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› Precor EFX 885 Elliptical Crosstrainer with P80 Console User Manual

Precor EFX 885

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Model: EFX 885

INTRODUCTION

This manual provides essential information for the safe and effective use of your Precor EFX 885 Elliptical Crosstrainer with P80 Console. Please read all instructions carefully before assembly, operation, or maintenance. Retain this manual for future reference.

The Precor EFX 885 Elliptical Crosstrainer is designed to provide a total-body workout, combining CrossRamp technology with moving handlebars. Its unique CrossRamp technology allows for ramp inclines from 13 to 40 degrees, enabling users to target various muscle groups. The design ensures a natural motion, similar to walking or running.

IMPORTANT SAFETY INSTRUCTIONS

- Read all instructions before using the equipment.
- Keep children and pets away from the equipment.
- Ensure the equipment is placed on a stable, level surface.
- Wear appropriate exercise attire and footwear.
- Consult a physician before starting any exercise program.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Do not use the equipment if it is damaged.
- Keep hands and clothing clear of all moving parts.

SETUP AND ASSEMBLY

The Precor EFX 885 Elliptical Crosstrainer requires careful assembly. It is recommended to have two people for assembly. Ensure all components are present before beginning.

Unpacking

- Carefully remove all packaging materials.
- Inspect all parts for damage. Contact customer support if any parts are damaged or missing.
- Keep packaging materials until assembly is complete in case of return.

Placement

- Place the elliptical on a flat, stable surface.
- Ensure adequate clearance around the machine for safe operation and maintenance (minimum 2 feet on all sides).
- Connect the power cord to a grounded outlet.



Image: The Precor EFX 885 Elliptical Crosstrainer with P80 Console, illustrating its overall structure and design.

OPERATING INSTRUCTIONS

The P80 Console provides an intuitive interface for controlling your workout and accessing various features.

P80 Console Overview



Image: The P80 Console interface showing various menu options including Workouts, Live TV, On Demand, Goals, and Browser.

- **Workouts:** Select from a variety of pre-programmed workout routines.
- **Live TV:** Access live television channels (if configured).
- **On Demand:** Browse and select on-demand content.
- **Goals:** Set and track your fitness goals.
- **Browser:** Access the internet for web browsing.

Starting a Workout



Image: The P80 Console welcome screen, prompting the user to select a workout or use Quick Start.

1. Power on the elliptical. The console will display a welcome screen.
2. To begin, select a pre-programmed workout from the "Workouts" menu or touch "Quick Start" for a manual workout.
3. Follow the on-screen prompts to adjust settings such as resistance and CrossRamp incline.

Adjusting CrossRamp Technology

The CrossRamp feature allows you to adjust the incline of the elliptical path, targeting different muscle groups. The incline can be adjusted from 13 to 40 degrees.

- Use the dedicated controls on the console to increase or decrease the CrossRamp incline during your workout.

- Experiment with different inclines to engage various leg and glute muscles.

Using Moving Handlebars

The moving handlebars provide an upper-body workout component. Grip the handlebars firmly and push and pull them in coordination with your leg movements.

Console Controls and Ports

Your browser does not support the video tag.

Video: A demonstration of the console's USB and headphone ports, and how to pause/resume a workout. This video highlights key interaction points on the P80 console.

- **Volume Controls:** Adjust audio output for media.
- **Pause/Resume Button:** Temporarily stop and restart your workout.
- **USB Port:** For charging devices or software updates.
- **Headphone Jack:** Connect headphones for private listening.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Precor EFX 885 Elliptical.

Daily Maintenance

- Wipe down the console and handlebars with a damp cloth after each use to remove sweat and dust.
- Ensure the power cord is not damaged and is properly connected.

Weekly Maintenance

- Check all bolts and screws for tightness. Tighten if necessary.
- Inspect the moving parts for any signs of wear or damage.

Periodic Maintenance (Monthly/Quarterly)

- Clean the area around the machine to prevent dust buildup from affecting moving parts.
- Lubricate moving joints as specified in a detailed service manual (if applicable, consult Precor support for specifics).

TROUBLESHOOTING

This section addresses common issues you might encounter with your Precor EFX 885 Elliptical.

Problem	Possible Cause	Solution
No Power to Console	Power cord disconnected; outlet issue; circuit breaker tripped.	Ensure power cord is securely plugged into the elliptical and a working outlet. Check circuit breaker.
Console Not Responding	Software glitch; temporary freeze.	Restart the machine by unplugging and re-plugging the power cord after 30 seconds.
Unusual Noises During Operation	Loose components; worn bearings; lack of lubrication.	Check all visible bolts and connections for tightness. If noise persists, contact Precor customer support.

Problem	Possible Cause	Solution
Resistance Not Changing	Mechanical issue; console communication error.	Restart the machine. If the problem continues, contact Precor customer support.

SPECIFICATIONS

Feature	Detail
Model Name	EFX 885
Brand	Precor
Product Dimensions (D x W x H)	85"D x 32"W x 44"H
Material	Alloy Steel, Aluminum
Resistance Mechanism	Magnetic
Item Weight	190 kg
Maximum Weight Recommendation	159 kg
Maximum Stride Length	25 inches
Display Size	15 inches (P80 Console)
Number of Resistance Levels	10
CrossRamp Incline Range	13 to 40 degrees

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation provided at the time of purchase or visit the official Precor website. As this is a remanufactured unit, specific warranty terms may vary. It is recommended to confirm warranty details with your retailer.

For technical assistance or service inquiries, please contact Precor customer service directly or the authorized service provider from whom the unit was purchased.

Precor Official Website: www.precor.com

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question