



Welcome to a personalized fitness experience for your members. The intuitive, high-definition touch screen, easy-to-reach single or dual motion controls, and built-in fitness tutorials make the P82 Console a unique fitness experience for your members and trainers.

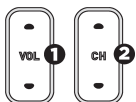
Set Up the Console

The P82 Console has a built-in Administrator account for owners. The Settings menu is visible only to administrators and registered service technicians. Changes made to these settings are saved to the fitness equipment. An Administrator uses a password (see below) to access and configure the console settings to enhance an exerciser's workout as well as benefit the facility.



Change System Settings

1. Press and hold **Volume Down**.
2. Press Channel in the following order:
 - **Channel Up**
 - **Channel Down**
 - **Channel Down**
 - **Channel Up**



3. On the screen, enter the password: **5 6 5 1 5 6 5**.
4. Touch **OK**. The System Settings banner appears.

Enable User PIN

1. Navigate to the **Settings**.
2. Select **Safety Code**. The PIN number screen appears.
3. Select **On**. This will enable the User PIN option. Exercisers will see the PIN screen when they begin a workout.



TIP Users must now enter PIN **1 2 3 4** to begin workout.

System	Information
About	Displays serial number and event log
Equipment Use	Individual and cumulative equipment use data
System Settings	Connectivity: Determines network type (Wired and Wi-Fi) and IP address. Display: Customizes language, time zone, and date format. TV settings: Sets up channels and close captions. Workout limits: Sets limits on equipment use during peak hours, limits maximum treadmill speed or maximum pause time. Alerts: For networked equipment, a technician can update software over the network. For non-networked equipment, a technician uses a USB drive to update each machine.



For product tutorials, best-in-class training resources, and content libraries (select regions only) on www.precor.com/education.

TRAINING AND EXERCISING

Get to Know the Networked Fitness Console

The P82 Console features either single or dual-motion controls on a LCD touchscreen with an embedded TV tuner, and is Preva® Network capable.



No.	Function	No.	Function
1	Pause	5	Channel up/down
2	Incline or stride height* indicator	6	Mute
3	Intensity or resistance indicator	7	Audio jack
4	Volume up/down	8	Mobile device charger

**Stride height indicator for AMT only. Incline indicator are on the dual-motion control. The motion control(s) are located below the indicator.*

Start Exercising



CAUTION Before beginning any fitness program, see your physician for a thorough medical exam. Ask your physician for the appropriate target heart rate for your fitness level.



IMPORTANT The heart rate features are intended for reference only. They may not be accurate for every user or at every speed and are not intended for use as a medical device. Holding the heart rate handle touch sensor while exercising at higher intensity may also decrease accuracy of the heart rate reading and is not recommended. Please also read your product documentation and visit www.precor.com/en-us/customer-service/faq.

Start a Workout

Touch **QuickStart** to launch the Manual Program. Calculations, such as calories used, are based on a 170-lb (77 kg), 40-year old individual. Exercisers can complete a workout using this program with the default values, or you can change workout settings to suit the training program specific for them.

Start a Featured Workout

The Featured Workout appears on the Welcome Screen and changes daily. Touch **GO** on the Featured Workout screen.

Start a Preset Workout

Preset workouts are a great way to tailor your client's workouts to their fitness goals, stay challenged, and add variety to their sessions. These workouts are arranged in the following groups: Manual, Heart Rate, Interval, Weight Loss (Fat Burner on Climbers), Variety, and Performance.

1. Touch **Workouts**, select a workout, then touch **GO**. At the end of a workout, a summary screen displays the average heart rate and accumulated metrics achieved during a workout.
2. Save the workout for replay later (for Preva accounts only).

For P82 Consoles with Precor Smart Watch Connector

For consoles with a Smart Watch Connector, follow these steps to link your Apple Watch:

1. Swipe the Apple Watch in front of Smart Watch Connector.
2. The Apple Watch logo on the display will change to an infinity icon. The icon turns green when the devices synchronize.

