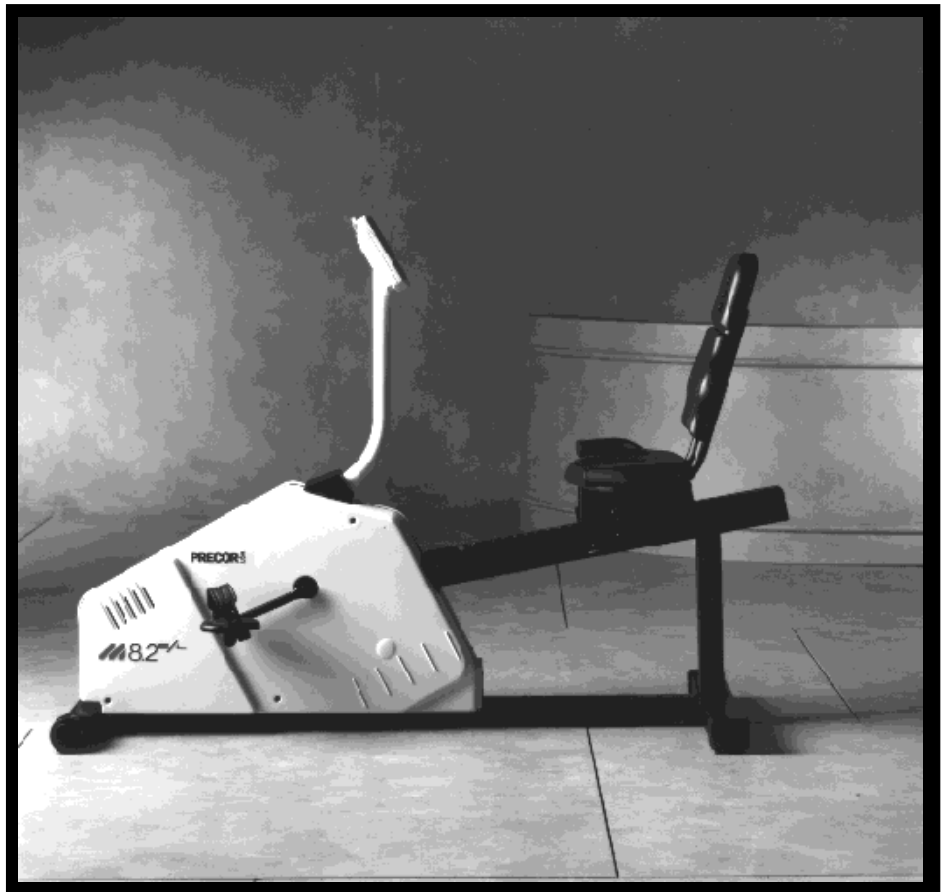




**M 8.2** E/L

Personal  
Recumbent  
Cycle Trainer

# Owner's Manual



**PRECOR**<sup>®</sup>  
USA

# Safety Information—Save These Instructions

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

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

- Read, observe, and follow all instructions in this owner's manual when using the M8.2E/L Recumbent Cycle. These instructions were written to ensure your safety and to protect the recumbent cycle.

## **Prevent Electrical Shock**

### **DANGER**

To reduce the risk of electrical shock always unplug the M8.2E/L Recumbent Cycle from the electrical outlet immediately after using and before cleaning.

### **WARNING**

Connect the M8.2E/L to a properly grounded outlet. For more information, refer to *Grounding Instructions* in this section. To reduce the risk of burns, fire, electric shock, or injury to persons, take the following precautions:

- The recumbent cycle should never be left unattended when plugged in. Unplug the recumbent cycle from the outlet when it is not in use, and before putting on or taking off parts.
- Do not allow children on or near the recumbent cycle without adult supervision. Do not leave children unsupervised around the recumbent cycle.
- Use the recumbent cycle 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.
- Check the recumbent cycle before each use. Completely assemble the recumbent cycle before using it. Do not use the recumbent cycle if the cord or plug is damaged. Do not continue to operate the recumbent cycle when it is not working properly. Never operate the recumbent cycle if it has been dropped, damaged, or immersed in water. Return the recumbent 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.

- 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 recumbent cycle.
- To disconnect, turn all controls to the OFF position, then remove the power plug from the wall outlet.

## **Personal Safety**

- Assemble and operate the recumbent cycle on a solid, level surface. Locate the recumbent 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 and embedded stones. Tie long hair back.
- Keep all loose clothing and towels away from the recumbent cycle. Keep hands away from moving parts.
- Use care when getting on or off the recumbent 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 recumbent 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 recumbent 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.

## Grounding Instructions

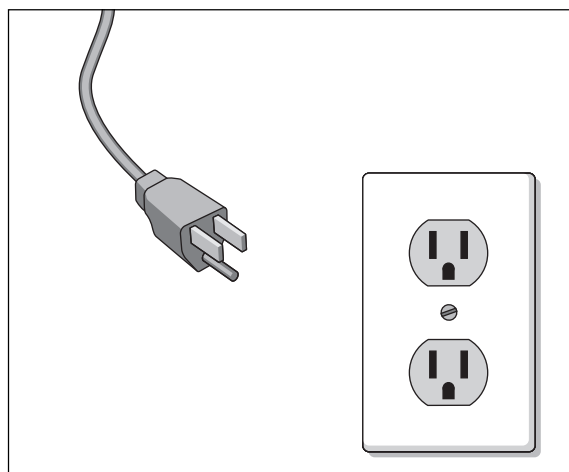
The M8.2E/L Recumbent Cycle must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current which reduces the risk of electrical shock. The recumbent cycle is equipped with a cord having an equipment-grounding conductor and a grounding plug. 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 recumbent cycle is properly grounded. Do not modify the plug provided with the recumbent cycle—if it will not fit the outlet, have a proper outlet installed by a qualified technician.

**Diagram A**

*Proper grounding  
plug and power  
outlet*



The recumbent cycle is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in Diagram A. Make sure that the cycle is connected to an outlet having the same configuration as the plug. No adapter should be used to connect the recumbent cycle to a power outlet or power transformer. If the product must be reconnected for use on a different type of electrical circuit, the reconnection should be made by qualified service personnel.

## WARNING

Do not use a non-grounded outlet or transformer. Do not remove or otherwise bypass the plug with an adapter. Electrical damage can occur if the recumbent cycle is connected to an improper power source.

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# 1

## Before You Begin

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

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

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

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

### About this Manual

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

The following conventions are used in this manual:

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

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

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

**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.

## Unpacking the M8.2E/L Recumbent Cycle

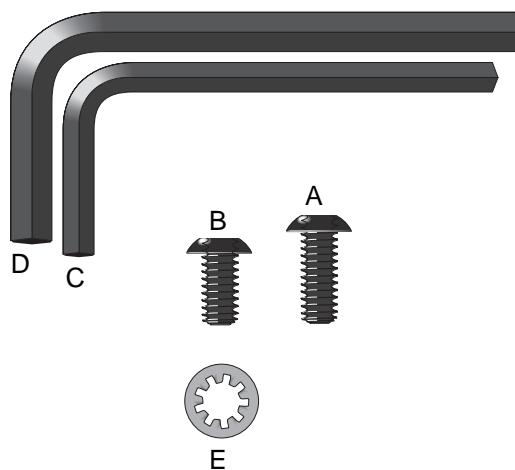
The M8.2E/L recumbent cycle is carefully inspected before shipment, so it should arrive in good operating condition. Precor ships the unit in five pieces as listed below:

- electronic console
- cycle base
- cycle seat
- heart rate monitor
- hardware kit, Owner's Manual, and limited warranty card

Carefully unpack the parts from the original shipping container.

