

PRECOR®



Owner's Manual

Discovery Selectorized Line

Important Safety Guidelines for Owners

Follow these guidelines to maintain proper working condition of the equipment:

Important: Do not modify the equipment or any of its parts, or permanently remove any part from the equipment. Do not use accessory attachments that are not recommended by Precor, as such attachments might cause injuries.

- Regular maintenance must be performed by qualified technicians.
- Make sure that trainers, facility personnel, and maintenance technicians understand how to use the equipment, know important safety guidelines, and can recognize potential problems such as a worn cable, loose hardware, or cracked weld.
- Strength training requires a significant focus by the facility and its staff to maintain the quality of the fitness environment. If possible, the facility should provide direct supervision of the fitness equipment at all times by people knowledgeable about the safe operation of the equipment and trained to recognize potential problems.
- If any facility personnel witness unsafe use of the equipment, the staff member should address the user directly, demonstrate the proper technique, and review the *Important Safety Information for Users*. Precor recommends posting a copy of the *Important Safety Information for Users* near the equipment in a prominent location.
- Make sure the equipment is stable and placed on a solid surface. The equipment is designed to be freestanding; however, it can be bolted to the floor for extra stability. Precor highly recommends that the equipment be bolted to the floor to reduce the risk of toppling the equipment due to improper use. Since floor construction varies, please consult a professional building engineer for proper fastening.
- Locate the equipment at least 40 inches (1 meter) away from walls or furniture on either side of the equipment, and 40 inches (1 meter) away from objects behind the equipment. For Functional Training equipment, make sure that the operating space is large enough to allow the cables to be fully extended in all possible directions.
- Check the equipment thoroughly based on the recommended inspection schedules outlined in this manual, including daily, weekly, monthly and annual checks.
- Place an “out-of-order” sign on the equipment during maintenance of the equipment or the surrounding area. Users should never be allowed to operate the equipment until it has been inspected and works properly. If a piece of equipment needs service, keep it out of use until repaired. Place an “out-of-order” sign on the equipment and make sure the facility’s personnel know not to allow anyone to use the equipment until it is working properly.
- When working with the weight stacks, do not attempt to free any jammed assemblies alone as this may cause injury. With the help of another person, carefully return the weight stack to the proper position with the top plate resting on the first weight.
- Do not allow the equipment to be used if the top plate or weight stack is pinned in a raised position. With the help of another person, carefully return the equipment to the proper position with the top plate resting on the first weight. Inspect the cable to make sure that it is seated in all of the pulleys.
- Do not place the equipment outdoors or on wet surfaces.

Safety Approval

All Precor Discovery Selectorized strength equipment has been designed and tested to EN957 and applicable ASTM standards.

Important Safety Information for Users

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

French equivalent of the preceding paragraph, for the Canadian market: *Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

When using exercise equipment, you should always take basic precautions, including the following:

- If you do not understand how to operate a piece of equipment, ask someone from the facility such as a trainer to demonstrate how to use it and explain any safety instructions.
- Do not allow children on or near the equipment. Do not leave children unsupervised around the equipment.
- Use the equipment only for its intended purpose. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Wear proper exercise clothing and shoes for your workout—no loose clothing.
- **Do not overexert yourself or work to exhaustion.** Use reasonable judgment when working with weights. Avoid using excessive weight, which may cause injury.
- If you feel pain or abnormal symptoms, stop exercising immediately and consult your physician.
- Keep head, limbs, fingers, and hair clear of all moving parts while the equipment is in use. Keep hands clear of racking pegs.
- Never drop or insert objects into any opening in the equipment.
- Always check the equipment before using it. If you spot a potential problem, contact someone in the facility immediately. Do not use the equipment until the facility has verified that the equipment is working properly. Do not attempt to fix broken or jammed equipment.
- Do not use the equipment outdoors or on wet surfaces.
- Do not drop or slam the weight stack while exercising.
- Be sure the selector pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, contact someone in the facility.
- Never pin the weights in an elevated position. Do not use the equipment if the top plate or weight stack is pinned in a raised position. Notify the facility's personnel to repair the equipment and ensure that it is working properly.
- Do not use the equipment if an "out of order" sign has been placed on it.
- Read all posted instructions, including all safety instructions and warnings.

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Product Specifications and Use

Important Safety Guidelines

CAUTION: Before using the equipment, read these instructions and all labels. Failure to do so may result in serious injury.

- Do not allow children, or those unfamiliar with the operation of this unit, on or near it.
- Before beginning any fitness program, see your physician for a thorough physical examination. Ask your physician for the appropriate target heart rate for your age and fitness level.
- If you feel pain, faintness, or dizziness, stop exercising immediately.

This section provides the following information for each piece of equipment:

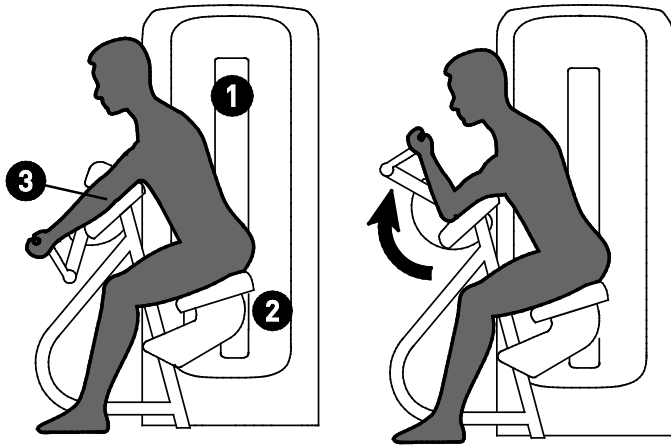
- Machine Specifications
- Exercise setup
- User instructions for the equipment
- Training tips

Biceps Curl User's Guide

Specifications

Machine Dimensions	47" L x 44" W x 59" H (119 cm L x 112 cm W x 150 cm H)
Working Area	49" L x 53" W (125 cm L x 135 cm W)
Weight Stack	160 lb (73 kg)
Machine Weight	434 lb (197 kg)

Setup



Number Action

- 1** Select an appropriate weight.
- 2** Adjust the seat height so your upper arms rest flat on the pad.
- 3** Align your elbows with the pivot.

Exercise

- Grasp both handles.
- Curl your arms in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.

Training Tips

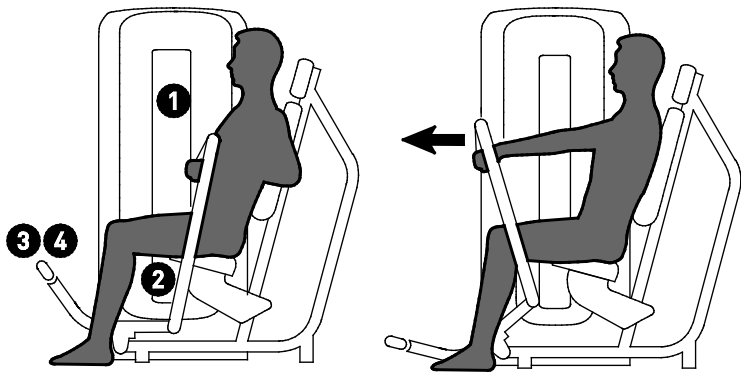
- Keep your upper arms flat on the pad.
- Exercise through a full range of motion.
- Maintain proper breathing:
 - Breathe out as you contract your muscles.
 - Breathe in as you relax your muscles.

Chest Press User's Guide

Specifications

Machine Dimensions	58" L x 59" W x 59" H (147 cm L x 150 cm W x 150 cm H)
Working Area	64" L x 59" W (163 cm L x 150 cm W)
Weight Stack	240 lb (109 kg)
Machine Weight	530 lb (240 kg)

Setup



Number Action

- 1** Select an appropriate weight.
- 2** Adjust the seat so the handles are aligned with your mid-chest.
- 3** Press the foot assist and grasp both handles.
- 4** Slowly release the foot assist and place your feet on the floor.

Exercise

- Extend your arms in a slow, controlled motion.
- Slowly return to the start position.
- Use the foot assist to return the handles to the rest position.

