



## P94 (22") AND P84 (16") TOUCHSCREEN CONSOLES GETTING STARTED GUIDE

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

Welcome to a personalized fitness experience for your members. The intuitive, high-definition touch screen, easy-to-reach single or dual motion controls, and built-in fitness tutorials make the P94 and P84 Consoles a unique fitness experience for your members and trainers.

### Set Up the Console

The P94 and P84 Consoles have built-in Administrator accounts for owners. The Settings menu is visible only to administrators and registered service technicians. Changes made to these settings are saved to the fitness equipment. An Administrator uses a password (see below) to access and configure the console settings to enhance an exerciser's workout as well as benefit the facility.

### Change System Settings

1. Press and hold the **Stop** button for 7 seconds. The password page appears.
2. Enter the password **5 6 5 1 5 6 5**.
3. Press **OK**. The System Settings page appears.

### Settings Menu

About	Displays serial number and event log
Equipment Use	Individual and cumulative equipment use data
System Settings	<p><b>Connectivity:</b> Determines network type (Wired and Wi-Fi) and IP address.</p> <p><b>Display:</b> Customizes language, time zone, and date format.</p> <p><b>TV settings:</b> Sets up channels and close captions.</p> <p><b>Workout limits:</b> Sets limits on equipment use during peak hours, limits maximum treadmill speed or maximum pause time.</p> <p><b>Alerts:</b> For networked equipment, a technician can update software over the network. For non-networked equipment, a technician uses a USB drive to update each machine.</p>
Safety Code	Allows clubs to toggle on or off a PIN which must be entered to use equipment. The PIN is 1 2 3 4.



P94 22" Touchscreen  
(Dual Paddle Option)



P84 16" Touchscreen  
(Single Paddle Option)

### Get to Know the Console

The Consoles feature either single or dual-motion controls on a LCD touchscreen with multiple TV options, and is Preva® Network capable.

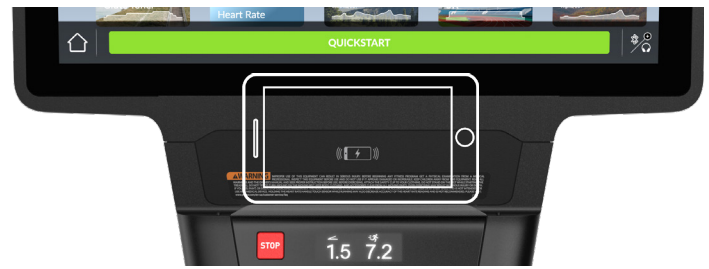
①	Incline or stride height* indicator
②	Intensity or resistance indicator
③	Audio jack

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



## Phone Charger

The built-in charging device allow you to set your phone on to the platform and charge without cables. Place the phone as instructed on the console.



## PrecorCast™

For clubs that have enabled casting, a tile will appear on the TV & Media home page. Tap the PrecorCast tile and follow the instructions to scan the QR code. After scanning, it will connect your phone to the Wi-Fi and then to your equipment. A confirmation message will appear on your phone and the console when ready. Open your streaming app and watch what you like.



## PlutoTV

PlutoTV is available on all units. From the TV & Media home page, tap the PlutoTV tile. You will be able to enjoy all the channel choices available from PlutoTV. Select the Guide to navigate the channel listing.



## Start a workout



### 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.



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

## QuickStart

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

## Featured Workouts

Scroll through the tiles and select one of the Featured Workouts. Touch **GO** on the Featured Workout screen.

## Preset Workouts

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

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