PRECOR®



Assembly Guide

Discovery Plate Loaded™ Line
Incline Press

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Getting Started

Opening the Boxes

Open the boxes and remove the packing materials. Be careful to open the boxes and assemble the components in the sequence presented in this manual.

Box	***Contents***
1	• Frame members • Movement arms • Weight horns • Weight storage horns • Instructional placard • Warning labels • Hardware kit
2	• Seat pads

Installation Requirements

WARNING **You will need assistance to assemble this unit. *DO NOT attempt assembly by yourself*.**

Follow these installation requirements when assembling the unit:

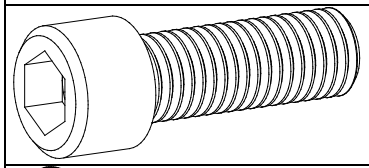
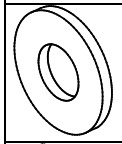
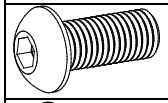
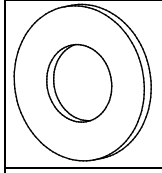
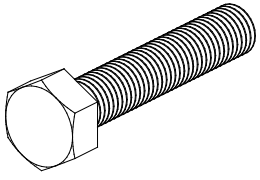
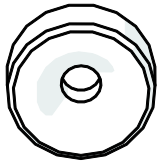
- Assemble the unit near the place where you plan to use it.
- Locate the equipment at least 40 inches (1 meter) away from walls or furniture on either side of the equipment, and 40 inches (1 meter) away from objects behind the equipment.
- Set up the unit on a solid, flat surface, so that it remains level and stable. A level unit has fewer malfunctions.
- Open the box and assemble the components in the sequence presented in this guide.
- Insert, align, and thread all fasteners with your fingers. This helps prevent cross-threading. Do not wrench tighten fasteners until instructed to do so.

  Important: *Before you wrench tighten a fastener, check that its head is flush with the surface of the product. If not, cross-threading may have occurred. Do not attempt to rework the assembly as more damage to the equipment will occur. Instead, contact Customer Support as described in Obtaining Service.*
- If you plan to move the unit, get help and use a hand truck.

Hardware Kit (not to scale)

The following pieces of hardware are provided on a shrink-wrapped card. Each part is labeled on the card for easy reference.

Table 1. Hardware kit contents

Fastener		***Quantity***
	Socket head cap screw (M12 x 35 mm)	20
	Flat washer (9 mm internal diameter)	9
	Buttonhead cap screw (M8 x 15 mm)	1
	Set screw (M8 x 6 mm)	10
	Flat washer (13 mm internal diameter)	20
	Hex head cap screw (5⁄16-inch x 1½-inch)	8
	Axle mount end	4

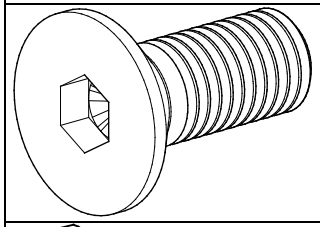
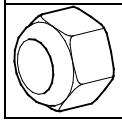
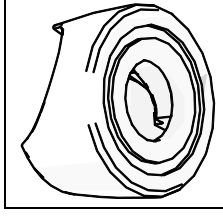
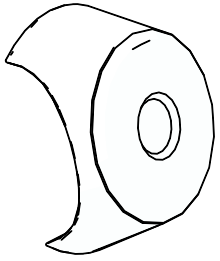
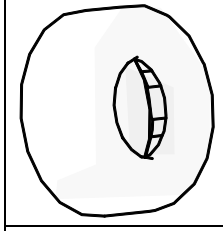
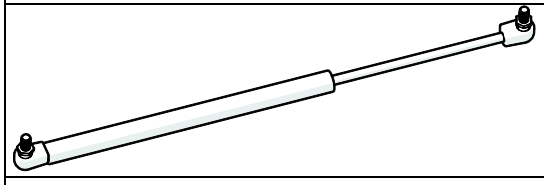
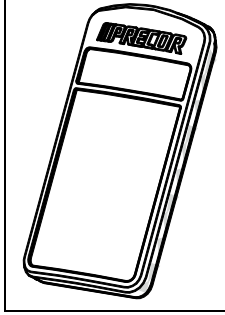
Fastener		***Quantity***
	Frame plug	4
	Flat head hex cap screw (M12 x 30 mm)	6
	5⁄16-inch nylon lock nut	2

