# Installing and Operating the Personal Viewing System (PVS) for Display C Including Model with Personal Entertainment Player (PEP)



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# **Edition Information**

INSTALLING AND OPERATING THE PERSONAL VIEWING SYSTEM (PVS) FOR DISPLAY C

P/N CX30632-141

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# Important Safety Instructions

### Safety Precautions

Important: Save these instructions for future reference.

Read all instructions in the documentation provided with your exercise equipment, including all assembly guides, user guides, and owner's manuals, before installation of this device.

Note: This product is intended for commercial use.

Always follow basic safety precautions when using this equipment to reduce the chance of injury, fire, or damage. Other sections in this manual provide more details of safety features. Be sure to read these sections and observe all safety notices. These precautions include the following:

- Read all instructions in this guide before installing and using the equipment and follow any labels on the equipment.
- Make sure all users see a physician for a complete physical examination before they begin any fitness program, particularly if they have high blood pressure, high cholesterol or heart disease; have a family history of any of the preceding conditions; are over the age of 45; smoke; are obese; have not exercised regularly in the past year; or are taking any medication.

French equivalent of the above notice, for Canadian markets: Il est conseillé aux utilisateurs de subir un examen médical complet avant d'entreprendre tout programme d'exercice, en particulier s'ils souffrent d'hypertension artérielle, ou de cardiopathie ou ont un taux de cholestérol élevé, s'ils ont des antécédents familiaux des précédentes maladies, s'ils ont plus de 45 ans, s'ils fument, s'ils sont obèses, s'ils n'ont pas fait d'exercices réguliers au cours de l'année précédente ou s'ils prennent des médicaments. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

#### Installing and Operating the Personal Viewing System (PVS) for Display C

- Do not allow children, or people unfamiliar with the operation of this equipment, on or near it. Do not leave children unsupervised around the equipment.
- Make sure all users wear proper exercise clothing and shoes for their workouts and avoid loose or dangling clothing. Users should not wear shoes with heels or leather soles, and they should check the soles of their shoes to remove any dirt and embedded stones. They should also tie long hair back.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use, before cleaning it, and before providing authorized service.

**Note:** The optional power adapter is considered a power source for self-powered equipment.

- Use the power adapter provided with the equipment. Plug the power adapter into an appropriate, grounded power outlet as marked on the equipment.
- Care should be taken when mounting or dismounting the equipment.
- For Treadmills: Do not use typing or web surfing features while walking at speeds that exceed a **slow and relaxed leisurely pace**. Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.
- For AMT and EFX: Always stabilize yourself by holding a stationary handle bar while using typing or web surfing features.
- Read, understand, and test the emergency stop procedures before use.
- Keep the power cord or optional power adapter and plug away from heated surfaces.
- Route power cables so that they are not walked on, pinched, or damaged by items placed upon or against them, including the equipment itself.
- Ensure the equipment has adequate ventilation. Do not place anything on top of or over the equipment. Do not use on a cushioned surface that could block the ventilation opening.
- Assemble and operate the equipment on a solid, level surface.

- Proper Location for Equipment
  - For all equipment other than treadmills: Locate 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 treadmills: Locate at least 40 inches (1 meter) away from walls or furniture on either side of the treadmill, and at least 80 inches (2 meters) away from objects behind the treadmill.

**Important:** These location standards should also be used when positioning equipment away from sources of heat, such as radiators, heat registers, and stoves. Avoid temperature extremes.

- Keep equipment away from water and moisture. Avoid dropping anything on or spilling anything inside the equipment to prevent electric shock or damage to the electronics.
- When using the treadmill, always attach the safety clip to your clothing before beginning your workout. Failure to use the safety clip may pose a greater risk of injury in the event of a fall.
- Keep in mind that heart rate monitors are not medical devices. Various factors, including the user's movement, may affect the accuracy of the heart rate readings. The heart rate monitors are intended only as exercise aids in determining heart rate trends in general.
- Do not operate electrically powered equipment in damp or wet locations.
- Never operate this equipment if it has a damaged cord or plug, if it is not working properly, or if it has been dropped, damaged, or exposed to water. Call for service immediately if any of these conditions exist.
- Maintain the equipment to keep it in good working condition, as described in the *Maintenance* section of the owner's manual. Inspect the equipment for incorrect, worn, or loose components, and then correct, replace or tighten prior to use.
- If you plan to move the equipment, obtain help and use proper lifting techniques.

#### Installing and Operating the Personal Viewing System (PVS) for Display C

- Equipment Weight Restrictions: Do not use the treadmill if you weigh more than 500 pounds (225 kg). If you weigh more than 350 pounds (160 kg), do not run on the treadmill. For all other fitness equipment, the weight limit is 350 pounds (160 kg).
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by Precor. Such attachments may cause injuries.
- Do not operate the equipment where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Do not attempt to service the equipment yourself, except to follow the maintenance instructions in the owner's manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Do not set anything on the stationary handrails, handlebars, control console, or covers. Place liquids, magazines, and books in the appropriate receptacles.
- Do not lean on or pull on the console at any time.

CAUTION: DO NOT remove the cover, or you may risk injury due to electric shock. Read the assembly and maintenance guide before operating. There are no user-serviceable parts inside. Contact Customer Support if the equipment needs servicing. For use with single phase AC power only.

### Hazardous Materials and Proper Disposal

The batteries within self-powered equipment contain materials that are considered hazardous to the environment. Federal law requires proper disposal of these batteries.

If you plan to dispose of your equipment, contact Precor Commercial Products Customer Support for information regarding battery removal. Refer to *Obtaining Service*.

### Product Recycling and Disposal

This equipment must be recycled or discarded according to applicable local and national regulations.

