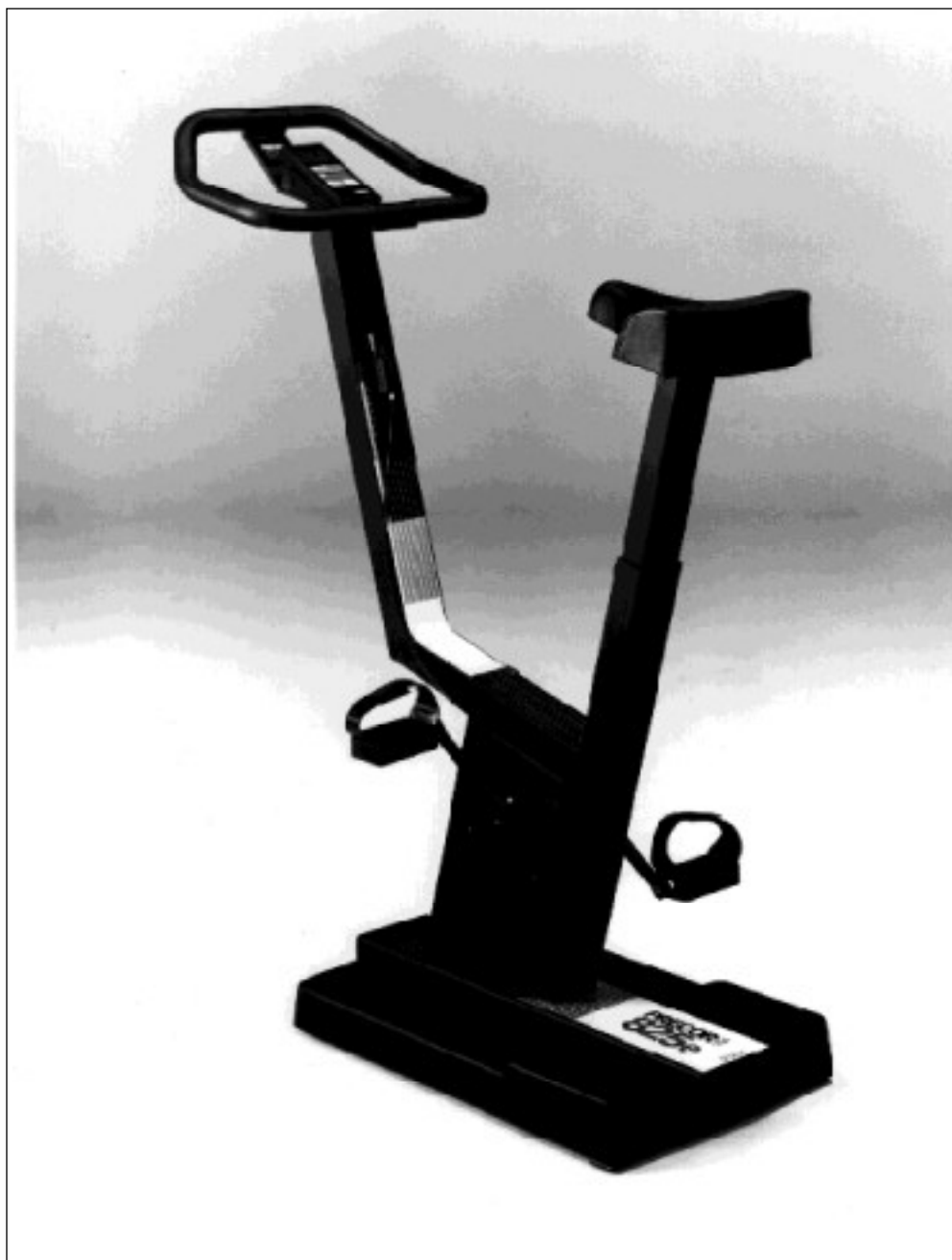


PRECOR[®] USA 825e

Electronic
Stationary Cycle



Owner's Manual
Assembly and Operation

PRECOR[®] USA 825e

Electronic Stationary Cycle

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

Congratulations on purchasing the finest direct-drive exercise cycle available, the Precor 825e Electronic Stationary Cycle. This cycle has many unique features which set it apart from other stationary cycles.

