

PRECOR[®] 817e

Recumbent
Cycle



Owner's Manual
Assembly and Operation

PRECOR[®] USA 817e

Recumbent Cycle

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

Thank you for purchasing the 817e Recumbent Cycle. Made of high quality materials and designed for years of reliable service, your cycle will be an invaluable tool in helping you to achieve your exercise and fitness goals.

The smooth drive motion of the 817e provides a quiet, comfortable workout, whether you're pedaling to a personal record or maintaining your target heart rate. The electronic console provides helpful information that allows you to follow your progress and keep your motivation level high.

Before using your new 817e Recumbent Cycle, we urge you to familiarize yourself with the entire Owner's Manual. Whether you're a beginner or exercise on stationary cycles regularly, understanding this manual will help you use the 817e Recumbent Cycle safely and successfully.

Safety Guidelines

Please review and observe the following safety guidelines:

- Read the Owner's Manual and follow all instructions.
- Assemble and operate the cycle on a solid, level surface.
- Never allow children on or near the cycle.
- Check the cycle before each use. Do not use the cycle if it is not completely assembled or is damaged in any way.
- Keep hands away from moving parts.
- The weight limit for this cycle is 250 pounds.
- Wear proper exercise clothing and shoes for your workout—no loose clothing. Don't wear shoes with heels or leather soles. Tie long hair back.
- Use care when getting on or off the cycle. Don't rock the unit.
- Don't stand on the pedals or electronic console.
- Don't use accessory attachments that are not recommended by the manufacturer—such attachments might cause injuries.
- Don't overexert yourself or work to exhaustion.
- Stop your workout immediately if you feel any pain or abnormal symptoms, and consult your physician.

Table of Contents

Safety Guidelines	2
Unpacking the 817e Recumbent Cycle	4
Assembling the 817e Recumbent Cycle	6
Installation Requirements	6
Assembly Instructions	6
Using the Precor 817e Recumbent Cycle	8
Understanding the Electronic Console	8
Adjusting the Pedal Distance	9
Adjusting the Pedal Resistance	9
Setting the Pacer	9
Pausing Your Workout	9
Ending a Workout	9
How to Use the 817e Recumbent Cycle	10
Working Out on the 817e Recumbent Cycle	10
General Aerobic Training Information	11
How Hard Should I Exercise?	12
How Long Should I Exercise?	13
How Often Should I Exercise?	13
Maintaining the 817e Recumbent Cycle	14
Cleaning the Cycle	14
Changing the Batteries	14
Selecting Miles/MPH or Kilometers/KPH	15
Obtaining Service	15

Unpacking the 817e Recumbent Cycle

All Precor products are thoroughly tested and carefully inspected before shipment, so the 817e recumbent cycle should arrive in good operating condition.

The 817e recumbent cycle is shipped in the following pieces:

- Right and left foot pedals
- Rear crosstube
- Handlebar mounting plate
- Seat
- Hardware kit, Owner's Manual and limited warranty card