Training Tips

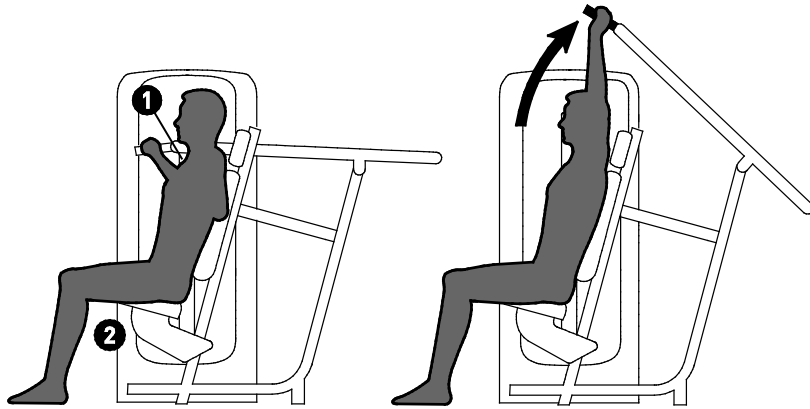
- Avoid locking your elbows.
- To vary your routine, use the vertical handles.
- Maintain proper breathing:
 - Breathe out as you contract your muscles.
 - Breathe in as you relax your muscles.

Shoulder Press User's Guide

Specifications

Machine Dimensions	67" L x 52" W x 59" H (170 cm L x 132 cm W x 150 cm H)
Working Area	89" L x 62" W (226 cm L x 158 cm W)
Weight Stack	200 lb (91 kg)
Machine Weight	538 lb (244 kg)

Setup



Number Action

- 1** Select an appropriate weight.
- 2** Adjust the seat so the handles are slightly above your shoulders.

Exercise

- Grasp both handles.
- Extend your arms in a slow, controlled motion while keeping your back firmly against the pad.
- Slowly return to the start position.

Training Tips

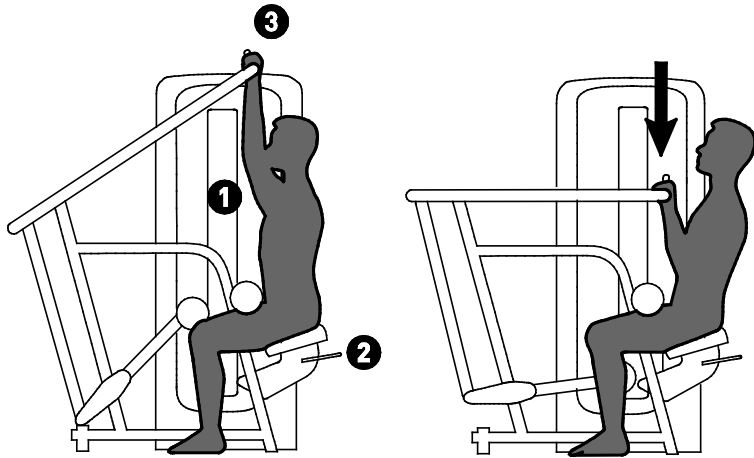
- Avoid locking your elbows.
- Maintain proper breathing:
 - Breathe out as you contract your muscles.
 - Breathe in as you relax your muscles.

Lat Pulldown User's Guide

Specifications

Machine Dimensions	67" L x 61" W x 77" H (170 cm L x 155 cm W x 196 cm H)
Working Area	79" L x 63" W (201 cm L x 160 cm W)
Weight Stack	240 lb (109 kg)
Machine Weight	619 lb (281 kg)

Setup



Number Action

- 1** Select an appropriate weight.
- 2** Adjust the seat so the thigh pads hold your legs securely in place.
- 3** Stand, grasp the handles with both hands, and return to the seated position.

Exercise

- Begin with your arms extended.
- Pull the handles to chin level in a slow, controlled motion.
- Slowly return to the start position.

Training Tips

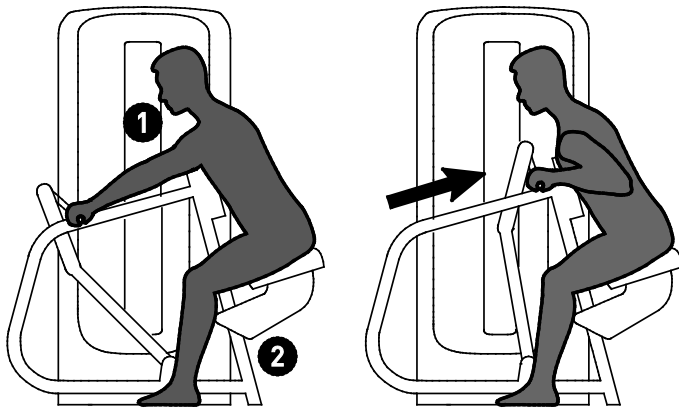
- Avoid pulling the handles behind your neck.
- Maintain good posture.
- Maintain proper breathing:
 - Breathe out as you contract your muscles.
 - Breathe in as you relax your muscles.

Seated Row User's Guide

Specifications

Machine Dimensions	51" L x 49" W x 59" H (130 cm L x 125 cm W x 150 cm H)
Working Area	52" L x 59" W (132 cm L x 150 cm W)
Weight Stack	240 lb (109 kg)
Machine Weight	508 lb (230 kg)

Setup



Number Action

- 1** Select an appropriate weight.
- 2** Adjust the seat so the chest pad is slightly below shoulder level.

Exercise

- Grasp both handles.
- Pull the handles toward you in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.

Training Tips

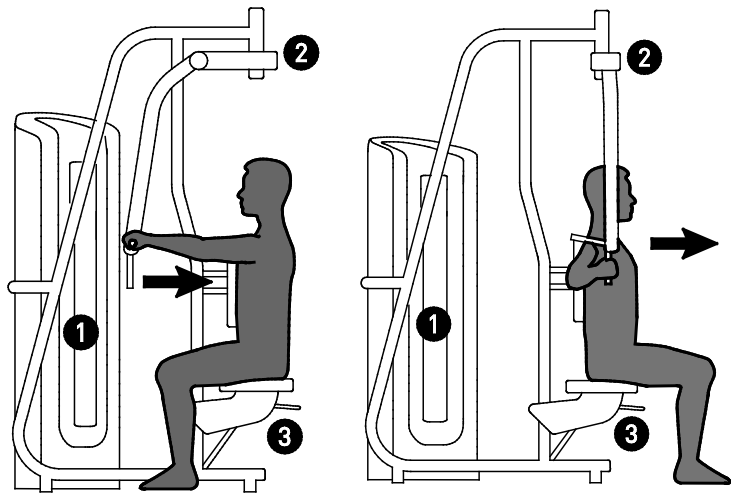
- Keep your head in a neutral position and your chest firmly against the chest pad.
- Maintain proper breathing:
 - Breathe out as you contract your muscles.
 - Breathe in as you relax your muscles.

Rear Delt / Pec Fly User's Guide

Specifications

Machine Dimensions	54" L x 56" W x 84" H (137 cm L x 142 cm W x 213 cm H)
Working Area	82" L x 82" W (208 cm L x 208 cm W)
Weight Stack	240 lb (109 kg)
Machine Weight	594 lb (269 kg)

Setup



Rear Delt starting position

Pec Fly starting position

Number Action

- 1** Select an appropriate weight.
- 2** Adjust range limiter for each arm to the start position shown.
- 3** Adjust the seat so the handles are at shoulder height.

Exercise

- Grasp the upper handles (Rear Delt), or the lower handles (Pec Fly).
- With your arms extended, elbows slightly bent, pull arms out and back in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.

Training Tips

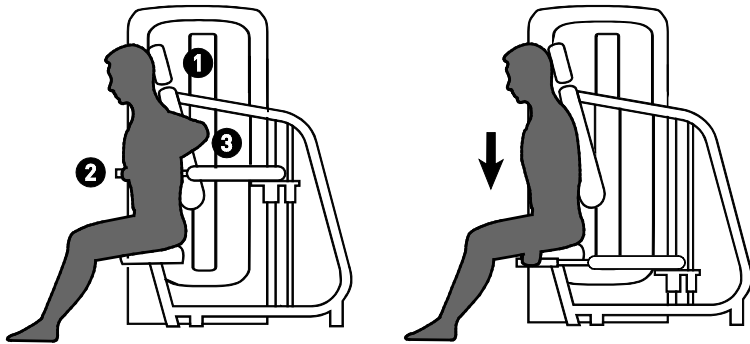
- Avoid locking your elbows.
- Set start position so you get a full range of motion.
- Maintain proper breathing:
 - Breathe out as you contract your muscles.
 - Breathe in as you relax your muscles.