The maintenance-free direct drive on the 825e cycle operates more efficiently than most noisy, conventional chain-driven cycles. During a workout, the momentum created from the direct drive combined with the weight of the precision-balanced flywheel deliver a quiet, smooth ride at any resistance level. Other features on the 825e cycle include foot straps on the pedals to ensure secure footing, wheels to facilitate easy transport, and a seat designed to be comfortable for any workout duration.

The 825e Electronic Stationary Cycle incorporates the latest microprocessor-controlled electronics, which let you monitor your progress and keep your workout interesting.

Safety Information

Read and observe the following guidelines when using the 825e Electronic Stationary Cycle:

- Read the Owner's Manual and follow all instructions. These instructions are written to ensure your safety and protect the cycle.
- Assemble and operate the 825e cycle on a solid, level surface.
- Do not allow children on or near the 825e cycle. Never allow children to play unsupervised near the cycle. Serious injury could occur due to a child's curiosity or interest in the moving parts of the cycle.
- Check the 825e 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.
- Do not use the 825e cycle if you weigh over 250 pounds. The weight limit for this cycle is 250 pounds.
- 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 825e cycle. Do not rock the machine.
- Do not stand on the pedals or the seat. Do not stand or climb on the handlebars or electronic console.
- Make sure that the seat is securely fastened in place before using it.
- 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 attempt to service the 825e cycle yourself. This cycle does not have any user-serviceable parts. See *Getting Service* at the end of this manual for service information.
- 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 825e Electronic Stationary Cycle.

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Unpacking the 825e Electronic Stationary Cycle

All Precor products are thoroughly tested and inspected before shipment. Precor ships the 825e cycle in four pieces:

- base frame with the seat post
- handlebar stem with electronic console
- bottom pan
- hardware kit (contents described below)

After unpacking your cycle, open the hardware kit and identify the following items. As you identify the contents of the kit, check them off below.

- four 2-1/2" allen bolts
- four black screws for the bottom pan
- one cable tie
- one allen wrench

If any items are missing, contact your authorized Precor dealer. For the dealer nearest you, call 1-800-4-PRECOR.

IMPORTANT: The packaging for this equipment was designed to protect it during shipment. Please store the original packaging in a safe place in case you need to ship the 825e cycle in the future.

Assembling the 825e Electronic Stationary Cycle

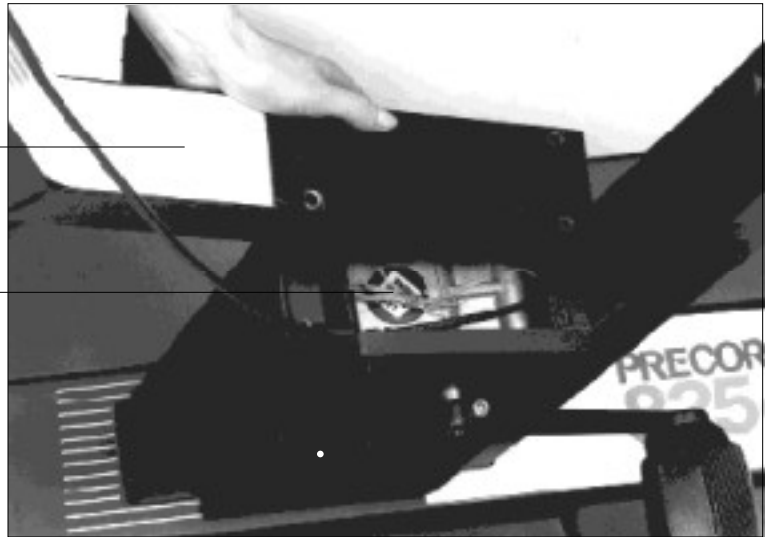
Follow the instructions in this section to assemble the 825e Electronic Stationary Cycle. *It is important to read through the entire procedure before assembling your cycle.* If you do not assemble and use this cycle according to the following guidelines, you could void the Precor warranty.

Take the following steps to assemble the 825e cycle. We recommend that two people assemble the cycle.