Diagram 1
Unpacking the 817e cycle

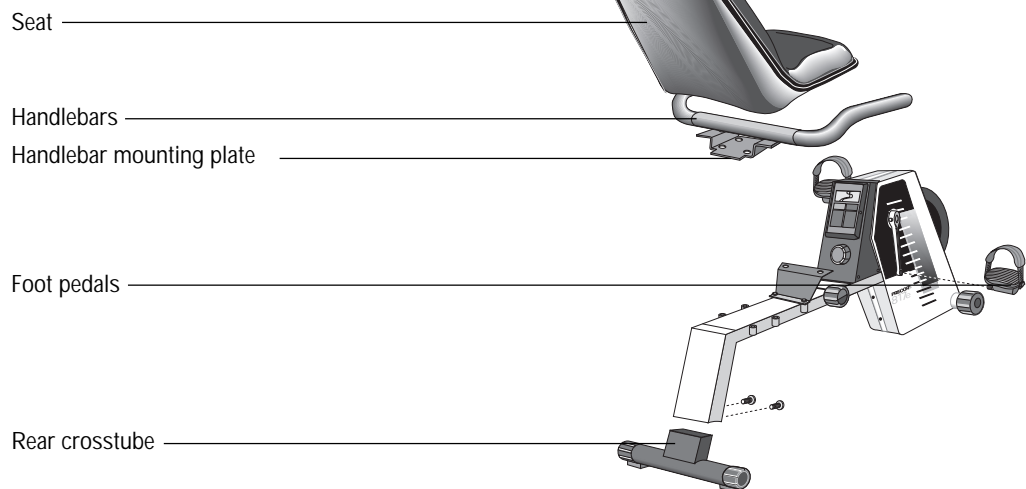


Diagram 1 shows the 817e parts found in the shipping container. Refer to this diagram as you read through this manual and assemble the recumbent cycle.

Diagram 2
817e hardware kit

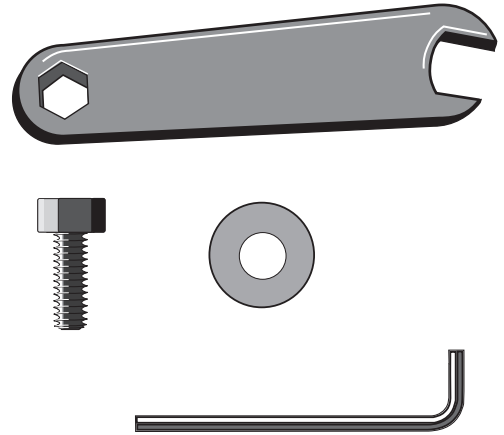


Diagram 2 illustrates the contents of the hardware kit. After unpacking the 817e, open the hardware kit and verify that you have received the following items.

- Twelve bolts
- Twelve washers
- One hex wrench
- One combination wrench

If any items are missing, contact the dealer from whom you purchased the recumbent cycle, or call 1-800-4-PRECOR for the 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 817e Recumbent Cycle.

Assembling the 817e Recumbent Cycle

The information in this section provides instructions regarding the assembly of the 817e Recumbent Cycle. You should 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

- **Set up the 817e recumbent cycle on a solid, flat surface.**
- **Fill out and mail the limited warranty registration card.** The serial number is located on a label on the underside of the base.

Assembly Instructions

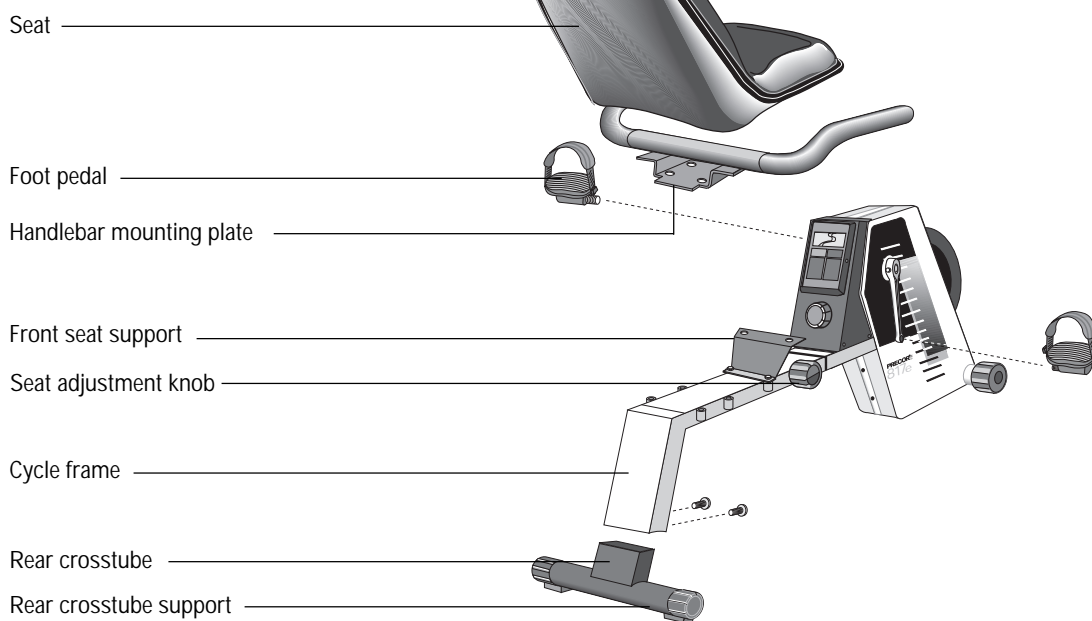
The following steps explain how to assemble your 817e cycle. It's important to read and familiarize yourself with the steps before assembling the equipment.

