

## Precor Elliptical Workout Guide

You may be surprised at how many workouts and features are pre-programmed into each machine. Everything from working your problem areas to taking a fitness test! Variety, fun and challenge are just a button away!

### Choosing a Program

Choosing a program depends on your goals. If you are a beginner or returning to regular exercise, you can start a cardio-conditioning program to slowly return your body to a comfortable level of exercise. If you have been exercising and feel that you have an intermediate or advanced fitness level, you probably have established goals. Several exercise choices are preprogrammed with recommendations for ramp incline levels, speed or resistance. For example, the Interval Program is preprogrammed with recommendations on ramp incline and resistance levels, backward or forward motion on some machines, and alternating rest or work intervals. You always have the option to override the suggested levels with certain exceptions found in the Heart Rate and Performance Programs.



If your level of exertion becomes too great, reduce your stride rate, pace or use the arrow keys to override each upcoming column in the program profile. If you use the arrow keys, the profile changes accordingly.

### Program Tips

- Begin at the Precor banner and choose a program by pressing PROGRAMS or QUICKSTART.
- A blinking column indicates your position as you progress through a program.
- Prior to choosing a program, you may press the OPTIONS key to access goal, language, or units of measure settings. After pressing OK to confirm new settings, you must select a program within five seconds for the changes to become effective.
- To use the SmartRate feature, you need to specify your age and wear a chest strap (available at the WC desk) or hold on to the touch-sensitive grips.



### Manual Program

The Manual Program profile, available by pressing the **MANUAL** key, begins as a flat line. You control incline and resistance settings using the **CROSSRAMP**, **INCLINE** or **RESISTANCE** arrow keys. The program profile reflects changes to resistance changes to incline. The blinking column indicates your position in the program. A cool-down period occurs automatically when you end your workout. **To use the SmartRate feature, you need to specify your age by pressing the OPTIONS key and following the display prompts.** To change the workout time, press the **TIME +/-** key.



### Interval Programs

The Interval Programs, available by pressing the **INTERVAL** key, are among the best for conditioning your cardiovascular system. Each program raises and lowers your level of exertion repeatedly for the specified period of time. Each program lets you choose the rest and work intervals according to your training regimen. While exercising, you can vary your speed, strides per minute and change the preset incline or resistance using the **CROSSRAMP**, **RAMP** or **RESISTANCE** arrow keys. The settings are repeated throughout the remainder of the program.

**Note:** Ramp incline changes are limited to +/-5% grade variance from the previous level.

The display lets you know when the ramp incline or resistance levels are about to change, and indicates the levels of the next interval. The Total Body Interval Program is available on the EFX576i. It lets you specify the time durations for the rest and work intervals. If you prefer to set a calorie or distance goal, use the **OPTIONS** key.



### **Total Body Interval Program**

The EFX576i Total Body Interval Program available by pressing the **INTERVAL** key, provides an additional aspect to the standard interval program. Each program interval prompts you to push or pull with your arms, which incorporates upper body movement and elevates the intensity of your workout. The program also consists of alternating forward and backward pedaling movements that focus on working the thigh and calf muscle groups. The Total Body Interval Program is broken into five intervals of equal length. Each interval raises and lowers your level of exertion repeatedly for a specified period of time.

When you begin the program, the resistance for the rest and work intervals are preset at 1 and 8, respectively. The settings are repeated throughout the program and shown in the program profile. To change either the ramp incline or resistance settings, press the appropriate arrow key and continue. The display lets you know when the ramp incline or resistance levels are about to change, and indicates the levels of the next interval.



### **Cross Country Program**

The Cross Country Program, available by pressing the **VARIETY** key, is designed to provide a more realistic terrain as if you were walking in the outdoors. Review the profiles to determine the ascent and descent levels of each program. The goal in a Cross Country Program is time, but if you prefer a distance goal, you can press the **OPTIONS** key. Once you select a distance goal, the TIME REMAINING display recalculates based on your stride rate. Anytime during a workout, you can override the ramp incline settings by pressing the CROSSRAMP arrow keys. The remaining profile columns change accordingly. The changes are saved and applied throughout the remainder of the program. You can adjust the resistance by pressing the RESISTANCE arrow keys.



### **Gluteal Programs**

The two Gluteal Programs, available by pressing the **VARIETY** key, are designed to exercise the gluteal muscles. The ramp incline is pre-programmed. Review the profiles to determine the ascent and descent levels of each program. Anytime during a workout, you can override the ramp incline settings by pressing the CROSSRAMP arrow keys. The remaining profile columns change accordingly. The changes are saved and applied throughout the remainder of the program. To change the resistance, use the RESISTANCE arrow keys.



