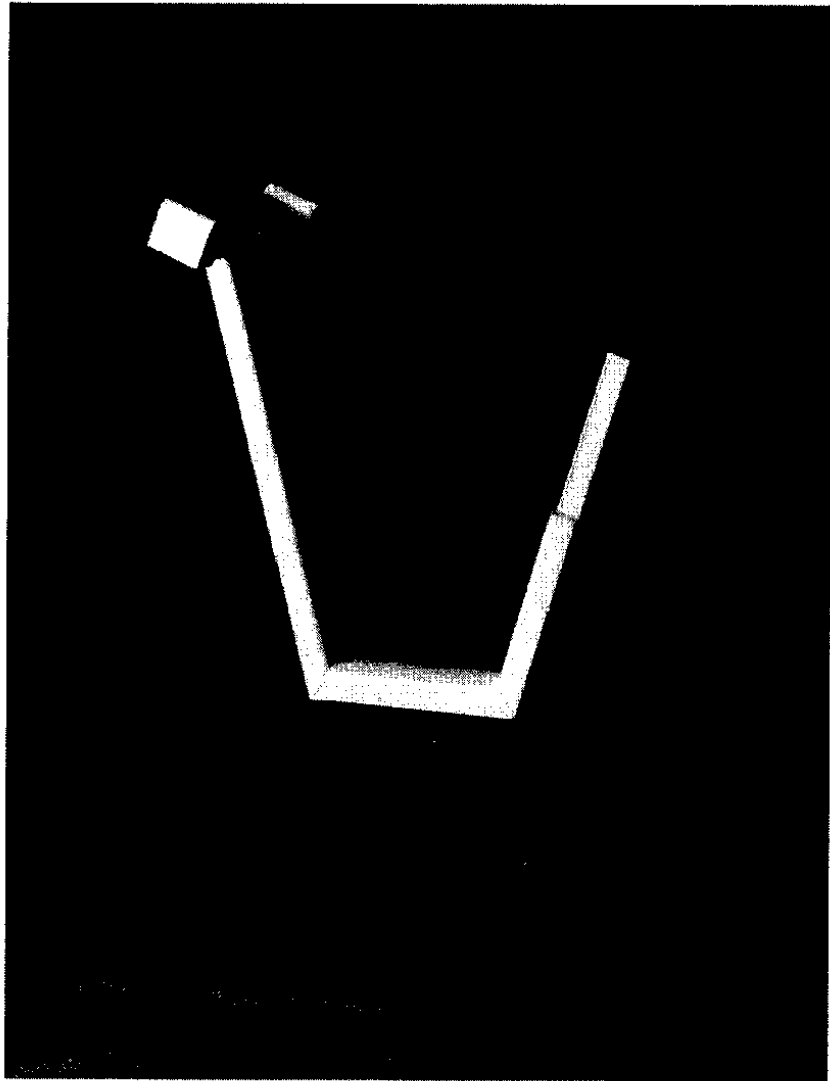


PRECOR[®] USA

COMMERCIAL PRODUCTS DIVISION



Commercial Cycle Owner's Manual

C844

Before You Begin

Thank you for purchasing the Precor C844 Commercial Cycle. The C844 features the Precor Smart Rate™ system and is built to the exacting standards of the health club environment. The C844 is intended for commercial use and can withstand the rigors of daily club use with little maintenance.

The smooth drive motion of the C844 provides a quiet, comfortable workout, whether you're pedaling to a personal record or maintaining your target heart rate. The Smart Rate and electronic console displays provide helpful information that let you follow your progress and keep your motivation level high. You can also choose a preprogrammed course to meet your fitness needs.

Before using the C844, we urge you to familiarize yourself and your staff with the entire Owner's Manual. Understanding this manual will help you and your customers use the C844 safely and successfully.

ABOUT THIS MANUAL

Inside this manual, you will find instructions for installing and using the C844. To maximize the use of the C844, please study this manual thoroughly. The manual uses the following conventions for identifying special information:

"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.

"WARNING:" Provides instructions to prevent electrical damage to the equipment and prevent injuries to yourself.

"DANGER:" Indicates steps you must take to prevent electrical shock.

OBTAINING SERVICE

Do not attempt to service the C844 yourself except for the maintenance tasks described in this manual. The C844 does not contain any user-serviceable parts. For information about product operation or service, contact an authorized Precor dealer at 1-800-4-PRECOR.

To help the authorized dealer expedite your call, have your serial number available. The serial number on the C844 is written on a label located on the underside of the base.

Model number: C844 Serial number: _____

If you have any questions regarding your cycle, use the model and serial numbers whenever you call your Precor dealer or servicer.

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

- Read all instructions before using the C844 Commercial Cycle. These instructions were written to ensure your safety and to protect the cycle.
- To ensure the proper use and safety of the C844 cycle, make sure that all users read this manual. Please make this manual a part of your training program.

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

Il est conseillé de subir un examen médical complet avant d'entre-prendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

DANGER—To reduce the risk of electrical shock, always unplug the C844 from the electrical outlet immediately after using and before cleaning.

WARNING—To reduce the risk of burns, fire, electric shock, or injury to persons, take the following precautions:

- The C844 should never be left unattended when plugged in. Unplug the cycle from the outlet when it is not in use, and before putting on or taking off parts.
- Close supervision is necessary when the C844 is used by, on, or near children, invalids, or disabled persons.
- Use the C844 only for its intended use as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injuries.
- Never operate the cycle if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped in water. Return the cycle to a service center for examination and repair.
- Keep the power cord away from heated surfaces.
- Never drop or insert any object into any opening. Keep hands away from moving parts.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- To disconnect, turn all controls to the OFF (O) position, then remove the power plug from the outlet.

WARNING—Connect the C844 to a properly grounded outlet only. See *Grounding Instructions*.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

Grounding Instructions

The C844 Cycle must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current which reduces the risk of electrical shock. The C844 is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

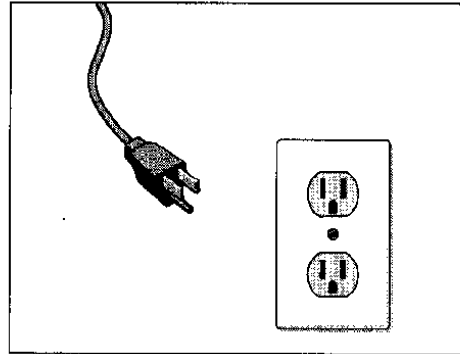
Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the cycle is properly grounded. Do not modify the plug provided with the cycle—if it will not fit the outlet, have a proper outlet installed by a qualified technician.

120 V UNITS DESIGNATED FOR U.S. MARKETS

The C844 cycle is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug as illustrated. Make sure that the cycle is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Diagram A

Proper grounding plug and power outlet for 120 volt.



240 V UNITS DESIGNATED FOR U.S. MARKETS

The C844 is for use on a circuit having a nominal rating more than 120 volts and is factory-equipped with a specific power supply cord to permit connection to a proper electric circuit. Make sure that the C844 is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the C844 must be reconnected for use on a different type of electrical circuit, the reconnection should be made by qualified service personnel.

Information Regarding International Use

FCC Communications Commission, part 15

The C844 has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. The C844 generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the C844 does cause harmful interference to radio or television reception, which can be determined by turning the C844 OFF and ON, you are encouraged to try to correct the interference using one or more of the following measures:

- Reorient or relocate the receiving antenna for your TV, radio, VCR, etc.
- Increase the separation between the C844 and receiver (TV, radio, etc.).
- Connect the C844 into a different power outlet—on a circuit different from the one used by the receiver (TV, radio, etc.).
- Consult your dealer or an experienced radio/TV technician for help.

Note: Shielded interconnect cables and/or shielded power cords provided must be employed with the C844 to insure compliance with the pertinent RF emission limits governing this device.

Canadian Department of Communications

"This digital apparatus does not exceed the (Class B)* limits for radio noise emissions from digital apparatus set out in the Radio Interference Regulations of the Canadian Department of Communications."

*Indicates only the class of digital apparatus which is appropriate for the specific application.

"Le présent appareil numérique n'émet pas de bruits radioélectriques dépassant les limites applicables aux appareils numériques (de la class B)* prescrites dans le Règlement sur le brouillage radioélectrique édicté par le ministère des Communications du Canada."

*Indiquer seulement la classe du appareils numériques correspondent à l'application visée.

European Applications

This product has been tested to the requirements of EN55022, "Limits and methods of measurement of radio interference of information technology equipment." Per that standard, the C844 Cycle is a Class B product. In a domestic environment, this product may cause radio interference, in which case, the user may be required to take adequate measures.

