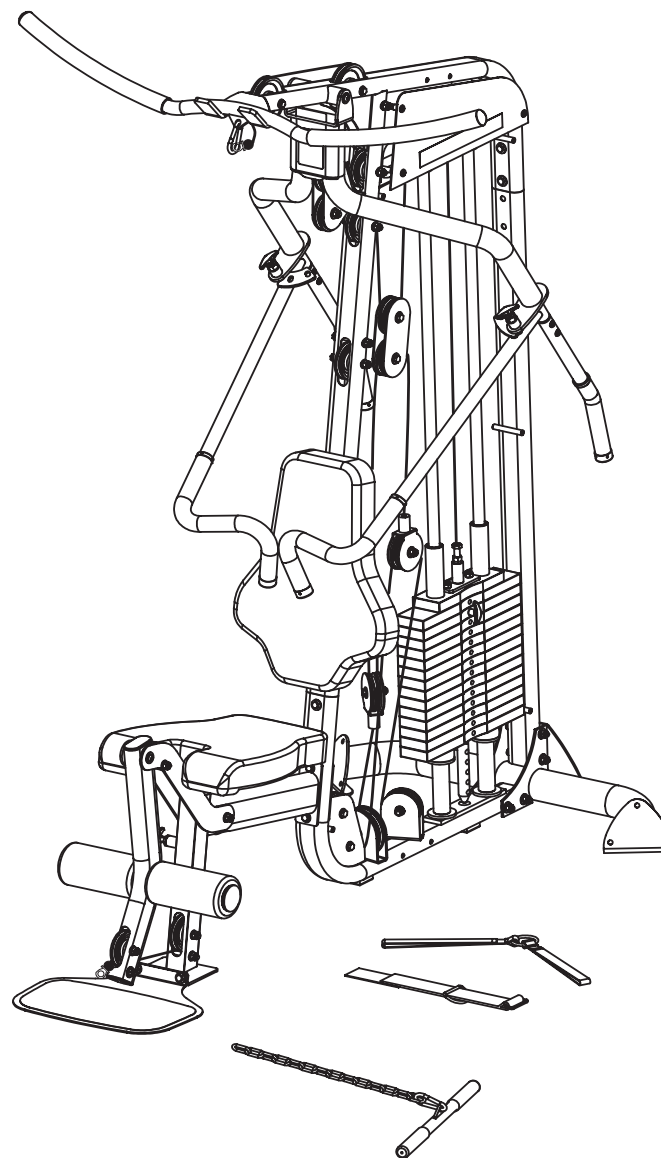


PRECOR[®]
move beyond[®]

S3.15

Strength-Training
Fitness Equipment



Assembly and Maintenance Guide

Important Safety Instructions

Before beginning any fitness program, see your physician for a complete physical examination.

Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

When using exercise equipment, basic precautions should always be taken, including the following:

- Read all instructions before using the S3.15 equipment. These instructions are written for your safety and to protect the unit.
- Do not allow children or those unfamiliar with its operation on or near the equipment. Do not leave children unsupervised around the unit.
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Wear proper exercise clothing and shoes for your workout and avoid loose clothing. Tie long hair back.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.

- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate the unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use outdoors.

Personal Safety During Assembly

- **It is strongly recommended that a qualified dealer assemble the equipment. Assistance is required.**
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the S3.15 on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access.

Obtaining Service

Do not attempt to service the S3.15 yourself except for the maintenance tasks described in this guide. This unit does not contain any user-serviceable parts.

For information about product operation, or service, refer to the Precor web site at www.precor.com. Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at www.precor.com/cons.

If you call or e-mail Customer Support, have the serial number and part numbers available.

You can find the serial number printed on a label affixed to the side of the S3.15. For future reference, write the serial number in the space provided below.

Serial number: _____

Table of Contents

	Important Safety Instructions	2
	Personal Safety During Assembly	2
	Obtaining Service	2
1	Before You Begin	4
	Unpacking the Equipment	4
	Optional Equipment	4
2	Preparations	5
	Required Tools	5
	Installation Requirements	5
	Assembly Tips	5
3	Assembly Instructions	6
	Open the Box	7
	1. Assemble Main Structure	8
	2. Assemble Leg Extension	10
	3. Install Seat and Rollers	11
	4. Assemble Weight Stack	13
	5. Assemble Press Arm	15
	6. Install Main Cable	17
	7. Install Ab Cable and Floating Pulleys	19
	8. Install Leg Extension Cable	20
	9. Install Leg Press Option Cable Connection	22
	10. Attach Upper Shrouds	23
	11. Attach Accessories	24
	12. Apply Weight Decals and Lubricant	25
4	Cable Adjustments and Maintenance	26
	1. Cable Tension	27
	2. Cable Adjustments	28
	3. Maintenance	29
	Appendix – Shrouds	31
	Limited Warranty Statement	32
	Warranty Registration Card	33
	Specifications	Back cover

1

Before You Begin

Thank you for purchasing the S3.15. This unit is part of the Precor Strength line of quality strength training machines, which let you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment, please study this guide thoroughly.

Unpacking the Equipment

The S3.15 is carefully tested and inspected before shipment. Precor Strength ships the unit in several pieces that require assembly. Ask for assistance during the assembly process.

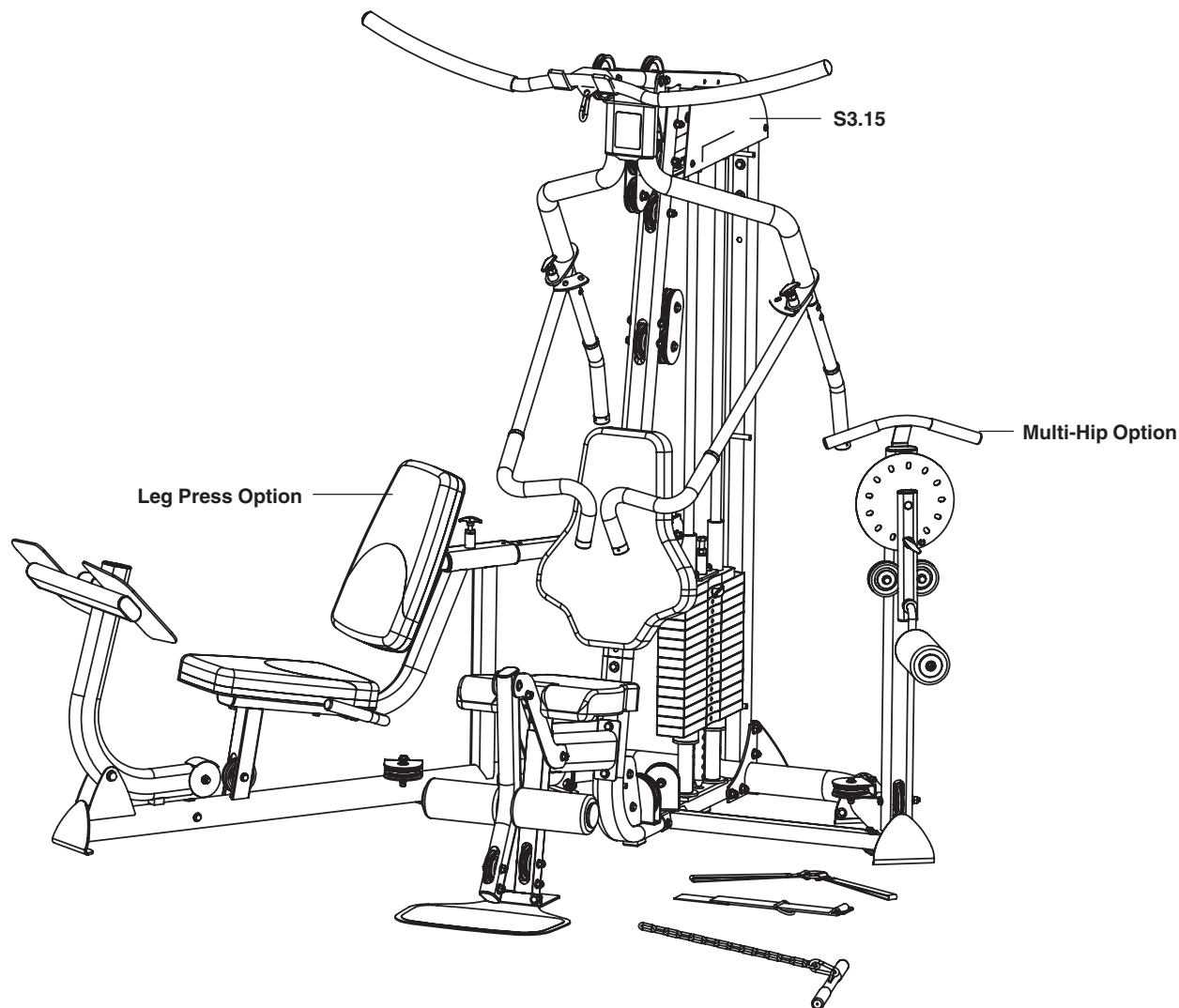
- Review the *Installation Requirements*.
- When instructed to open a box, carefully unpack the pieces and lay them on the floor near the location where you plan to use the equipment.

Be careful to open boxes and assemble components in the sequence presented in this manual.

If any items are missing, contact the dealer from whom you purchased the unit. For more information, refer to *Obtaining Service*.

Optional Equipment

- S3.15 Leg Press Option
- S3.15 Multi-Hip Option
- Heavy Stack Option (Additional 50 lb weight stack)
- Shrouds



Before You Begin

2

Preparations

CAUTION: To set up this unit, you will need assistance. Do not attempt assembly by yourself.

You must review and follow the instructions in this guide. If you do not assemble and use the S3.15 according to the following guidelines, you could void the Precor Limited Warranty.

Required Tools

Tools that you need to obtain before assembling the unit include:

- ☐ 1/16-inch socket
- ☐ 3/4-inch socket
- ☐ 1/16-inch box-end wrench
- ☐ 3/4-inch box-end wrench
- ☐ Crescent wrench
- ☐ Rubber mallet
- ☐ Wire tie cutter (cuts plastic tie wraps)
- ☐ Utility knife
- ☐ Step stool

Installation Requirements

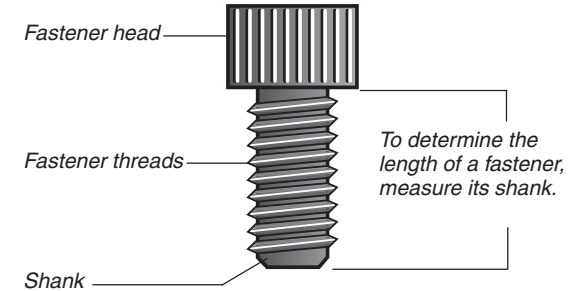
Follow these installation requirements when assembling the unit:

- **Fill out and mail the warranty registration card.**
- **Set up the S3.15 on a solid, flat surface.**
A smooth, flat surface under the unit helps keep it level.
- **Provide ample space around the machine.**
Open space around the machine allows for easier access.
- **Insert all fasteners in the same direction.** For aesthetic purposes, insert all the fasteners in the same direction unless specified (in text or illustrations) to do otherwise.
- **Leave room for adjustments.** Tighten fasteners (such as screws, nuts, and bolts), so the unit is stable, but leaves room for adjustments. **Do not** fully tighten fasteners until instructed (in the steps) to do so.

Assembly Tips

- Fasteners may become loose and fall off during shipment. Inspect the plastic wrap and packaging for loose parts. To alleviate confusion during assembly, reattach the loose fasteners and pulleys found in the packaging.
- A black 6-inch scale with white numbers is provided at the bottom of every assembly instruction page. Use this scale to identify the correct fastener size. The head of a fastener is not used in measuring the length.

- Most fasteners are 3/8-inch unless otherwise noted. To find out the length of a particular fastener, measure its shank (the long, narrow part beneath the head). Refer to the following diagram:



- Silver-colored zinc fasteners are used with the titanium parts (Press Arm, Floating Pulleys, etc.). Black fasteners are used when assembling the stone gray painted surfaces.
- Some pieces have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.
- Read all caution notes on each page before completing that step.
- While you may be able to assemble the S3.15 by reading the illustrations only, refer to the text for important safety cautions and notes.

3

Assembly Instructions

Assembly of the S3.15 takes professional installers about 1½ hours to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

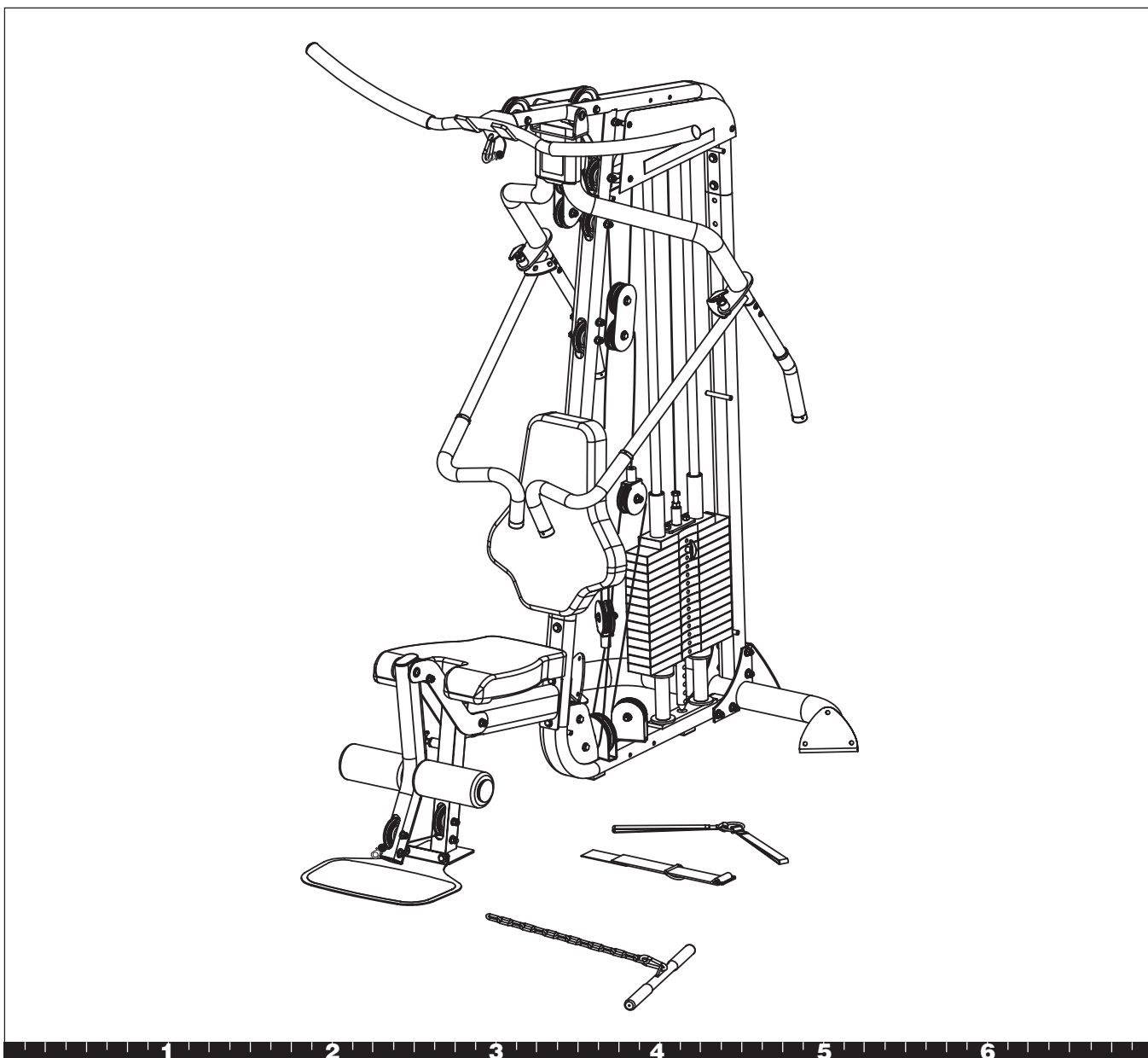
Professional installers are highly recommended!