Seated Dip User's Guide

Specifications

Machine Dimensions	47" L x 49" W x 59" H (119 cm L x 125 cm W x 150 cm H)
Working Area	67" L x 49" W (170 cm L x 125 cm W)
Weight Stack	240 lb (109 kg)
Machine Weight	563 lb (255 kg)

Setup



Number Action

- 1** Select an appropriate weight.
- 2** Grasp both handles with your hands close to your sides.
- 3** Sit with your back against the pad.

Exercise

- Press down in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.

Training Tips

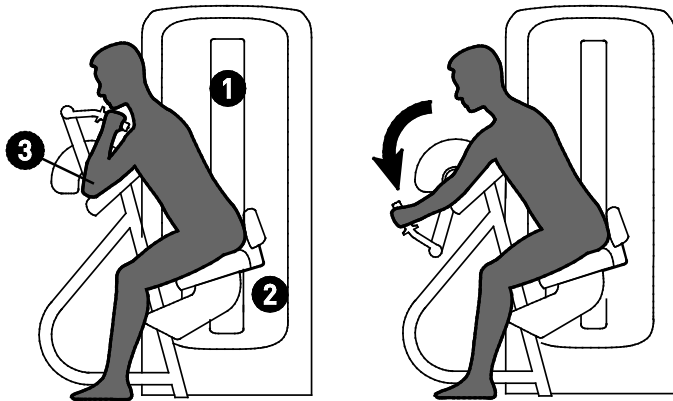
- Keep your head in a neutral position during exercise
- Keep your elbows close to your side during the exercise.
- Maintain proper breathing:
 - Breathe out as you contract your muscles.
 - Breathe in as you relax your muscles.

Triceps Extension User's Guide

Specifications

Machine Dimensions	47" L x 44" W x 59" H (119 cm L x 112 cm W x 150 cm H)
Working Area	49" L x 48" W (125 cm L x 122 cm W)
Weight Stack	160 lb (73 kg)
Machine Weight	442 lb (200 kg)

Setup



Number Action

- 1** Select an appropriate weight.
- 2** Adjust the seat height so your upper arms rest flat on the pad.
- 3** Align your elbows with the pivot.

Exercise

- Grasp both handles.
- Extend your arms in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.

Training Tips

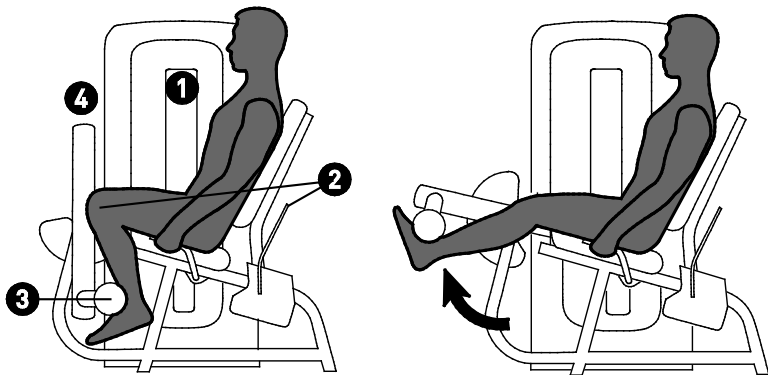
- Keep your upper arms flat on the pad.
- Exercise through a full range of motion.
- Maintain proper breathing:
 - Breathe out as you contract your muscles.
 - Breathe in as you relax your muscles.

Leg Extension User's Guide

Specifications

Machine Dimensions	53" L x 49" W x 59" H (135 cm L x 125 cm W x 150 cm H)
Working Area	66" L x 50" W (168 cm L x 127 cm W)
Weight Stack	240 lb (109 kg)
Machine Weight	575 lb (261 kg)

Setup



Number Action

- 1** Select an appropriate weight.
- 2** Align your knees with the pivot by adjusting the back pad.
- 3** Adjust the roller pad to a comfortable position.
- 4** Set the movement arm to your desired start position.

Exercise

- Grasp both handles.
- Extend your legs in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.

Training Tips

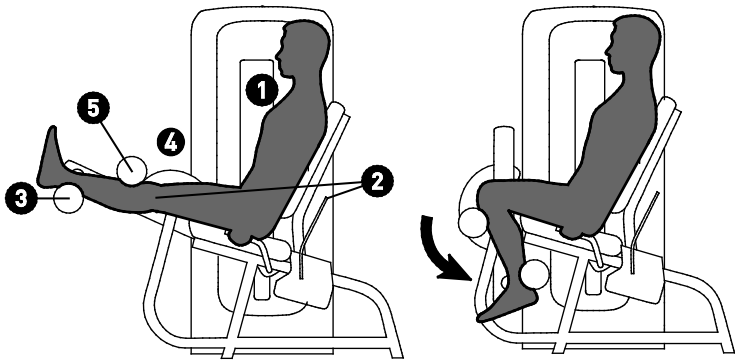
- Maintain proper breathing:
 - Breathe out as you contract your muscles.
 - Breathe in as you relax your muscles.

Seated Leg Curl User's Guide

Specifications

Machine Dimensions	61" L x 49" W x 59" H (155 cm L x 125 cm W x 150 cm H)
Working Area	79" L x 50" W (201 cm L x 127 cm W)
Weight Stack	240 lb (109 kg)
Machine Weight	594 lb (269 kg)

Setup



Number Action

- 1** Select an appropriate weight.
- 2** Align your knees with the pivot by adjusting the back pad.
- 3** Adjust the ankle pad to a comfortable position.
- 4** Set the movement arm to your desired start position.
- 5** Ensure the tibia pad is positioned below your knee cap.

Exercise

- Grasp both handles.
- Curl your legs in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.

Training Tips

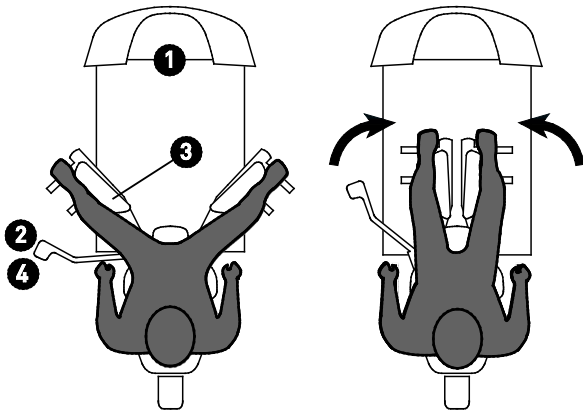
- Maintain proper breathing:
 - Breathe out as you contract your muscles.
 - Breathe in as you relax your muscles.

Inner Thigh User's Guide

Specifications

Machine Dimensions	66" L x 30" W x 59" H (168 cm L x 76 cm W x 150 cm H)
Working Area	66" L x 55" W (168 cm L x 140 cm W)
Weight Stack	200 lb (91 kg)
Machine Weight	544 lb (247 kg)

Setup



Number Action

- 1 Select an appropriate weight.
- 2 Use the adjustment handle to close the movement arms.
- 3 Sit down with your inner thighs resting against the thigh pads.
- 4 Open the movement arms to your desired start position.

Exercise

- Grasp both handles.
- Squeeze thighs inward in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.

Training Tips

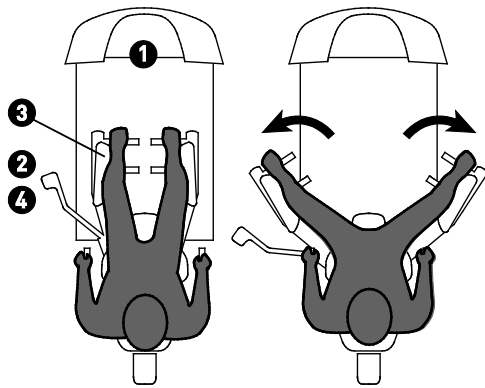
- You can ratchet the movement arms outward. Use the adjustment handle to move them inward.
- Maintain proper breathing:
 - Breathe out as you contract your muscles.
 - Breathe in as you relax your muscles.

