PRECOR®



Owner's Manual

Discovery Plate Loaded™ Line

Important Safety Guidelines for Owners

Follow these guidelines to maintain proper working condition of the equipment:

Important: *Do not modify the equipment or any of its parts, or permanently remove any part from the equipment. Do not use accessory attachments that are not recommended by Precor, as such attachments might cause injuries.*

- Regular maintenance must be performed by qualified technicians.
- Make sure that trainers, facility personnel, and maintenance technicians understand how to use the equipment, know important safety guidelines, and can recognize potential problems such as a cracked weld.
- Strength training requires significant focus by the facility and its staff to maintain the quality of the fitness environment. If possible, the facility should provide direct supervision of the fitness equipment at all times by people knowledgeable about the safe operation of the equipment and trained to recognize potential problems.
- If any facility personnel witness unsafe use of the equipment, the staff member should address the user directly, to demonstrate the proper technique, and review with the users the *Important Safety Information for Users*. *Precor recommends posting a copy of the Important Safety Information for Users near the equipment in a prominent location.*
- Make sure the equipment is stable and placed on a solid surface. The equipment is designed to be freestanding; however, it can be bolted to the floor for extra stability. Precor highly recommends that the equipment be bolted to the floor to reduce the risk of the equipment toppling due to improper use. Since floor construction varies, please consult a professional building engineer for proper fastening.
- Locate the equipment at least 40 inches (1 meter) away from walls or furniture on either side of the equipment, and 40 inches (1 meter) away from objects behind the equipment.
- Check the equipment thoroughly based on the recommended inspection schedules outlined in this manual, including daily, weekly, monthly, and annual checks.
- Place an “out-of-order” sign on the equipment during maintenance of the equipment or the surrounding area, and make sure the facility’s personnel know not to allow anyone to use the equipment until it has been inspected and works properly. If a piece of equipment needs service, keep it out of use until repaired.
- Do not attempt to free any jammed assemblies alone as this may cause injury. With the help of another person, carefully return the mechanism to its proper resting position.
- Do not place the equipment outdoors or on wet surfaces.

Safety Approval

Precor commercial strength equipment is designed and tested according to EN 957-1/2 standards.

Important Safety Information for Users

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

French equivalent of the preceding paragraph, for the Canadian market: *Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

When using exercise equipment, you should always take basic precautions, including the following:

- If you do not understand how to operate a piece of equipment, ask someone from the facility such as a trainer to demonstrate how to use it and explain any safety instructions.
- Do not allow children on or near the equipment. Do not leave children unsupervised around the equipment.
- Use the equipment only for its intended purpose. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Wear proper exercise clothing and shoes for your workout—no loose clothing.
- **Do not overexert yourself or work to exhaustion.** Use reasonable judgment when working with weights. Avoid using excessive weight, which may cause injury.
- If you feel pain or abnormal symptoms, stop exercising immediately and consult your physician.
- Keep head, limbs, fingers, and hair clear of all moving parts while the equipment is in use. Keep hands clear of racking pegs.
- Never drop or insert objects into any opening in the equipment.
- Always check the equipment before using it. If you spot a potential problem, contact someone in the facility immediately. Do not use the equipment until the facility has verified that the equipment is working properly. Do not attempt to fix broken or jammed equipment.
- Do not use the equipment outdoors or on wet surfaces.
- Do not use the equipment if an "out of order" sign has been placed on it.
- Read all posted instructions, including all safety instructions and warnings.

Table of Contents

Important Safety Guidelines for Owners..... 1
Safety Approval.....1

Important Safety Information for Users.....2

Before You Begin 4
Recommended Tools..... 4
Obtaining Service 4

Maintaining Your Plate Loaded Equipment.....5
Daily Maintenance 5
Weekly Maintenance 7
Monthly Maintenance.....7

Before You Begin

Precor recommends implementing a thorough maintenance program that incorporates regular safety inspections by qualified maintenance technicians as outlined in this manual.

This manual explains how to maintain the Precor Discovery Plate Loaded line of commercial strength equipment. It provides information about items that need to be inspected and maintained on a daily, weekly, and monthly basis. You should perform those tasks that are appropriate for the equipment you are maintaining and skip those tasks that do not apply.