1. Make sure that all packing materials are removed from the cycle frame.
2. Place the cycle on a level, flat surface.
3. *Firmly tighten the seat adjustment knob* to align the front and rear frame of the cycle properly.

The seat adjustment knob is located on the right-hand side of the frame, as shown in Diagram 3.

Diagram 3

Attaching the crosstube, handlebars, and pedals



4. Insert the end of the cycle frame over the rear crosstube support, as shown in Diagram 3.
5. Attach the cycle frame to the rear crosstube support, using two bolts and two washers. Make sure that the front and rear supports sit flat on the floor before tightening the bolts securely.

6. Attach the handlebar mounting plate to the cycle frame, using six bolts and six washers (see Diagram 1). *Tighten the six bolts securely.*
7. Attach the seat to the mounting plate, cycle frame, and front seat support, using four bolts and four washers. Insert the bolts from underneath the seat—two in back and two in front through the front seat support. *Tighten the four bolts securely.*

Diagram 4
817e Recumbent Cycle

Front pedal —
Electronic console —
Cycle frame —
Resistance adjustment knob —

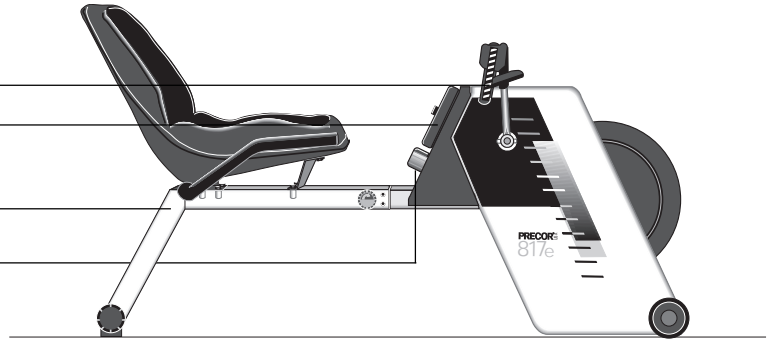


Diagram 4 shows the cycle fully assembled with the seat installed.

8. Attach the foot pedals to the crank arms on the cycle. Be careful to install the pedals on the correct crank arm. Tighten the pedals securely, using the combination wrench provided with the cycle.

An "R" or "L" on the foot pedal indicates the correct side. Install the pedal marked "R" on the right-hand crank arm (as you stand at the rear of the cycle facing front). When you install the pedal on the left-hand crank arm, *rotate the pedal counterclockwise to tighten* since the pedal has left-hand screw threads.

Your 817e Recumbent Cycle is assembled and ready to use.

Using the Precor 817e Recumbent Cycle

With very little time or practice, you can learn how to use the 817e Recumbent Cycle effectively. This section provides the basic information you need for exercising on your cycle.

Understanding the Electronic Console

The electronic console provides motivating feedback about your workout to help you monitor your progress. Features on the console that appear on the display include: RPM, MILES, MPH, TIME, SCAN, and ODOMETER. The four keys (Start/Stop, Mode, Pacer, and Reset) let you control the functions on the cycle and determine what features you want to display.

