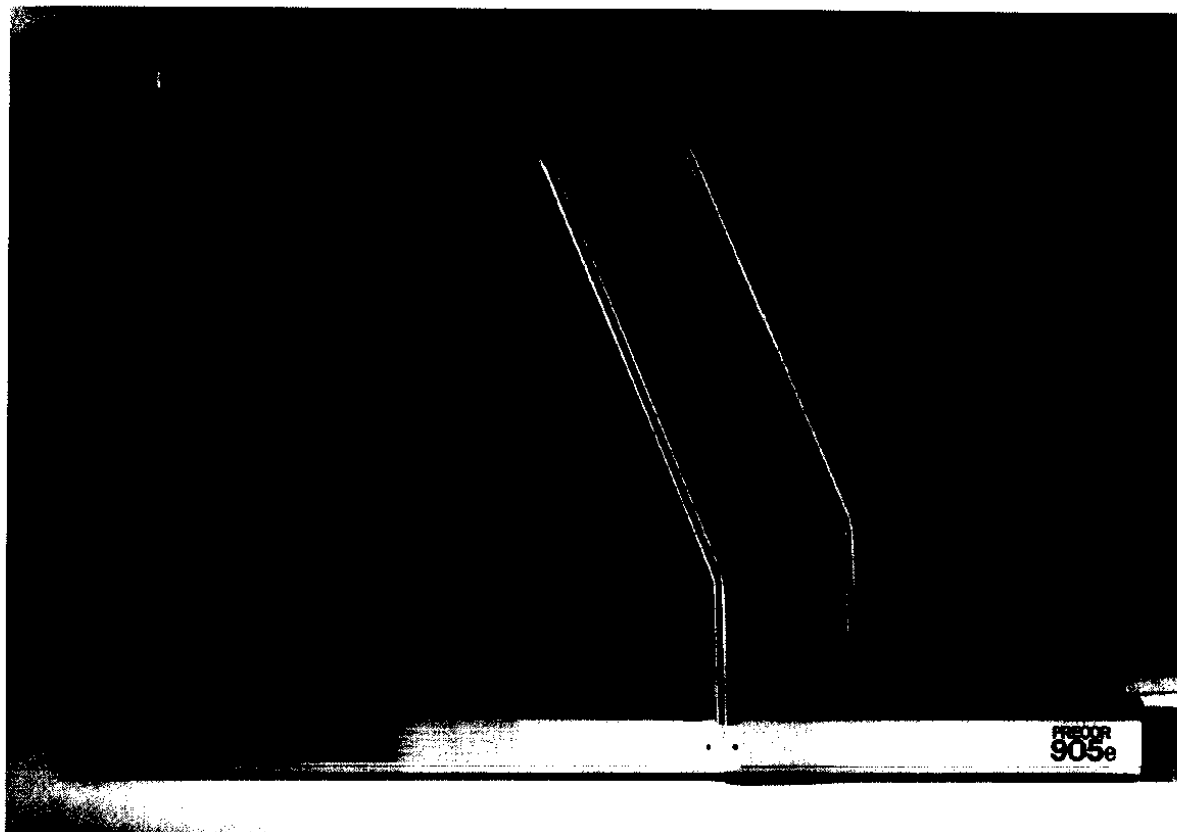# PRECOR® USA
905e
Electronic
Treadmill

Owner's Manual
Assembly and Operation

Added comments to owner/engineering copy 3/8/92 MB

PRECOR® USA
905e

Electronic Treadmill

Congratulations on purchasing one of the most advanced electronic treadmills available, the Precor 905e Electronic Treadmill. This treadmill incorporates the latest microprocessor-controlled electronics, which let you monitor your progress and keep your workout interesting. Information provided by the electronic console includes current speed, distance covered, elapsed time, and percent of incline. When desired, use the incline handle located conveniently on the electronic console to change incline. Inclines from 0 to 10 percent are available.

Before using the 905e Electronic Treadmill, we urge you to familiarize yourself with the entire Owner's Manual. Whether you are a beginner or exercise on treadmills regularly, understanding this manual will help you use the 905e treadmill safely and successfully.

Safety Notice

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

Please review and observe the following safety guidelines:

- Read the Owner's Manual and follow all instructions.

- Assemble and operate the 905e treadmill on a solid, level surface. Locate the treadmill at least 4 feet from walls or furniture. Keep the area behind the treadmill clear.

- Never allow children on or near the 905e treadmill. Never leave children unsupervised around the treadmill.

- Check the 905e treadmill before each use. Do not use the treadmill if it is not completely assembled or is damaged in any way.

- Attach the magnetic safety key to your clothing before a workout, using the clip provided. The key allows you to stop the treadmill's running belt safely if you encounter an emergency or when you are done exercising.

