Experience™ Series 800 Line Upright Bike (UBK)

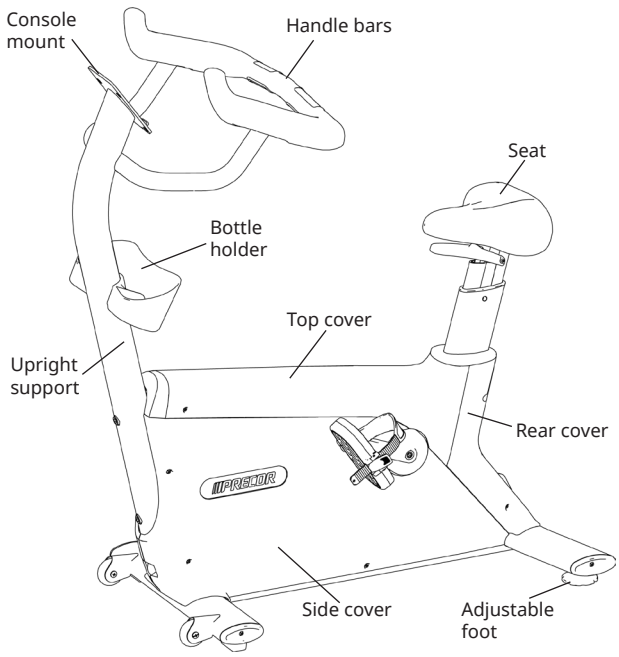
Assembly Guide

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

Follow the steps in the order listed in this assembly guide. Note the following:

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 customer support at www.precor.com.

- Assemble the equipment close to where you plan to use it.
- Assemble the equipment on a solid, flat surface so that it remains level and stable.
- Locate the equipment at least 19.7 inches (0.5 meter) away from walls or furniture on either side of the equipment, and 19.7 inches (0.5 meter) away from objects behind or in front of the equipment.
- DO NOT move the equipment without assistance.
- DO NOT connect power to the equipment until instructed to do so.



Required Tools

- 3/8-inch hex wrench
- 1/4-inch hex wrench
- 5/32-inch hex wrench
- 7/16-inch open-end wrench (2)
- #2 Phillips screwdriver
- Wire cutter

Hardware Kit

	Name	Qty
1	Socket head screw 5/16-inch x 3/4-inch	4
2	Flathead machine screw 1/4-inch x 5/8-inch (for console)	4
3	Flat washer 5/16-inch	4
4	Upright support mounting screw	2
5	Self-tapping screw #8 x 5/8-inch	2
6	M8 nuts	3
7	Washers, flat 8 mm	3
8	Seat	1

Assemble the upright bike

Before you begin this procedure, retrieve the cables for the console that you plan to install on this exercise bike. The cables come with the console.

IMPORTANT DO NOT stretch, crimp, or damage the cables. Cables damaged by improper installation are not covered by the Precor Limited Warranty.

1. Using a #2 Phillips screwdriver, remove the 4 self-tapping screws holding the rear cover in place. Pull the rear cover back to remove it and set it aside (Figure 1).
2. Remove the 2 self-tapping screws holding the top cover in place, then lift it off and set it aside (Figure 2).
3. Remove the 3 self-tapping screws holding the left side cover in place, then pull the cover away from the equipment frame. Guide the cover around the pedal crank, then remove it and set it aside (Figure 3).
4. Remove the tape holding the data cable in place inside the upright support channel.

   For touchscreen consoles, continue to the ***Wire the bike for a touchscreen console*** section.

   For non-touchscreen consoles only, skip to the ***Attach the upright support*** section to continue assembly.

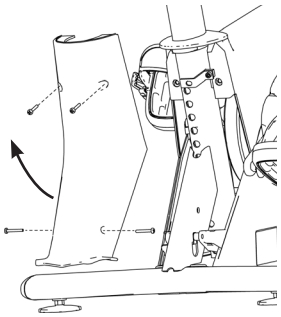


Figure 1

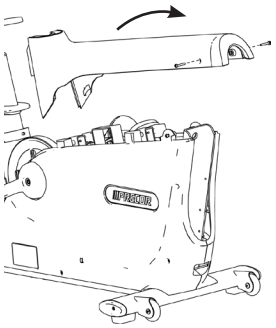


Figure 2

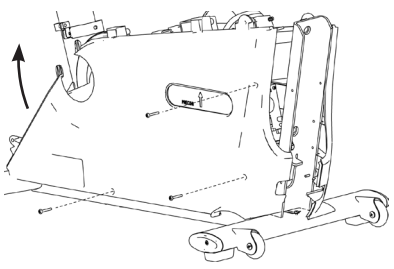


Figure 3

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Wire the bike for a touchscreen console

To attach a touchscreen console to your bike, complete these steps:

1. Remove the blank jack panel out of its bracket on the right side panel (Figure 4).
2. Remove the nut and washer from one end of the F-type coaxial coupler packed with the touchscreen console and insert that end of the coupler through the round opening in the jack panel that came with the console (Figure 5).
3. Place the washer back onto the coaxial coupler, followed by the nut. Use the 2 open-end wrenches to secure the coupler by holding the coupler in place with one wrench and tightening the nut with the second wrench (Figure 5).
4. Locate the tabbed end of the Ethernet coupler and snap this end of the coupler into the square opening in the jack panel (Figure 5).
5. Snap the power cable connector into the inside of the jack panel.
6. Slide the quick-disconnect terminal on the grounding lead of the power cable over the grounding terminal on the equipment frame.
7. Attach the lower ends of the Ethernet and TV cables to the inside of the jack panel.
8. Slide the jack panel into its bracket in the right side cover.
9. Bind the upper ends of the cables together along with the data cable using a plastic tie.
10. While your assistant holds the upright support over the equipment frame, thread the cables upward through the support and tape them to the top of the support.

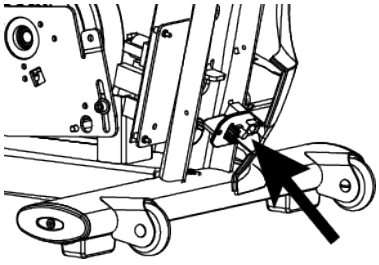


Figure 4

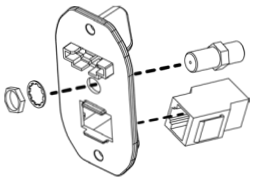


Figure 5

Attach the upright support

IMPORTANT DO NOT pinch or damage any of the cables between the bike frame and its covers.

1. Position the upright support into and against the bike (Figure 6).
2. Secure it with 2 **4** mounting screws (Figure 6). Use a 3/8-inch hex wrench to fully tighten the screws.
3. Position the left side cover (Figure 3), reinsert the screws, and fully tighten them.
4. Replace the other covers, reinsert the screws, and fully tighten them.

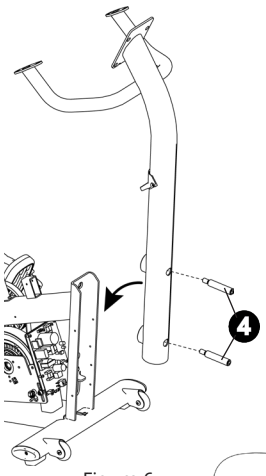


Figure 6

Install the console

To complete the console installation, refer to the *Installation Guide* included with the console. When instructed to do so, secure with the 4 **2** FHCS screws.

Attach the seat

1. Place the seat with the posts fitting through the holes. Secure with 3 **7** 8 mm washers and 3 **6** M8 nuts (Figure 7).

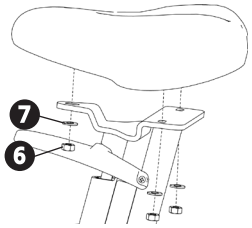


Figure 7

Install the bottle holder

1. Position the bottle holder on its support so that the 3 tabs on the bottle holder fit into the 3 rectangular holes in the support.
2. Secure the bottle holder onto its support using 2 **5** screws (see Figure 8).

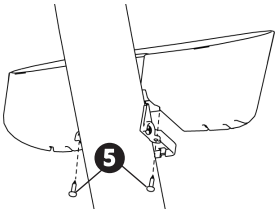


Figure 8

Install the handlebars

After the upright support and the bottle holder are securely in place, install the handlebar assembly and route the heart rate sensor cable through the support.

1. Position the handlebars over the brackets near the top of the upright support (see Figure 9). The open ends of the assembly should face up and forward.
2. Feed the heart rate cable through the nearest end of the bracket and into the upright support.
3. Have your assistant pull the end of the heart rate cable through the console mount at the top of the upright support.
4. Place the handlebar assembly onto the brackets and attach it using 4 **1** SHCS and 4 **3** washers (Figure 9).

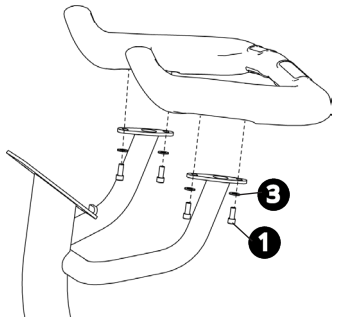


Figure 9

Level the equipment

Make sure the equipment is level before use.

CAUTION To eliminate movement, make sure the adjustable feet are in contact with the floor. Rotating the adjustable feet cannot compensate for extremely uneven surfaces.

Slightly rock the equipment. If there is any movement, tip the equipment to one side to locate the adjustable foot. To raise the equipment, turn the foot counterclockwise. To lower, turn the foot clockwise.

Refer to the **Cardio Maintenance Guide** at *www.precor.com* to maintain your equipment in accordance with your warranty.