1 through 99).

Press a SELECT key

By pressing one of the **Select** keys (1 or 2), you access one of two User I.D.'s. To toggle between User I.D.'s, press the ▼▲ keys. If you wish to change some aspect of the information stored with the User I.D., refer to the paragraph above. To begin your workout using the course that appears on the display, press **Quick Start**. Refer to the “**Important**” note below.

Press **Quick Start**

By pressing **Quick Start** at the Precor banner, you access the Manual course. No workout statistics are stored with a User I.D. and default values apply.

Important: You can also press **Quick Start** during Setup mode to process any selection that appears on the display and any prior entry you may have made. After password approval, hold onto the handrail because the belt starts moving after a short warning message appears on the display, “**Belt Starting 3, 2, 1,...**”

7. The M9.33 is equipped with password protection to help prevent unauthorized use. The password involves entering the following key sequence:
Incline ▼, Speed ▼, Speed ▲
An asterisk appears on the display with each entry. If the correct key is not pressed within two minutes, the Precor banner reappears and access to the course is denied.
If you feel that your work out and home environment makes the password unnecessary, you have the ability to eliminate password protection. Refer to *Securing the Treadmill with a Password* on page 32.
8. If you pressed Enter to answer all the Setup prompts, hold onto the handrail with one hand while you press the **Speed ▲** key with the other hand. Step onto the running belt while the speed is at or 1 mph (1.5 kph). Once you are comfortable with the walking or running speed, you can remove your hands from the handrail.

Quick Steps to Working Out

- 9 Continue your workout.**
Hold onto the handrail. Note that the keypad is very sensitive, a light touch is all you need for a change to occur.
- (Pause)
- 10 End your workout.**
Important: Always incorporate a cool-down period into your workout. To cool down when you have selected an INFINITE course time, press the red **Stop** button to end the course, and then select the MANL (Manual) course to cool down.
- 11 Review your workout statistics**
- 12 Remove the Security clip.**
- 13 Turn OFF the treadmill.**

9. Use the **Incline ▼▲** and **Speed ▲▼** keys to change the incline and speed during your workout. Note that certain courses have preprogrammed speed and incline changes. Refer to *M9.33 Courses* on page 33.
- Note:** To pause during your workout before finishing the selected course, press the red **Stop** button. The displays on the console freeze. When returning to the course, you are prompted for the password. Refer to page 19.
10. You can end your workout in one of two ways:
- pressing the red **Stop** button, or
 - entering the automatic five minute cool-down period that is appended to several of the courses: Refer to *M9.33 Courses*.
- Note:** Use ▼ or ▲ keys to decrease or increase the **Speed** and **Incline** during your cool-down period.
- When you complete the automatic cool-down period, the running belt stops and a **Workout Summary** banner appears. Workout statistics TIME, DISTANCE, and CALORIES are added to your cumulative User I.D. totals and all other statistics are reset to zero. (Note that the TIME display shows the accumulated workout time including warm-up and cool-down periods.)
11. You are given ten minutes to review your workout statistics before the display automatically resets to the Precor banner. You can also press **Reset** during that time to return to the Precor banner.
12. When the running belt stops, hold onto a handrail and place your feet on the right and left staging platforms, remove the security clip from your clothing, and step off the treadmill.
13. Turn OFF the treadmill to help prevent unauthorized use.

Cooling Down After Your 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 three minutes helps provide a smooth transition that allows your heart rate to return to its normal (non-exercising) state.

When you enter cool down, a message notifies you that you have reached the end of the course and the cool-down period is about to begin. The running belt slows by about 20 percent and the incline returns to 0 percent. The Manual course profile appears in the display. You can change the speed and incline by pressing the respective ▼ or ▲ keys. When you complete the five minute, cool down, a **Workout Summary** appears. See the information beginning on page 24.

Important: The automatic five-minute cool down does not occur if the selected TIME for the course is INFINITE. In any other course, the automatic five-minute cool down is activated when you complete the course. If you exit a course prior to its completion, then the cool down program is not implemented.

To prematurely end the five minute cool-down period, press the red **Stop** button and then **Reset**. Refer to the table on the next page. Your workout statistics are added to the cumulative totals while the running belt slows to a gradual stop. The **Workout Summary** display appears so you can review your cumulative totals.

The following information shows what happens when you press certain keys while in the Cool down mode.

| While 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 incrementing. The display features remain, so you can review your workout statistics. Note that the Pause mode lasts for ten minutes. |
| While in Cool down-Pause mode you press | This is what happens... |
| Speed ▲ | Starts the running belt moving again and returns to cool down mode so that you can resume where you left off. TIME continues to count down. |
| Reset | Displays the Workout Summary banner. |

The Setup Mode and the Quick Start Feature

The Quick Start feature can be pressed any time during the Setup prompts. See the table below.

Note: Default values apply if **Quick Start** is pressed while the Precor banner is displayed. Refer to *QUICK START* on page 29.

| Press QUICK START at the,... | The following occurs: |
|-------------------------------|---|
| Precor banner | You bypass the Setup prompts and your work out begins in the Manual course. Default values apply. See <i>QUICK START</i> . |
| User I.D. prompt | The last course and workout time that User 1 or User 2 used is retrieved from memory and the course profile appears on the display. The weight and age associated with the User I.D. are also retrieved and used for calculations. |
| Course prompt | The profile associated with the course number appears on the right side of the display. |
| Course-related prompts | When you press Quick Start at the course-related prompts, whatever information is being displayed (Example: REST 4 MIN), the displayed data is accepted and writes over any information stored in memory. Other course-related information that may be skipped (workout time, weight, and age) is retrieved from memory. For example, if you selected the Interval course and changed the Rest interval to four minutes and then pressed Quick Start , the Work interval time would be retrieved from memory. If no prior course information existed, the work interval time would reflect the standard default time. |
| Time prompt | The information that appears on the display becomes the workout time for the course. You can change the display using the ▼ or ▲ keys. See <i>Workout Tips</i> . Note: You can select an indefinite workout time. By pressing either ▼▲ key, you'll find the word "INFINITE" appear on the display where the number zero would normally appear (between 240 and 1). |
| Weight prompt | The weight (1 through 999) that appears on the display becomes your designated weight that the M9.33 uses to compute various calculations. |
| Age prompt | The age (1 through 99) that appears on the display becomes the designated age that the M9.33 uses for Smart Rate. A correct age entry between 1 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. |

Pause, Workout Summary, and Exit Features

Pausing 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.

CAUTION: Always hold onto the handrail with one hand when pressing the display keys with the other.

Pause mode — can be accessed while in a course or during cool down. Note that the Pause mode has a ten minute time limit. If no key presses occur during that time, the workout statistics are added to the cumulative totals and the display returns to the Precor banner.