Product labels, in accordance with European Directive 2002/96/EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product is not to be thrown away, but rather reclaimed upon end of life per this Directive.

In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to be collected separately and to be reused, recycled, or recovered at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste, but use the collection framework available to customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to the potential presence of hazardous substances in EEE. For proper collection and treatment, refer to *Obtaining Service*.

### Safety Approvals for Cardiovascular Equipment

Precor equipment has been tested and found to comply with the following applicable safety standards.

Cardiovascular Type Equipment:

- CAN/CSA, IEC, EN 60335-1 (Household and similar electrical appliances Safety)
- EN 957 (Stationary training equipment, class S/B compliant equipment)

#### PVS and P80 Regulatory Notice

This Precor equipment has been tested and found to comply with the following applicable safety standards.

• CAN/CSA, UL, IEC, EN 60065 (Audio, video and similar electronic apparatus - Safety)

### Radio Frequency Interference (RFI)

This Precor exercise equipment conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

# WARNING Per FCC rules, changes or modifications not expressly approved by Precor could void the user's authority to operate the equipment.

# Industry Canada

This Class A digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.

ATTENTION : Haute Tension Débranchez avant de réparer

# **European Applications**

CE compliance is claimed to the following directives:

- 2004/108/EC EMC Directive
- 2006/95/EC LVD Directive
- 2002/95/EC RoHS Directive

Directive compliance has been verified to the following standards:

- EN 55022
- EN 55024
- EN 60335-1
- EN 60065 (P80 and PVS)

### Electrical Recommendations: 120 V and 240 V Treadmills

**Note:** This is a recommendation only. NEC (National Electric Code) guidelines or local region electric codes must be followed.

You should have received a power cable that meets your local electrical code requirements along with the equipment. Precor treadmills must be connected to a 20 amp individual branch circuit that can be shared only with one PVS. If you need additional help with the power connections contact your Precor authorized dealer.

**Important:** An individual branch circuit provides a hot conductor and neutral conductor to a receptacle. The conductors must not be looped, "daisy-chained", or connected to any other conductors. The circuit must be grounded according to NEC guidelines or local region electric codes.



Figure 1: North American 120-volt, 20-amp power receptacle





### Electrical Recommendations: All Equipment Excluding Treadmills

**Note:** This is a recommendation only. NEC (National Electric Code) guidelines or local region electric codes must be followed.

For equipment fitted with a P80 console or Personal Viewing System (PVS) screen a separate power connection is required. For a 20 amp branch circuit up to 10 screens can be connected. If the branch circuit has any other devices plugged into the circuit the number of screens must be reduced by the wattage of the other devices.

**Note:** The typical splitter power cords that have IEC-320 C13 and C14 plugs have a recommended maximum capacity of five screens.



Figure 3: IEC-320 C13 and C14 plugs

### **Obtaining Service**

Do not attempt to service the equipment except for maintenance tasks. If any items are missing, contact your dealer. For more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at *http://www.precor.com*.

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# Chapter **1**

# Beginning the Assembly

To assemble the equipment, you will need to attach the PVS to the console and route several cables.

**Important:** Assemble the equipment according to the guidelines in this manual to ensure that you do not void the Precor Limited Warranty. Any damage caused during installation is not covered by the Precor Limited Warranty.

### Installation Requirements

Prior to assembly, make sure you have the required tools and hardware. You will need the following tools to perform this assembly:

- Phillips screwdriver
- 3/15-inch socket head screwdriver
- Set of metric hex wrenches
- Set of SAE hex wrenches
- Hex-drive torque wrench with #2 Phillips screwdriver bit

### Hardware Kit

The hardware kit shipped with this equipment contains the fasteners and other hardware components shown in the following table. If the equipment includes a Personal Entertainment Player (PEP), there will be additional components as noted.

Before you begin assembly, make sure that your hardware kits are complete. If not, please contact Precor Customer Support.

Hardware	Hardware Name	Quantity
	Socket head screws, ¼ x ½ inch	4
	1⁄4-inch washer	4
17 9	Screen mount	1
0	<b>Note:</b> The treadmill screen mount is slightly longer than the screen mount for non-tread equipment.	
	Power cord splitter	1
	T-raceway cover	1

Table 1. Primary Hardware Kit

Table 2. PVS Hardware Kit

Hardware	Hardware Name	Quantity
	Buttonhead screws, M4 x 10mm	4
	Coaxial television cable	1
	Tie wraps	4
	2.5 mm hex wrench	1
	Power supply with AC cord and power cable	1

Hardware	Hardware Name	Quantity
	Controller assembly (with or without PEP option)	1
	Headphone plug assembly and cable with ferrite	1
	<b>Note</b> : Ferrite not required for PEP assembly	
	12-inch RJ-45 PVS control cable	1
	<b>Note</b> : Ferrite not required for PEP assembly	
	5-wire entertainment option cable	1
	iPod tray and cable (PEP only)	1
· • • • • • • • • • • • • • • • • • • •	RCA audio/video cable (PEP only)	1

Table 3. Controller Hardware Kit

### EFX: Rewiring the Equipment

A PVS requires new cables to support its functionality.

**Note**: Use the cable retaining features when available to keep the cords from interfering with the machinery.

Perform the assembly steps in the order presented. As you remove the screws, set them aside in a safe place. You will need them again later to complete the assembly.

# To expose the wiring and connections inside the display console and install the PVS:

1. Use a Phillips-head screwdriver to remove the eight screws that secure the front and back neck covers. Set the fasteners and covers aside.



Figure 4: EFX cover removal

2. Remove the four screws that secure the back console plate. Set the fasteners and back console plate aside.



Figure 5: Back console plate removal

3. Remove the entertainment option cover. Tabs exist on either side of the cover. Press the tabs to release the cover. You can discard the entertainment option cover.