Outer Thigh User's Guide

Specifications

Machine Dimensions	66" L x 30" W x 59" H (168 cm L x 76 cm W x 150 cm H)
Working Area	66" L x 55" W (168 cm L x 140 cm W)
Weight Stack	200 lb (91 kg)
Machine Weight	544 lb (247 kg)

Setup



Number Action

- 1** Select an appropriate weight.
- 2** Use the adjustment handle to set the movement arms to a slightly open position.
- 3** Sit down with your outer thighs resting against the thigh pads.
- 4** Set the movement arms to position your legs together.

Exercise

- Grasp both handles.
- Press thighs outward in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.

Training Tips

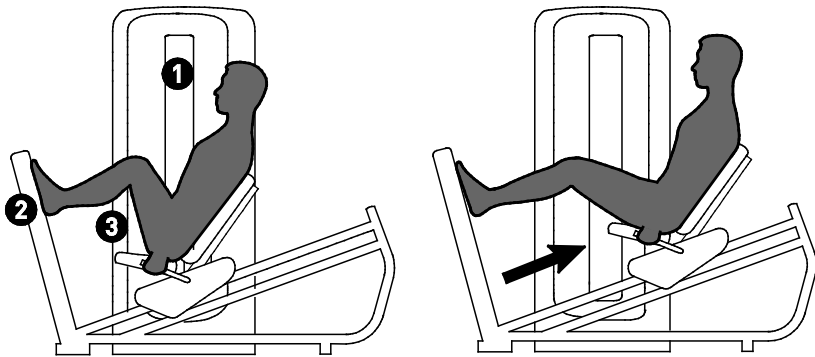
- You can ratchet the movement arms inward. Use the adjustment handle to move them outward.
- Maintain proper breathing:
 - Breathe out as you contract your muscles.
 - Breathe in as you relax your muscles.

Leg Press User's Guide

Specifications

Machine Dimensions	77" L x 48" W x 59" H (196 cm L x 122 cm W x 150 cm H)
Working Area	87" L x 48" W (221 cm L x 122 cm W)
Weight Stack	400 lb (182 kg)
Machine Weight	875 lb (397 kg)

Setup



Number Action

- 1** Select an appropriate weight.
- 2** Sit and place your feet on the footplate approximately shoulder-width apart with your lower leg perpendicular to the footplate.
- 3** Raise the seat handle and position the seat so your knees are at a 90 degree angle. Release the handle to lock the seat in place.

Exercise

- Extend your legs in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.

Training Tips

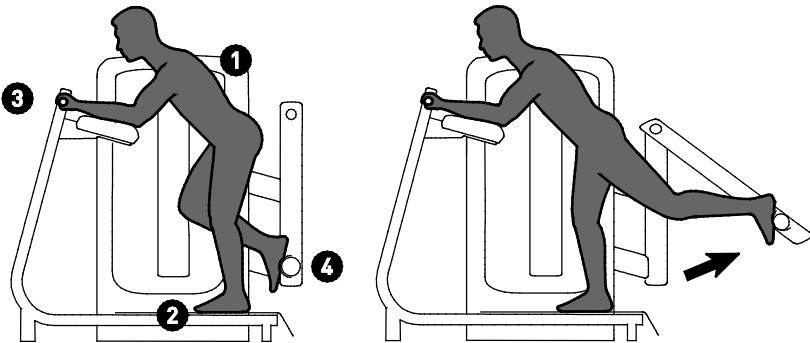
- Avoid locking your knees.
- Maintain proper breathing:
 - Breathe out as you contract your muscles.
 - Breathe in as you relax your muscles.

Glute Extension User's Guide

Specifications

Machine Dimensions	53" L x 40" W x 59" H (135 cm L x 102 cm W x 150 cm H)
Working Area	84" L x 40" W (213 cm L x 102 cm W)
Weight Stack	160 lb (73 kg)
Machine Weight	448 lb (203 kg)

Setup



Number Action

- 1** Select an appropriate weight.
- 2** Stand with your feet slightly in front of the movement arm.
- 3** Grasp both handles, keeping your back straight and your hips stable.
- 4** Place the ball of either foot on the movement arm.

Exercise

- Rotate leg upward in a slow, controlled manner.
- Pause at full extension.
- Slowly return to the starting position.
- Repeat the exercise with your other leg.

Training Tips

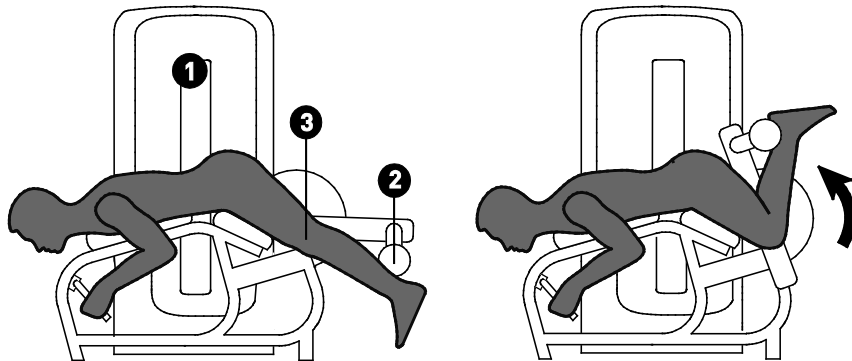
- Keep your head in a neutral position during exercise.
- To emphasize different muscles, vary your body position relative to the movement arm.
- Alternate starting leg each session.
- Maintain proper breathing:
 - Breathe out as you contract your muscles.
 - Breathe in as you relax your muscles.

Prone Leg Curl User's Guide

Specifications

Machine Dimensions	61" L x 48" W x 59" H (155 cm L x 122 cm W x 150 cm H)
Working Area	66" L x 50" W (168 cm L x 127 cm W)
Weight Stack	200 lb (91 kg)
Machine Weight	497 lb (225 kg)

Setup



Number Action

- 1** Select an appropriate weight.
- 2** Adjust the ankle pad to a comfortable position.
- 3** Align your knees with the pivot and lie facing down on the thigh and chest pads.

Exercise

- Grasp both handles.
- Curl your legs in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.

Training Tips

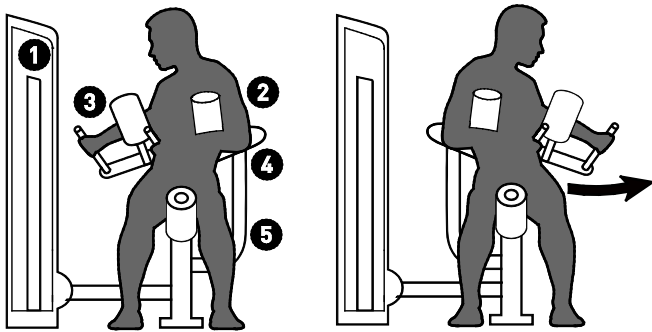
- If the ankle pad moves along your calf during exercise, reposition your body so your knees are properly aligned with the pivot.
- Maintain proper breathing:
 - Breathe out as you contract your muscles.
 - Breathe in as you relax your muscles.

Rotary Torso User's Guide

Specifications

Machine Dimensions	50" L x 54" W x 59" H (127 cm L x 137 cm W x 150 cm H)
Working Area	53" L x 64" W (135 cm L x 163 cm W)
Weight Stack	160 lb (73 kg)
Machine Weight	451 lb (205 kg)

Setup



Number	Action
1	Select an appropriate weight.
2	Sit with your back against the pads.
3	Select your starting position (left, right, or center).
4	Place your elbows on the outside of the roller pads and grasp both handles.
5	Gently grip the support pad with your knees.

Exercise

- While bracing your upper body with your arms and hands, rotate in the desired direction using a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.
- Repeat the exercises in the other starting positions.