- Keep hands away from moving parts.

- Do not use the 905e treadmill if you weigh over 250 lbs. Precor treadmills are built to handle runners up to 250 lbs. at speeds up to 12 mph.

- Wear proper exercise clothing and shoes for your workout—no loose clothing. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any embedded stones. Tie long hair back.

- Keep all loose clothing and towels away from the treadmill running surface. A treadmill running belt will not stop immediately if any object becomes caught in the belt or rollers.

- Use care when getting on or off the 905e treadmill. Use the handrails whenever possible. Do not get on or off the treadmill when the running belt is moving.

- Before starting the running belt, straddle the belt by placing your feet firmly on the right and left staging platforms. You should also step onto the staging platforms after turning off the running belt. Never turn on treadmill when someone is standing on the machine.

- Do not rock the unit. Do not stand or climb on the handrails, electronic console, or hood.

- Do not set anything on the handrail, electronic console, or hood. Never place liquids on any part of the treadmill.

- Keep all electrical components, such as the motor, power cord, and ON/OFF switch, away from water or other liquids to prevent shock.

- Do not use accessory attachments that are not recommended by Precor—such attachments might cause injuries.

- Do not attempt to service the 905e treadmill yourself. This treadmill does not have any user-serviceable parts. See "Getting Service" later in this manual for service information.

- When adjusting or working near the rear roller, turn OFF the treadmill and wait for the running belt to come to a complete stop. Do not adjust the running belt when someone is standing on the machine.

- This treadmill is manufactured with six safe "fail-off" systems. If the treadmill encounters a problem, it will trigger a "fail-off" system, allowing the running belt to come to a gradual stop. Continued use of the treadmill after a fail-off system occurs is not recommended. Instead, have your treadmill serviced as described in "Getting Service" later in this manual.

- Do not overexert yourself or work to exhaustion.

- Stop your workout immediately if you feel any pain or abnormal symptoms, and consult your physician.

Precor treadmills are designed for the enjoyment of the serious runner as well as the dedicated walker. By following the above precautions and using good common sense, you will have many safe and pleasurable hours of healthful exercise with your Precor treadmill.

Table of Contents

Unpacking the 905e Electronic Treadmill

All Precor products are thoroughly tested and inspected before shipment. Precor ships the 905e treadmill in six pieces:

- running bed assembly

- lift column assembly

- electronic console

- left and right handrails

- incline crank handle

- hardware kit (contents described below)

After unpacking the treadmill, open the hardware kit and make sure that you have the following items. As you identify the contents of the kit, check them off below.

- six 1/4" x 3/4" bolts
- two 1/4" x 3/4" button-head bolts
- three 1/4" x 1-1/4" bolts
- six 1/4" lock washers
- two star washers
- one 1/8" hex key
- one 1/4" hex key
- one 3/16" hex key
- one 5/32" hex key

If any items are missing, contact your authorized Precor dealer. For the dealer nearest you, call 1-800-4-PRECOR.

Important: The packaging for this equipment was designed to protect it during shipment. Please store the original packaging in a safe place in case you need to ship the 905e treadmill in the future.

Assembling the 905e Electronic Treadmill

Follow the instructions in this section to assemble the 905e Electronic Treadmill. *It is important to read through the entire procedure before assembling your treadmill.* We recommend that two people assemble the treadmill.

Installation Requirements

Follow these installation requirements when installing the treadmill:

* **Set up the 905e treadmill on a solid, flat surface.** Do not install the treadmill on deeply padded, plush, or shag carpeting due to possible damage to the carpet and machine. If the treadmill is placed on a carpeted surface, place a piece of heavy cardboard, plywood, or other smooth, flat surface under the unit to protect the carpet and treadmill.

* **Locate the treadmill at least 4 feet from walls and furniture.** Be sure to provide ample space in front of the machine to allow easy access to the ON/OFF switch. Open space to the sides and back of the machine make for a safer mount and dismount and easier belt adjustment.

CAUTION: Do not remove the 3-prong plug or otherwise bypass it with an adapter in order to use a non-grounded outlet.

* **Use a standard 120-volt household outlet.** Precor recommends that you plug the treadmill into an outlet with a dedicated 20 amp circuit breaker. The treadmill comes with a 20 amp circuit breaker to protect the electrical and electronic components from sustained overloads, and an integral 3-prong plug grounded for your safety and to protect the machine.

Assembly Instructions

To assemble the 905e treadmill:

1. **Turn OFF and Unplug Treadmill.** Make sure that the treadmill is turned OFF and unplugged. Do **not** assemble the 905e treadmill if it is plugged in and turned on.