Workout Summary display — provides a ten minute time frame in which you can review your workout statistics before the display automatically resets to the Precor banner. The **Workout Summary** display can be accessed from the Pause or Cool Down/Pause modes, or by prematurely exiting a course. When you access the **Workout Summary** display, workout statistics except TIME, DISTANCE and CALORIES reset to zero. (Note that the TIME and CALORIES displays show the accumulated workout time and expended calories including warm-up and cool down periods.)

The following information shows what happens when you press certain keys while in the various modes.

| During 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 the belt slows to a gradual stop. Once the running belt stops, TIME stops accruing. The display features remain, so you can review your workout statistics. The Pause mode has a ten minute time limit. |

| While 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 so that you can view your workout statistics. |

| At the Workout Summary banner, you press | This is what happens... |
|--|--|
| Reset | Stores your course information associated with the User I.D. and the display returns to the Precor banner. Note: If the ten minute time limit elapses, the display returns to the Precor banner. |

4

The M9.33 Display

The display console lets you control your M9.33 workout session. The directions on the console and the prompts on the display guide you through the options. Before using the treadmill, we recommend that you familiarize yourself with it so that you can use it safely and effectively. This section covers the following information:

- an overview of the different features on the display
- an explanation about the Setup Mode and Display Prompts

Features on the Display Console

As you work out, indicator lights show you which feature is being displayed. When you begin a course, the display initially presents TIME and COURSE PROFILE. You can change what features appear by pressing the **Select** keys. Refer to *Changing the Display Features Using the SELECT Key* on page 30.

Diagram 17 M9.33 display console

Heart rate display

Smart Rate® display

User I.D. display

Center display

Once you begin a course, the profile appears in this portion of the display and remains until you press the **SELECT [2]** key.

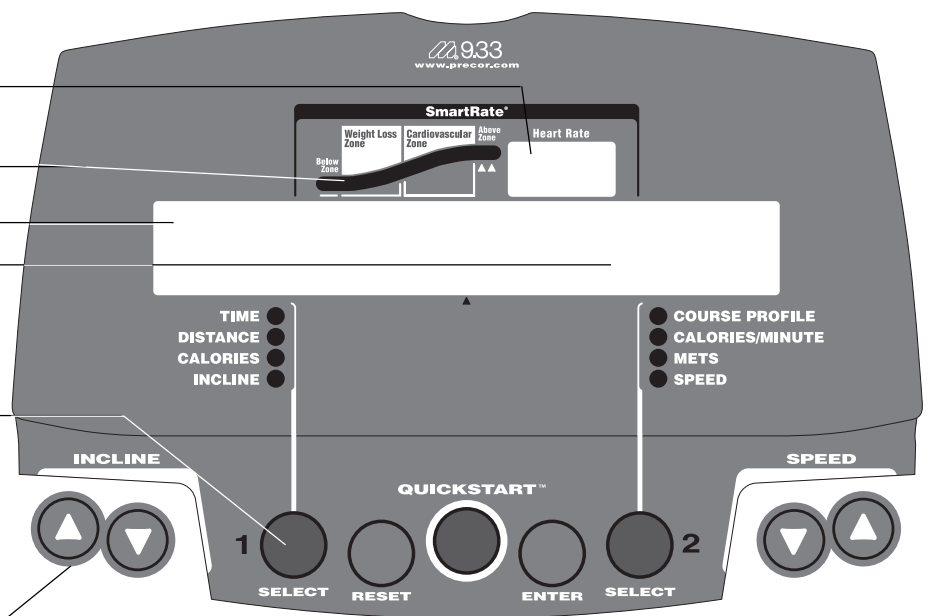
Select keys

Customize the display by highlighting the LED indicators in each column. Make your selections by pressing the appropriate **SELECT** key. A lit LED indicates which feature is being displayed. If more than one LED is highlighted, the M9.33 sequentially scans the features every few seconds. Refer to page 30.

Keypad keys

The keys on the keypad let you:

- control your workout session,
 - answer prompts prior to starting a course,
 - determine which display features appear,
 - prematurely end a course, and
 - adjust the resistance and ramp incline.
- Refer to *Keys on the Keypad* on page 28.



Smart Rate® Display

You must enter your "AGE" during the Setup prompts and wear a POLAR® chest strap, while in a course program, before the blinking segment in the bar graph can show which zone your heart rate is in: 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. The yellow LED's on the Smart Rate display indicate the Weight Loss zone.
- **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. The green LED's on the Smart Rate display indicate the Cardiovascular zone.

Important: During a course, your heart rate must be above 40 beats per minute before the segment begins to blink. Note that pressing **Quick Start** at the Precor banner makes the Smart Rate® display feature inactive.

Heart Rate Display

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 17) and blinks in time with your pulse. If you are not wearing a POLAR® chest strap, your heart rate will not be detected and no pulse rate appears (the display remains blank).

Important: If a “— — —” appears in the display, the M9.33 is having difficulty detecting your heart rate. Make sure that the POLAR® chest strap is positioned properly on your chest against your skin. If the heart rate receiver in the display console has become disconnected, the display appears blank. Refer to *Wearing the Polar Chest Strap* on page 39.

Center Display during a Workout

The Precor banner, User I.D., setup prompts, course profiles and feature selections appear in the center display. Prior to working out, prompts guide you through the Setup mode. Refer to *Setup Mode and Prompts*.

Once you begin a workout, indicator lights appear next to TIME and course PROFILE. You can change what appears on the display by pressing the appropriate **Select** key. Refer to *Changing the Display Features Using the SELECT Key* on page 30.

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. Most often, the **Time** display shows the amount of time remaining in your workout.

DISTANCE: The distance that you have travelled appears (00.00) once you begin a workout. Distance can appear in miles or kilometers. If you wish to change the display, follow the instructions found in *Advanced Programming Techniques* on page 31.

CALORIES: Provides an estimate of the cumulative number of calories burned. The calorie calculation is derived from the speed, incline level, and your weight. An accurate weight entry results in a more accurate calorie count.

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 15%. The values displayed can change in 0.5% increments.

Note: You can check the incline (when it is not the chosen display) any time during your workout by tapping either **Incline ▲** and **▼** key. Pressing and holding the **Incline ▲** and **▼** key causes the treadmill's incline to change. Refer to *Keys on the Keypad*.

COURSE PROFILE: At the beginning of a course, the profile appears on the right side of the display and corresponds to the course that you selected. As you proceed through your workout, your position in the course is indicated by a blinking column. The height of the column indicates the level of incline. Every time the incline changes by several sequential levels (up or down) the height of the column changes by one cell.

