



EXPERIENCE™ SERIES 500 LINE TREADMILL GETTING STARTED GUIDE

Welcome to a **personalized fitness experience** for your members

The Experience™ Series cardio line gives operators the proven, reliable performance they count on. Each piece delivers the personalized exercise experience and entertainment choices your members seek.

Get to know your Precor equipment

Discover a treadmill that perfectly balances durability, reliability, and innovation. With a streamlined and tested design, these treadmills provide essential features, high-quality materials, and thoughtful design — ensuring engaging workouts that keep exercisers coming back. Intended for lower-use facilities, this treadmill surpasses Precor's stringent testing standards, guaranteeing long-lasting performance and minimal downtime.

To make sure your equipment withstands the test of time and daily usage, it's important to understand how your treadmill functions.

- For proper maintenance, wipe down the unit after every use with disinfectant wipes, or a lint-free cloth dampened with a recommended non-acidic, non-corrosive cleaner.
- Attach the Safety Stop Key securely to a safe location on your clothing while it is plugged into the treadmill. If the key is pulled, the treadmill will come to a complete stop.
- To safely move the treadmill, first unplug the unit. Then, grip the bar located at the back of the machine, underneath the running belt, to lift it. For optimal safety, it's recommended to have two people assist with the lifting process.



Get to know Precor cardio workouts

Our instructional videos empower exercisers, trainers, and operators with essential information for safe and effective treadmill use. Once trainers understand the cardio workouts available on the treadmill, they can recommend either manual or preset workouts that match up with a member's training program or fitness goals, including Lose Weight, Be Fit, Get Toned, and Push Performance workouts.



Make sure your trainers regularly read our blog (in select languages) at www.precor.com for more ideas about fitness routines and advice from trusted industry experts.



IMPORTANT The heart rate features are intended for reference only. They may not be accurate for every user or at every speed and are not intended for use as a medical device. Holding the heart rate handle touch sensor while exercising at higher intensity may also decrease accuracy of the heart rate reading and is not recommended.



WARNING This stationary equipment is not suitable for high accuracy purposes.



WARNING Heart rate monitoring systems may be inaccurate. If you feel faint stop exercising immediately.

Please read your product documentation and visit www.precor.com/support/precor-faq. For complete operating instructions and troubleshooting, visit us at www.precor.com.

TRAINING AND EXERCISING



CAUTION

- Before beginning any fitness program, see your physician for a thorough physical exam. Seek advice from your physician to learn the target heart rate appropriate for your fitness level.
- Read all safety and operating instructions included with your equipment. For more information, visit us at www.precor.com and look for your equipment model number.
- This equipment is not intended for use by persons (including children) with reduced physical, sensory, or mental capacities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
- Children should be supervised to ensure they do not play with the equipment.
- Noise emission under load is higher than without load. Noise level: 60 dbA.

Start a workout

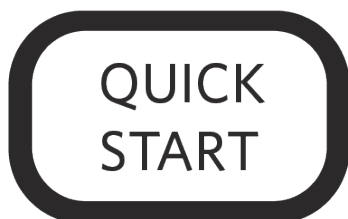
Step 1: Make sure that the power to your fully assembled treadmill is ON.



Step 2: Straddle the belt by placing your feet on either side of the belt. Attach the safety clip securely to your clothing.



Step 3: Press the **QuickStart** button, or on a touchscreen console press **Home** and then **QuickStart**, or choose a preset workout. Press **OK** to begin.



Step 4: After the console has displayed its countdown and the belt has started moving, step onto the belt.



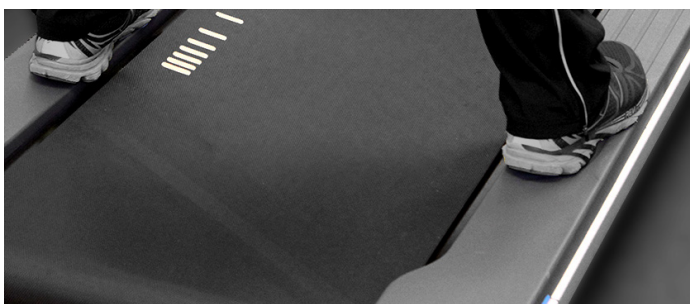
Step 5: Use the motion controls to adjust the incline angle of the treadmill and the speed of the belt.



Step 6: To end your workout early, press the **Pause** or **Stop** button.



Step 7: To dismount safely, place feet on the rails until the belt comes to a complete stop and then step off the treadmill. Replace the safety clip.



Check out the trend-based workouts and Precor product tutorials at www.precor.com/education.