PRECOR®

ENGLISH

P31 Console

Operator's Guide

Table of Contents

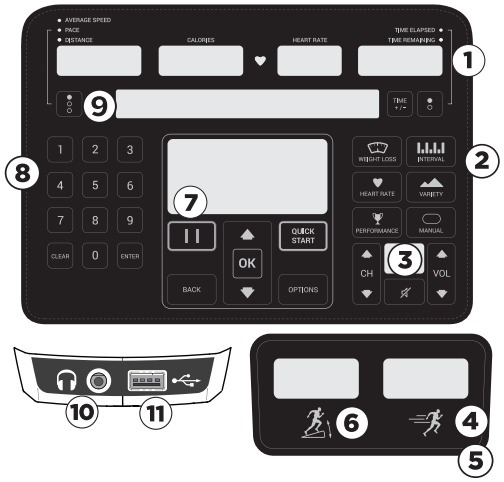
Get Started 4
- Get to know the P31 console 4
- Activate the Console 4
- Set Up the Console 5
- Set Club Parameters 6
  - Safety Code (Treadmill only) 6
  - Select Language (All Equipment) 6
  - Select Units (All Equipment) 6
  - Set Max Workout Time (All Equipment) 6
  - Set Max Pause Time (All Equipment) 6
  - Set Cool Down Time (All Equipment) 6
  - Set Metrics Default 7
  - Set Speed Limit (Treadmill only) 7
  - Set Crossramp Auto Level (EFX: dual motion controls only) 7
  - Set Incline Limit (Treadmill only) 7
  - Hidden Programs (Treadmill and EFX only) 7
  - Remote Speed Control (Treadmill only) 7
  - Auto Stop Configuration (Treadmill only) 8
  - Set Custom Workouts 1 and 2 8
  - Maint (Maintenance) Configuration (EFX) or Treadmill Maintenance Counter (Treadmill) 8
  - Set Resistance Range (Bike only) 9
  - Set Display Brightness 9
  - Set ASL Brightness 9
- Information Settings 10
  - Error Log 11
- User ID Entry with CSAFE Equipment 12
- Configure the Audio Receiver 13
  - Automatic Programming of the Receiver 13
  - Manual Programming the Receiver 14
  - Troubleshoot the Receiver 15

Get Started

Precor equipment is either self-powered or externally-powered using an optional power adapter. Self-powered equipment requires the user exercise to initialize the console. This section provides more detail about powering the equipment.

Get to know the P31 console

The P31 console focuses on essential fitness stats that keep you moving.

P31 Console	Number	Function	Number	Function
	①	Workout statistics displays	⑥	Incline (treadmill) Crossramp level (EFX), Stride height (AMT)
	②	Preset workout keys: Press the group key to see more workouts.	⑦	Pauses workout (treadmill) or ends workout (AMT, EFX, bike)
	③	If fitted with Audio Option: Use the channel (CH) keys to scroll through audio for different stations. Use Volume keys to change volume.	⑧	Use to access menus, for data entry during workouts, and for incline, resistance, or speed.
	④	Speed (treadmill) or Resistance level (AMT, EFX)	⑨	Exerciser message field
	⑤	Single motion control (AMT, EFX, bike)	⑩	Audio jack (optional)
			⑪	Mobile device charger (optional)

Activate the Console

On self-powered equipment, when a user starts exercising, the console initializes and displays the Welcome banner. A minimum rate of motion must be maintained to power the console. If the user does not maintain the minimum rate of motion, a shutdown process begins.

An optional AC power adapter provides sustained power to the equipment. To purchase the power adapter, contact Precor Customer Support.

Set Up the Console

Within the console, configure settings that benefit your users and facility.

NOTE

The information provided in this section is intended for system administrators and Precor service technicians. DO NOT share it with exercisers or non-administrative staff.

To view the Club Parameters:

1. At the Welcome banner, press **Pause**.
2. To enter the password, press the following numbers in sequence: **5 6 5 1 5 6 5**
3. Press **OK**.
4. Scroll through the club parameters using the following key:

Navigational keys

Key	Function
	Navigates the settings menu.
OK	Selects a menu setting.
BACK	Returns to the previous menu level without saving changes.
PAUSE	Exits the System Settings mode and returns to the Welcome banner.