Table 2. Other Components

Part		***Quantity***
	Weight horn	2
	Weight storage horn	6
	Arm pivot axle	2
	Weight horn bumper	2

Part		***Quantity***
	Weight horn end cap	2
	Weight storage horn bumper	6
	Gas spring	1
	Instructional placard	1

Assembling the Equipment

CAUTION: At least two people are required to position the parts of this equipment successfully. Do not attempt to assemble the equipment by yourself.

Proper alignment and adjustment of the equipment is critical. When you install fasteners, leave room for adjustments. Do not tighten the fasteners completely until you are instructed to do so.

Make sure the equipment is stable and placed on a solid surface. The equipment is designed to be freestanding, but 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 toppling due to improper use. Because floor construction varies, consult a professional building engineer for proper fastening.

The following figure shows the names used in this manual for the major components of the equipment.

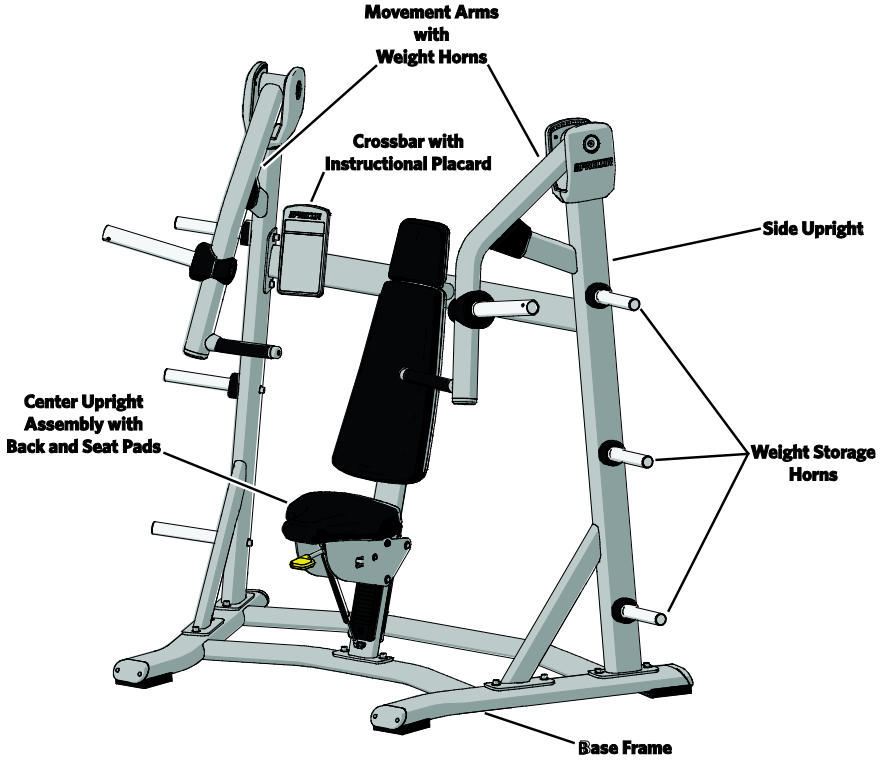


Figure 1: Major Incline Press components

Stabilizing the Equipment

Once you have positioned the base frame where you want the equipment to be used, test it for stability by pushing down on its corners. If the base frame rocks or wobbles at all, the height of the adjustable foot will need to be set.

