PRECOR®

Experience™ Series AMT 800 Adaptive Motion Trainer

Assembly Guide

Assembly Requirements

Precor recommends at least two people for this installation. DO NOT attempt assembly by yourself.

When assembling the equipment, we recommend you:

- Read the complete instructions before you begin assembly.
- Follow the assembly instructions in order.
- Locate the equipment at least .6 m (23.6 inches) away from walls or furniture on either side of the equipment, and .6 m (23.6 inches) away from objects behind.
- Assemble the equipment on a solid, flat surface so it remains level and stable.
- **DO NOT move equipment without assistance.**

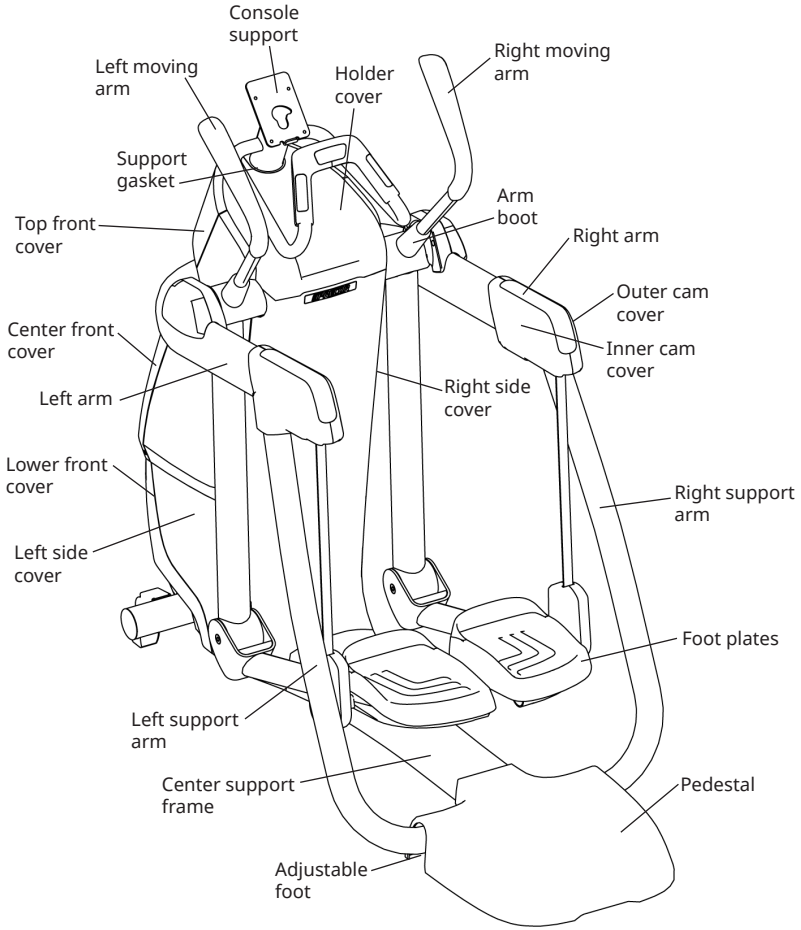
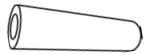


Figure 1. AMT

Required tools

- #2 Phillips screwdriver
- Two #1 Phillips screwdrivers
- Torque wrench (including a 3/16-inch hex wrench bit)
- Rubber mallet
- SAE standard socket set
- 7/16-inch open-end wrench

Hardware Kit

		Name	Qty
1		Nylon lock nuts (5/16-inch)	6
2		Hex head bolts (5/16-inch x 1-inch)	6
3		Hex head bolts (5/16-inch x 3-1/2-inch)	6
4		Bolt sleeve	2
5		Flat washer (5/16-inch)	6
6		Philips screw (#10 x 1-1/4-inch)	14
7		Flat head hex screw (1/4-inch x 5/8-inch)	5
8		End caps	2
9		Conduit (optional)	1
10		Set screw (3/8-inch x 1-1/4-inch)	4
11		Philips screw (#10 x 3/4-inch)	2
12		Tooth washer	2

IMPORTANT Before you fully tighten a fastener, check that its head is flush with the surface of the equipment. If not, cross-threading may have occurred. DO NOT attempt to rework the assembly as more damage to the equipment will occur. Contact Precor support.