Photo 1
Install handlebar stem

Handlebar stem

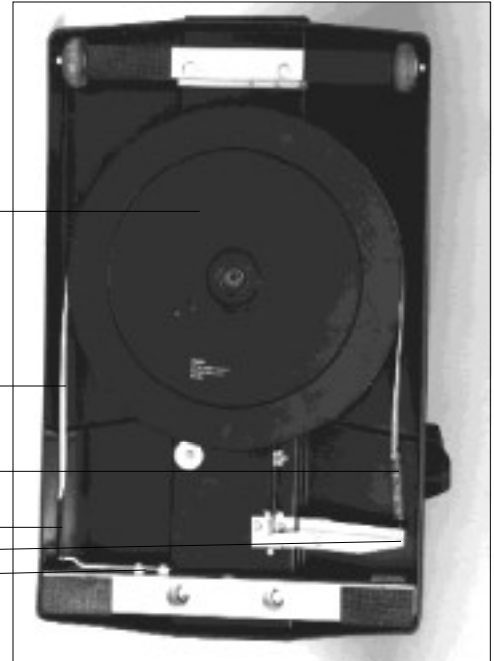
Fold and bundle cable;
lay here



1. **Install Handlebar Stem.** (Photo 1) Install the handlebar stem by following these steps:
 - Hold the handlebar stem with the electronic console in an upright position. In this position, carefully fold the extra two feet of ribbon cable and wrap with the cable tie.
 - Lay the cable on top of the gear box (marked "lay cable here") as shown in Photo 1.
 - Lower the handlebar stem so it rests on the base.
 - Align the four holes on the handlebar stem with the four holes in the base.
 - Install a 2-1/2" allen bolt into each of the four holes.
 - Using the allen wrench, begin to tighten the four bolts, alternate between each one until all four bolts are snug up against the column. Do not overtighten.
- IMPORTANT:** Do not crimp the folded blue ribbon cable when installing both the handlebar stem and the allen bolts. Cables damaged by improper installation will invalidate the warranty on this particular part.
2. **Move Seat to Handlebar Level.** Use the seat height adjustment pull pin to move the seat to the same level as the handlebars. Doing this prepares the cycle for the next step.

Photo 2
Install belt around flywheel

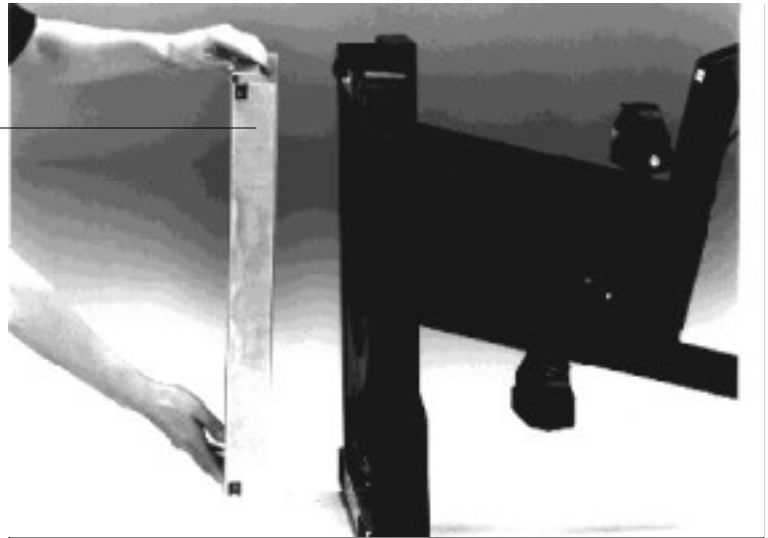
Flywheel
Belt
Spring
Hook
Tension adjustment arm
Load arm



3. **Install Belt.** (Photo 2) With another person, tilt the cycle backwards so you can access the bottom. One person should hold the cycle steady while the other installs the belt around the flywheel. Attach the spring of the belt to the tension adjustment arm, then attach the long hook to the load arm. *Do not turn the flywheel in this position, it will damage the speed sensor.*

Photo 3
Install bottom pan

Bottom pan



4. **Install Bottom Pan.** (Photo 3) With the cycle still tilted backwards, insert the bottom pan into position. Refer to Photo 3 for proper orientation. Align the pan holes with the holes inside the cycle base. (You might need to move the clips on the bottom pan to align the holes properly.) Locate the four black screws in the hardware kit. Insert each screw through the cycle base and bottom pan. Using a phillips head screwdriver, alternate tightening each screw until all four are snug up against the base.
5. **Return the Cycle to Upright Position.** Carefully return the 825e cycle to an upright position.

The 825e Electronic Stationary Cycle is now ready to use.