The console's convenient "hands free" function lets you start and end a workout without touching any keys. Simply start pedaling on the cycle to begin your workout. The console automatically turns ON and begins displaying information about your workout.

In most cases, the console is set to SCAN, so the screen will alternate every few seconds between TIME, MPH, and MILES. To select a specific display, such as TIME or ODOMETER, press the Mode key until the information from the desired display appears on the screen.

Diagram 5
817e Electronic console



Table 1
Displays and keys on the console

Displays	
RPM-shows revolutions per minute up to 199	MILES-shows total miles up to 999.9
MPH-shows miles per hour up to 999.9	TIME-shows total time up to 59 minutes and 59 seconds
SCAN-alternates between TIME, MPH, and MILES every few seconds	ODOMETER-gives total accumulated "mileage" up to 999.9
KM-shows total kilometers when cycle set to Metric units	KM-shows kilometers per hour when cycle set to Metric units
Keys	
Start/Stop-optional way to stop or start a workout	Pacer-press to set a pace tempo
Mode-press to select a specific workout	Reset-press to reset displays to zero

Diagram 5 shows an example of the electronic console. For a quick overview of the various displays and keys on the console, see Table 1.

CAUTION: To avoid injury, always loosen the seat adjustment knob sufficiently before adjusting pedal position.

Adjusting Pedal Distance

Before your workout, you might need to move the pedals to the appropriate position for your leg length. Sit on the cycle with both feet in the pedals and one leg extended as far as possible. The knee of the extended leg should have a 10- to 15-degree bend.

If you need to adjust the pedal distance, loosen the seat adjustment knob (located near the seat on the right side of the frame). Then, increase or decrease the distance between the seat and pedals as needed. Re-tighten the knob securely.

Adjusting the Pedal Resistance

Any time during a workout session, you can change the level of pedal resistance. Use the resistance adjustment knob located below the electronic console.

- To **increase** pedal resistance, turn the adjustment knob clockwise.
- To **decrease** pedal resistance, turn the adjustment knob counterclockwise.

Change resistance only when pedaling to avoid overtightening or damaging the belt.

Setting a Pacer

Setting a pace tempo helps you maintain your exercise intensity and provides motivation. To set a tempo, press Pacer until the bar graph indicates the desired pedal RPM. The pacer stops blinking when you pedal at the same pace tempo.

Pausing Your Workout

The cycle has an automatic pause feature that lets you interrupt your workout (for instance, to answer a telephone or to take a rest period). Simply stop pedaling on the cycle to pause your workout. A few minutes after you stop exercising, the electronics' screen-saver feature turns OFF the display and saves your position. When you resume your workout, the electronics will continue counting from the point you left off, giving an accurate readout of your total workout time.

Ending a Workout

To end your workout, stop pedaling on the cycle. You can also press the Start/Stop key. In either case, the displays on the console freeze, allowing you to review your workout statistics.

You can then do one of two things: either press the Reset key to return the displays to zero or let them stand. Leaving your workout statistics on the display lets you track total exercise time and miles over several exercise sessions. The electronics count TIME and MILES cumulatively, so if you don't press Reset, the electronics will continue counting from the point you left off.

Don't worry about turning OFF the console when you finish your workout. A few minutes after you stop exercising, the console's screen-saver function turns OFF the display.

How to Use the 817e Recumbent Cycle

This section explains how to work out on the 817e recumbent cycle safely and effectively. When using the climber, follow these general guidelines:

- At the beginning of a workout, take several minutes to bring your heart rate into your training zone (see Diagram 7, on page 12).
- Set the pedal resistance at a low level initially until your muscles warm up and your heart rate reaches its target zone.
- After your workout, pedal 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.

Working Out on the 817e Recumbent Cycle

When you work out using the 817e recumbent cycle, remember to monitor your heart rate frequently so you do not overexert yourself. Refer to *How Hard Should I Exercise?* on page 12.