Set Club Parameters

Use this information to customize the equipment for your setting.

Safety Code (Treadmill only)

Value Range: Enabled or Disabled

Default: Disabled

When the equipment is shipped from the factory, the safety code feature is disabled. An enabled safety code requires users to enter the code **1 2 3 4** to use the equipment.

Select Language (All Equipment)

Value Range: English, Deutsch (German), Espanol (Spanish), Francais (French), Nederlands (Dutch), Portugues (Portuguese), Русский (Russian), Italiano (Italian), and ニホンゴ (Japanese).

Default: English

Select your preferred language for the console display. Programming prompts are not affected by language selection. The prompts in this section continue to appear in English.

Select Units (All Equipment)

Value Range: U.S. or Metric

Default: U.S.

The equipment can display measurements in either Metric or U.S. Standard.

IMPORTANT

If you change the Unit of Measure on a treadmill, be sure to check the speed setting to verify that it is correct.

Set Max Workout Time (All Equipment)

Value Range: 1 to 240 minutes (or No Limit)

Default: 60 minutes

You can set a maximum workout time per session. Choose a time limit between 1 and 240 minutes, or select **No Limit** if you do not want to set a time limit. For example, if you set the time limit to 20 minutes, users can only enter a workout time between 1 and 20 minutes.

NOTE

The Military Performance Programs will not complete if the maximum exercise time limit is less than 40 minutes. Set the maximum time to at least 40 minutes if you have enabled these performance programs.

Set Max Pause Time (All Equipment)

Value Range: 1 to 60 seconds (1 to 120 seconds for treadmills)

Default: 120 seconds for treadmills and 60 seconds for all other equipment

This setting limits how long equipment remains paused during a workout before it resets to the Welcome banner.

Set Cool Down Time (All Equipment)

Value Range: 0 to 5 minutes

Default: 5 minutes

Select the maximum amount of time the equipment remains in the cool down mode, which is the period of time following the completion of a program when the user exercises at a reduced work rate.

Set Metrics Default

Value Range: Off or On

Default value: Off

This setting sets the console defaults for the following workout parameters:

• Metric Defaults on or off • Percent Complete • Time in Zone • Segment Time	• Average Speed • Cal/minute • Cal/hour • WATTS • METS	• Target HR • Average HR • Elevation gain (treadmill) • Pace (treadmill) • Show all

Set Speed Limit (Treadmill only)

Values	800 Line Treadmill	700/600 Line Treadmill
Value Range	0.5–16 mph (0.8–25.4 kph)	0.5–12 mph (0.8–20 kph)
Default	12 mph (20 kph)	12 mph (20 kph)

Set the maximum speed that a user can enter when using the treadmill.

The speed is displayed in miles per hour (mph) or kilometers per hour (kph) depending upon the units of measure (U.S. Standard or Metric) selected earlier.

Set Crossramp Auto Level (EFX: dual motion controls only)

Value Range: 0 to 20

Default: 1

Use this setting to choose a specific ramp incline so that the EFX automatically returns to that incline at the end of a workout.

Set Incline Limit (Treadmill only)

Value Range: Max 15

Default value: 15

Set the maximum percent incline that a user can enter when using the equipment.

Hidden Programs (Treadmill and EFX only)

Value Range: Show Programs or Hide Programs

Default: HIDE PROGRAMS

When set to SHOW PROGRAMS, all Performance Programs are available to a user through the PERFORMANCE key. For the treadmill, these programs include: Gerkin Fitness Test, USAF PRT, NAVY PRT, ARMY PFT, USMC PFT, and Federal Law Enforcement PEB. Remember to set Max Workout Time to at least 40 minutes to enable the Military Performance Programs.

For the EFX, only the Navy Fit Test is available.

If set to HIDE PROGRAMS, when the user presses PERFORMANCE, the message WORKOUT NOT AVAILABLE will scroll in the upper text display.

Remote Speed Control (Treadmill only)

Value Range: Able or Disable

Default Value: Disable

Auto Stop Configuration (Treadmill only)

Value Range: On and Off

Default Value: On

Precor strongly recommends that you leave this setting ON. This ensures that the treadmill will stop if it does not detect a user.