### **Basic HRC Program**

The Basic Heart Rate Control Program lets you set a target for your heart rate. The program adjusts the resistance to maintain your heart rate within two beats per minute of the target heart rate while you exercise. To use this program, you must enter your age and wear a chest strap so your heart rate can be monitored throughout the session.

**Important:** Consult your physician to determine the appropriate target heart rate for your age and fitness level. If your physician recommends a different target heart rate than the one that appears

on the display, use the RESISTANCE arrow keys to change the target heart rate once you finish the warm-up period.

### Basic HRC Program Tips

The Basic HRC Program enhances your overall cardiovascular fitness levels to help you achieve your weight loss and fitness goals.

**Important:** Maintain a constant stride rate between 100 and 160 strides per minute. Automatic adjustments to the resistance cannot take place if you drop below 40 strides per minute.

- The program provides a 3-minute warm-up period. During this time, you may change the ramp incline or resistance.

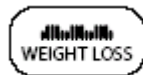
**Note:** When your target heart rate is achieved or the 3-minute period elapses, the warm-up period ends and the program begins.

- The program automatically adjusts the resistance to keep your heart rate at the selected target. After the warm-up period, pressing the RESISTANCE arrow keys no longer affects the resistance, but does change the target heart rate. Check the SmartRate display to see if you are maintaining your preferred zone. Check the HEART RATE display to determine your actual heart rate.

- You can change the target heart rate, strides per minute, or ramp incline, but doing so affects the unit's ability to maintain your target heart rate in the preferred zone. It takes time for the EFX to readjust the resistance so that your heart rate remains on target.

- The workout time is set to the club limit. To adjust the time, press the TIME +/- key and use the navigational arrow keys followed by OK to change the workout time.

- A cool down period is automatically added to the end of the program.



### Weight Loss Program

With the Weight Loss Program, the workout time is **fixed at 28 minutes and consists of seven 4-minute intervals**. You are not prompted for a workout time. Use the arrow keys to change the resistance or the ramp incline for the rest or work interval. When you make changes, the program repeats the settings for the remaining intervals. The display lets you know when the resistance levels are about to change. For the ideal weight loss range, your heart rate should remain between 55% and 70% of your maximum aerobic heart rate. If you wear a chest strap or grasp both touch-sensitive grips, you can use SmartRate as a visual cue.

- Set a comfortable stride rate and then adjust the resistance and ramp incline.

- Maintain a level of exertion so that the SmartRate LEDs in the FATBURN target zone blink in the display during rest intervals.

- During the work intervals, increase your level of exertion so that the LEDs in the CARDIO target zone blink.



### Hill Climb Program

The Hill Climb Program, available by pressing the **PERFORMANCE** key, is a variable resistance program that works several different muscle groups. The resistance in the Hill Climb Program is preprogrammed. To override the resistance settings for each column, press the RESISTANCE arrow keys. The changes raise or lower the columns on the remaining portion of the program profile.



### Fitness Test

The Fitness Test, available by pressing the PERFORMANCE key, monitors your heart rate and calculates a fitness score based on your average heart rate during specific test stages. When the test is completed, the display provides a fitness score and fitness category. The Fitness Test was

developed in 2004 by Dr. Emily Cooper of Seattle Performance Medicine. The test results can help you gauge the effectiveness of your current exercise routine and tailor it to meet your fitness goals.

### **Fitness Test Tips**

Read through the following tips before starting the Fitness Test.

- Sit and rest for at least five minutes prior to taking the test.
- You must wear the chest strap throughout the test. If the heart rate reception is erratic, incorrect readings can occur and terminate the test.
- You must enter your age and your gender to begin the test.
- Maintain a comfortable stride rate above 100 strides per minute. Continue pedaling at a consistent stride rate (between 100 and 160 strides per minute) throughout the test.
- The test provides a 3-minute warm-up period. During the first minute, you may change the ramp incline using the CROSSRAMP arrow keys. The Fitness Test commences at the end of the warmup period.

**Important:** *If a message appears stating that your heart rate is too high, the test ends and the automatic cool-down period begins. Complete the cool-down period and retake the Fitness Test later.*

- After the first minute of the warm-up period the CROSSRAMP arrow keys are disabled. The RESISTANCE arrow keys are disabled throughout the test. Any pressure on the arrow keys is ignored.
- Let the program adjust the resistance for you.
- You cannot change the distance or time goals or change to another program while in the midst of taking the test.

### **Completing the Fitness Test**

When you finish the Fitness Test, the pedal resistance is reduced. An automatic cool-down period is provided after the test to help return your heart rate to a normal, restful state.