Assembly Instructions

1. Secure tie rod to arm shaft

The left arm tie rod is wrapped inside the AMT. The hex head bolt and washer are attached to the arm shaft.

1. Remove the wood supports used for shipping and discard the wood and fasteners.
2. Remove the padding on the tie rod and remove the hex head bolt and large washer from the arm shaft.
3. From the user side, shift the left foot plate slightly to provide some give to the tie rod.

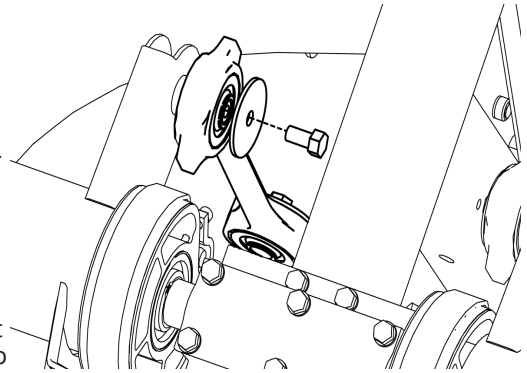


Figure 2.

4. Slightly rotate the tie rod and slide on to the shaft. Secure with the large washer and hex head bolt (Figure 2).
5. **Torque the fastener to 300 in-lb (33.9 N-m).**

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2. Attach arm cam covers

1. Place an outer arm cam cover and an inner arm cam cover over the arm cam. Secure with 2 **6** Philips #10 x 1-1/4-inch screws (Figure 3).
2. Repeat step 1 for the other arm cam.

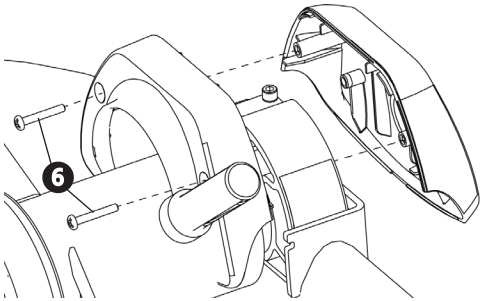


Figure 3.

3. Attach side arm supports

The side arm supports connect to the arms and the lower center support frame. Connect the upper support before connecting to the center support.

IMPORTANT The side arm supports are shipped with foam blocks inserted in one end. These blocks prevent fasteners from falling into the supports. DO NOT remove the foam blocks or push them down into the supports**.**

1. Have your assistant place the upper end of the right support arm under the right arm. Secure with 2 **2** 5/16-inch x 1-inch hex head bolts (with washers attached) into the two holes underneath the side arm support bracket (Figure 4). Partially tighten.
2. Slide 1 **5** 5/16-inch flat washer and 1 **4** sleeve over 1 **3** 5/16-inch x 3-1/2-inch hex head bolt (Figure 5) and insert it into the hole on the inside of the right side arm through the arm support . Secure with 1 **1** 5/16-inch nylon lock nut (Figure 5). **IMPORTANT** Insert the bolt into the inside of the side arm and attach the nut to the outside or the side covers will not fit.
3. Repeat steps 1 and 2 to attach the left side arm support.

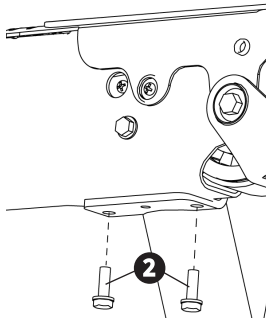


Figure 4.