This manual covers the general maintenance procedures that you can perform in the fitness facility. However, if the equipment requires service beyond the maintenance procedures covered in this manual, refer to *Obtaining Service*.

Important: *Always purchase replacement parts and hardware from Precor. Many parts are tested and manufactured specifically for Precor commercial strength equipment. If you use parts not approved by Precor, you could void the Precor Limited Warranty. Use of parts not approved by Precor may cause injury.*

Recommended Tools

We recommend that you keep the following tools available to maintain the equipment:

- Complete combination box wrench set (common metric sizes)
- Complete socket set (common metric and SAE sizes)
- Complete hex key set (common metric sizes)
- 12-inch adjustable wrench
- Rubber mallet

Obtaining Service

You should not attempt to service the strength equipment, except for the maintenance tasks described in this manual. If any items are missing, contact your dealer. If you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor website at www.precor.com.

If you have any questions regarding a piece of equipment, locate its serial number and contact Precor Customer Support. Precor uses the serial number to establish the model and year of the product. You can generally find the serial number underneath the seat support.

For future reference, you may want to write the serial numbers, model numbers, and dates of purchase of your Precor strength training equipment in the space provided below for easy reference.

Model #:_____ Serial #:_____

Date purchased:_____

Model #:_____ Serial #:_____

Date purchased:_____

Model #:_____ Serial #:_____

Date purchased:_____

Model #:_____ Serial #:_____

Date purchased:_____

Maintaining Your Plate Loaded Equipment

Precor recommends implementing a thorough maintenance program that incorporates regular safety inspections by qualified maintenance technicians as outlined in this manual.

This manual covers the general maintenance procedures that you can perform in the fitness facility. However, if the equipment requires service beyond the maintenance procedures covered in this manual, contact Precor Customer Support.

Precor recommends that maintenance technicians thoroughly read and understand the safety guidelines and maintenance procedures covered in this manual.

Important: *Always purchase replacement parts and hardware from Precor. Many parts are tested and manufactured specifically for Precor commercial strength equipment. If you use parts not approved by Precor, you could void the Precor Limited Warranty. Use of parts not approved by Precor may cause injury.*

Daily Maintenance

Perform the following tasks daily to maintain the equipment and keep it operating smoothly:

- Clean upholstery
- Inspect upholstery pads for wear
- Clean and inspect frames
- Check warning and instructional labels

Clean Upholstery

To remove surface dirt and perspiration, spray upholstery daily with a mild soap and water solution. Spray upholstered surfaces lightly and wipe dry with a clean cloth.

Important: *To clean the upholstery, do not use cleaning products that have any of these ingredients: solvents, alcohol, ammonia, or petroleum. Use a mild detergent-based cleaner instead.*

Inspect Upholstery Pads for Wear

Inspect pads for cracks in the upholstery, broken and loose stitching, loose staples, and loose mounting bolts. Replace pads as needed (refer to Obtaining Service to purchase new pads).

Important: *Do not reupholster pads or use pads not approved by Precor.*

Clean and Inspect Frames

To remove grease and dirt, spray the frames daily with a mild soap and water solution. Wipe the equipment down with a damp cloth and dry completely. Be sure to wipe down both painted parts and chrome or plated parts. As you clean, inspect the frames for cracks, rust, or other damage. Make sure welds are solid and fasteners are properly secured.

To restore and maintain the luster of chrome parts, use a commercial chrome cleaner.

Check Warning and Instructional Labels

Inspect warning and instructional labels daily to make sure that all the information can be clearly read. If any portion is not visible or part of the label is not adhered properly, replace that label immediately (refer to *Obtaining Service* for purchase information).

Spray labels as needed with a mild soap and water solution, and dry thoroughly with a soft cloth.

The following figure shows an example of an instructional placard assembly, which contains labels for the name of the equipment and the workout instructions.