Set Custom Workouts 1 and 2

Value Range: ON or OFF

Default Value: OFF

You can create and save two custom workouts on your treadmill and one custom workout on your other Precor equipment.

NOTE
This option is not available on all equipment.

To create a custom program:

1. At the **SET CUSTOM PROGRAM 1** prompt, press **OK**.
   NOTE
   The program profile appears in the display and a blinking column indicates your starting point.

2. Press the down arrow key on the navigational keypad to select the column you want to change.
3. To change the height of the column, refer to the following Custom Program Keys table:

Equipment	Key Name	Description
Treadmill	INCLINE	Changes the column height and affects the Custom Program incline.
EFX (835 only)	INCLINE	Changes the column height and affects the Custom Program ramp incline.
Bike	RESISTANCE	Changes the column height and affects the Custom Program pedal resistance.
Climber	RESISTANCE	Changes the height of the column and affects the Custom Program step resistance.

4. When you have set the column height, press the down arrow key on the navigational keypad to move to the next column. You can press the up arrow key to return to previous columns.
5. Continue adjusting the profile for each column.
   NOTE
   Two custom programs are available on the treadmill. Some Precor products contain only one custom program. The prompt indicates which one you have accessed. To select a second custom program (treadmill only), press the down arrow key on the navigational keypad, before pressing **OK** in Step 6.

   The Set Custom Program 2 default value is **Disabled**.

6. When you have finished creating your program, press **OK** to save the program profile, and return to the Welcome banner. Press **BACK** to exit this setting without saving your changes to the custom profile.

Maint (Maintenance) Configuration (EFX) or Treadmill Maintenance Counter (Treadmill)

Value Range: On or Off

Default: On

Turn on the service light counter and enables the Active Status Light to alert your staff to the operating status of the equipment.

Set Resistance Range (Bike only)

Value Range: High, Medium, or Low

Default: High

You can set a low, medium, or high base resistance on the recumbent or upright bikes. There are 25 levels of resistance within each base setting, but the base setting affects the overall resistance range. The following ranges are available:

High: Provides full resistance range.

Medium: Provides approximately two thirds of the resistance that is available within the high group setting.

Low: Provides approximately one third of the resistance that is available within the high group setting.

Set Display Brightness

Value Range: Low, Medium, High

Default: High

Use this setting to set the brightness of the screen display.

Set ASL Brightness

Value Range: Low, Medium, High (The EFX has an OFF setting)

Default: Medium

Use to determine the brightness of the Active Status Light on your equipment.

Information Settings

Information settings provide access to an error log, software and equipment serial numbers, and usage information.

To view information settings:

1. Press **Pause**.
2. Enter the password: **6 5**. The settings appear.
3. Scroll through the information settings.

Information settings

Product	Value	Information provided
All	ODOMETER	The odometer value correlates to equipment and standard of units selected in a program. • **TRM / AMT**: Cumulative units logged to date. AMT also displays vertical strides. • **EFX**: Strides logged to date • **Bike**: Revolutions logged to date • **Climber**: Floors climbed
AMT	BELT USAGE	• **Belt Stride Count**: Tracks the number of strides on equipment. • **Stride Count Reset**: Reset increases by one with each reset. • **Odometer at Last Reset**: Reading at belt change. The odometer continues to count forward after the belt change.
All	HOUR METER	• Number of hours that the equipment has been in use. • Tracks elapsed minutes, but value is truncated to nearest full hour.
TRM	BELT RATING	Number from 0 through 10, indicating the condition of the treadmill belt. If the current rating is 0 or 1, the belt needs to be replaced. NOTE If you have just replaced the treadmill belt, press and hold the **Quick Start** key while the Belt Rating is visible to reset the Belt Rating to 10.
TRM/EFX	MAINTENANCE COUNTER	Keeps track of hours (EFX) and miles (treadmill) so that the Active Status Light can alert the need for maintenance.
All	BOOT LOADER SW	Upper board application software part number and version.
All	MAIN CONSOLE SW	Main console software version
EFX	MAJOR SW MINOR SW ASL SW	Major software version Minor software version Active Status Light version
TRM	LOWER SW	Lower application software version
All	METRICS BOARD SW	Software number on the metrics board
All	SERIAL NUMBER	Console serial number
All	USAGE LOG	• The number of times each program has been used and displays the associated cumulative minutes. • Helpful in determining user preferences in program selection.
All	ERROR LOG	Displays error codes detected by software. For more information, refer to *Error Log*.

