

**PRECOR<sup>®</sup>** USA

**Commercial EFX<sup>®</sup> Owner's Manual**

**EFX<sup>®</sup> 556**

C O M M E R C I A L P R O D U C T S D I V I S I O N

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## Before You Begin

Thank you for purchasing the Precor EFX556™. Built to the exacting standards of the health club environment, the EFX556 is intended for commercial use and can withstand the rigors of daily club use with little maintenance.

Before using the Precor EFX556, we urge you to familiarize yourself and your staff with the entire Owner's Manual. Understanding this manual will help you and your customers use the EFX556 safely and successfully.

### ABOUT THIS MANUAL

Inside this manual, you will find instructions for installing and using the EFX556. To maximize the use of the EFX556, please study this manual thoroughly. The manual uses the following conventions for identifying special information:

**“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.

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

### OBTAINING SERVICE

Do not attempt to service the EFX556 yourself except for the maintenance tasks described in this manual. The EFX556 does not contain any user-serviceable parts. For information about product operation or service, contact an authorized Precor Commercial Products Customer Service Representative at 1-888-665-4404.

To help the customer service representative expedite your call, have your serial number available. To locate the serial number, kneel down alongside the EFX and look for a label inside the rear cover.

Model number: **EFX556**

Unit number: \_\_\_\_\_ Serial number: \_\_\_\_\_

Unit number: \_\_\_\_\_ Serial number: \_\_\_\_\_

Unit number: \_\_\_\_\_ Serial number: \_\_\_\_\_

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Unit number: \_\_\_\_\_ Serial number: \_\_\_\_\_

If you have any questions regarding the EFX556, use the model and serial numbers whenever you call your Precor dealer or servicer.

## IMPORTANT SAFETY INSTRUCTIONS

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

- Read all instructions before using the EFX556. These instructions were written to ensure your safety and to protect the unit.
- To ensure the proper use and safety of the EFX556, make sure that all users read this manual. Please make this manual a part of your training program.

Remind the club users that before beginning any fitness program, he or she should obtain a complete physical examination from his or her 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 unit from its power source before cleaning or performing any maintenance tasks.

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

- The EFX556 should never be left unattended when plugged in. Unplug the unit from the outlet when it is not in use, before cleaning it, and before putting on or taking off parts.
- Do not allow children on or near the EFX.
- Use the EFX556 only for its intended use as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injuries.
- 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 unit to a service center for examination and repair.
- Keep the power cord away from heated surfaces.
- Never drop or insert any object into any opening. Keep hands away from moving parts.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- To disconnect, turn all controls to the OFF (0) position, then remove the power plug from the outlet.

**WARNING** — Connect the EFX to a properly grounded outlet only. See *Grounding Instructions* on page 4.

**SAVE THESE INSTRUCTIONS**

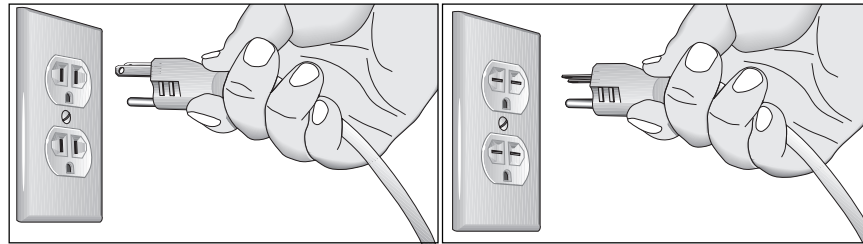
## GROUNDING INSTRUCTIONS

The EFX556 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 EFX556 is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. If you do not follow these *Grounding Instructions*, you could void the Precor limited warranty.

## DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the EFX is properly grounded. Do not modify the plug provided with the unit—if it doesn't fit the outlet, get a proper outlet installed by a qualified technician.

**Diagram A**  
Correct power outlet for U.S. Markets: 20 amp 120-volt and 240-volt plugs.



120-volt grounding plug

240-volt grounding plug

### 120V Units Designated for U.S. Markets

The EFX556 is for use on a nominal 120-volt circuit. The unit's grounding plug looks like the plug illustrated in Diagram A. The power outlet must have the same configuration as the plug. No adapter should be used with this product.

### 240V Units Designated for U.S. Markets

The EFX556 is for use on a nominal 240-volt circuit. The unit is factory-equipped with a specific power supply cord to permit connection to a proper electric circuit. Make sure that the EFX is connected to an outlet having the same configurations as the plug. See Diagram A. No adapter should be used with this product. If the EFX must be reconnected for use on a different type of electrical circuit, the reconnection must be made by qualified service personnel.

## SAFETY APPROVAL

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

## RFI — RADIO FREQUENCY INTERFERENCE

### Federal Communications Commission Part 15

The EFX has been tested and found to comply with,

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

**CAUTION — Per FCC rules, changes or modifications to the EFX not expressly approved by Precor, could void the user's authority to operate the equipment.**

### Canadian Department of Communications

This digital apparatus does not exceed the Class A limits for radio noise emissions from digital apparatus set out in the Radio Interference Regulations of the Canadian Department of Communications.

Le présent appareil numérique n'émet pas de bruits radioélectriques dépassant les limites applicables aux appareils numériques de la Class A 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.

### European Applications - 240 Volt Units Only

This product has been tested to the requirements of EN55022, "Limits & Methods of Measurement of Radio Interference, Information Technology Equipment." Per that standard, the EFX556 is a Class A product. In a domestic environment, this product may cause radio interference, in which case the user is responsible to take adequate measures to alleviate the interference.

## PERSONAL SAFETY

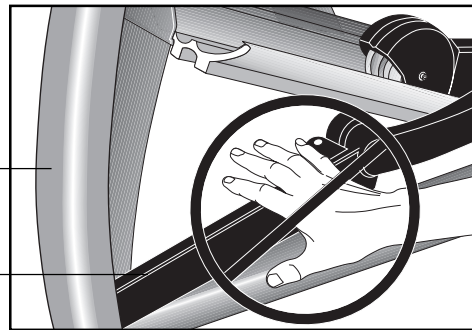
When using the EFX, take the following precautions:

- Do not allow children on or near the EFX. Do not leave children unsupervised around the EFX.
- Completely assemble the EFX556 before using it. Check the unit before each use. Do not continue to operate the EFX556 when it is not working properly and return the unit to a service center for examination and repair.
- Keep all electrical components, such as the power cable and I/O switch, away from liquids to prevent shock. Do not set anything on the casing, handrails, or display console. Place liquids only in the appropriate receptacles.
- Assemble and operate the EFX on a solid, level surface. Locate the EFX a few feet from walls or furniture. Keep the area behind the EFX clear.
- Maintain the EFX in good working condition. (See the *Maintenance* section). Run through a check list prior to each use. Verify that all fasteners are secure.
- Wear proper exercise clothing and shoes during a workout—no loose clothing. Tie long hair back. Keep towels away from moving parts.
- Use care when getting on or off the EFX. Use the stationary handrail(s) whenever possible. Keep your body and head facing forward. Never attempt to turn around on the EFX.

**Diagram B** *Avoid injury from the roller arm mechanism.*

Front cover

Roller arm



- Never place your hand(s) or feet in the path of the roller arm because injury may occur to you or damage may occur to the equipment. Refer to Diagram B.
- Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injury.
- Do not rock the unit. Do not stand on the display console or casing.
- Do not attempt to service the EFX yourself other than the assembly and maintenance instructions found in this manual. Refer to *Obtaining Service*.
- 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 HEART RATE OPTIONS—SAFETY GUIDELINES

The Precor Heart Rate Options are created and designed exclusively for Precor products. The equipment is very sensitive—you should use the heart rate options with this in mind and take time to read the guidelines found in this owner's manual. If you purchased the POLAR® chest strap, review the guidelines found in the *Precor Heart Rate Option Owner's Manual* that is supplied with that option.

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## Unpacking the EFX

Your EFX556 is carefully inspected before shipment so it should arrive in good operating condition. Precor ships the unit in the following pieces:

- base frame assembly
- upper column support with display console
- handlebars (left and right)
- upper column support clamp covers (2 pieces with rubber grommet)
- hardware kit, power cord, Owner's Manual

**CAUTION: This unit weighs over 200 pounds (90 kilograms). To avoid back strain and ensure the safety of the unit and yourself, we suggest that you get assistance before removing the unit from the pallet. To remove the EFX from the wood pallet, be sure to ask for assistance from more than one adult.**

If any items are missing, contact your Precor Commercial Products Service Representative at 1-888-665-4404.

### STANDARD EQUIPMENT

The EFX556 incorporates the Precor Smart Rate® and Heart Rate features into its display console. Devices, such as FitLinxx™, that are CSAFE™ compatible, can also be attached.

**Note:** An optional POLAR® chest strap must be worn to transmit a user's heart rate to the display console's receiver. A factory-installed option, the Precor "touch" heart rate can be purchased (at point of sale) and provides electrode strips on the center handrails. When a user places his or her hands over the strips and grasps the handrail(s), a heart rate is transmitted to the receiver.

### OPTIONAL EQUIPMENT

Optional equipment available through your dealer includes:

- POLAR® Heart Rate Option — chest strap.
- Precor Heart Rate "touch" Option — This option requires special handrails that must be factory installed and purchased at the time of the sale. *It is not an accessory item that can be purchased once the unit is assembled.*
- the CSAFE option (Stores personal workout statistics in a computer file. Operation requires cable connection to a separate computer.)