Figure 6: Entertainment option cover removal

4. At the base of the display console, remove the audio cover. Place a finger inside the audio cover to push it out of the display console. You can discard the audio cover because it is replaced with the headphone jack.



Figure 7: Audio cover removal

# Installing the Cables

Tape the ends of the cables together (the female coaxial connection to the power cable), to make it easier to feed the cables through the equipment.



Figure 8: Cable taping

#### To install the cables:

 Loosen the display console from its bracket by removing the two bottom buttonhead screws using a <sup>5</sup>/<sub>32</sub>-inch hex key. This provides access to the EFX neck tube.

**Note**: Set the fasteners aside.



Figure 9: Display console removal

CAUTION: Do not lift the base of the display console too much or you may inadvertently break the upper tabs or damage the display console. Be careful that you do not jostle or damage the heart rate electronics board on the inside of the display console. Cable connections can become dislodged which will impair the heart rate and upper display functions. 2. Feed the taped cable ends through the top of the console. Lift the base of the display console and continue to feed the taped cable ends through the neck tube.

**Note**: Leave about 1 foot (30 cm) of cables hanging out of the upper portion of the display console. The coaxial and power connections will be attached to the back of the screen.



Figure 10: Cable route through console

3. Reattach the display console by inserting the two buttonhead screws and wrench tighten.

*Important*: Make sure that the cables are not pinched between the bracket and the display console.

4. Remove the two Phillips-head screws that secure the upper boot. Slide the upper boot along the upright support and tape it into place.



Figure 11: Boot in raised position

5. Feed the taped cables back up through the neck tube and out the side hole. Continue to feed the taped cables down through the upright support, following the same route as the existing RJ45 cable.



Figure 12: Cable route through neck

6. Pull the taped cables out of the opening near the base of the unit, and then feed them back through the same opening. Continue feeding the taped cables through the small opening in the lower boot and onto the floor.

**Note**: You may need to use needle nose pliers to gently pull the cable connectors out the small opening.



Figure 13: Position of cables at base

# Attaching the Entertainment Option

# CAUTION: Do not try to access the tab found beneath the heart rate electronics board.

#### To attach the entertainment option for the PVS:

1. Separate the display console face from the console. Start at the top and work toward the bottom, pressing the five tabs to release it. This provides easier access to the 5-pin connector.



Figure 14: Console face removal

2. Hold the integrated controller above the display console. Feed the audio cable up through the opening in the top of the display console and connect it to the integrated controller. Let the end of the audio cable with the ferrite clamp hang loose for now.

CAUTION: It is critical that you attach the red wire on the 5-wire entertainment option cable to Pin 1. The word, PIN 1, is inscribed on the back of the display console. An arrow points to the location of Pin 1. The connector is keyed so it will only connect one way. Do not force the connection.



Figure 15: Audio cable routing

- 3. Connect the 5-wire entertainment option cable to the display console. See above figure.
- 4. Reattach the display console face by aligning the tabs and applying pressure to the display face. Make sure the audio cable has a little slack in the "pocket" to ensure it stays in place.



Figure 16: Display console face attachment

5. Install the integrated controller by aligning the two tabs and applying pressure. Arrange the cables so you do not inadvertently pinch or damage the cables.

*Important*: Cable damaged by improper installation will not be covered by the Limited Warranty.



Figure 17: Integrated controller attachment

6. If you purchased the optional Personal Entertainment Player (PEP) feature, attach the RCA cable to the RCA video connector on the back of the integrated controller.



Figure 18: RCA cable attachment

### Installing the Headphone Jack

#### To install the headphone jack:

1. Feed the audio cable through the base of the display console and attach it to the headphone jack.



Figure 19: Audio cable routing

2. Insert the headphone jack into the base of the display console. Snap the headphone jack into place by positioning the rear tab first, and then applying pressure to the base.



Figure 20: Headphone jack attachment

Attach the ferrite clamp on the audio cable to the display console, near the headphone jack on the left side.

**Note**: Ferrite not required for PEP assembly.

4. Gather the cables together, including the RCA cable for the optional PEP feature if purchased, and align the cables along the neck of the integrated controller.

5. Hold the cables out of the way as you slide the bracket into position and align the four mounting holes. Insert four socket head screws and four washers and wrench tighten using a 3/16-inch hex key. Torque to 70 inch-pounds.



Figure 21: PVS bracket positioning

6. Attach the transition cover. Insert the base of the cover first and apply pressure to the upper portion. It should easily snap it into place.



Figure 22: Transition cover attachment

### Attaching the PVS to the EFX

#### To attach the PVS to the EFX:

1. Place the screen face down on a clean work surface so you have easy access to the back plate. Remove the screw at the top of the PVS cover and set it aside.



Figure 23: Back plate screw location

2. Place your fingers at the base of the panel and pull up to remove it. Set the back plate aside.



Figure 24: Back plate removal

3. Move the cables out of the way as you attach the screen to the bracket using four buttonhead screws. Torque to 19 inch-pounds.

4. Connect the following cables:



Figure 25: Cable locations

### Table 4. Attaching the cables

Number	Cable	Function
0	Power cable	Turn the end of the cable connector to secure it.
0	RJ45 cable	Plug the RJ45 cable into the back of the screen. Attach the ferrite clamp on the RJ45 cable to the back of the screen, near the base.
		<b>Note</b> : Ferrite not required for PEP assembly.
Ð	Coaxial cable	A narrow (adapter) coaxial cable is pre-attached to the PVS. From the controller, feed the main coaxial cable between the back of the screen and the bracket. Turn the end of the cable connector to secure the two cables together.
4	RCA cable	Plug the RCA cable into the RCA video connector on the back of the PVS screen.