However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

CAUTION: Obtain assistance! Do not attempt to assemble the S3.15 by yourself. Review the *Installation Requirements and Assembly Tips* before proceeding with the following steps.

Be careful to open boxes and assemble components in the sequence presented in this manual.

Note: With so many assembled parts, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. ***Do not fully tighten fasteners until instructed to do so.***

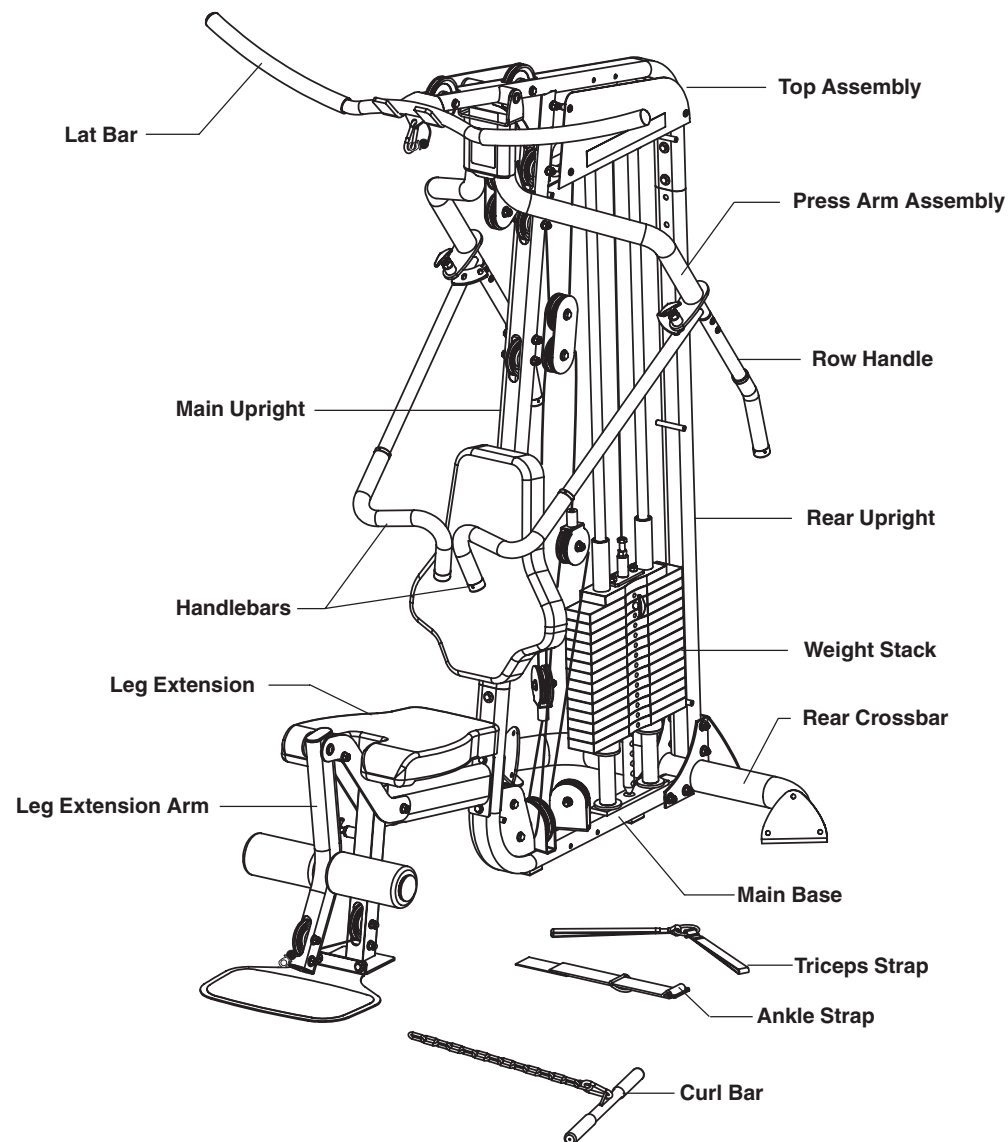


Open the Box

Use wire tie cutters to open the box.

The illustration shows how the S3.15 will look when you have completed its assembly. The callouts identify specific pieces.

Important: Most fasteners are fitted to the frame or pulleys, you will need to disassemble the fasteners before proceeding with each step.



Open the Box

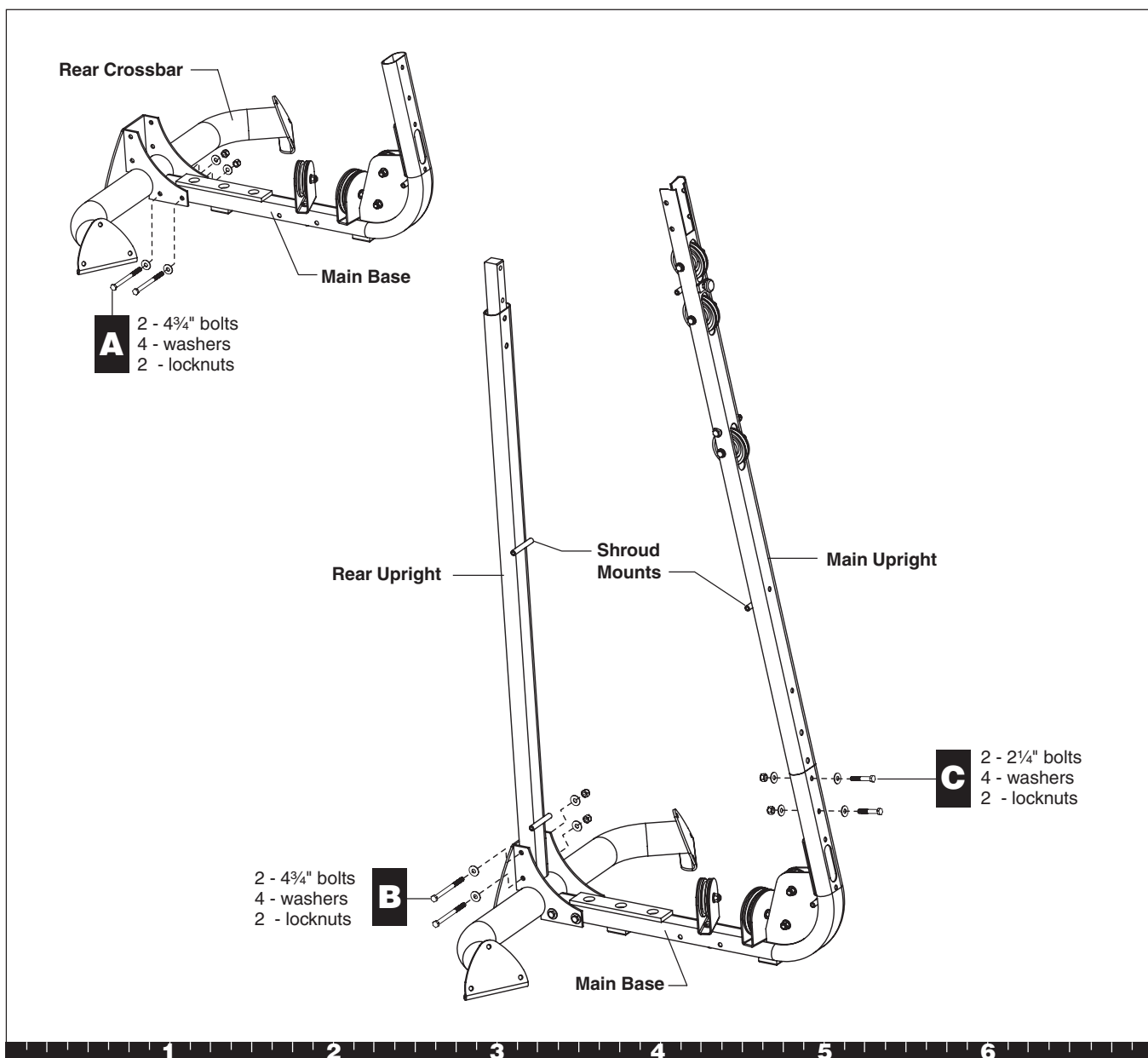
1. Assemble Main Structure

- A. Attach the Main Base to the Rear Crossbar using
two 4¾-inch hex head bolts
four flat washers
two locknuts

- B. Install the Rear Upright to the Main Base using
two 4¾-inch hex head bolts
four flat washers
two locknuts

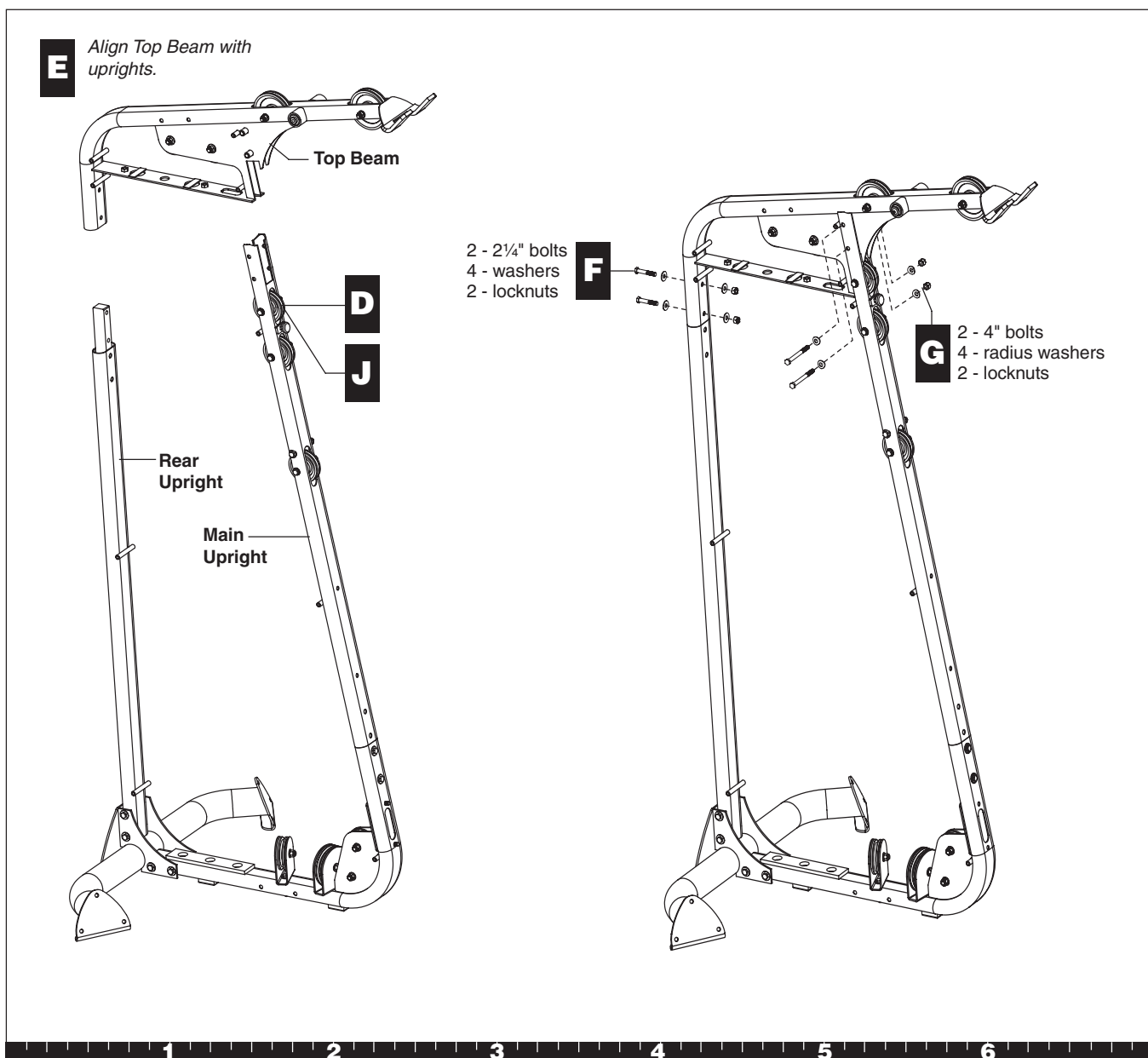
Note: Position the uprights so the Shroud mounts face the center of the unit.

- C. Attach the Main Upright to the Main Base using
two 2¼-inch hex head bolts
four flat washers
two locknuts



Step 1. Assemble Main Structure

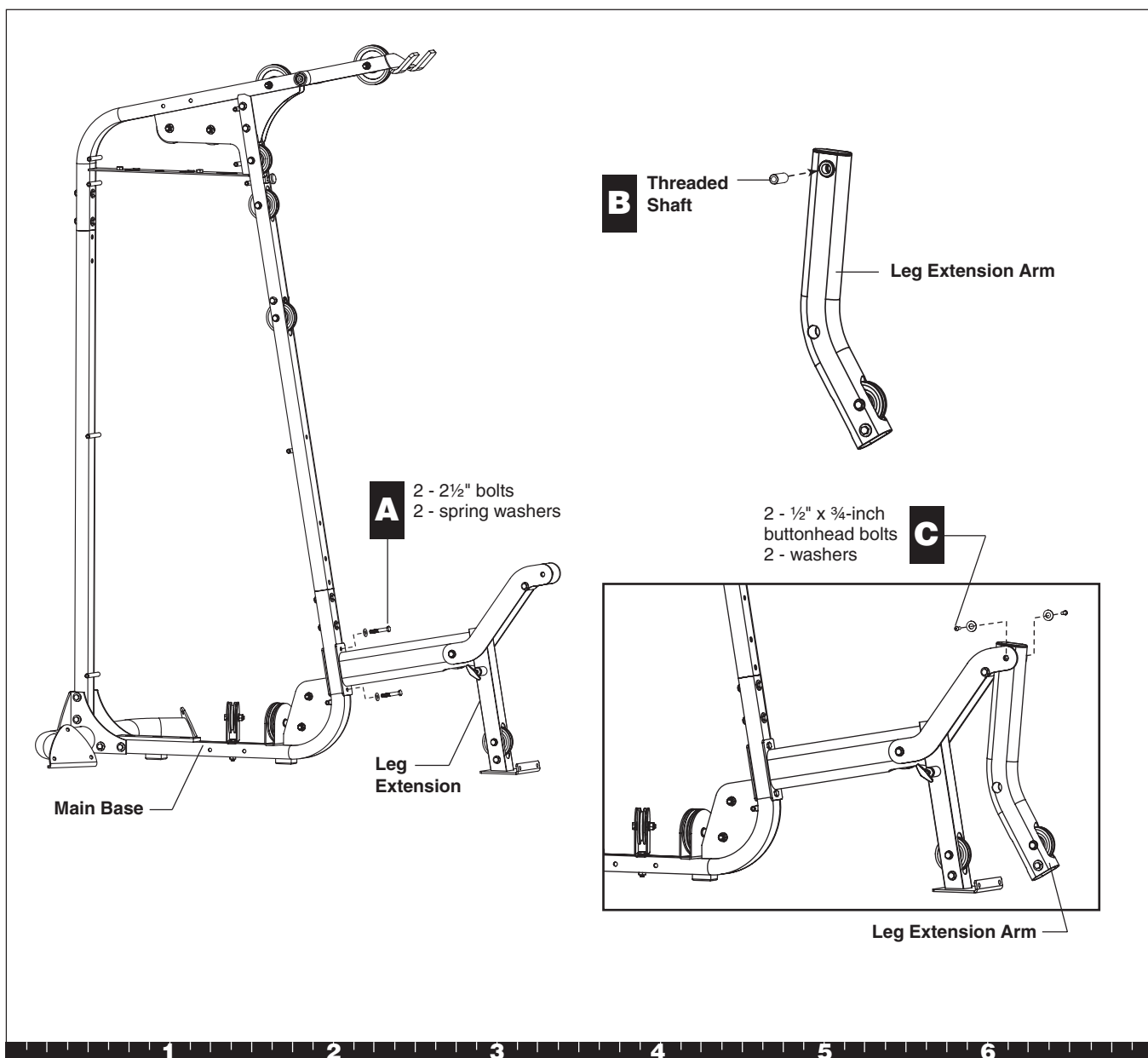
- D. For ease of assembly, disassemble and remove the top pulley and its fasteners on the Main Upright.
- E. Install the Top Beam on the Rear and Main Uprights and reinstall the top pulley and fastener assembly.
Note: If necessary, use a rubber mallet to align the mounting holes.
- F. Secure the Top Beam to the Rear Upright using
 two 2¼-inch hex head bolts
 four flat washers
 two locknuts
- G. Secure the Top Beam to the Main Upright using
 two 4-inch hex head bolts
 four radius washers
 two locknuts
Note: Make sure the radius washers lie flat against the Main Upright before wrench tightening.
- H. Wrench tighten all bolts. Start with the fasteners that secure the Top Beam and follow the order of the assembled steps in reverse.
- J. Replace the top pulley and finger tighten the fasteners.