Training Tips

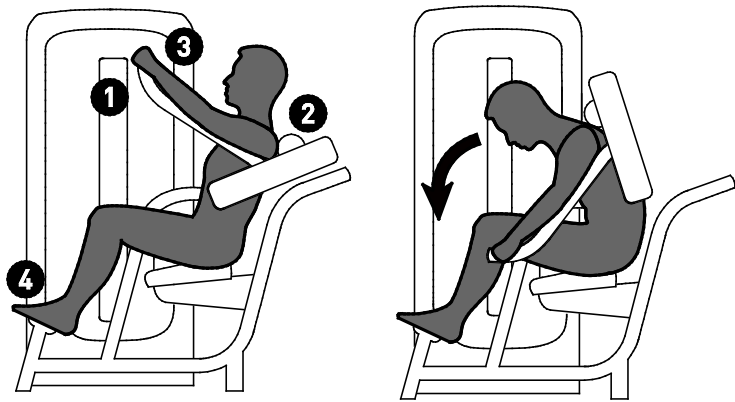
- Use a lighter weight and higher repetitions for this exercise.
- Maintain a loose grip on the handles during exercise.
- Maintain proper breathing:
 - Breathe out as you contract your muscles.
 - Breathe in as you relax your muscles.

Abdominal User's Guide

Specifications

Machine Dimensions	58" L x 51" W x 59" H (147 cm L x 130 cm W x 150 cm H)
Working Area	58" L x 56" W (148 cm L x 142 cm W)
Weight Stack	200 lb (91 kg)
Machine Weight	489 lb (222 kg)

Setup



Number Action

- 1** Select an appropriate weight.
- 2** Sit with your back against the roller pad.
- 3** Grasp both handles and rest your forearms on the movement arms.
- 4** Place your feet comfortably on or under the foot brace.

Exercise

- Curl down in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.

Training Tips

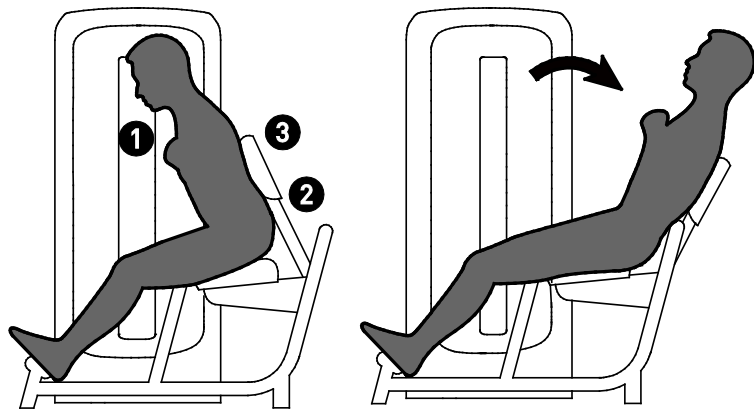
- Focus on using your abdominal muscles—not your arms—during exercise.
- Maintain proper breathing:
 - Breathe out as you contract your muscles.
 - Breathe in as you relax your muscles.

Back Extension User's Guide

Specifications

Machine Dimensions	48" L x 43" W x 59" H (122 cm L x 109 cm W x 150 cm H)
Working Area	78" L x 51" W (198 cm L x 130 cm W)
Weight Stack	160 lb (73 kg)
Machine Weight	488 lb (221 kg)

Setup



Number Action

- 1** Select an appropriate weight.
- 2** Sit with your lower back against the back pad.
- 3** Adjust the movement arm to a comfortable start position.

Exercise

- Cross your arms in front of your chest.
- Extend back in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.

Training Tips

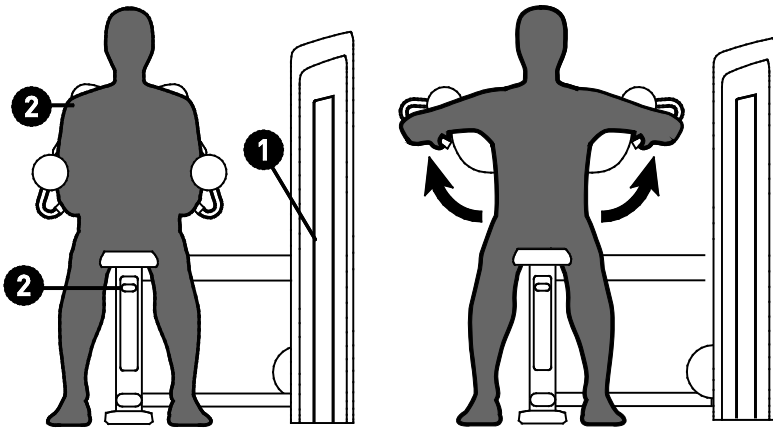
- Keep your lower back against the back pad.
- Avoid overextending.
- Maintain proper breathing:
 - Breathe out as you contract your muscles.
 - Breathe in as you relax your muscles.

Lateral Raise User's Guide

Specifications

Machine Dimensions	53" L x 49" W x 59" H (135 cm L x 125 cm W x 150 cm H)
Working Area	53" L x 56" W (135 cm L x 142 cm W)
Weight Stack	160 lb (73 kg)
Machine Weight	498 lb (226 kg)

Setup



Number Action

- 1** Select an appropriate weight.
- 2** Adjust the seat height so your shoulders align with the pivots.

Exercise

- Grasp both handles and position your upper arms against the arm pads.
- Rotate arms upward in a slow, controlled motion to a horizontal position.
- Pause at full extension.
- Slowly return to the start position.

Training Tips

- If the arm pads move along your upper arm during exercise, adjust the seat height so your shoulders are properly aligned with the pivots.
- Maintain proper breathing:
 - Breathe out as you contract your muscles.
 - Breathe in as you relax your muscles.

Maintenance

Before You Begin

Precor recommends implementing a thorough maintenance program that incorporates regular safety inspections by qualified maintenance technicians as outlined in this manual.

This manual explains how to maintain the Precor Discovery Selectorized Line of commercial strength equipment. It provides information about items that need to be inspected and maintained on a daily, weekly, monthly, and annual basis. You should perform those tasks that are appropriate for the equipment you are maintaining, and skip those tasks that do not apply.

This manual covers the general maintenance procedures that you can perform in the fitness facility. However, if the equipment requires service beyond the maintenance procedures covered in this manual, refer to *Obtaining Service*.

Important: *Always purchase replacement parts and hardware from Precor. Many parts are tested and manufactured specifically for Precor commercial strength equipment. If you use parts not approved by Precor, you could void the Precor Limited Warranty. Use of parts not approved by Precor may cause injury.*

Precor recommends that maintenance technicians thoroughly read and understand the safety guidelines and maintenance procedures covered in this manual.

Note: If the equipment requires assembly, a separate assembly guide is provided. For information on how to use a piece of equipment, refer to the instructional label found on the equipment and the *Product Specifications and Use* section in this manual.

Obtaining Service

You should not attempt to service the strength equipment, except for the maintenance tasks described in this manual. If any items are missing, contact your dealer. If you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor website at www.precor.com.

If you have any questions regarding a piece of equipment, locate its serial number and contact Precor Customer Support. Precor uses the serial number to establish the model and year of the product. You can generally find the serial number underneath the seat support.

For future reference, write the serial numbers, model numbers, and dates of purchase for your Precor strength training equipment in the space provided. You may want to list all equipment information below for easy reference.

Model #: Serial #:

Date purchased:

Model #: Serial #:

Date purchased:

Model #: Serial #:

Date purchased:

Model #: Serial #:

Date purchased:

Model #: Serial #:

Date purchased:

Model #: Serial #:

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Date purchased:

Model #: Serial #:

Date purchased:

Recommended Tools

We recommend that you keep the following tools available to inspect and maintain the equipment:

- Complete combination box wrench set from 1/2-inch to 15/16-inch
- Complete socket set from 1/2-inch to 15/16-inch
- Hex nut driver: 1/4-inch
- Adjustable 12-inch crescent wrench
- Complete hex key set from 5/64-inch to 3/8-inch
- Rubber mallet
- Phillips head screwdriver
- 3/16-inch hex key wrench (Ball End or T-Handle)

Daily Inspection

You will need to perform the following tasks each day to maintain the equipment and keep it operating smoothly:

- Clean any upholstery on the equipment.
- Inspect pads for wear.
- Clean and inspect equipment frames.
- Inspect cables and end connections for wear.
- Check warning and instructional labels.
- Check that all fasteners are properly secured.