Figure 1: Example instructional placard

Precor products come equipped with a number of standard warning labels. The following two figures show sample warning labels you may see on the equipment depending on the model and product line:



Figure 2: Warning label indicating pinching hazard

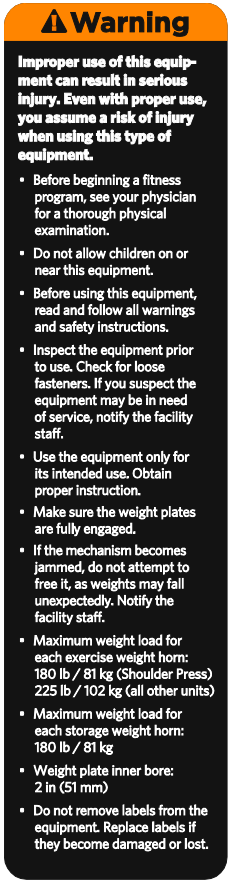


Figure 3: General warning label mounted on the equipment frame

Weekly Maintenance

Condition and deep clean the upholstery weekly with a lanolin-based hand cleaner or upholstery cleaner.

Important: *To clean the upholstery, do not use cleaning products that have any of these ingredients: solvents, alcohol, ammonia, or petroleum. Use a mild detergent-based cleaner instead.*

Monthly Maintenance

Perform the following tasks monthly to maintain the equipment and keep it operating smoothly:

- Inspect frames and movement arms
- Inspect the bearings and bushings
- Check and lubricate the seat adjustment
- Inspect all fasteners

Inspect Frames and Movement Arms

Inspect frames and movement arms monthly for proper function and integrity. Inspect frames (particularly at the joints) for cracks, chipped paint, or rust. If any cracks are found, take the equipment out of service immediately and have a qualified maintenance technician repair it.

Touch up dings and chips with paint and replace any component at the first sign of wear. You can order touch-up paint from Precor by calling Customer Support.

To remove surface rust from the frame, rub lightly with a fine wet/dry sandpaper or fine steel wool. Finish with Precor touch-up paint if needed. Maintain paint luster with an application of a mild automotive wax product.

To maintain the powder coated, plated, and chrome parts, use a mild detergent-based cleaner for light dirt and grime removal. For removing heavier dirt and grease and for polishing, use a good automotive polish. For scuffs and marks that are not removed by the above methods, use a fine-grit cleanser. Do not use solvents, lacquer thinner, acetone, or fingernail polish remover.

Inspect the Bearings and Bushings

Each month, inspect the bearings and bushings for smooth operation. If bearings or bushings require replacement, please contact Customer Support.

Important: *Bushing and bearing quality and specifications vary considerably so please replace them with Precor approved hardware specifically engineered for the precise application. Failure to do so will void the Precor Limited Warranty.*

Check and Lubricate the Seat Adjustment

The seat adjustment mechanism requires little maintenance. However, because seat safety is important to the safety of a workout, you should check the seat lever regularly to see if it sticks when used.

To test if the seat lever needs lubrication, elevate the seat slightly while pressing and releasing the lever. The lever should snap back out easily. If the lever sticks, lubricate its pivot pin with a Teflon® spray lubricant. Wipe off any excess lubricant with a cloth.

Inspect All Fasteners

Fasteners can loosen with normal use. Inspect all nuts, bolts, screws, and other fasteners to make sure they are tight and installed correctly.

Be sure to check fasteners at bolted joints to make sure the connections are secure. If a fastener is loose but in good condition, retighten it. If you are concerned about the integrity of the fastener, remove it, clean the threads, and inspect it for any damage such as cracks, bad threads, corrosion, or rust. Reinstall the fastener if it appears to be in good condition. Otherwise, remove the equipment from service until a new fastener can be installed properly. You can order new fasteners from Customer Support.

Important: *Fastener quality and specifications vary considerably so please replace them with Precor approved fasteners specifically engineered for the precise application. Failure to do so will void the Precor Limited Warranty.*

Precor Incorporated
20031 142nd Ave NE
P.O. Box 7202
Woodinville, WA USA 98072-4002
1-800-347-4404

Precor is a registered trademark of Precor Incorporated.
Copyright 2015 Precor Incorporated.
Specifications subject to change without notice.
www.precor.com

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 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.

Discovery Plate Loaded™ Line Owner's Manual
CWP997777-111 rev C, en
16 April 2015