



# Owner's Manual

Personal  
Cycle  
Trainer

**PRECOR**<sup>®</sup>  
USA

# Safety Information

*Before beginning any fitness program, you should have a complete physical examination by your physician.*

Read and observe the following guidelines when using the M8.2E/L Personal Cycle Trainer:

- Read the Owner's Manual and follow all instructions. These instructions are written to ensure your safety and to protect the cycle.
- Assemble and operate the cycle on a solid, level surface.
- Do not allow children on or near the M8.2E/L cycle. Never allow children to play unsupervised near the cycle. An injury could occur due to a child's curiosity about the moving parts of the cycle.
- Check the M8.2E/L cycle before each use. Do not use the cycle if it is not completely assembled or is damaged in any way.
- Keep hands away from moving parts.
- Wear proper exercise clothing and shoes for your workout—no loose clothing. Do not wear shoes with heels or leather soles. Tie long hair back.
- Use care when getting on or off the cycle. Do not rock the machine.
- Do not stand on the seat. Do not stand or climb on the handlebars or electronic console.
- Make sure that the seat is securely fastened before using.
- Do not set anything on the handlebars, electronic console, or seat. Never place liquids on any part of the cycle.
- To prevent shock, keep all electrical components, such as the power cable and ON/OFF switch, away from water or other liquids.
- Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injuries.
- Do not remove the plastic covers on the cycle base. No user-serviceable parts exist on the M8.2E/L except those discussed in the assembly section.
- Do not attempt to service the M8.2E/L cycle yourself other than following the instructions found in the maintenance section. For service information, see *Getting Service* at the end of this manual.
- Do not overexert yourself or work to exhaustion.
- Stop your workout immediately if you feel any pain or abnormal symptoms, and consult your physician.

Precor cycles are designed for your enjoyment. By following the above precautions and using good common sense, you will have many safe and pleasurable hours of healthful exercise with your Precor M8.2E/L Personal Cycle Trainer.

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# 1

## Before You Begin

Congratulations on purchasing one of the newest, most technologically advanced electronic cycles available: the M8.2E/L Personal Cycle Trainer. A superior combination of eddy current technology and ergonomics, it's the newest addition to Precor's "M" series of exercise equipment.

The M8.2E/L cycle offers twelve professionally designed exercise programs. An instruction board, which illustrates the available course profiles and shows how to use the cycle, slides out from the front of the electronic console. During your workout, an easy-to-understand electronic console continually displays statistics on speed, distance travelled, workout time, gear settings, pedal revolutions per minute (rpm), calories per minute, and total calories burned.

For those who prefer to create their own courses, the M8.2E/L lets you design your own course profiles or use manual mode. A pacer is available to help motivate you during your workout and a Precor E/L heart rate option provides continual feedback about your heart rate. By purchasing the Precor E/L heart rate option, you can also participate in a Fitness Test, which helps you determine your cardiorespiratory fitness score. The M8.2E/L software uses the results of your Fitness Test to customize a Weight Loss Course Program that works best for you. The program incorporates the results of the Cooper Institute's latest research on weight loss and control.

The M8.2E/L Personal Cycle Trainer has many unique features that set it apart from other electronic cycles. To maximize your use of the M8.2E/L cycle, please study this guide thoroughly.

### About this Manual

This manual explains how to assemble, use, and maintain the M8.2E/L Personal Cycle Trainer. You will also find a basic explanation of aerobic conditioning and tips for developing your own fitness program. Blank course profile grids, provided at the end of the manual, let you design your own custom courses prior to programming the cycle.

The following conventions are used in this manual:

**Note:** Contains additional information that applies to the preceding text.

**Important:** Indicates information to which you should pay special attention.

**CAUTION:** Indicates steps or information necessary to prevent harm to yourself or damage to the equipment.

## Unpacking the M8.2E/L Cycle

The M8.2E/L cycle is carefully inspected before shipment, so it should arrive in good operating condition. Precor ships the unit in three pieces as listed below:

- electronic console
- cycle base
- hardware kit

Carefully unpack the parts from the original shipping container. *Do not remove the ribbon cable or hex key that are attached to the handlebar/column assembly on the cycle base.*

A hardware kit that contains the power cable and an extra 2 amp slow blow fuse accompanies your cycle. When you unpack the hardware kit, be sure to place the 2 amp fuse in an accessible location for future use. If any items are missing, contact the dealer from whom you purchased the cycle, or call 1-800-4-PRECOR for the authorized Precor dealer nearest you.

**Important:** The packaging for this equipment was designed to protect it during shipment. If you plan to move in the near future, store the original packaging in a safe place in case you need to ship the M8.2E/L cycle.

# 2

## Setting Up the M8.2E/L Cycle

You do not need any special knowledge or experience to set up an M8.2E/L Personal Cycle Trainer. However, you must carefully review and follow the instructions in this manual. If you do not assemble and use this cycle according to the following guidelines, you could void the Precor warranty.

### Installation Requirements

Follow these installation requirements when assembling the cycle:

- **Set up the M8.2E/L cycle on a solid, flat surface.**
- **Fill out and mail the warranty card.** The serial number is located on the label next to the ON/OFF switch at the rear of the cycle.
- **Use the appropriate voltage outlet and grounding as specified for the cycle.** The M8.2E/L cycle is available in both 120-volt and 240-volt (50/60 Hz) models. Refer to the cycle's identification label located near the ON/OFF switch to determine the voltage that your cycle needs. A circuit breaker protects the electrical and electronic components from sustained overloads, while a 3-prong grounded plug and cable protect the machine and ensure your safety.

**CAUTION: Do not remove or otherwise bypass the 3-prong plug with an adapter. Do not plug the cycle into a non-grounded outlet.**

### Assembly Instructions

Take the following steps to assemble the M8.2E/L cycle:

1. After unpacking the cycle, remove the packing materials from the base frame assembly.

**Note:** At this point, do not remove the rubber band fastening the ribbon cable and the hex key to the handlebar column.

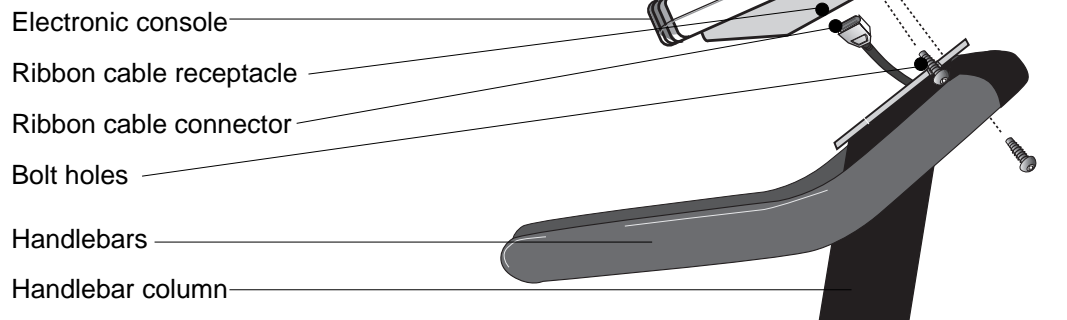
2. Place the base on the floor so that the cycle is in an upright position.