**Diagram 1**

*Hardware Kit*



After unpacking the cycle open the hardware kit, shown in Diagram 1, and make sure that you have the following items:

- (A) four bolts—seat assembly
- (B) two bolts—electronic display assembly
- (C) one 5/16" hex key
- (D) one 3/8" hex key
- (E) two internal washers

If any items are missing, contact the dealer from whom you purchased the cycle, or call 1-800-4-PRECOR for the authorized Precor dealer nearest you.

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

# 2

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

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

### Installation Requirements

Follow these installation requirements when assembling the recumbent cycle:

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

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

### Assembly Instructions

To assist you in the assembly of the recumbent cycle, the items in the hardware kit, shown in Diagram 1, correspond to a particular letter in the alphabet. These letters appear throughout the assembly instructions. Refer to Diagram 1, while performing the steps below.

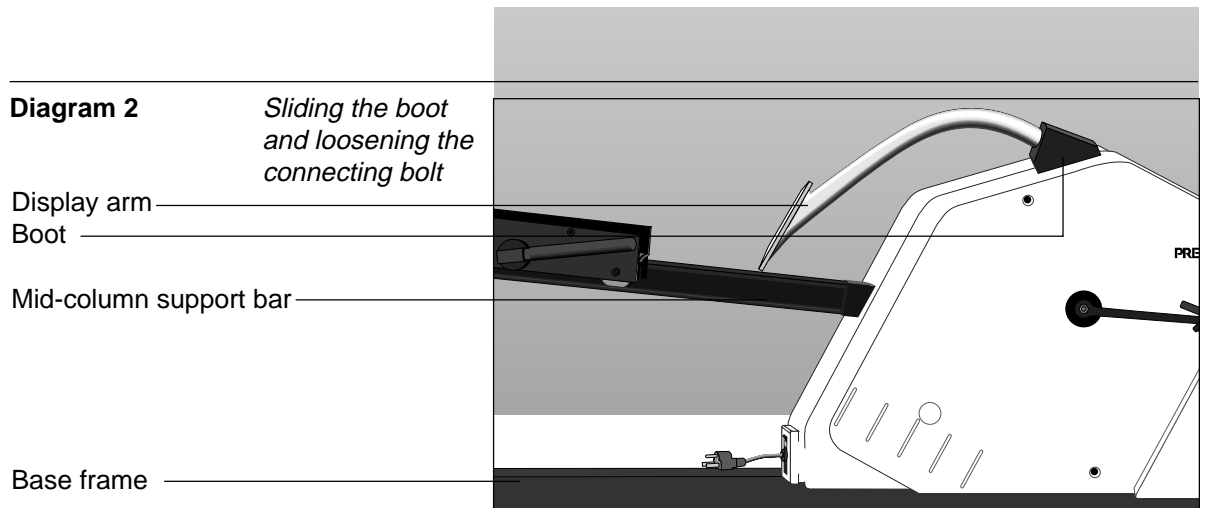
To assemble the M8.2E/L recumbent cycle, take the following steps:

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

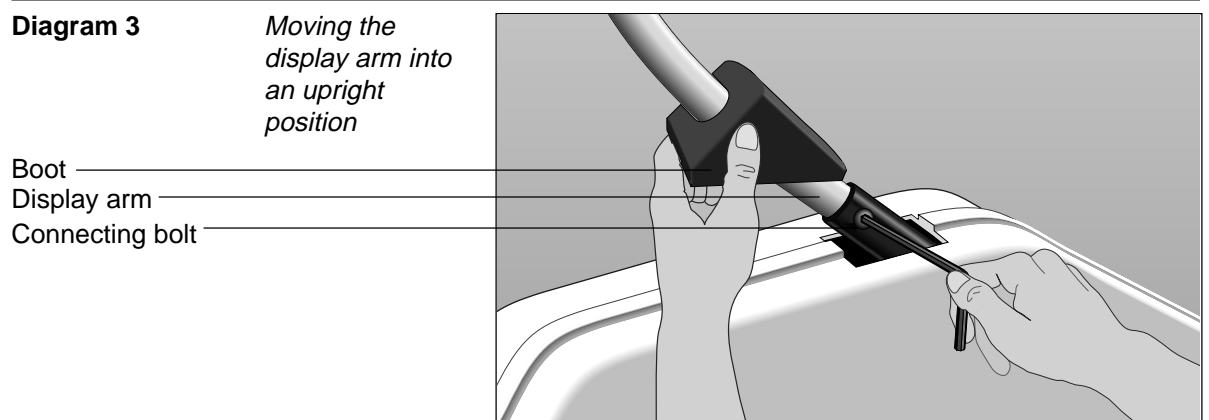
**Note:** At this point, do not remove the rubber band fastening the cable to the display arm.

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

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



3. Slide the display arm boot up the display arm to expose the connecting bolt. See Diagram 2.
4. Loosen the connecting bolt with the hex key (C) provided.



5. With your hand, push the display arm into an upright (vertical) position. See Diagram 3. Two indentations exist on the display arm approximately 145 degrees apart. In the first position, the display arm is down in the shipping position. In the second position, the display arm is upright. You want to align the connecting bolt with the indentation so that the display arm is held properly in its upright position.

**Note:** You can adjust the length of the display arm at this time by carefully pulling the display arm toward the rear of the cycle. A third indentation allows you to raise the height of the display arm and its associated electronic console display. Usually, you would move the display arm to the third indentation only if you are a very tall person.

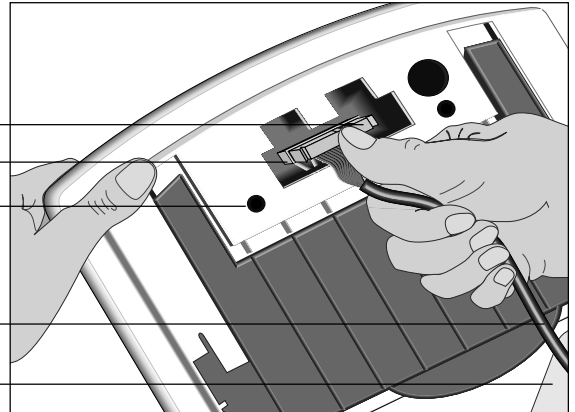
6. Once you have aligned the indentation and the connecting bolt, tighten the bolt with the hex key (C) and return the boot to its original position by sliding it along the display arm and re-seating it on the connecting bolt.
7. Unwrap the packing from around the electronic console.

8. Remove the rubber band from around the display arm to free the cable.
9. Carefully pull the cable off of the display arm. Straighten the portion that was strapped to the display arm.