The Fitness Test automatically ends if one of the following occurs:

- You stop pedaling.
- Your heart rate increases and averages above 75% of the maximum allowable heart rate (220 minus your age) during the first three minutes.
- Your stride rate drops below 100 strides per minute.
- Your heart rate increases and averages above 85% of the maximum allowable heart rate (220 minus your age).
- Your heart rate cannot be detected for two minutes.
- You press PAUSE/RESET.
- You complete the test.

### **Fitness Test Scores**

When you finish the Fitness Test, a fitness score appears on the display as part of the workout summary. The test results can help you gauge the effectiveness of your current exercise routine and tailor it to meet your fitness goals.

Tables 6 and 7 show the desired range in fitness levels depending on your age and gender.

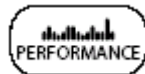
**Table 6. Cardiorespiratory fitness score category—females\***

Age in Years	Fitness Category		
	Low Fitness	Medium Fitness	High Fitness
20–39	28 (or below)	28–33	33 (or above)
40–49	26 (or below)	26–31	31 (or above)
50–59	24 (or below)	24–28	28 (or above)
60 and over	22 (or below)	22–26	26 (or above)

**Table 7. Cardiorespiratory fitness score category—males\***

Age in Years	Fitness Category		
	Low Fitness	Medium Fitness	High Fitness
20–39	35 (or below)	35–42	42 (or above)
40–49	32 (or below)	32–39	39 (or above)
50–59	29 (or below)	29–36	36 (or above)
60 and over	24 (or below)	24–31	31 (or above)

\* The test and analysis algorithm were developed by Dr. Emily Cooper of Seattle Performance Medicine in 2004.



### Crosstraining Programs

These programs have preprogrammed incline or resistance levels. The programs consist of alternating forward and backward pedaling movements that focus on working the thigh and calf muscle groups. Three different Crosstraining Programs are available. Each places the maximum intensity of the workout at different portions of the program. Display prompts indicate when you should change pedal direction. The time intervals between the directional changes depend on which program you choose. The program remembers your settings and repeats them for subsequent forward and backward intervals until you change them. When you change the incline on the EFX546i or EFX576i, the program profile changes accordingly by raising or lowering the height of the columns. On the EFX556i, the height of the column is affected by the RESISTANCE keys.

### The Exercise Session

This section describes how to access the following opportunities through the use of the **OPTIONS** key on the navigational keypad. Any display selections set during the course of your exercise session are reset to the club settings when you end your session. While exercising, you can:

- **change the program you are using:** You can change programs in the middle of a session by selecting a new program from the PROGRAMS key menu. All accumulated workout statistics are transferred to the new program as you continue exercising.
- **change the workout time:** Press TIME +/-.
- **enter your weight and age.** Your age must be entered to activate the SmartRate display and to properly use the heart rate program. To enter or change your weight or age during an exercise session, take the following steps: press OPTIONS, WEIGHT/AGE and follow the prompts.
- **choose between time-, distance-, or calorie-type goals**
- **reset your target heart rate**
- **display more workout statistics**
- **display messages and prompts in a different language**
- choose between U.S. standard and Metric units of measure

**Note:** Prior to selecting a program, you can select preferences for program goals, language and units of measure.

**Table 8. Workout statistics available in the OPTIONS menu**

<i>OPTIONS Menu</i>	<i>Description</i>
% COMPLETE	Shows how much of the program goal you have completed.
TIME IN ZONE	Displays the total time that your heart rate is within the range of 55% to 84% of your target heart rate.
SEGMENT TIME REMAINING	Indicates the amount of time, in minutes and seconds, that remain in the highlighted column of the profile before the next column begins blinking.
AVERAGE SPEED	Displays the average miles or kilometers per hour. The number that appears is determined by dividing the total distance travelled (converted from strides) by the total accumulated workout time.
CALS/MIN	Displays the approximate number of calories burned per minute.
CALS/HR	Displays the approximate number of calories burned per hour.
WATTS	Shows your current energy expenditure level.
METS	Shows the metabolic units associated with your current energy expenditure level, derived from the calories per minute value and adjusted for your weight.
TARGET HR	Shows the current target heart rate setting.

<i>OPTIONS Menu</i>	<i>Description</i>
AVG HEART RATE	Displays your average heart rate. The number is based on systematic sampling taken while you are exercising. A chest strap will give you a more accurate heart rate average than if you occasionally use the touch-sensitive grips. If no heart rate reading occurred during your exercise session, three dashes appear when you change to this display.
SHOW ALL	Presents all the workout statistics in this menu in consecutive order.
OFF	Stops scrolling the workout statistics, found in this table, across the message bar.