



# Commercial Climber Owner's Manual

# **C764**

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

## IMPORTANT SAFETY INSTRUCTIONS

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

- To ensure your safety and to protect the unit, read all the instructions before assembling and using the climber.
- To ensure the proper use and safety of the C764, make sure that all users read this manual. Please make this manual a part of your club's training program. Remind the club users that before beginning any fitness program, they should obtain complete physical examinations from their physicians.

*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:

- Do not allow children or those unfamiliar with its operation on or near the C764 climber. Do not leave children unsupervised around the climber.
- Never leave the climber unattended. Unplug the unit from the power outlet when it is not in use, before cleaning it, and before putting on or taking off parts.
- Assemble and operate the climber on a solid, level surface. Locate the climber a few feet from walls or furniture. Check the unit before each use and verify that all fasteners are secure. Maintain the climber in good working condition.
- Use the climber only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injuries.
- If you purchased the optional POLAR® chest strap, review the guidelines found in the literature that is supplied with that option.
- Never operate the unit if it is damaged, if it is not working properly, if it has been dropped, or dropped in water. Return the C764 to a service center for examination and repair.
- Keep all electrical components such as the power cord and I/O switch, away from liquids to prevent shock. Do not set anything on the handrail, display console, or casing. Place liquids, magazines and books in the appropriate receptacles.
- Keep the power cord and plug away from heated surfaces.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Use care when getting on or off the climber. Use the handrail whenever possible.
- Keep your body and head facing forward. Never attempt to turn around on the climber.
- Never drop or insert objects into any opening.

## IMPORTANT SAFETY INSTRUCTIONS

- Wear proper exercise clothing and shoes during a workout—no loose clothing. Tie long hair back.
- Do not rock the unit. Do not stand on the display console or casing.
- Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

### SAFETY APPROVAL

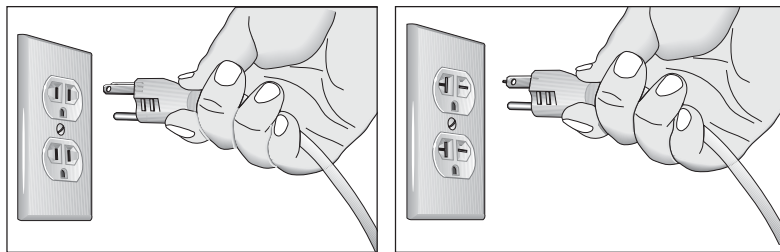
When identified with the ETL-c logo, the climber has been tested and conforms to the requirements of CAN/CSA-E-335-1/3-94, Safety of Household and Similar Electrical Appliances.

The C764 Climber 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 climber 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 climber is properly grounded. Do not modify the plug provided with the climber—if it doesn't fit the outlet, get a proper outlet installed by a qualified technician.

**Diagram 1**

*Correct power plug for U.S. Markets: 120-volt and 240-volt.*



**120-Volt grounding plug**

**240-Volt grounding plug**

### 120V Units and 240V Units Designated for U.S. Markets

The C764 climber must be connected to a dedicated, grounded circuit. **A 20 amp dedicated circuit is recommended.** The climber is factory-equipped with a specific power supply cord to permit connection to a proper electric circuit as shown in Diagram 1. The power outlet must have the same configuration as the plug. No adapter should be used with this product.

**SAVE THESE INSTRUCTIONS**

## Table of Contents

<b>Important Safety Instructions .....</b>	<b>2</b>
Safety Approval .....	3
Grounding Instructions .....	3
Radio Frequency Interference (RFI) .....	6
European Applications .....	6
Obtaining Service .....	7
About this Manual .....	7
<b>Unpacking the C764 Climber .....</b>	<b>9</b>
Standard Equipment .....	9
Other Equipment .....	9
Hardware Kit .....	10
<b>Setting Up the C764 Climber .....</b>	<b>11</b>
Installation Requirements .....	11
Additional Tools Needed .....	11
Assembly Instructions .....	11
<b>Programmable Options on the C764 Climber .....</b>	<b>19</b>
Changing the Club Settings .....	19
Designing a Custom Course On the C764 Climber .....	20
<b>Using the C764 Climber .....</b>	<b>23</b>
Turning the Climber ON and OFF .....	23
Understanding the Display Console .....	23
Graphic Display on the C764 Climber .....	25
Right Display on the C764 CLIMBER .....	26
<b>Working Out on the C764 Climber .....</b>	<b>28</b>
Pausing During Your Workout .....	28
Ending Your Workout .....	28
Cooling Down After Your Workout .....	28
Understanding SmartRate® .....	28
Using the Heart Rate Capability .....	29
Using the Heart Rate “Touch-sensitive” Grips .....	30
Heart Rate Troubleshooting Tips .....	30
Exercising on the C764 Climber .....	32



<b>C764 Courses</b> .....	<b>34</b>
Using Manual Mode and the QuickStart Key .....	34
Preprogrammed Courses .....	34
Changing the Interval Course Profile On the C764 .....	35
Using the Random Course on the C764 Climber .....	35
<b>Maintenance</b> .....	<b>36</b>
Inspection .....	36
Accessing the Software Version Number and Odometer .....	36
Cleaning the Equipment .....	36
Storing the POLAR® Chest Strap .....	37
Servicing the Climber and long term storage .....	37
Power Cord Maintenance .....	37
<b>Special Forms</b> .....	<b>38</b>
Custom Course Grid For the C764 Climber .....	38
Workout Statistics Log .....	39
<b>Exploded Views</b> .....	<b>40</b>
<b>Warranty Registration Card</b> .....	<b>45</b>
<b>Warranty</b> .....	<b>47</b>
<b>Specifications</b> .....	Back cover

## RADIO FREQUENCY INTERFERENCE (RFI)

### Federal Communications Commission Part 15

The climber 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 climber 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 climber 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 the requirements of the Federal Communications Commission, changes or modifications to this product, not expressly approved by Precor, could void the user's authority to operate the product.

### 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.

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). Per the standard, the climber 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.

**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.

Do not attempt to service the climber yourself except for the maintenance tasks described in this manual. The climber does not contain any user-serviceable parts. For information about product operation or service, visit the Precor Web Site at [www.precor.com](http://www.precor.com) or contact an authorized Precor Commercial Products Customer Support Representative at 1-888-665-4404.

To help customer support personnel expedite your call, have your serial number available. The serial number can be found on the shipping container or on the label near the power receptacle. If you have any questions regarding the climber, use the model and serial numbers whenever you call a Precor dealer or Commercial Products Customer Support Representative.

Model number: **C764**

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

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

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

This manual includes instructions for installing and using the climber. To maximize the use of the climber, please study this manual thoroughly. The manual uses the following conventions for identifying special information:

**Note:** Contains additional information.

**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 damage to the equipment and injuries to yourself.

**DANGER** — Indicates steps you must take to prevent electrical shock.

**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**



## Unpacking the C764 Climber

Thank you for purchasing the Precor C764 climber. Built to the exacting standards of the health club environment, the C764 is intended for commercial use and can withstand the rigors of daily club use with little maintenance.

**Important:** Before using the climber, 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 C764 safely and successfully.

Your C764 climber is carefully inspected before shipment so it should arrive in good operating condition. Precor ships the unit in five pieces:

- base frame assembly
- upper column support
- display console
- handrails
- vertical handlebars with touch-sensitive grips
- Nuts with a nylon base
- hardware kit, Owner's Manual, and limited warranty card (The hardware kit is shown in Diagram 2.)

To remove the climber from the wood pallet, locate the lag bolt on the pallet under the right foot pedal (close to the casing) and remove it.

**CAUTION: This unit weighs over 180 pounds. To avoid back strain and ensure the safety of the unit and yourself, we suggest that you get assistance before removing the base frame assembly from its container.**

### STANDARD EQUIPMENT

The C764 incorporates the Precor SmartRate and heart rate features into its display console.

The Precor "touch" heart rate is standard. It provides electrode strips, called "grips," on the handlebars. When a user places his or her hands over the grips and grasps the handlebars, a heart rate is transmitted to the receiver.

**Note:** If a user does not wish to use the touch-sensitive hand grips, an optional POLAR® chest strap can be purchased and worn. The chest strap transmits the user's heart rate to the display console's receiver.

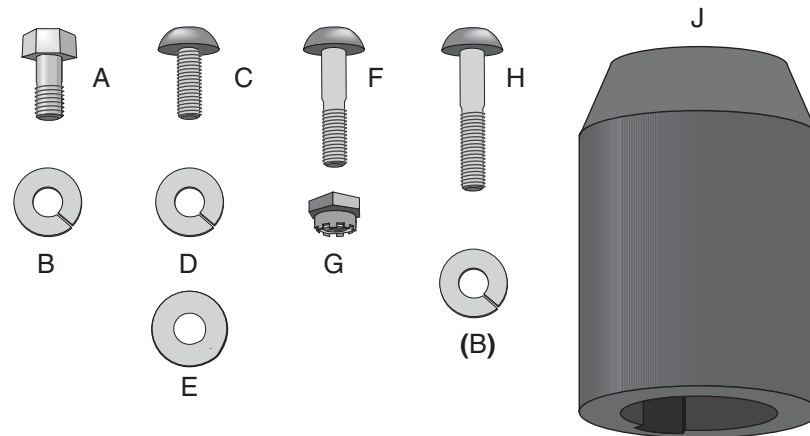
### OTHER EQUIPMENT

Optional equipment available through your dealer includes:

- POLAR® chest strap
- CSAFE connection for devices such as FitLinxx®.

If you are interested in obtaining Precor option kits for your unit, check with your dealer. For customer support, see *Obtaining Service* on page 7.

Diagram 2 Hardware kit



## HARDWARE KIT

Carefully unpack the parts from the shipping container. Open the hardware kit and make sure that you have the following items:

- (A) four hex head screws—for installing the upper column support
- (B) six split lock washers—attach to screws on upper column support and to the handrail clamp screws
- (C) three screws—for installing electronic console display
- (D) three split lock washers—attach to bolts on electronic console display
- (E) three washers—attach to bolts on electronic console display
- (F) two buttonhead socket bolts—for installing handrails to base frame
- (G) two locknuts (nylon end)—attach to lower handrail screws
- (H) two buttonhead screws—for installing handrails to handrail clamp
- (J) two handrail rubber boots—for covering lower handrail screws at base

If any items are missing, contact your dealer. For customer support, see *Obtaining Service* on page 7.

## Setting Up the C764 Climber

You do not need any special knowledge or experience to set up a C764 climber, however you will need assistance. Ask for one or more assistants to help you assemble the climber.

### INSTALLATION REQUIREMENTS

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

- **Set up the C764 climber on a solid, flat surface.** A flat surface is required for your safety and proper use of the climber.
- **Fill out and mail the limited warranty card.** The serial number is located on a label near the power receptacle.
- **Use the appropriate voltage, dedicated circuit, and grounding as specified on the climber.** The C764 climber is available in a 120-volt model in the U.S.A. and Canada. A 240-volt model is available for the European and international markets. Refer to the climber's identification label to determine the voltage that your climber requires. The C764 climber's 120-volt and 240-volt models require a dedicated 15 amp circuit. A 20 amp dedicated circuit is recommended. Failure to use a dedicated circuit might damage the unit and void the manufacturer's limited warranty.

**CAUTION: Do not use a non-grounded outlet. Do not remove or otherwise bypass the plug with an adapter. Electrical damage can occur if the C764 climber is connected to an improper power source.**

### ADDITIONAL TOOLS NEEDED

Obtain the following tools before assembling the C764.