**Important:** Pull about 3" of cable out of the display arm. Do not try to pull the cable completely out of the display arm because it is difficult to push the cable back into the display arm tube. Trying to force the cable back into the display arm tube might damage the cable and void the limited warranty.

**Diagram 4**      *Connecting the ribbon cable to the electronic console*

- Cable connector
- Cable receptacle
- Mounting bolt holes
- Cable
- Display arm console



10. Hold the electronic console over the display arm and attach the cable connector into its matching receptacle underneath the console as shown in Diagram 4.

**Note:** The cable connector is designed to attach to its receptacle in one direction only. Tabs on the cable connector help you to align it properly. When the connector is properly aligned, push firmly until you hear a click and the connector seats securely. Do not force the connection.

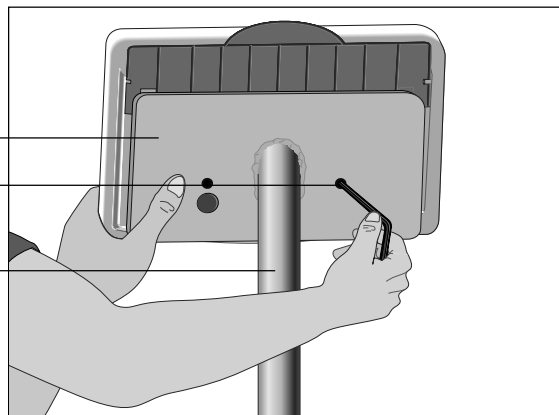
11. Carefully feed the excess cable back into the display arm tube.

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

12. Align the holes on the display arm console with the two holes on the electronic console. Carefully lower the electronic console onto the display arm console.

**Diagram 5**      *Installing the electronic console onto the display arm*

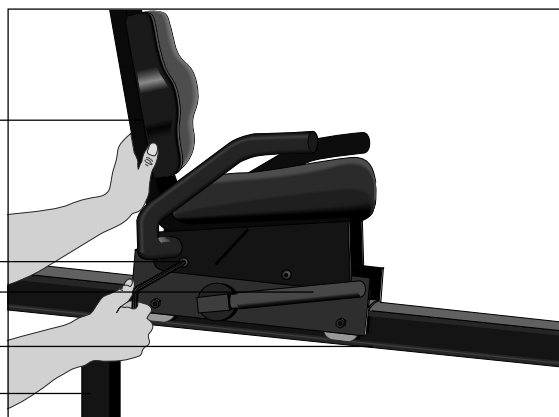
Display arm console  
Bolt holes  
Display arm



13. Place the bolts (A) through the holes located on the display arm console and insert them into the electronic console. (See Diagram 5.)
14. Using the hex key (D), begin to tighten the two bolts. Alternate between each one until both bolts are snug up against the console. Do not overtighten.

**Diagram 6**      *Installing the seat*

Seat  
Bolt hole mounts  
Seat adjustment handle  
Mid-column support bar  
Rear support



15. Four bolts (A) and two external washers (E) secure the seat to the support bar. Refer to Diagram 6. Place one washer (E) on each of the two front bolts (A). Unpack the seat and lift it onto the support bar. Align the seat base with the mounting bolt holes and insert the bolts with the washers through the mounting holes and into the support bar. Be sure to place the bolts with the washers through the front two mounting bolt holes. The rear bolts do not use washers.
16. Using the hex key (C), begin to tighten the four bolts. Alternate between each one until all bolts are snug up against the seat base mount. Do not overtighten.

**WARNING: BEFORE MOVING THE RECUMBENT CYCLE, MAKE SURE THE POWER SWITCH IS IN THE OFF POSITION AND THE POWER CABLE IS DISCONNECTED FROM THE OUTLET.**

17. If you need to move the recumbent cycle, walk to the rear of the unit. Place your hands under the support bar (one on each side of the bar). Tip the recumbent cycle away from you onto its front wheels and roll the recumbent cycle to its new location.

18. Plug the power cable connector into a grounded power outlet.

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

# 3

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

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

- adjusting the seat
- understanding the electronic console
- pausing or ending your workout
- exercising on the recumbent cycle
- creating and using custom courses
- using manual or preprogrammed courses
- changing the interval course profile
- taking the Fitness Test
- using the weight loss program
- changing the recumbent cycle's display to U.S. Standard or Metric units

### Adjusting the Seat

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

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

**Photo 1**

*Correctly positioning  
the seat*

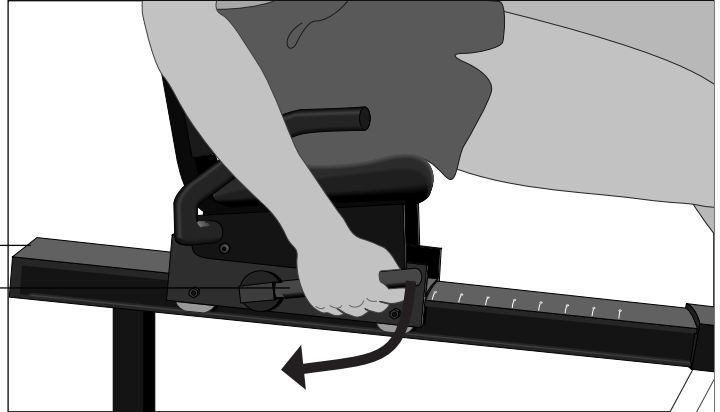
Proper knee bend (10 to 15 degrees)



**Diagram 7**      *Adjusting the seat*

Mid-column support bar

Seat adjustment handle



2. If you need to adjust the seat, sit on the seat with your feet in the pedals. Pull the seat adjustment handle underneath the seat out and hold it with one hand while you bend your knees to slide the seat forward or backward (see Diagram 7). Align the seat with one of the lines on the mid-column support and release the seat adjustment handle. The seat adjustment pin should be secure inside a mounting hole.
3. Before continuing with your workout, press down firmly on the seat to make sure it does not slip and the seat adjustment pin is properly inserted in the appropriate hole.