To stabilize the equipment:

1. Locate the round, adjustable foot at one of the corners of the base frame.
2. Remove the two small buttonhead screws retaining the end cap at that corner of the frame, as shown in the following figure. Pull out the end cap, then set the cap and the screws aside.

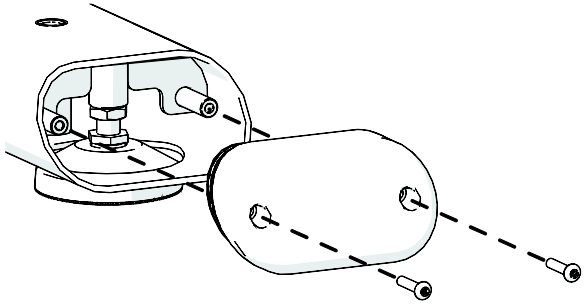


Figure 2: End cap removal

3. Using an open-end wrench, turn the jam nut to the left to loosen it.
4. Using the same open-end wrench, turn the positioning bolt to the left or the right to move the adjustable foot to the appropriate level, as shown in the following figure.

If you want to move the adjustable foot ...	*Then turn the bolt ...*
Upward	To the right
Downward	To the left

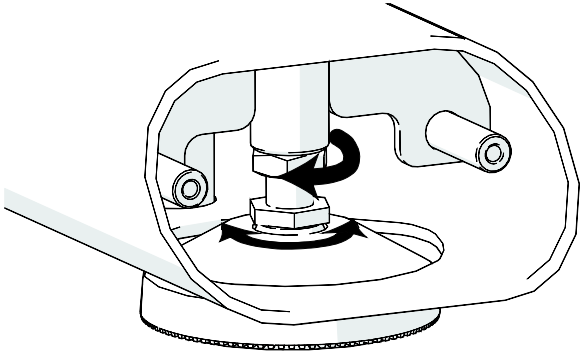


Figure 3: Adjustable foot positioning

5. Once the foot appears to be positioned correctly, test it by pressing down on the corners of the base frame. If it continues to shift or rock, readjust the foot as needed.
6. Re-tighten the jam nut.
7. Reinsert the end cap and its retaining screws. Tighten the screws completely.

Attaching the Side Uprights to the Base Frame

Perform the following procedure to attach both side uprights to the base frame.

To attach the side uprights to the base frame:

1. Position the left side upright on the base frame so that the screw holes on the base frame and the upright line up.

   Note: Ask that your assistant hold the side uprights while you secure them into position.

2. Add one M12 x 35mm socket head cap screw and one 13mm flat washer to each of the screw holes. Finger tighten the fasteners.

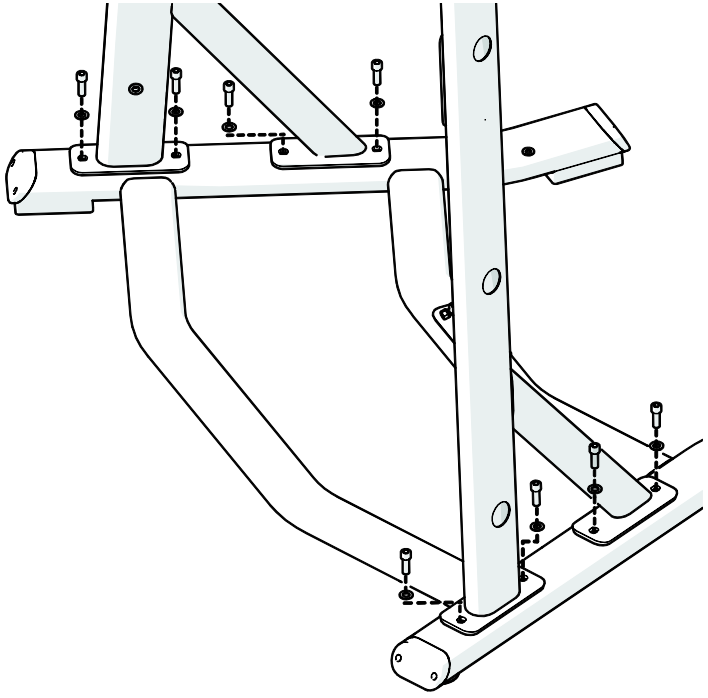


Figure 4: Side upright attachment

3. Repeat steps 1 and 2 to attach the right side upright.

Installing the Crossbar

Before beginning this procedure, obtain two weight storage horns. The upper screw and washer used to attach the crossbar to each side upright also attach a weight storage horn to the side upright.