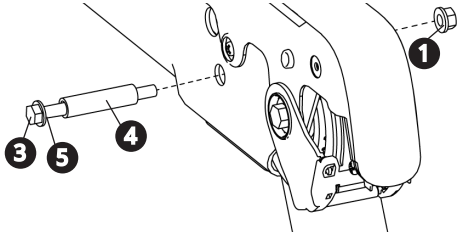
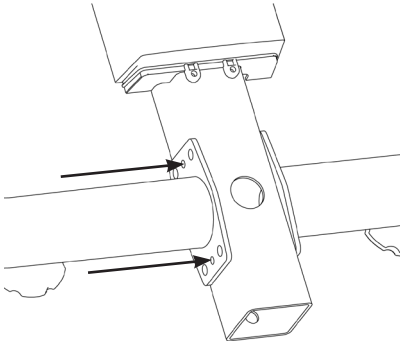


Figure 5.

4. With your assistant, place the side arm support bottoms against the center support. Insert a narrow screwdriver through the middle holes of each side arm and the center support to keep aligned (Figure 6).


Figure 6.

5. Secure the arms together with 4 **3** 5/16-inch x 3-1/2-inch hex head bolts, 4 **5** 5/16-inch flat washers, and 4 **1** 5/16-inch lock nuts (Figure 7). Hand tighten the fasteners and then **torque to 160 in-lb (18 N-m).**
6. Loosen the adjustable feet under each support arm with a 9/16-inch open-end wrench and extend the feet until they touch the floor. Remove the spacer block from under the back end of the AMT.
7. On the upper arms, where the side arm covers will go in step 8, remove and throw away the 2 #10 x 3/4-inch Phillips screws securing the upper back corner of the inner plastic molding to the end of the right side arm.
8. Fit the right inner and outer side arm covers to the right arm. Insert 5 **6** Philips #10 x 1-1/4-inch screws (Figure 8), then tighten to 8 to 12 in-lb (1 to 1.35 N-m) using a #2 Phillips screwdriver. **NOTE** Alternatively, tighten the screws until the two side arm covers are in full contact, then turn the screws an additional quarter turn.
9. Repeat steps 4, 5, and 8 for the left arm.

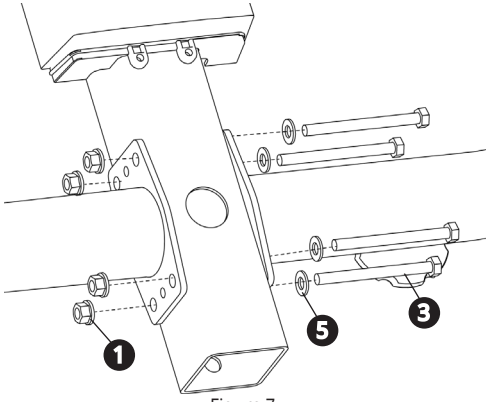


Figure 7.

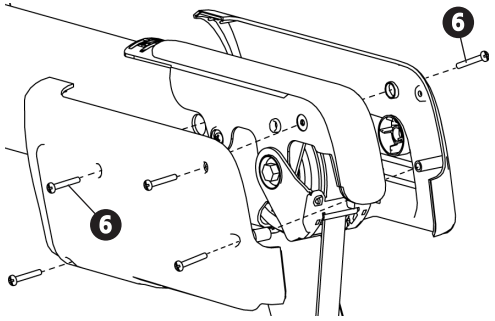


Figure 8.

4. Remove AMT from pallet

After the side arm supports are secure, move the AMT off of its shipping pallet to the location where it will be used.

CAUTION DO NOT move the AMT off its shipping pallet without assistance. DO NOT apply any weight to the side arms of the AMT until the side arm supports have been installed to avoid unnecessary movement of the foot plates.

1. Remove and discard the two fasteners securing the front frame tube of the AMT to the shipping pallet (Figure 9).
2. Lift the back end of the center support and roll the AMT forward onto the floor while your assistant stabilizes its front end and guides it off the shipping pallet.
3. Move the AMT to its intended location.
4. Insert the **8** end caps into the front frame tube, and if needed, use a rubber mallet to tap them into place.