**Important:** While you are assembling the cycle, make sure that the cycle is turned OFF and unplugged.

3. Unwrap the packing from around the electronic console.
4. Remove the rubber band from around the handlebar column to free the ribbon cable. (Place the hex key in a safe place so you can get to it when you need it.)

**Diagram 1**

*Connecting the ribbon cable to the electronic console*



5. Carefully pull the ribbon cable off of the handlebar column. Unwind the portion that was strapped to the handlebar column.

**Important:** Pull about 6" of ribbon cable out of the handlebar column. Do not try to pull the cable completely out of the handlebar column.

6. Use the hex key to remove the two bolts from underneath the electronic console. (Put the bolts in a safe place because you will be using them to attach the electronic console in step 10.)
7. Hold the electronic console over the handlebar column and attach the cable connector into its matching receptacle underneath the console as shown in Diagram 1.

**Note:** The ribbon cable connector is designed to attach to its receptacle in one direction only. Tabs on the ribbon cable connector help you align the connectors. When the connectors are properly aligned, push firmly until you hear a click and the connectors latch securely.

8. Carefully feed the excess cable back into the hollow column of the handlebar assembly.

**Important:** Be sure to follow these instructions because cables pinched or otherwise damaged by improper installation will not be covered by the warranty.

9. Align the 5/16" diameter holes on the handlebar column with the two holes on the electronic console. Carefully lower the electronic console onto the handlebar column.
10. Place the bolts through the holes located on the handlebar column and insert them into the electronic console. (Refer to Diagram 1.)
11. Using the hex key, begin to tighten the two bolts. Alternate between each one until both bolts are snug up against the column. Do not overtighten.

**CAUTION: Before moving the cycle, make sure the power switch is in the OFF position and the power cable is disconnected from the outlet.**

12. If you need to move the cycle, walk to the front of the unit. Place your hands on the handlebars (one on each side of the handlebar column). Tip the cycle toward you and roll the cycle to its new location.
13. Plug the power cable into its receptacle at the rear of the cycle and plug the opposite end into a grounded power outlet.

You have just completed assembling the M8.2E/L Personal Cycle Trainer. To become familiar with using the cycle, please continue on to the following section.

# 3

## Using the M8.2E/L Personal Cycle Trainer

As simple as using the M8.2E/L cycle might seem, you should read this section so that you can use it safely and effectively. This section provides the basic information and instructions you need to exercise on your cycle, including the following:

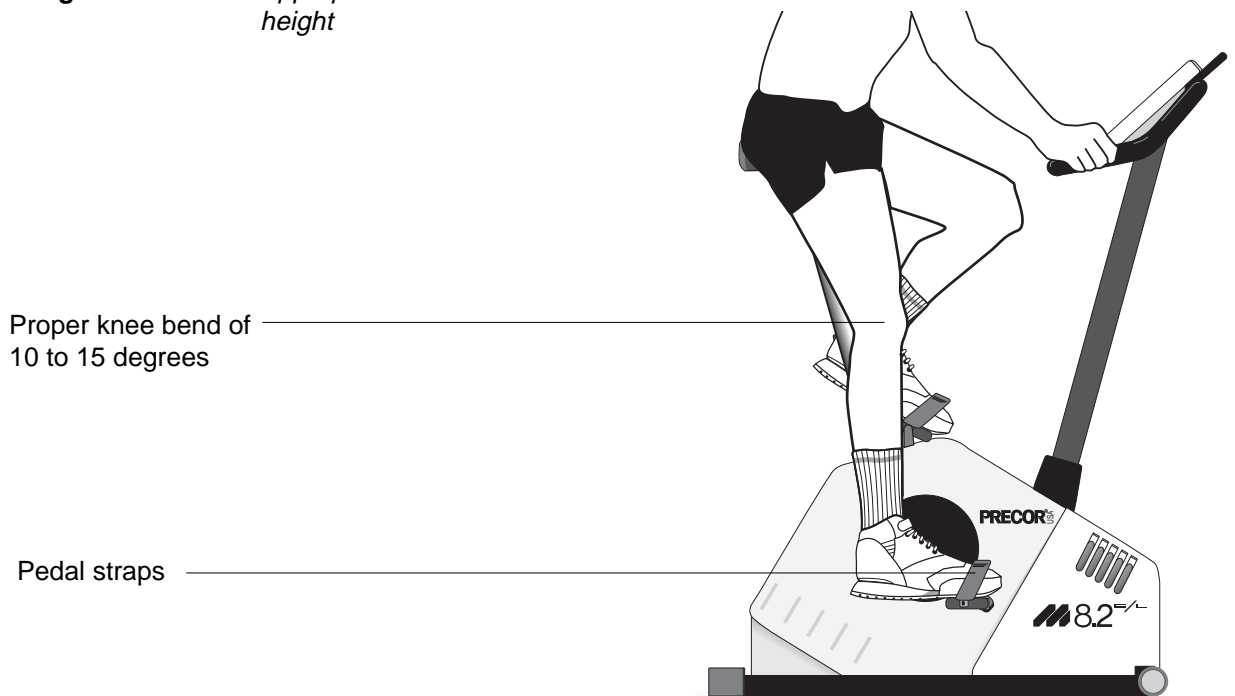
- adjusting the seat
- understanding the electronic console
- exercising on the cycle
- pausing or ending your workout
- taking the Fitness Test
- changing the cycle's display to U.S. Standard or Metric units

### Adjusting the Seat

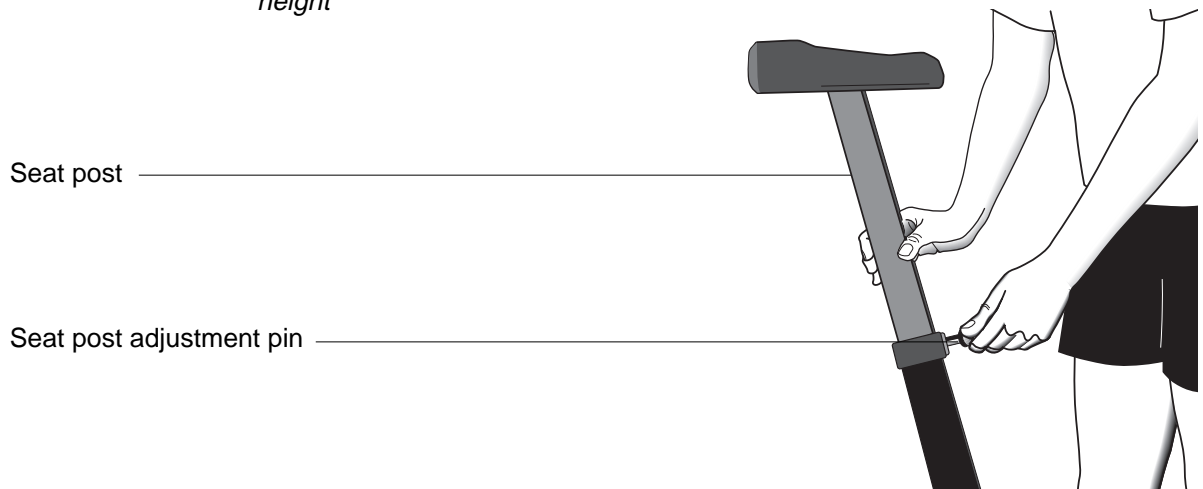
Before starting a workout, you should position the seat properly to avoid strain on your knees. Take the following steps to adjust the seat height.

