



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

Precor P94 and P84 consoles offer the best blend of performance, fitness and entertainment. With workouts that delight, wireless casting that embraces the phone, and hassle-free media alternatives, exercisers will keep their eyes on the big screen where your impact happens.

### 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.



P94 22" Touchscreen  
(Dual Paddle Option)



P84 16" Touchscreen  
(Single Paddle Option)

### Settings Menu

About	Displays serial number and event log
Equipment Usage	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>
Safety Code	Allows facilities to toggle on or off a PIN which must be entered to use equipment. The PIN is 1 2 3 4.

**NOTE** For networked equipment, a technician can update software over the network. For non-networked equipment, a USB-C drive is used.

### Get to Know the Console

The consoles feature either single or dual-motion controls, an LCD touchscreen with streaming media and TV options, and connected fitness capabilities.

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

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



### Wireless Charging

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



## PrecorCast™

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

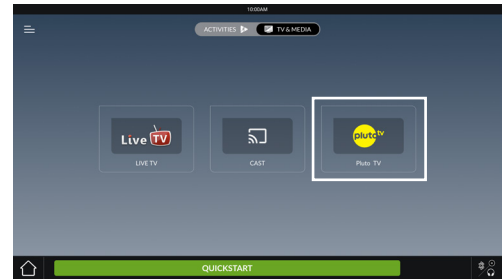
When you end the workout, the casting connection ends and no data is retained.

*NOTE Casting is not available in China.*



## PlutoTV

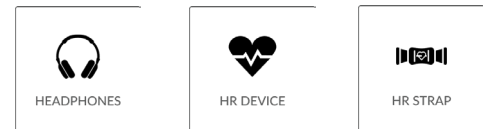
PlutoTV is available on all units for select markets. From the TV & Media home page, tap the **PlutoTV** tile. You will be able to enjoy all the channel choices available from PlutoTV. Select the Guide to navigate the channel listing. PlutoTV can be the Live TV default or integrated as part of broadcast TV.



## Bluetooth Pairing

Pair headphones and select heart rate straps or devices. Tap the Add Bluetooth button and allow it to discover your device.

For heart rate devices, ensure contacts are touching skin appropriately and allow 7-14 seconds for detection. Tap the appropriate tile to pair your device.



## Smart Watch Connector

For consoles with Smart Watch connector, hold your smart watch in front of the Smart Watch Connector image. Once connected, the green infinity icon appears in the upper corner.



## 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 read all your product documentation and visit [www.precor.com/support/precors-faq](http://www.precor.com/support/precors-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 change workout settings to suit the training program specific for them.

## Featured Workouts

Scroll through the tiles of the featured workouts. Tap the tile you want and touch **START** to start.

## Fitness Focus Workouts

Fitness focus workouts are a great way to tailor workouts to your client's fitness goals, stay challenged, and add variety to their sessions. These workouts are arranged in the following categories (plus a view All workouts option):

- Build Muscle:** Workouts with a greater emphasis on lower body strength
- Burn Calories:** Cardio workouts focused on the action of changing body shape
- Test My Fitness:** Precor and standardized fitness tests that measure fitness
- Training Intervals:** Dedicated high intensity interval training (HIIT) workouts

Once a workout is selected, touch **START**. If an exerciser changes their workout midway, the metrics will carry-over. At the end of a workout, a summary screen displays the average heart rate and accumulated metrics achieved. Exercisers are prompted to start another workout to keep them motivated and engaged.



## Console Adapter Box (CAB) Configuration Guide for Set-Top Box (STB) Media on P94/P84 Touchscreen Console

### Before you begin

This document is to be used in conjunction with the P94/P84 Installation Guide and CAB Connection Guide pictorial.

- **For new equipment and new console installations:** route all cables together as you assemble the equipment and console. Refer to your equipment assembly guide and use with all documents referenced.
- **For new consoles installations only:** you will need to disconnect power equipment, remove necessary covers, and route the CAB cables with any other cables currently installed. Ensure cables sit within the equipment as directed and do not rub against any moving parts or other areas not designated for cable routing. Please see the appropriate equipment assembly guides at [Precor.com](http://Precor.com) > Product Documentation.
- Obtain latest console firmware/software at [precorconnect.com](http://precorconnect.com) and update all consoles. P94/P84 consoles use a USB-C drive.