2. **Lay Treadmill on Its Left Side.** The foam blocks in the packaging are helpful in supporting the unit. Laying the treadmill on its side lets you install the lift column as described in Step 3.

   Note: Right and left are determined while standing behind the treadmill, facing toward the front of the machine.
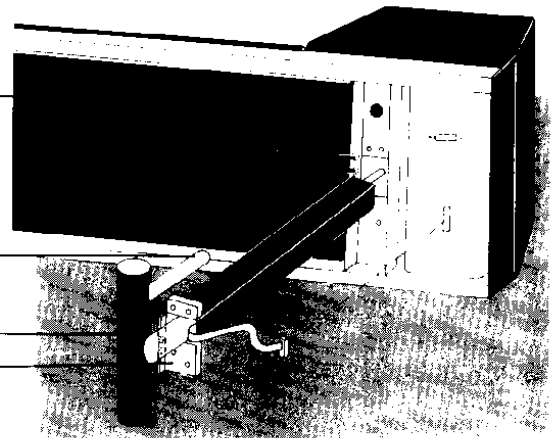
Diagram 1
Install lift column

Crossbeam

Guide tube

Lift column

Side plate

3. **Install Lift Column.** (Two people are recommended for this step.) Follow these steps to install the lift column. As you follow these steps, refer to Diagram 1 for clarification.

   a. Insert the lift column into the crossbeam so that the guide tube aligns with the grommetted hole in the crossbeam. Carefully feed the lift column through the crossbeam and hood. Have the second person support the far end of the lift column.

   b. Align the two holes in the side plate with the holes in the rear of the crossbeam. Insert two 1/4" x 3/4" bolts through the holes in the side plate and crossbeam, install lock washers on the bolts, and finger-tighten.

   c. Insert four 1/4" x 3/4" bolts into the four remaining holes in the crossbeam, install lock washers on the bolts, and finger-tighten.

   d. Starting with the two bolts in the side plate, fully tighten all six bolts with the hex key provided. *Do not overtighten.*

   e. Plug the ribbon cable connector into its matching receptacle located on the motor chassis. The connector is designed to engage in *one direction only.* Do **not** force the connector into the receptacle.

   f. Return the treadmill to an upright position, so it is flat on the floor.

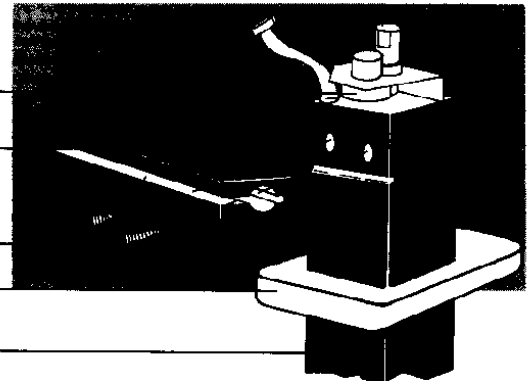**Diagram 2**
Install upper handrail clamp

Pinwheel —————————————————

Handrail clamp —————————————

Button-head bolts ——————————

Grommet ————————————————

Wide edge ——————————————————

4. **Install Upper Handrail Clamp.** (Diagram 2) Place the grommet over the lift column with the wide edge facing toward the rear of the treadmill. Attach the upper handrail clamp to the lift column using two button-head bolts and two star washers. Fully tighten the bolts with the hex key provided (if necessary, use a crescent wrench on the hex key to gain added leverage). Slide the grommet down the lift column until it covers the hood opening.

Diagram 3
Electronic console installation

Electronic console ———————————————

Ribbon cable ———————————————

*Cable should be Tight Through column excess should be at bottom of unit.*
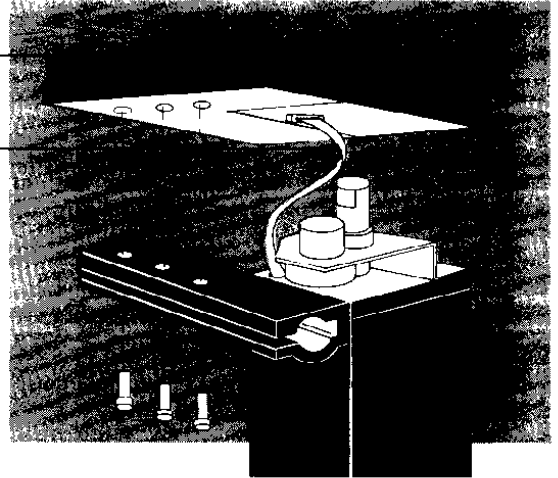
5. **Electronic Console Installation.** (Diagram 3) Position the electronic console over the lift column. Plug the ribbon cable connector into its receptacle located on the underside of the electronic console. The connector is designed to engage in *one direction only*. Lower the console onto the lift column, carefully feeding the excess cable into the housing in the process. Secure the console to the lift column with three 1/4" x 1-1/4" bolts. *Do not fully tighten the bolts* at this point.