1. To check for proper seat position, sit on the seat of the M8.2E/L cycle with your feet on the pedals and your toes and knees pointing toward the front of the cycle. The knee on your extended leg should be slightly bent (10 to 15 degrees) as shown in Diagram 2.

**Diagram 2** *Appropriate seat height*



**Diagram 3**      *Adjusting the seat height*



2. If you need to adjust the seat, dismount from the cycle's seat. Hold the post underneath the seat with one hand while you pull out the seat post adjustment pin with the other hand (see Diagram 3).
3. Slide the seat post up or down into the desired position.
4. Release the seat post adjustment pin.
5. Before sitting on the cycle, press down firmly on the seat to make sure it does not slip and the pin is properly inserted in the appropriate hole.
6. Sit on the cycle's seat again and, if necessary, follow steps 2 through 5 to readjust the seat height.

### **Understanding the Electronic Console**

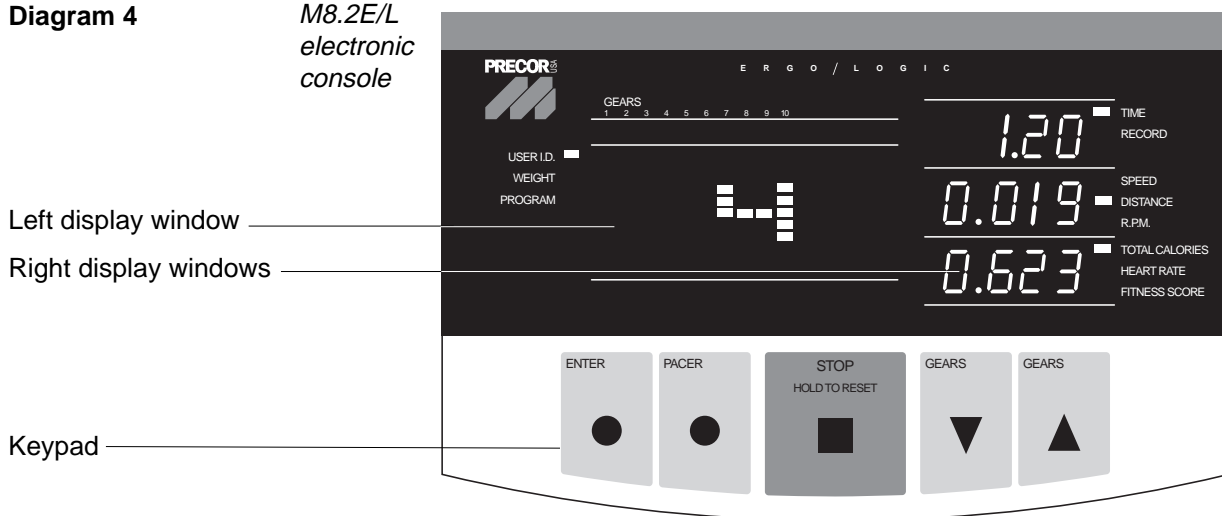
The electronic console lets you control your M8.2E/L workout session. As you work out, the electronic LED display provides constant feedback about your progress. Information about gear settings, workout time, speed, distance covered, revolutions per minute, and calories burned is available at any time.

The M8.2E/L is capable of remembering information about four separate users and can recall statistics and information from previous workouts. A separate file stores the data for each of four users and corresponds to a specific user I.D. Previous workout information about your weight, the program number, custom course, and workout statistics can be accessed through your user I.D. When you purchase the Precor E/L heart rate option and perform the Fitness Test, the M8.2E/L is able to personalize a Weight Loss Course Program for you and assign it to your specific user I.D. The program incorporates the latest research on weight loss and control. Performed three or four times a week, your customized 30-minute weight loss program will help you reach your ideal weight and fitness level quickly and efficiently.

An explanation of each feature on the console follows Diagram 4.

**Diagram 4**

*M8.2E/L  
electronic  
console*



**Left Display Window**

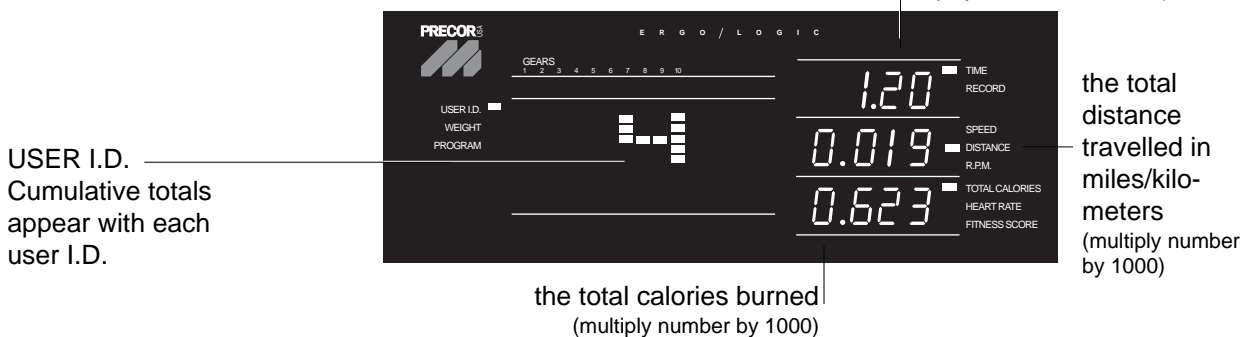
The left display on the electronic console uses indicator lights that prompt you to enter specific information before a workout and displays the gear settings and course profiles during your workout.

**USER I.D.:** One of four user I.D.'s appears on the display. Choosing a user I.D. enables you to program a specific workout. You use this specific user I.D. for as long as you own the cycle. It stores information about your weight and preferred program. If other people use the cycle, each person (up to four people) can have their own user I.D. and individually programmed workout session.

Every time you begin a workout, the console prompts you for your user I.D. by displaying the user I.D. of the last person who used the cycle. You can choose a different number by pressing the ▼ and ▲ keys located below the right display. The numbers ("1" through "4") appear sequentially and then the display returns to "1." Once the correct user I.D. is displayed, press ENTER to continue.

**Diagram 5**

*M8.2E/L electronic  
console display*



The M8.2E/L stores accumulated information specific to each user I.D. As you view each user I.D., the cumulative information appears in the three right display windows as shown in Diagram 5.

**Note:** The cycle uses the user I.D. to recall specific information about your workout. If zeros appear in the right window display when a particular user I.D. appears, it means no one has chosen that user I.D. and it is available. Remember the user I.D. you have chosen and use it during future workouts.

**WEIGHT:** The weight you enter appears in the display. (If this is the first time you have used the cycle, a default weight of 150 pounds appears.) Press the ▼ and ▲ keys to decrease or increase the numerical display. Once the correct weight is displayed, press ENTER to continue to the next prompt.