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

METS: Displays the metabolic units associated with your workout.

SPEED: Displays the running belt's speed. The **▼** and **▲** keys let you decrease or increase the treadmill's speed. The running belt speed ranges from 0.5 to 11 mph (1 to 18 kph) and can be changed in 0.1 mph increments from 1 to 11 mph (1 to 18 kph).

Note: You can check the speed (when it is not the chosen display) any time during your workout by tapping either **Speed ▼** or **▲** key. Pressing and holding the **Speed ▼** or **▲** key causes the treadmill's speed to change. Refer to *Keys on the Keypad*.

Setup Mode and Prompts

The Precor banner, "PRECOR WORK OUT SMARTER" is your "starting point" when you begin a workout. If the banner does not appear on the display, press the **Reset** key. If the display appears blank, make sure that the treadmill is turned ON. (Press the ON/OFF [I/O] switch located at the front, near the power receptacle, to ON.)

From the Precor banner, you can access your User I.D. and the Setup mode which lets you determine the course, workout time, weight, and age parameters as described below.

Note: Key presses to the INCLINE ▼▲ or SPEED ▼▲ keys are ignored when the banner is being displayed. Refer to page 28 for more information about the keypad.

User I.D.: The M9.33 provides two User I.D.'s that store information about your preferred course, workout time, weight and age. If other people use the M9.33, each person (up to two people) can select their own User I.D. and personalize their workout session. The **Select 1** and **Select 2** keys on the display console correspond to **User 1** and **User 2**. To promptly retrieve the last course that you used, you can press the key associated with your User I.D. while the Precor banner is being displayed.

COURSE: The COURSE prompt indicates that the M9.33 is ready to accept course entries. To help you determine which course you want to use, the course names and profiles appear on the display console label. The ▼ and ▲ keys let you scroll through the available courses. The left portion of the display presents the abbreviated name of the course, while the right half displays the course profile. The text blinks indicating that it is awaiting your acceptance. To choose the selection being displayed and continue in Setup mode, press **Enter**. (Refer to *The Setup Mode and the Quick Start Feature* on page 23.)

Note: Depending on the course that you select, you may be prompted for other information. Refer to *Course Descriptions* on page 33.

TIME: Acceptable entries range between INFINITE (zero) and 240 minutes. (If you want to work out indefinitely, you can choose INFINITE. The five-minute, cool-down period will not be appended to the course.) The display blinks to indicate that it is awaiting your selection. Use the ▼ and ▲ keys to change the selection. To continue in Setup mode, press **Enter**.

Note: The Weight Loss course has a preset time limit so you will not be prompted for a workout time when you choose WTLS. You cannot workout indefinitely in the Weight Loss course.

WEIGHT: Acceptable entries range from 1 through 999 (pounds or kilograms). Change the blinking number using the ▼ and ▲ keys or accept the displayed number (and continue in Setup mode) by pressing **Enter**.

Important: Enter a number that reflects your actual weight since the calorie count and several other calculations are based on the weight entry.

AGE: Acceptable entries range from 1 to 99. Change the blinking number using the ▼ and ▲ keys or accept the displayed number by pressing **Enter**.

Important: An age entry is required if you want to use the heart rate interactive capabilities of the treadmill. Refer to *QUICK START* on page 29.

5

The M9.33 Keypad

When you first turn the unit ON, the Precor banner “PRECOR WORK OUT SMARTER” appears in the center display window. This banner indicates that the M9.33 is ready to accept user entries.

Keypad Tips

Important: The keys on the keypad are touch-sensitive. A light “touch” is all that is required to activate the key function.

- Accurate entries are required or features such as Smart Rate will not work properly.
- During the Setup prompts, you can change the information being displayed by pressing any ▼ or ▲ key. (Incline and speed levels are not affected until the course begins.)
- Press **Enter** to select the information being displayed.
- Pressing **Quick Start** at the Precor banner bypasses further selections and displays the Manual course. Default values apply. The Smart Rate® display does not appear. Refer to *The Setup Mode and the Quick Start Feature* on page 23.
- A time-out occurs during the Setup prompts if the M9.33 detects no key presses for two minutes. The display returns to the Precor banner.
- Press **Reset** to return to the Precor banner.

Special Keypad Functions at the Precor Banner

You can perform a variety of tasks from the banner using different key presses:

Note: Key presses to the ▼ or ▲ key are ignored when the banner is being displayed.

1 key — selects User 1. The last course accessed by User 1, along with the workout time, weight, and age is retrieved from memory.

RESET — initiates the diagnostic mode. Refer to *Advanced Techniques for the M9.33* on page 35.

QUICK START — causes the system to start the Manual course. Default settings apply. Refer to *The Setup Mode and the Quick Start Feature* on page 26. No information stored with either User I.D. is changed.

ENTER — initiates the Setup mode and causes the User I.D. prompt to appear.

2 key — selects User 2. The last course accessed by User 2, along with his or her workout time, weight, and age is retrieved from memory.

Keys on the Keypad

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 17.

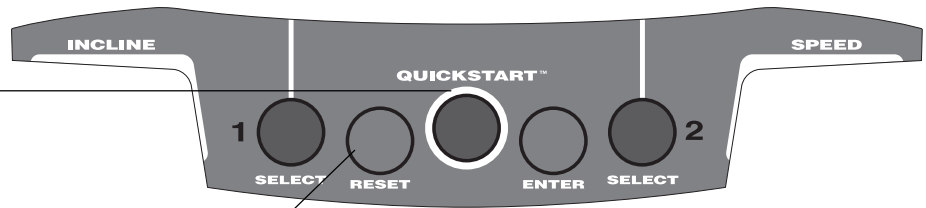
INCLINE ▲▼: During a workout, the **Incline ▲▼** keys let you increase or decrease the incline. The display can show a range from 0 to 15. Setting 0 is the level (and lowest) incline.

When you change the incline by pressing the **Incline ▲** or **▼** key, the number that appears on the display shows the *target* incline (not necessarily, the present incline) because the display can change much faster than the treadmill's lift.

Note: Any time during your workout, 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 one second.

Diagram 17

M9.33 keypad.



Quick Start: When pressed at the Precor banner, the running belt begins moving after a three second delay. Smart Rate® is inactive and default values apply.

Keypad keys

The keys on the keypad let you:

- control your workout session,
- answer prompts prior to starting a course,
- determine which display features appear,
- prematurely end a course, and
- adjust the incline and speed levels.

During Setup mode, the **Incline ▲▼** keys are used for data selection. Pressing either ▲ or ▼ key does not affect the incline. However the ▲ or ▼ keys do affect what appears on the display. Refer to *Setup Mode and Prompts* on page 26.