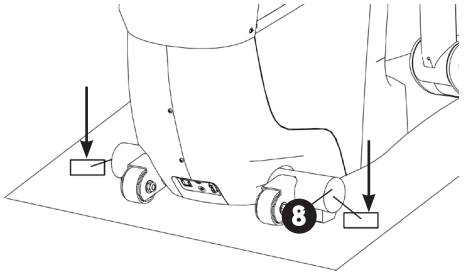


Figure 9.

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5. Attach console support

Locate the cables within the AMT and feed them up through the console support before attaching.

1. Remove the front center and lower covers using a Philips screwdriver to remove the 2 screws that hold them to the frame (Figure 10).
2. Have your assistant set the console support with handle over the support frame in the front of the AMT. Align the plate holes with the holes on the support frame.
3. Insert a ❷ 5/16-inch x 1-inch hex head bolt (with flat washer) and a ⓬ tooth washer into the lower hole and thread slightly. The insert a ❷ 5/16-inch x 1-inch hex head bolt (with flat washer) and a ⓬ tooth washer the upper hole and thread slightly (Figure 11). **Torque both fasteners to 160 in-lb (18 N-m).**
4. Set the covers back into place on the frame. Do replace screws. They will be replaced in a later step.

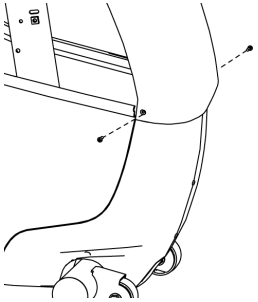


Figure 10.

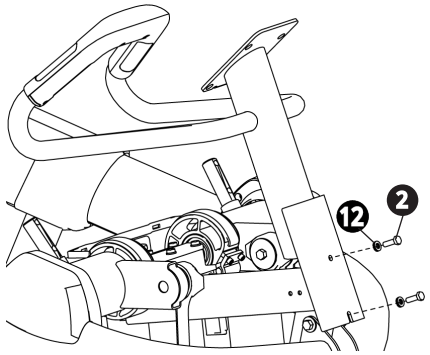


Figure 11.

6. Prepare for touchscreen console

If you are installing a P31 LED console, skip this section and refer to the console installation guide.

> ⚠ **WARNING** Do NOT connect electrical power until all assembly procedures are complete and the console is properly installed.

Retrieve the following parts from the console package:

① Cable, and the console power cable

② Ethernet (CAT 5) coupler and cable

③ TV (coax) coupler (if applicable)

④ HDMI cable (if applicable)

IMPORTANT Make sure all cables pass through all of the cable clips on the inside the covers. DO NOT allow any of the cables to hang near moving parts.

Thread the cables for each part as follows to the lower front jack plate:

① Console power connection and cable
- Plug the console power cable into the jack plate (Figure 12).
- Slide the quick-disconnect terminal on the grounding lead of the power cable over the grounding terminal on the equipment frame.

② Ethernet connection
- Attach the Ethernet coupler to the jack plate (Figure 12).
- Plug the Ethernet cable into the coupler.

③ TV connection (if applicable)
- Install the TV (coax) coupler, star washer, and nut, into the jack plate and tighten (Figure 12).
- Connect the TV cable to the inside end of the TV cable coupler. Tighten the connector using a 7/16-inch open-end wrench.

④ HDMI cable (if applicable)
- The HDMI cable will route through the curved opening under the jack plate (Figure 12).

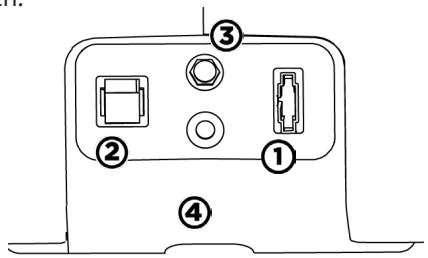


Figure 12.