Step 1. Assemble Main Structure, continued

2. Assemble Leg Extension

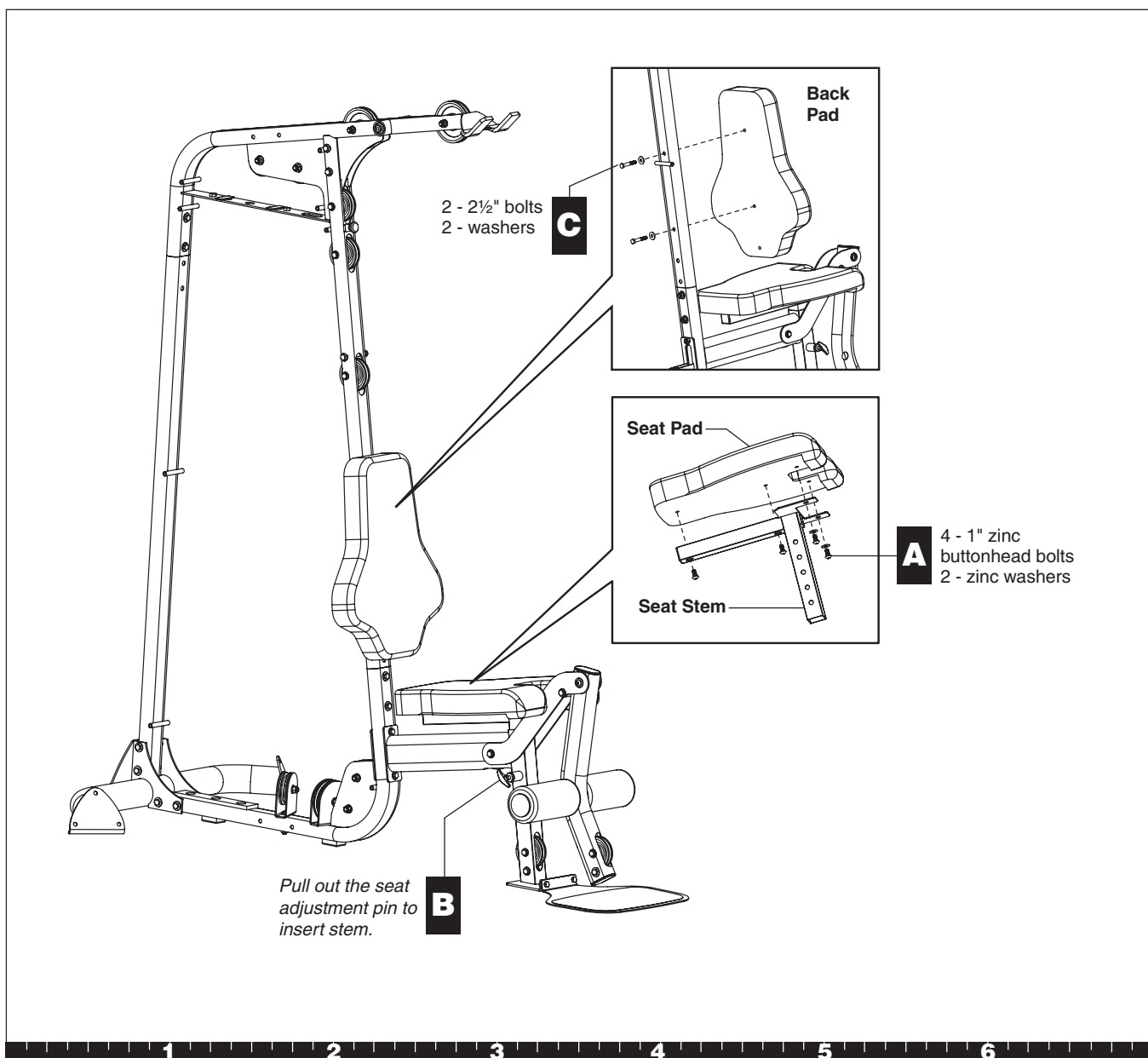
- A. Attach the Leg Extension to the Main Base using two 2½-inch bolts two spring washers Wrench tighten.
- B. Insert the 2-inch threaded shaft into the Leg Extension Arm.
- C. Attach the Leg Extension Arm to the Leg Extension using two ½-inch x ¾-inch buttonhead bolts two flat washers Wrench tighten using the 8mm hex keys.



Step 2. Assemble Leg Extension

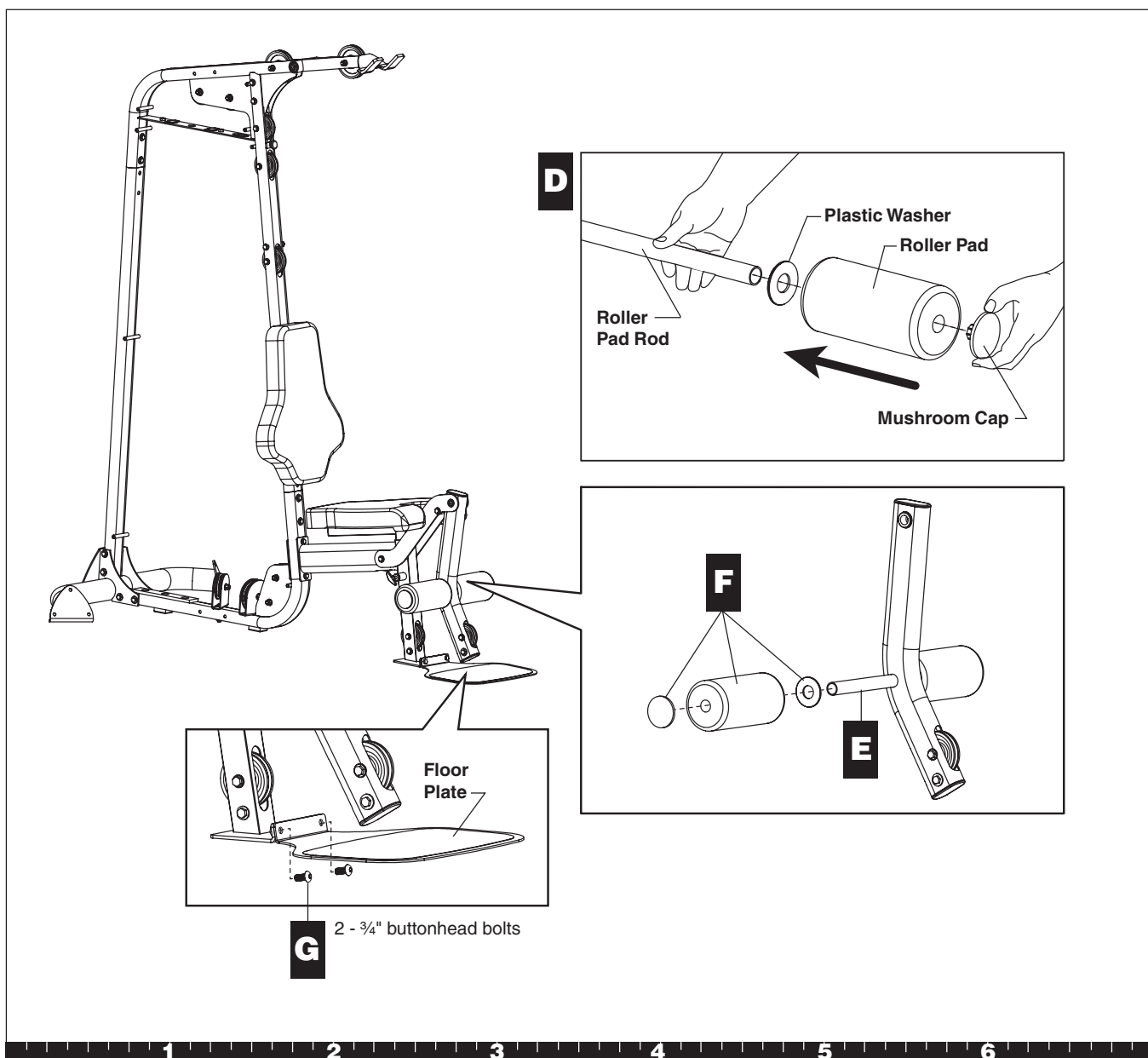
3. Install Seat and Rollers

- A. Attach the Seat Pad to the Seat Stem using four 1-inch zinc buttonhead bolts
two zinc flat washers
Wrench tighten using a 6mm hex key.
- B. Insert the Seat Stem into the Seat Upright Assembly. Pull out the seat adjustment pin to insert the stem. Place the Seat Stem at its lowest position.
- C. Attach the Back Pad to the Main Upright using two 2½-inch hex head bolts
two flat washers
Wrench tighten.



Step 3. Install Seat and Rollers

- D. Slide a Plastic Washer and a Roller Pad onto one end of a Roller Pad Rod. Insert one Mushroom Cap to plug the end hole. If necessary, pound the Mushroom Cap in place using the rubber mallet.
- E. Insert the Roller Pad Rod through the hole in the Leg Extension Arm.
- F. Slide the remaining Plastic Washer and Roller Pad on the other end of the Roller Pad Rod. Insert one Mushroom Cap to plug the end hole. If necessary, pound the Mushroom Cap in place using the rubber mallet.
- G. Attach the Floor Plate using two $\frac{3}{4}$ -inch buttonhead bolts. Wrench tighten using a 6mm hex key.



Step 3. Install Seat and Rollers, continued

4. Assemble Weight Stack

Important: Obtain adult assistance before installing the Guide Rods and Weights.

- A. Place the Guide Rods into the two outside holes in the Main Base.

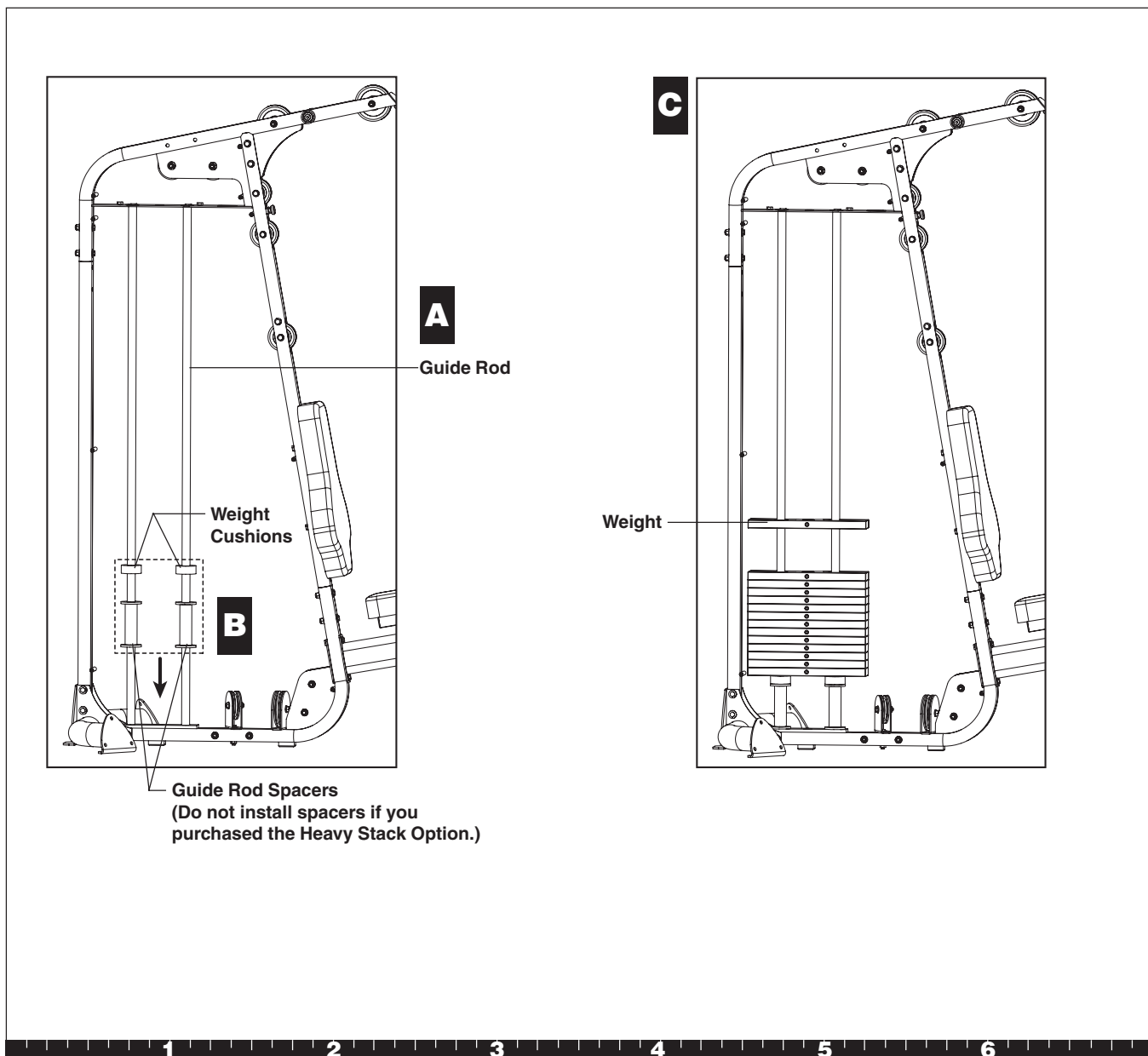
CAUTION: The lubricant on the Guide Rods can stain clothes. Wear proper attire when working with or lubricating the Guide Rods.

- B. Place one Guide Rod Spacer and one Weight Cushion on each Guide Rod and allow it to slide down and rest on the Main Base.

Note: Guide Rod Spacers do not need to be installed if the Heavy Stack Option is purchased through your dealer.