The weight you enter is associated with your particular user I.D. The next time you use the cycle, the weight you entered appears and you have the option to change it or press ENTER to accept it and continue programming your workout. If you are using the Precor E/L heart rate option and have performed the Fitness Test, your last Fitness Test score also appears in the lower right display window when the WEIGHT prompt appears. If you have not used the Precor E/L heart rate option, then no score appears.

**PROGRAM:** Twelve different programs are available on the M8.2E/L cycle. An instruction board, showing the course profiles, slides out from the top of the electronic console and provides the different program numbers. The number that appears in the display represents the program and course profile that you wish to use. The ▼ and ▲ keys enable you to decrease or increase the numerical display. Once the correct program number is displayed, press ENTER to continue.

The instruction board also illustrates the preprogrammed courses. One manual, one Fitness Test, and one Weight Loss workout are also available. Two custom courses let you design and develop your own course profile. For more information, refer to *Creating Custom Courses* later in this manual.

**GEAR:** The gear setting appears as an LED bar graph in the top row of the left display. During a workout, you can use the GEAR ▼▲ keys to decrease or increase the gear settings. The GEAR ▼▲ keys let you change the difficulty of your workout. Gear number 1 provides the easiest workout. As you increase the number of the gear, the cycle becomes harder to pedal.

**Note:** If you change the gear setting, the GEAR bar graph changes too. No changes occur to the course profile except when you are changing the custom courses. As you increase or decrease the gear while customizing courses (program numbers “7” or “8”), the course profile changes accordingly.

**PACER:** The pacer appears as a red bar graph in the bottom row of the display. The pacer sets a tempo that can help motivate you and provide feedback while you work out. The average speed of your best performance is recorded by the cycle. During your next workout using the same program, it appears as the pacer. If you move faster than the pacer, you will be outperforming the average speed of your best performance to date.

**Note:** The pacer, which displays the average speed of your best performance, appears *only* if a prior workout record exists.

Once you begin a new workout, the LED at the end of the bar graph lags behind the course profile if you are ahead of your previous workout record.

You can override the pacer and set it at the current speed you are travelling by pressing the PACER key located under the left display.

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## Right Display Window

The right display on the electronic console also uses indicator lights to show you what information is being displayed. The display provides three separate fields: TIME and RECORD; SPEED, DISTANCE, and R.P.M.; and TOTAL CALORIES, HEART RATE and FITNESS SCORE.

When you are working out, certain displays scan so that every three seconds different information appears within the window. For example, while you are working out, the SPEED, DISTANCE, and R.P.M. information alternately appear.

**Note:** The record time (RECORD) only appears prior to the beginning of your workout. The FITNESS SCORE only appears after you complete the Fitness Test using the Precor E/L heart rate option. The HEART RATE alternately appears with the TOTAL CALORIES display only when you are using the Precor E/L heart rate option.

**TIME:** During your workout, a time (00:00) display appears automatically and stops whenever you stop pedaling. Use the TIME display to keep track of how long you have exercised in a given session. As you work out, time starts at zero and counts up except for the time-based courses such as, programs “4” and “5.” The time display counts down for time-based courses.

**RECORD:** The record time of your best workout session appears in the right window display when the PROGRAM prompt appears in the left window display. The RECORD display shows your record time in minutes and seconds.

**Note:** The RECORD appears only prior to the beginning of a workout. If a record time does not appear, zeros appear in the display and signify that you have not yet used that particular course program. No RECORD time appears if you choose programs 1, 9, or 10 (manual or interval course programs).

**SPEED:** Once you begin a workout, the speed at which you are travelling appears in this display. Every few seconds, the display changes as the DISTANCE and R.P.M. scan through. Your speed can appear in miles per hour (mph) or kilometers per hour (kph). The cycle is programmed at the factory to display a particular unit of measure. If you wish to change the display, you can follow the instructions found in *Changing the Cycle's Display to U.S. Standard or Metric Units*.

**DISTANCE:** The distance you have travelled appears once you begin a workout. Distance can appear in miles or kilometers. The cycle is programmed at the factory to display a particular unit of measure. If you wish to change the display, you can follow the instructions found in *Changing the Cycle's Display to U.S. Standard or Metric Units*. The maximum distance you can travel in a single workout is 99.99 miles before the odometer resets at 00.00 and begins over again.

**R.P.M.:** The pedal revolutions per minute (rpm) alternately appear with the SPEED and DISTANCE displays.

**TOTAL CALORIES:** During a workout, an estimate of the calories you have burned appears. At the end of your workout, the total estimated calories burned appears in the display. If you are using the Precor E/L heart rate option, the TOTAL CALORIES display appears every few seconds, alternating with the HEART RATE display.

**HEART RATE:** The heart rate display only appears if you are using the Precor E/L heart rate option. The monitor's transmitter straps around your chest and your heart rate appears in the display while you work out. Using a heart rate monitor, helps you monitor your heart rate and keep it in the optimal training zone (see Diagram 8 in Chapter 4) while maximizing your workout potential. For more information, refer to the instruction booklet that accompanies your Precor E/L heart rate option.

**FITNESS SCORE:** A fitness score appears only if you have taken the Fitness Test (program "11") while using the Precor E/L heart rate option. The number that appears in the display corresponds to Tables 2 and 3 in *Taking the Fitness Test* and is dependent on your age, weight, and cardiorespiratory fitness. The fitness score created during your previous Fitness Test appears with the WEIGHT prompt. For more information about your fitness level, refer to *Taking the Fitness Test*.

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## Keypad

Each key on the electronic console's keypad provides specific functions. The following information explains the different uses of the keys from left to right. To locate each key, refer to Diagram 4.

**ENTER:** When you turn ON the cycle, several prompts appear before you start your workout. Each prompt needs to be addressed and then "entered" into the cycle's memory by pressing the ENTER key.

**Note:** At the end of a workout, if ENTER is pressed and the cycle is left ON, the USER I.D. prompt appears.

**PACER:** The first time you are exercising on the M8.2E/L, you need to press the PACER key if you want the pacer to appear. During a workout, you can press the PACER key to reset the speed of the pacer to your current travelling speed. (For more information, see PACER under the *Left Window Display* section.)

**Note:** The pacer displays the average speed of your best performance and appears only if a prior workout record exists.

**STOP:** To stop your workout, press the STOP key to save your workout statistics and freeze the displays. If you continue to pedal after pressing STOP, the SPEED and R.P.M. continue to appear, but your workout statistics and cumulative totals corresponding to time, distance, and calories do not change.

**Note:** If you press STOP while using the Fitness Test, the test is canceled and you do not receive a fitness score.

**HOLD TO RESET:** When you are in the middle of a workout using the preprogrammed or custom courses and wish to choose a different program or course, press HOLD TO RESET for three seconds. The cycle's software saves your workout statistics and the USER I. D. prompt appears.

Pressing the HOLD TO RESET key (for three seconds or more) adds the current workout statistics to the cumulative totals.