Using the Precor 825e Electronic Stationary Cycle

In addition to providing an excellent cardiovascular workout, one of the advantages of the 825e Electronic Stationary Cycle is that it is simple to use. With very little time or practice, you can learn how to use it effectively. This section provides information about the following:

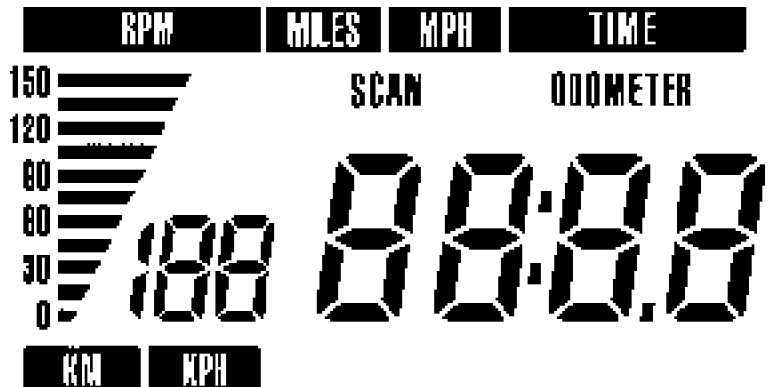
- using the electronic console, including the displays and keypads
- adjusting the seat height
- setting the resistance level
- setting a pacer
- pausing your workout
- ending a workout
- working out on the cycle

Understanding the Electronic Console

Once you have assembled your 825e cycle, it is ready to use. There are no complex instructions to follow or mandatory programming steps required to operate the cycle—the electronic display is there only for reference. It provides motivating feedback about your workout to help you monitor your progress and meet your fitness goals.

The console's convenient "hands free" function lets you start and end a workout without touching any keys. Simply start pedaling to begin your workout. The electronic console automatically turns on and begins displaying information about your workout. The five different displays and the four keys on electronic console keypad are explained below.

Diagram 1
Electronic console display



Electronic console displays

Diagram 1 illustrates the displays that appear on the electronic console. A description of each display is provided below.

TIME—functions like a stopwatch, giving you total exercise time per session, up to 59 minutes and 59 seconds. The TIME display starts or stops automatically when you start or stop a workout. To reset the TIME display to 0, you must press the RESET key. Use the TIME display to keep track of how long you have exercised in a given session.

RPM—indicates the pedal revolutions per minute, up to 199 rpm. The bar graph on the left side of the display also provides this information up to a maximum of 150 rpm. Use this display to determine your exercise intensity (how hard you are working out) at any given moment.

MPH or KPH—displays speed in miles per hour or kilometers per hour depending on the measurement you choose (See *Configuring MPH or KPH for Speed Measurement* near the end of this manual for instructions). You can measure your exercise speed at any given moment by referring to this display.

MILES or KM—indicates the distance you have traveled, up to 999.9 miles. With this display, you can track how far you have traveled during a specific length of time. You can also use this display to determine the length of your workout; once you have achieved the distance you want, use the TIME display to determine how long it took you. (If desired, you can configure the cycle to show distance in kilometers. For instructions, see *Configuring MPH or KPH for Speed Measurement* near the end of this manual.)

SCAN—alternates the display automatically and provides five second intervals between MILES, MPH, and TIME. To monitor your workout without having to constantly press the keys on the keypad, select the SCAN display by pressing the MODE key until SCAN is highlighted.

PACER—blinks at a constant rate (up to 150 times per minute). You can set the Pacer to a specific rpm (see *Setting a Pacer* later in this manual). When you are exercising at the same rate as the pacer, the Pacer display stops blinking. It sets a tempo for you to follow, providing motivation to help you maintain your exercise intensity.

ODOMETER—gives the total number of miles (or kilometers) accumulated on the cycle over a period of time. A maximum of 999.9 miles can be displayed before the odometer cycles back to zero. Use this display to track the amount of "mileage" your cycle has on it.

Console keypad

The electronic console keypad lets you perform different functions during your workout by pressing one of four keys. A description of each key is provided below.

START/STOP—starts or stops a workout session. The information that appears on the electronic console display automatically freezes when you start or stop a workout.

MODE—lets you specify what information you want displayed. Simply press the key repeatedly until the appropriate function is highlighted and the desired information appears. For example, to display specific information such as TIME or MPH, press the MODE key until the desired information appears on the screen.

PACER—sets a pace tempo. By pressing PACER, the pacer appears in the bar graph on the left side of the display. The pace tempo can be changed only by pressing the PACER key.

RESET—resets the displays on the electronic console to zero. Note that pressing this key does not reset the ODOMETER and PACER displays.