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

To exercise on the cycle, refer to Photo 1 and follow these steps:

1. Sit on the cycle, making sure that your feet rest securely on the foot pedals (you might need to adjust the foot straps on the foot pedals). If necessary, use the seat adjustment knob to move the pedals to an appropriate position for your leg length. Refer to *Adjusting Pedal Distance*.
2. Begin your workout by pedaling with a low resistance setting. After you have warmed up, you might want to increase the pedal resistance using the resistance knob.
3. When you are finished exercising, continue pedaling briefly and reduce the resistance setting using the resistance knob. Then stop pedaling.
4. Review your workout statistics, then either press Reset to return the displays to 0 or let the displays stand, so you can track total exercise time over several sessions.

A few minutes after you stop exercising, the display turns OFF.

Diagram 5
817e Electronic console



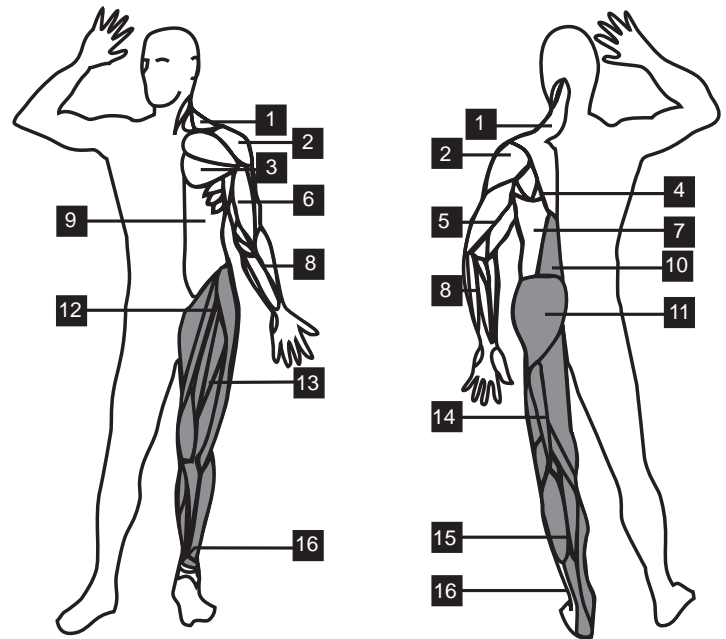
General Aerobic Training Information

A workout on the 817e Recumbent Cycle provides excellent and efficient cardiovascular conditioning, while strengthening and toning all the major muscle groups in the lower body. Darkened areas in Diagram 6 indicate the muscles improved.

Diagram 6

Muscles improved

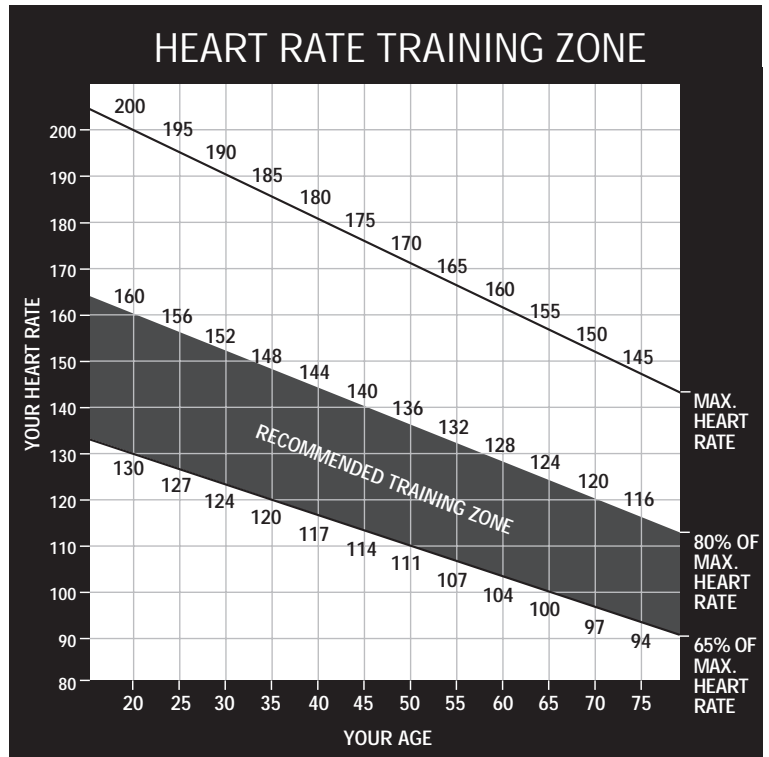
1. Trapezius
2. Deltoid
3. Pectorals
4. Rhomboids
5. Triceps
6. Biceps
7. Latissimus Dorsi
8. Forearm Flexors/Extensors
9. Abdominals
10. Erector Spinae
11. Gluteals
12. Hip Flexors
13. Quadriceps
14. Hamstrings
15. Gastrocnemius/Soleus
16. Peroneus Longus/Brevis