5. Replace the back plate. Insert the base tabs first and then, apply pressure to engage the side tabs. Replace the Phillips-head screw. Do not apply more than 6 inch-pounds of torque.

**Note**: You may want to test the PVS before replacing the back plate. Refer to *Testing the PVS* in the following section before you complete the PVS assembly.



Figure 26: Back plate reattachment

6. Reassemble the display console by using a Phillips-head screwdriver to reattach the front and back covers (eight screws) and reinstall the back console plate (four screws).

Testing the PVS

#### To test the PVS:

- 1. At the base of the EFX, plug the power cable to the power extension module and connect it, along with the coaxial cable, into the strip provided for Cardio Theater equipment.
- 2. Observe whether the PVS (screen and integrated controller) is receiving power while you configure the channels using the integrated controller and check the audio connection. For instructions on how to configure channels and troubleshoot the PVS, refer to the appropriate PVS operation and maintenance guide provided in the box.

**Note**: A green LED illuminates on the integrated controller when it is connected to a power source.

### Treadmill: Rewiring the Equipment

CAUTION: Turn OFF the treadmill and unplug it. The ON/OFF (I/O) switch is located on the front of the treadmill beneath the hood overhang.

*Important*: Unplug any RJ45 connections from the back of the display console cover before removing the cover.

Perform the assembly steps in the order presented. As you remove the screws, set them aside in a safe place. You will need them again later to complete the assembly

# To expose the wiring and connections inside the display console and install the PVS:

1. Use a Phillips-head screwdriver to remove the nine screws that secure the display console back cover. Set the fasteners aside.



Figure 27: Console back cover removal and replacement

2. To remove the display console back cover, pull in on one side as you pull the cover down toward the floor. This should flex the cover and enable you to slide it past the fasteners on the upright support.



Figure 28: Back console removal

3. Remove the entertainment option cover. Tabs exist on either side of the cover. Press the tabs to release the cover. You can discard the entertainment option cover.



Figure 29: Entertainment option cover removal

4. At the base of the display console back cover, remove the snap-out tab to allow room for the audio cable. Use a flathead screwdriver to push the tab out of the display console back cover. You can discard the snap-out tab.



Figure 30: Snap-out tab removal

### Installing the Cables and Screen Mount

To make it easier to feed the cables through the equipment frame, tape the ends of the cables together (the coaxial connection to the power cable).



Figure 31: Cable taping

#### To install the new cables:

1. Feed the taped cables through the large, rectangular opening at the top of the display console. Continue to feed the taped cables down through the upright support, following the same route as the existing RJ45 cable.

**Note**: Leave about 1 foot (30 cm) of cables hanging out of the upper portion of the display console. The coaxial and power connections will be attached to the back of the screen.



Figure 32: Cable route through upright

2. Pull the taped cables out of the base of the upright support and onto the floor.

CAUTION: Be careful as you slide the bracket into position and align the mounting holes. Avoid sliding the bracket into the STOP button housing as damage can occur to the electronics board.



Figure 33: Cable position at base
For the treadmill only, slide the screen mount down through the upper frame of the treadmill. Insert four socket head screws and four washers to attach the screen mount and wrench tighten using a <sup>3</sup>/<sub>16</sub>-inch hex key. Torque to 70 inch-pounds.

CAUTION: Avoid touching the heart rate cable or the heart rate electronics board. Cable connections can become dislodged which will impair the heart rate and upper display functions.



Figure 34: Position of fasteners

#### Attaching the Entertainment Option

CAUTION: Do not try to access the tab found beneath the heart rate electronics board.

#### To attach the entertainment option:

1. Separate the display console face from the console. Start at the top and work toward the bottom, pressing the five tabs to release it. This provides easier access to the 5-pin connector.



Figure 35: Display console face separation

2. Hold the integrated controller above the display console. Feed the audio cable up through the opening in the top of the display console and connect it to the integrated controller. Let the end of the audio cable with the ferrite clamp hang loose for now.

**Note**: Ferrite not required for PEP assembly.

CAUTION: It is critical that you attach the red wire on the 5-wire entertainment option cable to Pin 1. The word, PIN 1, is inscribed on the back of the display console. An arrow points to the location of Pin 1. The connector is keyed so it will only connect one way. Do not force the connection.



Figure 36: Audio cable attachment

3. Connect the 5-wire entertainment option cable to the display console.



Figure 37: Entertainment option cable connections

4. Reattach the display console face by aligning the tabs and applying pressure to the display face.

**Important**: Rest the integrated controller on top of the display console while you realign the cables and install the transition cover. The transition cover must be installed before you can attach the integrated controller.

5. Attach the transition cover by inserting the base of the cover first and then applying pressure to the upper portion. It should snap easily into place.



Figure 38: Transition cover attachment

6. Install the integrated controller by aligning the two tabs and applying pressure. Arrange the cables so you do not inadvertently pinch or damage the cables.

*Important*: Cable damaged by improper installation will not be covered by the Limited Warranty.



Figure 39: Integrated controller attachment

7. If you purchased the optional Personal Entertainment Player (PEP) feature, attach the RCA cable to the RCA video connector on the back of the integrated controller.

Attaching the PVS to the Treadmill

#### To attach the PVS to the treadmill:

1. Place the screen face down on a clean work surface so you have easy access to the back plate. Remove the screw at the top of the PVS cover and set it aside.



Figure 40: Back plate screw location

2. Place your fingers at the base of the panel and pull up to remove it. Set the back plate aside.



Figure 41: Back plate removal

- 3. Gather the cables together, including the RCA cable for the optional PEP feature if purchased, and align the cables along the neck of the integrated controller.
- 4. Fit the mounting bracket against the back of the PVS. Move the cables to ensure they are not pinched. Secure the PVS using four buttonhead screws. Torque to 19 inch-pounds using a 2.5 mm wrench.



