

## PRECOR TREADMILL WORKOUTS

It may surprise you how much is pre-programmed into the treadmills to keep your workouts fun, fresh and challenging. Here's everything you need to know!

### 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. 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 **INCLINE** or **SPEED** 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.**

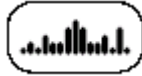


### Interval Program

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. Three programs let you choose the rest and work intervals according to your training regimen. While exercising, you can vary the speed and change the preset incline using the **INCLINE** or **SPEED** keys. The settings are repeated throughout the remainder of the program.

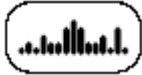
**Note:** Incline changes are limited to +/- 5% grade variance from the previous incline level.

<i>Interval Program</i>	<i>Rest Duration</i>	<i>Work Duration</i>
1-1 Interval	2 minutes	2 minutes
1-2 Interval	2 minutes	4 minutes
1-3 Interval	2 minutes	6 minutes
Custom Interval (966)	user specified	user specified



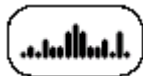
### Random Program

The Random Program can be accessed by pressing the **VARIETY** key. Every time the Random program is selected, a different program profile appears. The columns that appear in the program profile show the preprogrammed incline. You can override the preprogrammed incline at any time using the **INCLINE** keys. The running belt speed is completely under your control. You can adjust the pace by pressing the **SPEED** keys.



### Cross Country Program

The two Cross Country Programs, available by pressing the **VARIETY** key, are designed to provide a more realistic terrain as if you were running or 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** recalculates based on the speed of the running belt. Anytime during a workout, you can override the incline settings by pressing the **INCLINE** keys. The remaining profile columns change accordingly. The changes are saved and applied throughout the remainder of the program. You can adjust the pace by pressing the **SPEED** keys.



### Gluteal Programs

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



### Heart Rate Programs

The Heart Rate Programs let you set a target for your heart rate. These programs adjust the incline and speed to maintain your heart rate within two beats per minute of the target heart rate while you exercise. To use these programs, 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 navigational arrow keys to change the target heart rate once you finish the warm-up period.

#### Heart Rate Program Tips

The Heart Rate Programs enhance your overall cardiovascular fitness levels to help you achieve your weight loss and fitness goals. Read through the following tips before selecting a program.

These tips provide general information regarding how the programs function. The following table briefly explains the available programs.

Each program provides a 3-minute warm-up period. During this time, you may change the incline or speed, but you cannot change the goal setting.

**Note:** When your target heart rate is achieved or the 3-minute period elapses, the warm-up period ends and the program begins, at which point, you may change to a distance or calorie goal.

Each program automatically adjusts the incline to keep your heart rate at the selected target. After the warm-up period, pressing the INCLINE keys no longer affects the incline motor.

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 press the SPEED keys to adjust the speed and press the navigational arrow keys to change the target heart rate during your exercise session. The display lets you know when changes to either are about to occur.

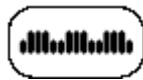
**Note:** Changing the target heart rate or speed affects the treadmill's ability to maintain your target heart rate in the preferred zone. It takes time for the treadmill to readjust the incline so that your heart rate remains on target. In several of the programs, the workout time is automatically set.

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

Endurance, and Speed HRC Programs have a minimum workout time of 15 minutes. If you wish to quit a heart rate program, you can make a mid-session transfer to another program. If you try to return or transfer mid-session to a heart rate program, messages scroll across the display stating your options. A cool-down period is automatically added to the end of each program.

Table 4. Heart Rate Programs

Equipment	Program	Description
966i, 966i, 946i	Basic HRC	This program enhances your overall cardiovascular fitness level by keeping your heart rate within the recommended cardio zone based on your age. You must enter your age and hold onto the touch-sensitive grips or wear a chest strap while exercising.
966i, 966i, 946i	Custom Weight Loss HRC	This 28-minute program lets you set the rest and work target heart rates for seven 4-minute intervals. The recommended target heart rates appear on the display and are based on the Fat Burn scale. You must enter your age and hold onto the touch-sensitive grips or wear the chest strap while exercising. Use the SPEED keys to change the speed for the rest or work intervals. Use the INCLINE keys to change your target heart rate. When you make changes, the program repeats the settings for the remaining intervals. Note that you cannot make a mid-session change to this program.
966i, 966i, 946i	Weight Loss HRC	This program automatically adjusts the speed and incline to help you achieve weight loss and improve endurance. After the 3-minute warm-up period, heart rate readings are taken every minute and the speed or incline is adjusted to keep you in the appropriate target zone. You must enter your age and wear a chest strap while exercising. A time goal can be set between 15 and 90 minutes, but the fitness facility can override the higher range and require a shorter duration.
966i	Heart Health HRC	This program provides intervals between 3–10 minutes which maintain your heart rate in the higher cardiovascular range. If you have been exercising regularly, you might use this program to increase your metabolic rate, strengthen your heart muscle and improve endurance. With subsequent workouts, you will increase fat burning and your aerobic capacity. Similar to the Weight Loss HRC, heart rate readings are taken at specific intervals and the speed or incline is adjusted to keep you in the appropriate target zone. You must enter your age and wear a chest strap while exercising. A time goal can be set between 15 and 90 minutes, but the fitness facility can override the higher range and require a shorter duration.
966i	Endurance HRC	As the name implies, this program is a high-intensity session. It provides rest interval durations that are increased two-fold and applied to the work interval. The rest interval maintains your heart rate in the fat burn zones while the work interval increases the incline (or speed) to raise and maintain your heart rate in the cardio zones. You must enter your age and wear a chest strap while exercising. A time goal can be set between 15 and 90 minutes, but the fitness facility can override the higher range and require a shorter duration. The work interval time is limited to 20 minutes or less.
966i	Speed HRC	This program can be used to increase your anaerobic threshold power. If you do not know the difference between aerobic and anaerobic capacity, do not use this program. Check with a personal trainer or facilities personnel. The first interval in this program starts in the Peak zone. The second interval adjusts the incline (or speed) to maintain your heart rate between 80% and 65% of your target zone. The program repeats the settings for the remaining intervals. You must enter your age and wear a chest strap while exercising. A time goal can be set between 15 and 90 minutes, but the fitness facility can override the higher range and require a shorter duration. The work interval time is limited to 9 minutes or less.