- Standard set of hex keys
- ½-inch socket wrench with an extension
- ½-inch box-end wrench or crescent wrench
- 7/16-inch box-end wrench

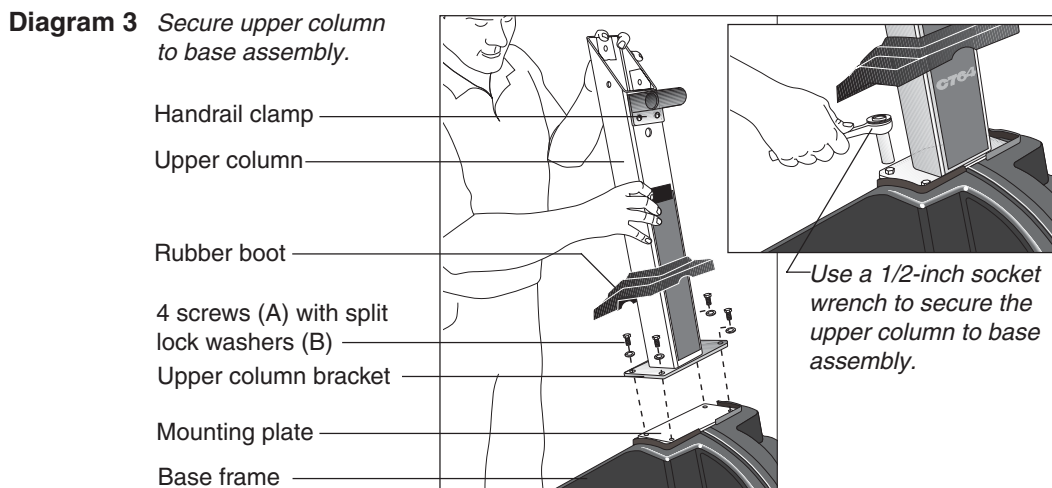
### ASSEMBLY INSTRUCTIONS

To assist you in the assembly of the climber, the items in the hardware kit, shown in Diagram 2, correspond to a particular letter in the alphabet. These letters appear throughout the assembly instructions. Refer to Diagram 2, while performing the following steps:

1. Unpack the climber and remove the packing materials from the handrails, upper column support, display console, handlebars, and base frame assembly.

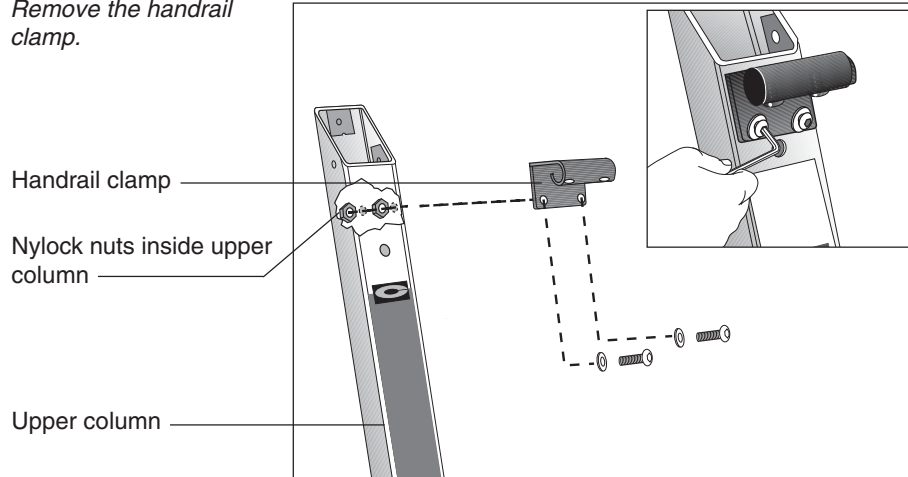
**CAUTION: To avoid injury and ensure your safety, you need assistance to lift the climber off the pallet and place it on the floor. Do not drop the unit.**

2. Remove the climber from the shipping pallet. Be sure to remove the lag bolt that holds the climber on the pallet. The lag bolt is located under the right foot pedal next to the casing. Ask for assistance to lift the climber off the shipping pallet.
3. Make sure that the climber is unplugged and turned OFF. Do not assemble the C764 climber if it is plugged into a power outlet.
4. Take the following steps to secure the upper column to the base frame assembly. Refer to Diagram 3.



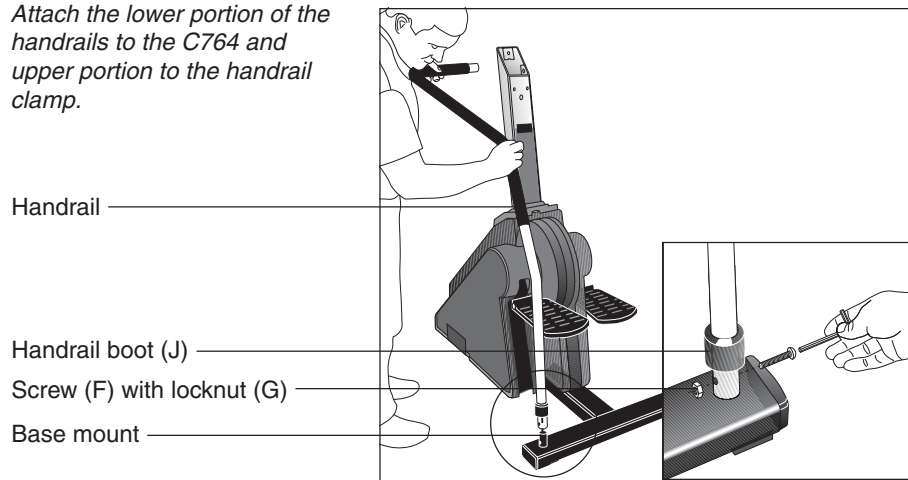
- a. Remove four split washers (B) four hex head screws (A) from in the Hardware kit. Place one split washer onto each screw.
- b. Slide the rubber boot up the column to expose the mounting plate.
- c. Position the upper column above the mounting plate so that the handrail clamp (on the upper column) faces the foot plates.
- d. Align the holes and insert the four screws (A) through the upper column bracket and into the base frame mounting plate. See Diagram 3. Finger tighten each screw.
- e. Obtain a 1/2-inch socket wrench and alternately tighten each screw until all four are tight against the bracket. Do not overtighten.

**Diagram 4** *Remove the handrail clamp.*



5. Remove the handrail clamp from the upper column. Diagram 4. Nylock® nuts inside the upper column secure the two handrail clamp screws. Hold the two screws with a 3/16-inch Allen wrench and use a 1/2-inch box end wrench to loosen the nuts. Carefully place your hand inside the upper column to catch the nuts as they become loose. Set the fasteners and clamp aside for use in a later step.

**Diagram 5** *Attach the lower portion of the handrails to the C764 and upper portion to the handrail clamp.*



6. Have an assistant hold the upper portion of the handrails while you slide a handrail boot (J) onto the base of each handrail. Refer to the inset in Diagram 5. Be sure to mount the bell-shaped boot properly. The wide portion of the “bell” should be facing toward the base.
7. Place the end of the handrails onto the base mounts and align the mounting holes. Diagram 5. Insert two screws (F) through each handrail mount. Attach a locknut (G) to the opposite end of the screw and finger tighten. *Do not wrench tighten the screws at this point.*

**Diagram 6** Attach the upper portion of the handrails to the handrail clamp.

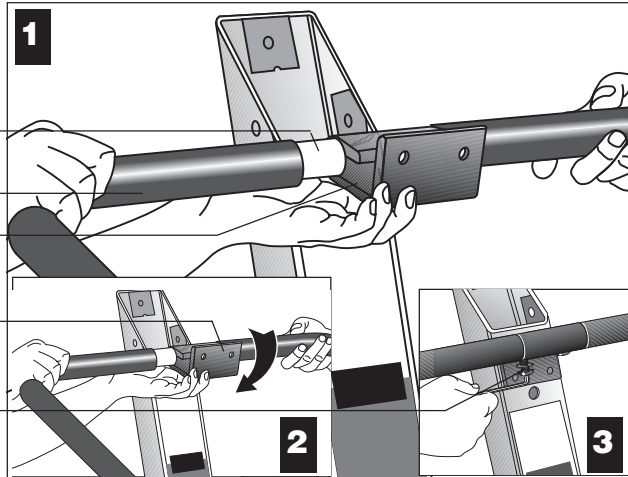
Handrail

Foam grip

Handrail clamp

Rotate handrail clamp.

Secure handrails in clamp.



8. Attach the upper portion of the handrails to the handrail clamp (removed in step 5). Position the handrails as shown in Diagram 6, #1. Slide the handrails into the clamp.
9. Rotate the handrail clamp so that it aligns with the mounting holes on the upper column. Diagram 6, #2.
10. Secure the handrails to the handrail clamp. Insert two screws (H) with split lock washers (B) through the handrail clamp. Tighten the screws using the appropriate hex key. Diagram 6, #3. *Do not attach the clamp to the upper column at this point.*

**Diagram 7** Align the vertical handlebars and handrail clamp and route the heart rate cable.

Handrail clamp

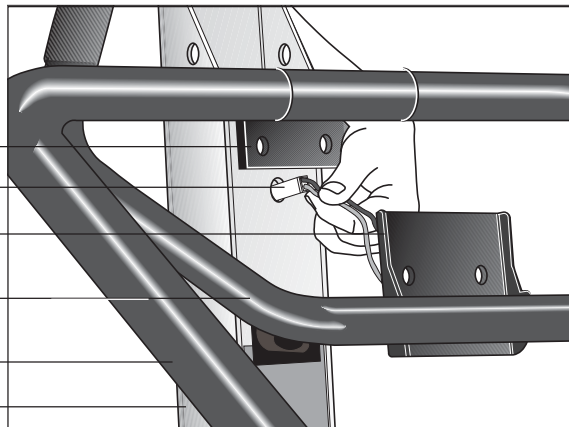
Heart rate cable

Handlebar bracket

Vertical handlebar

Handrail

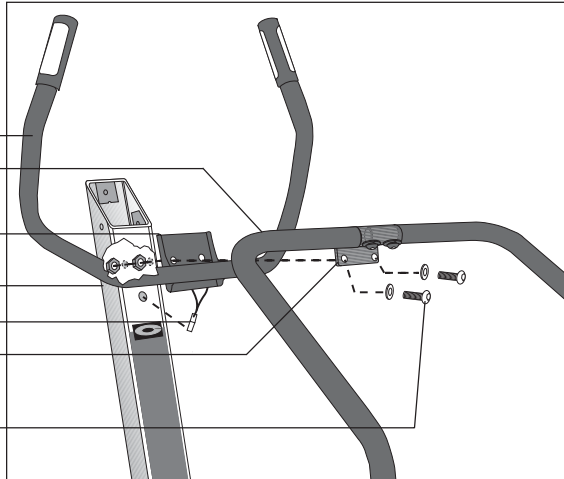
Upper column



11. Slide the vertical handlebar into position. Diagram 7. The handlebar bracket is sandwiched between the upper column and the handrail clamp. Have your assistant open about a two inch gap between the upper column and the handrail clamp by pulling or pushing the handrails toward the foot plates. Position the handlebar bracket between the upper column and handrail clamp.
12. Thread the heart rate cable through the hole in the upper column. Diagram 7.

