

Precor TRM 833

Precor TRM 833 Commercial Series Treadmill User Manual

Model: TRM 833 | Brand: Precor

1. INTRODUCTION

The Precor TRM 833 Commercial Series Treadmill with P30 Console is engineered for durability and performance in commercial settings. It is designed to withstand rigorous workouts while providing a low-impact, dynamic, and rewarding exercise experience. This manual provides essential information for the setup, operation, and maintenance of your Precor TRM 833 treadmill.

2. KEY FEATURES

- **Commercial-Grade Construction:** Built to withstand repetitive, rigorous workouts, ensuring quality and durability.
- **Integrated Footplant Technology (IFT):** Optimizes the running surface to match your natural stride, reducing impact.
- **Ground Effects Impact Control System (GFX):** Provides superior shock absorption, cushioning the deck at the front for landing and offering rigidity at the rear for a solid push-off, reducing fatigue and joint stress.
- **P30 Console:** A user-friendly interface with a large, high-resolution display for easy navigation through workout programs and settings.
- **Bluetooth Connectivity:** Allows syncing with mobile devices to access workout apps and media.
- **Powerful 4.0 HP AC Motor:** Delivers smooth and consistent performance, even during intense workouts.
- **Adjustable Speed & Incline:** Offers a speed range of 0.5 - 16 mph (0.5-25.5 kph) and an incline range of 0-15% to customize your workout intensity.
- **25 Preset Workouts:** A wide variety of pre-programmed routines to keep your fitness regimen engaging.
- **Heart Rate Monitoring:** Features built-in touch heart rate sensors on the handlebars and is compatible with Polar 5 KHz wireless chest-strap transmitters (not included) for accurate heart rate tracking.
- **Maintenance-Free Deck & Belt:** The treadmill deck and belt require no maintenance or lubrication.

3. PRODUCT OVERVIEW



Figure 1: Front view of the Precor TRM 833 Commercial Series Treadmill with P30 Console.



Figure 2: Dimensions of the Precor TRM 833 Treadmill (88"L x 35"W x 64"H).

4. SETUP

The Precor TRM 833 Treadmill requires assembly. It is recommended that assembly be performed by trained personnel or follow the detailed assembly instructions provided with the product packaging. Ensure the treadmill is placed on a stable, level surface with adequate clearance around it for safe operation and maintenance.

- **Location:** Choose a flat, stable surface away from direct sunlight or extreme temperatures. Ensure sufficient space around the treadmill for safe entry and exit.
- **Power Connection:** Connect the treadmill to a grounded electrical outlet as specified in the electrical requirements section of the full product manual.
- **Stabilization:** Verify that the treadmill is stable and does not rock. Adjust leveling feet if necessary.

5. OPERATING INSTRUCTIONS

5.1. P30 Console Overview

The P30 Console provides comprehensive control and feedback during your workout. It displays key metrics such as speed, incline, distance, pace, average speed, calories burned, heart rate, time elapsed, time remaining, percentage complete, time in zone, calories per minute, calories per hour, watts, METS, target heart rate, average heart rate, and elevation gain. A workout summary is also available.

5.2. Quick Start

To begin a workout quickly, simply press the "Quick Start" button on the console. The treadmill will begin at a low speed, which you can then adjust to your preference using the speed controls.

5.3. Adjusting Speed and Incline

Use the dedicated speed and incline adjustment buttons on the console to increase or decrease the intensity of your workout. The speed can be adjusted from 0.5 to 16 miles per hour, and the incline from 0 to 15%.

5.4. Workout Programs

The treadmill comes with 25 preset workout programs designed to target various fitness goals, including manual, heart rate, interval, weight loss, variety, and performance. Select a program from the console menu to automatically adjust speed and incline throughout your workout.

5.5. Heart Rate Monitoring

For accurate heart rate monitoring, grasp the touch sensors located on the handlebars. The console will display your current heart rate. For continuous, hands-free monitoring, use a Polar compatible 5 KHz wireless chest-strap transmitter (not included).

6. MAINTENANCE

The Precor TRM 833 treadmill is designed for minimal maintenance. The deck and belt system is engineered to require no maintenance or lubrication. However, regular cleaning and inspection are recommended to ensure optimal performance and longevity.

- **Cleaning:** Wipe down the console and exterior surfaces with a damp cloth after each use. Avoid using abrasive cleaners or solvents.
- **Inspection:** Periodically inspect the treadmill for any signs of wear or damage, particularly the running belt, side rails, and power cord.
- **Belt Alignment:** Steel tapered rollers help keep the belt centered, reducing the need for frequent adjustments. If the belt appears misaligned, refer to the full product manual for adjustment procedures or contact qualified service personnel.

7. TROUBLESHOOTING

For common issues, please refer to the comprehensive troubleshooting guide in the full product manual. If you encounter a problem that cannot be resolved, please contact Precor customer support or a certified service technician.

8. SPECIFICATIONS

Feature	Specification
Brand	Precor
Model Number	PHRCT8333011EN
Product Dimensions (L x W x H)	88"D x 35"W x 64"H
Item Weight	456 Pounds

Feature	Specification
Material	Alloy Steel
Maximum Speed	16 Miles per Hour
Minimum Speed	0.5 Miles per Hour
Maximum Incline Percentage	15%
Running Surface (W x L)	20" x 60"
Motor	4.0 HP AC
Display Type	LCD
Number of Programs	25
Metrics Measured	Heart Rate, Speed, Incline, Distance, Pace, Calories, Time, Watts, METS, Elevation Gain
Maximum Weight Recommendation	456 Pounds
Assembly Required	Yes

9. WARRANTY & SUPPORT

The Precor TRM 833 Commercial Series Treadmill is backed by a comprehensive warranty:

- **Lifetime warranty** on the frame and welds.
- **10-years warranty** on parts and wear items.
- **1-year warranty** on labor.

For customer support, service inquiries, or to obtain a full copy of the warranty details, please refer to the contact information provided in your product packaging or visit the official Precor website.

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

Answered questions about this manual

Is it possible to set a fixed distance to run on the Precor TRM 833 with P30 console, besides choosing the preset 5K distance?

Yes, it is possible to set a fixed distance or goal on the Precor TRM 833 with the P30 console, though the method depends on whether you are using a specific program or the...

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