Note: Have your assistant hold the crossbar in place while you perform this procedure.

To attach the crossbar to the side uprights:

1. Position the crossbar between the side uprights so that the curve of the crossbar extends backward and the screw holes at either end line up with the screw holes on the side uprights.
2. Place a 13 mm flat washer over a M12 x 35 mm socket head cap screw. Insert the screw into the lower screw hole at one end of the crossbar and tighten it partially.
3. Insert a weight storage horn into the socket opposite the upper screw hole.
4. Insert a M8 x 6mm set screw into the small hole in the socket. Position the weight storage horn, then tighten the set screw completely.
5. Place a 13 mm flat washer over a M12 x 35 mm socket head cap screw. Insert the screw through the upper screw hole and into the weight storage horn, then tighten the screw partially.
6. Repeat steps 2 through 5 to attach the crossbar and an additional weight storage horn on the other side of the frame.

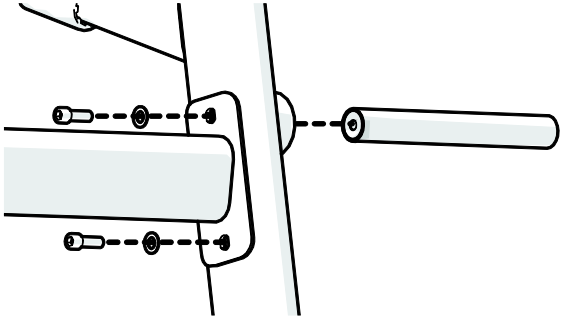


Figure 5: Crossbar attachment

Installing the Center Upright Assembly

Attaching the center upright assembly and the accompanying seat mechanism completes the frame of the equipment.

To attach the assembly:

1. Position the assembly on the base frame and against the crossbar as shown in the following figure.

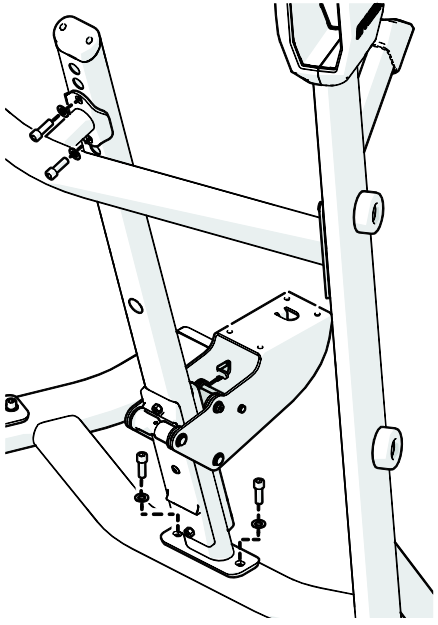


Figure 6: Center upright assembly positioning

2. Place two M12 x 35 mm socket head cap screws and two 13 mm flat washers into the screw holes in the base frame. Partially tighten the fasteners.
3. Place two M12 x 35mm socket head cap screws and two 13mm flat washers into the screw holes in the crossbar. Partially tighten the fasteners.
4. Check that the frame is correctly aligned, then tighten all fasteners completely.

Installing the Movement Arms

You will need an assistant to hold the movement arms in place while you complete this procedure.

To install the movement arms:

1. Position the axle end of one movement arm within its pivot bracket on the frame so that the openings in the bracket and the movement arm are aligned.
2. Press an axle through the openings in the bracket and the movement arm.