▼ and ▲ : The arrow keys let you:

- answer specific prompts by letting you decrease ▼ and increase ▲ the numerical displays prior to pressing ENTER
- decrease ▼ or increase ▲ the cycle's gear settings
- alternate between customizing a course (programs "7" or "8") or using the same custom course

**Note:** When you change a custom course (programs "7" or "8"), the ▼ and ▲ keys affect the course profile. The GEAR setting remains constant.

- alternate between selecting a particular unit of measure ("**U.S. Standard**" or "**Metric**")

## How to Use Your M8.2E/L Personal Cycle Trainer

Before using your cycle, we recommend that you follow these instructions and go through a preliminary demonstration of the cycle.

When using the cycle, follow these general guidelines:

- At the beginning of a workout, take several minutes to bring your heart rate into your training zone, which is shown in Diagram 8 later in this manual.
- After your workout, cycle slowly for several minutes to cool down your body and lower your heart rate.
- Gently stretch your lower body and back after a workout to help prevent stiffness or soreness.

## Pausing Your Workout

You can pause anytime during your workout. Use this feature to rest or take a short break (less than 10 minutes).

To pause while working out, stop pedaling. Your workout statistics freeze and remain displayed on the console until you resume pedaling. Once you resume pedaling, the workout statistics count continues from where you left off.

If you pause for more than ten minutes, the cycle's software adds your workout statistics to the cumulative totals and "**Precor M8.2E/L**" begins scrolling across the display. Do not rely on the Pause feature as a way to end your workout. If you wish to end your workout, follow the instructions in the next section, *Ending Your Workout*.

**Important:** You cannot pause during the Fitness Test (program "11"). If you pause, the Fitness Test automatically becomes invalid and you are not assigned a fitness score.

## Ending Your Workout

To end your workout, take the following steps:

1. Press the STOP key. The displays on the console freeze, letting you review your workout statistics. The cycle's software adds your workout statistics to the cumulative totals.
2. Turn OFF the cycle. If no one else uses the machine prior to your next workout, your user I.D. will appear with the USER I.D. prompt.

**Note:** The M8.2E/L has a built-in, cool-down period. This feature only appears when you are using the preprogrammed or custom courses. Once you come to the end of the course profile the workout statistics on the display freeze, but the pedal resistance remains allowing you to have a cool-down period in which you can slow your heart rate. The SPEED and R.P.M. displays continue to change as you cool down. Use the ▼ and ▲ keys to decrease or increase the difficulty of your cool-down period.

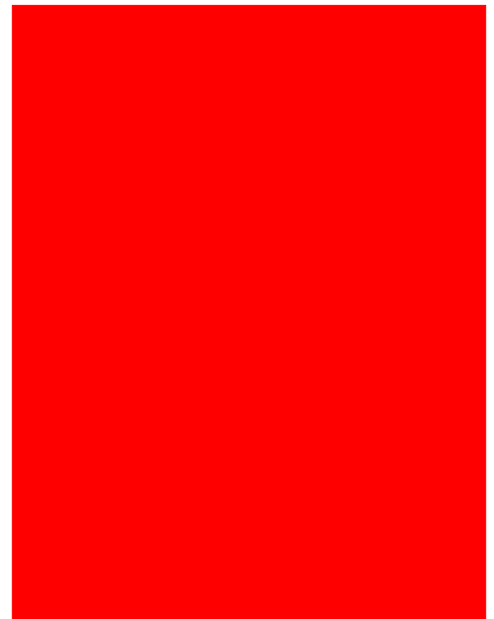
## Working Out on the M8.2E/L

Twelve course profiles are available on the M8.2E/L. (Refer to Diagram 6.) These course profiles provide a variety of workouts from manual mode to preprogrammed courses. The custom courses (program numbers "7" and "8") let you change the profile of the course while you work out and save it as your own personalized workout session. Refer to *Creating Custom Courses* for more information.

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**Photo 1**

*Working out on  
the M8.2E/L*

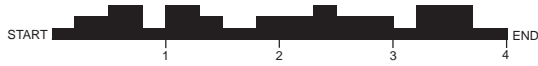


**Diagram 6**

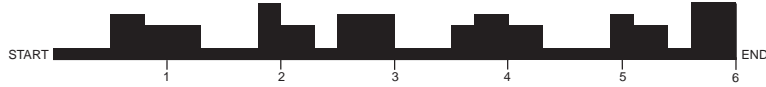
*M8.2E/L Course Profiles*

1. Manual – *Change the gears to provide a more vigorous workout.*

2. Sun River Tour (4 miles)



3. San Juan Island (6 miles)



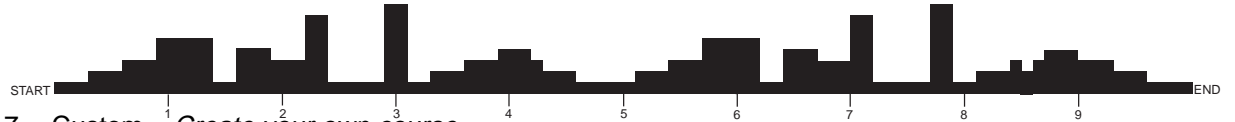
4. Blue Ridge Parkway (20 minutes)



5. New River Gorge (30 minutes)



6. Hurricane Ridge (10 miles)



7. Custom – *Create your own course.*

8. Custom – *Create your own course.*

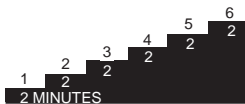
9. Interval – (1:1 rest-to-work ratio)



10. Interval – (1:2 rest-to-work ratio)



11. Fitness Test\* – *Maximizes caloric burn.*



12. Weight Loss\* – (30 minutes) – *Maximizes caloric burn.*



\* *Designed in consultation with the Cooper Institute for Aerobics Research.*

To work out on the M8.2E/L, follow these instructions:

1. Locate the ON/OFF switch at the rear of the cycle and turn ON the cycle. "Precor **M8.2E/L**" scrolls across the electronic console display.

**Note:** If the cycle is already ON and "Precor **M8.2E/L**" is scrolling across the display, press any key or start pedaling. The user I.D. prompt appears.

2. Sit on the seat with your feet firmly on the pedals. If you need to adjust the seat height, refer to the instructions found in the section titled *Adjusting the Seat Height*.
3. Check to see that the pedal straps are tight so that your feet cannot easily slide off the pedals.
4. At the user I.D. prompt, select one of four user I.D.'s using the ▼ and ▲ keys. Once your designated user I.D. appears, press ENTER. The WEIGHT indicator light appears.

**Note:** When your user I.D. appears, the accumulated totals for workout time, distance travelled, and the total calories burned while cycling appear in the right display windows. (Refer to Diagram 5.)

5. A weight appears in the left display. Change the weight by pressing one of the ▼ or ▲ keys. (The weight increases and decreases in 5-pound increments.) Once the weight closest to your weight is displayed, press ENTER. The PROGRAM indicator light appears.

**Note:** If you are using the Precor E/L heart rate option and have performed the Fitness Test, your fitness score will appear in the bottom right display window when the WEIGHT and FITNESS SCORE indicator lights are lit.