Personal Safety

When using the C844, take the following precautions:

- Completely assemble the C844 before using it. Check the cycle before each use. Do not continue to operate the cycle when it is not working properly. Return the cycle to a service center for examination and repair.
- Keep all electrical components, such as the power cable, and ON/OFF switch, away from water or other liquids to prevent shock. Do not set anything on the casing or electronic console. Never place liquids on any part of the cycle.
- Assemble and operate the cycle on a solid, level surface. Locate the cycle at least 4 feet from walls or furniture.
- Wear proper exercise clothing and shoes for your workout—no loose clothing. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any dirt. Tie long hair back.
- Keep all loose clothing and towels away from the cycle. Keep hands away from moving parts.
- Use care when getting on or off the cycle.
- Make sure that the seat is securely fastened before using the cycle.
- Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injury.
- Do not rock the unit. Do not stand on the seat or casing.
- Do not attempt to service the cycle yourself other than the assembly and maintenance instructions found in this manual. See Obtaining *Service* in the maintenance section 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 Heart Rate Option—Safety Guidelines

The Precor Heart Rate Option was created and designed exclusively for Precor products. Before using this option, read and follow the instructions found in the owner's manual that accompanies your option kit or chest strap transmitter.

The equipment is extremely sensitive—you should use the heart rate option with this in mind and take time to read the following guidelines:

- Handle the Precor Heart Rate Option with care. Do not drop the equipment. It might damage the transmitter and you could void the manufacturer's limited warranty.
- Do not place the chest strap near strong electromagnetic radiation sources. Television sets, electric motors, radios, and high voltage power lines can interfere with the heart rate signal that is being transmitted to the receiver and might affect the heart rate readings that appear on the electronic console.
- Use only one chest strap at a time inside the range of the receiver. If the receiver tries to process several signals simultaneously, an incorrect heart rate reading could result. Be sure to keep any other transmitters at least 5 feet (1.5 meters) away from the receiver on your C844 cycle.
- Keep the equipment dry. Although the chest strap should not be immersed in water, wetting the electrodes and your chest will improve the initial performance. Note that perspiration on the chest strap during workouts is normal and actually enhances the signal being sent from the chest strap's transmitter.
- To conduct the electrical impulses from your heart, the chest strap's electrodes require a certain percentage of salts and minerals in the water used to wet them. The electrodes continue to transmit your heart rate reading as long as they are in contact with your skin and your skin is providing enough moisture through your perspiration to keep the electrodes wet. However, if the concentration of salts in your perspiration is not high enough to conduct electrical impulses and send them to the receiver, your heart rate reading will appear erratic or not appear at all. Some people cannot use the heart rate feature because they do not have the proper body chemistry.
- Do not use the chest strap if you are taking any medication or have a cardiac pacemaker. Inaccurate heart rate readings can occur due to medication or electrical impulses from the cardiac pacemaker.
- Stretching or bending the electrode strips on the chest strap may cause the strips to lose their conductivity. Handle the chest strap with care.
- After extensive use, the chest strap (transmitter) may wear out, causing inaccurate heart rate readings. With every use, check the strap for excessive wear and replace it if necessary. See *Obtaining Service* on the inside front cover.

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 cycle.

Table of Contents

| | |
|---------------------------------------------------------|------------|
| Before You Begin | ii |
| About this Manual | ii |
| Obtaining Service | ii |
| Important Safety Instructions | iii |
| Grounding Instructions | iv |
| Information Regarding International Use | v |
| Personal Safety | vi |
| Precor Heart Rate Option—Safety Guidelines | vii |
| Setting Up the C844 Cycle | 1 |
| Unpacking the C844 Cycle..... | 1 |
| Installation Requirements | 1 |
| Assembly Instructions | 2 |
| Programmable Options on the C844 Cycle | 7 |
| Understanding the Electronic Console | 7 |
| Keys on the Electronic Console | 8 |
| Graphic Display on the C844 Cycle | 9 |
| Right Display on the C844 Cycle | 10 |
| Using the Club Customization Program | 11 |
| Working Out on the C844 Cycle | 13 |
| Turning the C844 ON and OFF | 13 |
| Adjusting the Seat | 13 |
| C844 Automatic Pause Feature | 14 |
| Ending Your Workout | 14 |
| Understanding Smart Rate..... | 14 |
| Utilizing the Heart Rate Capability | 15 |
| Exercising on the C844 Cycle | 16 |
| Using Manual Mode and the Quick Start Key | 18 |
| Changing the Interval Course Profile | 18 |
| Using the Random Course | 18 |
| Maintaining the C844 Cycle | 20 |
| Cleaning the Cycle | 20 |
| Displaying the Odometer..... | 20 |
| Correcting Inconsistent Heart Rate Readings | 20 |
| Servicing the Climber | 21 |
| Power Cord Maintenance..... | 21 |
| C844 Long Term Storage..... | 22 |
| Special Forms | 23 |
| Workout Statistics Log | 23 |
| Specifications | Back cover |

Setting Up the C844 Cycle

UNPACKING THE C844 CYCLE

Your C844 is carefully inspected before shipment so it should arrive in good operating condition. Precor ships the unit in the following pieces:

- base frame assembly
- upper assembly (seat pedestal and handlebars)
- seat post
- two base frame support covers
- electronic console display
- handlebars (upper and lower)
- power cable, Owner's Manual, and limited warranty card

To remove the C844 from the shipping box, be sure to ask for assistance from more than one adult.

CAUTION: The C844 weighs over 180 pounds (81 kilograms). To avoid injury and ensure the safety of the unit and yourself, we suggest that you get assistance before removing the unit from the box.

INSTALLATION REQUIREMENTS

Follow the installation requirements below when installing the C844. *If you do not install the C844 according to the following guidelines, you could void the Precor limited warranty.*

- **Set up the C844 on a solid, flat surface.** A flat surface is required for your safety and proper use of the C844.
- **Acquire the appropriate tools.** To assemble the C844, you will need a set of Allen wrenches (hex keys).
- **Fill out and mail the limited warranty card.** The serial number is located on a label at the base of the cycle.
- **Use the appropriate voltage, dedicated circuit, and grounding as specified on the C844.** The C844 is available in a 120-volt model in the U.S.A. and Canada. Other voltage models are available for the European and international markets. Refer to the C844's identification label to determine the voltage, power cord, and plug that your C844 requires.

CAUTION: Use the appropriate power cord and plug for your unit. Do not use a non-grounded outlet. Electrical damage can occur if the C844 is connected to an improper power source.

ASSEMBLY INSTRUCTIONS

You do not need any special knowledge or experience to set up a C844, however you will need assistance. Because of its weight and size, ask for several assistants to help you assemble the C844.

To assemble the C844 cycle, carefully unpack the parts from the shipping box, acquire a set of Allen wrenches (hex keys), and take the following steps:

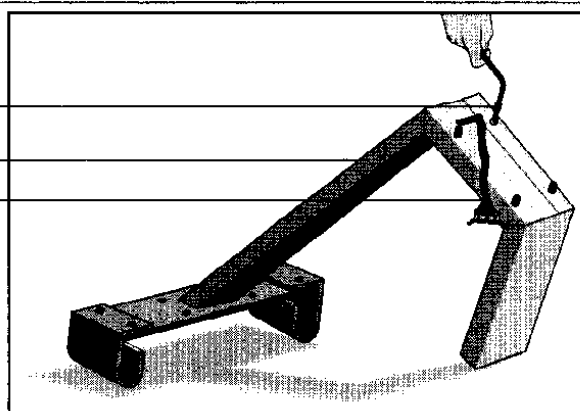
1. Unpack the C844 by removing the packing materials and loose contents (electronic console, handlebars, power cord, and literature kit) from around the base frame and upper support assemblies.
2. Remove the upper assembly and turn it upside down near the location where you plan to assemble the cycle. Ask for assistance to move the base frame assembly out of the box.

CAUTION: To avoid injury and ensure your safety, you need help from assistants to move the C844 out of the box. Do not drop the unit.

3. Make sure that the C844 is unplugged and turned OFF. Do not assemble the C844 if it is plugged into a power outlet.
4. Remove the plastic front and rear covers from the pedestal on the base frame. Refer to Diagram 4 on page 4. Grasp the edge of a cover near the top and bottom. Pull the top away from the pedestal and follow through with the bottom of the cover. Set the covers aside.

Diagram 1 *Prepare upper assembly for installation.*

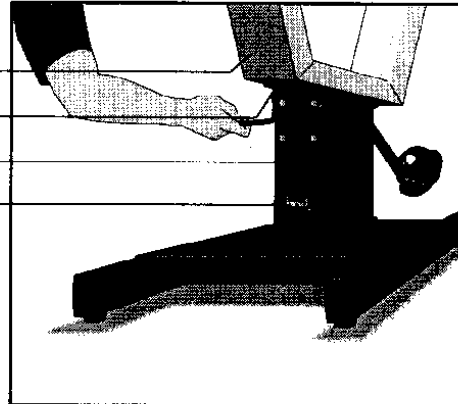
Bolt
Upper assembly
Ribbon cable



5. Take the following steps to secure the upper assembly to the base frame:
 - a. Use a 3/8" Allen wrench to remove the four bolts and washers from the base of the upper assembly. See Diagram 1. Set the bolts and washers aside, but within easy reach.

Diagram 2 Attach upper assembly to base.