## **Understanding the Electronic Console**

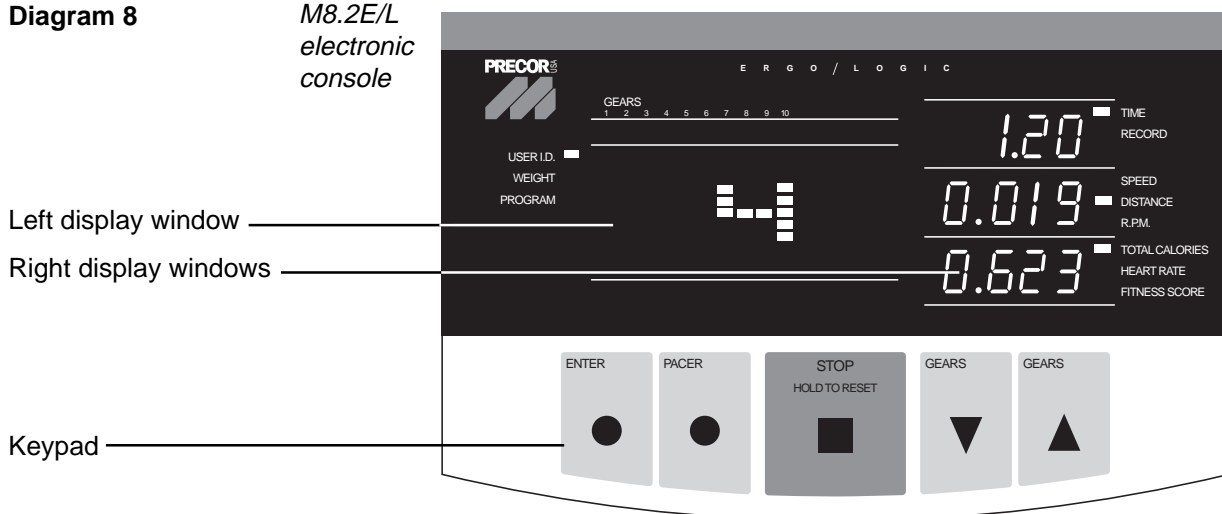
The electronic console lets you control your M8.2E/L recumbent workout session. As you work out, the electronic LED display provides constant feedback about your progress. Information about gear settings, workout time, speed, distance covered, revolutions per minute, and calories burned is available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

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

An explanation of each feature on the console follows Diagram 8.

**Diagram 8**

*M8.2E/L  
electronic  
console*



**Left Display Window**

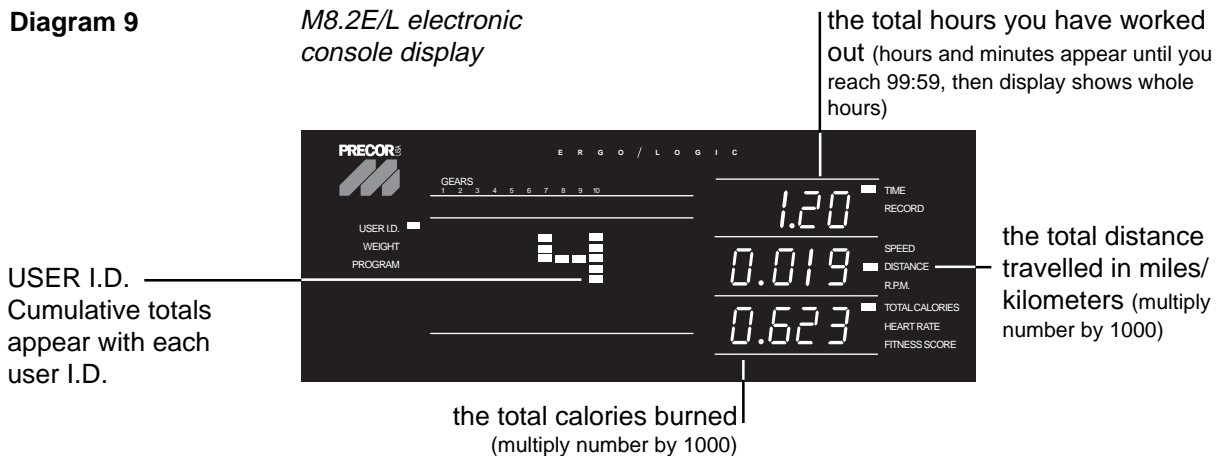
The left display on the electronic console uses indicator lights that prompt you to enter specific information before a workout and displays the gear settings and course profiles during your workout.

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

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

**Diagram 9**

*M8.2E/L electronic  
console display*



The M8.2E/L recumbent stores accumulated information specific to each user I.D. As you view each user I.D., the cumulative information appears in the three right display windows as shown in Diagram 9.

**Note:** The M8.2E/L recumbent cycle uses the user I.D. to recall specific information about your workout history. If zeros appear in the right window display when a particular user I.D. appears, it means no one has chosen that user I.D. and it is available. Remember the user I.D. you have chosen and use it during future workouts.

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

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

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

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

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

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

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

**Note:** The pacer, which displays the average speed of your best performance, appears *only* if a prior workout record exists. Once you begin a new workout, the LED at the end of the bar graph lags behind the course profile if you are ahead of your previous workout record.

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

---

## Right Display Window

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

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

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

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

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

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

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

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

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

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

**HEART RATE:** The heart rate display only appears if you are using the Precor E/L Heart Rate Monitor. The monitor's transmitter straps around your chest and your heart rate appears in the display while you work out. Using a heart rate monitor helps you monitor your heart rate and keep it in the optimal training zone (see Diagram 12 in Chapter 4), while maximizing your workout potential. For more information, refer to the instruction booklet that accompanies your Precor E/L Heart Rate Monitor.

**FITNESS SCORE:** A fitness score appears only if you have taken the Fitness Test (program "11") while using the Precor E/L Heart Rate Monitor. The number that appears in the display corresponds to Tables 1 and 2 in *Taking the Fitness Test* and is dependent on your age, weight, and cardiorespiratory fitness. The fitness score created during your previous Fitness Test appears with the WEIGHT prompt. For more information about your fitness level, refer to *Taking the Fitness Test*.

---

## Keypad

When pressed firmly, each key on the electronic console's keypad provides specific functions. The following information explains the different uses of the keys from left to right. To locate each key, refer to Diagram 8 on page 10.

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

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

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

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

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

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

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

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

▼ and ▲ : The arrow keys let you:

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

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

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

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

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

When using the recumbent cycle, follow these general guidelines:

- At the beginning of a workout, take several minutes to bring your heart rate into your training zone, which is shown in Diagram 12 later in this manual.
- After your workout, pedal the recumbent cycle slowly for several minutes to cool down your body and lower your heart rate.
- Gently stretch your lower body and back after a workout to help prevent stiffness or soreness.

## Pausing Your Workout

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

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

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

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

## Ending Your Workout

To end your workout, take the following steps:

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

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

## Using the Heart Rate Monitor

Your M8.2E/L recumbent cycle comes equipped with a heart rate monitor transmitter (chest strap) and receiver (inside the rubber boot). The heart rate monitor can help alleviate the need to continuously check your heart rate because, if you assemble and use the heart rate monitor properly, your heart rate will appear on the electronic console display while you work out. Refer to the *Precor E/L Heart Rate Option Manual* to learn how to properly assemble, adjust, and use the heart rate monitor.

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

Twelve course profiles are available on the M8.2E/L recumbent. (Refer to Diagram 10.) These course profiles provide a variety of workouts from manual mode to preprogrammed courses. The custom courses (program numbers "7" and "8") let you change the profile of the course while you work out and save it as your own personalized workout session. Refer to *Creating Custom Courses* for more information.

**Photo 2**

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



**Diagram 10** *M8.2E/L Recumbent Course Profiles*

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

2. Sun River Tour (4 miles)



3. San Juan Island (6 miles)



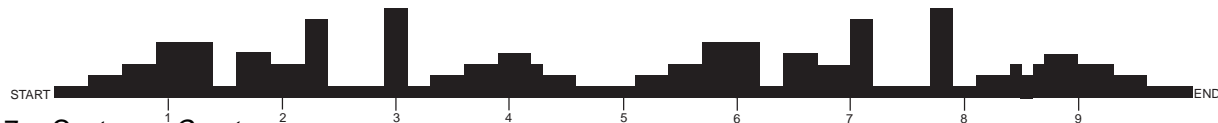
4. Blue Ridge Parkway (20 minutes)



5. New River Gorge (30 minutes)



6. Hurricane Ridge (10 miles)



7. Custom – *Create your own course.*

8. Custom – *Create your own course.*

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



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



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



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



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

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

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

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

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

**Note:** When your user I.D. appears, the accumulated totals for workout time, distance travelled, and the total calories burned while cycling appear in the right display windows. (Refer to Diagram 9.)