Perform the tasks that are appropriate for the equipment you are maintaining, and skip the tasks that do not apply.

Clean Upholstery

To remove surface dirt and perspiration, clean upholstery daily with a mild soap and water solution in a spray bottle. Spray upholstered surfaces lightly and wipe dry with a clean cloth.

Important: To clean the upholstery, do not use cleaning products that have any of these ingredients: solvents, alcohol, ammonia, or petroleum. Use a mild detergent-based cleaner instead.

Inspect Pads for Wear

Inspect pads for cracks in the upholstery, broken and loose stitching, loose staples, and loose mounting bolts. Replace pads as needed (refer to *Obtaining Service* to purchase new pads).

Important: Do not reupholster pads or use pads not approved by Precor.

Clean and Inspect Frames

To remove grease and dirt, clean frames daily with a mild soap and water solution in a spray bottle. Wipe the equipment down with a damp cloth and dry completely. Be sure to wipe down both painted parts and chrome or plated parts.

To restore and maintain the luster of chrome parts, use a commercial chrome cleaner.

As you clean, inspect the frames for cracks, rust, or other damage. Make sure welds are solid and fasteners are properly secured.

Inspect All Fasteners

Fasteners can loosen with normal use. Inspect all nuts, bolts, screws, and other fasteners to make sure they are tight and installed correctly.

Be sure to check fasteners at bolted joints to make sure the connections are secure. If a fastener is loose but in good condition, retighten it. If you are concerned about the integrity of the fastener, remove it, clean the threads, and inspect it for any damage such as cracks, bad threads, corrosion, or rust. Reinstall the fastener if it appears to be in good condition. Otherwise, remove the equipment from service until a new fastener can be installed properly. You can order new fasteners from Customer Support. For additional information, refer to *Obtaining Service*.

Important: *Fastener quality and specifications vary considerably. Replace only with the Precor approved fastener specifically engineered for the precise application. Failure to do so will void the Precor Limited Warranty.*

Inspect Cables and End Connections

CAUTION: Carefully inspect the cables, pulleys, fasteners, and related hardware regularly. Replace any cable at the first sign of wear using only Precor-supplied replacement parts. With regular use, a cable can become worn and might fail. Sudden failure of a worn cable can cause severe injury to a user. Refer to *Obtaining Service* to purchase replacement parts.

Inspect the cables and end connections each day, and replace if damaged. Check for kinks, frayed wires, deterioration of the cable coating, and broken thimbles. Look for signs of wear particularly at crimped ends of the cable and near pulleys.

Important: *Cables must be replaced immediately if they are damaged to avoid possible injury to users.*

Some obvious signs of cable damage are as follows:

- 1 Exposed inner wire, stretching or cuts in the coating, or broken coating in the area that passes over a pulley
- 2 A zigzag or wavy pattern
- 3 Kinks, which may indicate internal damage
- 4 A necked-down cover
- 5 A "ballooned" cover

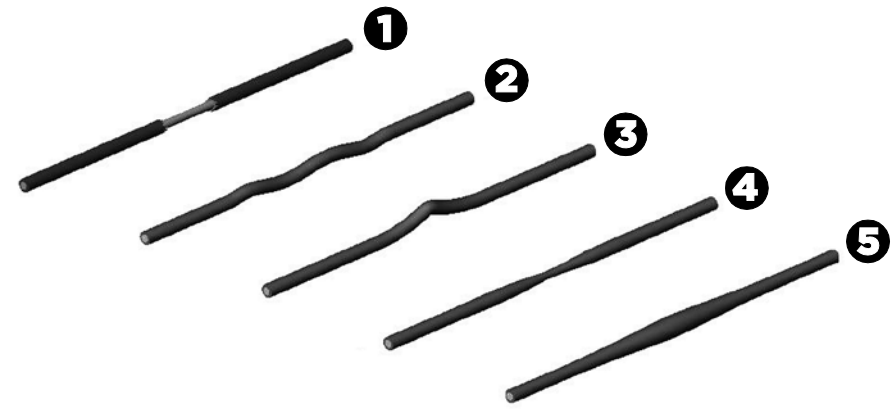


Figure 1: Signs of cable damage

In addition to inspecting the cables and end connections for damage, check the following:

- Make sure that each cable is properly adjusted and tightened at the top of the weight stack.
- Check cable pulleys, end connections, and end fittings. Make sure all connections are tight, adjusting cable tension as necessary.
- Make sure that the cable bolt is threaded at least $\frac{7}{8}$ inches (22 mm), or a minimum of six turns into the selector stem, and the locking jam nut is tight. (Refer to the following figure.)

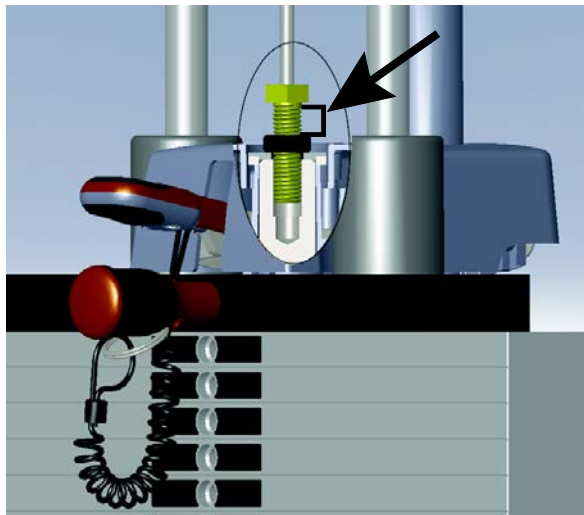


Figure 2: Distance must be 0-7/8 inches (22 mm) or less

Check Warning and Instructional Labels

Inspect warning and instructional labels daily to make sure that all the information can be clearly read. If any portion is not visible or part of the label is not adhered properly, replace that label immediately (refer to *Obtaining Service* for purchase information).

Clean labels as needed with a mild soap and water solution in a spray bottle, and dry thoroughly with a soft cloth.

The following figure shows an example of a user instructional label.

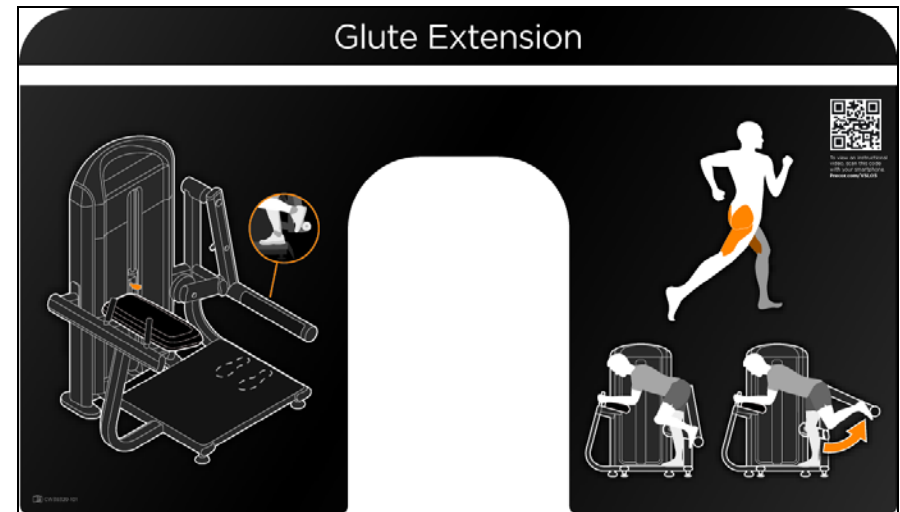


Figure 3: Sample user instructional label for the Discovery Selectorized Line

Precor products come equipped with a number of standard warning labels. The following two figures show sample warning labels you may see on the equipment depending on the model and product line:

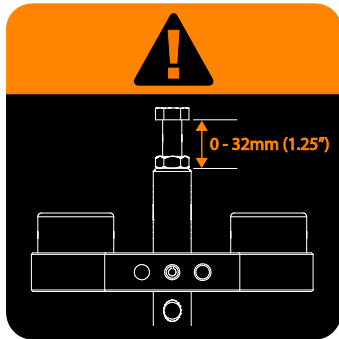


Figure 4: A warning label may appear on or near weight stacks where a cable bolt is threaded into the selector stem

Warning

Improper use of this equipment can result in serious injury. Even with proper use, you assume a risk of injury when using this type of equipment.