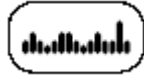


### Weight Loss Programs

The Weight Loss Programs begin with a warm-up period similar to the heart rate programs, except that the target heart rate is set in the lower fat burn range during the rest intervals. During the work intervals, the target heart rate is initially set to 220 minus age multiplied by 70%. The display lets you know when the incline 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.

Two additional programs are available and include: **1 AERO B IC** and **2 AERO B IC**.

Each program provides varying incline levels to induce fat burn and weight loss conditioning. Review the profiles to determine which program is appropriate for your level of fitness. If you are using an Aerobic Program, you can override the incline settings for each column by pressing the INCLINE keys. The changes raise or lower the columns on the remaining portion of the program profile. You can adjust the pace by press the SPEED keys.



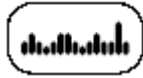
### Track Program

The Track Program can be accessed by pressing the **PERFORMANCE** key. An oval track appears on the display. One lap around the track represents 440 yards (400 meters). A blinking LED moves counterclockwise and indicates your position on the track. You control incline and speed. The **SEGMENT TIME REMAINING** display, found in the OPTIONS menu, shows the remaining time required to complete the current lap based on your current speed.



### 5K Program

The 5K Program, available by pressing the **PERFORMANCE** key, is a good distance to run or walk depending on your level of fitness. The distance is fixed at five kilometers (3.1 miles) and cannot be changed. The incline is preprogrammed. You can change the speed and override the preprogrammed incline using the SPEED or INCLINE keys.



### Fitness Tests

A variety of fitness tests are available on the equipment

#### Fitness Test Tips

Read through the following tips before selecting a fitness test. When you finish a 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. The red STOP button and the PAUSE/RESET key are enabled during the fitness tests. The SPEED keys are also enabled during the fitness tests, with the exception of the Gerkin Fitness Test.

If you press the red STOP button or the PAUSE/RESET key during the test, the test ends and the display indicates the test was not completed. You cannot change the distance or time goals or change to another program while in the midst of taking a fitness test. Cool-down periods are appended to the end of each test.

#### Fitness Test Scores

The test provides a 3-minute warm-up period. During this time, you may change the incline or speed. When your target heart rate is achieved or the 3-minute period elapses, the warm-up period ends and the test begins.

**Important:** *If you need to stop the running belt to regain control or reduce your heart rate, please do so. You can retake the fitness test later. Complete the cool-down period and retake the fitness test later.*

You must wear the chest strap throughout the Fitness Test. If the heart rate reception is erratic, incorrect readings can occur and terminate the test. You must enter your age, and in some cases, your gender and the altitude to begin a fitness test.

Sit and rest for at least five minutes prior to taking the test.

**Table 5. Fitness Tests**

<b>Equipment</b>	<b>Fitness Test</b>	<b>Description</b>
966i, 966i	Gerkin Fitness Test	This test provides a means of comparing your fitness level with the official fitness test of the International Association of Firefighters (IAFF). It is written using the Gerkin Protocol, which is the basis for the official IAFF fitness test and part of their Wellness and Fitness Initiative.  During the test, the treadmill gradually increases the incline and speed in specific stages. The keypads are disabled. The test ends if no heart rate is detected for 15 seconds, you surpass your target heart rate (85% of your maximum aerobic heart rate), or you complete the 13-minute time limit. Whatever stage you are at when the test ends determines your aerobic capacity and establishes your VO2 max. Once you complete the test, a fitness score appears as part of the workout summary.  Use it to compare to IAFF standards.
966i, 966i	USAF Physical Fitness Test (PRT)	This program has a set distance and a set incline at 1% grade. Throughout the test you can adjust the speed using the SPEED keys. All other keypads are disabled. Once you complete the test, a fitness score appears as part of the workout summary. Use it to compare to Air Force standards.
966i, 966i	NAVY PRT	This program has a set distance and a set incline at 1% grade. Throughout the test you can adjust the speed using the SPEED keys. All other keypads are disabled. Once you complete the test, a fitness score appears as part of the workout summary. Use it to compare to Navy standards.
966i, 966i	ARMY PFT	This program has a set distance and a level incline. Throughout the test you can adjust the speed using the SPEED keys. All other keypads are disabled. Once you complete the test, a fitness score appears as part of the workout summary. Use it to compare to Army standards.
966i, 966i	USMC PFT	This program has a set distance and a level incline. Throughout the test you can adjust the speed using the SPEED keys. All other keypads are disabled. Once you complete the test, a fitness score appears as part of the workout summary. Use it to compare to U.S. Marine Corps standards.
966i, 966i	Federal Law Enforcement Physical Efficiency Battery (PEB)	This program has a set distance and a level incline. Throughout the test you can adjust the speed using the SPEED keys. All other keypads are disabled. Once you complete the test, a fitness score appears as part of the workout summary. Use it to compare to Federal Law Enforcement standards.

## 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.