**Diagram 8** *Secure the handlebar bracket and handrail clamp to the upper column.*

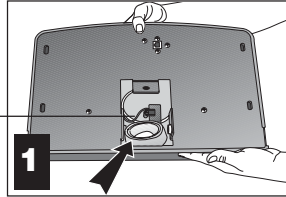
Vertical handlebar  
 Handrail  
 Handlebar bracket  
 Upper column  
 Heart rate cable  
 Handrail clamp  
*Reinsert screws and washers removed in step 5.*



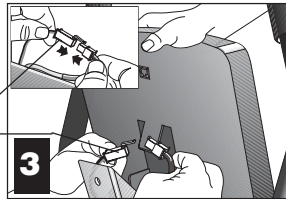
13. Align the holes in the handlebar bracket and the holes in the handrail clamp with the two holes in the upper column. Diagram 8. Insert the two screws with washers that were removed in step 5.
14. Replace the nylon-end nuts (removed in step 5) onto the end of the screws. Finger tighten the nuts while you hold the screws with a 3/16-inch hex key. Secure each nut by grasping it with a 1/2-inch box-end wrench (or crescent wrench) and tightening the screws with the hex key. Refer to Diagram 8.
15. Secure the handrails to the base assembly. Return to the lower handrail mounts and securely tighten the two screws (F). Hold onto the locknut (G) with a 7/16-inch box-end wrench and tighten the screws using the appropriate hex key. Slide the handrail boot down over the screw and locknut. Refer to Diagram 5.

**Diagram 9** Attach the display console.

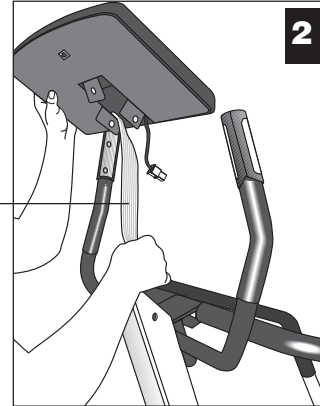
Cables found in back of the display console.



Route the ribbon cable through the upper column.



Connect the heart rate cable.



16. Attach the display console by taking the following steps:

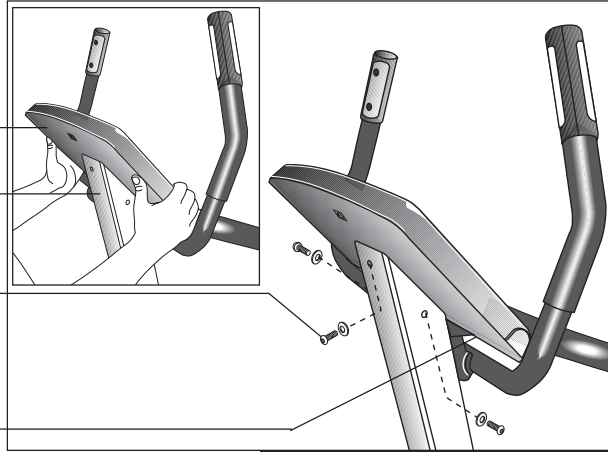
- a. Gently unwrap the cables found in the back of the display console. Diagram 9, #1.
- b. Hold the display console above the upper column and route the ribbon cable down through the column and out its base. Diagram 9, #2.
- c. Carefully lower the display onto the upper column so that your assistant can connect the heart rate cables. Diagram 9, #3. Gently place any excess cable into the opening on the back of the display console.

**Important:** Be sure not to crimp or pinch the cables. Damaged cables are not covered by the Precor Limited Warranty.



**Diagram 10** *Secure the display console to the upper column.*

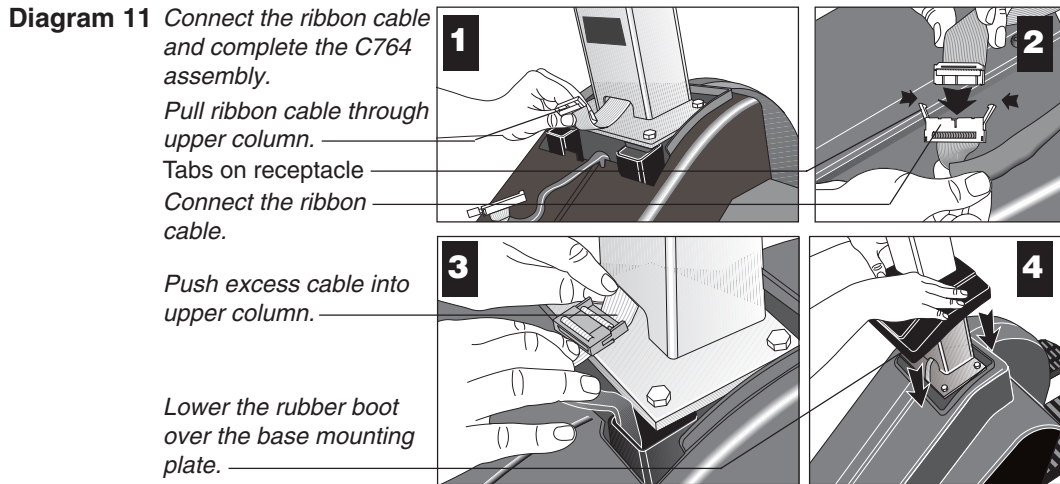
Display console —  
 Upper column —  
 Screws (C), lock washers (D), and washers (E)  
*Make sure that the base of console is parallel to the top of the handrail clamp.*



- d. Remove three screws (C), lock washers (D) and washers (E) from the Hardware kit. Place the lock washers and then the washers onto the screws. Align the mounting holes on the display with the upper column and insert the screws so that the washers are against the upper column. Diagram 10.

**Note:** Be sure that the bottom of the display is parallel with the top of the handrail clamp.

- e. Alternately tighten each screw using the appropriate hex key. Do not overtighten.



17. Connect the ribbon cable. Return to the upper column where it is mounted to the base assembly and take the following steps:

- a. Pull the ribbon cable out of the upper column. Diagram 11, #1.
- b. Open the tabs on the ribbon cable receptacle. Plug the connector into the receptacle. Diagram 11, #2. Make sure that all pins are aligned and fully engaged. The connector is designed to engage in one direction only. Do not force the connector into the receptacle.
- c. Gently push the excess ribbon cable and the connectors up into the column support. Diagram 11, #3.

18. Lower the rubber boot over the base mounting plate. Make sure that the boot seats correctly over the plastic casing. Diagram 11, #4.

You have completed the installation of the C764 vertical handlebars with the heart rate feature. To learn more about the heart rate feature continue reading.

## Programmable Options on the C764 Climber

These next few pages provide information that lets you customize the C764 for your Club. It is not information that your customer needs to see. This section covers the following information about how to:

- select the units of measure
- set maximum workout and pause times
- customize a course

**Note:** If your customers are interested in the learning more about the C764, you may wish to direct them to the manual available on Precor’s web site ([www.precor.com](http://www.precor.com)). (The manual, which appears on the web site, does not contain the information found in this section.)

### CHANGING THE CLUB SETTINGS

The Club Custom Mode lets you customize your C764 climber with these features:

- **Measurement system**—You can choose between U.S. Standard or Metric. Typically, the climber you buy is set to U.S. Standard.
- **Maximum workout time**—You can set a workout time limit between 10 and 240 minutes in variable increments (see the list below). For example, if a you set the maximum workout time to 20 minutes, the climber allows users to specify a workout time from 10 to 20 minutes. Users could not specify a workout time longer than 20 minutes. When you buy the C764, the workout limit is set at 60 minutes. The incremental displays vary as shown below:

Time settings:	Displays increments of:	For example:
10 to 20 minutes	1 minute	11, 12, 13,...
20 to 60 minutes	5 minute	25, 30, 35,...
60 to 240 minutes	15 minute	75, 90, 105,...

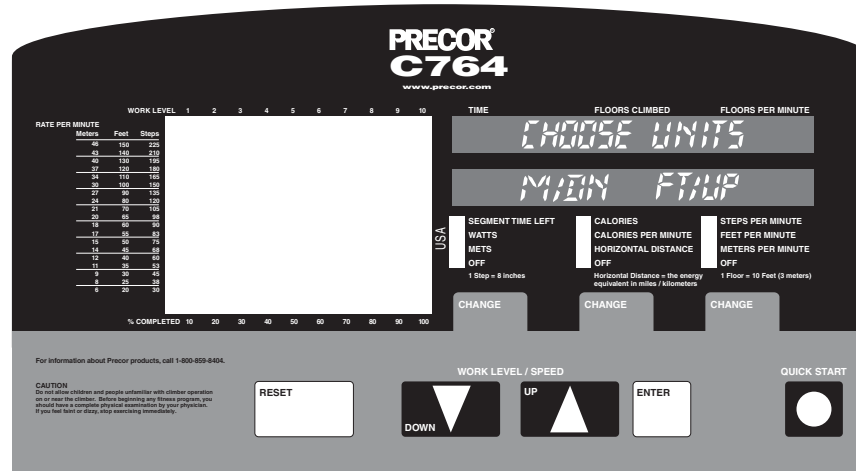
- **Custom courses (C764 only)**—You can design two custom courses to meet your customers’ needs. A blank grid sheet, on page 28, provides a work sheet to help design your course.

Accessing the Club Custom Mode requires combining specific keys on the electronic console. This design helps secure the climber from unauthorized access and changes.

To use the Club Custom Mode, take the following steps:

1. Make sure that the climber is placed in an appropriate location and plugged in.
2. If necessary, turn ON the climber using the ON/OFF power switch. This switch is located near the power cable.
3. When the start-up prompt “**PRESS ENTER FOR PROGRAMS OR PRESS QUICKSTART**” appears, access the Club Custom Mode by simultaneously pressing all three CHANGE keys.

Diagram12



4. Release all three keys when the prompt “**CHOOSE UNITS**” appears on the display as shown in Diagram 12. Use the ▼ or ▲ key to select the measurement system, either Metric or U.S. Standard.
  5. The prompt “**MAX WORKOUT**” appears. Use the ▼ or ▲ key if you want to designate a time limit between 10 and 240 minutes. The amount of time you choose limits the length of a person’s workout. Press ENTER when the desired time limit appears.
- Note:** Continuous pressure on the arrow key lets you scroll through the numbers being displayed.
6. On the C764 climber, the “**MODIFY CUSTOM**” prompt appears. If you plan to customize a program, select “YES” and refer to *Designing a Custom Course on the C764 Climber* below. If you do not want to customize a program at this time, select “NO” by pressing the ▲ key.

The “**PRESS ENTER FOR PROGRAMS OR PRESS QUICKSTART**” prompt appears, and the climber is ready to use.

## DESIGNING A CUSTOM COURSE ON THE C764 CLIMBER

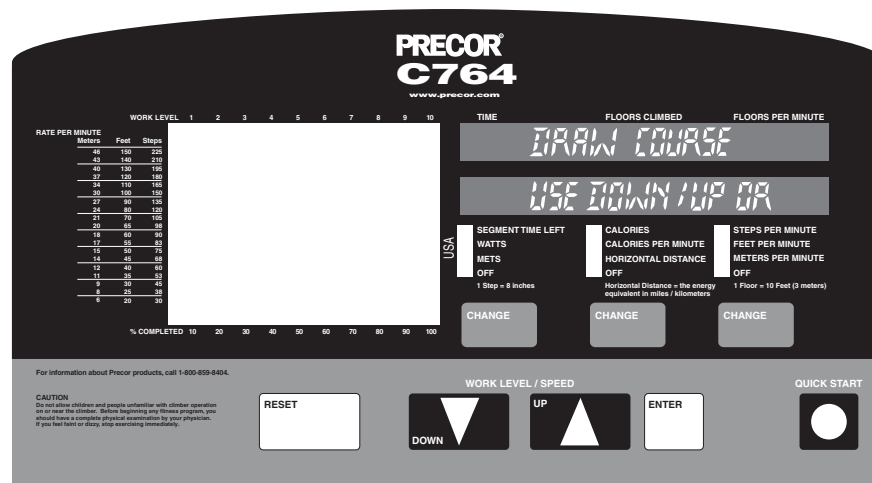
The C764 climber lets you design two custom courses: **CUSTOM 1** and **CUSTOM 2**. To program these courses, you need to press a specific combination of keys on the electronic console. This design helps secure the climber from unauthorized access and changes.