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

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

6. To select a particular program, refer to the instruction board that slides out from the top of the console. This instruction board provides the course numbers and illustrates the course profiles as shown in Diagram 10. Using the ▼ or ▲ key, select the appropriate course number. Once the correct course number is displayed, press ENTER.
7. To begin your workout, start pedaling. If you want to change gears while you are cycling, press the appropriate ▼ or ▲ key.

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

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

**Note:** The preprogrammed courses (program course numbers 2 through 6) on the M8.2E/L recumbent have a built-in, cool-down period. Once you come to the end of the course profile the workout statistics on the display freeze, but the pedal resistance remains. Use the ▼ and ▲ keys to change gears, so that you can slow your heart rate and cool down. During this cool-down period, the SPEED, R.P.M., and HEART RATE continue to appear. However, your workout statistics do not continue to accumulate.

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

## Creating Custom Courses

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

To create a custom course, take the following steps:

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

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

2. At the user I.D. prompt, select one of four user I.D.’s using the ▼ or ▲ keys. Once your user I.D. appears, press ENTER. The WEIGHT indicator light appears.
3. A weight appears in the left display. Change the weight by pressing one of the ▼ or ▲ keys. (The weight increases and decreases in 5-pound increments.) Once the weight closest to your weight is displayed, press ENTER. The PROGRAM indicator light appears.

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

4. At the PROGRAM prompt, use the ▼ and ▲ keys to select program course number “7” or “8.” Press ENTER. A prompt “**Use Course**” appears and scrolls across the display.

**Note:** If you choose to work out using a course you have previously programmed, press ENTER and begin your workout. However, the following instructions (5 through 8) assume that you plan to create a new course profile.

5. The ▼ and ▲ keys let you alternate between the scrolling prompts. Press either the ▼ or ▲ key and the prompt, “**Customize Course**” scrolls across the display. Press ENTER to begin programming a custom course.

6. Use the ▼ and ▲ keys to change the course profile as you pedal. The first time you customize the course programs “7” or “8,” the course profile appears flat until you change it. To help you customize a course, blank profile grids are provided at the end of this manual.
7. You can continue to change the course profile for a maximum of twelve miles. Or, you can press STOP to end the session. The prompt, “**To Save Changes - Press ENTER**” appears and scrolls across the display.
8. To save your selection, press ENTER. The next time you work out, you can recall this custom course by entering the appropriate program course number at the PROGRAM prompt.

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

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

## Using a Custom Course

The two custom courses (program numbers "7" and "8") that are available with each user I.D., let you preset the gear level along a specific course that can be up to 12 miles in length.

**Note:** Prior to using a custom course, you must create it by following the steps found in the previous section, *Creating Custom Courses*.

To use a custom course, follow steps 1 through 4 in the previous section, *Creating Custom Courses* and then, take the following steps:

1. At the "**Use Course**" prompt, press ENTER. The course profile appears in the left display window.

**Note:** The course profile appears in 0.01 mile segments which is different from the 0.1 segments that appear in the customizing course mode. However, all gear changes made to the course profile in the custom course mode are still intact.

2. Use the ▼ and ▲ keys if you wish to change the gear settings as you pedal.

**Note:** To pause during your workout session before finishing the selected program, press the STOP key. The displays on the console freeze. See *Pausing Your Workout* or *Ending Your Workout* for more information.

3. When the end of the course profile appears, you are nearing the end of your workout session. Once the session ends, your workout statistics are saved and the displays on the console freeze: this lets you review your workout statistics. The computer adds your workout statistics to the cumulative totals.

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

4. If desired, start a new session. Refer to *Working Out on the M8.2E/L Recumbent Cycle*.
5. Once you have finished your workout, press HOLD TO RESET. This clears the displays.
6. Turn OFF the cycle using the ON/OFF switch.

## Using the Manual Course Mode

In addition to choosing a preprogrammed, custom, interval, or weight loss course, you can choose the manual course mode. Manual mode lets you use the cycle for an indefinite period of time while controlling the gear and work level. All of your workout statistics are compiled and stored with your user I.D.

To use manual mode, follow the steps in *Working Out on the M8.2E/L Recumbent Cycle*. At the program prompt, enter program “1.”

## Using the Preprogrammed Courses

The M8.2E/L recumbent is equipped with five preprogrammed courses that vary in distance, time, and incline. Refer to Diagram 10 for a representation of the course profiles or consult the placard that slides out from behind the top of the electric console display.

To use the preprogrammed courses, follow the steps in *Working Out on the M8.2E/L Recumbent Cycle*. At the program prompt, enter any program number “2” through “6.”

During your workout, the gears are preset as shown in the course profile that appears in left window display. You cannot adjust the gear level.

With the completion of your workout program, your best performance (time or distance) is saved and recorded. The next time you workout, it appears as the RECORD display when the program prompt appears.

**Note:** Your best performance is associated with a particular course program and only appears with the program prompt if you have previously used the program.

## Changing the Interval Course Profile

Interval training provides numerous benefits. Since interval training segments the workout into smaller components, a 20- or 30-minute workout seems to pass more quickly. In addition, studies have shown that it is a more efficient method for achieving aerobic benefits, you start seeing improved cardiovascular fitness much sooner with less effort. Studies also show that people who interval train are more likely to stick with their fitness program.

The interval courses on the M8.2E/L recumbent cycle allow you to set the rest and work intervals according to your training regimen. You determine the gear settings for the first rest and work intervals (first two segments of the course) and the software takes over from there, repeating the intervals throughout the course until you press the STOP key.

To use the interval courses, follow the steps in *Working Out on the M8.2E/L Recumbent Cycle*. At the program prompt, enter program number "9" for a one minute rest/one minute work interval or enter program number "10" for a one minute rest/two minute work interval.

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

1. When the course profile appears in the left window display, continue pedaling while you press the GEAR ▼ or ▲ keys.
2. While the cell is blinking at the top of the first interval, press the GEAR ▼ or ▲ keys to set your rest work level.

**Important:** You have one or two minutes depending on the segment time to set the gear level settings for your rest or work intervals.

3. When the work interval begins to blink, use the GEAR ▼ or ▲ keys to set your "work" level.

**Note:** the TIME display provides the cumulative time that you have been working out during the first 30 seconds of each interval. After the first 30 seconds, the TIME display changes and the remaining time left in the particular rest or work interval appears.

After you set the gear level for the first two intervals of the course profile, the cycle's software takes over and continues repeating the rest and work intervals throughout the remaining portions of your workout at the levels you selected.