Error Log

This log holds a maximum of 30 errors. After the log reaches 30 errors, older errors are erased to make room for newer ones. To clear an error from the log, press and hold the **Quick Start** key while the error is displayed.

Error codes	Action	Equipment
00-09, 11-16, 50	Turn the equipment off and on. Repeat twice. If the message still appears, contact a Precor-certified service technician.	AMT, elliptical, treadmill, RBK, UBK, and CLM
10, 20-23, 26-28, 32, LS, ERR, E2, E4	Contact a Precor-certified service technician.	AMT, elliptical, treadmill, RBK, UBK, and CLM
40, 42, 44-46	Logs error and displays code to user. User can continue the workout without interruption.	AMT, elliptical, treadmill, RBK, UBK, and CLM
80-83	Turn the equipment off and on. Repeat twice. If the message still appears, contact a Precor-certified service technician.	AMT, elliptical, treadmill, RBK, UBK, and CLM
30, 31	Displays the error on the console to the user. Restart the equipment or reset the E-STOP to use. Logs as a fatal error.	AMT, elliptical, treadmill, RBK, UBK, and CLM
62, 70-77	Contact a Precor-certified service technician.	AMT only
78	Displays message **Belts must be changed soon** in place of the standard banner text. Logs the error and allows the user to begin the workout. Contact a Precor-certified service technician.	AMT only
79	Displays message, **Belts change required** in place of the standard banner text. No workout can be started. Contact a Precor-certified service technician.	AMT only
17-20, 25, 85-88	Turn the equipment off and on. Repeat twice. If the message still appears, contact a Precor-certified service technician.	Treadmill only
29	Displays the error on the console to the user and pauses the workout. The treadmill speed MUST return to 0 before starting again. Logs the error.	Treadmill only
33, 35-37, 60, 62	Displays the error on the console to the user. Restart the equipment or reset the E-STOP to use. Logs as a fatal error.	Treadmill only

User ID Entry with CSAFE Equipment

This equipment is fully compatible with CSAFE protocols. When the equipment is connected to a CSAFE device that requires a user ID, the user is prompted to press **ENTER** and begin an identification process. The user ID is displayed as **00000** (five zeros) and indicates the starting point. The following table describes key functions while in CSAFE mode:

CSAFE access keys

Keys	**Function**
Number Keypad	Use the number keys to enter a user ID. Once you have entered the user ID number, press **OK** to submit the user ID.
CLEAR	Erases individual numbers in the user ID from right to left.
OK	Submit the user ID. NOTE User ID entry is bypassed when the user enters five zeros. No workout statistics are recorded.
PAUSE	Resets to the Welcome banner.

A message appears on the display and indicates when the user ID is accepted by the CSAFE device. Once program selection is complete, the user can begin exercising.

Configure the Audio Receiver

Use the automatic programming feature first to acquire the facility's available channels.

Manual program (P) mode may be used to add or subtract the channels after reviewing the automatic scan results.

NOTE

You must run the automatic programming process **before** you can manually program the receiver.

Automatic Programming of the Receiver

IMPORTANT

Transmitters must not share the same channel. If they do, the automatic programming feature will not be able to accurately apply the correct channels to the receiver.

To auto program the receiver:

1. Press the **Channel** ▲ and **Mute** keys simultaneously for three seconds.
2. When "AP" appears on the display, release the keys. Depending on the type of transmitter, you will see one of the numbers in the table below. These numbers indicate different frequencies and ranges as noted in the following table:

For 800 MHz (8R) Receivers		**For 900 MHz (9R) Receivers**	
Display Number	**Frequency Selection**	**Display Number**	**Frequency Selection**
-1	12 frequencies (Legacy)	-1	32 frequencies (xTV)
-2	8 frequencies (Audeon)	-2	52 frequencies (LCS)
-3	10 frequencies (New 10)	-3	32 frequencies (BV)
		-4	16 frequencies (xTV - Australia)
		-5	24 frequencies (LCS - Australia)

3. If necessary, use the **Channel** ▲ and ▼ buttons to select the appropriate frequency selection.
4. Press **Mute** to select the frequency selection. The receiver starts the automatic programming sequence, scanning for the active transmitter channels and storing them in memory. When the program is finished, the receiver returns to normal operation and the first available channel appears on the display.
5. To check that the receiver can clearly receive the available channels, select and then listen to each channel programmed. As you change the channels on the receiver, be aware that the receiver orders the detected channels sequentially starting with channel 1.