**Important:** A blank course profile grid is provided on page 37 to help you design a custom course on paper prior to programming it into the climber.

To design a custom course, take the following steps:

1. Check to see that the climber is turned ON. If it is turned OFF, turn it ON using the ON/OFF power switch. This switch is located near the power cable.
2. The initial start-up prompt, “**PRESS ENTER FOR PROGRAMS OR PRESS QUICKSTART**” appears.
3. Access the custom course mode by pressing and holding all three CHANGE keys simultaneously.
4. Release the keys when the prompt “**CHOOSE UNITS**” appears. Answer each prompt as described in the previous section titled, *Using the Club Custom Mode*.
5. Once the prompt “**MODIFY CUSTOM**” appears, use the ▼ key to select YES. The prompt, “**CHOOSE COURSE**” appears.
6. The program number (1 or 2) appears in the left window display. To select the other number, press the ▼ or ▲ key. When the desired course number appears, press ENTER.

Diagram 13



7. The course profile window appears and provides a 10 x 20 (10 cells high by 20 cells wide) grid in which to design a course. The prompt, “**DRAW COURSE**” appears in the right display window. See Diagram 13.

**Note:** A blank course profile grid is provided on page 37 to help you design your course prior to entering it into the climber’s memory.

8. Initially, the course profile appears as a flat line four cells high. However, if the course has been previously modified and saved into the climber's memory, that custom course profile appears instead.

Your position on the course is indicated by a blinking cell. Any changes that you make occur only in that column. Begin modifying the course profile one cell at a time using the ▼ or ▲ key. You increase the step rate (causing the foot pedals to travel faster) when you add cells to a column by pressing the ▲ key. The opposite occurs when you press the ▼ key. If you are satisfied with the column, press ENTER to save it as part of the course profile. The cell at the top of the next column to the right begins to blink.

**Note:** Once you have started "drawing" the course profile you cannot exit this function until you press ENTER after the 20th cell.

9. The blinking cell indicates your position. Press ENTER to accept the column as it is or use the ▼ or ▲ key to change it. Once you modify the 20th column and press ENTER, the software saves the course profile and the prompt **"MODIFY CUSTOM"** appears.
10. If desired, customize the other program by following steps 5 through 9.
11. Once you have completed customizing the programs, select "NO" at the **"MODIFY CUSTOM"** prompt and the initial start-up prompt, **"PRESS ENTER FOR PROGRAMS OR PRESS QUICKSTART"** appears.

The C764 climber is ready to use. To review your custom course modifications, do not use QUICKSTART. Instead, press ENTER at the initial start-up prompt and select the appropriate custom course number at the **"SELECT COURSE"** prompt. See the section titled, *Exercising on the C764 Climber*.

## Using the C764 Climber

The C764 Climber 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 climber is used, however, we recommend that you familiarize yourself with it so it will be used safely and effectively. This section covers the following information:

- instructions for turning the climber ON and OFF
- an overview of the features provided on the electronic console
- instructions for exercising on the climber
- an explanation about using manual mode and the QUICKSTART key
- an explanation about using the interval and random courses

### **TURNING THE CLIMBER ON AND OFF**

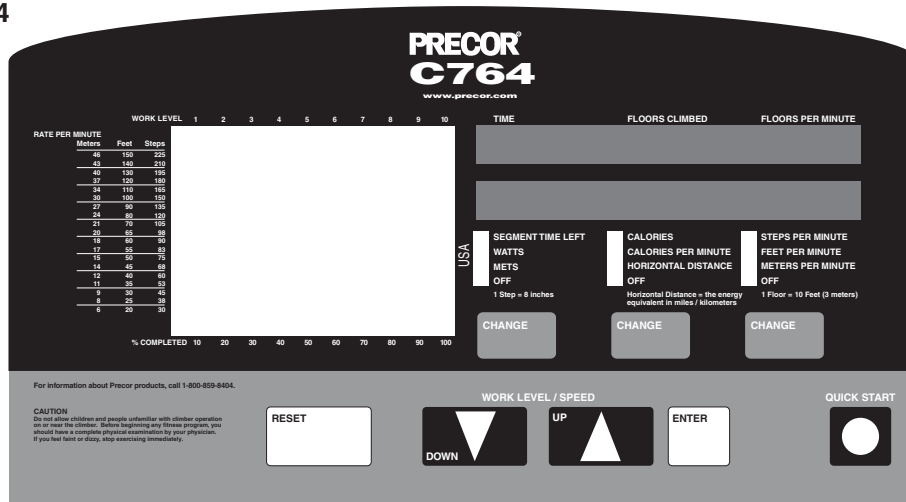
Use the ON/OFF power switch to turn the climber ON and OFF. This switch is located near the power cable.

### **UNDERSTANDING THE DISPLAY CONSOLE**

Once the C764 climber is set up, it is ready to use. There are no complex instructions to follow or mandatory programming steps required to operate the climber. Choose either the *QuickStart* feature which lets you immediately start the manual program, or the *setup mode* which prompts you for more specific information. The easy-to-understand prompts let you specify how long you want to work out, select one of 15 workout programs and then specify how hard you want to work.

As you exercise, the electronic console provides motivation and presents constant feedback about your progress. An explanation of each feature on the C764 console follows Diagram 14 .

Diagram 14



The electronic console keypad has two sets of keys. The upper set (CHANGE) affect the electronic console displays, the lower set (RESET, WORK LEVEL/ SPEED, DOWN/UP, ENTER, and QUICKSTART) affect the function and features of the climber.

**Note:** Before beginning a workout, the ▼ or ▲ keys provide a way to answer the prompts being displayed on the electronic console.

**CHANGE** keys: Each of three “change” keys appear below their respective column of functions. Display a particular function by pressing the appropriate CHANGE key until the function’s indicator lights. For example, if the CALORIES indicator is lit, you can change the display to show the distance (feet or meters) that you have travelled since you started your workout by pressing the CHANGE key until the HORIZONTAL DISTANCE indicator is lit.

**RESET:** While you are answering the setup prompts, you can cancel the program, clear the display, and return to the initial start-up prompt, by pressing RESET. The initial start-up prompt, “**PRESS ENTER FOR PROGRAMS OR PRESS QUICKSTART**” appears on the display. You can then begin another exercise program. During a workout on the C764 climber, pressing RESET exits the course or program, erases the workout statistics, and displays the start-up prompt after the climber performs a systems diagnostic test. The foot pedals return to a very slow fall rate during this time and do not change until you return to a program or choose a new course.



**WORK LEVEL/SPEED:** The ▼ or ▲ keys change the “work level” by changing the step rate which increases/decreases the degree of effort. You decrease the step rate (causing the foot pedals to travel slower ) and increase the resistance when you press the ▼ key. The opposite occurs when you press the ▲ key.

**ENTER:** When you turn ON the climber, several prompts appear before you start your workout. Each prompt needs to be addressed and then “entered” into the climber’s memory by pressing the ENTER key.

**QUICKSTART:** If you wish to use the manual program, you can bypass the setup prompts by pressing the QUICKSTART key. When you begin working out, the amount of time you have been on the climber and the number of floors climbed appears on the electronic console display.

**Note:** The weight setting defaults to 150 pounds (70 kb) so all calorie calculations and their associated displays are based on a body weight of 150 pounds. The time selection defaults to the club limit set in memory. You cannot change the weight or time setting if you use the QUICKSTART option.

## **GRAPHIC DISPLAY ON THE C764 CLIMBER**

The left window display on the C764 electronic console provides graphic information about your workout session. The course profile that appears in the left window display corresponds to the program you selected. As you proceed through your workout, your position is indicated by a blinking cell.

**WORK LEVEL:** Shows the selected effort level, from 1 to 10. The higher the number, the faster your step rate becomes. You can change the work level anytime during a workout by using the WORK LEVEL/SPEED ▼ or ▲ keys to increase or decrease the degree of effort in your workout.

**Note:** A WORK LEVEL indicator does not appear when you use the manual or interval programs.

**RATE PER MINUTE:** Provides a comparison chart to help you determine the number of meters, feet, or step rate at which you are travelling. This chart corresponds to the bar graph on the C764. You can also use the comparison chart to convert a highlighted numerical display (STEPS PER MINUTE, FEET PER MINUTE, or METERS PER MINUTE) found on the far right of the console.

**SMARTRATE®** (C764 only) When the Precor optional heart rate receiver has been properly installed and the user wears the POLAR® chest strap or holds onto the heart rate grips, a blinking segment in the bar graph appears at the bottom of the display. If the user entered an accurate age (completed during the setup prompts), the blinking segment shows the zone that the user's heart rate is in: either Weight Loss or Cardiovascular. Refer to *Understanding SmartRate*.

**Important:** The SmartRate blinking indicator light and the heart rate display only appear when the Precor heart rate receiver is installed in the electronic display and the chest strap transmitter is used. The SmartRate indicator lights do not appear when a user presses the QuickStart key. If the SmartRate lights appear, but do not blink, it means that a receiver is installed, but the user is not wearing the chest strap transmitter or is not holding onto the heart rate grips properly.

## RIGHT DISPLAY ON THE C764 CLIMBER

Prior to your workout, prompts appear in the *top* right display window. The action you need to take appears in the *lower* window. Once you begin a workout, the top window indicates the TIME, DISTANCE (floors climbed), and SPEED (floors per minute). You can determine what information will appear in the lower window by pressing the CHANGE keys and highlighting a particular feature.

**TIME:** Displays the time that has elapsed since beginning a specified program or workout. Use this display to pace yourself during a workout.

**FLOORS CLIMBED:** Shows the equivalent vertical distance that you have travelled during your workout. A floor is equivalent to 10 feet or 3 meters.

**Note:** During a workout on the C764 climber, pressing RESET exits your program and displays the start-up prompt after the climber performs a systems diagnostic test. The foot pedals return to a very slow fall rate during this time and do not change until you return to a new course or program.

**FLOORS PER MINUTE:** Once you begin a workout, the vertical speed at which you are travelling appears in this display.

**SEGMENT TIME LEFT:** Appears only on the C764 climber and indicates the amount of time left in a particular column (or segment) before the cell at the top of the next column begins blinking. During the start-up prompts, you enter a workout time. When the course is displayed, each column corresponds to the "workout time divided by 20" because 20 columns exist for each course.

**WATTS:** Indicates the amount of energy currently being expended.

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

**OFF:** If you move the indicator light to OFF using the CHANGE key, no information is displayed for that column.

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

**Note:** The numbers that appear in the CALORIES and CALORIES PER MINUTE displays are weight-dependent. During the start-up prompts, entering a weight close to your actual body weight will improve the accuracy of the numbers that appear in these displays. Pressing "QUICKSTART" only gives appropriate results if your weight is near 150 pounds.

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

**HORIZONTAL DISTANCE:** Converts the number of floors climbed into a horizontal distance such as miles or kilometers. Use the *Club Custom Mode* to select the measurement system: U.S. standard or Metric.

**STEPS PER MINUTE:** When you choose this display, the pace (step rate) at which you are climbing appears. A conversion chart on the left of the console exists to help you determine or convert the step rate into other units of measure.

**FEET PER MINUTE:** Displays the distance in feet per minute that you are travelling. Use the conversion chart on the left of the console to help you determine your step rate.

**METERS PER MINUTE:** Displays the distance in meters per minute that you are travelling. Use the conversion chart on the left of the console to help you determine your step rate.

