P94 (22”) AND P84 (16”) TOUCHSCREEN CONSOLES GETTING STARTED GUIDE

Precor P94 and P84 consoles offer the best blend of performance, fitness and entertainment. With workouts that delight, wireless casting that embraces the phone, and hassle-free media alternatives, exercisers will keep their eyes on the big screen where your impact happens.

Set Up the Console

The P94 and P84 Consoles have built-in Administrator accounts for owners. The Settings menu is visible only to administrators and registered service technicians. Changes made to these settings are saved to the fitness equipment. An Administrator uses a password (see below) to access and configure the console settings to enhance an exerciser’s workout as well as benefit the facility.



P94 22” Touchscreen
(Dual Paddle Option)



P84 16” Touchscreen
(Single Paddle Option)

Change System Settings

1. Press and hold the **Stop** button for 7 seconds. The password page appears.
2. Enter the password **5 6 5 1 5 6 5**
3. Press **OK**. The System Settings page appears.

Settings Menu

About	Displays serial number and event log
Equipment Usage	Individual and cumulative equipment use data
System Settings	**Connectivity:** Determines network type (Wired and Wi-Fi) and IP address. **Display:** Customizes language, time zone, and date format. **TV settings:** Sets up channels and close captions. **Workout limits:** Sets limits on equipment use during peak hours, limits maximum treadmill speed or maximum pause time.
Safety Code	Allows facilities to toggle on or off a PIN which must be entered to use equipment. The PIN is 1 2 3 4.

NOTE For networked equipment, a technician can update software over the network. For non-networked equipment, a USB-C drive is used.

Get to Know the Console

The consoles feature either single or dual-motion controls, an LCD touchscreen with streaming media and TV options, and connected fitness capabilities.

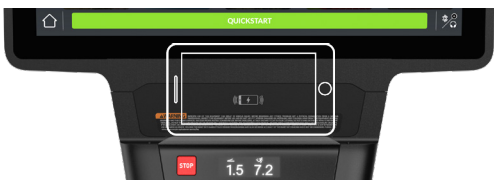
①	Incline or stride height* indicator
②	Intensity or resistance indicator
③	Audio jack

*Stride height indicator for AMT only. Incline indicator is on the dual-motion control. The motion control(s) are located below the indicator.



Wireless Charging

The built-in charging device allows you to set your phone or headphones on to the platform and charge without cables. Place devices as instructed on the console.



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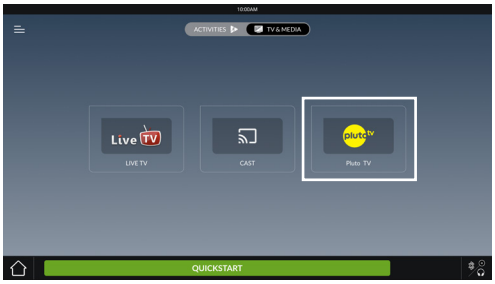
PrecorCast™

For facilities that have enabled casting, a tile will appear on the TV & Media home page. Tap the **Cast** tile and follow the instructions to scan the QR code. After scanning, it will create a secure connection with your phone to the Wi-Fi and ONLY your equipment. A confirmation message will appear on your phone and the console when ready. Open your streaming app and watch what you like.
When you end the workout, the casting connection ends and no data is retained.
NOTE Casting is not available in China.



PlutoTV

PlutoTV is available on all units for select markets. From the TV & Media home page, tap the **PlutoTV** tile. You will be able to enjoy all the channel choices available from PlutoTV. Select the Guide to navigate the channel listing. PlutoTV can be the Live TV default or integrated as part of broadcast TV.



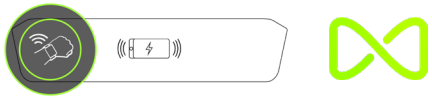
Bluetooth Pairing

Pair headphones and select heart rate straps or devices. Tap the Add Bluetooth button and allow it to discover your device.
For heart rate devices, ensure contacts are touching skin appropriately and allow 7-14 seconds for detection. Tap the appropriate tile to pair your device.



Smart Watch Connector

For consoles with Smart Watch connector, hold your smart watch in front of the Smart Watch Connector image. Once connected, the green infinity icon appears in the upper corner.



Start a workout

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.

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 read all your product documentation and visit ***www.precor.com/support/precor-faq***.

QuickStart

Touch **QuickStart** to launch a manual program. Calculations, such as calories used, are based on a 170-lb (77 kg), 40-year old individual. Exercisers can complete a workout using this program with the default values, or change workout settings to suit the training program specific for them.

Featured Workouts

Scroll through the tiles of the featured workouts. Tap the tile you want and touch **START** to start.

Fitness Focus Workouts

Fitness focus workouts are a great way to tailor workouts to your client's fitness goals, stay challenged, and add variety to their sessions. These workouts are arranged in the following categories (plus a view All workouts option):

- **Build Muscle:** Workouts with a greater emphasis on lower body strength
- **Burn Calories:** Cardio workouts focused on the action of changing body shape
- **Test My Fitness:** Precor and standardized fitness tests that measure fitness
- **Training Intervals:** Dedicated high intensity interval training (HIIT) workouts

Once a workout is selected, touch **START**. If an exerciser changes their workout midway, the metrics will carry-over. At the end of a workout, a summary screen displays the average heart rate and accumulated metrics achieved. Exercisers are prompted to start another workout to keep them motivated and engaged.

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