Upper assembly
 Bolt
 Pedestal
 Ribbon cable



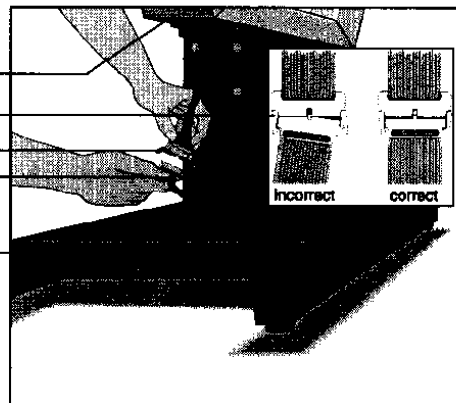
- b. Move the ribbon cable out of the way before you place the upper assembly onto the pedestal. Position the upper assembly so that the ribbon cables are on the same side. Align the bolt holes with the holes in the mounting plates. The mounting plates are *inside* the upper assembly. To align the holes, move the plates with your fingers.

CAUTION: Be sure not to crimp or pinch the ribbon cable as you place the upper column support into position. Cables pinched or otherwise damaged by improper installation will not be covered by the Precor limited warranty.

- c. Insert the four bolts and washers through the mounting plate and into the upper assembly. Alternately tighten each bolt until the upper assembly is securely fastened to the mounting plate. See Diagram 2.

Diagram 3 Connect ribbon cable to base.

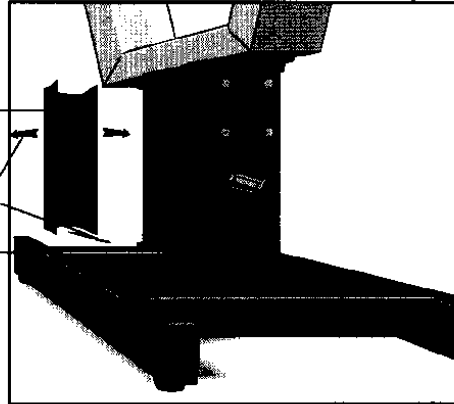
Upper assembly
 Clip
 Ribbon cable receptacle
 Ribbon cable connector
 Base frame



- d. Plug the ribbon cable connector attached to the base into its receptacle hanging from the upper assembly. See Diagram 3. The connector is designed to engage in one direction only. Do not force the connector into the receptacle. Make sure that all pins are aligned and then press the clips on the receptacle to a close over the connector. See inset in Diagram 3.

Diagram 4 *Place covers onto base column support.*

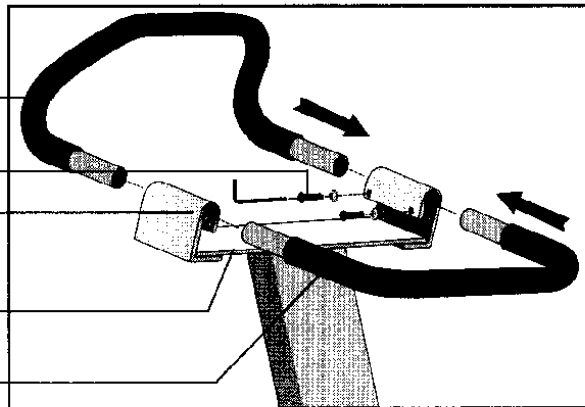
Cover
 Arrows indicate direction of movement
 Pedestal



- e. Replace the front and rear covers onto the pedestal. See Diagram 4. Use your hands to pull the sides of the cover apart. Align the two ribs on the inside of the cover with the upper and lower mounting brackets and snap the cover into position.

Diagram 5 *Install handlebars.*

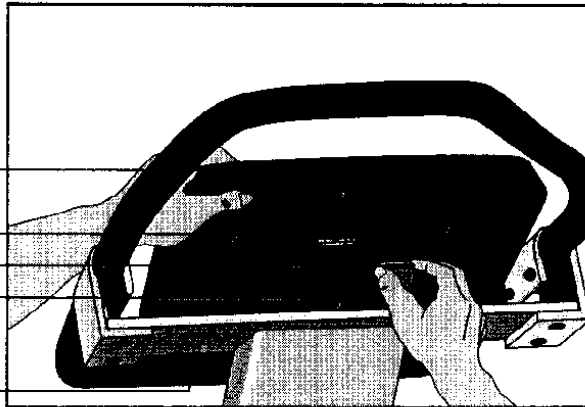
Upper handlebar
 Bolt
 Handlebar clamp
 Console mounting plate
 Lower handlebar



6. Loosen all four bolts in the upper handlebar clamps using an Allen wrench. (You do not need to completely remove the bolts from the handlebar clamps.) See Diagram 5.
7. Insert the handlebars one at a time. See Diagram 5 for proper orientation. Align the front and lower portion of the handlebar with the clamps. Slide the handlebar into the clamps until the black foam wrap on the handlebar touches the clamps. Perform the same step on the opposite handlebar. Make sure that the handlebars meet in the center of the clamp
8. Securely tighten the bolts in the handlebar clamp using a 3/16" Allen wrench.

Diagram 6 *Attaching ribbon cable to electronic console.*

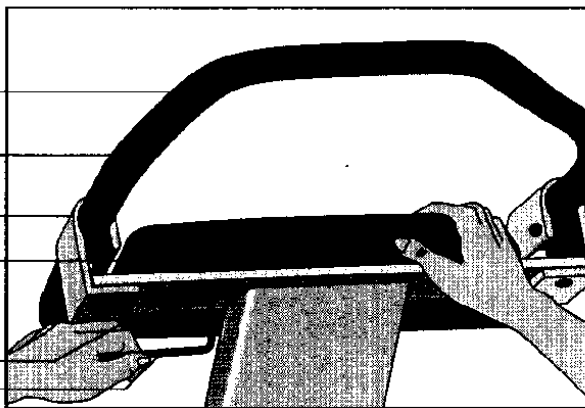
Electronic console
 Ribbon cable receptacle
 Ribbon cable connector
 Ribbon cable
 Console mounting plate



9. Attach the ribbon cable to the electronic console as shown in Diagram 6. The connector is designed to engage in one direction only. Do not force the connection. Make sure that the clips on the end of the receptacle snap into place over the tabs on the connector.

Diagram 7 *Attach the electronic console.*

Upper handlebar
 Foam wrap on handrail
 Handlebar clamp
 Electronic console
 Mounting plate
 Allen wrench



10. Install the electronic console by taking the following steps:
 - a. Remove the two bolts and washers from the back of the electronic display using a 5/32" Allen wrench.
 - b. Position the electronic console over the mounting plate. Insert the bolts with the washers and tighten the bolts securely. See Diagram 7.

11. Attach the seat post by taking the following steps:
 - a. Hold the post underneath the seat with one hand while you pull out the seat post adjustment pin with the other hand. Refer to *Adjusting the Seat* on page 13.
 - b. Slide the seat post up or down into the desired position.
 - c. Release the seat post adjustment pin. Press down firmly on the seat to make sure that the pin is secure and does not slip. For more information, refer to *Adjusting the Seat*.

CAUTION: A fully-assembled C844 is very heavy. To avoid possible injury, Precor recommends that more than one person move the C844 to its final location.

12. If you need to move the C844, ask for assistance. The C844 weighs over 180 pounds (81 kilograms).

CAUTION: Do not remove or otherwise bypass the 3-prong plug with an adapter in order to use a non-grounded outlet. Do not plug the C844 into a power transformer in an attempt to adjust the voltage requirements. Failure to follow these instructions might damage the unit and void Precor's limited warranty.

13. Insert the power cord's connector into its receptacle on the front of the base assembly. Make sure that you have the appropriate power cord for your unit.
14. Plug the C844 into a grounded outlet. Be sure to use the appropriate voltage requirements. Refer to *Grounding Instructions* on page iv and the *Installation Requirements* on page 1.

You have completed assembling the C844. To become familiar with using the C844, please continue on to the following section.

Programmable Options on the C844

The C844 is designed so users can work out with minimal instruction or training. The directions on the console and the prompts on the display will guide a user through an entire workout session. Before the C844 is used, however, we recommend that you familiarize yourself with it so you can instruct your customers to use it safely and effectively. This section covers the following information:

- an overview of the features provided on the electronic console
- instructions for using the club customization program

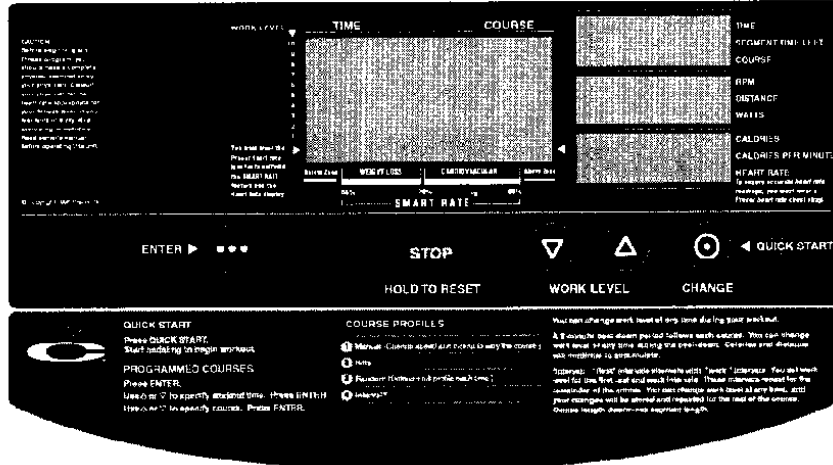
UNDERSTANDING THE ELECTRONIC CONSOLE

Once the C844 is set up, it is ready to use. There are no complex instructions to follow or mandatory programming steps required to operate the C844. Choose either the QUICK START feature which lets you immediately start the manual program, or press "ENTER" which prompts you for more specific information. The easy-to-understand prompts let you specify how long you want to work out. Select one of the workout programs and then adapt the work LEVEL to meet your fitness goals.