   NOTE

   The channels are numbered sequentially--**not** by their transmitter channel number.

6. If the receiver is missing some channels or the programming is incorrect, see the *Manual Programming* section to correct these issues.

Manual Programming the Receiver

IMPORTANT

*You must run the automatic programming procedure **before** you run manual programming.*

After the automatic scan of the selected frequency mode has been completed once, use this feature to add or delete channels.

When you enter manual programming, the receiver displays the actual channel numbers it has found and these may be different than those displayed during normal operation. For example, an installation with five transmitters, assigned channel numbers 2, 6, 7, 10, and 11 and installed in that order from left to right. The receiver has found these transmitted channels and assigned them to a sequence of channel numbers that it displays as 1 through 5.

Example of manual programming results

Transmitter Channel	Receiver Shows in Manual Programming	Receiver Assigned Channel
1	Flashing 1, not programmed	
2	**Solid 2**	**1**
3	Flashing 3, not programmed	
4	Flashing 4, not programmed	
5	Flashing 5, not programmed	
6	**Solid 6**	**2**
7	**Solid 7**	**3**
8	Flashing 8, not programmed	
9	Flashing 9	
10	**Solid 10**	**4**
11	**Solid 11**	**5**
Numbers continue to the last channel in the selected mode	Flashing number	

To manually program the receiver:

1. Start manual programming by pressing the **Channel** ▼ and **Mute** keys simultaneously for three seconds.
2. When **-P** appears on the display, release both keys. Channel 1 displays.
3. Use the Channel ▼ and ▲ keys to scroll through all channels.
4. You can change the status of each channel shown below by pressing **Mute**.
   -- A flashing number indicates a channel that is inactive or not programmed.
   -- A solid number indicates a channel that is active or programmed.
5. Once you have reviewed and programmed the channels, press both Channel keys (▲and ▼) simultaneously for **three seconds** to save your changes and exit the programming mode.
6. Check that the receiver can clearly receive the available channels by selecting, and then listening to each programmed channel.

Troubleshoot the Receiver

Below are troubleshooting steps for some common issues. However, receivers rarely experience issues once the wireless system is installed.

For more equipment information and troubleshooting, visit us at *www.precor.com.*

Problem	Receiver	What to do
Not Charging		• Verify that the console is **On**. • Verify that the connection cables are connected. • Test the headphone jack/charger and replace it if necessary. • Test using an alternate phone and power cable.
No Audio	Single Console	Replace the headphones. If this does not correct the problem, then replace the headphone jack/charger.
	All Consoles	Sound on TV or audio component may be off or muted. Check that the volume is increased. Check to see that your transmitter is set to the correct channel and that it has power.
Static interference on a channel	Single Console	Replace headphone jack/charger. If this does not correct the issue, try reprogramming receiver. Change location of the transmitter; something might be hampering the sound. If the issue is not resolved, replace the receiver.
	All Consoles	Sound on TV or audio component may be too high. Check the equipment and lower the volume level if needed. If this does not fix the issue, contact customer support.
Constant sound or tone on all channels	Single Console	Replace headphone jack/charger and reprogram the receiver. Check location of the receiver; you may find that it is too far from the transmitter. If it is still an issue, replace the receiver.
	All Consoles	Most likely broadband interference. Contact customer support.
Receiver channels do not match the order of the TV and audio components. For example, Channel 1 selects the second TV channel and the Channel 2 selects the first TV channel.	All Consoles	Transmitters were not installed in channel order. Receivers will re-assign displayed channels sequentially from the lowest to the highest transmitter channels. To correct this issue, move or reprogram the transmitters so the channel numbers are in a logical sequence. You will also need to reprogram the receivers.

© 2019 Precor Incorporated | 1 January 2019