   Note: The axle should slide easily through the openings. You should not need to do anything more than tapping it lightly with a rubber mallet to move it into place. If the axle becomes jammed during this step, check to make sure the movement arm and the bracket are still aligned. If the axle remains jammed, remove it and contact Customer Support.
3. Place an axle mount end on each end of the axle and attach a M12 x 30 mm flat head screw to each end, as shown in the following figure.

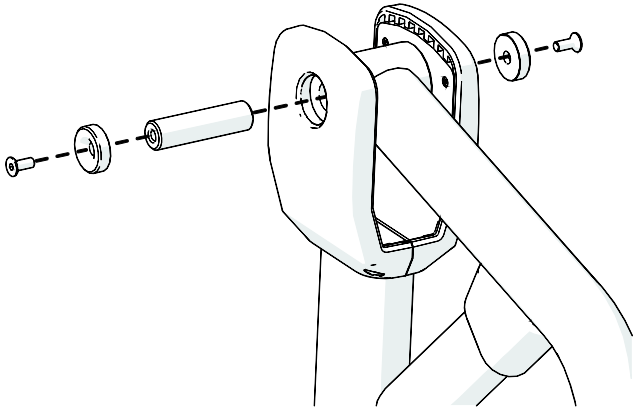


Figure 7: Movement arm axle installation

4. Check that the axle is properly positioned and centered, then tighten the screws completely.

   Important: *The screws should be tight enough to prevent the movement arm from rocking from side to side when in use.*
5. Repeat steps 1 through 4 to install the other movement arm.

Important: *Test the operation of the movement arms after you have installed them. Make sure they move smoothly through their entire range, without binding or shifting.*

Attaching the Back Pads

Note: The back pads are common to several models of exercise equipment, so they have more screw holes than you can use in this procedure.

To attach the back pads:

1. Place the lower back pad against the center upright assembly so that the screw holes on the assembly line up with the outermost screw holes on the pad, as shown in the following figure.

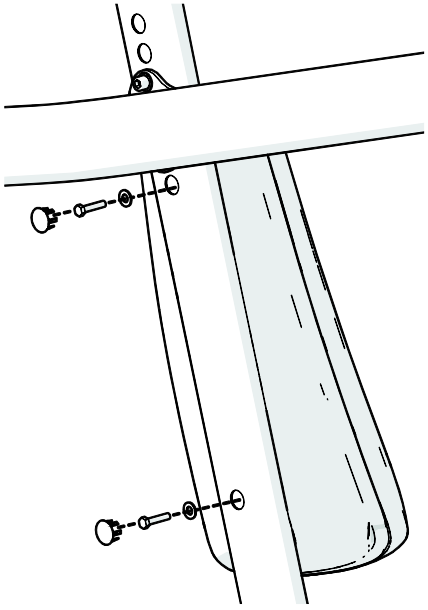


Figure 8: Back pad attachment

Important: *In the following step, be careful not to drop screws or washers into the center upright. Inserting each screw into a socket wrench, then using the wrench to position and tighten the screw, is recommended.*

2. Place a 9mm flat washer over a 5⁄16-inch x 1½ hex head screw, then insert the screw through a screw hole in the center upright assembly and into the corresponding hole in the pad. Partially tighten the screw. Repeat this step to insert the other screw and washer.
3. Place the upper back pad against the center upright assembly, so that the screw holes on the assembly and the pad line up.

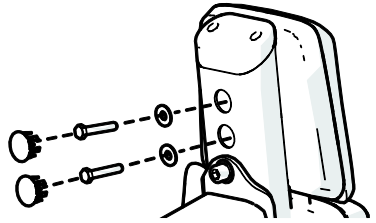


Figure 9: Head pad attachment

4. Repeat step 2 to attach the upper back pad to the center upright assembly.
5. Position the back pads if necessary, then tighten all four screws completely.
6. Press frame plugs into the screw hole openings on the center upright assembly.