**Required tools:** Obtain channel list and remote controls for set-top boxes from facility  
- HDMI cable - 1080p monitor - USB-C drive (formatted to FAT32)

### 1 - Obtain channel information

You will need the Channel Names and Channel Codes to enter into the console during configuration. This should be provided by the facility. If needed, you can obtain channel information using the following steps:

1. Power on a set-top box and allow it a few minutes to come online.
2. Connect your HDMI cable to the HDMI (Out) port on the set-top box and then to your monitor. (If necessary, unplug any other HDMI cable from the equipment temporarily and plug back in after scan.)
3. Using the remote control, use the guide to get the channel information. The Channel Code is the number(s) you would enter on the remote control to go to the channel.
4. Record the information for the channel list to be set up. This information will be entered in the Add Channels page on the console.

**NOTE** If the set-top box has an auto-on feature (turns power back on to STB in event of power outage), Precor recommends turning it on.

### 2 - Connect and route cables

Complete this section for **ALL** equipment before moving to configuration.

1. Route the HDMI and set-top box/CAB cable through the equipment with any other applicable cables (see *P94/P84 Installation Guide and pictorial*). The HDMI and set-top box/CAB cables will feed from the console down through the jack plate at the bottom of the equipment.
2. Once equipment assembly and console installation are complete, connect the HDMI cable to the HDMI (Out) port on the set-top box for that piece of equipment.
3. At each piece of cardio equipment, connect each set-top box to its power source and signal cable (coaxial).
4. Connect the CAB (console adapter box) to the set-top box/CAB cable.
5. Connect the cable adapter to the other side of the CAB.
6. Insert the infrared (IR) blaster (transmitter) cable into the adapter.  
**IMPORTANT** The IR blaster at the end of the cable will be secured with the holder directly over the infrared sensor on the set-top box. **DO NOT SECURE IT WITH THE TAPE AT THIS TIME.** Loosely set the blaster against the sensor. After channels are configured, you will need to validate that the sensor is properly reading the IR blaster. Once validated and working, secure it with the tape on the holder and blaster.
7. Power on the equipment and set-top boxes. Ensure each console is on the latest software.

### 3 - Configure console and channels

You will need the Channel Names and Channel Codes for configuration.

1. Press and hold the red **STOP** button on the console.
2. When prompted, enter the technician code to access the console settings.

3. From the Settings menu, tap **System Settings > Live TV Settings > Add New Source/Set Top Box.**  
**NOTE** If the cables are not connected properly, an error message will appear here.
4. On the STB Tuner Set Up page, tap **STB model.** Choose the appropriate model from the list. If yours does not appear, select **Most cable boxes** (or applicable generic option).  
**NOTE** If none of the generic options work, try a brand name as some boxes have similar operating systems.
5. On the STB Tuner Set Up page, select **Configure Channels.**
6. Tap **Add New Channel.**
7. Enter **Name** and **Code.** Tap **Close** to save.
8. Repeat steps 6 and 7 for all new channels.
9. When finished, tap **Save and Exit.**
10. On the STB Tuner Set Up page, select **Advanced Settings.**
11. If desired, tap **Enable CC** to enable the close captions from the set-top box. Other options remain at default.
12. Tap **Done** to save.
13. Tap the back (<) button to return to the Home page.
14. Tap **Live TV** or **TV/Media** and then **Live TV.**
15. Validate TV display, changing channels, sound, and cc (if enabled). Ensure all channels entered are present before moving on to next section.  
**IMPORTANT** If all channels are present, use the tape on the IR blaster holder to secure it over the IR sensor on the STB.

### 4 - Export/import channel information

Ensure all set-top boxes are on and connected to coaxial cable.

1. To export the channels, insert the USB-C drive into the console. Go to **Settings > System settings > TV settings > Export/Import TV Settings > Export.**
2. Select the appropriate folder on the USB-C drive. Tap **Confirm Access** to USB drive, then tap **Export**, then **OK** on TV Settings, then **Exit.** Record the name of the folder created.
3. Return to the Home screen and remove the USB-C drive.
4. To import channels, go to the next console and insert USB-C. Go to **Settings > System settings > TV settings > Export/Import TV Settings > Import file.**
5. Select the drive then select the appropriate folder. Tap **Allow Access to "foldername"** (the folder name created in step 2). The folder imports.
6. Once import completes, the console will automatically restart itself.
7. Tap **TV/Media** and **Live TV.** Validate TV display, changing channels, sound and cc (if enabled). Ensure all channels entered are present before moving on to next section.
8. Repeat import steps 4-7 for remaining consoles.