1. Pass the ends of all cables through the opening in the top of the cable channel and secure them in the cable clips.
2. Route cables through the cable clips next to the front flywheel, through the topmost cable clip on the main frame, and up to the center support (Figure 13).
3. If not already routed, remove the tie from the base data cable. Group with the other cables and thread upwards through the console support and out through the center opening in the console mount. Ensure the heart rate sensor cable extends out of the opening.
4. To complete the console installation, refer to the installation guide that came with the console.

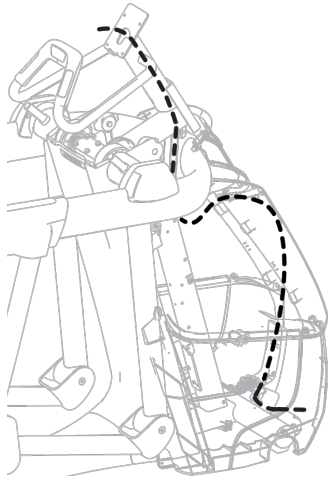


Figure 13.

Route cables under rear pedestal *(optional)*

If the AMT faces away from the cable raceway, use the conduit included in the hardware kit to route the cables underneath the center of the AMT and through its rear pedestal. To use conduit, follow these steps:

1. Lay out the cables so that they pass directly under the center support of the AMT and place the conduit on the floor directly behind the center support.

2. Insert the cables, one at a time, into the slot at the top of the ❾ conduit. **DO NOT clip** or tie the segments of the cables that you insert into the conduit.

3. Lower the rear pedestal over the back frame tube and the side arm supports. The pedestal should sit flat on the floor and with the conduit completely inside of it (Figure 14).

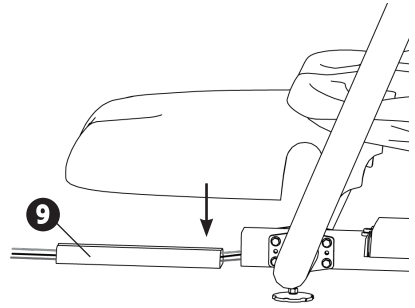


Figure 14.

IMPORTANT Store excess cable inside the center support. DO NOT allow cables to hang loose inside the body of the AMT. Ensure cables do not get pinched or touch moving parts.

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7. Install AMT covers

1. Add the top cover on to the center covers and snap into place. Secure with 2 (11) Philips #10 x 3/4-inch screws (Figure 15). Tighten to 8 to 12 in-lb (1 to 1.35 N-m).
2. Have your assistant tilt the front covers forward. Turn a side cover sideways to slide it under the arm, and tilt it backwards so that it wraps the arm. Repeat for the other side. Set the front covers back into place. Ensure the side and front covers snap and align.
3. Replace the 2 screws removed in step 1 to secure the front and side covers (Figure 16). Tighten to 8 to 12 in-lb (1 to 1.35 N-m).
4. Remove gasket from holder cover (if connected). Install the holder cover onto the user side (Figure 17). Slide and snap into place.
5. Snap the console gasket into place (Figure 18).

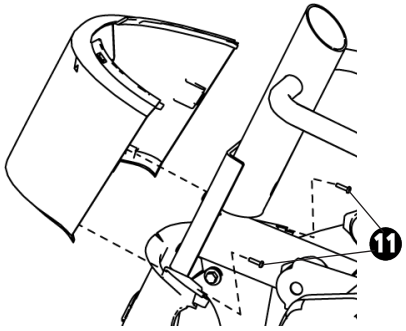
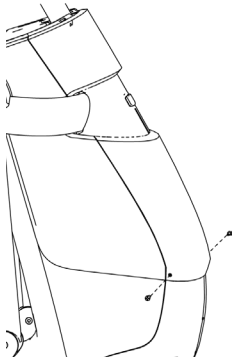
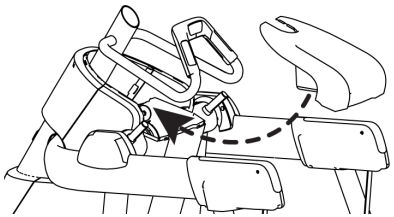
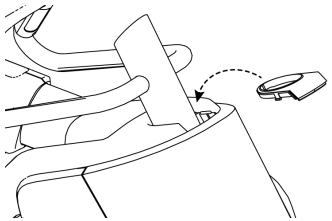


Figure 15.