SELECT keys 1 and 2: While the Precor banner is displayed, the SELECT keys act as User I.D. 1 and 2 (respectively). During a course, the **Select** keys change what items appear on the display. Refer to *Changing the Display Features Using the SELECT Key*.

User I.D. keys 1 and 2 — While setting up for your workout, the SELECT keys act as User I.D. 1 and 2 (respectively). Choosing a User I.D. enables the treadmill to identify you and remember your last course, workout time, weight, and age. If another person works out on the M9.33, he or she can select a User I.D. of their own and personalize their workout session.

To learn about choosing the display items and setting up an automatic scan of the workout data, refer to *Changing the Display Features Using the SELECT Key*.

RESET: Provides access to diagnostics (see *Advanced Programming Techniques* on page 31), and lets you exit a course or the Setup mode prematurely. If you press **Reset** while in a course, you exit the course and access the **Workout Summary** display. Press **Reset** again to exit **Workout Summary** and return to the Precor banner or wait for the ten minute time-out. Note that if you press **Reset** during the Setup mode, you also return to the Precor banner. None of the display information you may have changed in Setup Mode is saved with the User I.D.

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 No limit (i.e. INFINITE)

WEIGHT 150 lbs. (68 kg.)

AGE 0 : A valid Age must be entered 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 wear the POLAR® chest strap. If no “Age” entry occurs, then **Smart Rate** LED’s light but are not activated. Note that the POLAR® chest strap is available through your Precor dealer. Refer to *Obtaining Service* on page 9.

The **Quick Start** key can be pressed any time during the Setup prompts. For more information, refer to page 23, *The Setup Mode and the Quick Start Feature*.

ENTER: Workout specific prompts which appear on the display need to be addressed and then “entered” into the unit’s memory by pressing the **Enter** key. Refer to *Quick Steps to Working Out* on page 21.

SPEED ▼▲: During a workout, the **Speed** keys let you decrease or increase the running belt's speed. The display can show a range from 0.5 to 11 miles per hour (1 to 18 Kilometers per hour) and changes can be made in 0.1 mph increments from 1 to 11 mph (1 to 18 kph).

When you change the speed by pressing the **Speed ▲** or **▼** key, the number that appears on the display shows the *target* speed (not necessarily, the present speed of the running belt) because the changes to the display can occur much faster than the belt speed.

Any time during your workout, you can view the actual speed by lightly tapping either **Speed ▲** or **▼** key. Your "pace" (minutes per mile) appears in the left-most display. You can opt to change the speed, if you hold the key down for more than one second.

During Setup mode, the **Speed ▲ ▼** keys are used for data selection. Pressing either **▼** or **▲** key does not affect the running belt. However the **▲** or **▼** keys do affect what appears on the display. Refer to *Setup Mode and Prompts* on page 23.

Changing the Display Features Using the SELECT Key

The **Select** keys let you choose which feature(s) appears on the display. When you enter a course, TIME and COURSE PROFILE features are preselected for you. As you work out, TIME indicates the amount of time you've spent in your work out. The blinking column in the course profile indicates the incline level and progress along the course.

Each **Select** key affects four different display features. The left SELECT [1] key, causes the indicator light to appear next to TIME, DISTANCE, CALORIES, and INCLINE. The right SELECT [2] key, highlights COURSE PROFILE, CALORIES/MINUTE, METS, and SPEED.

You can determine which features appear by switching the indicator lights, next to the item, on or off. If the indicator light is off, the item will not appear in the display. If more than one item per column is highlighted, the M9.33 will scan between the selected features and skip over the ones that are not highlighted.

To turn the indicator lights on or off, take the following steps:

1. Press the appropriate SELECT key until the indicator next to the item is highlighted.
2. Continue pressing the SELECT key for at least 2 seconds. The indicator light begins to blink. The light continues blinking until you release the key.

Note: If you are turning an item "on," the indicator light next to the item remains lit and the featured information appears on the display. If more than one item per column is highlighted, the M9.33 begins a sequential scan of the items every five seconds.

6

Advanced Programming Techniques

Several aspects of the M9.33 can be programmed. This section provides instructions on how to:

- select U.S. standard or Metric display
- enable or disable password protection
- view the odometer, hours of use, software version, and error log

Programming Tips

Certain aspects of the M9.33 are hidden and can only be accessed using special key presses. To avoid unauthorized use, certain rules apply. Tips to consider while programming or viewing diagnostic information are shown below:

- Always start at the Precor banner.
- The advanced programming and diagnostic mode is accessed by pressing the **Reset** key while the Precor banner is displayed. A second key press must occur within 1/3 second after pressing **Reset** or the display returns to the Precor banner. The third and subsequent key presses must occur within four seconds of the previous key press or the Precor banner returns and you will need to begin again.
- The **Select** and **▼▲** keys let you preview information pertinent to the program.
- Exit the programming or diagnostic mode by pressing **Reset**. Note that the display remains blank for one second and any additional key presses are ignored.

Selecting a U.S. Standard or Metric Display

The M9.33 can display units of measure in either U.S. Standard or Metric. When the treadmill is shipped from the factory it is set to display U.S. Standard units of measure. You can easily change this setting by taking the following steps:

1. Check that the M9.33 is ON. If necessary, turn ON the treadmill using the power switch located at the front of the unit.
2. At the Precor banner, press the following keys in sequence:
Reset, Quick Start, Enter, Select [2], Incline ▲
The numbers 5, 6, 7, 1 appear on the display as you press the associated key.
Important: If the second key press (**Quick Start**) is not pressed within 1/3 second after pressing **Reset**, the display returns to the Precor banner. You will need to begin again.
3. The prompt, "**Select Units**" appears on the display and then, the current unit of measure appears. Any **▼** or **▲** key lets you alternate between the prompts.
Important: If you change the units of measure, previously recorded rest and work speeds in the Interval or Custom courses are cleared and reset to 1 mph (1.5 kph).
4. Once your selection is displayed, three options exist. You can,
 - a. press **Enter** to accept the unit of measure being displayed and continue with programming the treadmill. The changes are saved in memory. The M9.33 will retain your selection even when it is turned OFF and unplugged.
 - b. press the red Stop button which keeps the "current unit of measure" unchanged and advances to the next program.
Note: The "current unit of measure" is not necessarily the one being displayed. It refers to the unit of measure that was in existence prior to entering the "**Select Units**" program.
 - c. press **Reset** which keeps the "current unit of measure" unchanged, ends the programming mode, and returns to the Precor banner.

Securing the Treadmill with a Password

Note: The password protection program is part of a two-part sequence that starts with *Selecting a U.S. Standard or Metric Display*. Begin with the instructions on page 31.