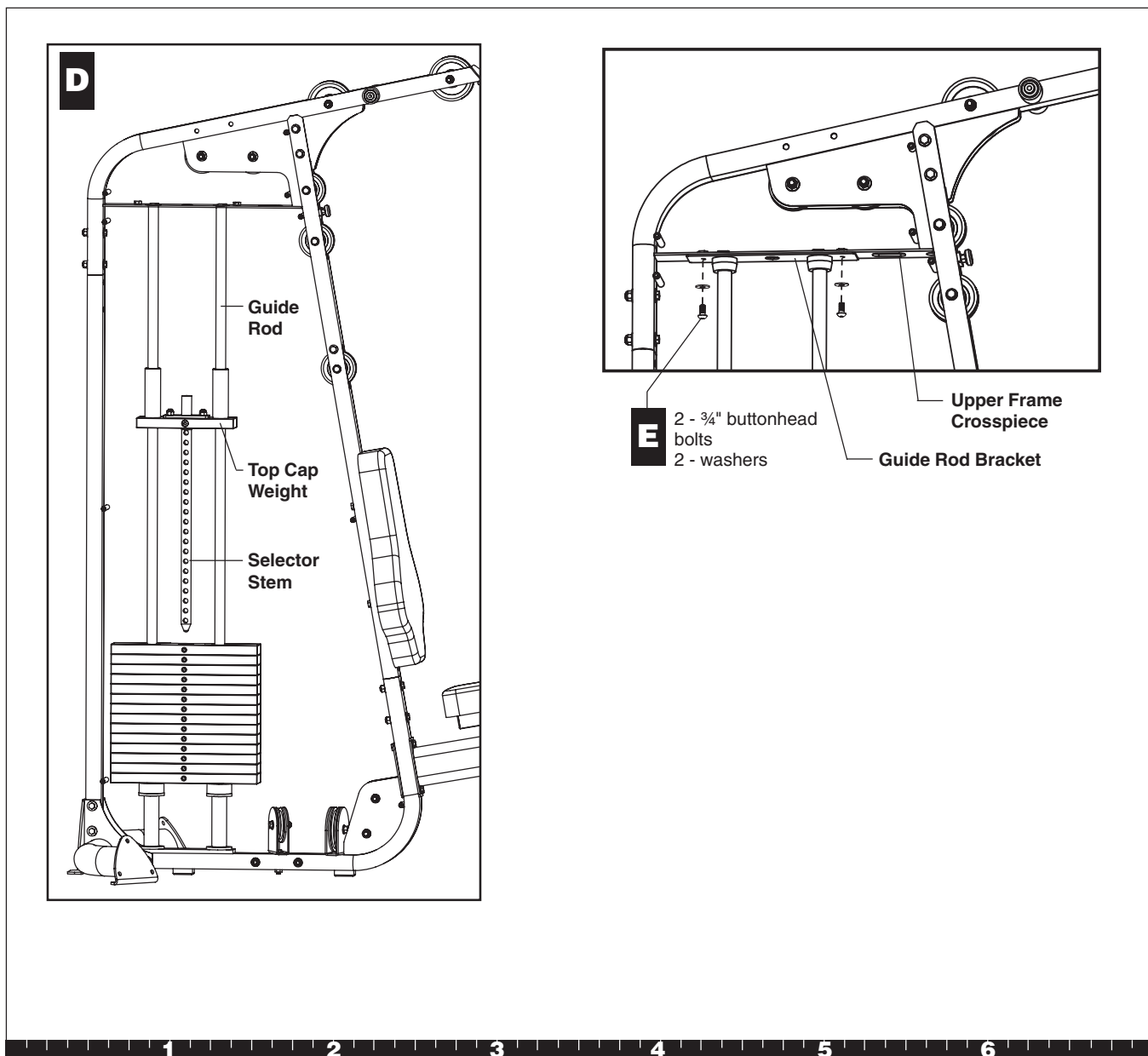
- C. Add the 10-lb weights. For ease of weight pin placement and use, orient the curve on the weight plate to the desired side of the unit. Position the weight plate so the plastic bushing is on top and hold your finger over the plastic bushing to prevent it from popping out.

CAUTION: The weights are heavy! Handle the weights carefully so as not to drop them or injure yourself. Pick up and place one weight at a time on the Guide Rods. Do not angle the Guide Rods to such a degree that they dislodge the Guide Rod Spacers or Weight Cushions. Have someone hold the Guide Rods in place while you slide the weights on the stack.



Step 4. Assemble Weight Stack

- D. Orient the hole in the Top Cap Weight with the curve in the weight plates. Place the Top Cap Weight onto the Guide Rods and slide the Selector Stem into the weight stack.
- E. Slide the Guide Rod Bracket onto the Guide Rods and secure it to the Upper Frame Crosspiece using two $\frac{3}{4}$ -inch buttonhead bolts two flat washers. Wrench tighten.

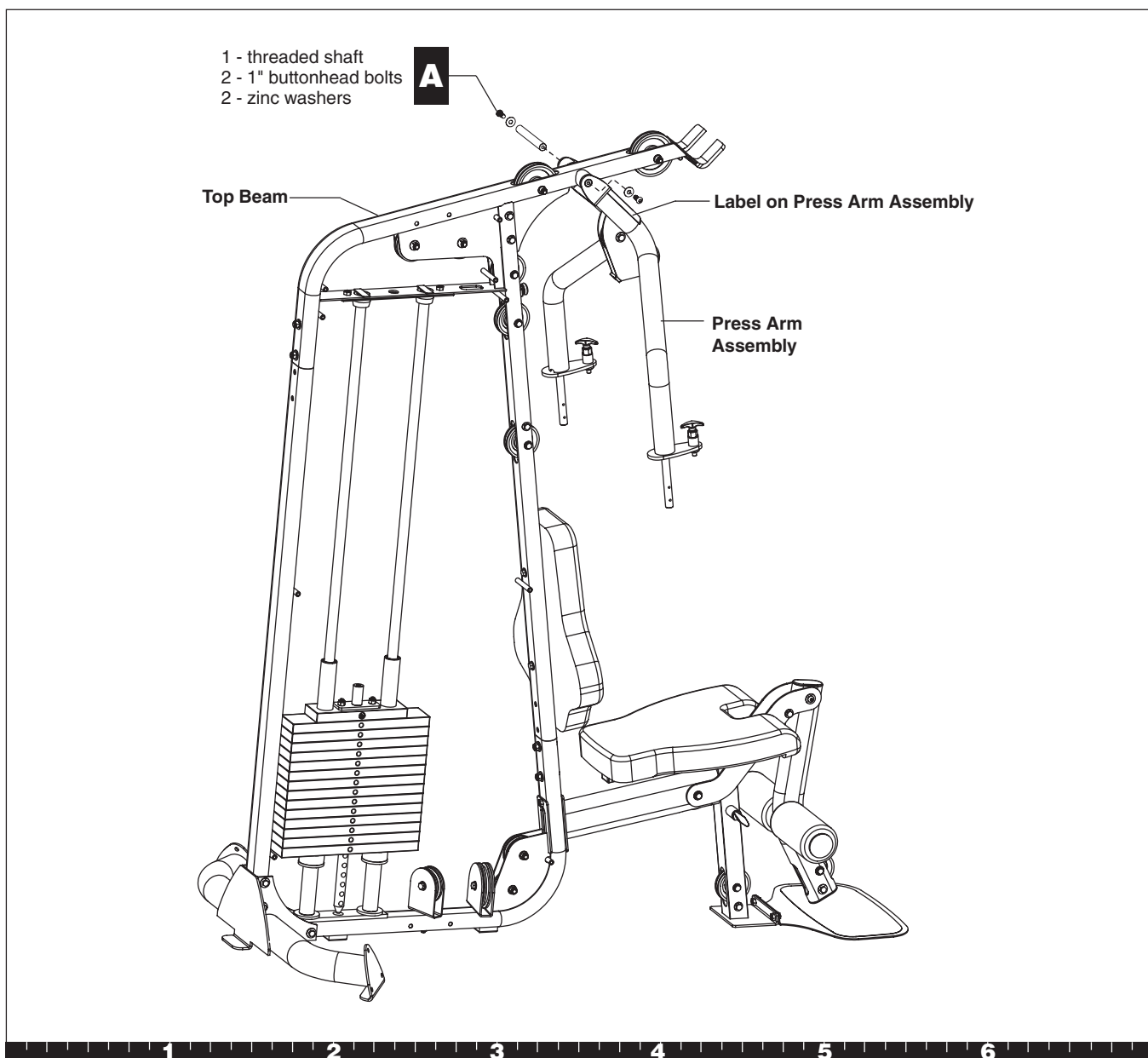


Step 4. Assemble Weight Stack, continued

5. Assemble Press Arm

Important: Obtain adult assistance to attach the Press Arm Assembly.

- A. Attach the Press Arm Assembly, with the label facing out, to the Top Beam using one threaded shaft
two 1-inch buttonhead bolts
two zinc flat washers
Wrench tighten.



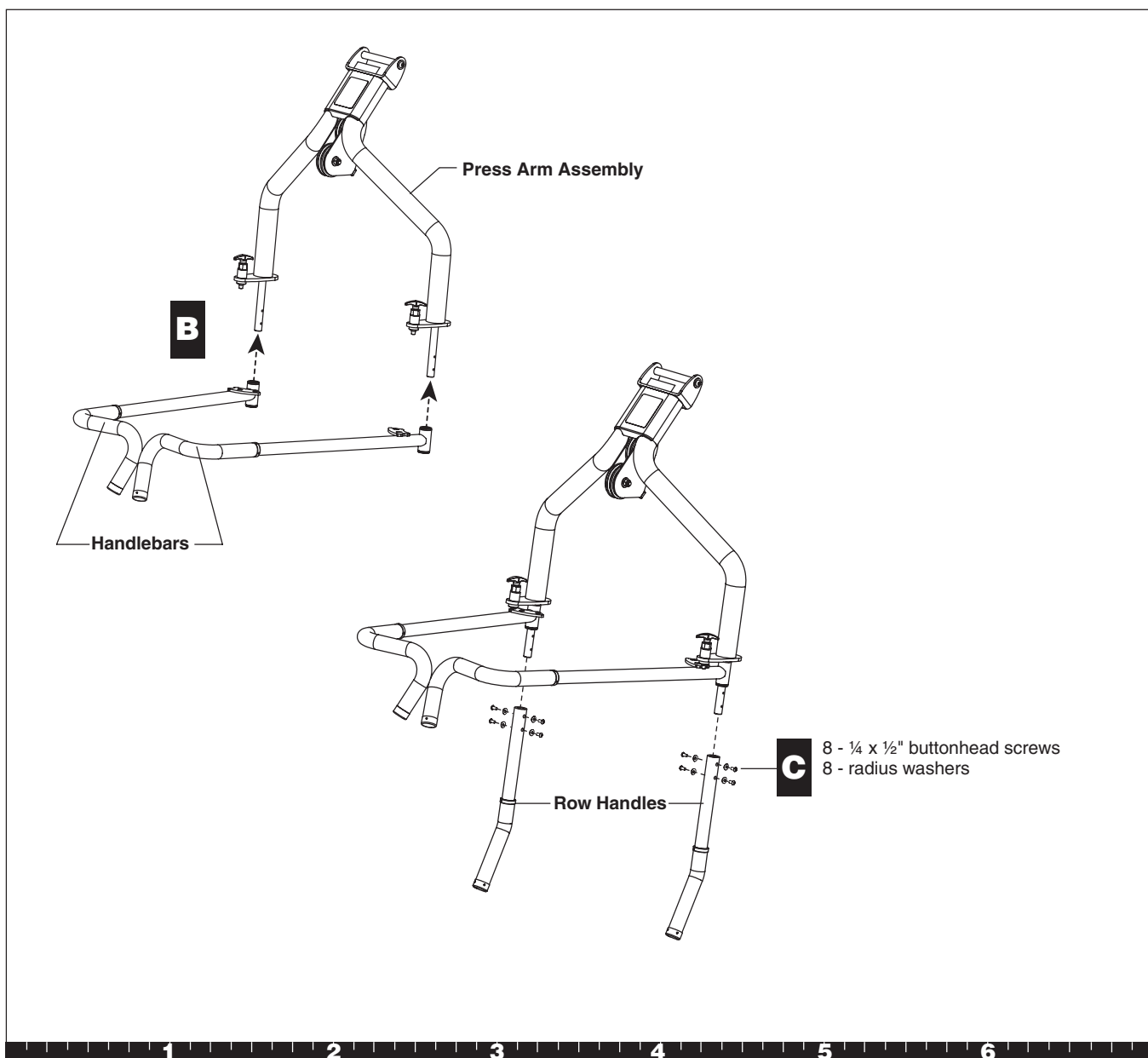
Step 5. Assemble Press Arm

B. Slide the Handlebars in place on the Press Arm. Handlebars curve inward. Review the illustration for correct handlebar placement.

C. Attach the Row Handles using eight $\frac{1}{4}$ x $\frac{1}{2}$ -inch buttonhead screws
eight radius washers

Note: Make sure the radius washers lie flat against the Row Handle before wrench tightening.

D. Wrench tighten the screws using the 5mm hex keys.



Step 5. Assemble Press Arm, continued

6. Install Main Cable

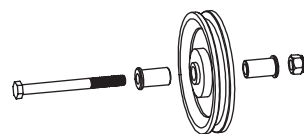
Note: All pulleys are installed in the frame assemblies. As you begin each new step, remove the fasteners and pulley. Feed the cable around the pulley as shown, and then replace the fasteners and finger tighten. Wrench tighten all pulley fasteners once you have completed the installation of each cable assembly.

- A. Start at the Top Beam and feed the threaded end of Main Cable 130197 over one 4½-inch pulley. Attach the pulley to the Top Beam using one 4-inch hex head bolt two 1¼-inch shoulder spacers one locknut
- B. Feed the cable over the second 4½-inch pulley. Attach the pulley to the Top Beam using one 4-inch hex head bolt two 1¼-inch shoulder spacers one locknut
- C. Feed the cable over the upper 3½-inch pulley located in the Press Arm assembly. Attach the pulley to the Press Arm assembly using one 2-inch zinc hex head bolt two zinc flat washers one zinc locknut
- D. Feed the cable over the upper 3½-inch pulley located in the Main Upright. Attach the pulley to the Main Upright using one 4-inch hex head bolt two 1¼-inch shoulder spacers one locknut

Pulley assemblies

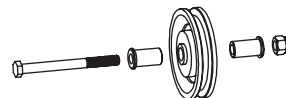
4½-inch Pulley

- 1 - bolt
- 2 - shoulder spacers
- 1 - locknut



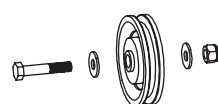
3½-inch Pulley (used on gray painted parts)

- 1 - bolt
- 2 - shoulder spacers
- 1 - locknut



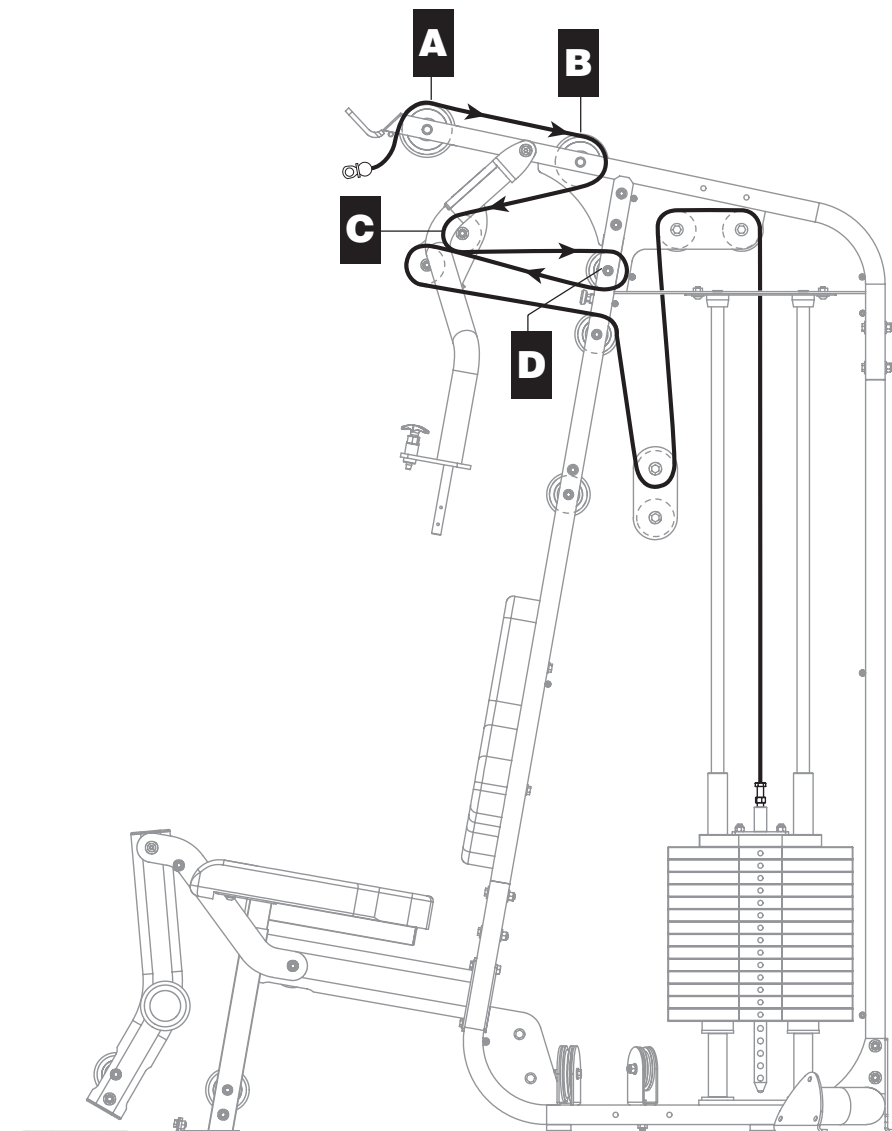
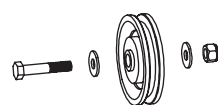
3½-inch Pulley (used on titanium parts)