6. To select a particular program, refer to the instruction board that slides out from the top of the console. This instruction board provides the program numbers and illustrates the course profiles as shown in Diagram 6. Using the ▼ or ▲ key, select the appropriate course number. Once the correct course number is displayed, press ENTER.
7. To begin your workout, start pedaling. If you want to change gears while you are cycling, press the appropriate ▼ or ▲ key.

**Note:** To end your workout session before finishing the selected course, press the STOP key. Your workout statistics are saved and the displays on the console freeze. See *Ending Your Workout* for more information.

8. When the end of the course profile appears, you are nearing the end of your workout session. Once the session ends, the displays on the console freeze so you can review your workout statistics.

**Note:** The preprogrammed courses (program course numbers 2 through 12) on the M8.2E/L have a built-in, cool-down period. Once you come to the end of the course profile the workout statistics on the display freeze, but the pedal resistance remains. Use the ▼ and ▲ keys to change gears, so that you can slow your heart rate and cool down. During this cool-down period, the SPEED, R.P.M., and HEART RATE (if you have the Precor E/L heart rate option) continue to appear. However, your workout statistics do not continue to accumulate.

9. If you want, start a new session by pressing ENTER and follow steps 4 through 8.
10. When you have finished your workout, slide your feet out of the pedal straps, and dismount from the cycle.
11. Turn OFF the cycle using the ON/OFF switch.

## Creating Custom Courses

You can program the M8.2E/L and create your own course profiles using the two available custom courses (Programs “7” and “8”). You create the custom courses as you work out. Once you complete your workout, the course is stored in memory and can be automatically recalled using the same user I.D. and program number.

To create a custom course, take the following steps:

1. Locate the ON/OFF switch at the rear of the cycle and turn ON the cycle. “**Precor M8.2E/L**” scrolls across the electronic console display.  
  
**Note:** If the cycle is already ON and “**Precor M8.2E/L**” is scrolling across the display, press any key or start pedaling. The user I.D. prompt appears.
2. At the user I.D. prompt, select one of four user I.D.’s using the ▼ or ▲ keys. Once your user I.D. appears, press ENTER. The WEIGHT indicator light appears.
3. A weight appears in the left display. Change the weight by pressing one of the ▼ or ▲ keys. (The weight increases and decreases in 5-pound increments.) Once the weight closest to your weight is displayed, press ENTER. The PROGRAM indicator light appears.  
  
**Note:** If you are using the Precor E/L heart rate option and have performed the Fitness Test, your fitness score will appear in the bottom right display window when the WEIGHT and FITNESS SCORE indicator lights are lit.
4. At the PROGRAM prompt, use the ▼ and ▲ keys to select program course number “7” or “8.” Press ENTER. A prompt “**Use Course**” appears and scrolls across the display.  
  
**Note:** If you choose to work out using the existing course, press ENTER and begin your workout. However, the following instructions (5 through 8) assume that you plan to create a new course profile.
5. The ▼ and ▲ keys let you alternate between the scrolling prompts. Press either the ▼ or ▲ key and the prompt, “**Customize**” scrolls across the display. Press ENTER to begin programming a custom course.
6. Use the ▼ and ▲ keys to change the course profile as you pedal. The first time you customize the course programs “7” or “8,” the course profile appears flat until you change it. To help you customize a course, blank profile grids are provided at the end of this manual.

7. You can continue to change the course profile for a maximum of twelve miles. Or, you can press STOP to end the session. The prompt, "**To Save Changes - Press ENTER**" appears and scrolls across the display.
8. To save your selection, press ENTER. The next time you work out, you can recall this custom course by entering the appropriate program course number at the PROGRAM prompt.

**Note:** If you wish to discard the changes and revert back to the previous custom course, press either the ▼ or ▲ key *before* pressing the ENTER key. The prompt, "**To Discard Changes - Press ENTER**" scrolls across the display. Press ENTER to discard your custom course changes.

When you have saved your custom course changes, you can work out and use the same course over and over by entering the associated user I.D. and program course number. The M8.2E/L can store two custom courses (program course numbers "7" or "8") for each user I.D.

## Taking the Fitness Test

The Precor M8.2E/L Fitness Test has been designed in consultation with the world-renowned Cooper Institute for Aerobics Research. It must be used in conjunction with the Precor E/L heart rate option and provides important information about your cardiorespiratory fitness level.

If you have the Precor E/L heart rate option, you can take the Fitness Test to determine your cardiorespiratory fitness and personalize a weight loss training program to meet your needs. The Fitness Test measures maximal oxygen uptake ( $VO_2$  max.), the maximum amount of oxygen the body can use for energy production during exercise. Maximal oxygen uptake is the best measure of cardiorespiratory fitness: the higher your uptake, the greater your ability to exercise for prolonged periods without tiring.

The test determines heart rate response to varying levels of submaximal exercise. It's a simple, three-step procedure that reveals valuable information about your current fitness level. Your results classify you in one of three fitness categories (see Tables 2 and 3), which are based on the Cooper Institute's eight-year study of over 13,000 men and women.

**CAUTION: Before taking the Fitness Test, you should have a complete physical examination by your physician.**

Before performing the Fitness Test, read the following guidelines.

- Consult with your physician before engaging in any vigorous exercise. Do not perform the Fitness Test until authorized by your physician.
- You should not take the Fitness Test if you are taking any medications that either speed up or slow down your heart rate. Since the test is based on your heart rate response during varying levels of exercise, medications invalidate the test.
- Do not drink caffeine or smoke cigarettes for at least three hours prior to the test. Cigarettes and caffeine can elevate your heart rate.
- Slow down and stop the test immediately if you experience any pain or abnormal symptoms.

**Table 1**

*Perceived Exertion Scale*

Perceived Exertion	
6	
7	Very, very light
8	
9	Very light
10	
11	Fairly light
12	
<b>13</b>	<b>Somewhat hard</b>
<b>14</b>	
<b>15</b>	<b>Hard</b>
16	
17	Very hard
18	
19	Very, very hard
20	

*Ratings of perceived exertion (RPE) between 12 and 15 are the recommended levels because they correspond to heart rates between 60% and 85% of your maximum ability. It is recommended that you do not exceed an RPE of 13 during the first 4 to 6 weeks of your workout program. During your workout, it is not necessary to exceed an RPE of 15.*

- Slow down and stop the test immediately if your rate of perceived exertion (RPE level) exceeds 15. Refer to Table 1. This scale helps you judge the intensity at which you are exercising based on your overall, at-the-moment perception of how hard the exercise feels to you. During your workout, simply read the verbal description on the right of the chart and then pick the number, that in your best judgment, reflects how hard (or difficult) the exercise feels to you. Don't concern yourself about any single factor (such as leg fatigue or shortness of breath) when using the scale—rather try to concentrate on your overall perception of how hard the exercise feels to you. (Source: Borg GAV. Psychophysical bases of perceived exertion. *Medicine and Science in Sports and Exercise* 1982;14:377-381)
- Perform the Fitness Test in a well-ventilated room with an ideal temperature around 72 degrees Fahrenheit.