Important: Cables pinched or otherwise damaged by improper installation will not be covered by warranty.

Diagram 4
Handrail installation

Upper handrail clamp ———————————————

Lower handrail clamp ———————————————
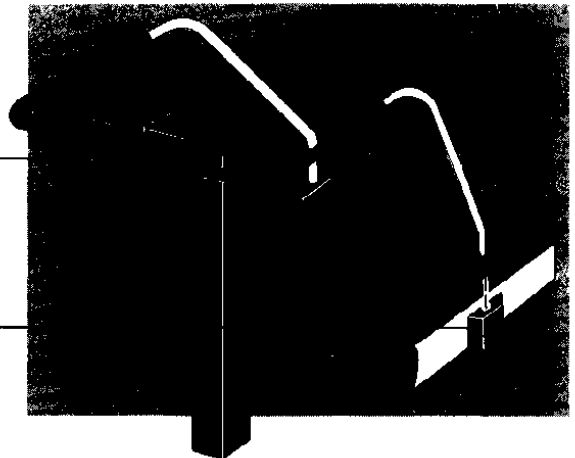
6. **Insert Handrails into Upper Handrail Clamp.** (Diagram 4) Insert the upper end of the RIGHT handrail into the upper handrail clamp until the foam just touches the clamp. Repeat this step with the LEFT handrail.

CAUTION: To avoid injury, keep fingers and toes from under the lower handrail clamps while inserting the handrails.

7. **Lower Handrail Installation.** Remove the temporarily-installed lower handrail clamps. Place the end of a handrail tube against the plastic cradle, making sure to sit the end on the projecting ledge of the cradle. Re-install the handrail clamp over the tube and fully tighten both screws. Repeat this step with the other handrail.

8. **Secure Upper Handrails.** Secure both handrails in the upper handrail clamp by fully tightening the three bolts installed in Step 5.

Diagram 5
Incline handle installation

Crank handle
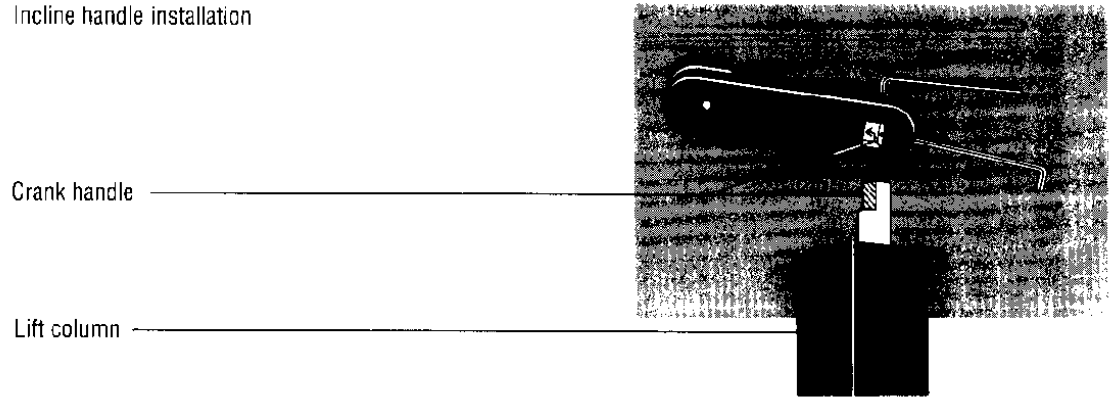
Lift column

9. **Incline Handle Installation.** (Diagram 5) Install the incline crank handle onto the lift column shaft. Position the handle so that the set screws clamp on the curved portion of the shaft end. Tighten the set screws with the hex key provided. *Do not overtighten.*

10. **Plug in Treadmill.** Move the treadmill to where you want it located, then plug the treadmill into a standard 120v household outlet. Make sure that no other major appliances use the same circuit as the treadmill.

11. **Turn ON Treadmill.** Move the magnetic safety key to the ACTIVATE position on the electronic console and turn on the treadmill using the ON/OFF switch. The ON/OFF switch is located at the front of the machine.

12. **Check Alignment of Running Belt.** Follow these steps to check the alignment of the running belt:

    a. Stand next to the treadmill and bring the belt up to a speed between 2 to 3 miles per hour using the SPEED increase keypad.

    b. Move behind the treadmill and watch the belt as it runs (watch for about a minute).

    c. As you watch the belt, check its operation against the red and green alignment label located on the hood above the left-hand edge of the belt.