- 1 - zinc bolt
- 2 - zinc washers
- 1 - zinc locknut



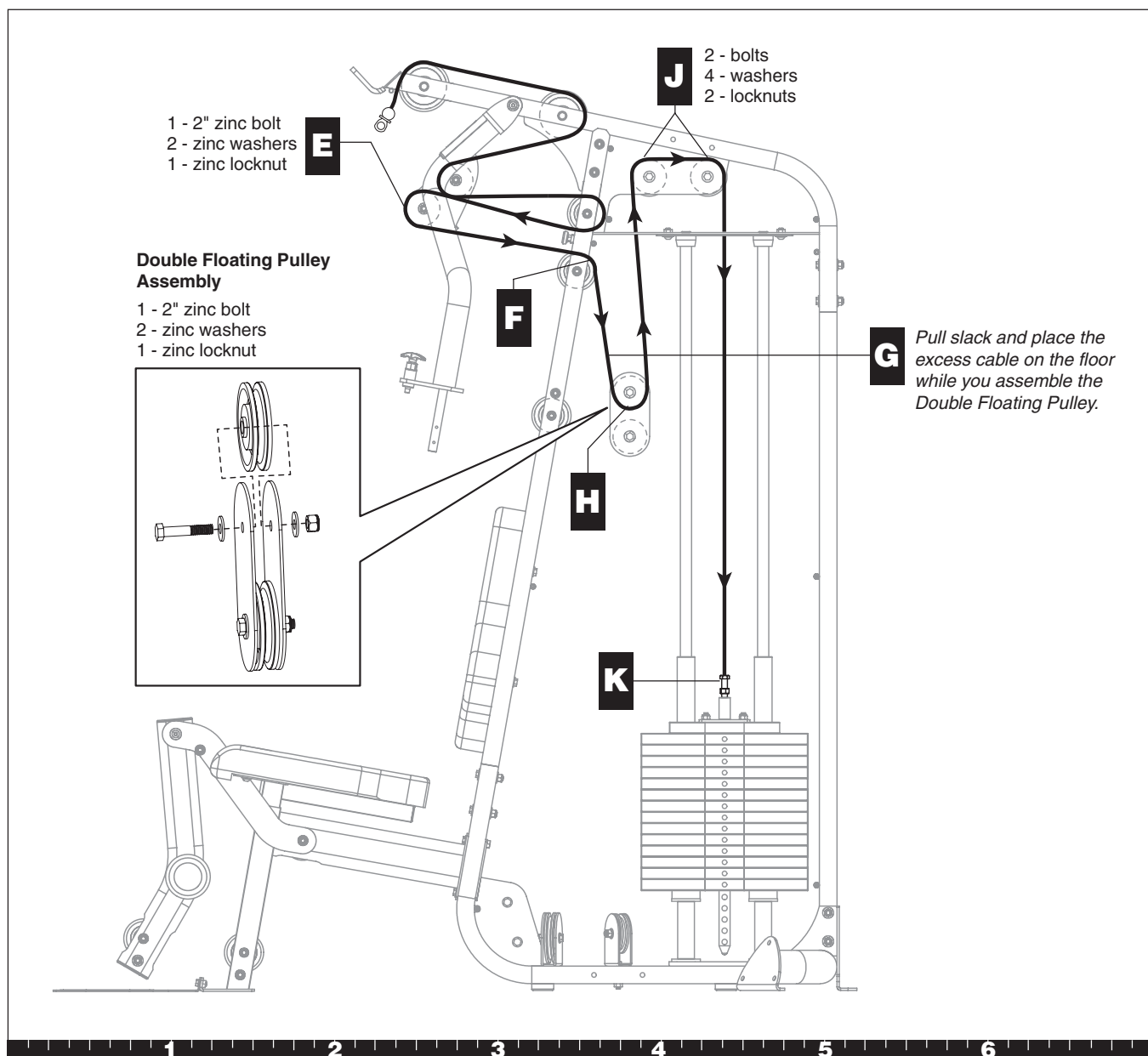
3½-inch Pulley (used on gray painted parts)

- 1 - bolt
- 2 - washers
- 1 - locknut



- E. Feed the cable over the lower 3½-inch pulley located in the Press Arm assembly. Attach the pulley to the Press Arm assembly using one 2-inch zinc hex head bolt, two zinc flat washers, one zinc locknut.
- F. Feed the cable over the upper 3½-inch pulley located in the Main Upright. Attach the pulley to the Main Upright using one 4-inch hex head bolt, two 1¼-inch shoulder spacers, one locknut.
- G. Pull the slack out of the Main Cable so the ball end of the cable rests against the Lat Bar Holder.
- H. Disassemble the upper pulley in the Double Floating Pulley as shown. Feed the cable around the 3½-inch pulley and reattach it using one 2-inch zinc hex head bolt, two zinc flat washers, one zinc locknut.
- J. Feed the cable through the hole in the Upper Frame Crosspiece and over the two 3½-inch pulleys attached to the Top Beam assembly. Reattach the pulleys to the assembly using two 2-inch hex head bolts, four flat washers, two locknuts.
- K. Feed the cable down through the hole in the Upper Frame Crosspiece and attach the threaded end of the cable into the Selector Stem. Continue turning the screw three to four full turns to secure the threads inside the Selector Stem.
- L. Wrench tighten all pulley fasteners.

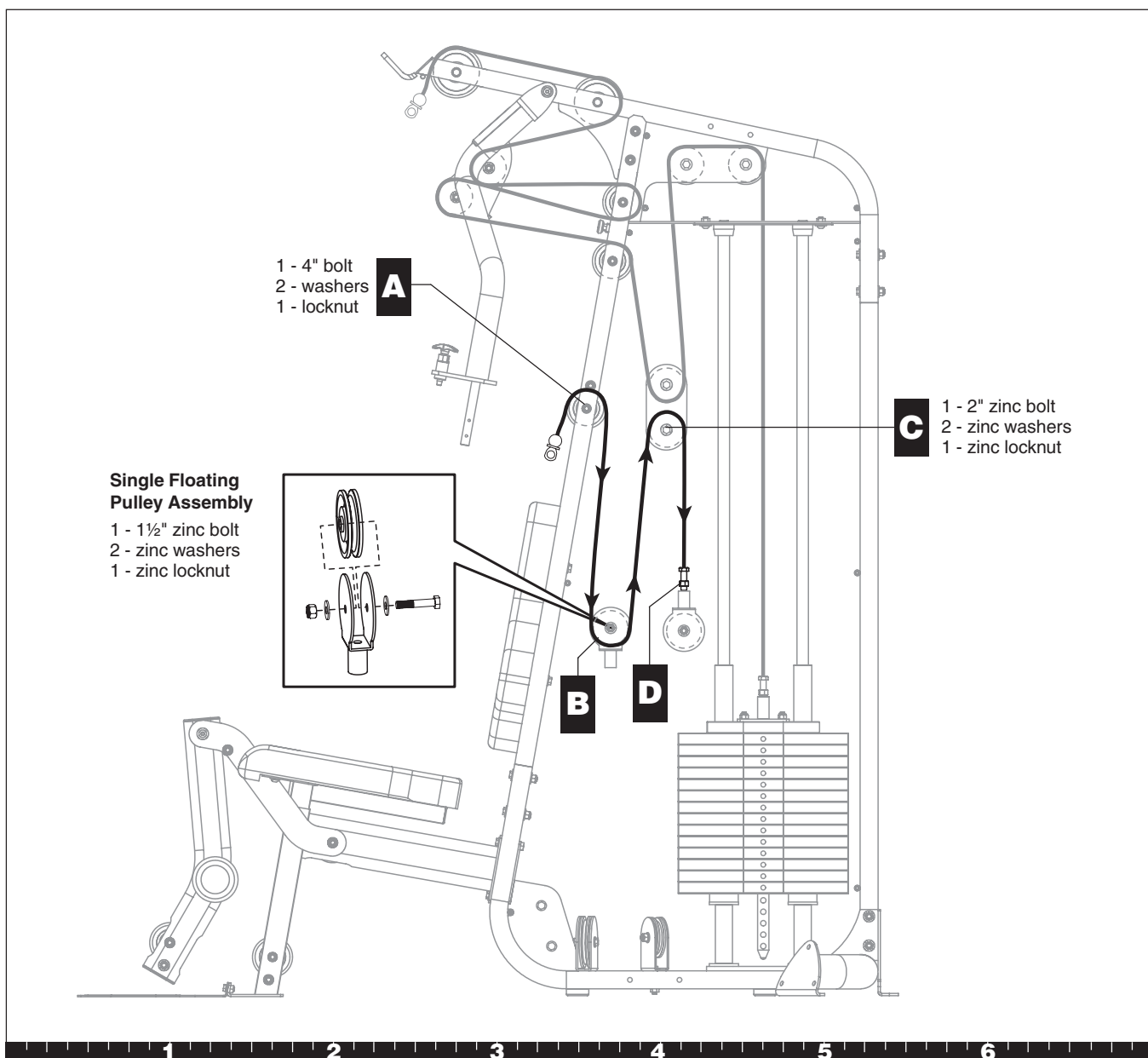
Important: Do not tighten the jam nut on the threaded end of the cable or the Double Floating Pulley fasteners, at this time.



Step 6. Install Main Cable, continued

7. Install Ab Cable and Floating Pulleys

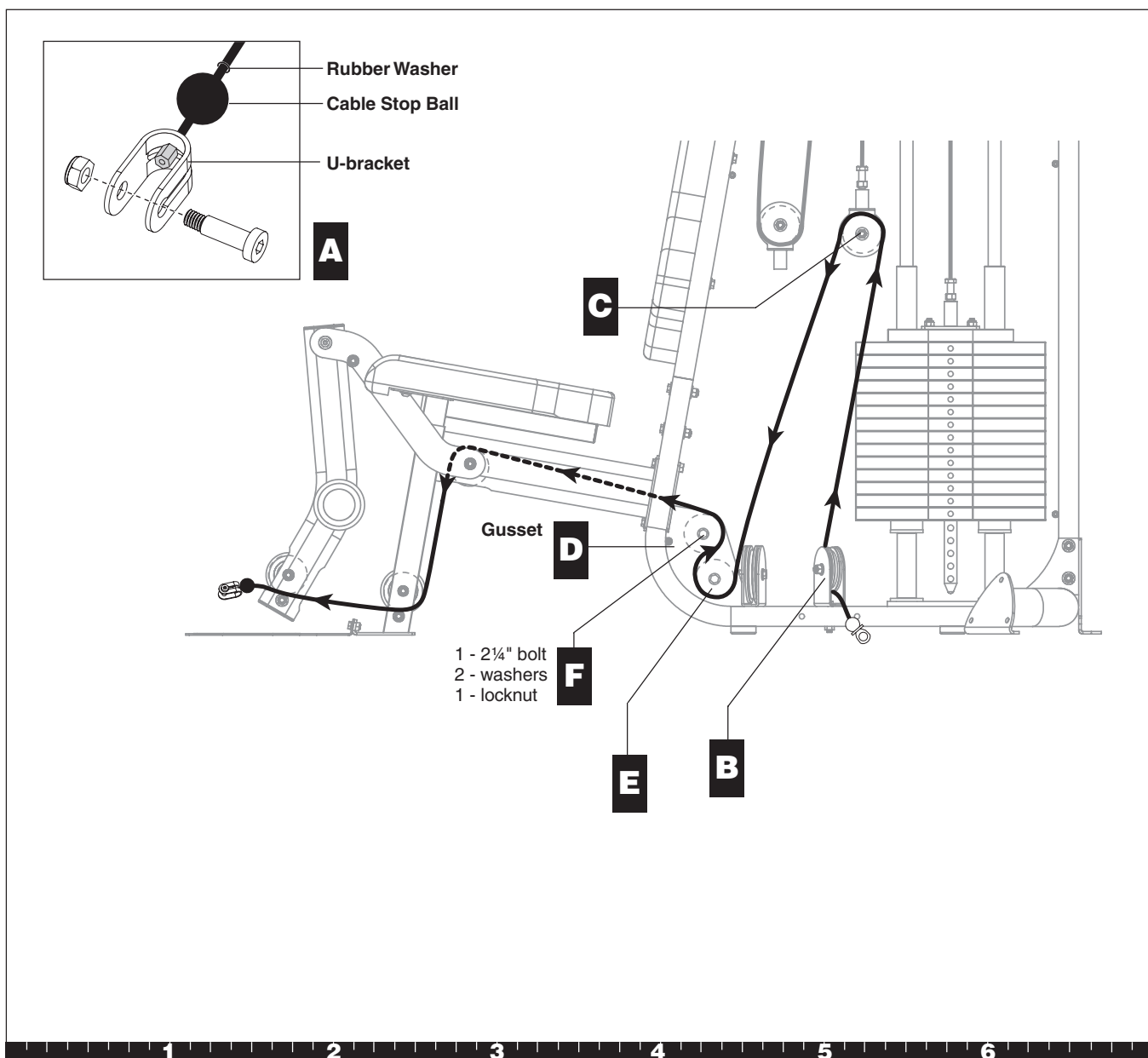
- A. Start at the center pulley on the Main Upright. Feed the threaded end of Ab Cable 130196 through the opening and over one 3½-inch pulley. Attach the pulley to the Main Upright using one 4-inch hex head bolt two flat washers one locknut
- B. Disassemble the 3½-inch pulley located inside the Single Floating Pulley. Feed the cable around the pulley and reattach the pulley using one 1½-inch zinc hex head bolt two zinc washers one thin zinc locknut Wrench tighten.
- C. Disassemble the lower portion of the Double Floating Pulley. Feed the cable around the lower pulley and reattach it using one 2-inch zinc hex head bolt two zinc flat washers one zinc locknut
- D. Attach the threaded end of the cable to a Single Floating Pulley. Continue turning the screw three to four full turns to secure it inside the floating pulley housing.
- F. Remove any twists in the cables, and then wrench tighten all pulley fasteners.



