EXPERIENCE™ SERIES 600/700 LINE TREADMILL GETTING STARTED GUIDE

Welcome to a **personalized fitness experience** for your members

The Experience™ Series cardio line gives operators the proven, reliable performance they count on. Each piece delivers the personalized exercise experience and entertainment choices your members seek.

Get to know your Precor equipment

For a treadmill that strikes the optimal balance between durability, reliability, and innovation, look no further. These Precor treadmills deliver on these essentials with premium materials and features.

To make sure your equipment withstands the test of time and consistent usage, it's important to know if it's working well. The Active Status Light (700 line only) is located at the front edge of the treadmill hood and gives you this information at-a-glance.

During normal operation, the status light is a steady blue. It changes color and pattern if the treadmill detects a mechanical or electrical problem.



Status Light Color	Meaning	Action Required
Steady (solid) blue	Treadmill operating normally.	None
Pulsing blue	Treadmill belt needs replacement (except for 230 V models).	Perform maintenance then, reset status light.
Steady (solid) yellow	Treadmill has detected and recovered from an error.	Safe to use, but some functions may be unavailable. Refer to console's event log for more information.

Get to know Precor cardio workouts

Our instructional videos empower exercisers, trainers, and operators with essential information for safe and effective treadmill use. Once trainers understand the cardio workouts available on the treadmill, they can recommend either manual or preset workouts that match up with a member's training program or fitness goals, including Lose Weight, Be Fit, Get Toned, and Push Performance workouts.

Make sure your trainers regularly read our blog (in select languages) at ***www.precor.com*** for more ideas about fitness routines and advice from trusted industry experts.

IMPORTANT The heart rate features are intended for reference only. They may not be accurate for every user or at every speed and are not intended for use as a medical device. Holding the heart rate handle touch sensor while exercising at higher intensity may also decrease accuracy of the heart rate reading and is not recommended. Please also read your product documentation and visit ***www.precor.com/en-us/customer-service/faq***. For complete treadmill operating instructions and troubleshooting, visit us at ***www.precor.com***.

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CAUTION
Before beginning any fitness program, see your physician for a thorough physical exam. Seek advice from your physician to learn the target heart rate appropriate for your fitness level.

Read all safety and operating instructions included with your equipment. For more information, visit us at *www.precor.com* and look for your equipment model number.

Start a workout

Step 1: Make sure that the power to your fully assembled treadmill is ON.



Step 2: Straddle the belt by placing your feet on either side of the belt. Attach the safety clip securely to your clothing.





Step 3: Press the **QuickStart** button, or on a touchscreen console press **Home** and then **QuickStart**, or choose a preset workout. Press **OK** to begin.



Step 4: After the console has displayed its countdown and the belt has started moving, step onto the belt.



Step 5: Use the motion controls to adjust the incline angle of the treadmill and the speed of the belt.

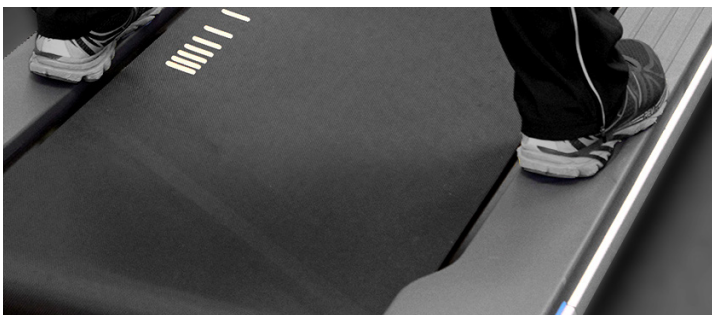


Step 6: To end your workout early, press the **Pause** or **Stop** button.





Step 7: To dismount safely, place feet on the rails until the belt comes to a complete stop and then step off the treadmill. Replace the safety clip.



Check out the trend-based workouts and Precor product tutorials at *www.precor.com/education*.

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