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

## Taking the Fitness Test

The Precor M8.2E/L Fitness Test has been designed from research conducted at the world-renowned Cooper Institute for Aerobics Research. It must be used in conjunction with the Precor E/L Heart Rate Monitor and provides important information about your cardiorespiratory fitness level.

**Note:** You cannot take the Fitness Test without using the Precor E/L Heart Rate Monitor.

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

The Fitness Test determines heart rate response to varying levels of exercise. It's a simple procedure that reveals valuable information about your current fitness level. Your results classify you in one of three fitness categories (see Tables 1 and 2), which are based on the Cooper Institute's eight-year study of over 13,000 men and women.

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

Before performing the Fitness Test, read the following guidelines.

- Consult with your physician before engaging in any vigorous exercise. Do not perform the Fitness Test until authorized by your physician.
- You should not take the Fitness Test if you are taking any medications that either speed up or slow down your heart rate. Since the test is based on your heart rate response during varying levels of exercise, medications invalidate the test.
- Do not drink caffeine or smoke cigarettes for at least three hours prior to the test. Cigarettes and caffeine can elevate your heart rate.
- Slow down and stop the test immediately if you experience any pain or abnormal symptoms.
- After assembling the Precor E/L Heart Rate Monitor and putting on the chest strap (refer to the instructions found in the *Precor E/L Fitness Test Heart Rate Option Owner's Manual*), turn the cycle ON and position yourself within range of the receiver for a minimum of 15 seconds. This allows the software to acknowledge the presence of the Precor E/L Heart Rate Monitor. Note that your heart rate will not appear until you begin the Fitness Test program.
- While performing the Fitness Test, stay within 3 feet of the receiver. If you move outside of the 3 foot range, the receiver might have difficulty picking up your heart rate signal.
- Perform the Fitness Test in a well-ventilated room with an ideal temperature around 72 degrees Fahrenheit.

To perform the Fitness Test, take the following steps:

1. Sit and rest for five minutes to lower your heart rate before pedaling on the recumbent cycle and performing the Fitness Test.
2. Connect the heart rate monitor by putting on the chest strap (transmitter) and plugging the receiver into the electronic display. Refer to the instruction manual that accompanies your Precor E/L Heart Rate Monitor.
3. Locate the ON/OFF switch on the recumbent cycle and turn it ON. "**Precor M8.2E/LR**" scrolls across the electronic console display.

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

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

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

6. Use the ▼ and ▲ keys to designate your weight. When the appropriate weight appears, press ENTER. The PROGRAM indicator light appears.

**Note:** The fitness score is affected by your weight. Be sure to enter a number that accurately depicts your weight or the fitness score might be inaccurate.

7. At the PROGRAM prompt, use the ▼ and ▲ keys to choose the Fitness Test, program "11." When the number 11 appears in the left display window, press ENTER.

8. A number affirming your age appears in the display. Use any ▼ or ▲ key to change the number. The display decreases and increases in 1 year increments. When your appropriate age is displayed, press ENTER.

**Note:** The software on the M8.2E/L recumbent cycle remembers your age from the previous session. However, if this is the first time you have used the Fitness Test, the prompt, "**SPECIFY YOUR AGE**" scrolls across the display. The number "**35**" appears on the display when the message has finished scrolling. Use any ▼ or ▲ key to change the number as discussed in step 8.

9. To start the Fitness Test, begin pedaling. Maintain a rate between 60 and 70 rpm's for the duration of the test. If you do not maintain this rate, you will invalidate the test.

**Note:** If an error message appears on the display, refer to *Precor E/L Heart Rate Option Manual's* troubleshooting section.

10. When you successfully finish the test, the prompt "**YOUR FITNESS SCORE IS**" scrolls across the display. Then, the displays clear and your fitness score appears in the lower right display window. If you dispute the fitness score once it is displayed, you can retake the Fitness Test after a rest period.

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

12. The prompt, "**PRESS ANY KEY TO CONTINUE**" scrolls across the display. Press any key to return to the user I.D. prompt.

**Note:** At the end of your workout, be sure to remove the chest strap, clean it, and store it in a safe place.

**Table 1** *Cardiorespiratory Fitness Category—Females*

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

**Table 2** *Cardiorespiratory Fitness Category—Males*

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

*Values in Tables 1 and 2 are based on the findings of the Aerobics Center Longitudinal Study, an eight-year study involving over 13,000 female and male participants.*

13. Refer to Tables 1 and 2 to determine whether your fitness score places you in a Low, Medium, or High cardiorespiratory fitness category for your age and sex. The recumbent cycle uses the results of your Fitness Test to personalize a weight loss training program (program "12") that is specific to your fitness level.
14. When you have completed the Fitness Test, continue with your workout or dismount and turn OFF the recumbent cycle by using the ON/OFF switch.

The M8.2E/L recumbent software uses the results of your Fitness Test to customize a Weight Loss Course Program that works best for you. The program is designed to help you burn the most calories during a 30-minute workout, while minimizing the risk of discomfort and injury. Performed three or four times a week, your customized weight loss program will help you reach your ideal weight and fitness level quickly and efficiently.

## Using the Weight Loss Program

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

To use the Weight Loss Program, follow the steps found in the section titled *Working Out on the M8.2E/L Recumbent Cycle*. When the electronic console display prompts you to enter a program, choose program number "12."

**Important:** You must have entered your correct weight, performed the Fitness Test, and received a fitness score before the software can produce a Weight Loss Program to meet your needs.

The Weight Loss Program is similar to the interval programs. You can change the preset gear settings; however, doing so will cause the effectiveness of the weight loss program to vary. If you do change the gear settings, the software resets to the original program at the beginning of the next rest or work interval.

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

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

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

1. Locate the ON/OFF switch on the recumbent cycle and turn the recumbent cycle ON. "Precor M8.2E/LR" scrolls across the electronic console display.

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

2. With "Precor M8.2E/LR" scrolling across the display, simultaneously press the PACER and ▲ key and hold for at least 3 seconds. "U.S. Standard" or "Metric" appears on the display.

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

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

The user I.D. prompt appears and the changes you made are retained in the recumbent cycle's memory. Refer to *Working out on the M8.2E/L Recumbent Cycle*. If you prefer, you can turn OFF the recumbent cycle once you have

# 4

## Getting the Most Out of Your Workout

completed steps 1 through 3.