If the running belt	Then...
tracks so its edge stays within the green portion of the label	• the belt is functioning correctly and no adjustment is needed
runs or drifts into the red portion of the label	• you need to adjust the belt; see "Adjusting the Running Belt" later in this manual for instructions

Important: If you notice that the belt needs alignment, make the adjustments at once. Failure to do so might cause the belt to tear or fray which is not covered by warranty.

    d. Press and hold STOP to stop the running belt.

If the belt is functioning correctly, the 905e treadmill is assembled and ready to use. If the belt needs alignment, follow the instructions in "Adjusting the Running Belt" before using the treadmill.

Using the Precor 905e Electronic Treadmill

In addition to providing an excellent cardiovascular workout, one of the advantages of the 905e Electronic Treadmill is that it is simple to use. With very little time or practice, you can learn how to use it effectively. This section provides information about the following areas:

- using the electronic console

- using the magnetic safety key

- changing incline

- ending your workout

- working out on the treadmill

- setting up the treadmill so speed is displayed in mph or kph

Refer to the appropriate area for information.

Understanding the Electronic Console

Once you have assembled your 905e treadmill, it is ready to use. There are no complex instructions to follow or mandatory programming steps required to operate this treadmill—the display on the console is there only for reference. It provides motivating feedback about your workout to help you monitor your progress and meet your fitness goals. Information about elapsed time, distance covered, speed, and degree of incline is available at any time.

Selecting a Display. In most cases, the electronic console display is set to Scan, so the display will alternate between displays every few seconds. To select a specific display, such as speed or distance, simply press the SCAN keypad when the desired display is shown. Press SCAN again to return the display to the Scan function. The display will also return to Scan if you change speed or incline.

Changing Speed. Use the SPEED arrow keys to change belt speed. Belt speed starts at .5 mph and increases in .2 mph (.3 kph) increments every second. The 905e treadmill allows you to increase speed up to 8.0 mph (12.9 kph). When you decrease speed, belt speed decreases at a rate of .6 mph (.6 kph) every second.

Viewing Speed in Minutes Per Mile. At any time during your workout, you can view your speed in minutes per mile (or kilometer). In other words, you can see how many minutes it takes you to walk or jog a mile. To use this feature, simultaneously press both SPEED arrows and the information will appear on the screen. When you release both keypads, the Speed display returns to miles per hour (kilometers per hour).

Using the Magnetic Safety Key

The magnetic safety key lets you stop the treadmill's running belt safely. Use this key in an emergency or when you are done exercising. The effect of pulling on the key is similar to that of turning OFF the treadmill using the ON/OFF switch. After you detach the key, the running belt slows to a gradual stop. You can also move the key to the "Off" position on the console instead of pulling on it.

To start a workout, move the magnetic safety key to the "Activate" position on the console. Always attach the key to your clothing before each workout, using the clip provided.

Changing Incline

Use the incline crank handle to change incline, up to 10 percent. The handle is located on the electronic console.

- To **increase** incline, rotate the handle *clockwise.*

- To **lower** incline, rotate the handle *counterclockwise.*

Whenever you change incline, the console screen automatically shows the Incline display so you can observe the percent of incline as it changes.

Incline can be changed at any time during your workout. However, when changing incline, you should stand on the sides of the treadmill (the staging platforms) and straddle the running belt.

Ending Your Workout

To end your workout, press STOP. This slows the treadmill running belt to a gradual stop. The display then begins to scan, allowing you to review the total time and distance of your workout.

You can also end your workout by using the magnetic safety key. Either pull on the key using the attached cord or move the key to the OFF position.

Working Out on the 905e Treadmill

Before using your treadmill, we recommend that you follow these instructions and go through a preliminary demonstration of the treadmill. Then, you will be more familiar with the treadmill when you begin your workout.

When using the treadmill, follow these general guidelines:

- At the beginning of a workout, take several minutes to bring your heart rate into your training zone, as shown in Diagram 7 later in this manual.

- After your workout, walk slowly for several minutes to cool down your body and lower your pulse rate.

- Attach the magnetic safety key to your clothing before each workout. Then, if you encounter difficulties or want to end your workout quickly, you can easily stop the running belt by pulling on the cord.

- Gently stretch your lower body and back after a workout to help prevent stiffness or soreness.

CAUTION: If you are new to the 905e treadmill and are following this procedure to become familiar with its operation, DO NOT STAND on the running belt the first time through these steps.

To use the 905e treadmill, follow these steps:

1. Place the magnetic safety key on the ACTIVATE position of the electronic console, then walk to the front of the treadmill and use the ON/OFF switch to turn ON the treadmill. The treadmill will not turn on unless the safety key is in the ACTIVATE position.