Step 7. Install Ab Cable and Floating Pulleys

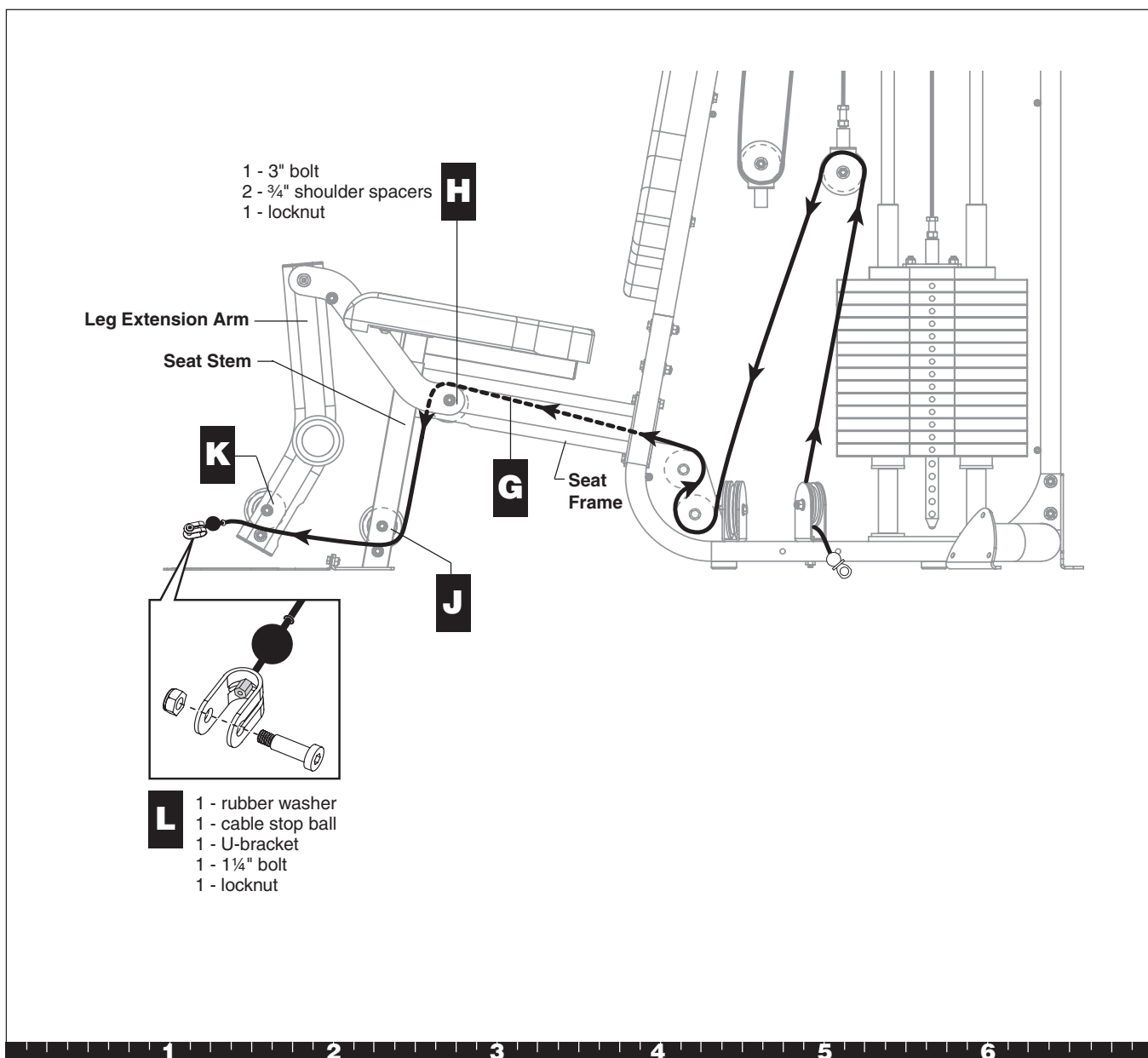
8. Install Leg Extension Cable

- A. Before feeding the cable through the pulley assemblies, remove the U-bracket assembly, cable stop ball and rubber washer at the end of the Leg Extension Cable 130198.
- B. Start at the Pivoting Bracket attached to the Main Base. Feed the end of the cable beneath the 3½-inch pulley.
- C. Feed the cable through the Single Floating Pulley as shown.
- D. Disassemble the upper 3½-inch pulley located inside the Gusset which is welded to the Base Frame.
- E. Feed the cable under the lower pulley.
- F. Loop the cable over the upper 3½-inch pulley and secure it to the Gusset using one 2¼-inch bolt, two flat washers, one locknut.



Step 8. Install Leg Extension Cable

- G. Continue to feed the cable through the Seat Frame.
- H. Disassemble the 3½-inch pulley located beneath the seat. Feed the cable over the pulley and reattach the pulley to the Seat Frame using one 3-inch hex head bolt two ¾-inch shoulder spacers one locknut
- J. Feed the cable under the lower 3½-inch pulley located on the Seat Stem.
- K. Feed the cable through the opening and under the 3½-inch pulley located in the Leg Extension Arm.
- L. Replace the rubber washer and cable stop ball onto the end of the cable and insert the end of the cable into the U-bracket assembly using one 1¼-inch shoulder bolt one locknut
- M. Wrench tighten all pulley fasteners.

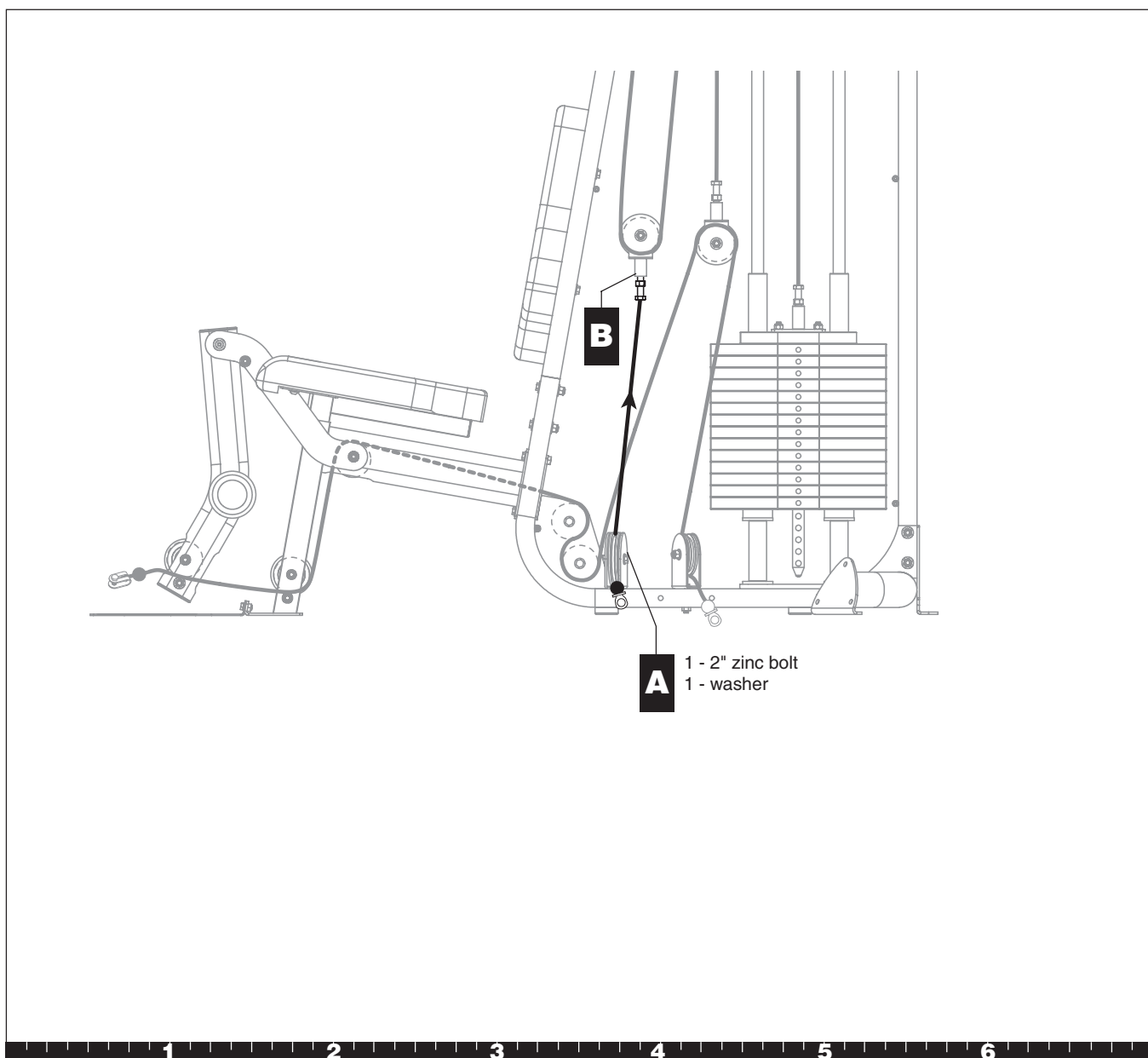


Step 8. Install Leg Extension Cable, continued

9. Install Leg Press Option Cable Connection

Note: If you plan to attach the Multi-Hip or Leg Press Options, make sure that cable ends are on opposite sides of the Main Base. Do not position the cable ends as shown in this illustration.

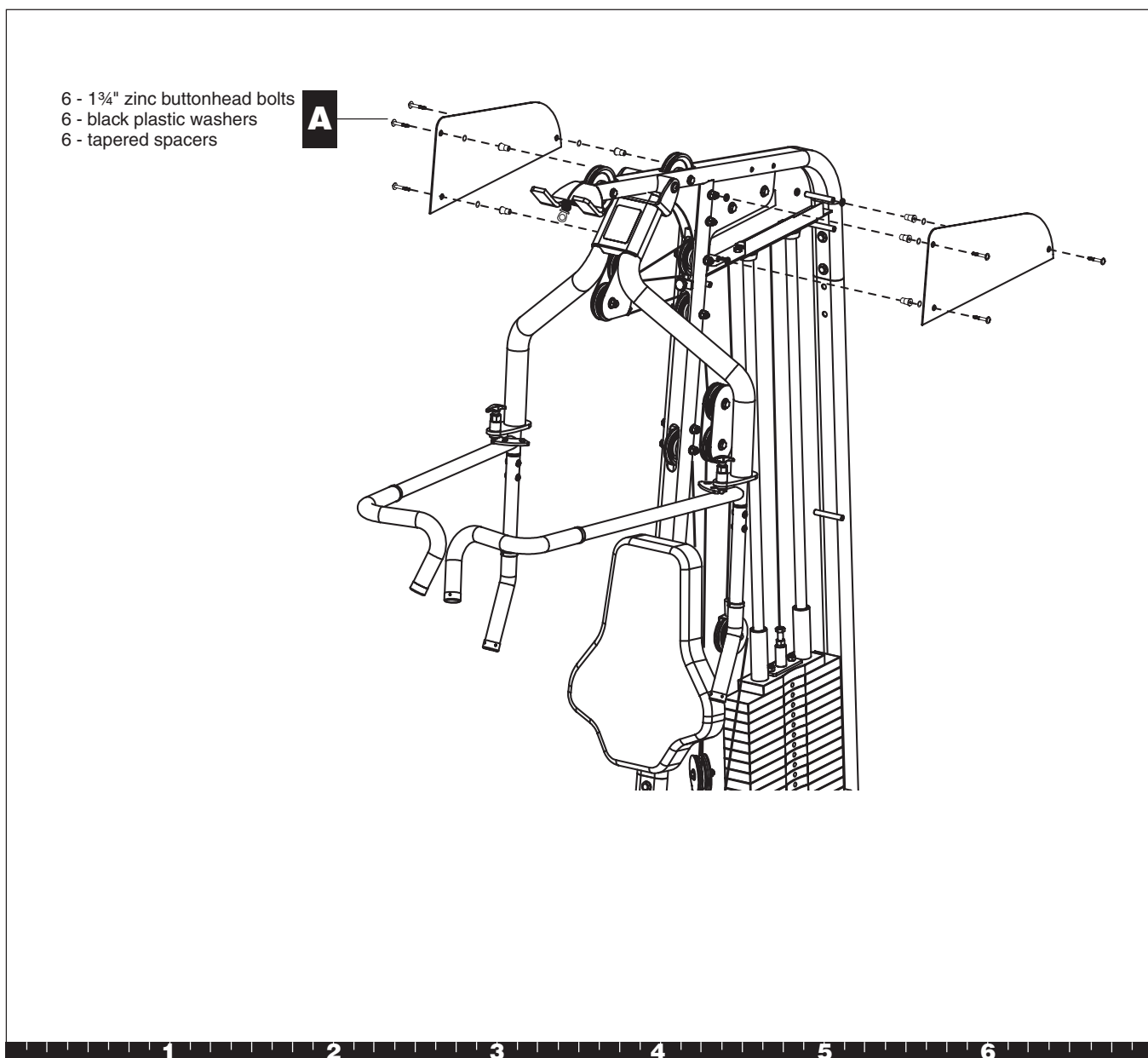
- A. Start at the Base Frame and feed the threaded end of Cable 130195 under the 3½-inch pulley. Attach the pulley to its base frame bracket using one 2-inch hex head bolt
one flat washer
Wrench tighten.
- B. Attach the threaded end of the cable to the Single Floating Pulley. Continue turning the screw at least three to four full turns to secure it inside the floating pulley housing.



Step 9. Install Leg Press Option Cable Connection

10. Attach Upper Shrouds

- A. Attach the Upper Shrouds to the Top Beam using
six 1¾-inch zinc buttonhead bolts
six black plastic washers
six tapered spacers
Wrench tighten.



Step 10. Attach Upper Shrouds

11. Attach Accessories

- A. At the end of the Top Beam, attach the Lat Bar to the Main Cable using a spring clip.

Note: The two small hooks at the end of the Top Beam can be used to store the Lat Bar when it's not in use.

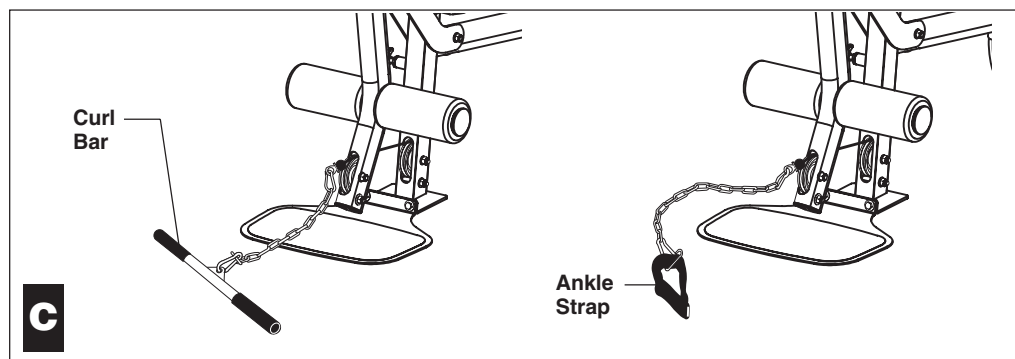
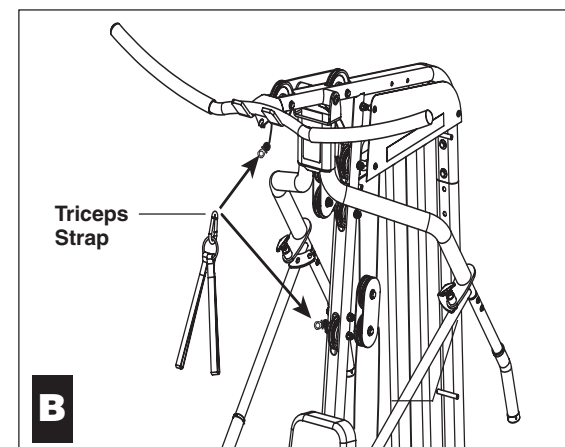
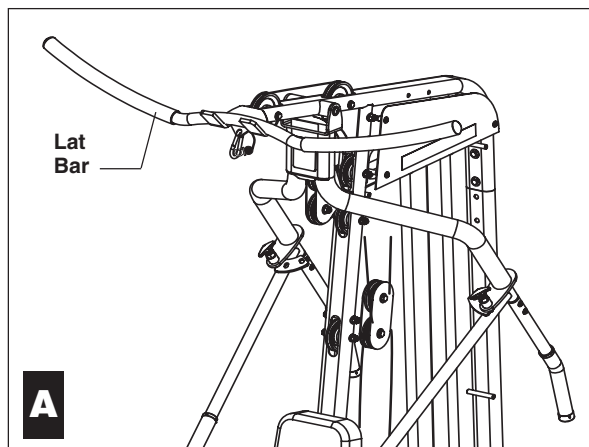
- B. Install the Triceps Straps to the Ab Cable using the spring clip.

To vary your exercise routine, you can replace the Lat Bar and attach the Triceps Straps to the Main Cable.

- C. Attach the Curl Bar to the Leg Extension Cable using the short piece of chain and two spring clips (installed at each end of the chain).

To work out leg muscle groups, you can attach a Soft Ankle Strap, to the end of the cable, instead of the curl bar.

- D. For aesthetics, insert plastic plugs into the unused mounting holes in the Top Beam, Main Base, and Rear Crossbar.