**HEART RATE:** Helps you monitor your heart rate and stay within your target zone. Check with the club owner or manager to make sure the optional heart rate receiver is installed in the C764 electronic console. To display your heart rate while you work out, press the CHANGE key until the indicator lights next to the words "**HEART RATE**" on the console's label.

**Note:** You must wear the Precor chest strap to transmit your heart rate to the receiver in the electronic console. Refer to your *Precor Heart Rate Option Owner's Manual*.

## Working Out on the C764 Climber

This section explains how to exercise on the climber and introduces you to certain features that you might use during your workout.

### PAUSING DURING YOUR WORKOUT

The C764 climber has a two-minute, auto-pause feature that occurs when you step off the climber. If no movement is detected on the foot pedals for two minutes, the climber resets, clears the workout statistics, and displays the initial start-up prompt.

### ENDING YOUR WORKOUT

To end a workout, simply step off the climber. The auto-pause feature explained above gives the user time to review the workout statistics and, then, resets the climber.

### COOLING DOWN AFTER YOUR WORKOUT

A cool-down period exists on the C764 climber when a user reaches the end of a course. The five-minute, cool-down period lets the user vary the step rate while calorie count and distance continues to accumulate on the workout statistics. After the five-minute cool down, a two-minute period allows the user to reflect upon their workout statistics. During the two-minute period, the prompt “FINAL WORKOUT RESULTS” appears. Pressing RESET or letting the two-minute period elapse, causes the start-up prompt to appear.

**Note:** The five-minute, cool-down period on the C764 activates automatically only when a user reaches reach the end of a course.

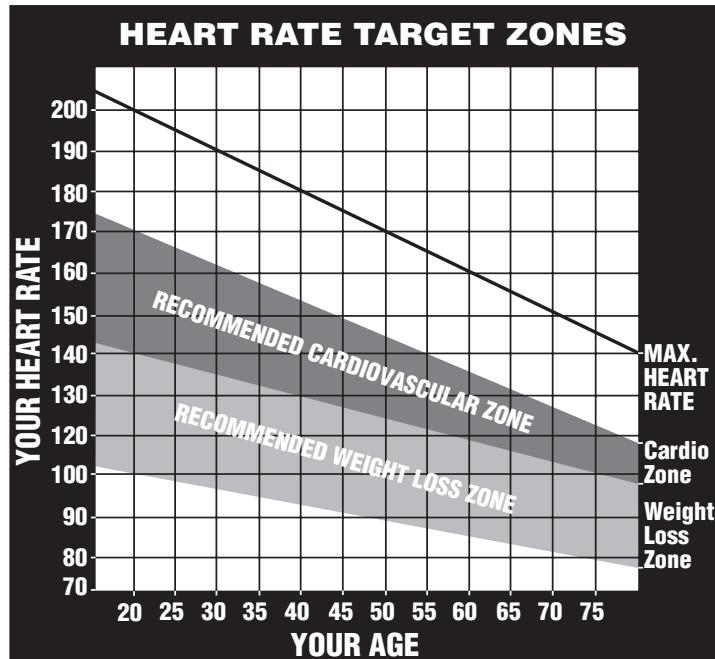
### UNDERSTANDING SMARTRATE®

The C764 software incorporates the latest in cardiac monitoring to provide SmartRate®—a visual aid that lets the user know where his or her heart rate is at a glance. When the user grips the touch-sensitive handlebars or wears the POLAR® chest strap, the graph on the display lights up with colored cells to indicate exercise intensity. A specific percent of the user’s heart rate appears as a blinking cell within that zone.

SmartRate simplifies the correlation between heart rate and exercise. A user doesn’t have to stop concentrating during a workout to find their pulse anymore. If a user enters an age during the setup prompts, SmartRate performs all the calculations and displays a blinking cell that shows the user which zone he or she is in: cardiovascular or weight loss.

Using SmartRate during a workout with any C764 course helps maximize the user’s weight loss or cardiovascular fitness regimen. While a user works out in a particular course, you as trainer or club manager, could show him or her the SmartRate display and suggest changing the work level, moving to a different cadence (step rate), or increasing/decreasing step height to position his or her heart rate in the desired SmartRate zone.

Diagram 15 Target zones.



As shown in Diagram 15, when a user maintains his or her heart rate between 70% and 85% of their maximum aerobic heart rate, overall improvement occurs to his or her cardiorespiratory fitness level. If a person maintains his or her heart rate between 55% and 70% of their maximum aerobic heart rate, he or she is burning enough calories that, when continued on a regular basis for 30 minutes or more, provides the greatest fat-burning (weight loss) benefits.

## USING THE HEART RATE CAPABILITY

**Important:** A user can access SmartRate and utilize all heart rate function, only if he or she grasps the heart rate grips on the handlebars or wears a POLAR® chest strap. See *Obtaining Service* on page 7. The SmartRate indicator lights do not appear when you use the QuickStart key.

A user can make each program on the C764 a heart rate interactive course by monitoring and maintaining his or her heart rate in the SmartRate zone best suited for their specific needs.

Before utilizing the heart rate capabilities (SmartRate), take time to read the following guidelines. Make sure that you inform your customers as well.

- Consult with your physician before engaging in any vigorous exercise. Do not use SmartRate until authorized by your physician.
- Slow down and stop the workout immediately if you experience any pain or abnormal symptoms.
- Gently stretch your lower body and back before and after the test to help prevent stiffness or soreness.

- Know your heart rate (pulse) and your physician-recommended heart rate target zone. Individual heart rates vary according to several physiological factors and may not correspond directly with the zone shown in Diagram 15.
- You should not use the heart rate interactive capabilities (SmartRate) if you are taking any medications that either speed up or slow down your heart rate.
- Keep in mind that you are working with very sensitive equipment and upper body movement should be kept to a minimum.
- After putting on the POLAR® chest strap, turn the C764 ON, stand on the foot pedals, and face the display console for a minimum of 15 seconds. This allows the unit to acknowledge the presence of the transmitter.

While the C764 software monitors your heart rate, you have the capability to maintain it within the cardiovascular or weight loss zones by changing the step height, the cadence (step rate), or the resistance (work level) felt through foot plates. Increasing or decreasing these aspects affects your work effort and heart rate. Digitally, your heart rate can appear in the right window display. Use the CHANGE key to highlight the HEART RATE indicator.

## USING THE HEART RATE “TOUCH-SENSITIVE” GRIPS

The touch-sensitive grips on the vertical handlebars transmit the user's heart rate from the user's palms to the heart rate receiver located in the display console. The user's heart rate appears on the display during a workout. The HEART RATE indicator lights and blinks at the same rate as the user's pulse. This lets the user see what his or her heart rate is doing even when the display is presenting other workout statistics.

**Note:** Once the user starts a course and grasps both touch-sensitive grips, it takes about five to ten seconds for the display to acknowledge that it is receiving a signal.

If a user releases his or her grip during a workout, a "— — —" appears on the display. The dashes indicate that the receiver is not detecting a heart rate. To have the heart rate reappear, the user needs to grasp the touch-sensitive strips and maintain his or her grip on it.

## HEART RATE TROUBLESHOOTING TIPS

A few easy steps can be taken before you need to call customer support regarding heart rate problems. One of the first things to do is verify the following:

- A POLAR® chest strap is being worn properly by the user during a workout. Or, the user is placing *both* hands on metal grips found on the handlebars.
- The C764 is turned ON.
- The user is working out in a selected a course. (The **Heart Rate** feature is activated when a course profile appears.) Note that if the user presses **QuickStart** to access a course, the SmartRate and heart rate features will not appear.

Other aspects of the heart rate option are discussed below:

#### **Detecting a Heart Beat**

It may take several seconds for the heart rate receiver to detect a number of *valid* heartbeats. Once it does, the user's heart rate appears in the **Heart Rate** display.

If "— — —" appears when the **Heart Rate** indicator (LED) is lit and all the previously discussed steps have been taken, then you need to do the following:

#### **Touch-sensitive heart rate**

- to conduct electrical impulses from a user's heart, *both* touch-sensitive grips (metal strips) must be in contact with the user's skin. Usually, the concentration of salts in a person's perspiration provides enough conductivity to transmit a signal to the receiver in the display console. However some people, because of body chemistry or erratic heartbeats, cannot use the heart rate touch-sensitive feature on the C764. A POLAR® chest strap may provide better results.

#### **POLAR chest strap**

- Make sure that the electrodes on the chest strap are moist and placed properly against the skin. Sometimes, due to body chemistry, the chest strap cannot successfully detect and transmit a heart rate. If this occurs, use the electrolyte spray that accompanies the Precor Heart Rate Option package. Follow the directions on the bottle. After spraying the electrode strips on the chest strap, check to be sure that the strap is comfortably tight around the chest and centered in the middle of the user's chest.
- Another possibility which can cause erratic readings is that the chest strap's battery may be dead. To purchase a new chest strap, refer to *Obtaining Service* on page 7.

## EXERCISING ON THE C764 CLIMBER

The C764 comes with ten preprogrammed courses. These courses differ in the “terrain” covered.

All ten preprogrammed C764 courses can be performed at any of the work levels. To select the work level appropriate for your level of fitness, start with level 1 (beginner exercise or warm-up).

In addition to the C764 preprogrammed courses, you can choose one of two custom courses that the club has designed. Custom courses can be created and stored in memory for future use (for instructions, see *Designing a Custom Course on the C764 Climber*). You can also select manual, random or interval courses which let you control your work level while the program is in progress. For more information about using the manual, random, and interval courses, refer to the sections following *Exercising on the C764 Climber*.

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

To exercise on the climber, take the following steps:

**Note:** Refer to the label on the display console for the program numbers and their associated course profiles.

1. If the climber is OFF, turn it ON using the ON/OFF power switch. This switch is located near the power cable. **“PRESS ENTER FOR PROGRAMS OR PRESS QUICKSTART”** appears on the display console.
2. Stand on the climber with your feet firmly planted on the right and left foot pedals.
3. Press ENTER to begin setting up the climber for your workout session. If you plan on using the manual course, press QUICKSTART to bypass the setup prompts.

**Important:** *If you choose the QUICKSTART feature, skip steps 4 through 8. Using the QUICKSTART feature causes the calories display to show the calories being burned based on a 150 pound (68 kg) person and the amount of time you can use the climber defaults to the club limit.*

4. At the **“SELECT WEIGHT”** prompt, specify your weight using the ▼ □ ▲ key. The console displays weight in 5-pound (2.3 kilogram) increments. Press ENTER when your weight is displayed.

Entering your actual body weight allows the C764 climber to accurately calculate how many calories you burn during your workout.



5. At the “**SELECT TIME**” prompt, specify the duration of your workout using the ▼ or ▲ keys. Press ENTER when the correct time is displayed. The length of time allowed for a workout can be limited by *Using the Club Custom Mode* discussed on page 9. When specifying a workout time, you can choose any time up to, but not longer than, this limit. For example, if the club’s time limit is set at 20 minutes, you can set a workout time from 10 to 20 minutes.
6. At the “**SELECT COURSE**” prompt, choose the course number or name using the ▼ or ▲ key. When the desired course number or name is displayed, press ENTER. Refer to the label on the display console for the program numbers and their associated course profiles.
7. Once you decide on a work level, press ENTER. You are ready to begin your workout.
8. Continue your workout and maintain your exercise intensity by varying the work level and step rate. To pause during your workout, simply step off the climber. A two-minute pause occurs before the climber resets your workout statistics. Refer to *Pausing Your Workout* for more information.  
  
**Note:** On the C764 climber, you can change the work level by pressing the WORK LEVEL ▼ or ▲ keys while you work out. Doing this affects the entire level of the course profile. In Manual or Interval modes, you affect the level of each cell in the profile, *not* the entire course.
9. When the selected time frame or exercise program ends, review your workout statistics. Press RESET to clear the displays.