Once you begin a workout, indicator lights appear to show you which data is being displayed. While you are working out, use the CHANGE key to "change" which features are displayed.

When you use the Precor Heart Rate Option, the Smart Rate™ feature provides visual aids regarding your heart rate. The Precor chest strap that you wear, transmits a signal which is picked up by the C844 software and displayed numerically (when the Heart Rate indicator is lit) and graphically along the bottom of the left window display. The blinking segment shows a percent of your actual heart rate which allows you to regulate your heart rate and maintain the best cardiorespiratory fitness level. To find out where you can purchase this option, call 1-800-4-PRECOR to locate the authorized dealer nearest you.

Diagram 8



As you exercise, the electronic console provides motivation and presents constant feedback about your progress. An explanation of each feature on the C844 console follows Diagram 8.

KEYS ON THE ELECTRONIC CONSOLE

The electronic console keypad provides QUICK START/CHANGE, ENTER, STOP (HOLD TO RESET) and WORK LEVEL keys which affect the function of the C844.

QUICK START: If you wish to use the manual program, you can bypass the setup prompts by pressing the QUICK START key. When you begin working out, the amount of time you have been on the C844, the RPM, and total caloric burn appears on the electronic console display. To display other features, press the CHANGE key.

Note: If you press QUICK START while the Precor banner is scrolling across the display, the workout time defaults to the club limit set in memory. However, prior to pressing QUICK START, you can press ENTER (or move the pedals) to display the TIME prompt. Use the ▼ or ▲ key to select a TIME, press ENTER, and then press Quick Start.

ENTER: When you turn ON the C844, several prompts appear before you start your workout. Each prompt needs to be addressed and then “entered” into the C844’s memory by pressing the ENTER key.

STOP: Press STOP to pause or end your workout. The “TIME” prompt will appear. Refer to *Ending A Workout* for more information.

HOLD TO RESET: While you are answering the setup prompts, you can cancel the program, clear the display, and return to the initial start-up prompt, by pressing HOLD TO RESET. The initial start-up prompt, "PRECOR C844" scrolls across the display. You can then begin another exercise program. During a workout on the C844, pressing HOLD TO RESET exits the course or program, erases the workout statistics, and displays the setup prompt, "TIME."

WORK LEVEL: The ▼ or ▲ key changes the "work level" (pedal resistance) by changing the force applied against the pedals which decreases/increases your degree of effort. As you change the work level, the highlighted segments in the display move accordingly and indicate the work level setting.

- Decreasing the work level (resistance), makes it easier to pedal faster.
- Increasing the work level, makes the pedal resistance feel firmer. To keep the same revolutions per minute, you need to pedal harder.

CHANGE: Each time you press the CHANGE key, the indicator lights move to a different set of features that appear in the right display windows. For example, if the TIME, RPM, and CALORIES indicators are lit, you can "change" the display to show the SEGMENT TIME LEFT, (how much time is left before the cell at the top of the next segment begins to blink) and the DISTANCE and CALORIES PER MINUTE.

GRAPHIC DISPLAY ON THE C844 CYCLE

The left display window on the C844 electronic console provides graphic information about your workout session. When you start your workout, a TIME indicator light appears and prompts you to change or accept (ENTER) the time shown in the display. You are then prompted to enter your AGE and COURSE preference. When you have completed answering the setup prompts, the course profile appears that corresponds to the program you selected. As you proceed through your workout, your position is indicated by a blinking cell.

Error messages can also appear on the display. These messages explain problems that may arise while you are using the cycle. Some problems you can solve while other problems require a qualified service technician. Refer to *Correcting Inconsistent Heart Rate Readings*. If you are unsure about an error message, please call a Precor authorized service center.

TIME: Change the time displayed by using any ▼ or ▲ key. The workout time can be limited—see *Club Customization Program*. If a club limit does exist, you can change the workout time up to the limit allowed. Accept the time being displayed by pressing ENTER.

AGE: An age prompt appears only if the optional Precor heart rate receiver is properly installed in the electronic console. Any ▼ and ▲ key enables you to decrease or increase the numerical display. Once the correct number appears, press ENTER. Make sure that you enter your correct age since it is used to determine your proper Smart Rate target zone.

COURSE: The course number appears in the upper right display. A label on the electronic console shows which courses are available. Indicate the course that you want to use by pressing the ▼ or ▲ key until the course number is displayed and then, press ENTER. A portion of the course profile appears in the left display window.

SMART RATE:TM When the Precor optional heart rate receiver has been properly installed and you wear the Precor Heart Rate Option's chest strap, a blinking segment in the bar graph appears at the bottom of the display. If you have entered your accurate age at the AGE prompt (completed during the setup prompts), the blinking segment shows you the zone that your heart rate is in: either Weight Loss or Cardiovascular. Refer to *Understanding Smart Rate*.

RIGHT DISPLAY ON THE C844 CYCLE

The right display windows on the C844 electronic console provide alphanumeric displays. Once you begin a workout, the information that appears in the windows indicate the time, RPM, and calories (total caloric burn). You can choose to highlight the next set of features by pressing the CHANGE key.

TIME: Displays the time that has elapsed since beginning a specified program or workout. Use this display to pace yourself during a workout.

SEGMENT TIME LEFT: Indicates the amount of time left in a particular column before the cell at the top of the next column begins blinking. During the setup prompts, you enter a workout time. When the course is displayed, each column corresponds to the "workout time divided by 15" because 15 columns exist for each course.

COURSE: Displays the number of the course that you are using.

RPM: Indicates the number of revolutions that the flywheel takes per minute.

DISTANCE: The distance that you have travelled appears once you begin a workout. Distance can appear in miles or kilometers. If you wish to change the display, follow the instructions in the *Club Customization Program*.

WATTS: Indicates the amount of energy currently being expended.

CALORIES: Provides the cumulative number of calories burned during a workout.

Note: The numbers that appear in the CALORIES and CALORIES PER MINUTE displays are dependent on the RPM and resistance.

CALORIES PER MINUTE: Indicates the number of calories per minute.

HEART RATE: The heart rate display helps you monitor your heart rate as it responds to your workout. The Precor optional heart rate receiver must be installed and you must wear the chest strap transmitter before your heart rate can appear on the display. For more information about how to use the Precor Heart Rate Option, consult your *Precor Heart Rate Option Owner's Manual*.

USING THE CLUB CUSTOMIZATION PROGRAM

The Club Customization Program lets you program your C844 with these features:

- **Measurement system**—You can choose between U.S. Standard or Metric. Typically, the C844 you buy is set to U.S. Standard.
- **Voltage requirements**—You can verify the appropriate voltage for your unit (120 volts or 240 volts). Refer to the C844's identification label to determine the voltage that your C844 requires.
- **Maximum workout time**—You can set a workout time limit between 10 and 240 minutes in variable increments (see the list below). For example, if you set the maximum workout time to 20 minutes, the C844 allows users to specify a workout time from 10 to 20 minutes. Users could not specify a workout time longer than 20 minutes. When you buy the C844, the workout limit is set at 60 minutes. The incremental displays vary as shown below:

| Time settings: | Displays increments of: | For example: |
|-----------------------|--------------------------------|---------------------|
| 10 to 20 minutes | 1 minute | 11, 12, 13,... |
| 20 to 60 minutes | 5 minute | 25, 30, 35,... |
| 60 to 240 minutes | 15 minute | 75, 90, 105,... |

Accessing the Club Customization Program requires combining specific keys on the electronic console. This design helps secure the C844 from unauthorized access and changes.

To use the Club Customization Program, take the following steps:

1. Make sure that the C844 is placed in an appropriate location, the power cord is plugged into the unit, and the power source is appropriate to the unit's and power cord's voltage requirements. See *Grounding Instructions* on page iv.
2. If necessary, turn ON the C844 using the ON/OFF power switch. This switch is located near the power receptacle.
3. When the start-up prompt "PRECOR C844" scrolls across the display, access the Club Customization Program by simultaneously pressing the LEVEL ▲ and CHANGE keys.

Important: Do not move the pedals during step 3. If the electronics perceive any movement of the flywheel, you cannot access the club customization program.

4. Release the two keys after a few seconds and the unit of measure prompt will appear on the display. Use the ▼ or ▲ key to select the measurement system, either Metric or U.S. Standard, and then press ENTER.
5. The voltage requirements prompt appears (120 or 240). Refer to the C844's identification label to determine the voltage that your C844 requires and then press the ▼ or ▲ key to select the appropriate voltage. Press ENTER to continue to the next prompt.