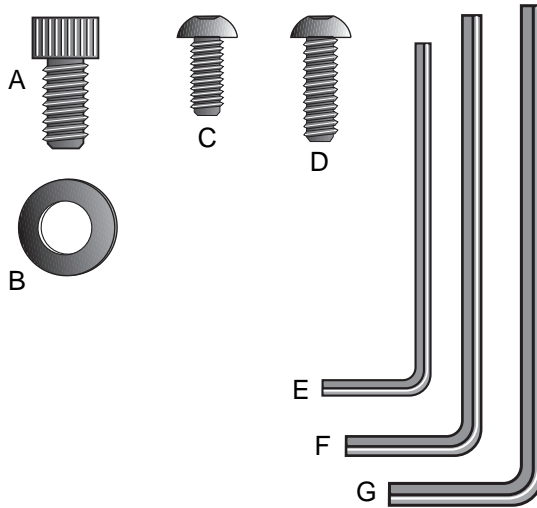
If you are interested in obtaining Precor option kits for your unit, check with your dealer. To locate the dealer nearest you, call 1-888-665-4404. For customer service, see *Obtaining Service* on page 2.

## HARDWARE KIT

Carefully unpack the parts from the shipping container. Open the Hardware kit and make sure that you have the following items as shown in Diagram 1:

- (A) four socket hex screws—upper column assembly
- (B) four washers—upper column assembly
- (C) four buttonhead hex screws—covers for upright assembly
- (D) eight buttonhead hex screws—handlebars
- (E) 5/32" hex key—screws on bracket covers
- (F) 7/32" hex key—screws on the handlebars (**Note:** A hex torque wrench is also required, although it isn't supplied.)
- (G) 1/4" hex key— upper column assembly (**Note:** A hex torque wrench is also required, although it isn't supplied.)
- Rubber grommet, upper and lower bracket covers (not shown in Diagram 1)

**Diagram 1** EFX556  
Hardware kit



If any items are missing, contact your dealer. For the Precor authorized dealer or servicer nearest you, call 1-888-665-4404.

**Note:** After assembling the EFX, be sure to store the hex keys in a secure place. The tools are used for maintenance procedures that are described in this manual.

## ACQUIRE THE APPROPRIATE TOOLS

Obtain the following tools *before* assembling the EFX.

- Wire cutter
- SAE Standard socket set with a ratchet or 8" crescent wrench
- Hex torque wrench

## Setting Up the EFX

You do not need any special knowledge or experience to set up the EFX. However, you will need assistance. Because of the size and weight of the EFX, it is recommended that at least three adult persons assemble it.

### INSTALLATION REQUIREMENTS

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

- **Set up the EFX on a solid, flat surface.** Unpack and assemble the EFX close to where you'll use it. Make sure that the flat surface under the unit is smooth and level. A level unit is required for the user's safety and for 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.** Be sure that the EFX is turned OFF. To locate the serial number, kneel down alongside the EFX and look for a label inside the rear cover. Write the serial number onto the Precor limited warranty card found on the back cover of this manual. Refer to *Obtaining Service* on page 2 and write the number(s) there as well.
- **Use the appropriate voltage, dedicated circuit, and grounding as specified on the EFX556.** The EFX556 is available in a 120-volt and a 240-volt model. Refer to the identification label next to the ON/OFF (I/O) switch to determine the voltage, power cord, and plug that your EFX556 requires. Make sure that the EFX556 is connected to a power outlet that has the same configuration as the plug.

**CAUTION: Use the appropriate power cord and plug for your unit. Do not use a non-grounded outlet. Electrical damage can occur if the EFX556 is connected to an improper power source.**

### ASSEMBLY INSTRUCTIONS

You do not need any special knowledge or experience to set up an EFX556, however **you will need assistance** and certain tools. Because of its weight and size, ask for several assistants to help you assemble the EFX556.

To assist you in the assembly, the items in the hardware kit, shown in Diagram 1, correspond to a particular letter in the alphabet. These letters appear throughout the assembly instructions. Refer to Diagram 1, as needed.

1. **Unpack the EFX556.** Remove the packing materials and loose contents (upper console assembly with electronic console, hardware kit, bracket covers, handrails, and power cord) from inside the cardboard pockets and from around the base frame assembly.
2. **Pull the large cardboard piece away from the base frame assembly.** Ask for assistance to move the EFX556 off the shipping pallet. You may need to cut the tie wraps that hold the base frame and roller arms to the pallet.
3. **Move the unit to the location where you plan to use it.** Make sure that the EFX556 is unplugged and turned OFF. **Do not assemble the EFX556 if it is plugged into a power outlet.**

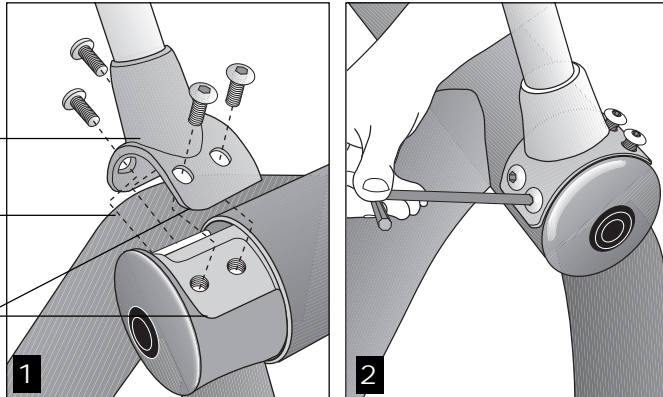
**Diagram 2**

*Attach the handlebars to the base assembly.*

Handlebar

Base frame

*Align curved edge on base assembly with handlebar's curved edge.*



4. **Attach a handlebar to one side.** Diagram 2. Take the following steps:
  - a. Remove the 8 handlebar screws (D) from the Hardware kit.
  - b. Pick up a handlebar and place it onto the base. See Diagram 2, #1.
  - c. Align the mounting holes and insert 4 screws (D).
  - d. Securely tighten the screws with the hex key provided. See Diagram 2, #2.
  - e. Perform steps b. through d. on the opposite side.

**Important:** Once the handlebars are secured, use a hex torque wrench to tighten all 8 bolts to 25 ft-lbs (300 in-lbs).

**Diagram 3**

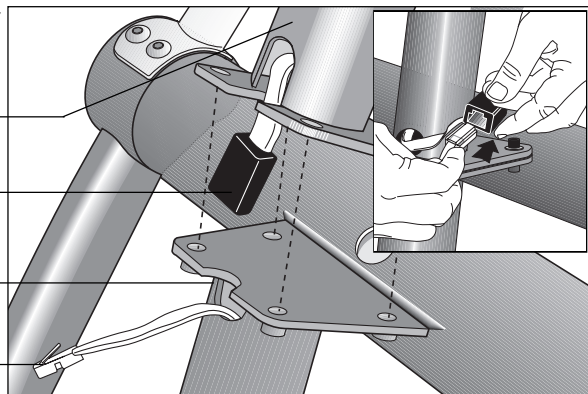
*Position the console assembly over the base frame and connect the cable.*

Upright support tube

RJ45 Cable receptacle

Base frame support

RJ45 Cable connector



5. **Position the console assembly over the base support.** Diagram 3. Remove any tape that secures the RJ45 cable. Have an assistant hold the upper support tube over the base frame support (display console must face the foot pedals) while you connect the cable and align the bolt holes.

**CAUTION:** Do not stretch, crimp, or damage the cable. Excess cable may be gently pushed into the upper support tube. Cables damaged by improper installation will not be covered by the Precor limited warranty.

6. **Connect the cables.** Diagram 3. Insert the cable into its receptacle. Just like a telephone connection, a definite "click" is heard when a good connection is made. If you do not hear a "click," try reinserting the cable again. Place the excess cable inside the upright support tube.

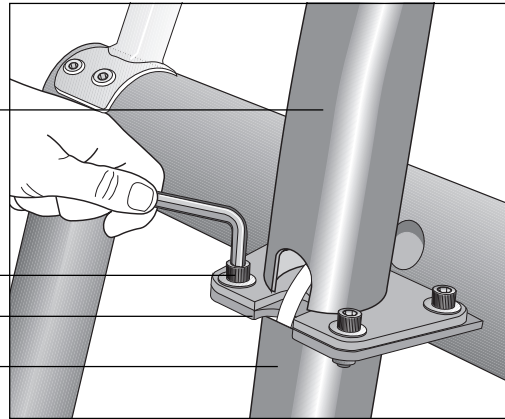
**Diagram 4** *Secure the console assembly to the base frame.*

Upright support tube

Screws (A) and washers (B)

Upper and lower brackets

Base support



7. **Secure the console assembly to the base frame support.** Diagram 4. Place a washer (B) on each of 4 screws (A). Align the mounting holes and insert the screws through the upper and lower bracket. Use the hex key provided to alternately tighten each screws until all four screws are secure.

**Important:** Once the upper console assembly is secured, use a hex torque wrench to tighten all 4 bolts to 140 in-lbs.

**Diagram 5** *Installing the covers.*

Upright support tube

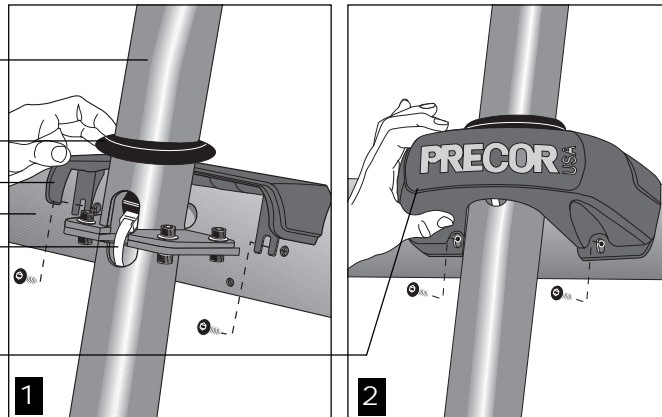
Split rubber grommet

Rear bracket cover

Center tube

RJ45 cable

Front bracket cover



8. **Install the bracket covers.** Diagram 5. Remove the 2 bracket covers, the split rubber grommet and 4 screws (C) from the Hardware kit. Then, take the following steps:

- Use 2 screws (C) to attach the rear bracket cover to the center tube. See Diagram 5, #1. Tighten the screws with the hex key provided.
- Position the split rubber grommet around the upright support tube. Slide the grommet against the rear bracket cover to help secure it in place.
- Use the remaining 2 screws to install the front bracket cover. Align the mounting holes and tighten the screws. See Diagram 5, #2.