We recommend that you keep track of your workouts by writing them down. This way you can monitor your progress toward your fitness goals and also use the information as a reference in planning interesting and challenging workouts in the future. A form for recording your workout statistics is provided on page 39.

## C764 Courses

The C764 lets users choose between ten preprogrammed courses. This section provides information about the special features and functions of the C764 courses.

### USING MANUAL MODE AND THE QUICKSTART KEY

In addition to choosing a preprogrammed, random, interval, or custom course, you can choose manual mode. Manual mode lets you control your work level. If you change the work level during Manual mode, the change appears in each individual column of the course profile while you work out.

You can choose the Manual Mode in two different ways by:

- pressing the QUICKSTART key when the “**PRESS ENTER FOR PROGRAMS OR PRESS QUICKSTART**” prompt is displayed. The QUICKSTART option bypasses the setup prompts. The weight setting defaults to 150 pounds (68 kg) so all calorie calculations and their associated displays are based on a body weight of 150 pounds (68 kg) which can cause the display to show inaccurate calorie calculations. You cannot change the weight or time settings if you use the QUICKSTART option.
- pressing ENTER at the “**PRESS ENTER FOR PROGRAMS OR PRESS QUICKSTART**” prompt. This causes the climber to display a number of prompts as explained in the previous section titled *Exercising on the C764 Climber*.

When you choose the **MANUAL** program on the C764 climber, the program's course profile appears in the left display window and shows a flat, constant course (4 cells high). Use the WORK LEVEL/SPEED ▼ or ▲ keys to change work level and step rate.

**Note:** A low level profile represents the least amount of effort required and the lowest number of calories burned. As you increase the work level and speed you also increase the number of calories burned.

As you proceed through your workout on the climber, a blinking cell represents your position in the course.

### PREPROGRAMMED COURSES

The preprogrammed courses provide preset work levels. In these types of courses, the work level automatically changes as a user progresses through the course. A user can override the preset work level for each upcoming segment by pressing either work level ▲ or ▼ key. The course profile reflects the change in the display.

## CHANGING THE INTERVAL COURSE PROFILE ON THE C764

The interval courses on the C764 climber allows a user to set rest and work intervals according to their training regimen. A user sets the work level for the first rest and work interval (first two columns of the course) and the software takes over from there, repeating the intervals throughout the course until the time limit runs out or the user steps off the climber.

To set the interval for a course, take the following steps:

1. Follow steps 1 through 5 in the section titled, *Exercising on the C764 Climber*. At the “**SELECT COURSE**” prompt, use the ▼ and ▲ keys to display INTERVAL. Press ENTER.
2. The INTERVAL course profile appears in the left display window. While the cell is blinking at the top of the first column. Press the WORK LEVEL/SPEED ▼ or ▲ keys to set the “rest” speed.
3. When the cell at the top of the second column begins blinking, use the WORK LEVEL/SPEED ▼ or ▲ keys to set the “work” speed.

After a user sets the work level and speed on the first two columns of the course profile, the climber’s software takes over and continues repeating the rest and work intervals throughout the remaining portions of the workout at the levels the user selected.

**Note:** Anytime during a workout, the user can change the rest and work interval levels by using the WORK LEVEL/SPEED ▼▲ keys. The climber’s software reprograms the remainder of the course profile to the newly specified rest and work intervals.

## USING THE RANDOM COURSE ON THE C764 CLIMBER

Selecting a random course on C764 climber provides a different course profile every time a user works out. The random program provides variable course profiles. Every time the random course is displayed, a different course profile appears.

The C764 climber accepts changes to the random course profile the same way as the interval courses. If a user wishes to change the work level, they can simply press the WORK LEVEL/SPEED ▼ or ▲ keys. The course profile changes accordingly.

## Maintenance

Because of its advanced design, the C764 climber requires little maintenance beyond periodic cleaning, which is explained in this section. Keep in mind that, as owner of this machine, you are solely responsible for its maintenance.

**DANGER — To reduce the risk of electrical shock, always unplug the unit from its power source before cleaning it or performing any maintenance tasks.**

### INSPECTION

**Perform a daily inspection of the C764.** Look and listen for slipping belts, loose fasteners, unusual noises, worn or frayed power cords, and any other indications that the equipment may be in need of service. Obtain service should you notice

**Important:** *If you determine that the C764 is in need of service, move it away from the main workout area and place an large "Out of Service" sign on it.*

To order parts or to contact a Precor authorized service provider in your area, refer to *Obtaining Service* on page 7.

### ACCESSING THE SOFTWARE VERSION NUMBER AND ODOMETER

At the start-up prompt, press and release the WORK LEVEL/SPEED ▼▲ keys simultaneously to find out what software version number you have and determine the total number of floors climbed.

A software version number such as 1.05 appears in the display. Press ENTER and the total number of floors climbed appears. Multiply that number by 10 to determine the actual number of feet climbed. Press ENTER and the start-up prompt appears.

### CLEANING THE EQUIPMENT

Most of the working mechanisms are protected inside the casing. However, for efficient operation, the C764 relies on low friction. To keep the friction low, the C764 pedals and internal mechanisms must be as clean as possible.

- To clean all exposed surfaces on the C764, it is recommended that you use a diluted solution of mild soap. Clean the C764 everyday with a soft cloth, dampened (not dripping wet) in the solution.

**CAUTION: Do not use any acidic cleaners. Doing so will weaken the unit's coating and void the Precor Limited Warranty. Never pour water or spray liquids on any part of the C764. Allow the C764 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 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 grips on the handlebar 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 CLIMBER AND LONG TERM STORAGE**

Do not attempt to service the C764 yourself except for the maintenance tasks described in this manual. The C764 does not contain any user-serviceable parts or parts that require lubrication. For information about product operation or service, refer to *Obtaining Service* on page 7.

When the C764 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.

### **POWER CORD MAINTENANCE**

When the C764 is in use, ensure that the power supply cord is away from moving parts and cannot be damaged.

If the C764 power supply cord is damaged, it can only be replaced in a repair shop appointed by Precor because special tools are required.

## **ACHTUNG**

Bei Beschädigung der Anschlußleitung dieses Gerätes darf diese nur durch eine vom Hersteller benannte Reparaturwerkstatt ersetzt werden, weil Spezialwerkzeug erforderlich ist.



**WORKOUT STATISTICS LOG**

Keep track of your workouts using the form below. After you finish exercising, record your workout statistics off of the electronic console display onto this form.

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

Name \_\_\_\_\_

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

Time	Distance	Calories	Pacer Distance

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

Time	Distance	Calories	Pacer Distance

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

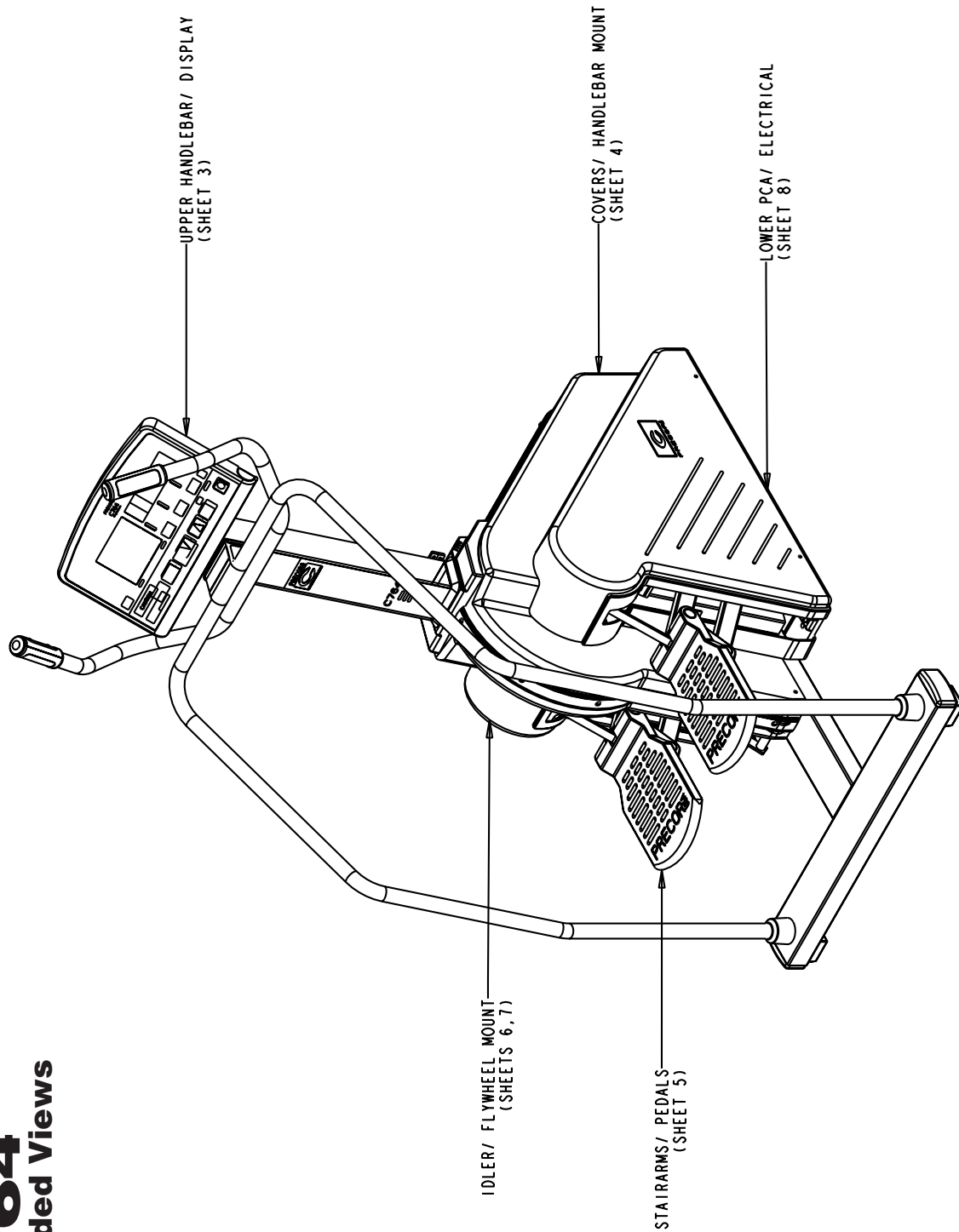
Time	Distance	Calories	Pacer Distance

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

Time	Distance	Calories	Pacer Distance

# C764

## Exploded Views



Precor is a registered trademark of Precor Incorporated.  
Copyright 2003 Precor Incorporated. Precor Web site: [precor.com](http://www.precor.com)  
Specifications subject to change without notice.