To perform the Fitness Test, take the following steps:

1. Sit and rest for five minutes to lower your heart rate before pedaling on the cycle and performing the Fitness Test.
2. Connect the heart rate monitor by putting on the transmitter and plugging the receiver into the display module. Refer to the instruction manual that accompanies your Precor E/L heart rate option.
3. Locate the ON/OFF switch at the rear of the cycle and turn it ON. "**Precor M8.2E/L**" scrolls across the electronic console display.

**Note:** If the cycle is already ON and "**Precor M8.2E/L**" is scrolling across the display, press any key. The user I.D. prompt appears.

4. Sit on the seat with your feet firmly on the pedals. If you need to adjust the seat height, refer to the section titled *Adjusting the Seat Height*.
5. At the user I.D. prompt, select your user I.D. using the ▼ and ▲ keys and then press ENTER. The WEIGHT indicator light appears.
6. Use the ▼ and ▲ keys to designate your weight. When the appropriate weight appears, press ENTER. The PROGRAM indicator light appears.

**Note:** If you have previously performed the Fitness Test, your fitness score will appear in the bottom right display window when the WEIGHT and FITNESS SCORE indicator lights are lit.

7. At the PROGRAM prompt, use the ▼ and ▲ keys to choose the Fitness Test, program “11.” When the number 11 appears in the left display window, press ENTER.
8. The prompt, “**To specify your age - Press ENTER**” scrolls across the display. Press ENTER and the number “35” appears on the display.
9. Use the ▼ and ▲ keys to designate your age. The ▼ and ▲ keys decrease and increase the display in 1-year increments. When your appropriate age appears in the display, press ENTER. The Fitness Test course profile appears in the left display window.

**Important:** If you stop or pause during the Fitness Test, you invalidate the test and you do not receive a fitness score.

10. To start the Fitness Test, begin pedaling. Maintain a rate between 75 and 85 rpm’s for the duration of the test. If you do not maintain this rate, you will invalidate the test.
11. When you finish the test, your workout statistics are saved and added to the cumulative totals, the displays freeze, and you have time to review your fitness score while you work through a cool-down period of at least five minutes.

**Note:** When you finish the Fitness Test, the pedal resistance remains. Use the ▼ and ▲ keys to adjust the resistance, so that you can return your heart rate to a submaximal level. During this cool-down period, the SPEED, R.P.M. and HEART RATE continue to appear. However, your workout statistics do not continue to accumulate.

**Table 2***Cardiorespiratory Fitness Category—Females*

Age in Years	Low Fitness	Medium Fitness	High Fitness
20 - 39	< 28	28 - 33	> 33
40 - 49	< 26	26 - 31	> 31
50 - 59	< 24	24 - 28	> 28
60 and over	< 22	22 - 26	> 26

**Table 3***Cardiorespiratory Fitness Category—Males*

Age in Years	Low Fitness	Medium Fitness	High Fitness
20 - 39	< 35	35 - 42	> 42
40 - 49	< 32	32 - 39	> 39
50 - 59	< 29	29 - 36	> 36
60 and over	< 24	24 - 31	> 31

*Values in Tables 2 and 3 are based on the findings of the Aerobics Center Longitudinal Study, an eight-year study involving over 13,000 female and male participants.*

12. Refer to Tables 2 and 3 to determine whether your fitness score places you in a Low, Medium, or High cardiorespiratory fitness category for your age and sex. The cycle uses the results of your Fitness Test to personalize a weight loss training program (program “12”) that is specific to your fitness level.
13. When you have completed the Fitness Test, continue with your workout or dismount and turn OFF the cycle by using the ON/OFF switch.

The M8.2E/L software uses the results of your Fitness Test to customize a Weight Loss Course Program (program “12”) that works best for you. The program incorporates the results of the Cooper Institute’s latest research on weight loss and control. It’s designed to help you burn the most calories during a 30-minute workout, while minimizing the risk of discomfort and injury. Performed three or four times a week, your customized weight loss program will help you reach your ideal weight and fitness level quickly and efficiently.

## Changing the Cycle's Display to U.S. Standard or Metric Units

The M8.2E/L Personal Cycle Trainer can display speed in miles per hour (mph) or kilometers per hour (kph), distance in miles or kilometers, and energy exertion in calories or watts. When the M8.2E/L is shipped from the factory it is usually set to display speed in mph, distance in miles, and energy exertion in calories. You can easily change these settings by following the steps below.

**Note:** The M8.2E/L will retain your selection even when it is turned OFF and unplugged. You can change your selection at any time by simply repeating the following steps.

1. Locate the ON/OFF switch at the rear of the cycle and turn the cycle ON. "Precor M8.2E/L" scrolls across the electronic console display.

**Note:** You want "Precor M8.2E/L" to be scrolling across the display. If the cycle is already ON, you may need to turn it OFF and then ON.

2. With "Precor M8.2E/L" scrolling across the display, simultaneously press the PACER and ▲ key and hold for at least 3 seconds. The unit of measure ("U.S. Standard" or "Metric") that the cycle is currently set at appears.

**Important:** Do not move the pedals while performing these steps. If the pedals move, the user I.D. prompt appears and cancels this procedure.

3. The ▼ or ▲ key let you alternate between the scrolling prompts. Press either the ▼ or ▲ key.
4. When the appropriate unit of measure appears on the display, press ENTER. The user I.D. prompt appears.

The changes have been retained in the cycle's memory. Refer to *Working out on the M8.2E/L*. If you prefer, you can turn OFF the cycle once you have

# 4

## Getting the Most Out of Your Workout

completed steps 1 through 4.

A workout on the M8.2E/L Personal Cycle Trainer provides excellent and efficient cardiovascular conditioning, while strengthening and toning all the major muscle groups in the lower body. Darkened areas in Diagram 7 indicate the muscles improved.

To get the most out of each workout, a general understanding of the principles behind aerobic training is invaluable. The best source of information is your specialty fitness dealer. In addition to providing information on which exercise equipment is best for your individual needs, your fitness dealer can provide

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**Diagram 7**      *Muscles  
improved*

1. Trapezius
2. Deltoid
3. Pectorals
4. Rhomboids
5. Triceps
6. Biceps
7. Latissimus Dorsi
8. Forearm Flexors/Extensors
9. Abdominals
- 10. Erector Spinae**
- 11. Gluteals**
- 12. Hip Flexors**
- 13. Quadriceps**
- 14. Hamstrings**
- 15. Gastrocnemius/Soleus**
- 16. Peroneus Longus/Brevis**

useful advice on training, technique, and exercise physiology. Your dealer can also recommend good books on these subjects.