A workout on the M8.2E/L Personal Recumbent Cycle Trainer provides excellent and efficient cardiovascular conditioning, while strengthening and toning all the major muscle groups in the lower body. Darkened areas in Diagram 11

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**Diagram 11**

*Muscles  
improved*

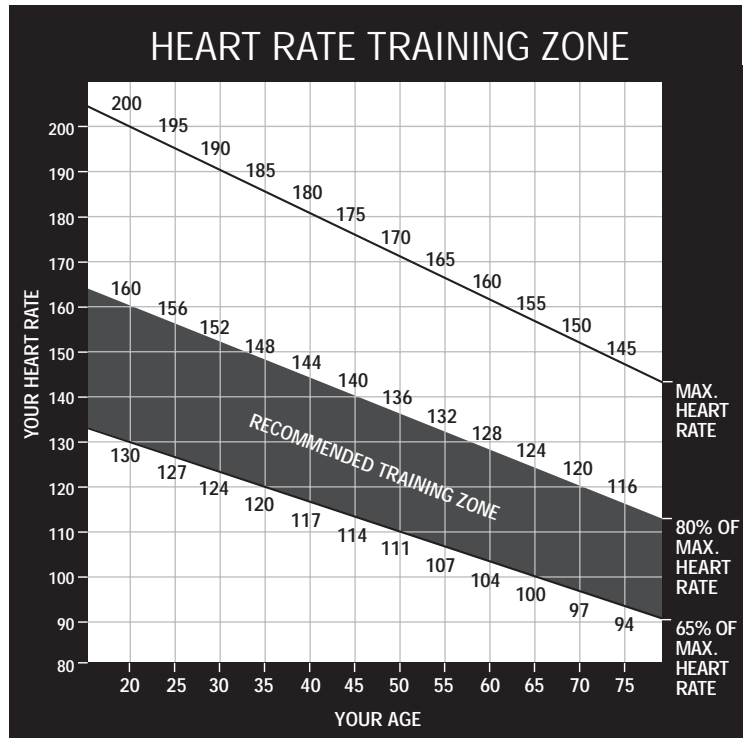
1. Trapezius
2. Deltoid
3. Pectorals
4. Rhomboids
5. Triceps
6. Biceps
7. Latissimus Dorsi
8. Forearm Flexors/Extensors
9. Abdominals
- 10. Erector Spinae**
- 11. Gluteals**
- 12. Hip Flexors**
- 13. Quadriceps**
- 14. Hamstrings**
- 15. Gastrocnemius/Soleus**
- 16. Peroneus Longus/Brevis**

indicate the muscles improved.

To get the most out of each workout, a general understanding of the principles behind aerobic training is invaluable. The best source of information is your specialty fitness dealer. In addition to providing information on which exercise equipment is best for your individual needs, your fitness dealer can provide useful advice on training, technique, and exercise physiology. Your dealer can also recommend good books on these subjects.

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

Diagram 12 Training zones



### How Hard Should I Exercise?

Studies show that to achieve the benefits of aerobic exercise, it is necessary to work out hard enough to raise your heart rate to a certain minimum level, called the “training zone.” Your training zone depends on your age and level of fitness.

Diagram 12 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.

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

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

You can use the Precor E/L Heart Rate Monitor, to determine your heart rate or take your pulse at a place that you can reach easily and comfortably while you exercise. Typical places for measuring heart rate are directly over the heart on the left side of the chest, on either side of the neck, over the temple, or on the thumb side of either wrist. Wherever you measure your pulse, make sure that you use your index and middle fingers—**not your thumb**. Your thumb has a strong pulse which can affect your pulse rate reading.

Once you locate your pulse, look at a clock with a second hand, and count the beats for six seconds. Multiply that number by 10 to determine the total number of beats per minute. For example, if you count 14 beats over six seconds, the total number of beats per minute is 140. Compare the total number of beats with your training zone as identified in Diagram 12. If necessary, increase or decrease your activity level to bring your heart rate into your training zone. You can regulate your heart rate (pulse) by changing the gear settings.

**Remember— your heart rate is the definitive measure of how hard you are working.**

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

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

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

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

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

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

# 5

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

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

**WARNING: UNPLUG THE RECUMBENT CYCLE FROM THE POWER OUTLET BEFORE PERFORMING ANY MAINTENANCE TASKS, SUCH AS CLEANING.**

### Cleaning the Cycle

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

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

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

### Resetting the Circuit Breaker

If the display does not appear when you turn ON the recumbent cycle, turn the cycle OFF. Next, check to see that the power cord is plugged into a power outlet and the circuit breaker is aligned properly. If the circuit breaker has been tripped, you will need to reset it by pressing down on the breaker switch.

## Obtaining Service

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

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

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

To help the customer service representative expedite your call, have your serial number readily available. The serial number on the M8.2E/L recumbent cycle is written on a label located on the rear base frame assembly.

Model Number: **M8.2E/L Recumbent** Serial Number: \_\_\_\_\_

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

# 6

## Custom Course Grids

Use the blank custom course grids (Diagrams 13 and 14) to design your own custom courses (program numbers “7” and “8”). You can design a course up to 12 miles in length. For more information, see *Creating Custom Courses*.

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

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**Diagram 13**     *Custom Course Grid Sheet*

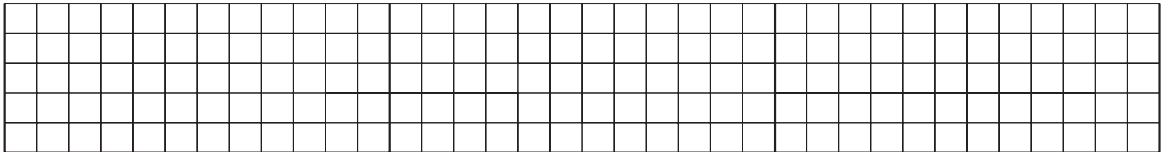
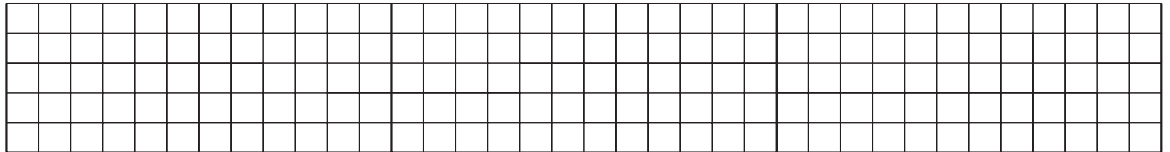
Course Number: \_\_\_\_\_ Course Description: \_\_\_\_\_

Segment Length: \_\_\_\_\_ Overall Distance: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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**Diagram 14**     *Custom Course Grid Sheet*

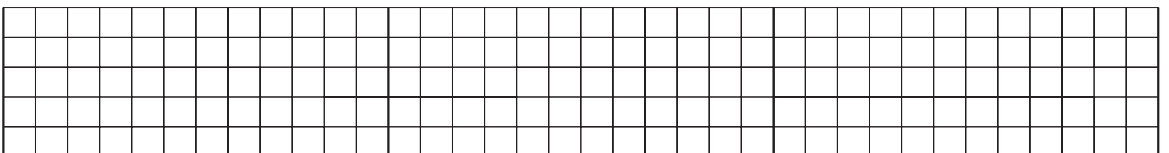
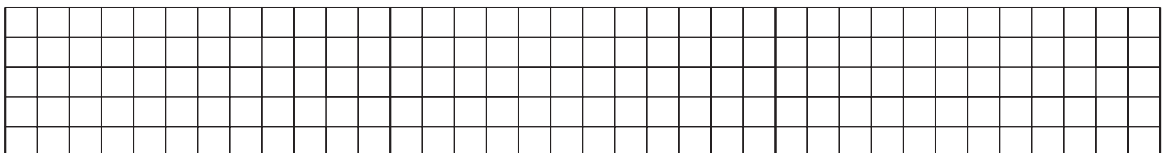
Course Number: \_\_\_\_\_ Course Description: \_\_\_\_\_

Segment Length: \_\_\_\_\_ Overall Distance: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





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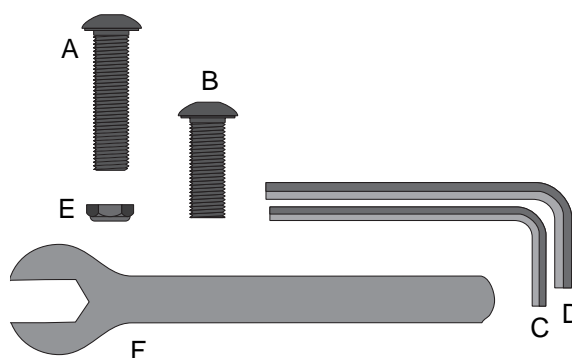
# M8.2<sup>E/L</sup>

## Personal Recumbent Cycle Trainer

### Owner's Manual Addendum

This addendum accompanies your *M8.2E/L Personal Recumbent Cycle Trainer Owner's Manual* and provides information about changes to the hardware kit and assembly instructions.