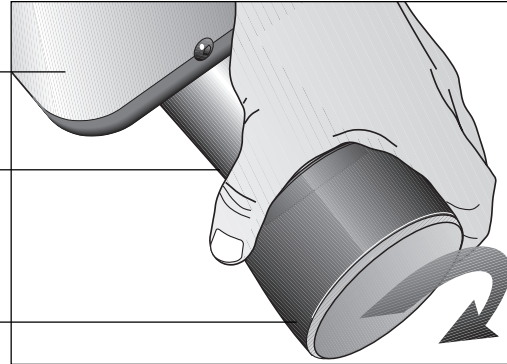
**CAUTION:** Do not overtighten the screws or you may inadvertently crack the plastic covers.

**Diagram 6** *Level the unit.*

Rear casing

Rear crossbar

Adjustable rear foot

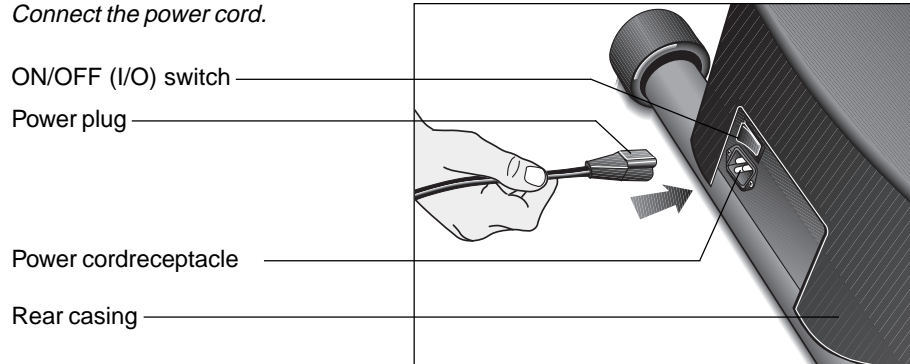


**Note:** You have completed the assembly of the EFX556. To level the unit and connect it to a power source, continue with the steps below.

9. **If you need to move the EFX, ask for assistance.** The EFX weighs over 200 pounds (90 kilograms). A hand cart may be useful to help move the unit.

**CAUTION: A fully-assembled EFX556 is very heavy. To avoid possible injury, Precor recommends that more than one person move the EFX556 to its final location.**

10. **Level the unit.** Diagram 6. The unit has adjustable rear feet that can help level the unit  $\pm 1/4$ ". To rotate the adjustable rear feet, have an assistant stand in front of the display console and face the rear feet. Ask the assistant to grasp the small handrails near the display console and pull toward him or her. The rear feet should lift off the floor which will allow you to rotate the rubber feet in the necessary direction.

**Diagram 7** *Connect the power cord.*

11. **Connect the power cord.** Diagram 7. Insert the power plug's connector into the receptacle at the rear of the base assembly.

**CAUTION:** Since the EFX556 has two different models (120v and 240v units), check the label near the unit's power receptacle to determine the voltage requirements. Use an appropriate power cord. Do not remove or otherwise bypass the 3-prong plug with an adapter in order to use a non-grounded outlet. Do not plug the EFX556 into a power transformer in an attempt to adjust the voltage requirements. Failure to follow these instruction's might damage the unit and void Precor's limited warranty.

12. **Plug the EFX556 into a grounded outlet.** Be sure to use the appropriate voltage requirements. Refer to *Grounding Instructions* on the front cover.

## TURNING THE EFX556 ON AND OFF

Use the ON/OFF (I/O) power switch to turn the unit ON and OFF. This switch is located at the rear of the unit, near the power cord receptacle. Refer to Diagram 7.

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

Use the I/O power switch to turn OFF (O) the EFX556 and unplug the unit from the power outlet when it is not in use for extended periods of time.

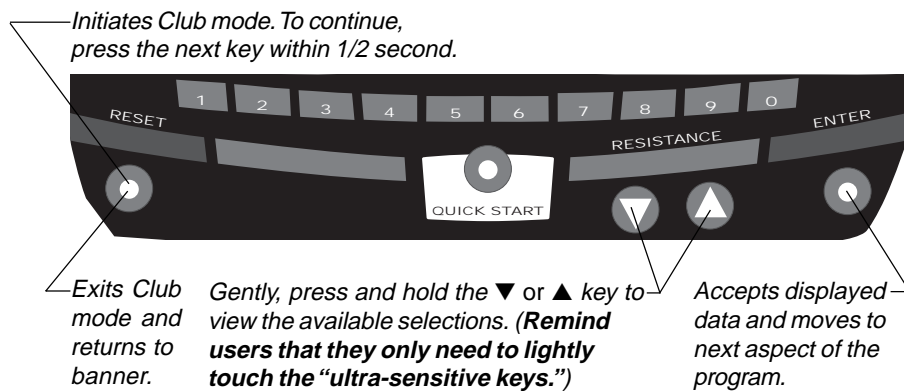
## Club Information

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

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

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

**Diagram 8** Display console keys used for Club mode.



**Note:** The CHANGE keys are not shown in this diagram. Refer to Diagram 9 for its location.

## CHANGING THE CLUB SETTINGS

The Club "custom" settings are accessed through specific codes that help eliminate unauthorized access. Refer to Diagram 8 to locate the keys. Information that you can access and features that can be customized are as follows:

- **Language** — Choose to display English, German, Spanish or French.
- **Units of Measure** — Select between U.S. Standard and Metric displays.
- **Maximum Workout Time** — Sets a maximum limit on workout time.  
**Note:** Remember the additional 5-minute cool-down period appended to a completed course, so adjust the maximum time limit accordingly.
- **Maximum Pause Time** — Sets the maximum duration for which a person can "pause" his or her workout.
- **Odometer, Hours of Use, Software Version, and Error Log** —The EFX stores the cumulative strides, the number of hours that the unit has been in use, the software version and software type (which is valuable when calling customer service), and an error log (useful when troubleshooting).



To access the Club settings, the following must occur:

- Check to be sure that the EFX is turned ON.**
- Check that the Precor (or club) banner appears on the display.**
- Press the appropriate key sequences.**

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

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

**Important:** Remember to begin at the Precor banner. After pressing the **Reset** key, you must press the next key in the sequence within 1/2 second, or the Precor banner reappears and you have to begin again.

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

**Reset, ▼, ▲, ▼, Reset, ▼, ▲, ▼**

Display key functions within the Club Custom Mode	
<b>▼▲</b>	lets you scroll through the various selections that appear.
<b>Enter</b>	saves the information being displayed and moves to the next aspect of the program.
<b>Reset</b>	exits Club Custom mode and displays the Precor banner.

## SELECTING THE LANGUAGE

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

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

## DETERMINING THE UNITS OF MEASURE

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

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

## SETTING A WORKOUT TIME LIMIT

You can limit how long a user works out by setting a duration between 1 and 240 minutes. The EFX also lets you choose “no limit” which allows the user to select a course and work out indefinitely. (Note that the user must enter a workout time of 0 using the *numeric* keys at the **Enter Time** prompt before he or she can workout “indefinitely.”) If the club setting is “no limit” and the user enter “0” at the **Enter Time** prompt, then the **Time Remaining** display does not appear when a user works out. (An exception to this rule is the Weight Loss Course.)

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

Use the ▼▲ keys to select a workout time limit. For example, if you set the workout time limit to 20 minutes, the EFX allows users to specify a workout between 1 and 20 minutes. Users would then be unable to specify a time longer than 20 minutes.

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

## SETTING A PAUSE TIME LIMIT

Setting a **Pause** time limit is useful because the EFX exits the course and returns to the Precor banner at a predetermined interval after the user stops pedaling.

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

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

The display console keys that you need to press to view the odometer, the number of hours the EFX has been in use, the software version and any error codes, are as follows:

**Reset, ▲, ▼**

**Important:** Remember to begin at the Precor banner. After pressing **Reset**, the next key in the sequence must be pressed within 1/2 second.

The field name **Odometer** appears briefly and then the odometer value (the cumulative strides that users have travelled) appears.

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

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

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

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

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

## USING CSAFE STANDARD EQUIPMENT

The EFX556 is fully compatible with CSAFE protocols. If the unit is connected to a CSAFE master device, the user will be prompted to enter a user ID. Five zeros appear on the display. The left zero blinks to indicate that it is awaiting input. The following table provides information about the keypad functions:

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

A message indicates when the user ID is accepted by the CSAFE master device. Then, the **Course** prompt is displayed. See *Quick Steps to Working Out* on page 28.