- Before beginning a fitness program, see your physician for a thorough physical examination.
- Do not allow children on or near this equipment.
- Before using this equipment, read and follow all warnings and safety instructions.
- Inspect the equipment prior to use. Check for loose fasteners or frayed cables. If you suspect the equipment may be in need of service, notify the facility staff.
- Use the equipment only for its intended use. Obtain proper instruction.
- Make sure the selector pin is fully engaged.
- If weights, pulleys, or other parts become jammed, do not attempt to free them, as weights may fall unexpectedly. Notify the facility staff.
- Do not remove labels from the equipment. Replace labels if they become damaged or lost.

Figure 5: A version of this warning label appears on the equipment frame

Weekly Inspection

This section covers the tasks you should perform each week to maintain the equipment. Perform the following tasks as appropriate for the unit you are maintaining:

- Condition and deep clean upholstery.
- Clean and lubricate cable rod ends.
- Clean and lubricate guide rods.
- Inspect cables, connections, and tension.
- Inspect cable handle attachments.
- Inspect pulleys.
- Inspect each weight stack and selector pin.
- Inspect and lubricate bearings and bushings.
- Check seat adjustment and test pop pins.

Condition and Deep Clean Upholstery

Condition and deep clean the upholstery weekly with a lanolin-based hand cleaner or upholstery cleaner.

Important: To clean the upholstery, do not use cleaning products that have any of these ingredients: solvents, alcohol, ammonia, or petroleum. Use a mild detergent-based cleaner instead.

Clean and Lubricate Cable Rod Ends

Check cable rod ends to make sure the shoulder bolts are secure. If cable rod ends are noisy, lubricate them with a silicone spray lubricant. Spray the lubricant onto the joint where the spherical portion is enclosed in the outer housing, as shown in the following figure. Wipe off any excess lubricant with a cloth.

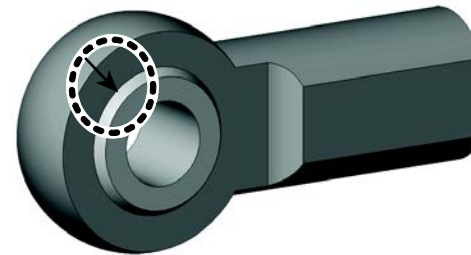


Figure 6: Lubricate cable rod ends with silicone spray lubricant

Important: Do not use petroleum-based lubricants.

Clean and Lubricate Guide Rods

Inspect the exposed areas of the guide rods for cleanliness. Using a dry cloth, wipe any buildup of dirt or grease from the rods.

Note: On Discovery Selectorized strength equipment, the shroud must be removed to access the guide rods for inspection, cleaning, and lubricating.

Lubricate the exposed areas of the guide rods by applying a light coat of silicone spray lubricant. Spray the silicone lubricant on a cloth and then wipe the guide rods with the cloth. *Be careful with any lubricant spray; it can stain carpet and clothing.*

CAUTION: Do not attempt to lubricate the guide rods when the equipment is in use. Attempting to lubricate between the weight plates without completely disassembling the stack will result in serious injury.

Important: *Do not use petroleum-based lubricants. These lubricants tend to cause a rapid buildup of dirt and hair on the weight plates, which can cause the plates to stick together.*

Inspect Cables, Connections, and Tension

Each week, give the cables and connections a thorough inspection and check cable tensions. The following lists the specific things you need to inspect:

- Check the cable termination at the weight stack. For most equipment, the exposed shank should be threaded to a distance no more than $\frac{7}{8}$ inches (22 mm); this distance allows for a minimum of six turns of the bolt into the selector stem. Check and adjust the distance accordingly. *Also make sure that the locking jam nut is tight against the selector stem.*
- Check the cable, especially near all pulley wheels and cams.
- Check the cable as it terminates at the cam, which is stationary on most equipment. Inspect the bolt passing through the cam end fitting to be sure the two jam nuts are tightened against each other. Also, check the entire cable routing to verify that there is no interference with any structure.
- Inspect the ball end of the cable where the cable connection rests in the clevis housing.
- Make sure that each cable is properly adjusted and tightened at the top of the weight stack.
- Check cable pulleys, end connections, and end fittings. Make sure all connections are tight, adjusting cable tension as necessary.

Inspect Pulleys

Precor uses precision ball bearing idler pulleys to guide the cable smoothly.

Inspect each pulley for damage, including hairline cracks, chips, or missing sections. Worn surfaces in the pulleys can cause severe damage to the cables and must be replaced at the first sign of wear or damage.

Be certain that the wheels turn freely as the equipment is used. Inspect each pulley for excessive side-to-side play, which indicates worn bearings or loose mounting bolts. If excessive play is discovered, remove the pulley to inspect the bearings and replace the entire pulley if necessary.

Inspect Weight Stack and Selector Pin

Weight stacks are made of precision machined plates that are designed as a single mechanism to stack precisely. Use only Precor-supplied add-on weights and weight selector pins.

On a weekly basis, inspect weight stacks and selector pins. Wipe each plate with a damp cloth as needed. Inspect all plates for sharp burrs or damage. Wipe dirt and dust off the guide rods.

Make sure the equipment uses only the original Precor selector pin. In addition, make sure the selector pin can be fully inserted and retained in each weight plate.

Inspect and Lubricate Bearings and Bushings

Precor uses high quality bearings designed for strength applications and long service life. Each week, do the following to maintain the bearings and bushings on the equipment:

- **Bronze bushings:** Precor recommends using a small amount of silicone spray lubricant to lubricate these bushings, which usually support rotary shafts. Spray directly onto the shaft, and then rotate the shaft through its complete range of motion several times. Inspect bushings for excessive wear and damage. *Be careful when using the spray lubricant; it can stain carpet and clothing.* Wipe off any excess lubricant with a cloth.
- **Nylon bushings:** Lubricate the nylon bushings on the guide rods by applying a light coat of silicone spray lubricant. Spray the silicone lubricant on a cloth, then wipe the cloth along the full length of the guide rod.
- **Sealed Bearing Pivot Points:** These locations are protected from the outside environment and require no lubrication. While cleaning the equipment, wipe down the shafts and external bearing surfaces with a cloth to prevent the buildup of dust and perspiration.
- **Linear Bushings:** These bushings allow mechanical parts to travel smoothly along guide rods. Inspect the ends of each guide rod to make sure they are fastened correctly and all bolts are tight.

Wipe down guide rods using a light application of a silicone spray lubricant to remove dust, hair, and dirt.

Important: *Do not use petroleum-based lubricants.*

If you lubricate the guide rods regularly, then the bushings will function as designed. Otherwise, the guide rods may corrode. This can cause the bearings to become clogged and jammed, leading to actual gouging of the guide rods. Be sure to remove surface rust and oxidation from the guide rods as soon as you observe it.

Check and Lubricate Seat Adjustment

The seat adjustment mechanism requires little maintenance. However, because seat safety is important to the safety of a workout, you should check the seat lever regularly to see if it sticks when used.

To test if the seat lever needs lubrication, elevate the seat slightly while pressing and releasing the lever. The lever should snap back out easily. If the lever sticks, lubricate its pivot pin with silicone spray lubricant. Wipe off any excess lubricant with a cloth.

Inspect Gas Assist Shock on seat adjustment for leaks. Replace if necessary.

Monthly Inspection

This section covers the tasks you should perform each month to maintain the equipment. Perform the following tasks as appropriate for the unit you are maintaining:

- Inspect frames and movement arms.
- Lubricate pop pins.
- Check and lubricate ratcheting seat lever.
- Inspect all fasteners.
- Inspect gas shocks for leaks.

Inspect Frames and Movement Arms

Inspect frames and movement arms monthly for proper function and integrity. Check for cracks, chipped paint, or rust. Touch up dings and chips in the paint as needed. Replace any component at first signs of wear.

Note: You can order touch-up paint from Precor by calling Customer Support. Refer to *Obtaining Service*.

Inspect frames for cracks, particularly at the joints. If any cracks are found, take the equipment out of service immediately and have a qualified maintenance technician repair it. Refer to *Important Safety Guidelines for Owners* and *Obtaining Service*.