**Diagram 1**  
*M8.2ELR hardware kit.*



The lockwashers used in the seat assembly have been replaced with locknuts and a box wrench to help fasten the seat more securely onto the seat base support. Diagram 1 shows the new hardware kit. Make sure that you have the following items:

- (A) four bolts—seat assembly
- (B) two bolts—electronic console display assembly
- (C) one 5/16" hex key
- (D) one 3/8" hex key
- (E) four locknuts—seat assembly
- (F) one box wrench—seat assembly

If any items are missing, contact the dealer from whom you purchased the cycle or call 1-800-4-PRECOR for the authorized Precor dealer nearest you.

## Assembly Instructions

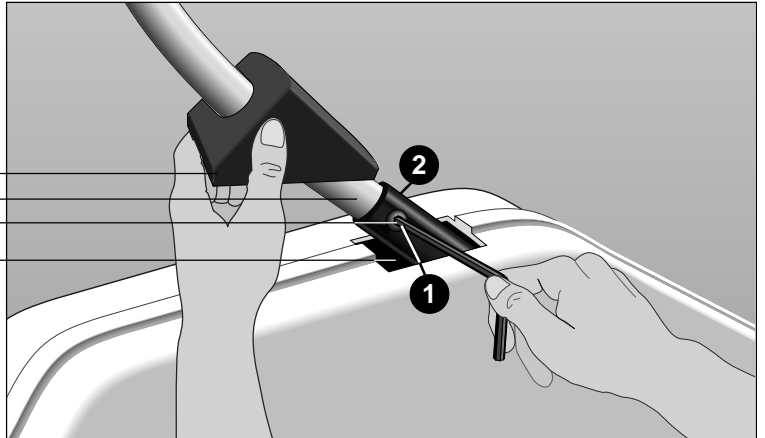
Because of the changes to the hardware kit, steps 3,4, 5, 6, 15 and 16 in the *Assembly Instructions* should read as follows:

3. Slide the display arm boot up the display arm to expose the connecting bolts.

**Diagram 2**

*Moving the display arm into an upright position*

Boot  
Display arm  
Connecting bolt  
Black collar

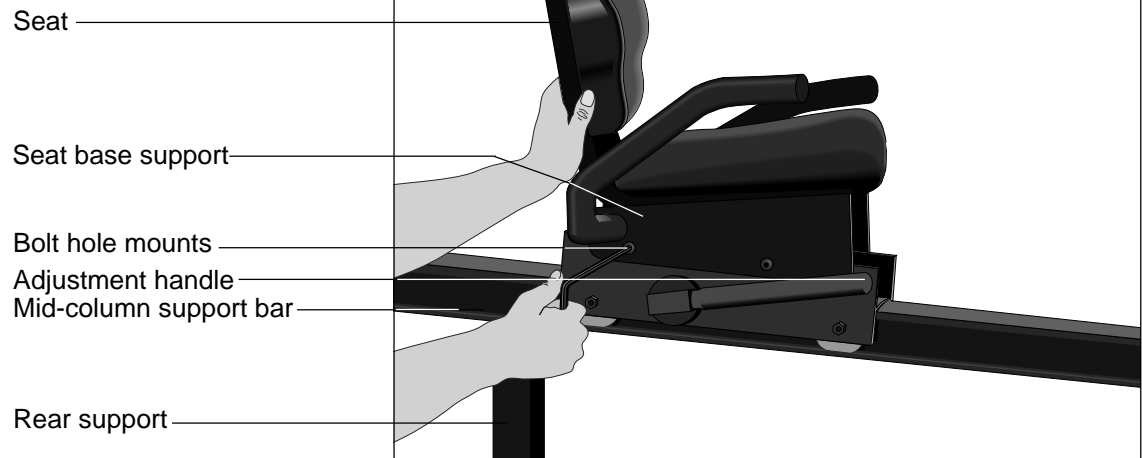


4. Loosen the connecting bolts (#1 and #2) with the hex key (C) provided. See Diagram 2.
5. With your hand, push the display arm into an upright (vertical) position. See Diagram 2. Two indentations exist on the display arm approximately 145 degrees apart that are used by the (#1) connecting bolt located on the side of the black collar. When you receive the cycle, the display arm is down in the shipping position. As you move the display arm into a vertical position, you want to align the #1 connecting bolt with the second indentation so that the display arm is held properly in its upright position. The #2 connecting bolt does not fit into an indentation, but does help to secure the display arm.

**Note:** You can adjust the length of the display arm at this time by carefully pulling the display arm toward the rear of the cycle. This allows you to raise the height of the display arm and its associated electronic console display. Usually, you would move the display arm only if you are a very tall person. Align the #1 connecting bolt with the indentation in the display arm.

6. Once you have properly positioned the #1 connecting bolt, tighten both bolts (#1 and #2) with the hex key (C) and return the boot to its original position by sliding it along the display arm and re-seating it over the connecting bolts.

**Diagram 3**  
*Installing the seat*



15. Use four bolts (A) and four locknuts (E) from the hardware kit to secure the seat to the mid-column support bar. Refer to Diagram 3 and take the following steps:

- a. Unpack the seat (if you have not already done so) and lift it onto the mid-column support bar. Align the seat base support with the bolt hole mounts and insert the bolts through the mounting holes.

**Note:** The head of the bolts should be on the outside of the seat base support.

- b. Screw the bolts into the bolt hole mounts so that you can place a locknut on the end of each bolt.
- c. Attach the locknuts to the end of the bolts by carefully moving your hand through the front opening of the seat base support and placing a locknut on the end of each bolt.

**CAUTION:** Some sections on the inside of the seat base support can be sharp so remove your hand slowly and carefully once you have attached and finger-tightened the locknuts to the bolts.

16. Tighten the bolts securely. To do this, grasp the box wrench (F) in one hand and carefully re-insert your hand in-between the seat base supports. Hold onto each locknut with the box wrench as you tighten its corresponding bolt using the hex key (C) provided. Alternate between each bolt until all four bolts are tightened securely. Do not overtighten.

Refer to steps 17 and 18 in your *Owner's Manual* to complete the assembly process.