Attaching the Seat Pad

The seat mechanism is preassembled, except for the seat pad and the gas spring.

To attach the seat pad:

1. Position the pad over the seat bracket so that the screw holes in the seat and the bracket line up.
2. Insert four 5⁄16-inch x 1½-inch hex head screws with 9mm flat washers into the screw holes in the pad, as shown in the following figure.

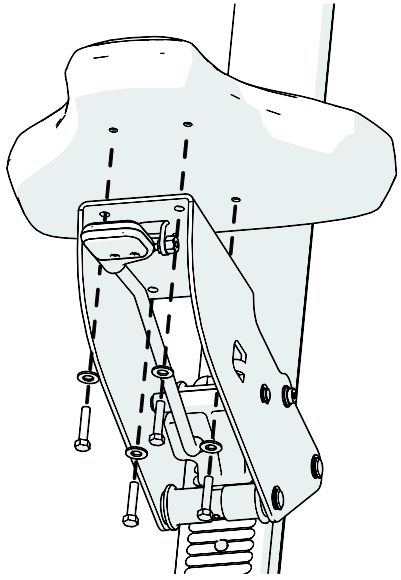


Figure 10: Seat pad attachment

3. Position the pad if necessary, then tighten the fasteners completely.

Connecting the Gas Spring

The gas spring, which lifts the seat assembly when an exerciser adjusts the seat height, is attached to the seat assembly and the frame through two ball-shaped stems. the underside of the seat assembly; the other is on the center upright near the base frame.

To attach the gas spring:

1. Insert the threaded end of the upper stem through the hole in the small bracket on the underside of the seat, as shown in the following figure.

   Important: *Place the wide end of the gas spring up. Also, note that the seat adjustment handle has been omitted from this figure to keep the gas spring and its fasteners visible.*

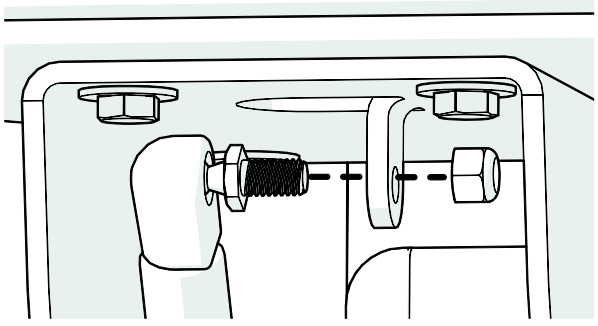


Figure 11: Gas spring attachment, upper end

2. Place a nylon lock nut over the end of the stem and tighten it partially.

3. Insert the threaded end of the lower stem through the hole in the small bracket on the base frame, as shown in the following figure.

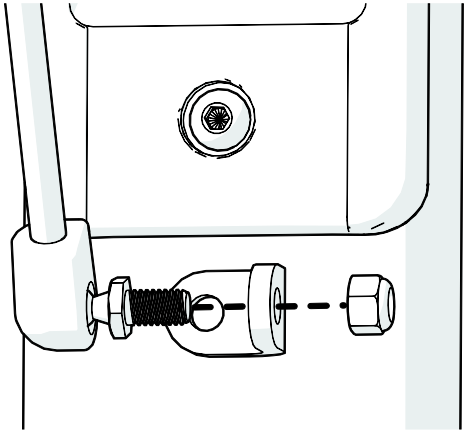


Figure 12: Gas spring attachment, lower end

4. Place a nylon lock nut over the end of the lower stem. Tighten both nylon lock nuts completely.

Adjusting the Seat Rollers

After you have installed the gas spring, test the seat. It should not rock from side to side or from front to back, and it should move smoothly up and down when you adjust it. If the seat is not stable or cannot be positioned smoothly, you will need to adjust the seat rollers.

Note: You will need assistance to complete this procedure.