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 and videos 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 7
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 7 shows your recommended heart rate training zone, which is calculated using your age and your maximum attainable heart rate. The chart is based on a resting heart rate of about 72 for males and 80 for females. Your optimum training zone is between 65% and 80% of your maximum heart rate. For efficient aerobic exercise, work only hard enough to keep your heart rate in this zone. You will obtain the greatest fat-burning benefits when you exercise within the optimum training zone.

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

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

To determine your heart rate, 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 7. 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 resistance 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 pedal resistance 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.

Maintaining the 817e Recumbent Cycle

The 817e recumbent cycle requires little maintenance. Typical maintenance tasks include cleaning the cycle and changing the batteries. You might also want to change how the cycle measures distance and speed, whether in miles and miles per hour (MPH) or kilometers and kilometers per hour (KPH). All of these procedures are covered in this section.

Cleaning the Cycle

Clean the cycle periodically with mild soap and water or a general household cleaner. Wipe the surface of the electronic console with a clean, damp sponge or soft cloth. Dry with a clean towel. Never pour liquids on the electronic console.

Changing the Batteries

The 817e Recumbent Cycle comes with two "AA" alkaline batteries installed. When your electronic console no longer shows a digital readout or the count becomes erratic, you need to change the batteries.

Follow these steps:

1. Completely remove the two screws holding the electronic console to the cycle. You will find a screw on each side of the console.
2. Locate the battery holder underneath the console and replace the old batteries with two new "AA" alkaline batteries. The entire display lights up momentarily, the console beeps twice, then the display shows "002."
3. Replace the electronic console on the cycle, tightening the two screws firmly.
4. Press the Mode key once. The display shows "001."
5. Continue pressing Mode until the display shows "325."

Note: If you happen to press the Mode key too many times, don't worry. You can scroll through all the options on the display by pressing Mode repeatedly. To back up one option, press Start/Stop.

6. Press Pacer to specify how you want speed and distance measured. This key alternates the readout between miles/MPH and kilometers/KPH.
7. When the desired measurement is shown on the display, press Reset. The cycle is now ready to use.

Selecting Miles/MPH or Kilometers/KPH

The 817e Recumbent Cycle allows you to specify how you want your distance and speed measured. To change the current setting, follow these steps:

1. Simultaneously press Pacer and Start/Stop, and hold for 4 seconds until the console beeps twice.
2. Press Mode repeatedly until the display shows "325."
3. Press Pacer until you see the measurement system you want displayed on the display, either miles/MPH or kilometers/KPH.
4. Press Reset. The cycle is now ready to use.

Obtaining Service

Do not attempt to service the 817e recumbent cycle yourself except for the maintenance tasks described in this manual.

For further information about product operation or service, contact an authorized Precor dealer (or a Precor Factory Authorized Service Company). To locate the 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 817e recumbent cycle is written on a label located on the underside of the base.

Model number: 817e Serial number: _____

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



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