Precor 956i-cr

Precor 956i Experience Treadmill User Manual

Model: 956i-cr

1. INTRODUCTION

The Precor 956i Experience Treadmill is a fully commercial-grade fitness machine designed for robust performance and user comfort. It features a comprehensive set of workout programs, heart rate monitoring capabilities, and an adjustable elevation system to simulate various terrains. This manual provides essential information for the safe and effective use, setup, and maintenance of your treadmill.

Image: The Precor 956i Experience Treadmill, showcasing its robust design and console.

2. SETUP

Assembly of the Precor 956i Experience Treadmill is required. Due to its size and weight, professional installation is highly recommended to ensure proper setup and safety. Ensure the treadmill is placed on a stable, level surface with adequate clearance around it for safe operation and maintenance.

Before connecting to power, verify that all components are securely fastened according to the assembly instructions. Use a dedicated power outlet that meets the electrical requirements specified in the product specifications.

Image: A Precor 956i Treadmill in a spacious setting, illustrating its commercial footprint.

3. OPERATING INSTRUCTIONS

3.1 Console Overview

Image: Close-up view of the Precor 956i console, showing the LCD display and control buttons.

- **LCD Display:** Provides real-time feedback on your workout metrics including distance, heart rate, incline, time, calories burned, and speed.
- **Workout Programs:** Access 26 pre-set workout programs designed for various fitness goals, including manual, heart rate, interval, weight loss, and performance-based routines.
- **Heart Rate Monitor:** Utilize the integrated contact heart rate sensors on the handlebars to monitor your heart rate during exercise.

3.2 Starting a Workout

1. **Power On:** Ensure the treadmill is plugged into a grounded outlet.
2. **Quick Start:** Press the "Quick Start" button to begin a manual workout. The belt will start moving at a low speed.
3. **Program Selection:** To use a pre-set program, navigate through the program options using the console buttons and select your desired workout. Follow the on-screen prompts to enter any required personal data (e.g., weight, age).

3.3 Adjusting Settings

- **Speed:** Use the speed adjustment buttons on the console to increase or decrease the belt speed.
- **Incline:** Use the incline adjustment buttons to change the elevation of the running deck, simulating uphill or downhill terrain.
- **Stop:** Press the large red "STOP" button to immediately halt the treadmill. For emergency stops, pull the safety key from the console.

4. MAINTENANCE

Regular maintenance is crucial for the longevity and optimal performance of your Precor 956i Experience Treadmill. Always unplug the treadmill before performing any maintenance.

- **Cleaning:** Wipe down the console and exterior surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Deck and Belt:** Periodically inspect the running deck and belt for wear and tear. Keep the area beneath the treadmill clean from dust and debris.

- **Lubrication:** Refer to the detailed maintenance schedule in the full product manual for lubrication requirements.
- **Fasteners:** Check and tighten any loose bolts or screws regularly.

5. TROUBLESHOOTING

If you encounter any issues with your Precor 956i Experience Treadmill, please refer to the following general advice. For specific error codes or persistent problems, contact customer support.

- **Treadmill Not Starting:** Ensure the power cord is securely plugged in and the safety key is properly inserted into the console. Check the circuit breaker.
- **Unusual Noises:** Stop the treadmill immediately. Inspect the belt and deck for any obstructions or signs of damage.
- **Inconsistent Speed/Incline:** This may indicate a need for calibration or service.

For all technical issues not resolved by basic troubleshooting, it is recommended to contact a qualified service technician.

6. SPECIFICATIONS

Feature	Detail
Brand	Precor
Model Number	956i-cr
Color	black
Product Grade	5
Material	Aluminum, Rubber
Maximum Speed	16 Miles per Hour
Target Audience	Adult
Maximum Incline Percentage	15
Assembly Required	Yes
Display Type	LCD
Number of Programs	26
Metrics Measured	Distance, Heart Rate, Incline, Time, Calories Burned, Speed
Deck Length	48 Inches
Input Power	1000 Watts
Item Package Dimensions L x W x H	90 x 38 x 23 inches
Package Weight	500 Pounds
Item Dimensions L x W x H	88 x 35 x 64 inches

Feature	Detail
Country of Origin	United States
UPC	748926523233

7. WARRANTY AND SUPPORT

This Certified Refurbished Precor 956i Experience Treadmill comes with a **90-day limited warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

For customer support, service inquiries, or to purchase replacement parts, please refer to the contact information provided by your retailer or the Amazon Renewed Store.