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 positioning, sit on the seat of the 825e cycle with your feet on the pedals and your toes and knees pointing toward the front of the cycle. Your knee should be slightly bent (10 to 15 degrees) when your leg is fully extended in the down position.
2. If you need to adjust the seat, dismount from the seat. Hold the post underneath the seat with one hand while you pull out the seat post adjustment pin with the other hand.
3. Slide the seat post up or down to 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 that no slippage occurs and that the pin is properly seated 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.

Setting the Resistance Level

Anytime during a workout session, you can adjust the resistance level. Resistance and RPM determine how hard you work during a session.

Understanding the principles covered in *General Aerobic Training Information* later in this manual will help you select the appropriate resistance for your fitness level and personal fitness goals. To achieve your goals, it is important to use a resistance that allows your heart rate to reach your training zone and then maintains that rate for the desired length of time.

The adjustment knob found on the column below the electronic console, lets you adjust the resistance settings similar to gears on a multiple-speed bicycle. To adjust resistance, follow these guidelines.

- **Increase** pedaling resistance by turning the adjustment knob *counter-clockwise*.
- **Decrease** pedaling resistance by turning the adjustment knob *clockwise*.

Start exercising at a slow setting, then gradually work your way to a comfortable resistance level that allows you to pedal at a comfortable rate for 20 minutes or longer.

Note: After working out, always return the adjustment knob to the lowest resistance setting, 0 (zero), to eliminate wear on the cable and belt.

Setting a Pacer

Setting a pace tempo provides motivation and helps you to maintain your exercise intensity. To set a pacer, press the PACER key on the electronic console until the bar graph indicates the desired RPM.

The pacer blinks when you are moving at a faster or slower rate than the pacer. However, the pacer stops blinking when your speeds coincide.

Pausing Your Workout

The cycle has an automatic auto-pause feature, allowing you to stop exercising briefly. To pause your workout, simply stop pedaling. Five minutes after you stop exercising the electronics unique screen-saver feature turns off the screen and saves your position. When you resume working out, the electronics continue counting from the point you left off, for an accurate readout of your total workout time.

Ending a Workout

To end your workout, simply stop pedaling. You can also press the START/STOP keypad. In either case, the displays on the console freeze, allowing you to review your workout statistics.

You can then do one of two things: either press RESET to return the displays to zero or let them stand, which lets you track total exercise time and miles over several exercise sessions. The electronics count TIME and MILES cumulatively, so if you do not press RESET at the end of your workout, the electronics will continue counting from the point you left off.

With the console's unique screen-saver feature you do not have to worry about turning off the console when you finish your workout. Five minutes after you stop exercising the screen saver turns off the screen.

Configuring MPH or KPH for Speed Measurement

The 825e cycle allows you to specify how you want speed and distance measured, whether in MPH and miles or KPH and kilometers.

To change the current setting:

1. Press the PACER and START/STOP keypads simultaneously and hold for four seconds.

The entire display lights up momentarily, the console beeps twice, and "002" appears on the display.

2. Press the MODE keypad until 750 appears on the display.

Note: You can scroll through all the options by simply pressing the MODE keypad repeatedly until the desired setting appears. Pressing START/STOP also backs up the display one setting.

3. Press PACER to select miles and MPH or kilometers and KPH. This key toggles between the two settings.
4. When the desired setting is shown on the display, press RESET to activate the cycle.

The cycle is now ready to use.

How to Use the 825e Cycle

This section explains how to work out on the cycle safely and effectively. 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 (see Diagram 3 later in this manual).
- After your workout, pedal slowly for several minutes to cool down your body and lower your pulse rate.
- Keep your hips, knees, ankles, and toes facing forward.
- Keep your shoulders and back relaxed, and hold your pelvis vertical—not tilted.
- Hold your head up—looking at your feet or the floor strains your neck and back muscles.
- Set the resistance at a low level initially until your muscles warm up and your heart rate reaches its target zone. You can then increase the level to the desired setting for working out.
- Gently stretch your lower body and back after a workout to help prevent stiffness or soreness.

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

To use the 825e cycle:

1. After you have set the resistance level at a low setting and finished any desired pre-workout stretching, sit on the cycle. Make sure that your feet are positioned securely on the foot pedals. Adjust the foot straps on the pedals to keep your feet secure.
2. Start your workout by pedaling at a rate that will allow your heart rate to reach your training zone within 5 minutes. To get your heart rate into your training zone, you might have to adjust the resistance setting.
3. After your warm-up period, maintain your heart rate in your training zone during your aerobic session.
4. When you are finished exercising, cool down for 3 to 5 minutes by gradually reducing your pedaling speed.