## The EFX556 Display

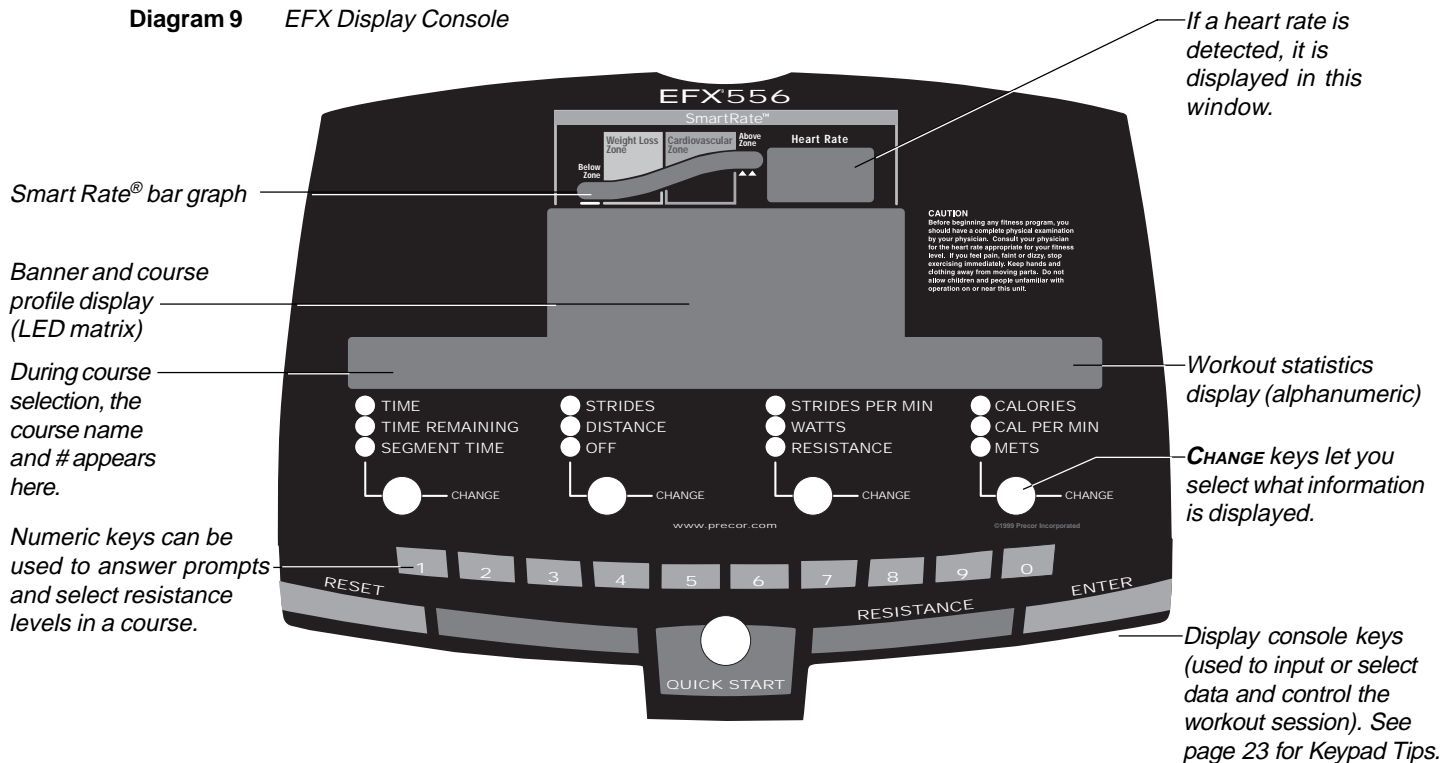
The EFX is designed so users can work out with minimal instruction or training. The directions on the console and the prompts on the display will guide a user through the entire workout session. Before the EFX is used, however, we recommend that you familiarize yourself with it so you can instruct your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

- an overview of the features provided on the display console
- an explanation about the available courses
- instructions for utilizing the heart rate options

### FEATURES ON THE DISPLAY CONSOLE

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

**Diagram 9** EFX Display Console



As you exercise, the display console provides motivation by presenting constant feedback about your progress. An brief explanation of each feature on the display console appears in Diagram 9. Look on the next page for a more thorough explanation.

**Note:** If an error message appears, call a Precor qualified service technician or service center. For the service center nearest you call, 1-888-665-4404.

## TOP DISPLAY WINDOWS

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

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

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

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

**HEART RATE:** The heart rate display lets you monitor your heart rate. When a heart beat is detected, the number appears in the small upper right display (refer to Diagram 9) and blinks in time with your pulse. If you did not purchase the Precor Heart Rate Touch factory-installed option or are not wearing a POLAR® chest strap, your heart rate will not be detected and no pulse rate appears. Refer to *The Heart Rate Feature* on page 30.

## CENTER DISPLAY WINDOW

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

## ELONGATED CENTER DISPLAY

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

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

**TIME:** During your workout, a time (0:00) display appears when you begin working out. **Time** appears in minutes and seconds. However, should you exceed 60 minutes (during a single workout), the **Time** display converts to hours and minutes. The **Time** display shows how long you've been working out. Even when you enter your cool-down period, the **Time** display provides the cumulative duration of your workout.

**STRIDES:** Shows the total number of strides completed. The number will always be even since two strides create one complete revolution of the flywheel. A stride is an exaggerated walking movement. On the EFX®, if you start in a position with one foot forward and one foot back, a stride is completed when you move the rear foot all the way forward while the forward foot moves to the rear.

**STRIDES PER MINUTE:** Displays your current pedaling speed.

**CALORIES:** Provides the cumulative number of calories being burned.

**TIME REMAINING:** Indicates the amount of time, in minutes and seconds (mm:ss), that remain in the course. When you enter a cool down period, the **Time Remaining** resets to 5 minutes, and begins counting down from there.

**Note:** If a course has no designated time limit (the club has set the **Workout Time Limit** as “**No Limit**”) and you input 0 using the numeric keys at the **Enter Time** prompt), then the **Time Remaining** field does not appear. See *Club Information* on page 16.

**DISTANCE:** The distance that you have travelled appears when you select this feature. Distance appears in 100th mile increments and can also appear in kilometers. (See *Club Information* on page 16.) The number shown in the display is not a conversion of strides, but relates closely to the user's expenditure of energy. The energy level is derived from the user's current MET's value and converted to an equivalent linear distance.

**WATTS:** Indicates the amount of energy the EFX is currently expending.

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

**SEGMENT TIME:** In the Manual or preprogrammed courses, this display indicates the amount of time, in minutes and seconds (mm:ss) that remains in the highlighted column (or segment) of the course profile before the cell at the top of the next column begins blinking. If the course being used is Cross Training, Interval, or Weight Loss, then the number appearing in this display indicates the amount of time that remains in the current interval.

**RESISTANCE:** Displays the amount of resistance being applied to the foot pedals. The **Resistance ▼** and **▲** keys let you set a resistance between 1 and 20 which affects the amount of resistance applied by the brake. Once a course is begun, you can also use the numeric keys to designate the resistance. Refer to **Numeric Keys** on page 24.

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

**METS:** Displays the metabolic units associated with your workout.

## KEYS ON THE DISPLAY CONSOLE

The Precor products have an easy-to-use keypad that is activated by the slightest touch. Remind users that they only need to “lightly touch” these ultra-sensitive keys.

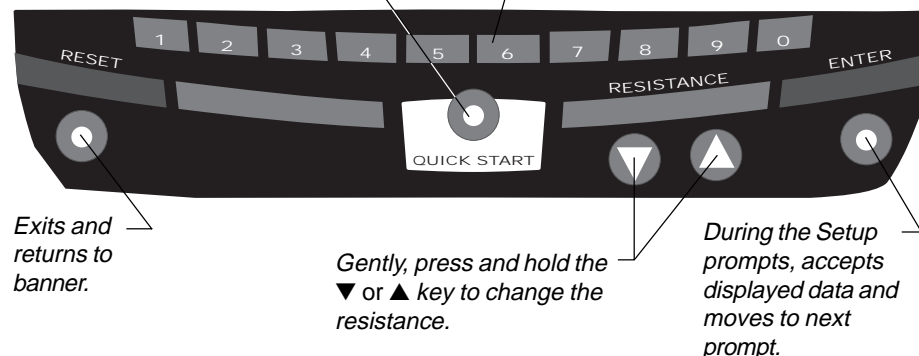
Each key on the display console's keypad provides specific functions. Numeric keys (numbered 1 - 0) let you enter data in answer to the display prompts and change the resistance during a workout. The standard keys, **Change**, **Reset**, **Quick Start™**, **Resistance ▼▲**, and **Enter**, let you enter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

The following information explains the different uses of the keys from left to right. To locate each key, look at the display console or refer to Diagram 10.

**Diagram 10** Display console keypad.

**Quick Start™:** Bypasses the remaining Setup prompts and enters the Manual course.

Numeric keys: Indicates the course #, time limit, weight, or age. During a workout, use these keys to select a target resistance.



**Note:** The CHANGE keys are not shown in this diagram. Refer to Diagram 9 for its location.

## KEYPAD TIPS

- Accurate entries are required or features such as Smart Rate® will not work properly.
- Answer the Setup prompts using the numeric keys or by pressing the ▼ or ▲ keys.
- Press **Enter** to select the information being displayed.
- Pressing **Quick Start** bypasses further selections and prompts you to workout in Manual mode. Default values apply (see **QUICK START™** on page 25). The Smart Rate® display does not appear.
- A time-out occurs during the Setup prompts if the EFX detects no key presses for 2 minutes. The display returns to the Precor banner.
- Press **Reset** to return to the Precor banner.

**Numeric Keys (1 - 0):** During a workout, you can use the numeric keys to change the EFX's resistance (from 1 through 20). Remember, if you use the numeric keys to change the resistance, you need to designate, within 3 seconds, whether you are *increasing* the resistance by pressing the ▲ key or *decreasing* the resistance by pressing the ▼ key.

**Note:** When you use the numeric keys to change the resistance, the actual resistance appears on the display as the brake is applied. If you wish to halt the change, press either the Resistance ▼ or ▲ key. The brake stops applying resistance and the display shows the current resistance level.

During the Setup prompts, you can also use the numeric keys to type in a course number (1 through 6), workout time, weight, and age. Note that you must press **Enter** to process your selection.