If you chose step 4a. or 4b. in the previous programming step, the prompt, **PASSWORD** appears on the display. You can use the ▼▲ keys to cycle through the available options:

CAUTION: *If you choose to change the security of the treadmill, it is your responsibility to make sure that no unauthorized personnel or children are allowed on or near the treadmill.*

Enabled — causes the password prompt to appear prior to working out and when returning from Pause mode.

Disabled — lets you “turn off” the password requirement. Use this option with caution.

Once your selection is displayed, three options exist. You can,

1. Press **Enter** to accept the displayed information and continue with programming the treadmill. The changes have been retained in the treadmill’s memory. The M9.33 treadmill will retain your selection even when it is turned OFF and unplugged.
2. Press **Reset** (or the red **Stop** button) which keeps the current security unchanged, ends the programming mode, and returns to the Precor banner.

Viewing the Odometer, Hours of Use, Software Version and Error Log

Review *Programming Tips* on the previous page before taking the following steps.

To view the odometer (the number of hours of that the M9.33 has been used), its software version number or the error log, start at the Precor banner and press the following key sequence:

Reset, Enter, Quick Start

The numbers 6, 5 appear on the display as you press the associated key.

The field name **Odometer** appears briefly and then the odometer value (the cumulative miles or kilometers users have travelled) appears. When either **Select** key is pressed the word “MILES” (or KILOMETERS) appears on the display. When the key is released, the odometer value reappears.

Press **Enter** and the number of hours (**Hour Meter**) that the unit has been in use appears. The M9.33 notes the passing of minutes, but the numeric value that appears is truncated to the nearest full hour. When either **Select** key is pressed the word “HOURS” appears on the display. When the key is released, the hour meter reappears.

Press **Enter** again and the unit’s three digit **SW Version** (upper display software version number) appears. Press either **Select** key to view the lower board’s software version number. The **Select** key toggles between the two versions. The words “UPPER” and “LOWER” appear prior to the version being displayed.

Press **Enter** once again and the **Error Log** appears. Press any ▼ or ▲ key to scroll through the error codes. Up to ten error codes can be recorded and retrieved.

To view the odometer reading at the time the error was detected and the hours of use at the time the error occurred, press either **Select** key while the error code is being displayed. The **Select** keys act as toggles between the associated information.

Note: To **clear** (delete) the error log, press **Quick Start** for at least four 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.

To return to the Precor banner, press **Reset, Enter** or the red **Stop** button.

7

M9.33 Courses

A variety of exercise options are available on the M9.33. Descriptions of the courses printed on the display console label are described in this section. The information includes:

- brief course features descriptions
- clearing custom courses
- utilizing the Smart Rate® and heart rate features

When using the treadmill, follow these general guidelines:

- At the beginning of a workout, take several minutes to bring your heart rate into your training zone, shown in Diagram 18.
- After your workout, walk slowly for several minutes to cool down your body and lower your heart rate. If possible, use the cool-down feature on your treadmill.
- Before and after a workout, gently stretch your lower body and back to help prevent stiffness or soreness.

Course Features and Course Descriptions

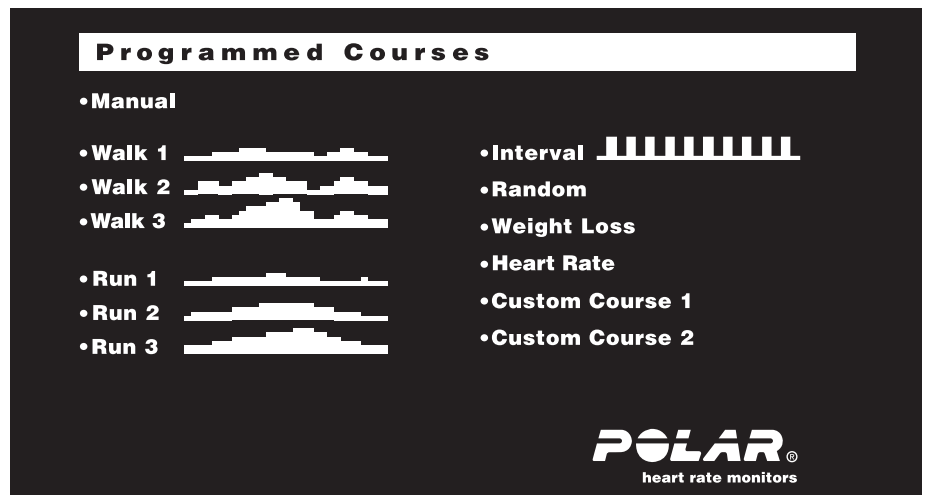
The courses on the M9.33 can be categorized into 4 different groups: infinite, fixed, user-programmed, and preprogrammed.

- An *infinite*-type course is not limited by time. It continues until you press the red **Stop** button. The automatic five minute cool-down period is not appended to these types of courses.
- A *fixed*-type course is limited by time. The display shows the TIME remaining in your workout. When you complete this type of course, the automatic five minute cool-down period begins.
- A *user-programmed* course is similar to the infinite-type courses, but you determine the speed and incline as you move through course. The speed and incline changes are saved for future use. These types of courses include: Custom and Interval. Two *custom* courses are available on the M9.33 for User 1 and User 2. The amount of time spent in the workout session appears in the TIME display.
- The *preprogrammed* courses provide preset inclines. In each course, the incline automatically changes as you progress through the course profile. You have complete control over the running belt speed. You can also override the incline using the Incline ▲▼ keys for each upcoming segment in the course profile. The profile changes accordingly and the incline position is saved should you use this course at another time. When you complete a *preprogrammed* course, the automatic five minute cool-down period begins.

The progress that you make during a course is tracked by a blinking cursor. If the column is several segments high, the entire column blinks.

The different course numbers and names appear on the following pages along with a description of the course features.