To remove surface rust from the frame, rub lightly with a fine wet/dry sandpaper or fine steel wool. Finish with Precor touch-up paint if needed. Maintain paint luster with an application of a mild automotive wax product.

To maintain the powder coated, plated, and chrome parts, use a mild detergent-based cleaner for light dirt and grime removal. For removing heavier dirt and grease and for polishing, use a good automotive polish. For scuffs and marks that are not removed by the above methods, use a fine-grit cleanser. Do not use solvents, lacquer thinner, acetone, or fingernail polish remover.

Lubricate Pop Pins

Pull out the pop pin as far as it goes and apply a small amount of silicone spray lubricant. Wipe off any excess lubricant with a cloth. (Refer to the following figure.)

CAUTION: Pulling out the pop pin may cause the unit to adjust position suddenly. To avoid injury, keep your hands and head away from moving parts.

Test the pop pin for proper function and engagement in each adjustment hole.

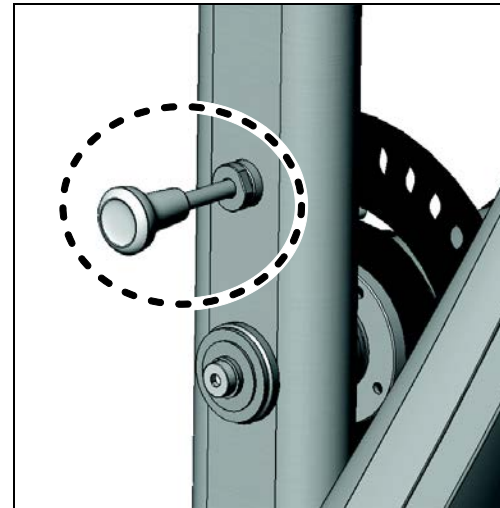


Figure 7: Lubricate the pop pin by pulling it out

Annual Maintenance

Perform these tasks on an annual basis, as appropriate for your equipment.

Shroud Removal

The Discovery Selectorized Line includes a weight tower shroud that must be removed to perform the maintenance described in this manual.

Important: Do not remove the shroud while the equipment is in use.

To remove the shroud, refer to the *Shroud Assembly Guide* included with this manual. Perform the assembly steps in reverse to remove the shroud.

Perform the necessary maintenance. When you are finished, replace the shroud.

Weight Stack Annual Maintenance

Once a year, Precor recommends disassembling the weight stack to clean and inspect it thoroughly.

- Carefully remove the cable and guide rods from the weight stack. Completely disassemble the weight stack in a well-ventilated area, away from the exercise floor.
- Inspect weight plates and clean them thoroughly. Cracked or broken plates should be replaced immediately (refer to *Obtaining Service* to purchase replacements). Clean each plate individually and inspect guide bushings.
- Inspect the bushings of the top weight plate and each individual weight plate, and replace a plate if it is excessively worn or broken.
- Clean the selector stem and inspect it for wear and damage.
- Reassemble the weight stack.
- Wipe down the weight stack enclosures (shrouds) with a damp cloth as needed. Inspect all fasteners to make sure the shroud is securely mounted.

Important: Precor recommends that you replace worn and damaged cables during routine maintenance. It is recommended that all cables be replaced annually.

Inspect and Lubricate Pop Pins

Remove the pop pin assembly by loosening the cap.

CAUTION: Pulling out the pop pin may cause the unit to adjust position suddenly. To avoid injury, keep your hands and head away from moving parts.

Inspect the plunger and spring for excessive wear and damage, and replace as required.

Apply a small amount of silicone spray lubricant to the spring and plunger, and then reinstall the entire assembly. Tighten the cap. Wipe off any excess lubricant with a cloth.

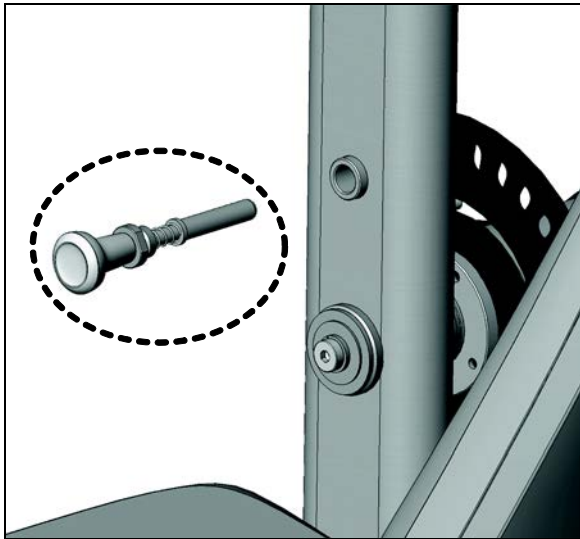


Figure 8: Inspect pop pins (pop pin shown in exploded view for clarity)

Lubricate Linear Ball Bearings

Some of the strength equipment contains linear ball bearings.

Lubricate the linear ball bearings with an NLGI grade 2 grease by applying a thin coat of grease on the shaft below the bearings. Move the bearings and repeat application on opposite side.

Commercial Strength Equipment Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

Limited Warranty.

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty periods set forth below. The warranty periods commence on the invoice date of the original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To claim under this warranty, the buyer must notify Precor or your authorized Precor dealer within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited as set forth below.

Warranty Periods and Coverage:

Commercial Strength Products manufactured and sold after November 1, 2008.

Frame parts and weldments:	10 years
All surface areas to include painted and plated surfaces:	1 year
Weight stack plates and components, bearings, bushings, pulleys, seat adjustment:	5 years
Upholstery pads and rollers:	6 months
All other parts (including hand grips, end caps, cables, selector pins, shrouds):	1 year
Labor:	1 year

Conditions and Restrictions.

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

1. The warranty applies to the Precor product only while
 - a. it remains in the possession of the original purchaser and proof of purchase is demonstrated,
 - b. it has not been subjected to accident, misuse, abuse, improper service, or non-Precor modification,
 - c. claims are made within the warranty period.
2. This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
3. Except in Canada, Precor does not pay labor outside the United States.
4. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details.

This Limited Warranty shall not apply to:

1. Normal wear and tear, consumables and cosmetic items, including, but not limited to the following: seats and labels.
2. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
3. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
4. Pickup and delivery involved with repairs.
5. Any labor costs incurred beyond the applicable labor warranty period.

Complete this portion and keep for your records.

Purchased From:

Example: Dealer or store name.

Phone Number:

Example: Dealer or store telephone number.

Product/model:

Example: DSL204 Biceps Curl.

The serial number is found on the shipping container.

Disclaimer and Release.

The warranties provided herein are the exclusive warranties given by Precor and supersede any prior, contrary or additional representations, whether oral or written. ANY IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE THAT APPLY TO ANY PARTS DESCRIBED ABOVE ARE LIMITED IN DURATION TO THE PERIODS OF EXPRESS WARRANTIES GIVEN ABOVE FOR THOSE SAME PARTS. PRECOR HEREBY DISCLAIMS AND EXCLUDES THOSE WARRANTIES THEREAFTER. Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. PRECOR ALSO HEREBY DISCLAIMS AND EXCLUDES ALL OTHER OBLIGATIONS OR LIABILITIES, EXPRESS OR IMPLIED, ARISING BY LAW OR OTHERWISE, WITH RESPECT TO ANY NONCONFORMANCE OR DEFECT IN ANY PRODUCT, INCLUDING BUT NOT LIMITED TO: (A) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY IN TORT, WHETHER OR NOT ARISING FROM THE NEGLIGENCE OF PRECOR OR ITS SUPPLIERS (WHETHER ACTIVE, PASSIVE OR IMPUTED); AND (B) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY FOR LOSS OF OR DAMAGE TO ANY EQUIPMENT. This disclaimer and release shall apply even if the express warranty set forth above fails of its essential purpose.

Exclusive Remedies.

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item. Precor compensates Servicicers for warranty trips within their normal service area to repair commercial equipment at the customer's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

Exclusion of Consequential and Incidental Damages.

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COSTS INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purposes and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

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Notes:



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NOTICE:

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



Discovery Selectorized Line Owner's Manual
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