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

**RESET:** While you are answering the Setup prompts or when you are working out, you can cancel the course program, clear the display, and return to the banner by pressing **Reset**.

**RESISTANCE ▼▲:** During a workout, the **Resistance ▼▲** keys let you decrease or increase the force applied against your stride. The display can show a range from 1 to 20. Setting #1 provides the least resistance.

When you change the resistance by pressing the **Resistance ▼** or **▲** key, the number that appears on the display shows the *target* resistance (not necessarily, the present resistance being applied) because the display can change much faster than the brake.

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

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

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



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

**QUICK START Default Values**

Prompts	Default Value
Course	Manual
Time	30 minutes: Or, the Club limit whichever is less. Weight Loss course is fixed at 28 minutes.
Weight	150 lbs. (68 kg.)
Age	0 : A valid Age must be entered to utilize the <b>Smart Rate</b> <sup>®</sup> display. If <b>Quick Start</b> is pressed <b>after</b> an “Age” is entered, then the <b>Smart Rate</b> <sup>®</sup> display will appear when you grasp the touch-sensitive electrode strips on the handrail or wear the POLAR <sup>®</sup> chest strap. If no “Age” entry occurs, the <b>Smart Rate</b> <sup>®</sup> display lights up, but no blinking sensor appears.

**Note:** The POLAR<sup>®</sup> chest strap is available through your Precor dealer. Refer to *The Heart Rate Feature* on page 30.

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

**Press QUICK START at the,... The following occurs:**

<b>Precor</b> banner	You bypass the Setup prompts and your workout begins in the Manual course.
<b>Course</b> prompt	The displayed course is accessed. <b>Note:</b> Since a default workout time is accessed, no progress message (such as 10% complete) will appear on the display. The exception to this rule is the Weight Loss Course.
<b>Time</b> prompt	The time that appears on the display becomes the workout time limit. <b>Time</b> may be set to any value from 1 to the Club limit. If “unlimited” workout time is allowed by the Club, you can select it by entering 0 with the numeric key.
<b>Weight</b> prompt	The weight that appears on the display becomes your designated weight that the EFX uses to compute statistics. Acceptable entries are between 0 and 999.
<b>Age</b> prompt	The age that appears on the display becomes the your designated age that the EFX uses to compute statistics. A correct age entry between 1 and 99 is very important if you plan to utilize the heart rate characteristics of the EFX. The <b>Quick Start</b> key acts the same as the <b>Enter</b> key at this point because you have answered all the Setup prompts.

## Exercising on the EFX

Once the EFX is assembled and turned ON, it is ready to use. The easy-to-understand prompts let you select a course and specify how long you want to work out. Begin working out and then, adapt the resistance level to meet your fitness goals.

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

### USING THE HANDLEBARS

The handlebars on the EFX provide an upper-body workout that, when used properly, helps increase cardiovascular fitness. By adding the upper-body movement to your cross training workout, you're actually increasing your work effort and enhancing your overall fitness level. A variety of hand positions can intensify the effectiveness of your workout. Ask the Club personnel for ideas on how to utilize the EFX handlebars to meet your personal fitness goals.

### USING THE STATIONARY HANDRAILS

When you step on to or off of the foot pedals and when you use the display keys, always grasp at least one of the stationary handrails to help keep your balance. During a workout, use the stationary handrails to rest or slow down your upper-body movement.

If your club purchased the Precor Touch Heart Rate factory-installed option, "touch-sensitive" electrode strips are part of the stationary handrails. If you wish to view your heart rate on the display, grasp the touch-sensitive electrode strips on the handrails while working out. Your heart rate signal is transmitted to the receiver 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. For more information, refer to *The Heart Rate Feature* on page 30.

### PAUSE, COOL DOWN AND EXIT FEATURES

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

In a course,	This is what happens...,
--------------	--------------------------

<b>you complete it</b>	Enter Cool Down. At the start of the cool-down period, the resistance is reduced by 20%. You can adjust the setting using the numeric or ▼▲ keys. The display features remain, so you can review your workout statistics.
------------------------	---

**Note:** A Cool-down period is appended to those courses that have a finite duration. If you do not enter a **Workout Time** during the Setup prompts, or the club has set "no limit" as the default duration, then a cool-down period does not occur when you reach the end of a course.

**In a course, This is what happens...,**

**you press Reset** (1 second or more) Enter the **Workout Summary** mode. The workout statistics remain displayed for two minutes. You can scan through the workout statistics by pressing the **Change** key. Note that the TIME display shows the accumulated workout time including warm-up and cool down periods. To exit, wait until the time limit elapses or press **Reset** again. The display returns to the Precor banner.

**no pedaling is detected.** (for 6 seconds) Enter Pause mode. The display features remain, so you can review your workout statistics, and **Time** stops accruing. Note that the Pause mode has a time limit and the club has the option to determine the setting. If you enter Pause mode, it is of limited duration. Check with club personnel or refer to *Club Information* on page 16.

**In Pause mode, you This is what happens...,**

**resume pedaling** Returns to the course and the workout statistics continue from where you left off.

**press Reset** Displays the **Workout Summary** banner. See **Reset** on the previous page.

**exceed time limit** The EFX exits Pause mode, resets the displays, and returns to the Precor banner.

**Note:** The factory setting for Pause mode is 2 minutes (120 seconds). The club has the option to change the setting. A duration can be set between 1 and 120 seconds and limits how long a user can pause his or her workout. Refer to *Club Information* on page 16.

**In Cool down, mode This is what happens...,**

**no pedaling is detected.** (for 6 seconds) Enter Cool-down, Pause mode. **Time** stops accruing, but the display features remain, so you can review your workout statistics. Note that the Pause mode has a time limit and the club has the option to determine the setting. If you enter Pause mode, it is of limited duration. Check with club personnel or refer to *Club Information* on page 16.

**you press Reset** Displays the **Workout Summary** banner. See **Reset** on the previous page. If you enter Pause mode during your cool down, it is of limited duration.

**it ends.** Displays the **Workout Summary** banner. See the information about **Reset** on page 26.

### At Workout Summary banner, you This is what happens,...

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

## WORKOUT TIPS

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

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

- Check that the unit is turned ON. The I/O switch is located at the rear.
- Answer Setup prompts using numeric keys or by pressing the ▼ or ▲ keys.
- Press **Enter** to select the information being displayed.
- **Quick Start** bypasses further selections. Default values apply (see QUICK START on page 25). Smart Rate® is not active.
- A time-out occurs during the Setup prompts if the EFX detects no key presses for 2 minutes. The display returns to the Precor banner.

## QUICK STEPS TO WORKING OUT

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

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

2. The I/O switch is located at the rear of the EFX.

**CAUTION: Hold onto the stationary handrails while you step into the foot pedals.**
- 3 Hold onto a stationary handrail while you step into the foot pedals and select a course.**

*Important: When you begin moving the foot pedals, continue to hold onto a stationary handrail with one hand while you answer the Setup prompts with the other.*

3. Move the foot pedals and follow the display prompts. You are prompted to make a COURSE selection and enter your workout TIME, WEIGHT, and AGE.

**Note:** To answer the Setup prompts, use the numeric or ▼▲ keys. Press **Enter** to select the information being displayed. The 6 available courses appear on the label attached to the display console. Brief course descriptions are provided beginning on page 30.

**Important:** Do not switch to the moveable handlebars until you are comfortable with the movement of the EFX.

**4** Continue your workout until course completion.

**5** End your workout and review your workout statistics.

**6** Hold on to a stationary handrail while you step off the EFX.

**Important:** Any time during the Setup prompts, you can press the **Quick Start** key. Refer to QUICK START on page 25.

To pause during your workout session before finishing the selected course, stop pedaling. See *Pause, Cool Down and Exit Features* for more information.

4. When you have completed a course that has a limited duration, a 5-minute cool down period automatically begins. Hold onto the stationary handrail while the EFX reduces the resistance by 20%. Note that you can always exit a course prematurely using the **Reset** key. Refer to *Pause, Cool Down and Exit Features* on page 26.

**Note:** Not all courses supply the cool-down period. See *Cooling Down After Your Workout*.

5. After you complete the 5-minute cool-down period (or exit a course prematurely using the **Reset** key), the **Workout Summary** banner appears. Workout statistics except TIME, STRIDES and CALORIES reset to zero. (Note that the TIME display shows the accumulated workout time including warm-up and cool-down periods.) You are given 2 minutes to review your workout statistics before the display automatically resets to the Precor banner. You can also press **Reset**, to return to the Precor banner.

6. Hold on to the stationary handrails while you carefully step down from the EFX.

If your club does not have the CSAFE option and you wish to monitor your progress toward your fitness goals, a form for recording workout statistics is provided on page 35.

## COOLING DOWN AFTER A WORKOUT

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

During your cool down, the workout statistics continue to appear. The **TIME** display shows the accumulated time which includes warm-up and cool-down periods. When you complete the 5-minute cool down, a **Workout Summary** appears. See the information beginning on page 26.

**Important:** To activate a cool-down period, a course must “end.” The course ends when the workout **Time** (entered during the Setup prompts) expires. If no workout **Time** entry occurred, then (from a software perspective) no time limit exists, so a cool-down period is not appended to the course. (However, club time limits still apply whether or not a workout **Time** was entered.)

## Courses

The EFX lets you choose between 6 variable courses. This section provides information about the special features and functions of the EFX courses and how to best utilize the:

- Heart Rate and Smart Rate® features
- Cross Country and Hill Climb courses
- Interval course
- Manual course
- Cross Training course
- Weight Loss course

**Note:** To choose a course, begin at the Precor banner and press **Enter**. User-friendly prompts guide you through the course selections. Refer to *Quick Steps to Working Out* on page 28.