Figure 42: Screen to bracket attachment

5. Plug the RJ45 cable into the back of the screen. Attach the ferrite clamp on the RJ45 cable to the back of the screen, near the base.

**Note**: Ferrite not required for PEP assembly.

6. Feed the coaxial cable between the back of the screen and the bracket. Connect both the power and coaxial cables to the proper receptacles. Turn the ends of the coaxial and power connectors to properly secure the cables.



Figure 43: Cable connections

7. If you purchased the optional PEP feature, plug the RCA cable into the RCA video connector on the back of the PVS screen.

Installing the Headphone

#### To install the headphone jack:

1. Feed the audio cable through the break out in the display console cover.



Figure 44: Audio cable path

2. Attach the ferrite clamp on the audio cable to the display console near the headphone jack, being sure to allow enough slack to attach the headphone jack.

Note: Ferrite not required for PEP assembly.

3. Replace the display console back cover by positioning one side above the upright support fasteners. Pull in on the other side to flex the cover which allows you to push it up and slide it past the fasteners on the upright support.



Figure 45: Display console back cover replacement

4. Use a Phillips-head screwdriver to reattach the display console back cover with the nine fasteners removed earlier.



Figure 46: Console back cover removal and replacement

5. Attach the stereo plug to the headphone jack.



Figure 47: Stereo plug attachment

6. Insert the headphone jack into the base of the display console. Snap the headphone jack into place by positioning the rear tab first, and then applying pressure to the base.



Figure 48: Headphone jack attachment

7. Replace the back plate. Insert the base tabs first, and then apply pressure to engage the side tabs. Replace the Phillips-head screw. Do not apply more than six inch-pounds of torque.

**Note**: You may want to test the PVS before replacing the back plate.



Figure 49: Back plate attachment

#### Testing the PVS

#### To test the PVS:

- 1. At the base of the treadmill, plug the power cable into the power extension module and connect it, along with the coaxial cable, into the strip provided for Cardio Theater equipment.
- 2. Observe whether the PVS (screen and integrated controller) is receiving power while you configure the channels using the integrated controller and check the audio connection. For instructions on how to configure channels and troubleshoot the PVS, refer to the appropriate PVS operation and maintenance guide provided in the box.

**Note**: A green LED illuminates on the integrated controller when it is connected to a power source.

# $_{\text{Chapter}} 2$

## Setting Up the PVS

**Note:** The information provided in this section is intended for system administrators and registered service technicians. Please do not share it with equipment users or non-administrative staff.

Use the System setting mode to configure equipment settings in ways that benefit your users and your facility. Because a special code is required to gain access to these settings, only equipment administrators and registered service technicians can see them. Changes made to these settings are stored in the equipment, allowing them to persist after a loss of power. The keys on the console cap are used as labeled by users, but they have different functions if you are an administrator setting up the PVS.



Figure 50: Standard PVS



Figure 51: PVS with PEP

Number	Key Name	Function During System Setup
0	Mute	Move up a menu level
0	Volume Up/Down	Change a value in a subcategory
Ø	Power On/Off	Select a category
4	Channel Up/Down	Move from one category to another or from one subcategory to another
6	TV/iPod (PEP only)	None

## About PVS System Settings

#### Master Reset Programming

After you install the PVS hardware and complete all power and cable/antenna connections, the controller must be programmed to support the TV. To perform a master reset, buttons must be pushed in sequence. Two buttons together indicate that those buttons need to be pressed simultaneously and held for a minimum of 3 seconds.



#### To initiate a Master Reset, perform the following process:

#### Master Reset programming quick keys

Number	Action	Result
0	Press <b>Power</b>	Turns on the TV.
0	Plug headphones into the controller.	Choose and display an analog or a digital channel. Digital channels
Press <b>Channel Up</b> or <b>Channel Down</b> dash.	display separated by a dash and analog channels do not contain a dash.	
€	Press <b>Channel Up</b> and <b>Volume Up</b>	Flashing LED on the controller indicates programming device mode and the mute icon appears.
4	Press <b>Power</b>	Resets the factory defaults. The volume bar appears indicating a master reset has occurred.
6	Press <b>Power</b> and <b>Volume Up</b>	Flashing LED on the controller indicates entry into the programming mode. When the Mute icon appears on the TV, release the buttons.
6	Set to Channel 4	Programs the controller for the Dual Tuner PVS 15.

#### HP (Headphone) AutoPower

This feature shuts the power off to the PVS when headphones are unplugged from the jack.



Auto Power controller quick keys

Number	Action	Result
0	Press <b>Channel Up</b> and <b>Volume Up</b> together.	The mute icon appears.
0	Press Channel Up or Channel Down	Press <b>Channel Up</b> to turn this feature <b>On</b> .
		Press <b>Channel Down</b> to turn this feature <b>Off</b> .
		<b>Note:</b> The volume bar appears indicating the setting has been accepted.

#### Closed Caption with Hp Detection

This feature activates Closed Caption when headphones are unplugged from the jack.



#### Headphone detection controller quick keys

Number	Action	Result
0	Press <b>Channel Up</b> and <b>Volume Up</b> together.	The mute icon appears.
0	Press Volume Up or Volume Down	Press <b>Volume Up</b> to turn this feature <b>On</b> .
		Press <b>Volume Down</b> to turn this feature <b>Off</b> .
		<b>Note:</b> The volume bar appears indicating the setting has been accepted.

## Viewing the System Settings

There are five System Settings categories:

- Picture
- Sound
- Clock
- Password
- Setup

#### To view the System settings on the setup menu:

1. Press **Power On/Off** to turn on the PVS.

The power light is green when the PVS is on.