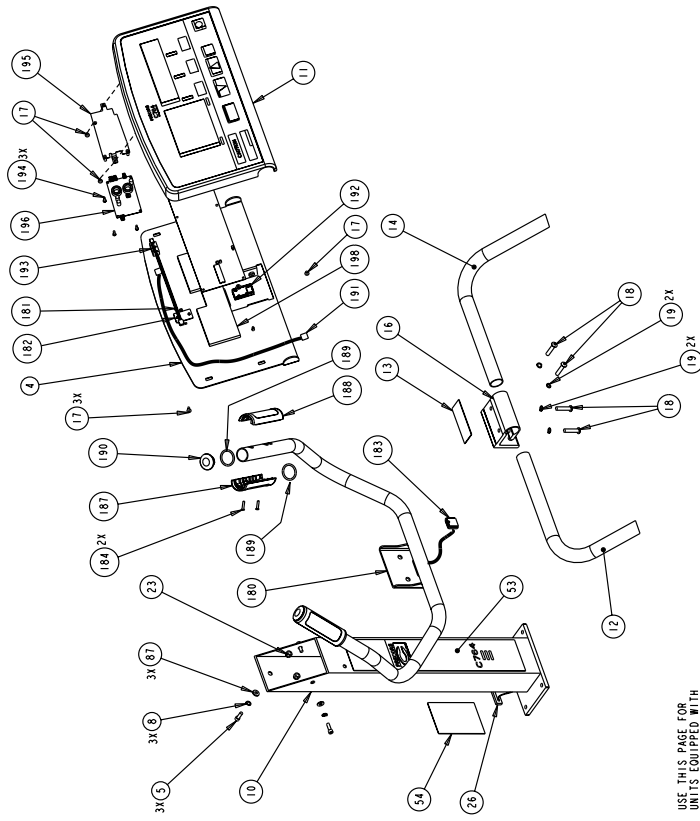
Precor Incorporated.  
20031 142nd Avenue NE  
P.O. Box 7202  
Woodinville, WA USA 98072-4002

P/N 36302-101  
12/19/02 Rev. L  
Page 40  
View 1 of 8

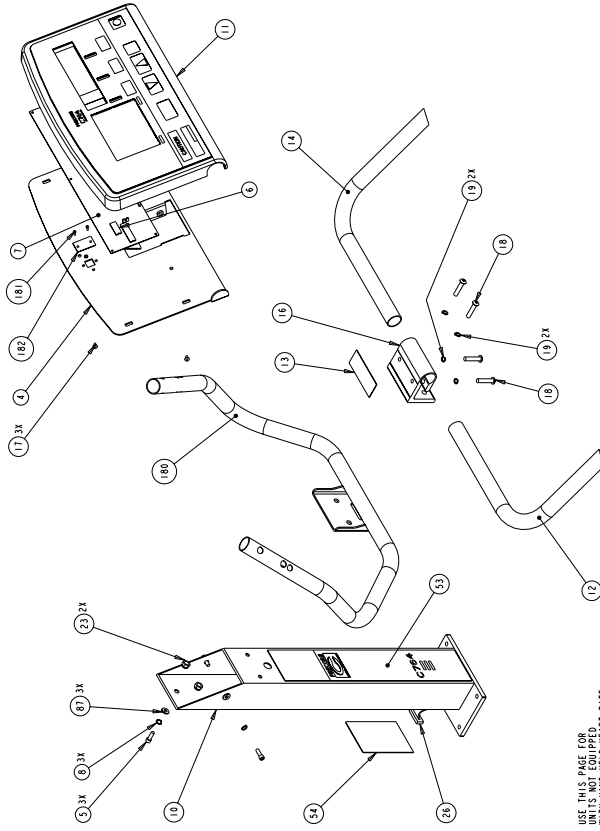


# C764

## Exploded Views



USE THIS PAGE FOR  
UNITS NOT EQUIPPED  
WITH HAND HELD HEART RATE



USE THIS PAGE FOR  
UNITS NOT EQUIPPED  
WITH HAND HELD HEART RATE

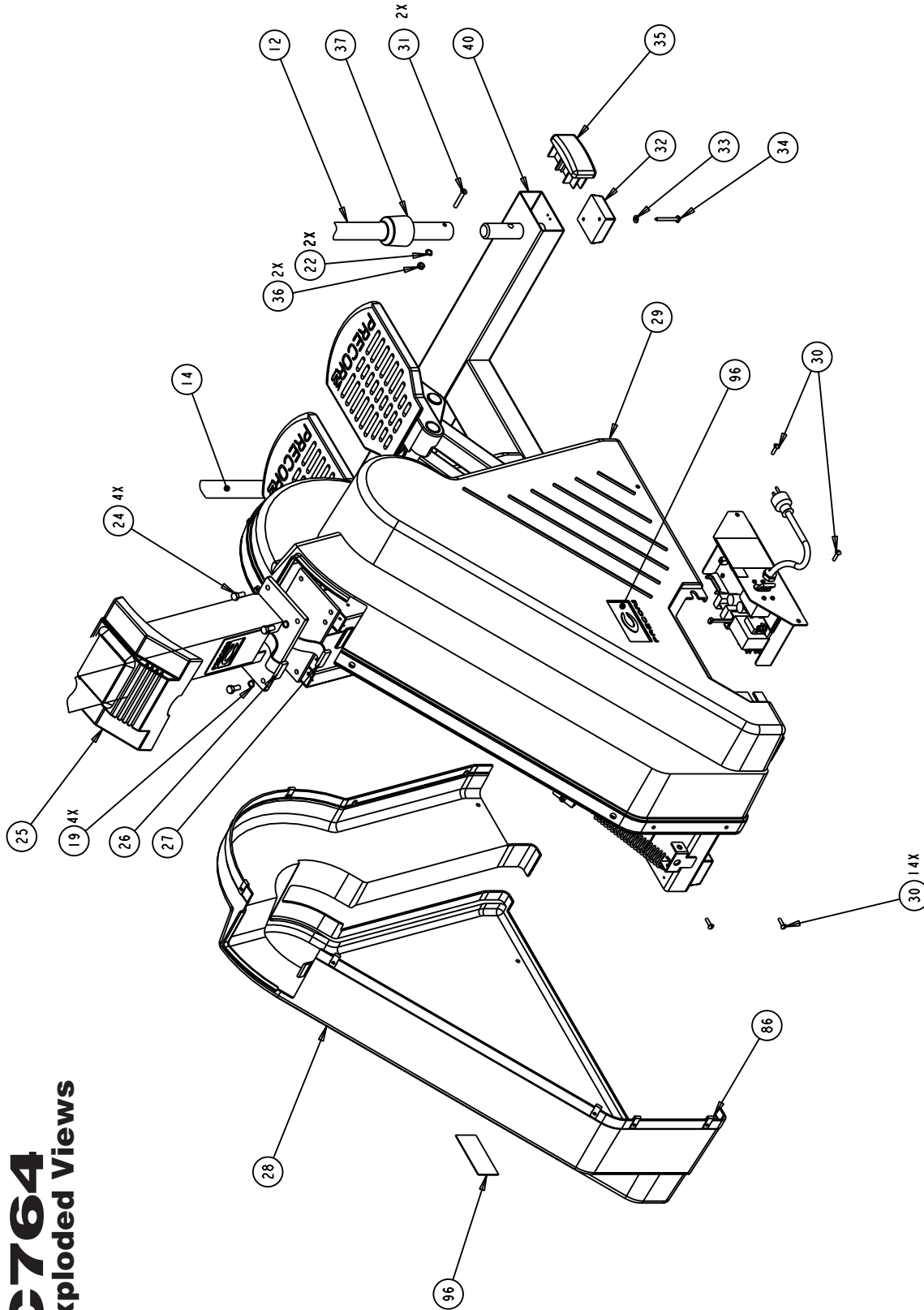
Precor is a registered trademark of Precor Incorporated.  
Copyright 2003 Precor Incorporated. Precor Web site: [precor.com](http://www.precor.com)  
Specifications subject to change without notice.

Precor Incorporated.  
20031 142nd Avenue NE  
P.O. Box 7202  
Woodinville, WA USA 98072-4002

P/N 36302-101  
12/19/02 Rev. L  
Page 41  
Views 2 & 3 of 8

# C764

## Exploded Views



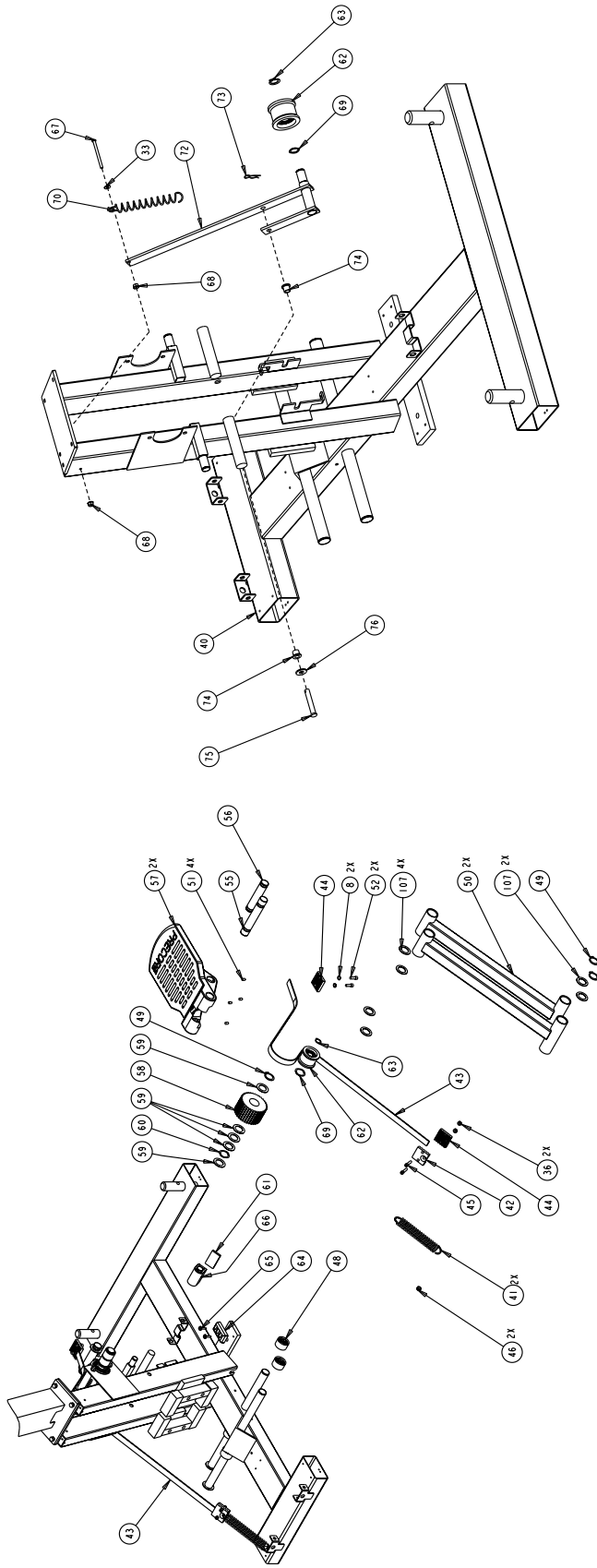
Precor is a registered trademark of Precor Incorporated.  
 Copyright 2003 Precor Incorporated. Precor Web site: [precor.com](http://www.precor.com)  
 Specifications subject to change without notice.