### THE HEART RATE FEATURE

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

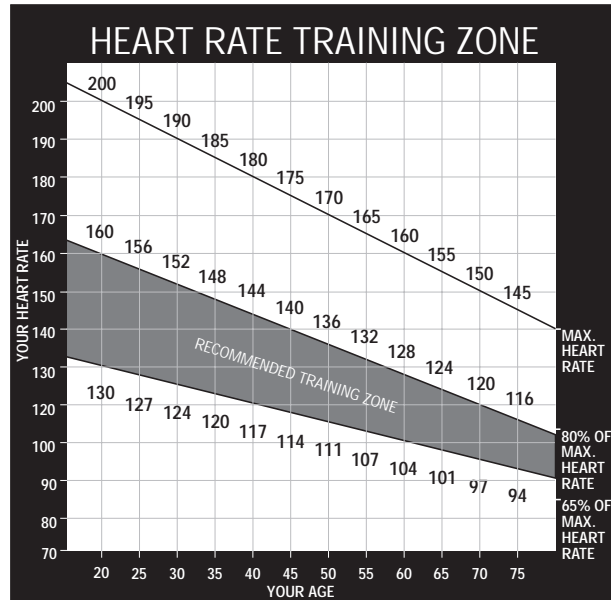
**Note:** The Smart Rate® display does not appear if you use the **Quick Start** key to access a course. Refer to QUICK START on page 25.

**Important:** The POLAR® chest strap is optional equipment and can be purchased through your dealer. The touch-sensitive electrode strips on the handrails are factory-installed and must be purchased at “point of sale.”

### UTILIZING THE SMART RATE® FEATURE

Add the benefit of Smart Rate® to every course on the EFX. 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 course, a blinking segment in the bar graph appears on the left of the display, if you entered your age during the Setup prompts. The blinking segment indicates the zone that your heart rate is in: **Weight Loss** or **Cardiovascular**.

**Important:** Access to Smart Rate® is only available when the person exercising wears a POLAR® chest strap or uses the touch-sensitive electrode strips on the handrails. (The POLAR® chest strap is a separate purchase option.) The touch-sensitive electrode strips on the stationary handrails are factory-installed and must be purchased with the unit. The Smart Rate® indicator lights do not appear when **Quick Start** is used to select a course.

**Diagram 11** *Training Zones*

For the ideal “weight loss” range, your heart rate should be between 55% and 70% of your maximum aerobic heart rate. It should never exceed 80% of your maximum aerobic heart rate or go above your training zone. Refer to Diagram 11 for your appropriate training zone.

When you maintain your heart rate between 70% and 85% of your maximum aerobic heart rate, you are improving your overall cardiovascular/cardiorespiratory fitness level. Maintaining your heart rate in either zone (weight loss or cardiovascular) for 30 minutes or more on a regular basis (minimum 3 times a week) provides the greatest benefits.

## MANUAL MODE AND THE QUICK START KEY

Manual mode lets you determine the resistance level which affects the effort you put into your workout. As with other courses, when you complete the time limit set for the course, the automatic cool-down period begins.

You can choose Manual mode in two different ways:

- pressing the **Quick Start** key at the Precor banner. **Quick Start** bypasses the remaining selections and starts the Manual course. Default values include a time limit of 30 minutes (or the Club setting, whichever is smaller), 150 lbs. (68 kg.) and an age of 0. The Smart Rate® display is inactive.
- pressing **Enter** at the Precor banner. This causes the EFX to display several Setup prompts. At the course prompt, select **#1 — Manual** course.

The Manual course profile appears as a flat line. Use the ▼▲ keys or the numeric keys to adjust the resistance level. (See page 24 for more information on the different key’s function.) As you proceed with your workout, a blinking cell represents your position on the course.

## CROSS TRAINING COURSE

The Cross Training course is similar to the Interval Course, but instead of rest/work intervals the course consists of alternating segments of forward and backward pedaling movements that focus on working the thigh and calf muscle groups. Ask Club personnel about utilizing the benefits of this type of workout in your fitness goals.

The course profile displays the rest and work intervals. The height of the intervals reflects the changes (if any) made by you to the resistance levels. You set the resistance for the first forward and backward interval and the software repeats the settings throughout the course. Any time during the course, you can adjust the resistance setting by pressing a ▼ or ▲ key. The software remembers the new setting and applies it to the subsequent backward or forward interval. Prompts appear on the display indicating when you should change the pedaling direction.

**Note:** If a workout **Time** is entered, then the time is divided into 5 equal intervals (forward, backward, forward, backward, forward) and appears in the course profile. If no workout **Time** is entered (or “no limit” is set by the club), then the time per interval is set to 1 minute.

## CROSS COUNTRY AND HILL CLIMB COURSES

In the EFX preprogrammed courses, the resistance is predetermined. This lets you use the course without bothering to adjust the resistance. However, if you want to make changes to the resistance level use the numeric keys or **Resistance** ▼▲ keys any time during the course. Refer to the **Numeric** keys and the **Resistance** ▼▲ key on page 24.

## INTERVAL COURSE

The interval course on the EFX lets you select the rest and work intervals according to your training regimen. You set the resistance level for first rest and work interval and the software repeats the intervals throughout the course. At any point during the workout, you can change the settings of the current interval by simply pressing the ▼▲ or numeric keys. The software remembers the new settings and applies it to the appropriate rest or work interval.

**Important:** If you entered your Age during the Setup prompts and wear the POLAR® chest strap or utilize the “touch” heart rate, you can adjust the rest or work intervals to keep your heart rate in its recommended zone. For the weight loss mode, try to maintain your heart rate at the lower end (55% of maximum heart rate) while in the “rest” intervals and keep it at 70% of maximum heart rate while in the “work” intervals. See Diagram 11 on page 31.

**To use the interval course, take the following steps:**

1. Follow the instructions on page 28, *Quick Steps to Working Out*.
2. At the course prompt, use the ▼▲ key or numeric keys to select the **Interval** course and then press **Enter**.



3. Enter a workout **Time**. If the workout **Time** entered is an even number, then all intervals (rest and work) are 2 minutes long. If the workout **Time** entered is an odd number, then all intervals (rest and work) are 2 minutes long, except the last one which will be 1 minute.
4. Press **Enter** to proceed to the next prompt. When you're finished answering the Setup prompts, the Interval course begins.

To set the resistance level for each interval, take the following steps:

1. When the Rest interval prompt appears, press the **Resistance** ▼ or ▲ key to change the level. When the desired setting is displayed, simply continue working out—you do not need to press **Enter**.

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

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

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

## WEIGHT LOSS COURSE

The Precor Weight Loss course incorporates the latest findings on fat-burning and weight loss through exercise. It is based on research at the world-renowned Cooper Institute for Aerobics Research and it is designed to help you burn the most fat during a 28-minute workout, while minimizing the risk of discomfort and injury. The Weight Loss program is similar to the Interval course, but the intervals are set at 4 minutes. If you use the POLAR® chest strap or the touch-sensitive electrode strips on the handrail (both separate purchase options), try to keep the rest interval's target heart rate at 55% of (220 - your age), while the work interval should be set to 70% of (220 - your age). As in the Interval course, once you set the resistance levels for the first rest and work interval, the EFX automatically repeats the interval settings throughout the course.

**Note:** For the EFX to detect a heart rate, the user must wear the POLAR® chest strap or hold onto the touch-sensitive electrode strips on the handrail. The POLAR® chest strap is optional equipment that can be purchased from your dealer. The touch-sensitive handrails are factory-installed and must be purchased with the unit. Refer to *The Heart Rate Feature* on page 30.

To use the Weight Loss program, follow the steps found in *Quick Steps to Working Out* on page 28. When the **Course** prompt appears, choose the appropriate course number. Refer to the course label on the display console.

**Important:** During your workout, you can change the resistance, but doing so will cause the effectiveness of the Weight Loss program to vary.

**Note:** When you complete the 28-minute time limit set for the course, the automatic cool-down period begins.

## Maintenance

The EFX will continue to run smoothly and efficiently as long as you maintain it. 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 EFX 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 or performing any maintenance tasks.**

Most of the working mechanisms are protected inside the casing. However, for efficient operation, the EFX relies on low friction. To keep the friction low, the EFX rollers, rails, and internal mechanisms must be as clean as possible.

Everyday use a soft cloth, dampened (not dripping wet) in a solution of mild soap and water, to clean all exposed surfaces on the EFX. To clean the ramp and roller wheels, position one foot pedal at the top of the ramp (the other will automatically be positioned at the bottom). Clean the exposed ramp and roller wheel surfaces. Switch the foot pedal position to finish cleaning the ramp. Gently, lift the roller wheel and rotate it while you wipe it. This helps remove any dust or dirt which might affect the smooth operation of the unit.

**CAUTION: Never pour water or spray liquids on the display console or the EFX. Allow the EFX to dry completely before using.**

Periodically, clean the grooves on the foot pedals using a soft nylon scrub brush. Vacuum the floor underneath the unit every week to prevent the accumulation of dust and dirt.

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

### STORING THE POLAR® CHEST STRAP

Store the chest strap transmitter in a place where dust and dirt cannot accumulate on it such as, a closet or drawer. Be sure to keep the chest strap protected from extremes in temperature. Do not store it in an area that may be exposed to temperatures below 32 degrees Fahrenheit.

### SERVICING THE EFX

Do not attempt to service the EFX 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 888-665-4404.

### LONG TERM STORAGE

When the EFX 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.

# Workout Statistics Log

If you prefer not to use the CSAFE option, you can keep track of your workout using the form below. After finishing a workout, record your workout statistics shown during the **Workout Summary** display onto this form.