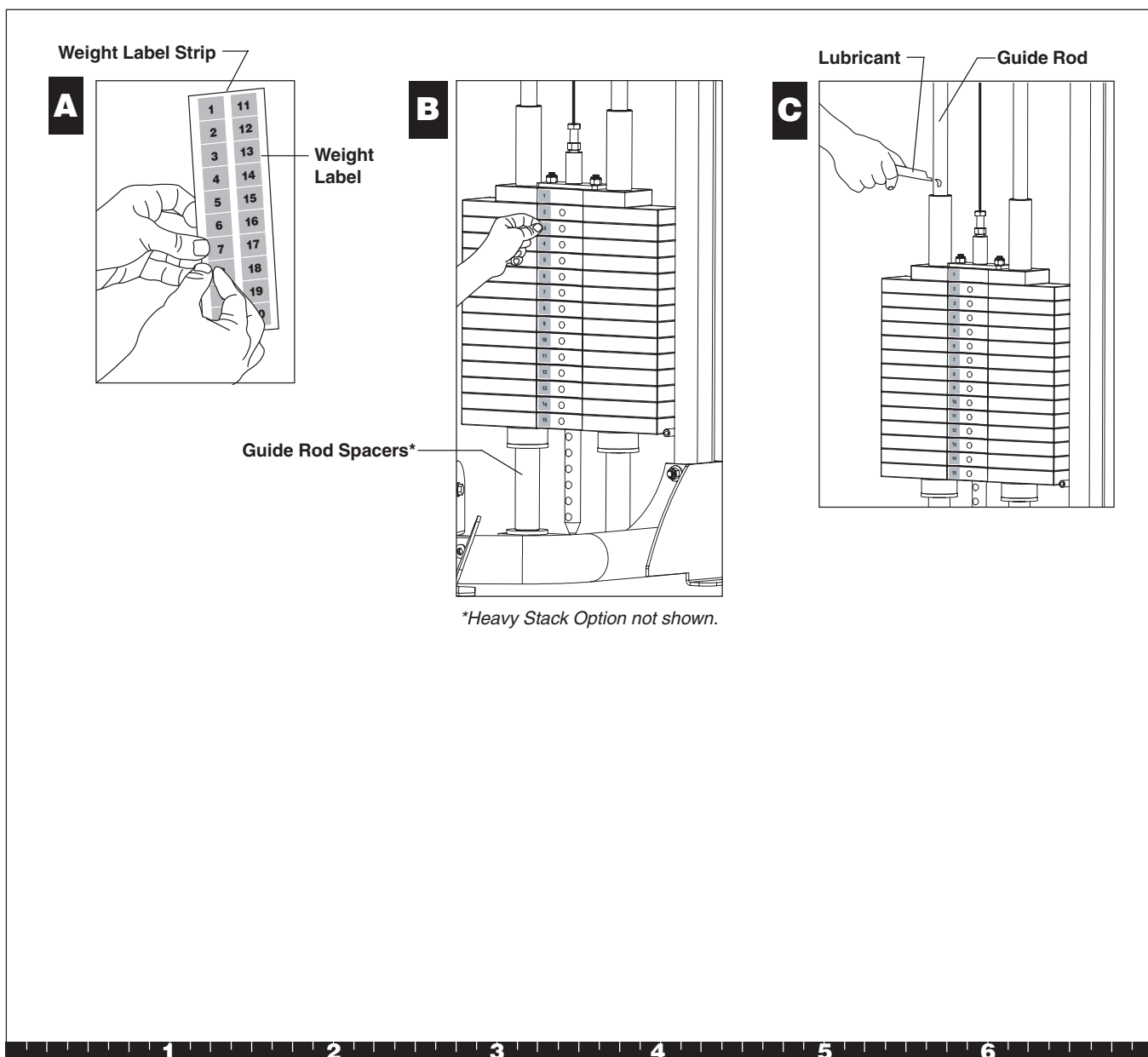
12. Apply Weight Decals and Lubricant

- A. Peel the Weight Label off the Weight Label Strip.
- B. Peel the backing off the Weight Label to expose the adhesive and place a label on each Weight Plate, starting with the Top Cap Weight. The recommended location of the label is toward the rear of the unit (refer to the illustration).
- C. Apply one tube of lubricant to each Guide Rod.

CAUTION: The lubricant can stain clothes. Wear proper attire when lubricating the Guide Rods.

This completes the assembly of your S3.15 Strength-Training Fitness Equipment. Before exercising on the S3.15, adjust the cable tension. Refer to *Cable Adjustments and Maintenance*.

Note: If you have purchased optional equipment, refer to the *Assembly Instructions* accompanying the option.



Step 12. Apply Weight Decals and Lubricant

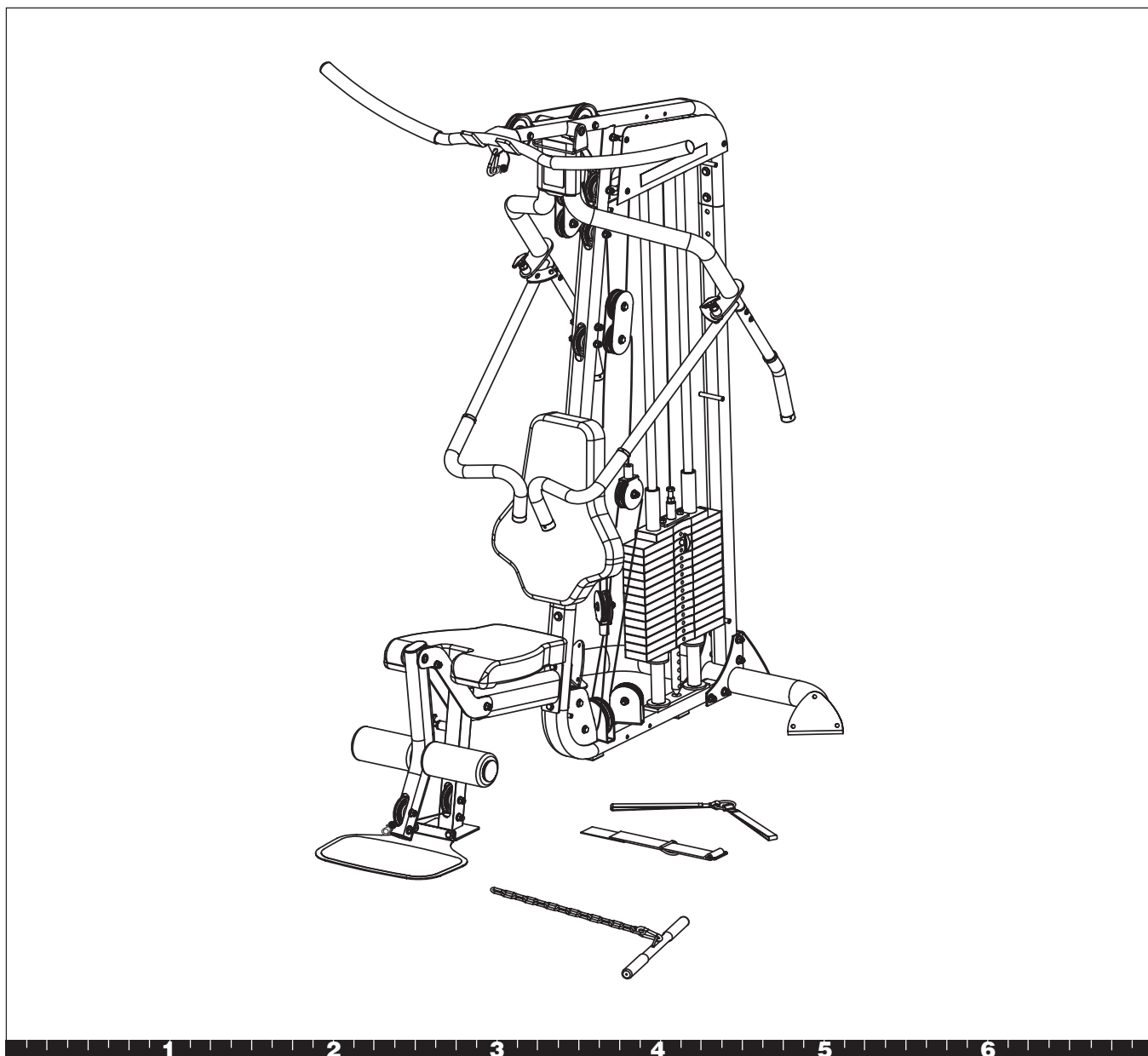
4

Cable Adjustments and Maintenance

When the S3.15 is completely assembled, you need to check the cables for proper tension. Obvious signs that cable problems exist include:

- ✓ Top Cap Weight does not rest squarely on the top weight of the Weight Stack.
- ✓ Cable rubs the inside edges of the pulleys.
- ✓ Excess slack exists in the cable.
- ✓ Weight Pin cannot be easily inserted in or removed from each hole in the Weight Stack.

CAUTION: Take the time to perform the following steps. If the cables do not have the proper tension you could void the Precor Limited Warranty.



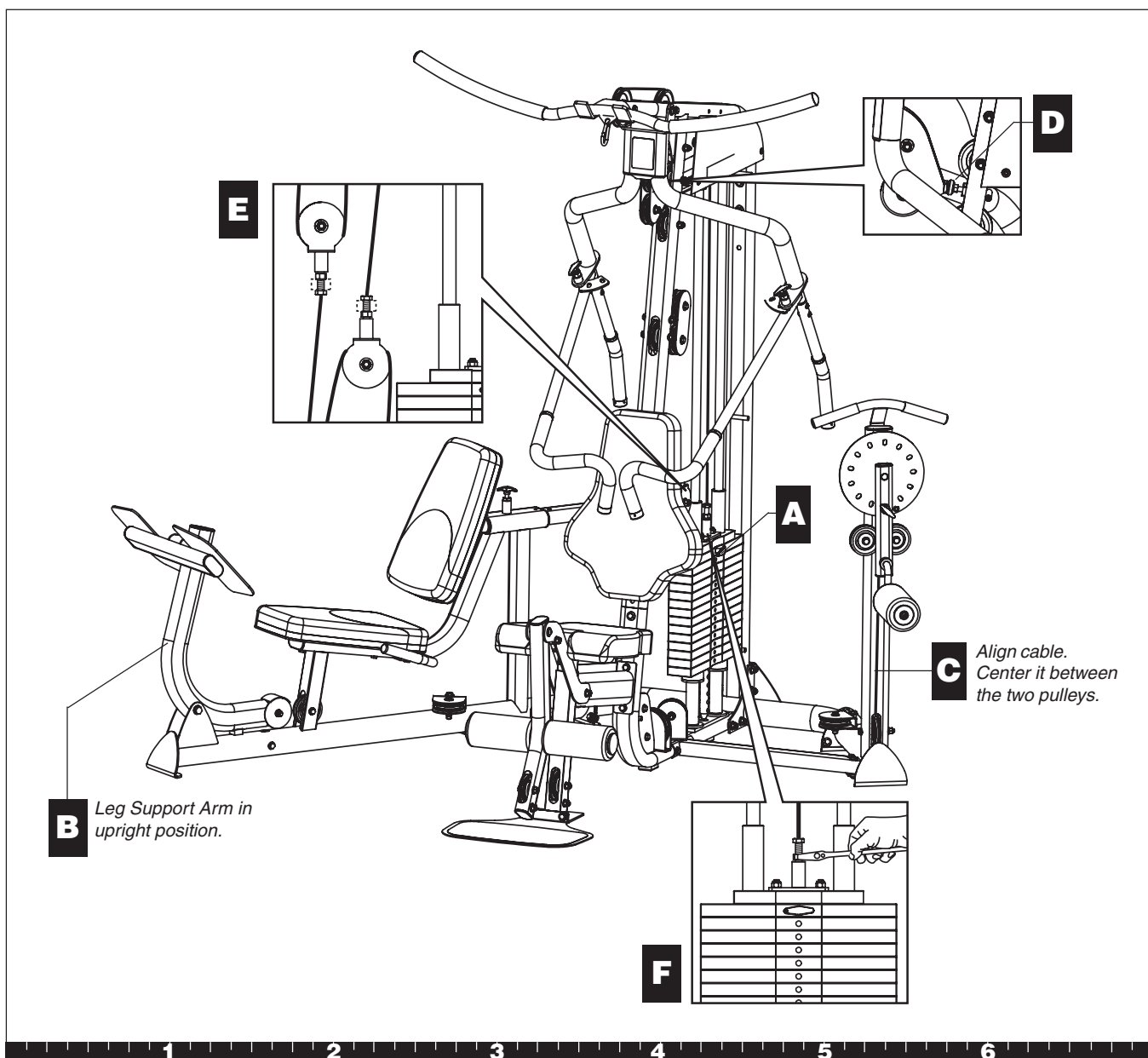
1. Cable Tension

If you experience any of these cable problems, take the following steps to reduce tension on the cables:

- A. Place the Weight Pin in the Top Weight.
- B. Place the Leg Press Support Arm in the upright (non-extended) position.
- C. Position the Multi-Hip Pivot Arm so the cable remains centered between the two pulleys on the Multi-Hip Upright.
- D. Check that the Press Arm rests lightly on the Bumper Pad and is positioned so it causes minimal tension in the cable. If necessary, rotate the Bumper Pad.
- E. Adjust the threaded ends on the Single Floating Pulleys so the amount showing is the same on both pulleys. Retighten the jam nuts.
- F. Adjust the Weight Stack threaded end. Retighten the jam nuts.

Note: You may need to loosen the jam nuts before making adjustments.

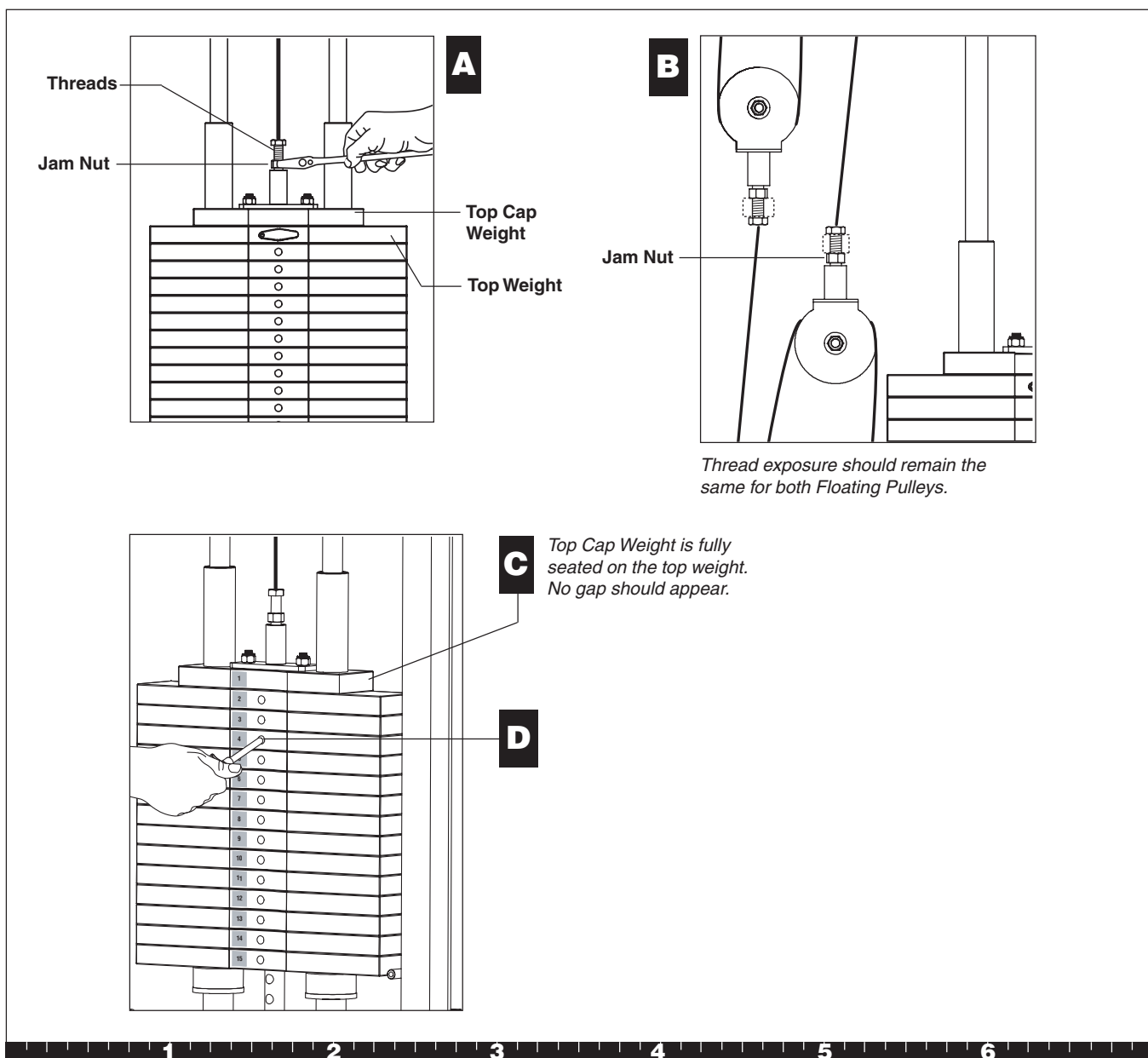
CAUTION: For safety reasons, always make sure to turn the screw three to four full turns so that the threads are engaged inside the Selector Stem or Floating Pulleys before tightening the jam nuts.