Precor Incorporated.  
 20031 142nd Avenue NE  
 P.O. Box 7202  
 Woodinville, WA USA 98072-4002

P/N 36302-101  
 12/19/02 Rev. L  
 Page 42  
 Views 4 of 8

# C764

## Exploded Views



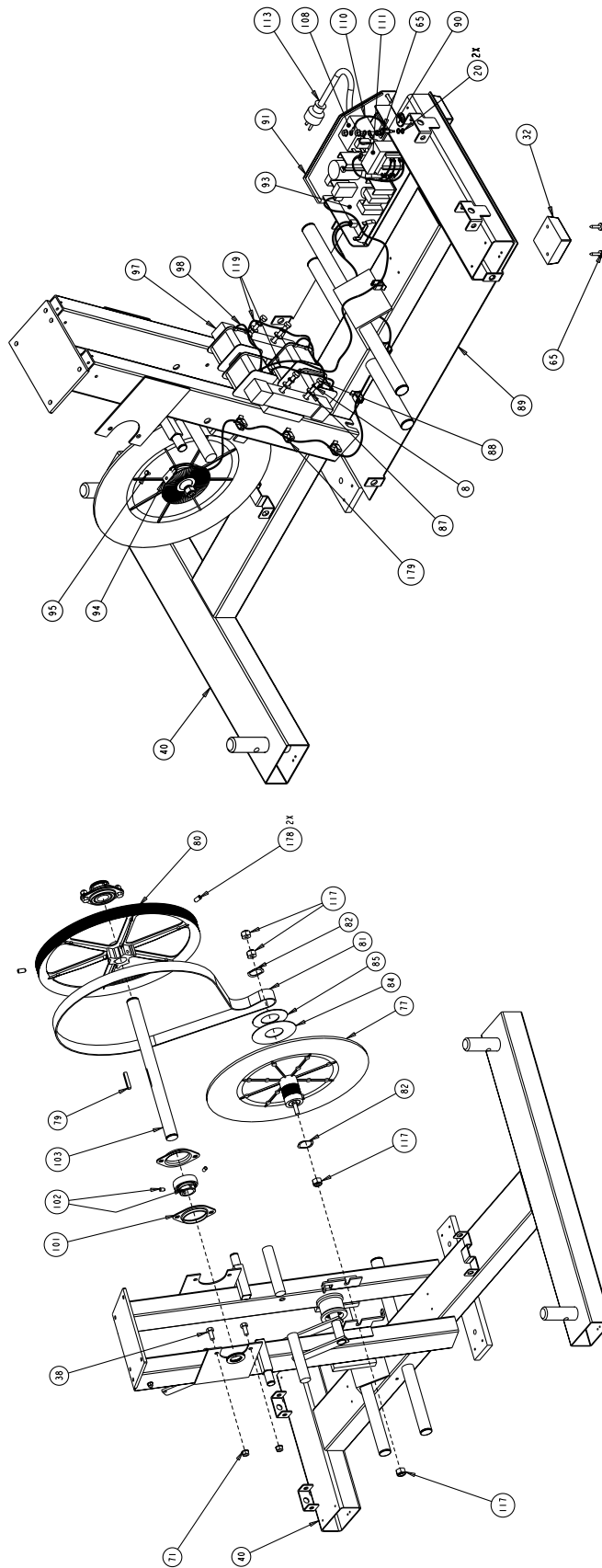
Precor is a registered trademark of Precor Incorporated.  
 Copyright 2003 Precor Incorporated. Precor Web site: [precor.com](http://www.precor.com)  
 Specifications subject to change without notice.

Precor Incorporated.  
 20031 142nd Avenue NE  
 P.O. Box 7202  
 Woodinville, WA USA 98072-4002

P/N 36302-101  
 12/19/02 Rev. L  
 Page 43  
 Views 5 & 6 of 8

# C764

## Exploded Views



Precor is a registered trademark of Precor Incorporated.  
 Copyright 2003 Precor Incorporated. Precor Web site: [precor.com](http://www.precor.com)  
 Specifications subject to change without notice.

Precor Incorporated.  
 20031 142nd Avenue NE  
 P.O. Box 7202  
 Woodinville, WA USA 98072-4002

P/N 36302-101  
 12/19/02 Rev. L  
 Page 44  
 Views 7 & 8 of 8

## TELL US ABOUT YOUR NEW PRECOR PRODUCTS

### Date of Purchase:

Month	Day	Year
-------	-----	------

### Purchased from (Dealer name):

--

### Product Serial Number(s):

--

The serial number is located on the shipping box and on the product.

--

--

Add additional sheets of paper or register online at [www.precor.com/warranty](http://www.precor.com/warranty)

### Please indicate the type and number of products purchased:

- #: \_\_\_\_\_ Elliptical Fitness CrossTrainer (EFX®)
- #: \_\_\_\_\_ Treadmill  #: \_\_\_\_\_ Stair Climber
- #: \_\_\_\_\_ Cycle  #: \_\_\_\_\_ Strength Station
- #: \_\_\_\_\_ StretchTrainer™

Please detach and mail in the warranty registration within ten days of purchase.

## TELL US ABOUT YOUR FACILITY

--

Name of Facility

- Mr.  
 Mrs.  
 Ms.

Contact Person — First Name

Last Name

Facility Address

Apt./Suite:

City

State

Zip Code

Area Code

Facility Telephone Number

Your Business Email Address

### How many members do you have?

- Less than 100  100 - 500  500 - 1000  1000 - 2000  2001 +

### What percentage of floor space do you allocate for cardio equipment?

- 0% to 20%  20% to 40%  40% to 60%  60% to 80%  80% to 100%

### What type of equipment makes up your cardio offering (check all that apply)?

- Treadmills  Ellipticals  Cycles  Stair Climbers  Rowing Machines  Other \_\_\_\_\_

### What other brands of cardio equipment do you currently offer (check all that apply):

- Life Fitness  True  Cybex  StarTrac  Other \_\_\_\_\_

### What other Precor equipment do you currently offer (check all that apply):

- EFX®  Cycle  StretchTrainer™  
 Treadmill  Stair Climber  Strength Machine  Other \_\_\_\_\_

## TELL US ABOUT YOUR PURCHASE

### Which best describes this purchase (check all that apply):

- First Precor product  Replaces a Precor product of the same type  
 Replaces same type of product – different brand  Enhancement to equipment already owned

### How did you FIRST become aware of this product (choose only one):

- Authorized Precor dealer  Precor sales representative  Trade show/conference  
 Internet  News report or product review  Club/fitness magazine advertisement  
 Trade/consumer magazine article  Other \_\_\_\_\_

### What factors MOST influenced your decision to purchase this product (choose up to three):

- Precor reputation  Prior product experience  Design/appearance  Value for the price  
 Special product features  Warranty  Service  Rebate or sale price

**Thank You and Welcome to Precor**

**PRECOR<sup>®</sup>USA**  
**move beyond™**

We are confident that you will be pleased with your purchase and that your new Precor equipment will help satisfy your customers' fitness needs, while helping you meet your business goals.

To allow us to serve you better, please take a few moments to complete and return your warranty registration.

**YOU MAY ALSO REGISTER ONLINE AT**

**[www.precor.com/warranty](http://www.precor.com/warranty)**

If you have questions or need additional information, contact your local dealer or call Precor Customer Support at 800-347-4404.

Fold along dotted line and tape closed prior to mailing.

COMM.

**PRECOR<sup>®</sup>USA**  
Precor Incorporated  
20031 142nd Avenue NE  
PO Box 7202  
Woodinville, WA 98072-4002

PLACE  
STAMP  
HERE

# Commercial Equipment Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty periods set forth below. The warranty periods commence on the invoice date of the original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To claim under this warranty, the buyer must notify Precor or your authorized Precor dealer within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited as set forth below.

## Commercial Products, also known as C-Series Products, (excluding StretchTrainer, Strength Products).

- Seven years frame, five years touch sensor display housing, two years parts, one year labor.
- For treadmills, five years motor fan, three years drive motor.
- For self-powered ellipticals and bikes, one year battery.
- Labor coverage for options as defined below.

## StretchTrainer

Five years frame, two years parts, 90 days upholstery, no labor.

## Strength Products (Catalina 3.45 and Malibu 3.25 only)

Ten years frame; three years bearings, guide rods, cams, pulleys; one year belts, cables, hand grips, miscellaneous parts; 90 days upholstery; no labor.

## 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.

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

1. The warranty applies to the Precor product only while
  - a. it remains in the possession of the original purchaser and proof of purchase is demonstrated,
  - b. it has not been subjected to accident, misuse, abuse, improper service, or non-Precor modification.
  - c. claims are made within the warranty period.
2. Certain products are 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. Current light commercial products include C934, C932, EFX524, EFX534.).
3. 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.
4. Except in Canada, Precor does not pay labor outside the United States.
5. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details.

## This Limited Warranty shall not apply to:

1. Software (PROM) version upgrades.
2. Normal wear and tear, consumables and cosmetic items, including, but not limited to the following: grips, seats, and labels.
3. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
4. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
5. Pickup and delivery involved with repairs.
6. Any labor costs incurred beyond the applicable labor warranty period.

state.

Complete this portion and keep for your records.

Purchased From: \_\_\_\_\_ Example: Dealer or store name.

Phone Number: \_\_\_\_\_ Example: Dealer or store telephone number.

Product/model: \_\_\_\_\_ Example: EFX534 or 966

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

The serial number is found on the shipping container.

## Disclaimer and Release.

The warranties provided herein are the exclusive warranties given by Precor and supersede any prior, contrary or additional representations, whether oral or written. ANY IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE THAT APPLY TO ANY PARTS DESCRIBED ABOVE ARE LIMITED IN DURATION TO THE PERIODS OF EXPRESS WARRANTIES GIVEN ABOVE FOR THOSE SAME PARTS. PRECOR HEREBY DISCLAIMS AND EXCLUDES THOSE WARRANTIES THEREAFTER. Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. PRECOR ALSO HEREBY DISCLAIMS AND EXCLUDES ALL OTHER OBLIGATIONS OR LIABILITIES, EXPRESS OR IMPLIED, ARISING BY LAW OR OTHERWISE, WITH RESPECT TO ANY NONCONFORMANCE OR DEFECT IN ANY PRODUCT, INCLUDING BUT NOT LIMITED TO: (A) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY IN TORT, WHETHER OR NOT ARISING FROM THE NEGLIGENCE OF PRECOR OR ITS SUPPLIERS (WHETHER ACTIVE, PASSIVE OR IMPUTED); AND (B) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY FOR LOSS OF OR DAMAGE TO ANY EQUIPMENT. This disclaimer and release shall apply even if the express warranty set forth above fails of its essential purpose.

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item. Precor compensates Servicercs 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. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COSTS INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purposes and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. 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

Effective 1 December, 2002  
P/N 36286-108

page 47



# C764 Commercial Climber featuring Heart Rate and Smart Rate® Systems

## Product Specifications

Length: 49 inches (124 cm)  
Width: 32 inches (81 cm)  
Height: 68 inches (173 cm)  
Weight: 185 lbs (85 kg)  
Shipping Weight: 259 lbs (118 kg)  
Power: 120/240 VAC (50/60Hz)  
Step Height: 4 to 13 inches (10 to 33 cm)  
Frame: Powder-coated steel  
Regulatory Approval: FCC, ETL

## C764 Features:

CSAFE  
Heart Rate Telemetry  
SmartRate®  
Touch Heart Rate

## Electronic Specifications

**C764 Courses:** 15  
2 Custom courses  
Interval course  
Manual course  
10 Preprogrammed courses  
Random

## C764 Display Readouts:

Calories  
Calories per minute  
Feet per minute  
Floors climbed  
Floors per minute  
Heart Rate\*  
Meters per minute  
METs  
Profile  
SmartRate®\*  
Steps per minute  
Time  
Watts  
Work level

\* The user must hold onto the touch-sensitive grips on the climber's handrail. Or, the user must wear a POLAR® chest strap. The POLAR® chest strap is an option available through your dealer.



Precor Incorporated  
20031 142nd Avenue NE  
P.O. Box 7202  
Woodinville, WA USA 98072-4002

Precor, EFX, M, and SmartRate are registered trademarks and CrossRamp and QuickStart are trademarks of Precor Incorporated. POLAR is a registered trademark of POLAR ELECTRO. Copyright 2003 Precor Incorporated. Specifications subject to change without notice. Precor web site: [www.precor.com](http://www.precor.com)

**C764 Lit Kit# 36096-111**  
OM# 36097-106  
Online OM# 36097-406  
Warranty Registration# 45622-101  
Warranty# 36286-108  
Exploded Views# 36302-101 Rev L  
May 7, 2003

## 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.



## Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>