CAUTION: If the voltage that is entered does not correspond to the voltage label on your C844, then the pedal resistance will not work properly.

6. A number appears indicating the current setting (in minutes) for the maximum workout time. Press the ▼ or ▲ key if you want to change the time limit. You can designate a time limit between 10 and 240 minutes. The amount of time you choose limits the length of a person's workout. Continuous pressure on the arrow key lets you scroll through the numbers being displayed. Press ENTER when the desired time limit appears.

Note: The default or "out-of-box" setting is 60 minutes. Changing the setting lets you designate how long a customer works out on the C844. If you do not change the 60-minute setting, than a customer is limited to a 60-minute workout or the lesser time that he or she sets for a particular course. If the customer uses QUICK START, workout time is limited to: 30 minutes; or a lesser TIME limit set by the individual; or a lesser time limit set in the Club Customization Program.

7. Once you ENTER a numerical value for the maximum workout time, the TIME indicator lights and prompts you to enter a TIME. This means that your club customization is complete and the C844 is ready to use.

Working Out on the C844 Cycle

As simple as using the C844 cycle might seem, you should read this section so that you can train your customers to use the cycle safely and effectively. This section provides basic information and instruction that your customers may need to exercise on the cycle, including the following:

- turning the cycle ON and OFF
- adjusting the seat
- pausing or ending a workout
- understanding Smart Rate
- utilizing the Heart Rate interactive capabilities
- exercising on the C844
- using C844 courses

TURNING THE C844 ON AND OFF

Use your fingers to turn the C844 ON and OFF. The ON/OFF (I/O) switch is located at the front of the unit, near the power cable.

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.

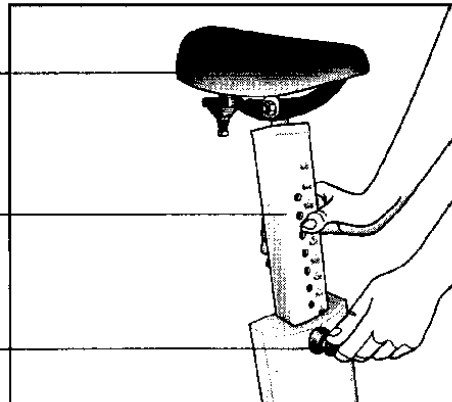
1. To check for proper seat position, sit on the seat of the C844 cycle with your feet on the pedals. The knee of your extended leg should be slightly bent (10 to 15 degrees).

Diagram 9 *Adjusting the seat.*

Seat cushion

Seat post

Seat post adjustment pin



2. If you need to adjust the seat, dismount and hold the post underneath the seat with one hand while you pull out the seat post adjustment pin with the other hand. See Diagram 9.

3. Slide the seat post up or down into the desired position and then, release the seat post adjustment pin.
4. Before sitting on the cycle, press down firmly on the seat to make sure that it does not slip and that the pin is properly inserted in the appropriate hole.
5. Sit on the cycle's seat again and, if necessary, follow steps 2 through 5 to readjust the seat height.

C844 AUTOMATIC PAUSE FEATURE

The C844 has a two-minute, auto-pause feature which occurs:

- when you reach the time limit set for the course or set by the club.
- if no movement is detected on the foot pedals.

At the end of the two-minute pause, the Precor C844 banner scrolls across the display.

ENDING YOUR WORKOUT

If you wish to end your workout, simply press the STOP key or stop pedaling. Press the HOLD TO RESET key to clear the display.

A cool-down period is implemented on the C844 when you reach the end of a course program. The five-minute, cool-down period lets you vary the work level settings while calorie count and RPM continue to accumulate on your workout statistics. After the five-minute cool down, the total TIME appears and the LEVEL returns to zero. A two-minute period allows you to reflect upon your workout statistics. To cause the TIME prompt to appear, press HOLD TO RESET, or let the two-minute period elapse.

Note: The five-minute, cool-down period on the C844 activates automatically when you reach the time limit set for the course program.

UNDERSTANDING SMART RATE

The C844 software incorporates the latest in cardiac monitoring to provide Smart Rate™—a visual aid that lets the user know where his or her heart rate is at a glance. When the optional receiver is installed and the Precor Heart Rate Option chest strap is worn, the graph on the display lights up with colored cells to indicate exercise intensity. A specific percent of the user's heart rate appears as a blinking cell within that zone.

Important: The Smart Rate blinking indicator light and the heart rate display only appear when the Precor heart rate receiver is installed in the electronic display and the chest strap transmitter is used. The Smart Rate indicator lights do not appear when you use the Quick Start key. If the Smart Rate lights appear, but do not blink, it means that a receiver is installed, but the user is not wearing the chest strap transmitter or it is not working properly. To correct transmitter problems, refer to your *Precor Heart Rate Option Owner's Manual*. To obtain service, see the information on the inside front cover.

Smart Rate simplifies the correlation between heart rate and exercise. You don't have to stop concentrating on your workout to find your pulse anymore. If you enter your appropriate age during the setup prompts, Smart Rate performs all the calculations for you and displays a graphic image of where you are in your zone. Smart Rate uses your age and your maximum aerobic heart rate to calculate the zone. The blinking cell symbolizes the percent at which your heart rate is working and displays it in the cardiovascular or weight loss zone.

Using Smart Rate during a workout with *any* C844 program helps maximize the user's weight loss or cardiovascular fitness regimen. While a user works out in a particular course, you as trainer or club manager, could show him or her the Smart Rate display and change the resistance (WORK LEVEL) to position his or her heart rate in the desired Smart Rate zone.

When the user maintains their heart rate between 70% and 85% of his or her maximum aerobic heart rate, overall improvement occurs to his or her cardiorespiratory fitness level. If a person maintains his or her heart rate between 55% and 70% of their maximum aerobic heart rate, he or she is burning enough calories that, when continued on a regular basis for 30 minutes or more, provides the greatest fat-burning (weight loss) benefits.

UTILIZING THE HEART RATE CAPABILITY

A user can make each program on the C844 a heart rate interactive course by monitoring and maintaining his or her heart rate in the Smart Rate zone best suited for their specific needs.

Important: You can access the Smart Rate only if the optional heart rate receiver is installed in your unit. See *Obtaining Service* on the inside front cover. The Smart Rate indicator lights do not appear when you use the Quick Start key.

Before utilizing the heart rate interactive capabilities (Smart Rate), take time to read the following guidelines.

- Consult with your physician before engaging in any vigorous exercise. Do not use Smart Rate until authorized by your physician.
- Slow down and stop the workout immediately if you experience any pain or abnormal symptoms.

- Gently stretch your lower body and back before and after the test to help prevent stiffness or soreness.
- Know your heart rate (pulse) and your physician-recommended heart rate training zone. Individual heart rates vary according to several physiological factors and may not correspond directly with the tables provided.
- You should not use the heart rate interactive capabilities (Smart Rate) if you are taking any medications that either speed up or slow down your heart rate.
- Keep in mind that you are working with very sensitive equipment and upper body movement should be kept to a minimum.
- After putting on the chest strap, turn the cycle ON and sit down on the seat for a minimum of 15 seconds. This allows the cycle to acknowledge the presence of the transmitter.

While the C844 software monitors your heart rate, you have the capability to maintain it within the cardiovascular or weight loss zones by changing the resistance on the pedals. Increasing or decreasing the revolutions per minutes (rpm) also affects your work effort and heart rate. Digitally, your heart rate can appear in the right window display. Use the CHANGE key to highlight the HEART RATE indicator.

Note: For the C844 software to detect a heart rate, the optional receiver must be installed in your unit and you must wear the optional Precor chest strap.

EXERCISING ON THE C844 CYCLE

This section explains how to exercise on the C844. The C844 comes with three preprogrammed courses (Hills, Random, and Interval). These courses differ in the "terrain" you cover and the resistance you feel as you pedal through the varying "hills" and "valleys." You can change the pedal resistance at any time by pressing the WORK LEVEL ▼ or ▲ keys. The C844 also provides a "manual" work out where you govern the work levels. To learn how to use the different courses, please refer to appropriately titled sections in this manual.

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

To exercise on the C844, take the following steps:

1. If the C844 is OFF, turn it ON using the ON/OFF (I/O) power switch. The switch is located near the power cable at the front of the unit. "PRECOR C844" scrolls across the electronic console display.
2. Sit on the seat with your feet firmly on the pedals. If you need to adjust the seat height refer to the section, *Adjusting the Seat* on page 13.

3. Check to see that the pedal straps are tight so that your feet cannot easily slide off the pedals.
4. Press ENTER to begin setting up the C844 for your workout session. If you plan on using the Manual program without Smart Rate, press QUICK START to bypass the setup prompts.

Important: If you choose the QUICK START feature, skip steps 5 through 7. When you use the QUICK START feature the time limit defaults to the club limit or 30 minutes whichever is less. However, prior to pressing QUICK START, you can press ENTER (or move the pedals) to display the TIME prompt. Use the ▼ or ▲ key to select a TIME, press ENTER, and then press QUICK START.