2. Cable Adjustments

You may need to adjust the cables after installation and periodically thereafter. If the cables remain slack after you have followed the steps found in *Cable Tension*, perform the following:

- Loosen the jam nut on the Weight Stack threaded end to expose additional threads. Adjust the threaded end until the slack is removed.
- Loosen the jam nuts on the Floating Pulleys threaded ends. Adjust the threaded ends until the slack is removed. Make sure the amount of threads exposed on one pulley is about the same as the other pulley.
- Check the Top Cap Weight to make sure it remains well-seated on the Weight Stack and then retighten the jam nuts.
- Check the Selector Stem alignment by inserting the Weight Pin into every hole on the Weight Stack.



3. Maintenance

Guide Rods

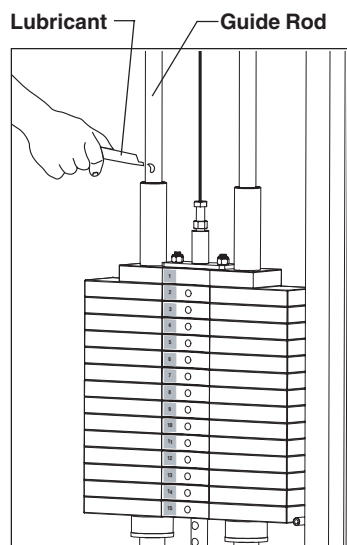
Lubricate the Guide Rods every six months.

Inspection

Inspect the unit daily.

Look and listen for loose fasteners, cable tension issues, unusual noises and any other indications that the equipment may be in need of service.

You are responsible for the proper maintenance of the unit as discussed in this manual. For other service issues, contact Customer Support. Refer to *Obtaining Service*.



Shrouds

CAUTION: Clean the Shrouds with product specifically labeled as safe for acrylic. Use a clean, nonabrasive cloth and light pressure to avoid scratching the acrylic surface.

The acrylic Shrouds on the S3.15 are easily scratched or damaged through improper cleaning techniques. To avoid problems, dust the shrouds often with a clean, lint-free cloth and light pressure. Avoid rubbing dirt or grit into the surface. If you use glass cleaner or a similar product, make sure the label states that it is safe to use on Plexiglas® or acrylic products.

Important: *DO NOT use ketones, aromatics, esters, halogens, window cleaning sprays, alcohol, kitchen scouring compounds, or solvents (such as acetone, benzene, gasoline, carbon tetrachloride, or thinners). Do not use ammonia-based cleaning solutions because the ammonia destroys the plastic coating.*

To remove light scratches on the smooth side only, use a buffing compound such as, car wax. Lightly buff the acrylic sheet using a clean buffer until the scratches disappear.



Appendix – Shroud Assembly

Two acrylic Shrouds can be attached to the Main Frame. Complete the assembly steps for one side of the unit before moving the other.

The frosted side of the Shroud faces the Weight Stack. Install the Shrouds so the cutouts allow access to the Weight Stack Pin.

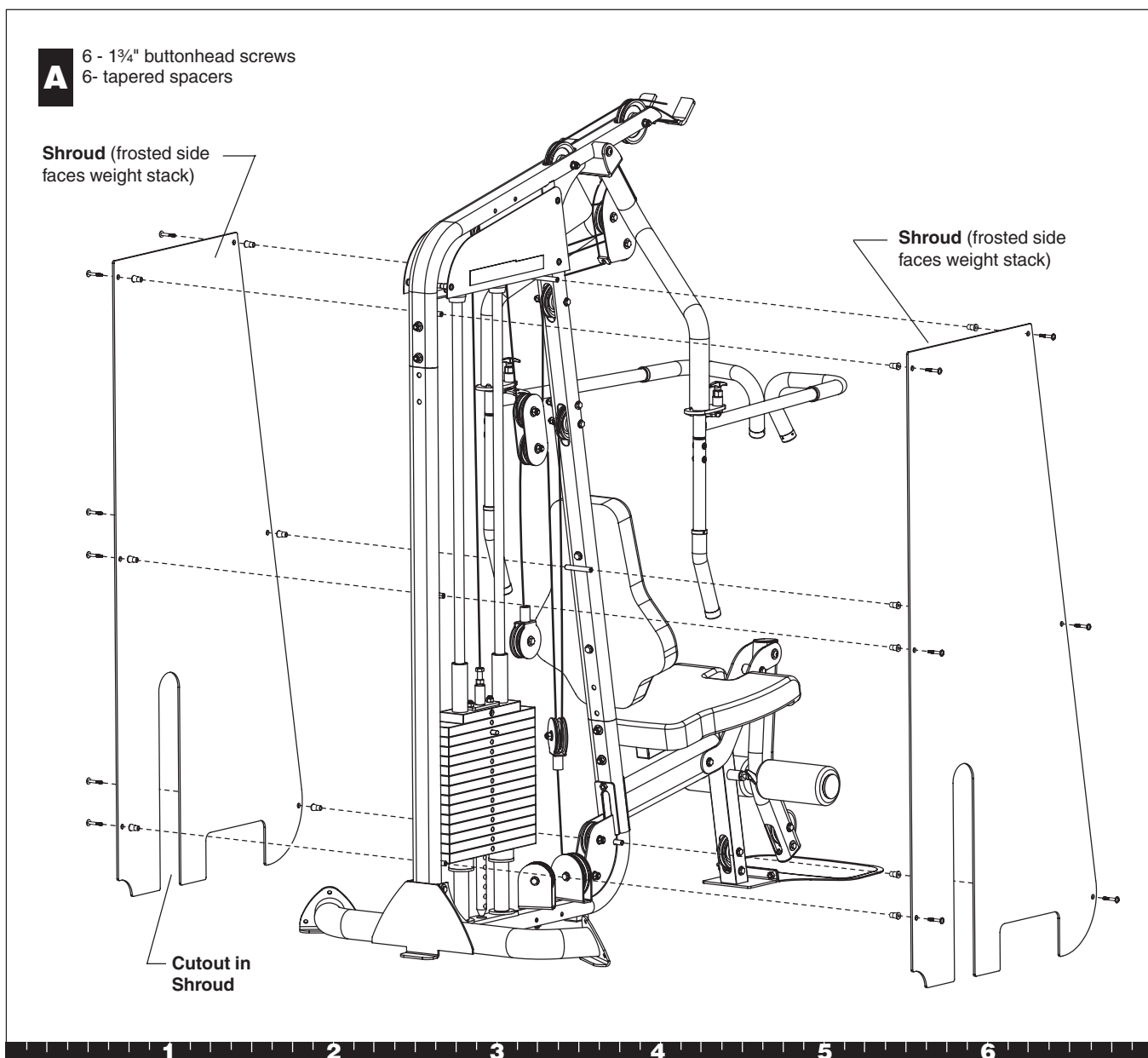
Important: Handle each Shroud with care. The shrouds require special handling as they are easily scratched. For proper care and maintenance, refer to Adjustments and Maintenance in this guide.

- A. Attach a Shroud to each side of the Main Frame using
6 - 1 $\frac{3}{4}$ -inch buttonhead screws
6 - tapered spacers

Note: Start with top fasteners and work toward the base. Ask your assistant to hold the Shroud in place while you insert the top spacers and fasteners. Alternately finger tighten all six fasteners while adjusting the alignment.

- B. Wrench tighten using a 5mm hex key.

CAUTION: Do not over tighten. You can crack or warp the Shroud if too much pressure is applied to the fasteners.



Appendix – Shroud Assembly

Precor Residential Equipment Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

Limited Warranty.

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty period set forth below. The warranty period commences on the invoice date of original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To make claim under warranty, the buyer must notify Precor or their authorized Precor dealer within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited and set forth below.

Warranty Periods and Coverage

All residential products and commercial products used in the home are warranted for the following periods:

- Lifetime frame and welds
- 10 years parts and wear items
- 1 year labor
- Coverage for options and accessories defined below.

Options / Accessories

Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a 90-day parts and labor limited warranty. All components that are not internally connected have 90-day parts only limited warranty. Satisfactory proof of purchase is required in all cases.

Conditions and Restrictions

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Precor product only while:
 - a. It remains in the possession of the original purchaser and proof of purchase is demonstrated
 - b. It has not been subjected to accident, misuse, abuse, improper service, or non-Precor modifications
 - c. Claims are made within the warranty period
2. This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.

Complete this portion and keep for your records.

Purchased From: _____ Example: Dealer or store name.
Phone Number: _____ Example: Dealer or store telephone number.
Product/model: _____ Example: M9.31
Serial number: _____ The serial number is found on the shipping container

3. Warranty of all Precor products applies to residential use only and is void when products are used in a nonresidential environment or installed in a country other than where sold.
4. Except in Canada, Precor does not pay labor outside the United States.
5. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details.

This limited warranty shall not apply to:

1. Software version upgrades
2. Cosmetic items, including, but not limited to the following: grips, seats, and labels.
3. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
4. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
5. Pickup, delivery, or freight charges involved with repairs.
6. Any labor costs incurred beyond the applicable labor warranty period.

Disclaimer and Release

The warranties provided herein are the exclusive warranties given by Precor and supersede any prior, contrary or additional representations, whether oral or written. ANY IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE THAT APPLY TO ANY PARTS DESCRIBED ABOVE ARE LIMITED IN DURATION TO THE PERIODS OF EXPRESS WARRANTIES GIVEN ABOVE FOR THOSE SAME PARTS. PRECOR HEREBY DISCLAIMS AND EXCLUDES THOSE WARRANTIES THEREAFTER. Some states do not allow limitation on how long an implied warranty lasts, so the above limitation may not apply to you. PRECOR ALSO HEREBY DISCLAIMS AND EXCLUDES ALL OTHER OBLIGATIONS OR LIABILITIES, EXPRESS OR IMPLIED, ARISING BY LAW OR OTHERWISE, WITH RESPECT TO ANY NONCONFORMANCE OR DEFECT IN ANY PRODUCT, INCLUDING BUT NOT LIMITED TO: (A) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY IN TORT, WHETHER OR NOT ARISING FROM THE NEGLIGENCE OF PRECOR OR ITS SUPPLIERS (WHETHER ACTIVE, PASSIVE OR IMPLIED); AND (B) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM, OR REMEDY FOR LOSS OF OR DAMAGE TO ANY EQUIPMENT. This disclaimer and release shall apply even if the express warranty set forth above fails of its essential purpose.

Exclusive Remedies

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item. Precor compensates Servicers for warranty trips within their normal service area to repair equipment at the owner's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

Exclusion of Consequential and Incidental Damages

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COST INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purpose and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation might not apply.

This warranty gives you specific legal rights, and you may also have other rights, which vary state to state.

Thank You and Welcome to Precor



To allow us to serve you better, please take a few moments to complete and return your warranty registration.

YOU MAY ALSO REGISTER ONLINE AT

www.precor.com/warranty

If you have questions or need additional information, contact your local dealer or call Precor Customer Support at 800-347-4404.

Fold along dotted line and tape closed before mailing.

RET.

PRECOR[®]
Precor Incorporated
20031 142nd Avenue NE
PO Box 7202
Woodinville, WA 98072-4002

PLACE
STAMP
HERE

TELL US ABOUT YOUR NEW PRECOR PRODUCT

Date of Purchase:	Month Day Year	Product Serial Number:	1 2 3 4 5 6 7 8 9 0 1 2 3 4 5 6 7 8 9 0
Purchased from:	1 2 3 4 5 6 7 8 9 0 1 2 3 4 5 6 7 8 9 0	The serial number is located on the shipping box and on the product.	

Dealer Name

Please indicate the type of product purchased:

- | | |
|---|--|
| ☐ Elliptical Fitness CrossTrainer (EFX®) | ☐ StretchTrainer™ |
| ☐ Treadmill | ☐ Cycle |
| ☐ Strength Training System | ☐ Stair Climber |

TELL US ABOUT YOU

☐ Mr. ☐ Mrs. ☐ Ms.	1 2 3 4 5 6 7 8 9 0 1 2 3 4 5 6 7 8 9 0	1 2 3 4 5 6 7 8 9 0 1 2 3 4 5 6 7 8 9 0	1 2 3 4 5 6 7 8 9 0 1 2 3 4 5 6 7 8 9 0
First Name	Middle Initial	Last Name	
Street Address			
City			
Area Code		—	State
Telephone		Zip Code	
Your Email Address			

Gender:	Marital status:	Age:	Annual household income:	What are your fitness goals?
☐ Male	☐ Married	☐ Under 18	☐ Under \$50,000	☐ Weight loss/management
☐ Female	☐ Divorced	☐ 18-24	☐ \$51,000-75,000	☐ Muscle tone enhancement
	☐ Widowed	☐ 25-34	☐ \$76,000-100,000	☐ Cardiovascular improvement
	☐ Never been married	☐ 35-44	☐ \$101,000-150,000	☐ Overall health
		☐ 45-54	☐ \$151,000+	☐ Increase energy and flexibility
		☐ 55-64		☐ Stress reduction
		☐ 65+		☐ Rehabilitation
				☐ Other

TELL US ABOUT YOUR PURCHASE

Purchase (check all that apply):

- ☐ First Precor product
- ☐ Replaces a Precor product of the same type
- ☐ Replaces same type of product – different brand
- ☐ Addition to equipment currently owned

How did you FIRST become aware of Precor products (choose only one):

- ☐ A gift
- ☐ Friend/relative
- ☐ Physician
- ☐ Fitness club
- ☐ Internet
- ☐ News report or product review
- ☐ Magazine advertisement or article
- ☐ Print advertisement
- ☐ In-store display or demonstration
- ☐ Other

What factors MOST influenced your decision to purchase your Precor product (choose up to three):

- ☐ Precor reputation
- ☐ Prior use of Precor product(s)
- ☐ Design/appearance
- ☐ Value for the price
- ☐ Special product features
- ☐ Rebate or sale price
- ☐ Quality/durability
- ☐ Warranty
- ☐ Physician recommendation

Please detach and mail in the warranty registration within ten days of purchase.

S3.15 Specifications

Length: 72 inches (182 cm)

Height: 83 inches (211 cm)

Width: 51 inches (130 cm)

Shipping weight: 221 lb (100 kg)



Precor Incorporated
20031 142nd Avenue NE
P.O. Box 7202
Woodinville, WA USA 98072-4002
1-800-347-4404

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www.precor.com

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 unauthorized appropriation of its proprietary rights.

S3.15 Literature Kit 49456-101

S3.15 Assembly & Maintenance Manual 49457-101

Registration Card 45623-102

Warranty Statement 36287-110

18 September 2006