**To maintain the original blank form, be sure to make a working copy.**

Name \_\_\_\_\_

Course \_\_\_\_\_ Date \_\_\_\_\_

Time	Total Strides	Calories	Comments

Course \_\_\_\_\_ Date \_\_\_\_\_

Time	Total Strides	Calories	Comments

Course \_\_\_\_\_ Date \_\_\_\_\_

Time	Total Strides	Calories	Comments

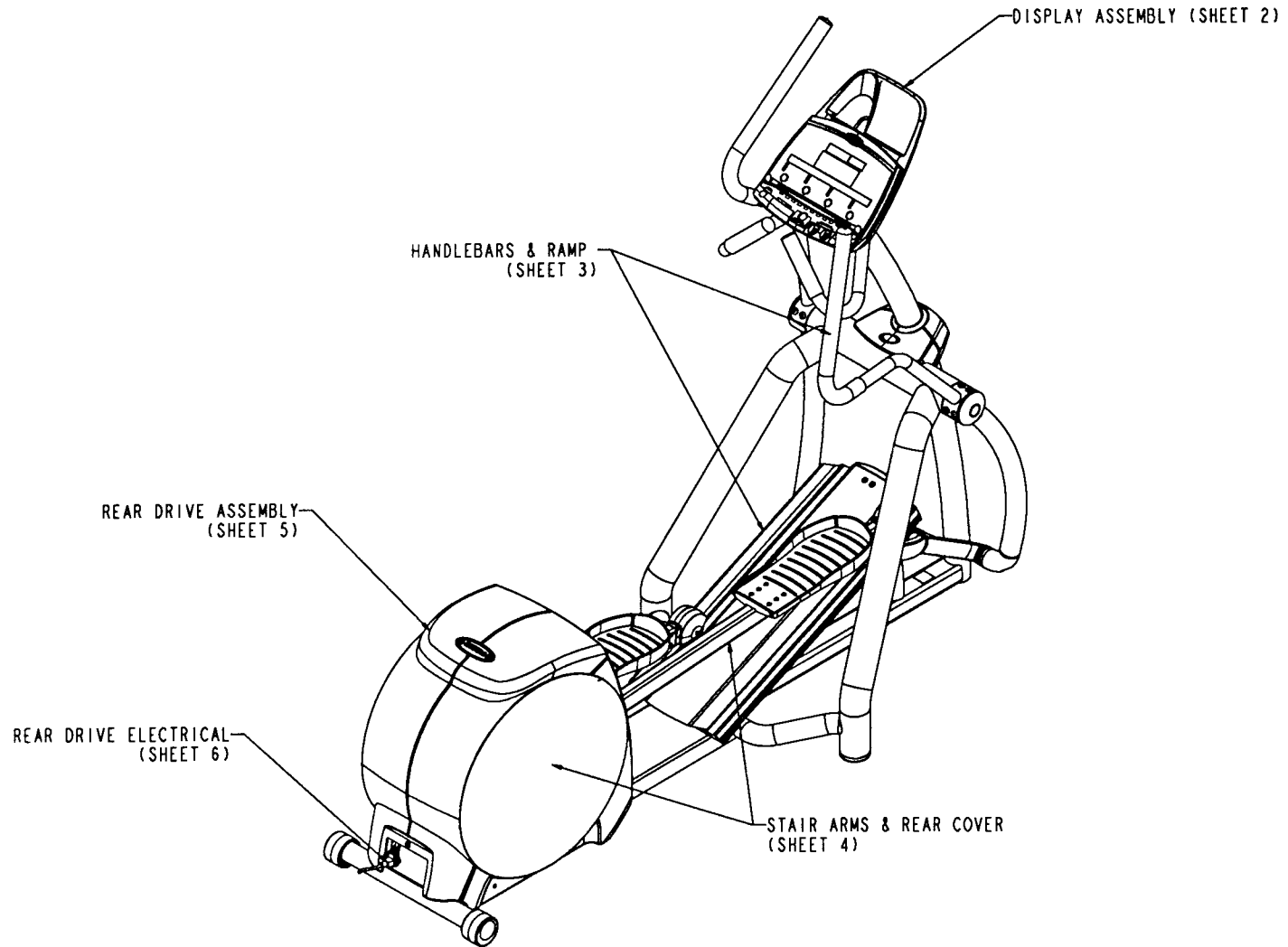
Course \_\_\_\_\_ Date \_\_\_\_\_

Time	Total Strides	Calories	Comments

**Notes:**

# EFX<sup>®</sup>556

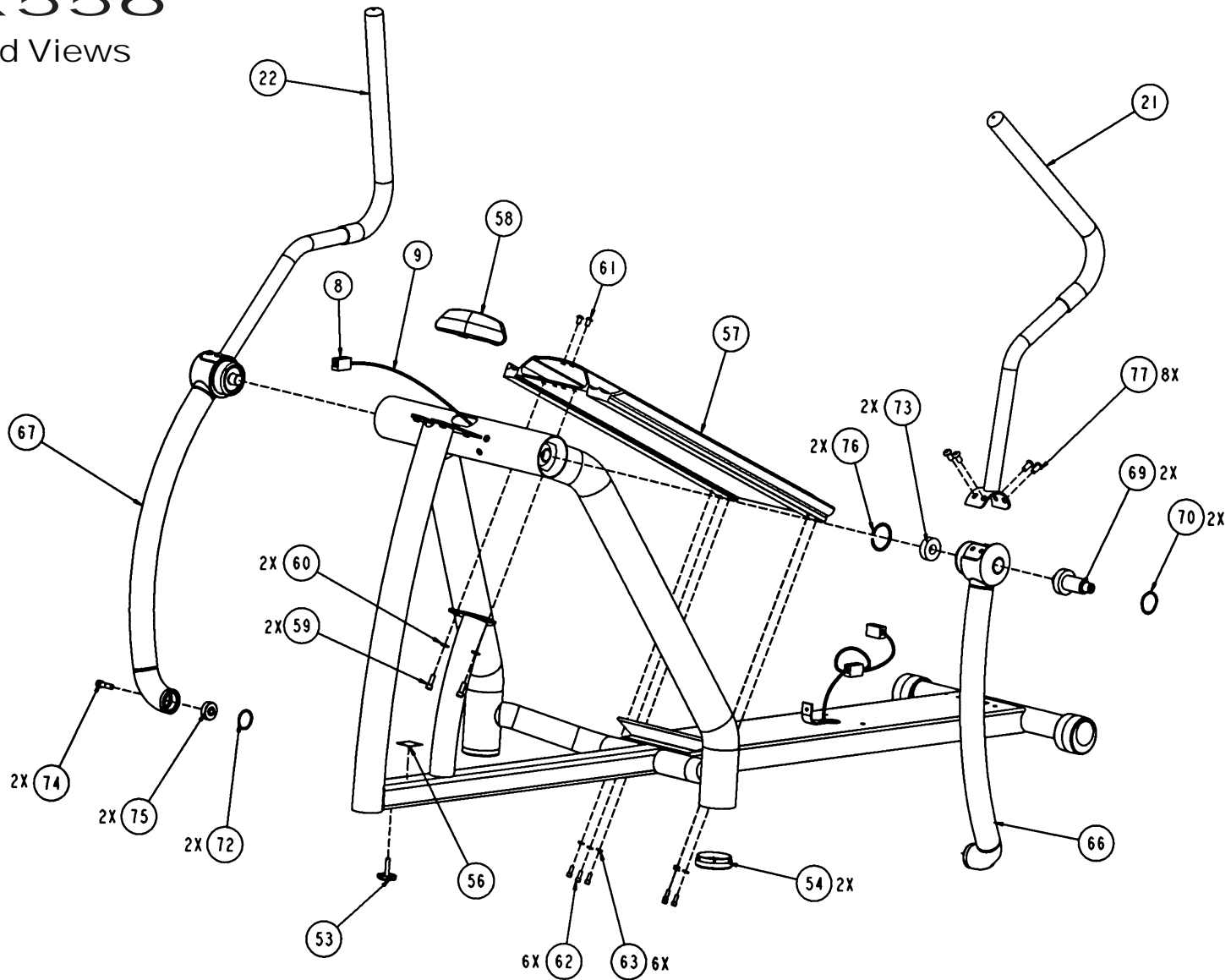
## Exploded Views





# EFX<sup>®</sup>556

Exploded Views

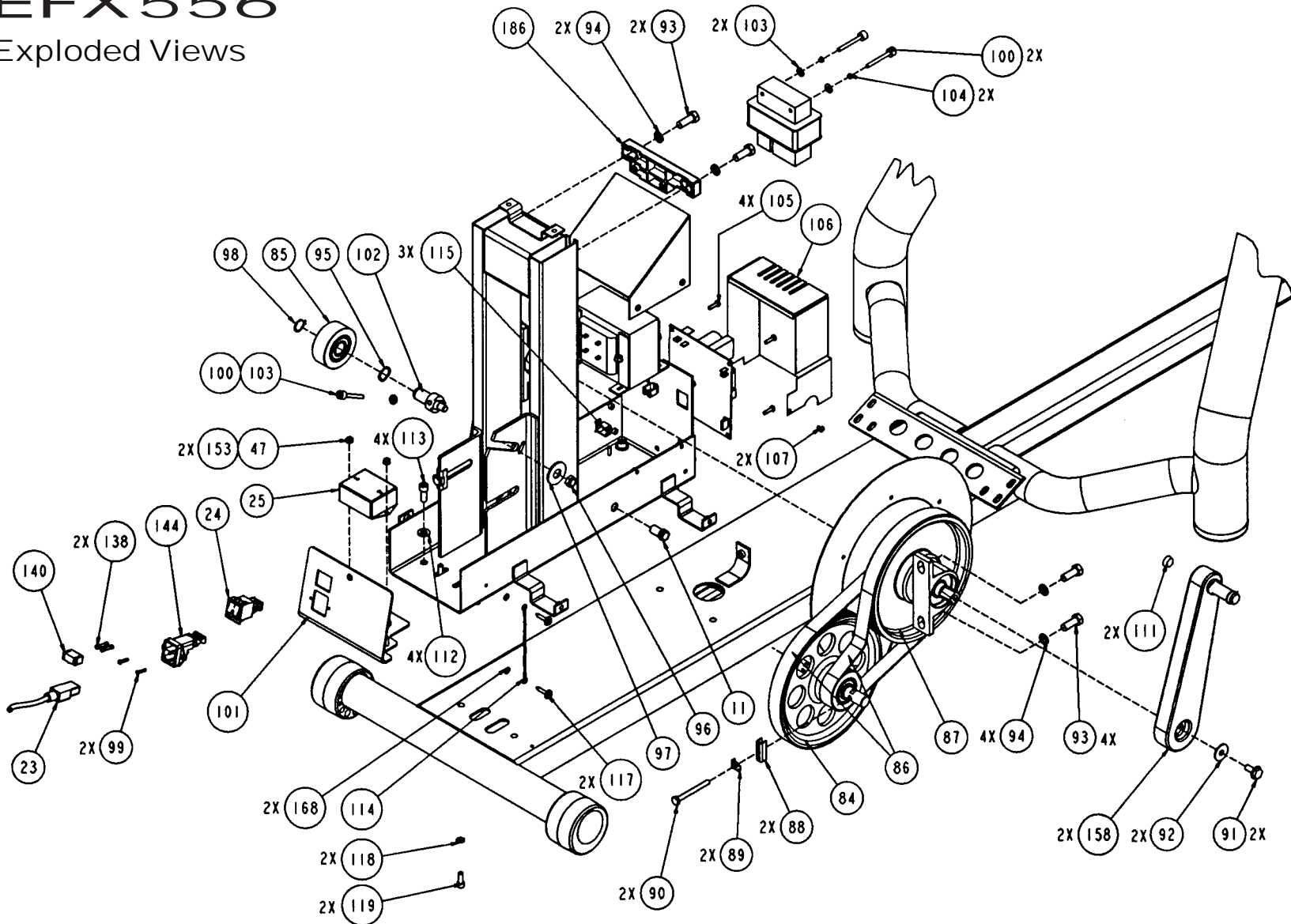






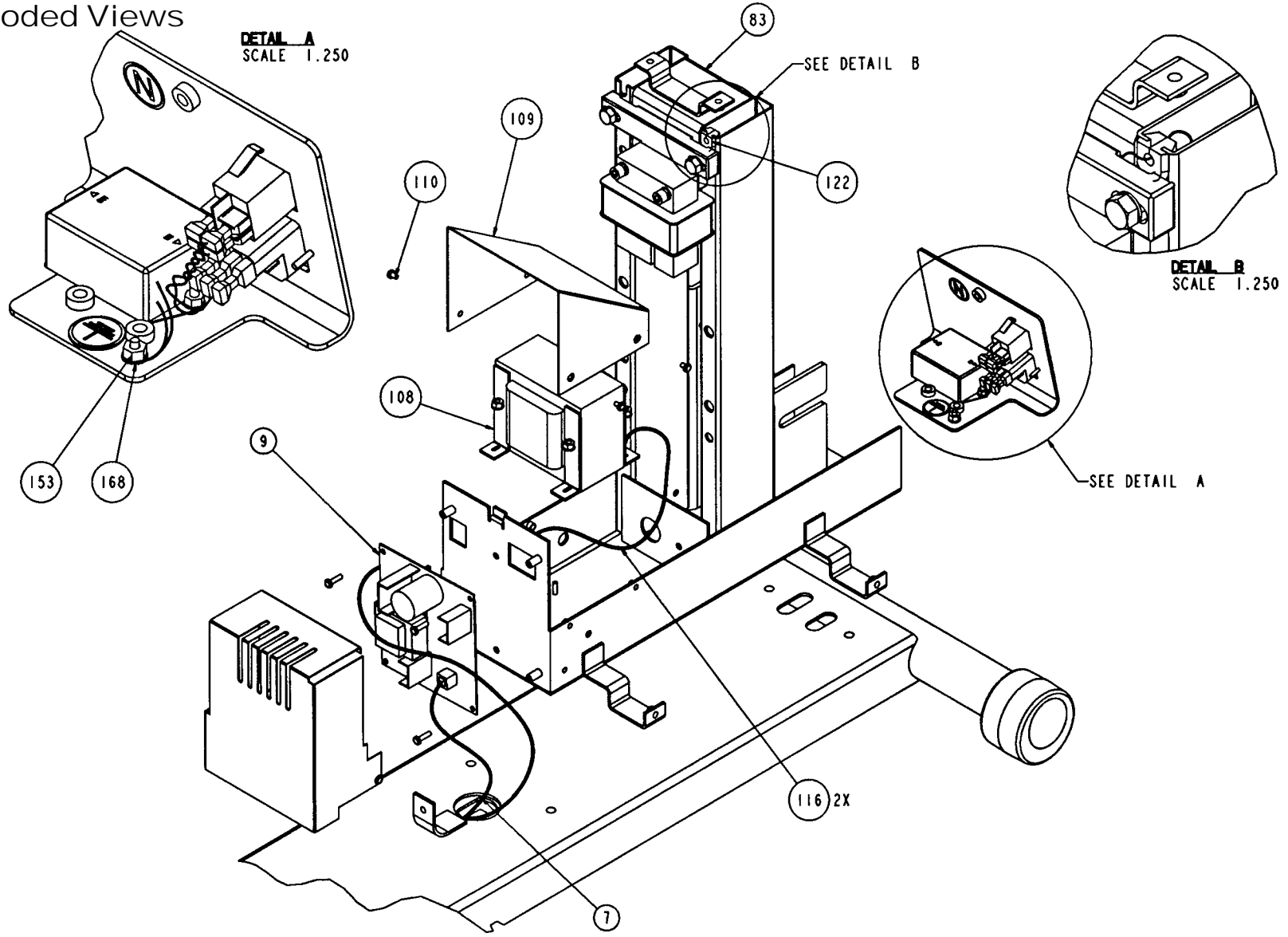
# EFX<sup>®</sup>556

Exploded Views



# EFX<sup>®</sup>556

## Exploded Views



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

# Commercial Equipment Limited Warranty

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

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

Name of Facility

Contact Person  Mr.  Ms.

Phone Number  -

Address

City  State  Zip Code  -

Purchased From

City  State  Zip Code  -

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

Purchaser's Signature \_\_\_\_\_

Please detach and return this portion.

## Commercial Equipment Limited Warranty

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

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

### All Other Commercial Products including options (excluding StretchTrainer, Strength Equipment — formerly Pacific Fitness)

Labor (except options and parts) is covered for a period of one year, plus a five year frame weld warranty covering parts-only repair or replacement. **Labor coverage for options is 90 days.** Precor provides an additional one year parts-only limited warranty for the treadmill running bed, running belt, and drive motor: eddy current magnets and disk.

### StretchTrainer

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

### Strength Products (Formerly Pacific Fitness) manufactured after August 1, 1999

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

### Options / Accessories / Battery-powered or Self-Operated Devices

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

PRECOR'S SOLE LIABILITY IS LIMITED TO REPAIR OR REPLACEMENT OF PARTS ACCORDING TO THE TERMS AND CONDITIONS OF THESE LIMITED WARRANTIES, AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE ARE LIMITED TO THE DURATION OF THE ABOVE WRITTEN WARRANTIES. IN NO EVENT WILL PRECOR OR THE SELLING DEALER BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES SUCH AS INCONVENIENCE, COMMERCIAL LOSS, LOST PROFITS OR DAMAGE TO OTHER PROPERTY. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Fill this portion out and keep for your records.