To adjust the rollers:

1. Loosen the screws securing the upper front roller. The following figure shows the location of one of these screws.

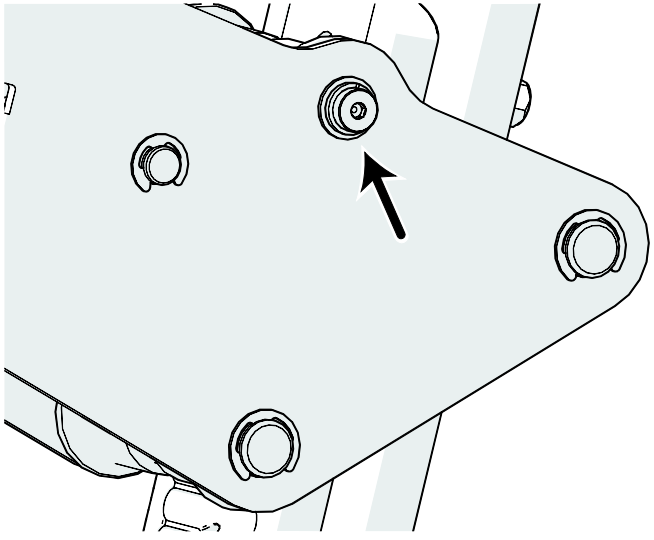


Figure 13: Upper front roller location

2. Have your assistant press the seat pad down until the back roller contacts the black plastic plate on the back of the frame.
3. Move the upper front roller until it contacts the black plastic plate on the front of the frame, then tighten the screws again.
4. Have your assistant release the seat pad, then adjust the seat position up and down a few times. Make sure that the seat moves upward and downward freely but does not rock or shift in any direction. If the seat cannot be adjusted easily, or if it continues to rock or shift, repeat this procedure to readjust the upper front roller.

Attaching Weight Horns to the Movement Arms

The weight horns that attach to the movement arms are slightly larger than the weight storage horns. Before you begin this procedure, compare the available parts to make sure you are installing the correct weight horns on the movement arms.

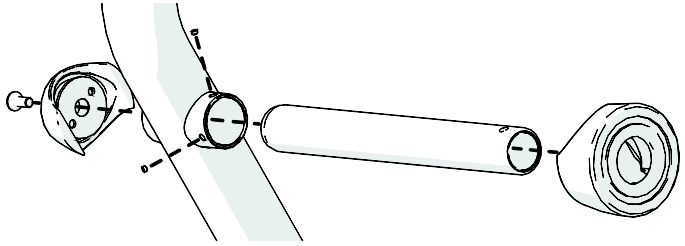


Figure 14: Weight horn attachment

To attach the weight horns:

1. Insert a weight horn into the outward side of the weight horn fitting on the movement arm. Slide the weight horn into the fitting until it stops.
2. Place a weight horn cap over the inward side of the fitting.
3. Insert a M12 x 30 mm flat head cap screw through the cap, the movement arm, and the weight horn. Tighten the screw completely.
4. Insert two M8 x 6 mm set screws into the screw holes on the weight horn fitting. Tighten the set screws completely.
5. Slide a bumper down over the weight horn until it rests against the movement arm.
6. Repeat steps 1 through 5 to attach a weight horn to the other movement arm.

Attaching Weight Storage Horns

Repeat this procedure as needed to attach all of the weight storage horns to the equipment.

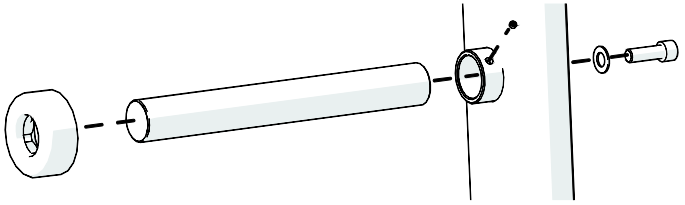


Figure 15: Weight storage horn attachment

To attach a weight storage horn:

1. Insert the horn into one of the weight storage horn fittings on the equipment frame. Slide the horn in until it stops.
2. Insert a M12 x 35 mm socket head cap screw with 13 mm flat washer through the screw hole opposite the weight storage horn fitting and into the horn itself. Tighten the screw completely.
3. Insert a M8 x 6 mm set screw into the screw hole in the fitting. Position the weight storage horn as needed, then tighten the set screw completely.