Diagram 20
M9.33 Course label.



| MANUAL (MANL) | Course duration | Description |
|-------------------------------|------------------------------|--|
| | infinite TIME set by user | <p>Speed and incline changes are completely under your control. The profile is initially a flat line. If changes are made to the incline, the course profile reflects the changes in all subsequent segments. The blinking cursor indicates your position on the course. If you press Quick Start at the Precor banner to access the Manual course, the course TIME is infinite. You need to press the red Stop button when you have completed your workout. Note that a cool-down period does not occur when you press Stop. Always, remember to incorporate a cooling down period into your workout.</p> <p>Note: You have the option to designate a workout TIME for the Manual course during Setup mode. For more information, refer to <i>Quick Steps to Working Out</i> on page 21.</p> |
| WALK 1, WALK 2, WALK 3 (WLK#) | Course duration | Description |
| | preprogrammed | <p>The “WALK” courses have preset inclines. The percent of incline and the frequency with which the segments change sets the level of difficulty for the course. As you move through the course, the segments are repeated until the time limit that you set is reached. You have the option to override the incline level by pressing the Incline ▲▼ keys. The change is stored in memory. The running belt’s speed is completely under your control.</p> <p>Important: Any changes that you make to the preprogrammed incline levels affects the incline level in all the preprogrammed courses. For example, if you adjust the incline by 2 percent in the WALK 1 course, that same adjustment is stored and retrieved when you use WALK 2, WALK 3, RUN1, RUN2, and RUN3 courses.</p> |
| RUN 1, RUN 2, RUN 3 (RUN#) | Course duration | Description |
| | preprogrammed | <p>Similar to the WALK courses, the RUN courses have preset inclines. The percent of incline and the frequency with which the segments change sets the level of difficulty for the course. As you move through the course, you can override the incline level by pressing the Incline ▲▼ keys. The change is stored in memory. The running belt’s speed is completely under your control. Refer to “Important” above.</p> |

| INTERVAL (INTV) | Course duration | Description |
|--|------------------------------|---|
| <p>CAUTION: Since the “speed” can be set and saved with Custom, Interval and Weight Loss courses, a warning message appears prior to the start of the course (if the set speed is greater than 1 mph or 1.5 kph). Make sure that the security clip is fastened to your clothing near your waistline. Do not proceed with the course, if you are unfamiliar with the set speeds.</p> | infinite TIME set by user | <p>The interval course is among the best for conditioning your cardiovascular system. The course is designed to raise and lower your heart rate in a repeating fashion for an indefinite period of time. The interval course on the M9.33 lets you set the rest and work intervals according to your training regimen. You set the speed and incline for the first rest and work intervals and the software takes over from there, repeating the intervals throughout the course until you press the Stop button. As the time for each segment elapses, the speed and incline for that segment is stored in memory. Once you complete the course, it can be automatically recalled using the same user I.D. and course number. See CAUTION(s).</p> |

| RANDOM (RAND) | Course duration | Description |
|--|------------------------------|--|
| <p>CAUTION: When you use the display console, hold onto the handrail to maintain your balance. You should also use the handrail whenever you change the incline or speed up, slow down, and stop the treadmill.</p> | infinite TIME set by user | <p>Every time a Random course is selected, a different course profile appears. The segments that appear in the course profile maintain a set incline that you can override using the Incline ▼▲ keys. The incline is preset to zero for the first segment and cannot exceed 7 percent throughout the course. The maximum incline change allowed between segments is plus or minus 4 percent. If you set the TIME for the Random course as INFINITE, you need to press the red Stop button when you have completed your workout. Note that a cool-down period does not automatically occur when you stop your workout. You will need to access Manual mode to cool down.</p> |

| WEIGHT LOSS (WTLS) | Course duration | Description |
|--|-----------------|---|
| <p>CAUTION: Since the “speed” can be set and saved with Custom, Interval and Weight Loss courses, a warning message appears prior to the start of the course (if the set speed is greater than 1 mph or 1.5 kph). Make sure that the security clip is fastened to your clothing near your waistline. Do not proceed with the course, if you are unfamiliar with the set speeds.</p> | preprogrammed | <p>The workout time is fixed at 28 minutes. You are not prompted (during Setup mode) for a workout time after selecting this course. The course consists of four, seven-minute intervals. You can change the incline or speed (using the appropriate ▼ or ▲ key) any time during the four-minute rest or four-minute work interval. When you change the incline level or speed, the software remembers and repeats the settings for the remaining intervals. As the time for each interval elapses, the incline and speed, for that interval, is stored in memory.</p> <p>Once you complete the course, it can be automatically recalled using the same User I.D. and course number. When you complete the course, the automatic five-minute, cool-down period begins.</p> <p>For the ideal “weight loss” range, your heart rate should be between 55% and 70% of your maximum aerobic heart rate. To view your heart rate and Smart Rate®, you must wear the POLAR® chest strap. Set the incline level and speed so that your heart rate is maintained at 55% during the rest interval and 70% of your maximum aerobic heart rate during the work intervals. The weight loss range correlates to the yellow LED's on the Smart Rate display.</p> |

| HEART RATE (HRC) | Course duration | Description |
|------------------|------------------------------|---|
| | infinite TIME set by user | This course lets you set a target for your heart rate. The treadmill adjusts the incline to maintain your target heart rate while you work out. For more information, refer to <i>Heart Rate Course</i> on page 38. |

| CUSTOM COURSE 1 (CST#) | Course duration | Description |
|--|-----------------|---|
| <i>CAUTION: Since the “speed” can be set and saved with Custom, Interval and Weight Loss courses, a warning message appears prior to the start of the course (if the set speed is greater than 1 mph or 1.5 kph). Make sure that the security clip is fastened to your clothing near your waistline. Do not proceed with the course, if you are unfamiliar with the set speeds.</i> | user-programmed | You create the custom courses as you work out, determining the incline and speed settings for each one minute segment along the course length. Note that the length of the course (number of segments) is limited to the available memory in the treadmill. As the time for each segment elapses, the speed and incline for that segment is stored in memory. When an unprogrammed segment is reached during a workout, the incline of the prior segment is echoed. You can change the incline and speed using the respective ▼▲ keys. Once you complete the course, it can be automatically recalled using the same user I.D. and course number. See CAUTION(s). |

| CUSTOM COURSE 2 (CST#) | Course duration | Description |
|------------------------|-----------------|---|
| | user programmed | A second custom course has the same features as the first, but provides additional course “customization” capability. |

Deleting the Speed and Incline Settings in a Custom Course

To clear all the programmed segments in a custom course, take the following steps:

1. From the Precor banner, select the user I.D that is affiliated with the custom course.
2. Select the custom course that you wish to clear (CST1 or CST2).
3. While the course number is blinking, press and hold the corresponding User/ SELECT key for about fourteen seconds until you see the word “CLEARED” appear on the display. No recorded segments appear and the next time you use the course, the profile appears as a flat line.

Utilizing 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 display, if you indicated your age during the Setup prompts. The blinking segment indicates the zone that your heart rate is in: **Weight Loss** (yellow lights) or **Cardiovascular** (green lights).