5. At the "TIME" prompt, specify the duration of your workout using the ▼ or ▲ key. Press ENTER when the correct time is displayed. The length of time allowed for a workout can be limited. See *Using the Club Customization Program*. When specifying a workout time, you can choose any time up to, but no longer than, this limit. For example, if the club's time limit is set at 20 minutes, you can set a workout time from 10 to 20 minutes.
6. At the "SPECIFY YOUR AGE" prompt, select your age using the ▼ or ▲ key and then, press ENTER. Note that the age prompt only appears if the optional Precor heart rate receiver is properly installed in the electronic console.
7. At the "COURSE" prompt, choose the cursor number using the ▼ or ▲ key. When the desired course number is displayed (in the upper right display window), press ENTER. Refer to the label on the electronic console for a list of the program numbers and their associated course profiles.

Important: If you plan to utilize the Precor Heart Rate Option, but a heart rate cannot be detected or no heart rate information is transmitted for more than 20 seconds, a message appears on the display stating that no heart rate signal has been detected. Check that the Precor chest strap is placed properly around your chest and that the Precor heart rate receiver is installed in the electronic console display. If problems continue, consult your *Precor Heart Rate Option Owner's Manual*.

8. Once you decide on a course, begin your workout by moving the pedals forward. The course appears in the left display and your workout statistics appear in the three windows on the right. To change the features being displayed, press the CHANGE key.

Note: Refer to *Understanding Smart Rate* for more information regarding the Smart Rate indicators.

Continue your workout and maintain your exercise intensity by varying the work level. Use the Smart Rate display to help you maintain your cardiovascular or weight loss target zone. To pause during your workout, simply press STOP or stop pedaling. A two-minute pause occurs before the C844 resets your workout statistics. Refer to *Pausing Your Workout* for more information.

Note: On the C844, you can change the work effort and pedal resistance by pressing the LEVEL ▼ or ▲ key while you work out.

9. When the selected time frame or exercise program ends, the C844 automatically begins a 5-minute, cool-down period. During the cool-down period, adjust the LEVEL settings to help return your heart rate to its non-exercising state. Refer to *Ending A Workout*. Press HOLD TO RESET to clear the displays and return to the "TIME" prompt.

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 and challenging workouts in the future. A form for recording your workout statistics is provided on page 23.

USING MANUAL MODE AND THE QUICK START KEY

Manual mode lets you control your work level levels which affect the effort you put into your workout. If you change the levels during Manual mode, the change appears in each individual column of the course profile while you work out.

You can choose the Manual Mode in two different ways by:

- pressing the QUICK START key when the "PRECOR C844" prompt scrolls across the display. The QUICK START option bypasses the setup prompts. However, you can change and ENTER the TIME setting before you press the QUICK START key.
- pressing ENTER at the "PRECOR C844" prompt. This causes the C844 to display the setup prompts as explained in the previous section titled *Exercising on the C844*.

When you choose the **MANUAL** program on the C844, the program's course profile appears in the left display window and shows a flat, constant course. Use the LEVEL ▼ or ▲ key to change the resistance (force applied against the flywheel which is felt through the pedals).

As you proceed through your workout on the C844, a blinking cell represents your position in the course. Workout statistics appear in the three windows on the right. To change the features being displayed, press the CHANGE key.

CHANGING THE INTERVAL COURSE PROFILE

The interval course on the C844 cycle allows you to set two custom intervals according to your training regimen. You set the work level (pedal resistance) for the two intervals (first two columns of the course) and the software takes over from there, repeating the intervals throughout the course until the time limit runs out or you press the STOP key.

Note: Interval time is based on the workout time you ENTER divided by 15. (15 is the number of horizontal columns on the display).

To set the interval for a course, take the following steps:

1. Follow steps 1 through 7 in the section titled, *Exercising on the C844 Cycle*. At the "COURSE" prompt, use the ▼ or ▲ key to display "4" in the upper right display. Press ENTER.
2. The interval course profile appears in the left display window.
3. While the cell is blinking at the top of the first column, press the WORK LEVEL ▼ or ▲ key to set the resistance for the first interval.
4. When the cell at the top of the second column begins blinking, use the WORK LEVEL ▼ or ▲ key to set the resistance for the second interval.

After you set the work level on the first two columns of the course profile, the cycle's software takes over and continues repeating those intervals throughout the remaining course profile at the levels you selected.

Note: Anytime during your workout, you can change the interval levels by using the WORK LEVEL ▼ or ▲ keys to change the resistance. The cycle's software reprograms the remainder of the course profile to the newly specified intervals.

USING THE RANDOM COURSE

Selecting a random course on C844 cycle provides a different course profile every time you work out if, after your workout, the HOLD TO RESET key is pressed or the unit is turned OFF (O). The random program provides variable course profiles. Every time the random course is displayed, a different course profile appears in the left display.

Maintaining the C844 Cycle

Because of its advanced design, the C844 requires little maintenance beyond periodic cleaning, which is explained in this section. Keep in mind that, as owner of this machine, you are solely responsible for its maintenance.

CAUTION: Turn OFF and unplug the C844 from the power outlet before performing any maintenance tasks, such as cleaning.

CLEANING THE CYCLE

On a daily basis, use mild soap and water on a damp, soft, clean cloth to clean the pedals, handlebars, and casing. This removes any dirt or dust which might affect the smooth operation of the C844.

CAUTION: Never pour water or spray liquids on the electronic console or C844 frame. Allow the C844 to dry completely before using.

Clean the surface of the electronic console with a damp, clean sponge or soft cloth. Take special care when cleaning the console's display to avoid scratching its surface. Dry the surface thoroughly with a clean towel.

Vacuum around the unit every week to prevent the accumulation of dust and dirt.

DISPLAYING THE ODOMETER

To access the odometer display, simultaneously press and release the LEVEL ▲ and STOP keys. The odometer appears in the right display windows. A maximum of 12 numerical characters are available. Press ENTER to return to the "TIME" prompt.

CORRECTING INCONSISTENT HEART RATE READINGS

If you have purchased the Precor Heart Rate Option and the Precor optional heart rate receiver is installed in the electronic console, the C844 should be able to pick up your heart rate signal. However, if messages appear on the display regarding heart rate errors, stop your workout and take the following steps:

Important: Be sure that the heart rate being displayed correlates to your "normal" heart rate during exertion. Also, review the information found in the **Safety Information, Precor Heart Rate Option—Safety Guidelines**.

1. Check with the club manager to make sure that the C844 contains the heart rate receiver inside the electronic console display.

2. Make sure that the electrodes on the chest strap are moist and placed properly against your skin. Check to be sure that the strap is comfortably tight around your chest and centered in the middle of your chest. Refer to the section in your *Precor Heart Rate Option Owner's Manual* titled, *Wearing the Chest Strap Transmitter*.
3. Be sure that you are within 3 feet of the electronic console and facing toward it. Allow a few seconds for the receiver to display your heart rate on the electronic console's display.
4. Make sure that the C844 is turned ON.

Most often, when the chest strap fails to transmit a heart rate signal, the cause is incorrect placement or conduction of the chest strap electrodes. Check with your local servicer, he or she has a chest strap/heart rate simulator that can test your equipment to make sure that it is operating properly.

If you have taken the steps above and still get erratic readings, you may need to replace the chest strap transmitter or its battery. Refer to your *Precor Heart Rate Option Owner's Manual*. If you have difficulty correcting a problem, call your local servicer. Refer to *Obtaining Service* on the inside front cover.

SERVICING THE CYCLE

Do not attempt to service the C844 yourself except for the maintenance tasks described in this manual. The C844 does not contain any user-serviceable parts or parts that require lubrication. For information about product operation or service, contact an authorized Precor dealer at 1-800-4-PRECOR.

POWER CORD MAINTENANCE

When the C844 is in use, ensure that the power supply cord is away from moving parts so that it cannot be damaged.

If the C844 power supply cord is damaged, special tools are required to repair it. Contact an authorized Precor servicer or dealer at 1-800-4-PRECOR for qualified repair assistance and service.

ACHTUNG

Bei Beschädigung der Anschlußleitung dieses Gerätes darf diese nur durch eine vom Hersteller benannte Reparaturwerkstatt ersetzt werden, weil Spezialwerkzeug erforderlich ist.

C844 LONG TERM STORAGE

When the C844 is not in use, ensure that the power supply cord is unplugged from the wall outlet and is positioned so that it will not become damaged or interfere with other equipment or people.

There are no special storage requirements for the C844 other than ensuring that it is kept free from dirt, moisture, or damage.

ATTENTION: Haute Tension

Débranchez avant de réparer.

Special Forms

WORKOUT STATISTICS LOG

Keep track of your workouts using the form below. After you finish exercising, record your workout statistics off of the electronic console display onto this form.

To maintain the original blank form, be sure to make a working copy.