Purchased From

Phone Number  -

Product/model  Serial #

## Conditions

This warranty is valid only in accordance with the conditions set forth below.

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

This Limited Warranty shall not apply to:

- Software (PROM) limitations or corrections.
- Batteries or other consumables, or cosmetic items, grips, seats, labels, or wheels.
- Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
- Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
- Pick-up, delivery, or freight charges involved with repairs.
- Any labor costs incurred beyond the applicable labor warranty period.

Effective 01 Oct. 99  
P/N 36286-105

PLACE  
STAMP  
HERE

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



**PRECOR**<sup>USA</sup>

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

## Warranty Registration Card

### EFX<sup>®</sup>556 Commercial Crosstrainer featuring Heart Rate and Smart Rate<sup>®</sup> Systems

#### Product Specifications

Length: 78 inches (198 cm)  
Width: 30 inches (76 cm)  
Height: 64 inches (164 cm)  
Incline: 25% grade  
Power: 120 v @ 50/60Hz 1.0 Amps  
240v @ 50/60Hz 0.5 Amps  
Weight: 220 lbs (100 kg)  
Shipping  
Weight: 330 lbs (150 kg)

#### Electronic Specifications

##### Programs:

Manual  
Cross Training  
Cross Country  
Hill Climb  
Interval  
Weight Loss

##### Display Readouts:

Time                      Strides      Strides per Minute      Calories  
Time Remaining      Distance      Watts                      Calories per Min  
Segment Time      Off      Resistance              Mets

Heart Rate\* and Smart Rate<sup>®</sup>\*

\* Requires that the POLAR<sup>®</sup> chest strap be worn by the user or the Precor Heart Rate "touch" option be installed. The "touch" option is factory-installed and provides contact-sensitive electrode strips on the handrails. It must be ordered with the EFX at "point of sale."

**PRECOR**<sup>USA</sup>

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

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**Lit Kit# 43444-103**  
OM# 43446-103  
Warranty Card# 36286-105  
Exploded Views# 43445-101 Rev. B

#### 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.

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