Attaching the Instructional Placard and Safety Labels

The equipment includes a metal bracket for the instructional placard. The placard slides over a metal button near the bottom of the bracket. A small screw then holds it in place.

To attach the instructional placard:

1. Remove the protective backings from the machine name label. Attach the label carefully to the recess at the upper front of the placard, as shown in the following figure.

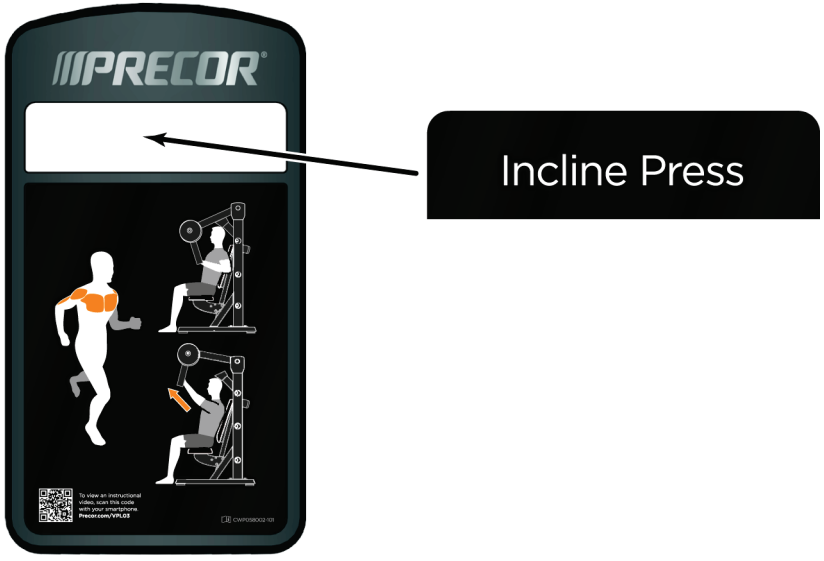


Figure 16: Placard label positioning

2. Place the large hole near the bottom of the placard over the button, then slide the placard downward to lock it into place as shown in the following figure.

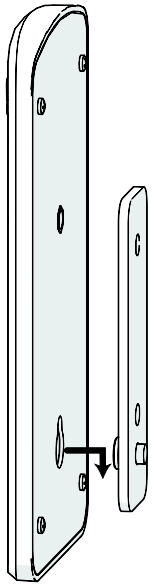


Figure 17: Placard mounting

3. Insert an M8 x 15 mm buttonhead screw with 9mm flat washer into the screw hole near the top of the bracket, as shown in the following figure. Tighten the screw completely.

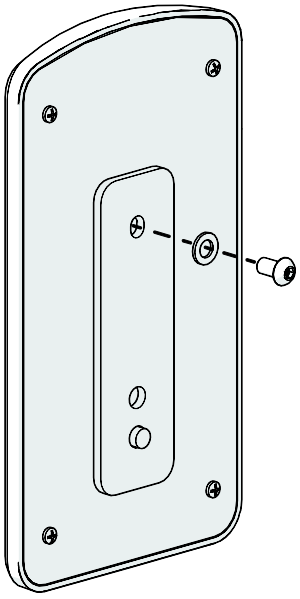


Figure 18: Securing the placard in place

Note: If you are installing labels in a language other than English, remove the general warning label attached to the equipment. Apply the general warning label in the appropriate language where the English label was originally applied.

Notes:

Notes:

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