2. Straddle the running belt with your feet firmly planted on the sides of the treadmill (the right and left staging platforms). Stand close enough to the electronic console so you can extend your arms and touch the keypads.

3. Using the clip provided, securely attach the magnetic safety key to your exercise clothing at your waistline, where it will not interfere with your workout.

4. Stand on the running belt with one hand on the handrail, prepared to start walking. With your other hand, press the SPEED arrow keypads until you reach the desired speed.

    You should start your workout at a rate that will allow your heart rate to reach your training zone within 5 minutes.

5. When you feel comfortable with the motion of the treadmill, let go of the handrail and continue your workout. After your initial warm-up period, maintain your heart rate in your training zone during your aerobic session.

    Note: Remember to hold on to the handrail when using the electronic console, changing incline, and slowing down or stopping the running belt.

6. When you are through exercising, cool down for 3 to 5 minutes by gradually reducing your belt speed. A proper cool-down helps to transport excess lactic acid out of the working muscles, allowing them to recover faster.

7. To end your workout, hold on to the handrail and press STOP. The treadmill's running belt comes to a safe stop. You can then review your workout results as the screen scans through total time and distance.

8. Detach the magnetic safety key from your clothing and return it to the OFF position on the electronic console. The treadmill turns OFF.

For best results, vary your workouts by changing duration, intensity, incline, and type of work (such as interval training). We recommend that you keep track of your workouts by writing them down; this way you can not only monitor your progress toward your fitness goals, but also use the information as a reference in planning interesting, challenging workouts.

Configuring MPH or KPH for Speed Measurement

The 905e treadmill can display speed in either miles per hour (mph) or kilometers per hour (kph). In most cases, the machine will be set to display speed in mph.

To change the current setting, immediately after turning ON the treadmill, simultaneously press and hold the SPEED ▲ keypad and the SCAN keypad. The keys must be pressed within 5 seconds of turning on the treadmill. You will see the prompt, "Press ▲ for mph & miles or ▼ for kph & kilometers," scroll across the screen. Use the appropriate SPEED arrow to indicate your selection. After you configure the treadmill, it will remember your selection even when turned OFF or unplugged.
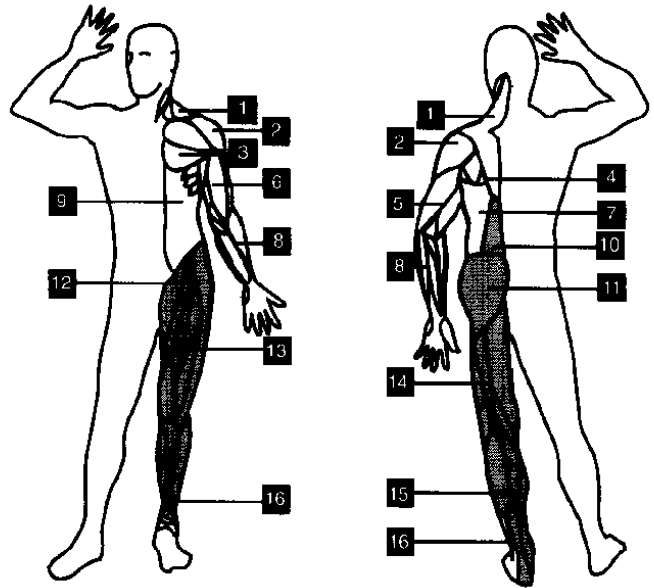
General Aerobic Training Information

A workout on the Precor 905e Electronic Stationary Treadmill provides excellent and efficient cardiovascular conditioning, while strengthening and toning the thighs, calves, and hips. Darkened areas in Diagram 6 indicate the muscles improved.

Diagram 6
Muscles exercised during a cycle workout.

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

To get the most out of each workout, a general understanding of the principles behind aerobic training is invaluable. The best source of fitness information is your specialty fitness dealer. In addition to providing information on which exercise equipment is the best for your individual needs, your specialty fitness retailer can provide useful advice on training, technique, and exercise physiology. Your retailer can also recommend good books on these subjects.

To help you get started in planning and carrying out your fitness program, this section provides some basic information on aerobic exercise—such as how hard you should work out, how long each session should be, and how often you need to exercise to benefit from a regular program.

How Hard Should I Exercise?

Studies have shown that to achieve the benefits of aerobic exercise, it is necessary to work out hard enough to raise your heart rate to a certain minimum level, called the "training zone." Your training zone depends on your age and level of fitness.

Refer to Diagram 7 on the next page to determine your training zone. Keep in mind that this zone is an approximation, to be used as a guideline—individual heart rates vary according to several physiological factors. To determine your training zone, or target heart rate, find your age and fitness level on the chart, and then find the line where they intersect. For example, if you are 35 years old, your training heart rate at the intermediate fitness level is 157 beats per minute. Remember the number of your target heart rate—this is the rate you should try to maintain as you work out.