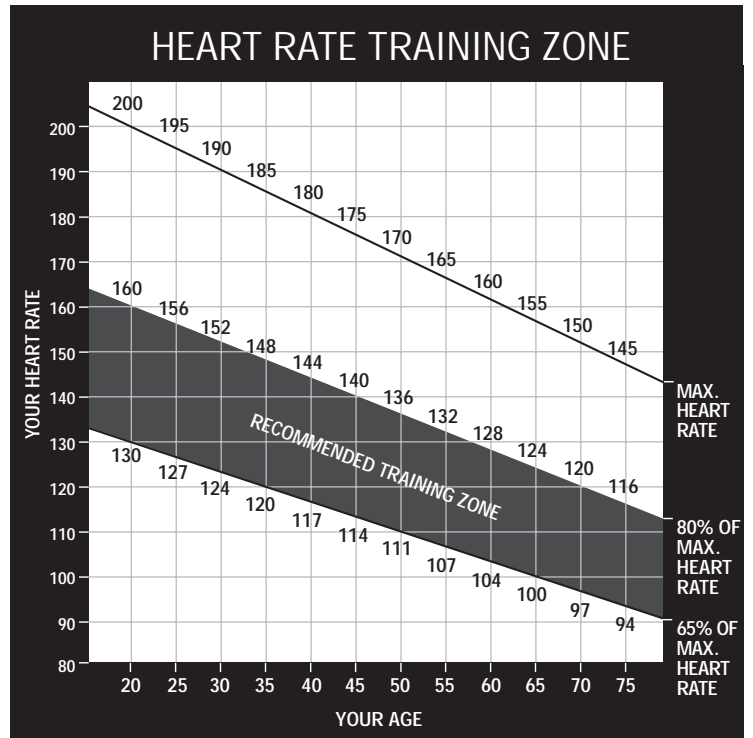
To help you get started in planning and carrying out your fitness program, this section provides some basic information on aerobic exercise—such as how hard you should work out, how long each session should be, and how often you need to exercise to benefit from a regular program.

### **How Hard Should I Exercise?**

Studies show that to achieve the benefits of aerobic exercise, it is necessary to work out hard enough to raise your heart rate to a certain minimum level, called

Diagram 8

Training zones



the “training zone.” Your training zone depends on your age and level of fitness.

Diagram 8 shows your recommended heart rate training zone, which is calculated using your age and your maximum attainable heart rate. The chart is based on a resting heart rate of about 72 for males and 80 for females. Your optimum training zone is between 65% and 80% of your maximum heart rate. For efficient aerobic exercise, work only hard enough to keep your heart rate in this zone. You will obtain the greatest fat-burning benefits when you exercise within the optimum training zone.

Pushing yourself beyond the recommended range, that is, exercising so hard that your heart rate rises above 80% of maximum) can overstress your muscles. To increase cardiovascular improvement, exercise *longer*, not harder.

Keep in mind that this zone is an approximation, to be used as a guideline—individual heart rates vary according to several physiological factors. To determine your training zone, find your age on the diagram, and then find the line where they intersect. For example, if you are 35 years old, your training zone is between 120 and 148 beats per minute. Remember this zone—this is the heart rate zone you should try to maintain as you work out.

If you do not have the Precor E/L heart rate option, you can determine your heart rate by taking your pulse at a place that you can reach easily and comfortably while you exercise. Typical places for measuring heart rate are directly over the heart on the left side of the chest, on either side of the neck, over the temple, or on the thumb side of either wrist. Wherever you measure your pulse, make sure that you use your index and middle fingers—**not your thumb**. Your

thumb has a strong pulse which can affect your pulse rate reading.

Once you locate your pulse, look at a clock with a second hand, and count the beats for six seconds. Multiply that number by 10 to determine the total number of beats per minute. For example, if you count 14 beats over six seconds, the total number of beats per minute is 140. Compare the total number of beats with your training zone as identified in Diagram 8. If necessary, increase or decrease your activity level to bring your heart rate into your training zone. You can regulate your heart rate (pulse) by changing the gear settings. **Remember—your heart rate is the definitive measure of how hard you are working.**

Regardless of your fitness level, avoid doing too much too soon. Give yourself time to become familiar with your cycle and to improve your fitness level. Then you can gradually increase the gear settings and your speed to make your workouts more challenging.

### **How Long Should I Exercise?**

The length of each exercise session depends on your fitness level. Exercise physiologists have determined that, to attain cardiovascular benefits from exercise, you should maintain your heart rate in its training zone for at least 15 minutes. This is in addition to your warm-up time, and does not include cool down. You should always allow several minutes to bring your heart rate into the training zone, by starting out slowly and gradually increasing your work level. Similarly, use several minutes of light exercise after the workout to bring your heart rate down to near resting level.

The higher your fitness level, the longer you should maintain your heart rate in the training zone (between 20 and 30 minutes). Beginners should always start slowly, and gradually increase their sessions up to 20 minutes or more.

### **How Often Should I Exercise?**

Research indicates that aerobic sessions of 20 minutes or more should be done at least three to five times a week to obtain significant cardiovascular benefits. Most experts agree that sensible eating habits and regular aerobic exercise are the keys to weight control and fitness. A recent study, which tracked several subjects over a period of years, conclusively shows that exercise, not dieting, is the key factor to long-term weight loss.

# 5

## Maintaining the M8.2E/L Personal Cycle Trainer

Because of its advanced design, the M8.2E/L cycle requires little maintenance beyond periodic cleaning to keep it running smoothly and efficiently. The information in this section provides instructions on how to clean the cycle, change the fuse, and get service.

**CAUTION: Unplug the cycle from the power outlet before performing any maintenance tasks, such as cleaning or changing the fuse.**

### Cleaning the Cycle

Clean the cycle base, seat, and seat post with mild soap or a general household cleaner made for cleaning plastic and rubber. Do not use an abrasive cleaner on the electronic console since it can scratch the surface.

Clean the surface of the electronic console with a damp sponge or soft cloth. Dry the surface thoroughly with a clean towel.

**Important:** Do not spray or pour liquids on the electronic console and take special care when cleaning the console display to avoid scratching its surface.

### Changing the Fuse

The M8.2E/L cycle uses a 2 amp slow blow fuse. If the cycle is plugged into a power outlet and the electronic console displays do not appear when you switch the cycle ON using the ON/OFF switch, you may want to check the fuse. The M8.2E/L comes equipped with an extra fuse in the hardware kit.

Take the following steps to replace the fuse on the M8.2E/L cycle (see Diagram 9 for clarification).

1. Make sure that the cycle is OFF and the power cable is unplugged from the wall socket and from the power receptacle on the cycle.
2. Locate the fuse drawer beneath the power cable receptacle.

**Diagram 9**

*Replacing the fuse*

Fuse  
Fuse drawer  
ON/OFF switch



3. Pull the drawer out by squeezing the retainer and remove the fuse using your fingers as shown in Diagram 9.
4. Replace the fuse with a new 2 amp slow blow fuse.  
**Important:** Do not use anything higher than a 2 amp fuse.
5. Slide the drawer back in place and plug the power cable into its receptacle on the cycle. Plug the opposite end into a grounded power outlet.
6. Turn ON the cycle using the ON/OFF switch. Check to see that the displays appear on the electronic console.
7. Turn OFF the cycle when you have finished your workout.

### **Getting Service**

Do not attempt to service the M8.2E/L Personal Cycle Trainer yourself except for cleaning the cycle and other maintenance tasks as described in this manual.

**CAUTION: Do not remove the main housing on the cycle base. No user-serviceable parts exist on the M8.2E/L except those discussed in the assembly section.**

For information about product operation or service, contact an authorized Precor dealer (or a Precor Factory Authorized Service Company). To locate the dealer nearest you, call 1-800-4-PRECOR.



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