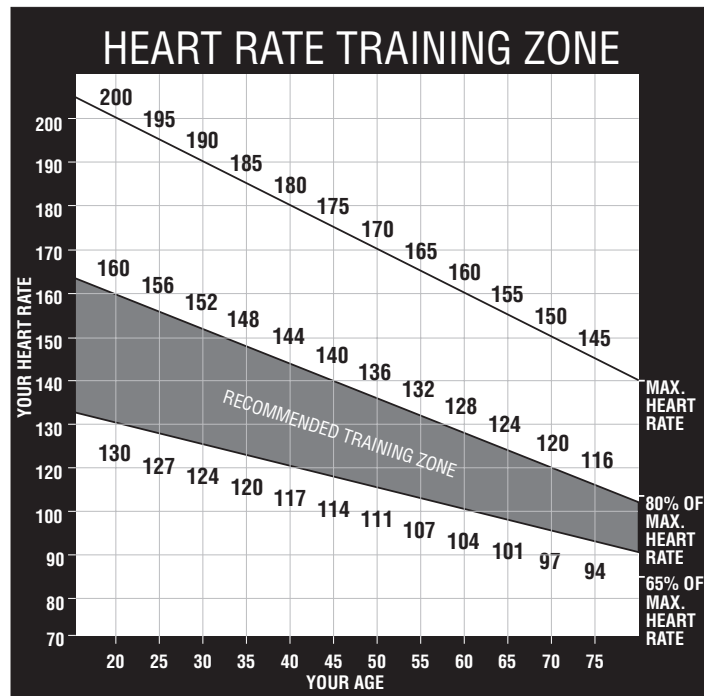
Important: Access to Smart Rate® is only available when the person exercising wears a POLAR® chest strap. The Smart Rate® indicator lights do not appear when **Quick Start** is pressed while the Precor banner is displayed.

For the ideal “weight loss” range, your heart rate should be between 55% and 70% of your maximum aerobic heart rate. Yellow LED’s light in the Smart Rate display when your heart rate is in the weight loss range.

Important: Your heart rate should never exceed 80% of your maximum aerobic heart rate or go above your training zone. Refer to Diagram 18.

Diagram 18

Training zones.



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. Green LED's light in the Smart Rate display when you maintain keep your heart rate in the cardiovascular fitness range.

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.

Utilizing the Heart Rate Interactive Capabilities

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

You can make each program on the M9.33 a heart rate interactive course by monitoring and maintaining your heart rate in the Smart Rate® zone best suited for your specific needs. You can access Smart Rate® only and AGE is stored in memory with your user I.D. and you wear the POLAR® chest strap. The Smart Rate® indicator lights do not appear when you press **Quick Start** while the Precor banner is being displayed.

Before using the **Heart Rate** capabilities, take time to read the following guidelines.

- Consult with your physician before engaging in any vigorous exercise. Do not use the Heart Rate Course or the heart rate interactive capabilities until authorized by your physician.
- Slow down and stop immediately if you experience any pain or abnormal symptoms.
- Gently stretch your lower body and back before and after working out to help prevent stiffness or soreness.
- Know your heart rate (pulse) and your physician-recommended heart rate training zone. Individual heart rates vary according to several physiological factors and may not correspond directly with the diagrams and tables provided.
- You should not use the **Heart Rate** capabilities if you are taking any medications that either speed up or slow down your heart rate.
- Always face forward on your M9.33 and use the handrail(s) for balance. Keep in mind that you are wearing sensitive equipment (the POLAR® chest strap) and upper body movement should be kept to a minimum.

- After putting on the chest strap, be sure that the M9.33 is ON. Face the display console for a minimum of 15 seconds. This allows the receiver in the console to acknowledge the presence of the transmitter.
- Incorporate a cool-down period into your workout to help lower your heart rate and minimize muscle stiffness or soreness. Refer to *Cooling Down After a Workout*.

Heart Rate Course

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

Note: For the M9.33 to detect a heart rate, you must wear the POLAR® chest strap.

The chest strap transmits your heart rate signal to the receiver that is installed in the display console. 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.

To use the Heart Rate Course follow the steps found in *Quick Steps to Working Out* on page 21 and choose **HRC** as the COURSE. Enter the course TIME, your WEIGHT and AGE. When you begin the course, 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 the treadmill is having difficulty detecting your heart rate, three dashes will (- - -) appear in the Heart Rate display. Use the Precor spray that is supplied with the chest strap and readjust the strap around your chest. Make sure that it is against your skin.
- The treadmill provides a three minute warm-up period before entering the Heart Rate Course. During this time, you may make changes to the incline by pressing the **Incline ▲▼** keys. Use the **Speed ▼▲** keys to set the running belt's speed.

Note: If your heart rate moves into the heart rate zone for your age during the three minute warm-up period, the warm-up period ends and the Heart Rate Course begins.
- After the warm-up period, the treadmill automatically adjusts the incline to keep your heart rate at the selected target. Pressing the **Incline ▲▼** keys no longer affects the treadmill's incline, but does affect a change to the *target heart rate*. You can also check the Smart Rate® display to see if you are in your preferred zone (cardiovascular: green lights or weight loss: yellow lights).

Note: You can change your target heart rate or speed anytime during a workout, but doing so affects the treadmill's ability to maintain your target heart rate in the preferred zone. It takes time for the treadmill to readjust 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 18 on the previous page for the recommended training zones.
- When you complete the course, remember to incorporate a cooling down period.

8

Using the POLAR® Equipment

The Precor Heart Rate System has many unique features. Before you use the POLAR® chest strap, please study this section thoroughly.

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

Wearing the POLAR® Chest Strap

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

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

Diagram 19
Determine proper length.

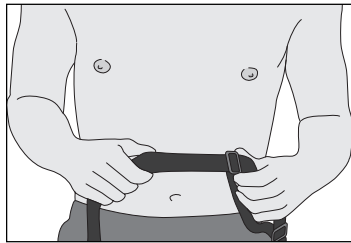


Diagram 20
Moisten electrodes. If needed, use the spray included with the Precor Heart Rate Option.

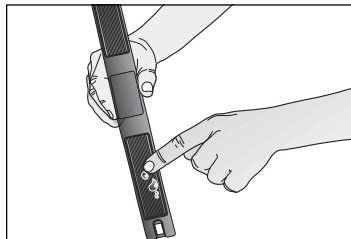
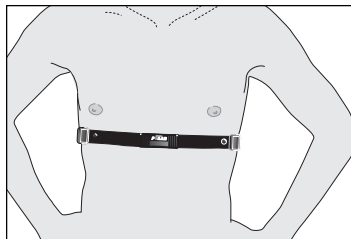


Diagram 21
Buckle chest strap.



Take the following steps to put on the chest strap:

1. Adjust the tightness of the chest strap by sliding the buckle along the strap.
2. Determine the length of the strap by wrapping it around your chest. Without stretching the strap, check the distance between the two ends of the strap. For a snug fit, the ends of the strap should be about 6 inches (15 cm) apart. See Diagram 19.
3. Remove the strap from around your chest and carefully dampen the electrode strips with tap water as shown in Diagram 20 or use the Precor spray. Do not use deionized water. To function properly, the electrodes need the salts and minerals found in non-purified water. During your workout, your perspiration keeps the electrodes moist.
4. Buckle the strap around your chest. The strap should feel snug, not restrictive. Make sure that the transmitter lies horizontally across your chest and is centered in the middle of your chest. See Diagram 21.