8. SAFETY AND LEGAL DISCLAIMER

This item ships freight! Inside delivery & setup available. Machines are broken down similarly to how they ship from the factory. They are then placed on custom-built skids. Loose parts are carefully packaged alongside the unit, and everything is enclosed in an exo-skeleton frame for added protection in transit by common carrier. You will need to be present for delivery at the appointed time by the trucking company. (Carriers typically provide a 4-hour window for delivery.) Any changes to the delivery must go through CFF. Any delivery changes not expressly agreed upon in advance are the responsibility of the customer. We insure your equipment at full replacement cost, but you need to be vigilant at delivery time. Thoroughly document any damage, real or potential, keeping in mind you have every right to decline delivery of obviously damaged equipment. If you discover damage when you unpack your machine, CFF will get replacement parts and/or a service technician moving right away. Please call us with any questions, however small. By purchasing this unit, you are stating you read and are agreeing to the terms. NOTE: This warranty is not available outside the United States. General Disclaimer Please review the following User Agreement carefully before using the CFFFIT or affiliate sites. You should also read our Privacy Policy. CFFFIT strongly recommends that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. CFFFIT is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge CFFFIT from any and all claims or causes of action, known or unknown, arising out of CFFFIT's negligence. CFF is NOT responsible for injury due to improper use of any equipment provided by CFF FIT

Related Documents - 956i-cr

[Precor Commercial Fitness Equipment Owner's Manual and User Guides](#)
Comprehensive owner's manual and user reference guides for Precor commercial treadmills (946i, 956i, 966i), ellipticals (EFX546i, EFX556i, EFX576i), cycles (846i), and climbers (776i), covering safety, operation, maintenance, and specifications.

VITREK 951 to 957i, and 959i OPERATING & MAINTENANCE MANUAL	**[Vitrek 951i to 957i, and 959i Operating & Maintenance Manual](#)** Comprehensive operating and maintenance manual for the Vitrek 951i, 952i, 953i, 954i, 955i, 956i, 957i, and 959i series electrical safety analyzers. Covers features, safety, installation, operation, testing procedures, programming, and maintenance.
VITREK 951 to 957i, and 959i OPERATING & MAINTENANCE MANUAL	**[Vitrek 951 to 957i, and 959i Operating and Maintenance Manual](#)** Comprehensive operating and maintenance manual for Vitrek's 951 to 957i, and 959i series Electrical Safety Analyzers. Covers features, safety, installation, operation, test sequences, programming, maintenance, and performance verification.
optimus⊞ Manual de instrumentos Sonómetros Optimus+ Cirrus Research plc	**[Manual de Instrumentos: Sonómetros Optimus+](#)** Guía completa para el manejo y funcionamiento de los sonómetros Optimus+ de Cirrus Research plc, cubriendo instalación, operación, características y especificaciones técnicas.
optimus sound level meters User manual for optimus sound level meters Cirrus Research plc	**[Optimus Sound Level Meters User Manual by Cirrus Research plc](#)** Comprehensive user manual for Cirrus Research plc's Optimus series sound level meters, detailing operation, features, specifications, and maintenance for models CR:150, CR:160, CR:170, CR:190, and more.
optimus sound level meters Manual del usuario Sonómetros Optimus Cirrus Research plc	**[Manual del Usuario Sonómetros Optimus - Guía Completa de Cirrus Research](#)** Explore el manual del usuario para los sonómetros Optimus de Cirrus Research plc. Descubra sus características, funcionamiento, calibración y especificaciones técnicas para mediciones de ruido precisas.