To determine your heart rate, take your pulse at a place that you can reach easily and comfortably while you exercise. Typical locations for measuring heart rate are directly over the heart on the left side of the chest, on either side of the neck, over the temple, or on the thumb side of either wrist. Wherever you measure your pulse, make sure that you use your index and middle fingers—*not your thumb.* Your thumb has a strong pulse which can affect your heart rate reading.

Diagram 7
Training zones
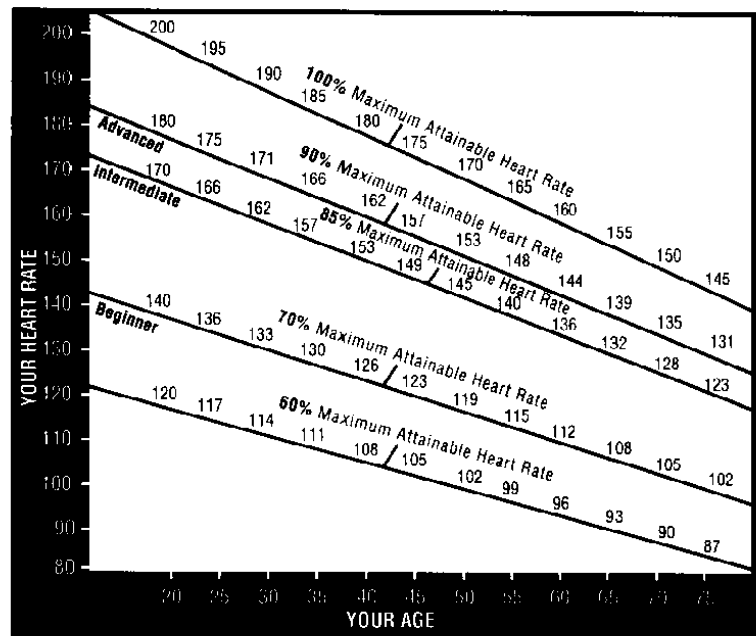
Once you locate your pulse, look at the time and count the beats for six seconds. Multiply that number by 10 to determine the total number of beats per minute. For example, if you count 14 beats over six seconds, the total number of beats per minute is 140. Compare the total number of beats with your training zone as identified in Diagram 7. If necessary, increase or decrease your activity level to bring your heart rate into your training zone. You can regulate your work level (and heart rate) by changing belt speed and incline. *Remember—your heart rate is the definitive measure of how hard you are working.*

Regardless of your fitness level, avoid doing too much too soon. Running or walking too fast or choosing too high of an incline are common errors. Give yourself time to become familiar with your treadmill and improve your fitness level. Then you can gradually increase your speed and incline to make your workouts more challenging.

How Long Should I Exercise?

The length of each exercise session depends on your fitness level. Exercise physiologists have determined that, to attain cardiovascular benefits from exercise, you should maintain your heart rate in the training zone for at least 15 minutes. This is in addition to your warm-up time, and does not include cool-down. You should always allow several minutes to bring your heart rate into the training zone, by starting out slowly and gradually increasing the work level. Similarly, use several minutes of light exercise after the workout to bring your heart rate down to near resting level.

The higher your fitness level, the longer your should maintain your heart rate in the training zone (between 20 and 30 minutes). Beginners should always start slowly, and gradually get their sessions up to 20 minutes or more.

How Often Should I Exercise?

Research indicates that aerobic sessions of 20 minutes or more should be done at least 3 to 5 times a week to obtain significant cardiovascular benefits. Most experts agree that sensible eating habits and regular aerobic exercise are the keys to weight control and fitness. A recent study, which tracked several subjects over a period of years, conclusively shows that exercise, not dieting, is the key factor to successful long-term weight loss.

Maintaining the 905e Electronic Treadmill

The 905e treadmill requires little maintenance. The only maintenance you need to do periodically is to clean the treadmill. You might also need to adjust the running belt when it no longer tracks properly, or to change the tension of the belt when it no longer maintains the right tension. Instructions for these procedures are provided in this section. At the end of this section, you will find information about how to get service if necessary.

Cleaning the Treadmill

CAUTION: Turn OFF the treadmill and unplug the power cord before cleaning the machine.

Your Precor treadmill relies on low friction for efficient operation. To keep the friction low, the treadmill must be as clean as possible.

Before a workout, use a damp, soft cloth to clean the staging platforms, running bed, and under the belt as far as you can easily reach. This removes any dirt or dust that might affect the smooth operation of the treadmill.