2. Hold the **Channel Down** key, the **Volume Down** key at the same time for three seconds.

The System settings menu should appear and the power light should flash green, indicating that you are in the System setting mode.

**Note:** If you do not press a button within 15 seconds, the PVS screen returns to the normal viewing mode.

While you are in the System setting mode, use the keys on the console cap to navigate through the setup menus and make selections as discussed earlier in this section.

#### Configuring the Picture Settings

Use the Picture settings to change the television (TV) appearance.

Setting	Values	Default Value
Contrast	0 - 100	50
Brightness	0 - 100	50
Color	0 - 100	62
Sharpness	0 - 24	12
Tint	0 - 100	50
Aspect Ratio	Default	Default
	16:9	
	4:3	

#### Table 5. Picture settings

### Configuring the Sound Settings

Use the Sound settings to adjust the sound setup for the PVS.

Table 6.	Sound	settings
----------	-------	----------

Setting	Values	Default Value
Equalizer	Movie	Personal
	Music	
	Personal	
	Voice	
Balance	Right to Left	Middle
AVL (Automatic Volume Level)	On/Off	Off
Stereo/SAP	Stereo	Stereo
	SAP	
	Mono	
Audio Mode	English	English
	Mandarin (Chinese)	
	Korean	
	Japanese	
	Italian	
	German	
	French	
	Spanish	

#### Configuring the Clock Settings

Use the Clock settings to change the time and date, and to program the Sleep Timer.

Table 7. Clock settings

Setting	Values	Default Value
Sleep Timer	Off	Off
	30 minutes	
	60 minutes	
	90 minutes	
	120 minutes	
Time Set	Date	Preset at factory
	Time	
Time Zone	Time Zone values	(GMT) London

**Note:** The date and time settings are preset at the factory and cannot be changed. Selecting the correct time zone provides the proper time display for your location.

#### Configuring the Parental Control Settings

Use the settings in the Parental Control menu to block the display of television programs that are not appropriate for your facility. You must enter the default password (**1111**) to enter this menu.

#### To enter the password:

- 1. Press the **Channel Up/Down** keys to select the first digit.
- 2. Press the **Power On/Off** key to enter the digit.
- 3. Repeat steps 1 and 2 to select and enter the remaining three digits.

Setting	Purpose	Values	Default Value
Parental	Activates the Parental	Off	Off
Lock	Control feature and optionally specifies a	On (default settings)	
	preset permission level.	Custom Settings	
		Adult (preset level)	
		Youth (preset level)	
		Child (preset level)	
Change	Provides the ability to	New Password	1111
Password	modify the Parental Control password.	Confirm Password	
	<i>Important:</i> You <i>must</i> enter the new password in both fields to put it into effect.		
MPAA	Specifies the minimum MPAA (Motion Picture Association of America) rating that Parental	Х	Off
		NC-17	
		R	
	Control blocks.	PG-13	
		PG	
		G	
		Off	

#### Table 8. Parental Control settings

Setting	Purpose	Values	Default Value
US Ratings	Specifies the American broadcast TV ratings that Parental Control blocks. Selecting one rating also selects the other ratings whose content is included in it; for example, selecting TV-PG also selects TV-14 and TV-MA. Likewise, clearing a rating also makes the lower ratings available; for example, clearing TV-14 also clears TV-PG and TV-G. <b>Note:</b> Selecting TV-Y or	TV-Y TV-Y7 TV-G TV-PG TV-14 TV-MA	TV-PG and higher
	TV-Y7 automatically clears all ratings of TV-G and higher. Selecting any rating of TV-G or higher automatically clears TV-Y and TV-Y7.		
Canadian Ratings	Specifies the minimum Canadian broadcast TV rating that Parental Control blocks. <b>Note:</b> In Canada, separate sets of ratings are used for English and French programming.	English: 18+ 14+ PG G C8+ C Off French: 18 ans + 16 ans + 13 ans + 8 ans + G Off	English: Off French: Off
Reset All	Select to restore all Parental Control settings to the factory defaults.		

## Configuring the PVS Setup Menu

There are eight System Setup categories. Configure the detailed subcategories under each setting to create default settings that benefit your users. The categories are as follows:

- Channel
- Input Selection
- Auto Power On
- Caption
- Menu Language
- Reset

#### **Channel Settings**

The Channel settings are designed to search for TV channels and use them to create a channel list. The Channel settings are as follows:

- Tuning Band
- Auto Channel Search
- DTV Signal Strength
- Manual Program
- Tuning Cable Mode

#### Table 9. Channel settings

Setting	Purpose
Tuning Band	Allows selection of cable or antenna input
Auto Channel Search	Finds all available analog and digital stations
DTV Signal Strength	Displays signal strength for digital TV signals
Manual Program	Removes weak or undesirable TV stations from the list of channels available to the user
Tuning Cable Mode	Specifies the frequency tuning mode used if cable input is selected:
	• Standard (Cable-STD)
	• Harmonically Related Carrier (Cable-HRC)

Input Selection

The Input Selection offers a choice of TV or Video.

#### Auto Power On

If power to the PVS is interrupted while this setting is **On**, the PVS activates itself automatically and returns to the last selected channel when power is restored.

#### Caption

The Caption setting specifies which Closed Captioning or teletext channel should be displayed on the screen. To deactivate Closed Captioning, select **Off**.

#### Menu Language

Select the appropriate language for your users.

#### Reset

Select **Reset** to return all System settings to their default settings.

### Troubleshooting the PVS

Use this section to troubleshoot issues with PVS functionality.