Figure 16.


Figure 17.


Figure 18.

8. Install moving handlebars

1. Slide a handle bar boot onto each handlebar (wide side towards bottom).
2. The moving arms are marked with an L or R. Locate the R (right) handle bar. Take the right handlebar and slide on to right arm shaft. Insert 2 (10) set screws (Figure 19). Leave screws partially tightened until both handlebars are adjusted. Repeat for the left handlebar.

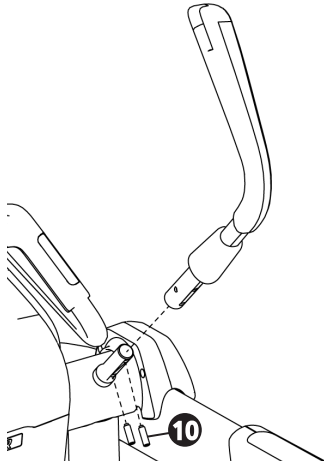
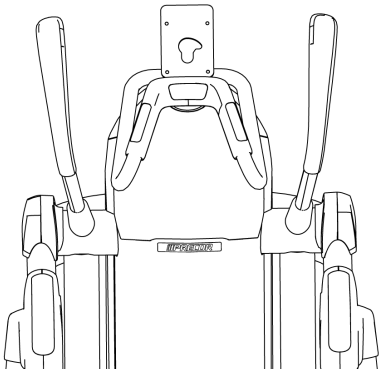


Figure 19.

3. Adjust the position of both handlebars outward as much as possible. Both handlebars should be at equal angles to the body of the AMT and angled slightly outward (Figure 20). Fully-tighten the set screws on each handle bar.
4. Slide both boots down to the AMT. Rotate the boots so they align with the surface. Press the boots downward to secure them in place.

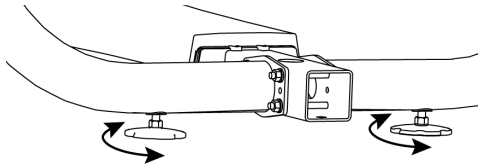

Figure 20.

9. Level the AMT

It is important to level the AMT properly every time you move it.

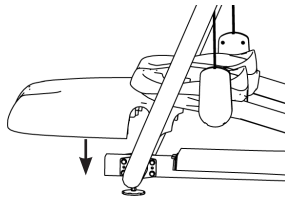
CAUTION To eliminate movement, make sure the adjustable feet are in contact with the floor. Ensure that the AMT sits on a flat surface. Adjusting the feet of the AMT cannot compensate for extremely uneven surfaces.

1. Try to rock the AMT while standing on one of its foot plates and grabbing the opposite handlebar. If there is any movement, with assistance, tip the AMT to one side to locate the adjustable feet.
2. Using a 9/16-inch open-end wrench, move the jam nuts away from the side arm supports and toward the adjustable feet.
3. Correct the height of each adjustable foot as follows (Figure 21). To raise, rotate counterclockwise. To lower, rotate clockwise.


Figure 21.

IMPORTANT To allow the rear pedestal to fit properly, the adjustable feet must extend at least 2 inches (5 cm) below the side arm supports. Extend the feet before you remove the spacer block (as described in *Attach the side arm supports*), to ensure that they are positioned correctly.

4. When you finish adjusting the equipment, check the movement and readjust as necessary.
5. Using the 9/16-inch open-ended wrench, move the jam nuts upward until they contact the side arm supports and fully tighten them.
6. Align the rear pedestal over the back frame tube and the side arm covers, then press the pedestal into place (Figure 22).


Figure 22.

Maintenance

Refer to the Cardio Equipment Maintenance Guide at *www.precor.com* for details on maintaining the equipment in accordance with the warranty.

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