Note: The chest strap transmitter has a one-year warranty.

With the proper adjustment of the chest strap, you are ready to begin using the Heart Rate interactive capabilities on your treadmill.

Storing the POLAR® Chest Strap

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

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.

9

Maintaining the Treadmill

The M9.33 treadmill requires little maintenance to keep it running smoothly and efficiently. However, you 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.

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

Before or after each workout, 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 clean 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 18. If you determine that the belt needs alignment, follow the instructions here.

Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call Precor Customer Support (see *Obtaining Service* on page 9.)

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.

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 **left** 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.) The direction you turn the bolt depends on how the belt is tracking. Make all belt adjustments on the **left rear corner bolt** using the hex key provided.
 - If the belt is off center to the LEFT, turn the adjusting bolt 1/4 turn clockwise, which moves the running belt to the right.
 - If the belt tracks off center to the RIGHT, turn the bolt 1/4 turn *counterclockwise*; this moves the belt to the left.

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

CAUTION: After entering the password, the belt starts moving after the short warning message, “Belt Starting 3, 2, 1,...” appears on the display.

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.

3. Turn ON the treadmill.
4. Stand to the side of the treadmill and press **Quick Start**, enter the password (if necessary) and then increase the running belt speed to 3 mph (5 kph) by pressing Speed ▲.
5. 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.
6. If the belt needs additional alignment, repeat steps 1 through 5 of this procedure until the belt is properly aligned.
7. Press the red **Stop** button (the running belt slows and stops moving). To return to the Precor banner, press **Reset**.

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. For information about product operation or service, call 1-800-347-4404.

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.



Exploded Views

Exploded View 1

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Exploded View 8

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Notes:

Please fill out the Warranty Registration and mail it to Precor.

Residential 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 Purchaser 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.

Residential 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.

Elliptical Fitness Crosstrainers and Motorized Treadmills

Labor is covered for a period of one year, parts are covered for a period of three years plus a lifetime frame weld warranty covering parts-only repair or replacement parts. (Labor is not covered on frame replacement after one year.)

Products (StretchTrainer, Strength Equipment — formerly Pacific Fitness) other than Elliptical Fitness Crosstrainer and Motorized Treadmills (except options)

StretchTrainer

Labor is covered for a period of 90 days, parts are covered for a period of one year plus a lifetime frame weld warranty covering parts-only repair or replacement parts. (Labor is not covered on frame replacement after one year.)

Strength Products (For products manufactured after August 1, 1999) This is a parts only warranty.

1. Frame & Welds: Defective parts pertaining to frame structure, including all welded assembly parts, will be warranted for Lifetime.
2. Bearings, Guide rods, Cams, Pulleys, Belts, Cables, Hand grips, and Miscellaneous parts will be warranted for a period of three years.
3. Upholstery will be warranted for a period of three years. A three month warranty applies to Naugahyde upholstery.

Return Policy: In the event, service is required on a Precor Strength Product/Pacific Fitness product during the warranty period, Precor will require proof of purchase. Claims should be made to Precor Customer Support. Purchaser is responsible for all transportation and insurance costs, on returned or replace equipment, or parts to and from the Precor plant. Purchaser also assumes any costs associated with the disassembling or reassembling of the replacement parts. **WARRANTY BECOMES VOID IF PRECOR FINDS THE DEFECT A RESULT OF INCORRECT INSTALLATION, MISUSE, LACK OF PROPER MAINTENANCE OR ANY MODIFICATION NOT APPROVED BY PRECOR.**

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 _____ - _____ 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. Warranty of all Precor products applies to residential use only (unless specifically stated by the factory, in writing, to be warranted for commercial use) and is void when products are used in a non-residential environment or installed in a country other than where sold.
3. This warranty does not cover damage or equipment failure caused by residential 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.
4. During the labor period Precor compensates Servicers for warranty trips within their normal service area to repair motorized treadmills, elliptical fitness crosstrainers, and E/L products at the customer's location. You may be charged a trip charge outside the service area, or for on-site warranty repairs on some equipment within the service area.
5. Precor Limited Warranty service may be obtained by contacting the authorized dealer from where you purchased the equipment or by contacting a Precor Factory Authorized Service Center, or by calling 1-800-4-PRECOR (1-800-477-3267).
6. Except in Canada, Precor does not pay labor outside the United States. Equipment limited warranty is void when equipment is installed in a country other than where sold. For specific warranty details, contact a local Precor dealer.

This Limited Warranty shall not apply to:

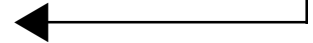
1. Software (PROM) limitations or corrections.
2. Batteries or other consumables, or cosmetic items, grips, seats, labels, or wheels.
3. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
4. Service calls to correct installation of the 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.

PLACE
STAMP
HERE

Please fill out the Warranty Registration
and mail it to Precor.

PRECOR^{USA}

Precor Incorporated
P.O. Box 7202
Woodinville, WA USA 98072-4002



Warranty Registration Card

M9.33 Low Impact Treadmill featuring Heart Rate and Smart Rate® Systems

Product Specifications

Length: 79 inches (201 cm)
Width: 33.5 inches (85 cm)
Height: 55 inches (140 cm)
Running
surface: Belt - 20 inches by 57 inches
(51 cm by 145 cm)
Motor: 2.75 hp continuous duty
Speed: 0.5 to 11 mph (1 to 18 kph)
Incline: 0 to 15% grade
Power: 120 v @ 50/60Hz 15 Amps
Weight: 280 lbs (127 kg)
Shipping
weight: 320 lbs (146 kg)

Electronic Specifications

M9.33 Programs:

Manual Course
Walk 1
Walk 2
Walk 3
Run 1
Run 2
Run 3
Interval Course
Random Course
Weight Loss Course*
Heart Rate Control Course*
Custom Course #1
Custom Course #2

M9.33 Display Readouts:

| | |
|----------|-----------------|
| Time | Course |
| Distance | Calories/Minute |
| Calories | Mets |
| Incline | Speed |

Heart Rate* and Smart Rate®*

* Requires that the user wear a
POLAR® chest strap.

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Simple Green is a registered trademark of Sunshine Makers, Inc.
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Lit Kit# 44134-101

OM# 44157-101

Online OM# 44257-401

Warranty Card# 36287-107

Exploded Views 44100-101 Rev. A

Addendum 44893-101 Rev. A

August 10, 2001

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.