Table 10. Troubleshooting

Issue	What to Do
No power	• Make sure the power light is lit on the console cap.
	• Check the power adapter to see if the green power light is lit.
	• If the Automatic Power On/Off feature is enabled, connect headphones to the jack.
No Closed Captioning	<ul> <li>Make sure Caption is <b>On</b> under the Caption feature in the System settings.</li> </ul>
	<ul> <li>Closed Captioning may not be available on the current channel. Check a different channel to see whether Closed Captioning works properly there.</li> </ul>

Issue	What to Do	
Closed Captioning is delayed or garbled	<ul> <li>Keep in mind that a short delay between audible dialogue and closed captioning is common in live broadcasts.</li> </ul>	
	<ul> <li>If reception or signal strength is poor, it can cause caption text to appear incorrectly. Check a different channel to see whether Closed Captioning works properly there.</li> </ul>	
No picture	<ul> <li>Make sure the PVS screen is fully plugged into a power outlet.</li> </ul>	
	• Push the <b>Power On/Off</b> button.	
	<ul> <li>Try a different channel to rule out problems with the channel provider.</li> </ul>	
	• Turn the PVS screen off, and then turn it back on after one minute.	
Poor picture (across all channels and other sources)	• Adjust controls such as Brightness, Color, and Sharpness under the Picture settings.	
No audio	• Increase the audio level with the Volume Up key.	
	• Test the headphone jack and replace it if necessary.	
	<ul> <li>Make sure you are not in programming mode.</li> </ul>	
Poor audio	• Re-insert the plug into the headphone jack.	
	• Try moving the plug in the jack to see if the sound improves.	
	• Replace the headphone jack if necessary.	
Bars on screen	• Try a different channel to rule out problems with the channel provider.	
	<ul> <li>Make sure the thin coaxial cable is securely to the connector on the back of the PVS.</li> </ul>	
	• Make sure the main television cable is securely connected to the thin coaxial cable.	
	Check for sources of local     electromagnetic interference.	

Issue	What to Do
Poor TV reception	<ul> <li>Adjust Sharpness under the Picture settings.</li> </ul>
	<ul> <li>Try a different channel to rule out problems with the channel provider.</li> </ul>
	• Make sure the thin coaxial cable is securely to the connector on the back of the PVS.
	<ul> <li>Make sure the main television cable is securely connected to the thin coaxial cable.</li> </ul>
	Check for sources of local     electromagnetic interference.
Ghost images in picture	• Try a different channel to rule out problems with the channel provider.
	• Make sure the thin coaxial cable is securely to the connector on the back of the PVS.
	<ul> <li>Make sure the main television cable is securely connected to the thin coaxial cable.</li> </ul>
	Check for sources of local     electromagnetic interference.
iPod content cannot be heard or viewed through the PVS (PEP-equipped models only)	• Check that the connection between the iPod device and the PVS is secure. If a protective cover is installed on the device, remove the cover and reconnect the device.
	<b>Note:</b> You must remove the back cover of the console cap to perform the following tasks.
	• Verify that the green LED on the iPod interface board lights up when an iPod device is connected to the PEP. If not, verify that the power cable is securely connected to the iPod interface board.
	• Check to make sure that the iPod interface cable is securely connected, properly grounded, and not worn or damaged.
	• If the green LED lights up, verify that the two-wire cable between the two circuit boards in the cap is intact and is connected properly.

Issue	What to Do
Users can select the iPod device for viewing, but no video from the device appears on the screen (PEP-equipped models only)	• Check that the connection between the iPod device and the PVS is secure. If a protective cover is installed on the device, remove the cover and reconnect the device.
	<b>Note:</b> You must remove the back cover of the console cap to perform the following tasks.
	• Check both ends of the RCA audio/video cable. Make sure they are connected properly and securely.
	<ul> <li>Check to make sure that the iPod interface cable is securely connected, properly grounded, and not worn or damaged.</li> </ul>

# About the Personal Entertainment Player (PEP)

The Personal Entertainment Player (PEP) option for the PVS allows your members to integrate their iPod with the exercise equipment and the PVS during their workouts. While your members are using the PEP, they can do the following things:

- Listen to their music collections
- Use the PVS screen to watch their video clips
- Upload their workout statistics to Nike.com

The following table lists the iPod models that the PEP supports, and shows what kinds of information the PEP can exchange with each model.

Device Model	Audio output	Audio and video	Nike+®
iPod Touch®	х	Х	
iPod Touch <sup>®</sup> (2nd generation)	x	X	Х
iPod Touch® (5th generation with video)	x	X	
iPod Classic	х	Х	
iPod nano®	х		
iPod nano <sup>®</sup> (2nd generation)	x		
iPod nano <sup>®</sup> (3rd and 4th generation)	x	X	х

## Using the PVS and the PEP

The following procedures discuss how to use the Personal Viewing System (PVS) and its Personal Entertainment Player (PEP) option. Refer to them to help clarify PVS and PEP operation for your members as needed.

#### To watch TV:

- 1. If necessary, press the **Power On / Off** key.
- 2. Plug your headphones into the headphone jack on the exercise equipment.
- 3. Use the PVS controls to adjust playback.

lf you want to	Use
Adjust the volume	The Volume Up and Volume Down keys
Mute the sound	The <b>Mute</b> key
Change channels	The Channel Up and Channel Down keys
Switch between TV and an iPod device	The <b>Source</b> key

#### To use your iPod device with the PEP:

- 1. If necessary, press the **Power On / Off** key.
- 2. Plug the iPod connector into your iPod.

**Important:** If the connector does not make proper contact when you first plug it in, your device may display a diagnostic message that it will not work with the attached accessory. If this happens, unplug the connector, wait two seconds, and try again.

The PEP charges the device while it is connected. If the device does not have enough battery power left to support playback, your music or video will begin to play after the batteries in the device are sufficiently charged.