Note: If you increased your resistance level during your aerobic session, lower the resistance level setting to help your body cool down. A proper cool-down helps to transport excess lactic acid out of the working muscles, allowing them to recover faster.

5. To end your workout, simply stop pedaling. You can also press the START/STOP key. In either case, the displays on the console freeze, allowing you to review your workout statistics.
6. If you want to reset the displays to zero, press the RESET key. If you'd rather track exercise time and miles over several sessions, let the displays stand. Five minutes after you stop exercising, the screen automatically turns off.

For best results, vary your workouts by changing duration, intensity, pedal RPM, and type of work (such as cross training). We recommend that you keep track of your workouts by writing them down; this way you can monitor your progress toward your fitness goals and also use the information as a reference in planning interesting, challenging workouts.

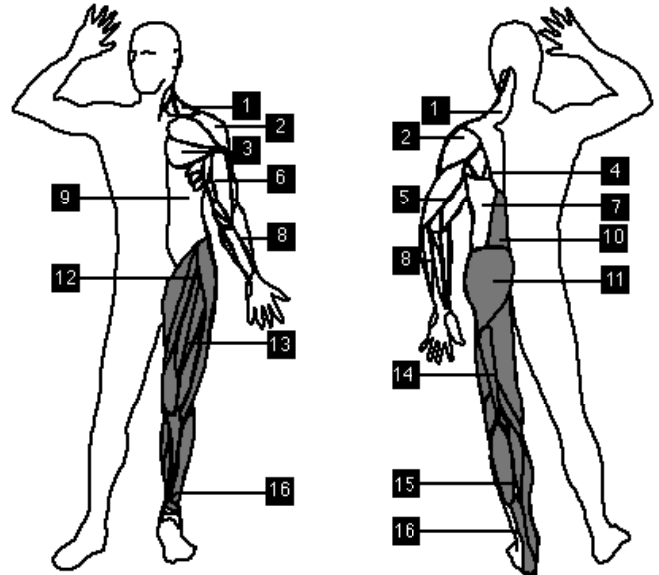
General Aerobic Training Information

A workout on the Precor 825e Electronic Stationary Cycle provides excellent and efficient cardiovascular conditioning, while strengthening and toning the thighs, calves, and hips. The darkened areas in Diagram 2 indicate the muscles improved.

Diagram 2

Muscles exercised during a cycle workout

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



To get the most out of each workout, a general understanding of the principles behind aerobic training is invaluable. The best source of fitness information is your specialty fitness dealer. In addition to providing information on which exercise equipment is the best for your individual needs, your specialty fitness retailer can provide useful advice on training, technique, and exercise physiology. Your retailer 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 have shown 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 the “training zone.” Your training zone depends on your age and level of fitness.

Diagram 3
Training zones

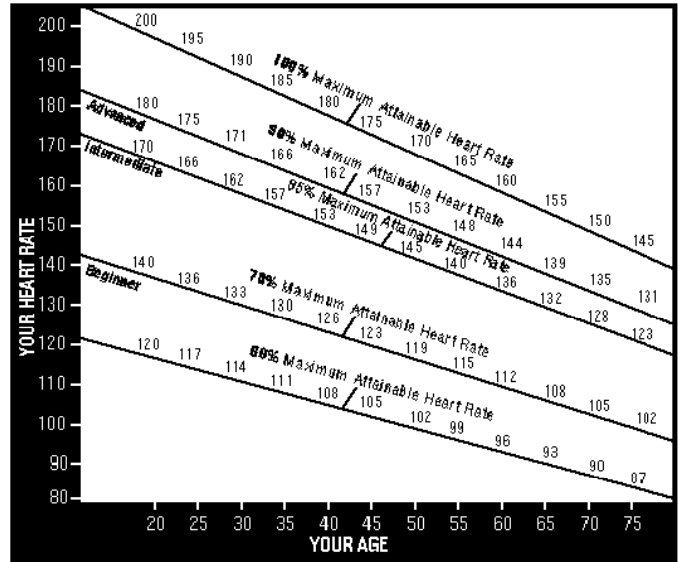


Diagram 3 shows your recommended heart rate training zone which is calculated using your age and your maximum attainable heart rate. The chart is based on a resting heart rate of about 72 for males and 80 for females. Your optimum training zone is between 65% and 80% of your maximum heart rate. For efficient 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 area where they intersect. For example, if you are 35 years old, your training zone is between 120 and 148 beats per minute. Remember the zone—this is the heart rate zone you should try to maintain as you work out.