Vacuum underneath the unit every week to prevent the accumulation of dirt and dust on the running belt.

Periodically clean the treadmill's frame, electronic console, and running belt, using mild soap and water. To clean the running belt, use a soft nylon scrub brush. Do **not** pour water or spray liquids on the electronic console. Allow the treadmill to dry completely before using.

Adjusting the Running Belt

CAUTION: To avoid injury, be careful when following this procedure. Turn OFF the treadmill and wait for the belt to stop before adjusting or working near the rear roller. Do not wear loose clothing and tie back long hair.

Be very careful to keep fingers and other objects clear of the belt and rollers. The treadmill will not stop immediately if an object becomes caught in the belt or rollers. Never walk on the running belt during this procedure.

Correct alignment of the running belt is critical to the smooth operation of the treadmill. The belt is aligned at the factory before shipment. However, during shipment or by using the treadmill on an uneven surface, the belt might move off center.

To determine whether or not the belt is aligned correctly, follow the instructions in Steps 11 and 12 of the "Assembly Instructions" earlier in this manual. If you determine that the belt needs alignment, follow the steps given here. If you are unsure about this procedure, call your authorized Precor dealer for service.

Once the treadmill is set up, be sure to check the alignment of the belt periodically. Adjust the running belt as soon as it needs alignment to prevent tearing or fraying of the belt. Any damage due to improper maintenance of the running belt is not covered by warranty.

Follow these steps to adjust the running belt on the 905e treadmill. To ensure proper safety while adjusting your belt, all adjustments must be made while the treadmill is OFF.

1. Make sure that the treadmill is OFF. IF the treadmill is on, turn it OFF. Wait for the running belt to come to a complete stop.

Diagram 8
Alignment of the running belt
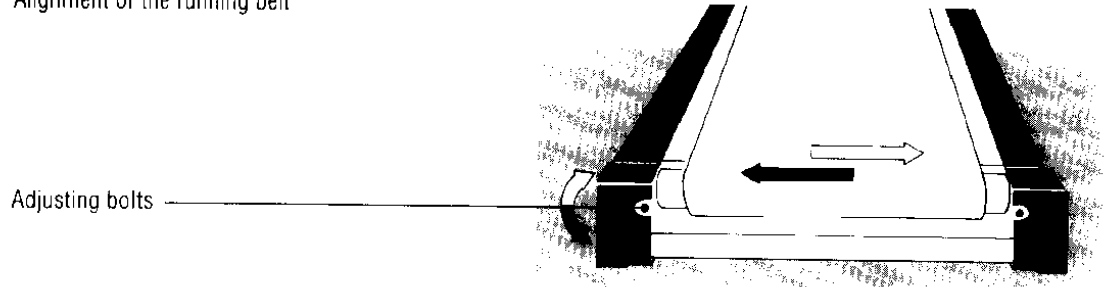
Adjusting bolts ——————————————

2. Standing behind the treadmill on the LEFT side, turn the adjusting screw 1/4 turn using the hex key provided. Diagram 8 shows the location of the belt adjustment screw. The direction you turn the screw depends on how the belt is tracking.

   • To move the belt **LEFT**, turn the screw *clockwise.*

   • To move the belt **RIGHT**, turn the screw *counterclockwise.*

   Important: Do not turn the adjusting screw more than 1/4 turn at a time. *Overtightening the screw can damage the treadmill.*

3. Turn ON the treadmill, then speed up the running belt to 2 miles per hour. (You can follow the instructions in Step 12 of "Assembly Instructions" earlier in this manual if you need help.)

4. Observe the running belt for 30 seconds or more. The belt should drift toward or track within the green portion of the label.

5. Press STOP to stop the running belt.

6. If the belt needs additional alignment, repeat Steps 1 through 5 of this procedure until the belt is properly aligned.

Tension Adjustment of the Running Belt

Proper belt tension is important for a smooth, steady run. If your physical condition permits, test the belt tension by jogging at 6 mph. If the belt tension is too loose, you will feel a pause in the belt with each footplant (step).

To adjust belt tension, use the rear roller adjustment bolts. Simply turn the bolts *clockwise* in 1/4 turn increments until there is no slippage at the front roller when running.

Important: Do not turn the adjusting bolts more than 1/4 turn at a time. *Overtightening the bolts can damage or cause premature failure of the precision bearings in the front and rear rollers.*

Getting Service

*Do **not*** attempt to service the 905e treadmill yourself except for the maintenance tasks as described in this manual.

For further information about product operation or service, contact an authorized Precor dealer (or a Precor Factory Authorized Service Company). To locate the Precor dealer nearest you, call 1-800-4-PRECOR.

PRECOR® USA

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's 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 such parties including through legal actions.