3. Plug your headphones into the headphone jack on the device.

**Note:** You can also connect your headphones to the headphone jack on the console during your workout. If you choose to do so, use the **Volume Up**, **Volume Down**, and **Mute** keys on the PVS to adjust the volume.

4. Select the song, playlist, or video segment you want to play, then press the **Play** button on the device.

**Note:** While you are working out, keep your iPod device resting flat in the tray on the PVS. This protects the device from vibration and movement.

5. During your workout, use the device controls or the PVS controls to adjust playback.

lf you want to	Use
Adjust the volume	The <b>Volume Up</b> and <b>Volume Down</b> buttons on either the PVS or the device.
Skip to the previous (or next) track or video segment	The track controls on the device.
Pause playback	The Pause button on the device.
Resume playback	The Play button on the device.

## Replacing the iPod Cable

If the 30-pin connector can no longer maintain a reliable connection with iPod, you may need to replace the iPod cable.

#### To replace the iPod cable:

1. Align the 30-pin connector with the opening on the front side of the tray and slide the connector out.



Figure 52: Slide out the connector

2. Use a small flathead screwdriver to depress the tab on the tray mount and slide the tray off the tray mount.



Figure 53: Location of tab on tray mount

3. Remove the tray mount using a Phillips-head screwdriver.



Figure 54: Tray mount removal

4. Pull firmly on the cable end attached to the PEP to remove it.



Figure 55: Cable removal

- 5. Slide the white connector end of the new cable through the tray and attach it to the receptacle in the PEP. You should hear an audible click from the connector when it snaps securely into place.
- 6. Reattach the tray mount making sure to position the cable stopper inside the groove in the opening as shown in the illustration. Do not apply more than 8 inch-pounds of torque.



Figure 56: Reattach tray mount

7. Slide the tray into place. You should hear an audible click when it snaps securely into place.

# Chapter 4

## Maintenance

To keep the equipment functioning properly, perform the minor maintenance tasks in this section at the intervals suggested. Failure to maintain the equipment as described in this section could void the Precor Limited Warranty.

**DANGER** To reduce the risk of electrical shock, always disconnect the equipment from its power source before cleaning it or performing any maintenance tasks. If the equipment uses an optional power adapter, disconnect the adapter.

## Cleaning the PVS Screen

Precor recommends that you clean the PVS at least one time per day.

#### To remove dust and dirt from the PVS:

• Use a clean, soft, lint-free cloth moistened with isopropyl alcohol solution to remove dust, dirt, and fingerprints from the screen surface. The alcohol solution may range in strength from a 1:1 solution (total concentration between 45% and 50%) to a typical full-strength solution (normally 91% to 99%). You may also use commercially available isopropyl alcohol solutions within this range, or flat-screen cleaning wipes moistened with isopropyl alcohol.

#### Installing and Operating the Personal Viewing System (PVS) for Display C

 Wipe all other exposed surfaces with a soft cloth that you have moistened with a mixture of mild soap and water. Precor recommends a solution of 30 parts of water to 1 part of Simple Green<sup>®</sup> (for more information, visit www.simplegreen.com).

**Important:** Do not use any acidic cleaners. Doing so will weaken paint, powder coatings, and other surface finishes and will void the Precor Limited Warranty. Never pour water or spray liquids directly onto the screen.

Avoid using any corrosive chemicals on the console or screen.

Always clean the screen with a pre-moistened wipe or cloth. To prevent drips from seeping into the screen or console enclosure, **never spray cleaning liquid directly onto the screen**.

Apply cleaners with a soft, lint-free cloth. Avoid using gritty cloths.

# Chapter 5

## Limited Warranty for Precor Entertainment Products

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

#### Limited Warranty.

Precor Incorporated ("Precor") 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 product deemed defective by a Precor representative, will be issued a return authorization number. **Precor will not accept returns without a return authorization number.** Precor reserves the right, at their option, to repair or replace the product after verification of defect. Product that fails after the warranty period expires will be repaired or replaced at the current part and labor pricing after authorization from the customer. Repairs are warranted for 90 days.

Precor's obligations under this warranty are limited as set forth below.

Cardio Theater Transmitters	3 Years	Parts & Labor
xTV-T Wireless or Wired Floor Models		
xTVFM system transmitter		
Cardio Theater Non-integrated Receivers	1 Year	Parts & Labor
xTV-R Wireless or Wired Upper Models		
xTVFM system receiver		
Cardio Theater 15" Non-integrated PVS and Controller	1 Year	Parts & Labor
Precor Experience Series Integrated 12" and 15" Screens	2 Years	Parts & Labor
Precor Experience Series Integrated Receiver	2 Years	Parts & Labor
Headphone Jack, USB Port, and iPod® Connector	90 Days	Parts Only

Warranty Periods and Coverage.

#### Conditions and Restrictions.

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

The warranty applies to the Precor product only while

- It remains in the possession of the original purchaser and proof of purchase is demonstrated,
- It has not been subjected to accident, misuse, abuse, improper service, or mechanical, electrical or non-Precor modification.
- Claims are made within the warranty period.

This warranty does not cover damage or product 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.

Precor does not pay for labor outside of the United States and Canada.

Warranties outside the United States and Canada may vary. Please contact your local Dealer for details.
## This Limited Warranty shall not apply to:

- 1. Software version upgrades.
- 2. Normal wear and tear, consumables and cosmetic items, including, but not limited to the following: labels.
- 3. Repairs performed on Precor products missing a serial number or with a serial tag that has been altered or defaced.
- 4. Service calls to correct installation of the product or instruct owners on how to use the product.
- 5. Pickup and delivery involved with repairs.
- 6. Any labor costs incurred beyond the applicable labor warranty period.
- 7. The user is cautioned that changes or modifications not expressly approved by the manufacturer of the product could void the user's authority to operate the product.

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