To determine your heart rate, take your pulse at a place that you can reach easily and comfortably while you exercise. Typical locations 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 heart rate reading.

Once you locate your pulse, look at a watch or 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 3. If necessary, increase or decrease your activity level to bring your heart rate into your training zone. You can increase your activity level by increasing your resistance level and pedaling at a faster RPM. Similarly, lowering the resistance and decreasing your pedal RPM will lower your heart rate. *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. Setting the resistance level too high or pedaling too fast are common errors. Give yourself time to become familiar with your cycle and improve your fitness level. Then you can gradually increase your resistance level and pedaling rate 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 the training zone for at least 15 minutes. This does not include warm-up and cool-down time. You should always allow several minutes to bring your heart rate into the training zone, by starting out slowly and gradually increasing the 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 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 3 to 5 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 successful long-term weight loss.

Maintaining the 825e Electronic Stationary Cycle

The 825e cycle requires very 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 batteries when they wear down
- adjust the belt resistance when the resistance knob no longer provides enough resistance

Cleaning the Cycle

CAUTION: Do not use abrasive cleaners or polishes on the 825e cycle. These products will damage the surface finish.

Periodically, clean the cycle base, seat and seat post with mild soap and water or a general household cleaner made for cleaning plastic and rubber. Do not use these products on the electronic console since they can scratch the surface.

Clean the surface of the electronic console with a damp sponge or soft cloth. You can use mild soap and warm water (not hot water). Dry the surface thoroughly with a clean towel. *Do not pour or spray liquids on the cycle.*

Important: Special care should be taken when cleaning the electronic console screen to avoid scratching the surface.

Changing the Batteries

The electronic console comes with two "AA" alkaline batteries installed. When your console no longer shows a digital readout or the count becomes erratic, you need to change the batteries.

Important: When you change the batteries you lose your cumulative totals.

To change the batteries, take the following steps:

1. Open the door on the side of the electronic console and replace the old batteries with two new "AA" alkaline batteries.

The entire display lights up momentarily, the console beeps twice, and "002" appears on the display.

2. Press the MODE key until "750" appears on the display. This procedure properly sets the calibration of the RPM's.

Note: You can scroll through all the options by simply pressing the MODE key until the desired setting appears. Pressing START/STOP also backs up the display one setting.

3. If desired, select kilometers (KM) and KPH by pressing the PACER key. You can press PACER again to return to miles and MPH. (The PACER key toggles between these two settings.)

The electronics automatically default to miles and MPH after the batteries have been replaced.

4. Press RESET to activate the cycle.

The cycle is now ready to use.

Adjusting the Belt Resistance

You should only adjust the belt resistance when turning the resistance knob (located below the electronic console) no longer provides enough resistance during your workout.

To adjust the belt resistance you will need the following tools: phillips head screwdriver, flathead screwdriver, and needlenose pliers.

Important: Make sure that the resistance knob located below the electronic console is turned to the lowest setting.

To adjust the belt resistance, take the following steps:

1. Move the seat to the same level as the handlebars by pulling the seat post adjustment pin out and sliding the seat post up.
2. Ask another person for assistance and tilt the cycle backwards.
3. Have one person hold the cycle steady. Using a phillips head screwdriver, remove the four screws holding the bottom pan to the cycle base.
4. Locate the cable attached to the tension adjustment arm (see Photo 2 earlier in this manual for the location of the tension adjustment arm). Using a flathead screwdriver, loosen the nut that holds the cable to the adjustment arm.
5. Using needlenose pliers, increase the resistance by pulling the cable approximately 1/16 to 1/4 inch. Re-tighten the nut with the screwdriver.
6. Return the cycle to the upright position.
7. Pedal briefly to check the adjustment. If the resistance is still too loose, repeat the above steps. However, if the resistance is too tight, at Step 5 loosen the cable instead of pulling it with the pliers.

Getting Service

Do not attempt to service the 825e cycle yourself except for changing the batteries or performing other maintenance tasks as described in this manual.

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



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