Name _____
 Course _____ Date _____

| Time | Distance | Calories | Comments |
|------|----------|----------|----------|
| | | | |

Course _____ Date _____

| Time | Distance | Calories | Comments |
|------|----------|----------|----------|
| | | | |

Course _____ Date _____

| Time | Distance | Calories | Comments |
|------|----------|----------|----------|
| | | | |

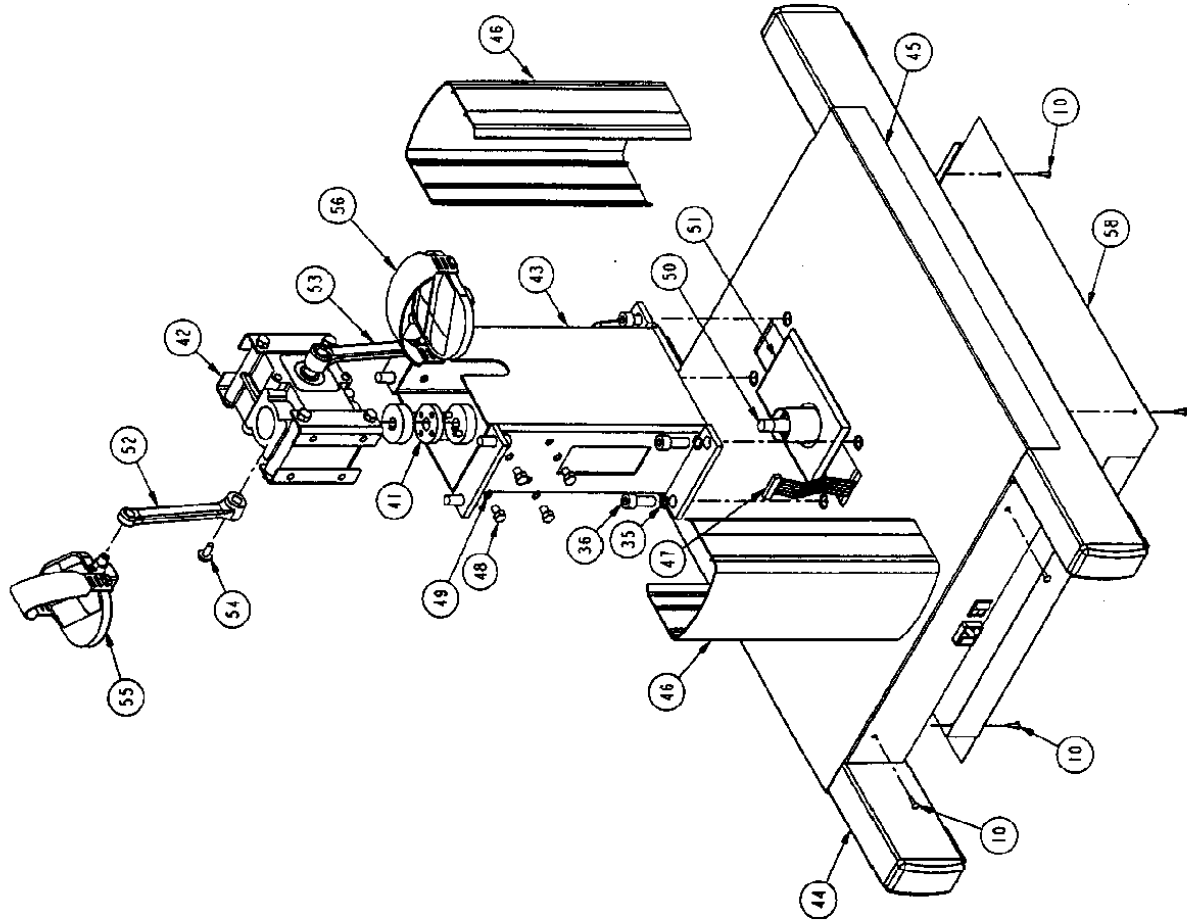
Course _____ Date _____

| Time | Distance | Calories | Comments |
|------|----------|----------|----------|
| | | | |

C844

Commercial Cycle

Exploded Views



Precor is a registered trademark of Precor Incorporated.
© 1995 Precor Incorporated.
Specifications subject to change without notice. 1-800-4-PRECOR.

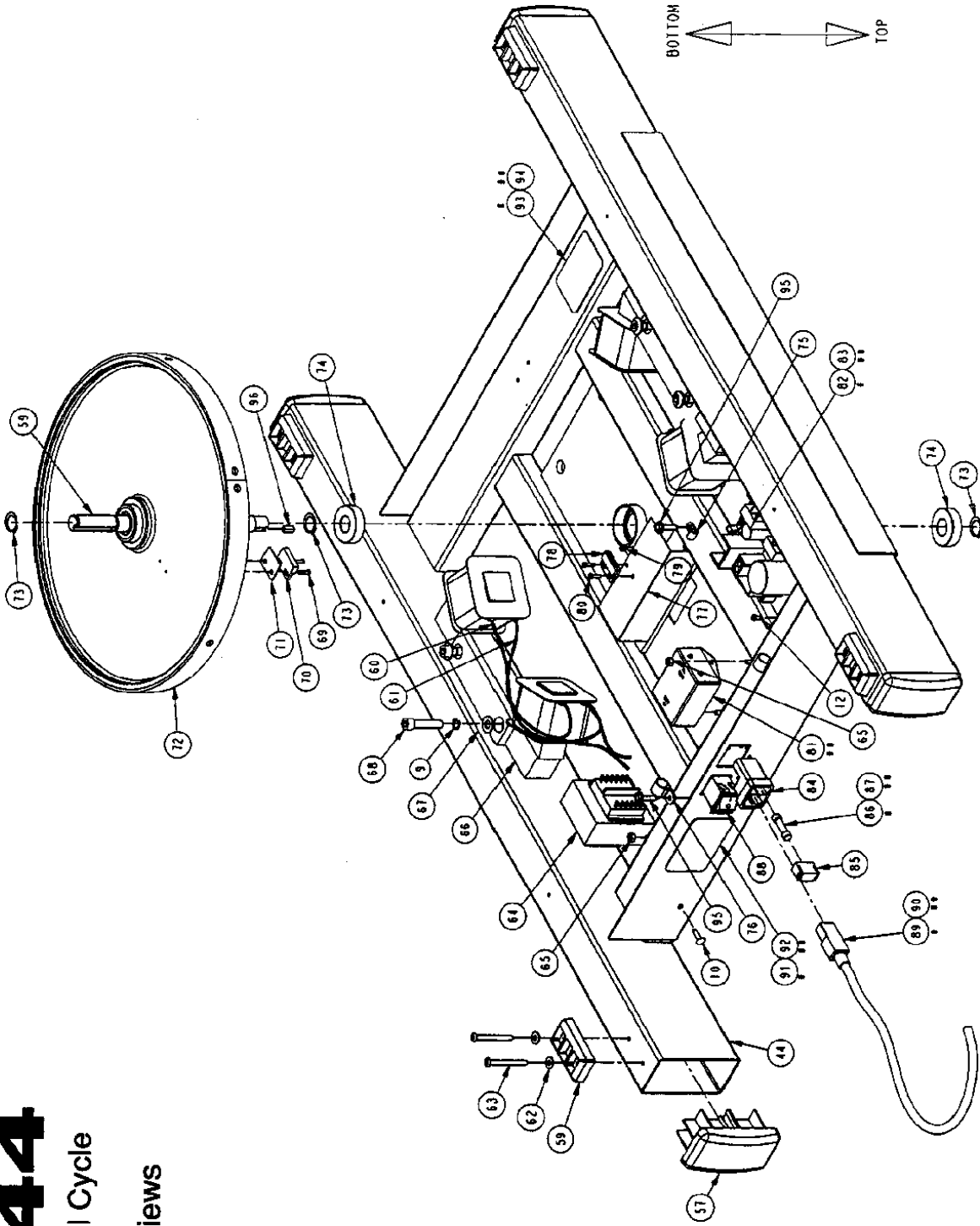
Precor Incorporated
P.O. Box 3004
Bothell, WA USA 98041-3004

P/N 37159-101
10/95
Page 2 of 3

C844

Commercial Cycle

Exploded Views



Precor is a registered trademark of Precor Incorporated.
© 1995 Precor Incorporated.
Specifications subject to change without notice. 1-800-4-PRECOR.

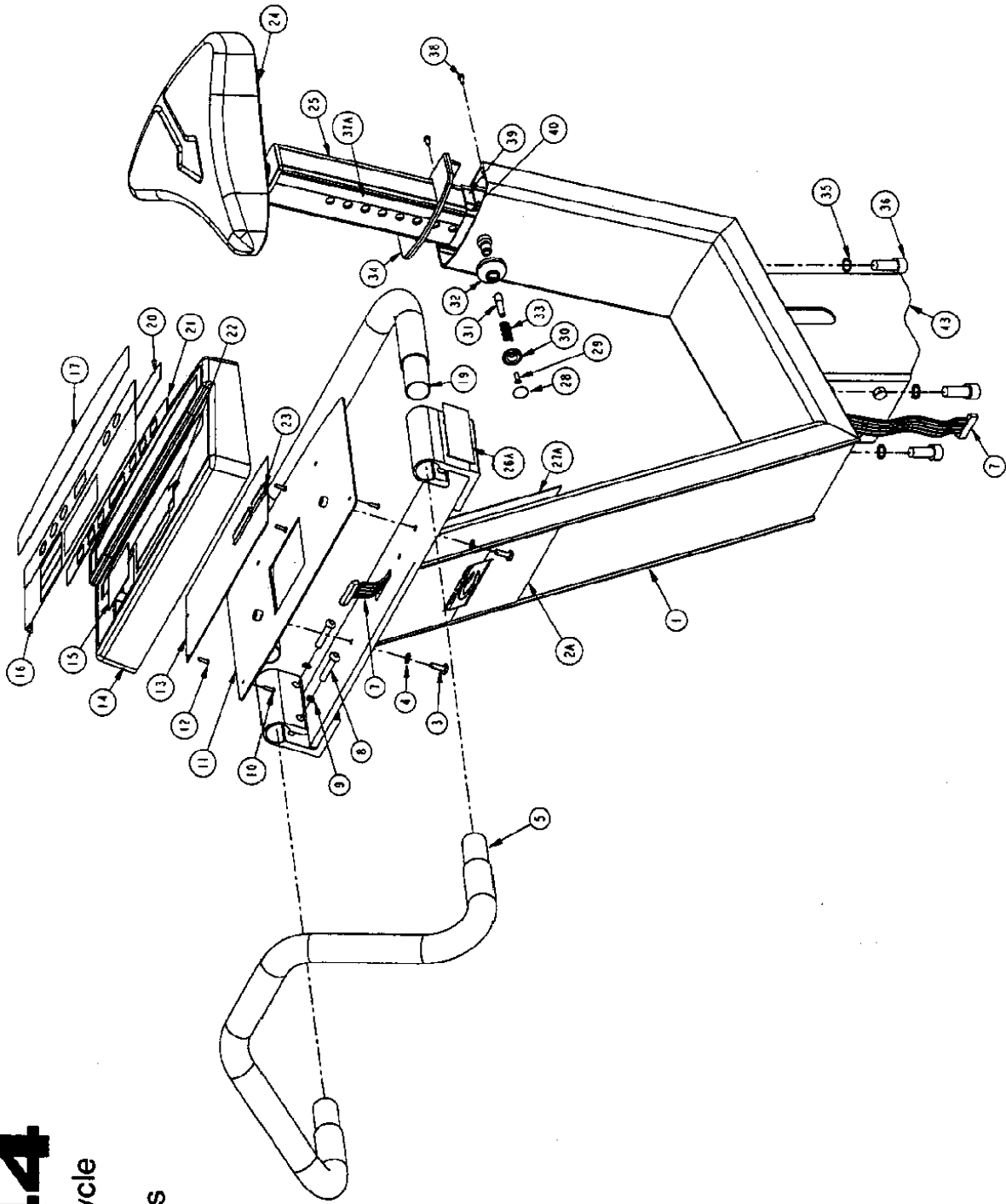
Precor Incorporated
P.O. Box 3004
Bothell, WA USA 98041-3004

P/N 37159-101
10/95
Page 3 of 3

C844

Commercial Cycle

Exploded Views



PLACE
STAMP
HERE



PRECOR[®] USA

Precor Incorporated
P.O. Box 3004
Bothell, WA USA 98041-3004

PRECOR[®] USA
Incorporated
P.O. Box 3004
Bothell, WA USA 98041-3004

PRECOR

PRECOR[®] USA
Commercial Equipment Limited Warranty

Warranty Registration

Commercial Equipment Limited Warranty

or purchasing a PRECOR product. In order that we may continue to serve you in the future, please take a few minutes to complete this warranty registration.

I hereby acknowledge receipt of the Precor Limited Warranty and affirms that the date of purchase was _____ 19____. I, the undersigned, has read and understands the conditions and terms of the Precor Limited Warranty in its entirety. For your complete the Precor Limited Warranty registration card within 10 days from date of purchase and mail it to Precor. In the event of a modification or for other reasons Precor might deem necessary, we will contact you directly.

Facility _____

Person Mr. _____
 Ms. _____

Number _____

_____ State _____ Zip Code _____

Address From _____

_____ State _____ Zip Code _____

_____ Serial number is located on shipping box and on product.

Buyer's Signature _____

Please detach and return this portion.

Please detach and return this portion.



Please fill out this Warranty Registration card and return.

Commercial Equipment Limited Warranty

Incorporated warrants that all new Precor products are free of manufacturing defects in workmanship and materials. Parts replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. This becomes effective at the invoice date of the original purchase.

Products

Covered for a period of 1 year, parts are covered for a period of 2 years, plus a 5-year frame weld warranty covering repair or replacement. Precor provides an additional 1 year parts-only limited warranty for the treadmill drive motor. C942 is covered only when in non-fee-paying installations for 1 year, parts and labor.

Commercial Products (except options)

Parts are covered for a period of 1 year, plus a 5-year frame weld warranty covering parts-only repair or replacement. Provides an additional 1 year parts-only limited warranty for the treadmill running bed, running belt, and drive motor; eddy magnets and disk.

Accessories / Battery-powered or Self-Operated Devices

Parts and accessories have components that are connected internally or mounted inside the electronic console. The following determine the warranty for these components: If the internal components are installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are installed. If the internal components are not installed by the factory or by an authorized dealer as part of the original sale and delivery they have a 90 days labor and 1 year parts limited warranty. All components that are not internally connected have a 1 year limited warranty. Satisfactory proof of purchase is required in all cases.

SOLE LIABILITY IS LIMITED TO REPAIR OR REPLACEMENT OF PARTS ACCORDING TO THE TERMS AND CONDITIONS OF THE LIMITED WARRANTIES, AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE ARE LIMITED TO THE DURATION OF THE ABOVE WRITTEN WARRANTIES. IN NO EVENT WILL PRECOR OR THE DEALER BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES SUCH AS INCONVENIENCE, COMMERCIAL LOSS, LOSS OF PROFITS OR DAMAGE TO OTHER PROPERTY.

We do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to this warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Action out and keep for your records.

In order to receive this warranty, please complete the Precor Limited Warranty registration card within 10 days of date of purchase and mail it to Precor. In the event of a safety modification or for other reasons Precor may deem necessary, we will contact you directly.

Address From _____

_____ State _____ Zip Code _____

Number _____

Model _____ Serial # _____

Conditions

This warranty is valid only in accordance with the conditions set forth below.

- Warranty applies to the Precor product only while:
 - It remains in the possession of the original purchaser and proof of purchase is demonstrated.
 - It has not been subjected to accident, misuse, abuse, improper service, or non-Precor modification and
 - Claims are made within the warranty period.
- Products warranted for commercial use: all C-series and EC-series products, M7.4, M8.8sp, M9.5, M9.5sp, M9.5ni.
- Products warranted for light commercial use only (defined as use in non-fee-paying clubs or facilities): M9.4, M9.4sp, C942. Unapproved use voids the warranty.
- This warranty does not cover damage or equipment failure caused by electric wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
- During the labor period Precor compensates Servicers for warranty trips within their normal service area to repair commercial equipment at the customer's location. You may be charged a trip charge outside the service area.
- Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the equipment or contacting a Precor Factory Authorized Service Center, or call 1-800-4-PRECOR.
- Except in Canada, Precor does not pay labor outside the United States. Equipment limited warranty is void when equipment is installed in a country other than where sold. For specific warranty details, contact a local Precor dealer.

This Limited Warranty shall not apply to:

- Software (PROM) limitations or corrections.
- Batteries or other consumables, or cosmetic items, grips, seats, labels, or wheels.
- Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
- Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
- Pick-up, delivery, or freight charges involved with repairs.
- Any labor costs incurred beyond the applicable labor warranty period.

C844 COMMERCIAL CYCLE

featuring Smart Rate and the Heart Rate Display

SPECIFICATIONS

Length: 39 inches (99 cm)
Width: 24.5 inches (62 cm)
Height: 56 inches (142 cm)
Weight: 180 lbs (81 kg)
Power: 50/60Hz; 120v or 240v AC

DISPLAY

| | |
|----------|-----------------------|
| TIME | CALORIES PER MINUTE |
| RPM | WORK LEVEL |
| DISTANCE | HEART RATE (optional) |
| CALORIES | |

Course Profiles

Manual course allows users to control workout.
Hill provides engaging uphill & downhill ride.
Random offers different hills and valleys.
Interval provides the advantage of interval training courses.
Course length determines interval length.

PRECOR[®] USA

Precor Incorporated
P.O. Box 3004
Bothell, WA USA 98041-3004

Precor is a registered trademark of Precor Incorporated.

"C" is a trademark of Precor Incorporated.

©1996 Precor Incorporated.

Protected by one or more of the following U.S. and

Foreign patents: US 5,366,144; and other pending applications.

Specifications subject to change without notice.

1-800-4-PRECOR

P/N 36776-102

4/96

NOTICE:

Precor is widely recognized for its innovative, award winning designs of exercise equipment. Precor aggressively seeks US and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor's product designs is hereby forewarned that Precor considers the unauthorized appropriation of its proprietary rights to be a very serious matter. Precor will vigorously pursue all unauthorized appropriation of its proprietary rights.