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Introduction

CAUTION Before beginning any fitness program, see your physician for a thorough physical examination. Seek advice from your physician to learn the target heart rate appropriate for your fitness level.

The P30 console offers an easy-to-follow display and multiple programs to help you meet your exercise needs.

Important Please review the following sections in this guide with your users before allowing them to use the fitness equipment:

• Important Safety Instructions
• Getting Started
• Using the Safety Clip (Treadmill only)

The Touch Heart Rate Feature

Touch heart rate performance may vary based on your physiology, fitness level, age, and other factors. You may experience an erratic readout if your hands are dry, dirty, or oily, or if the skin on your palms is especially thick. Wearing hand lotion can also cause erratic readouts.

To use the touch heart rate feature, place the palm of your hands directly on the metal heart rate sensors on the equipment's handlebars, and follow these tips:

• Check that the sensors are clean.
• Both hands must grip the sensors for your heart rate to register.
• It takes up to 20 seconds for your heart rate to register.
• When gripping the sensors, DO NOT grip tightly. Keep a loose, cupping hold. Gripping too tightly can affect the reading.
• As you work out, your perspiration helps transmit your heart rate signal. If you have difficulty getting a reading, try the sensors later in the workout.
• If the touch heart rate feature does not work for you, Precor recommends using a chest transmitter strap.

The Chest Strap Transmitter

WARNING Signals used by the chest strap transmitter (or heart rate strap) may interfere with pacemakers or other implanted devices. Consult your physician and the manufacturers of your chest strap transmitter and implanted device before using a chest strap transmitter.

To receive an accurate reading, the strap needs to be in direct contact with the skin on the lower sternum (just below the bust line for women). In the presence of both touch and wireless data, the touch data takes precedence and displays.

To use a chest strap transmitter:

1. Dampen the back of the strap with tap water. DO NOT use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.
2. Make sure that the chest strap is right-side-up, lies horizontally across, and is centered in the middle of your chest. The strap should feel snug, not restrictive.
3. Test the chest strap placement by checking the heart rate function on the equipment. If the equipment does not register a heart rate, readjust the strap and recheck the heart rate function.
Using the Treadmill Safety Clip

The treadmill is equipped with three different stop functions, which behave as follows:

<table>
<thead>
<tr>
<th>If the user …</th>
<th>Then the treadmill belt ...</th>
<th>And the console ...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pulls on the lanyard attached to the safety clip and trips the restart switch</td>
<td>Slows to a stop</td>
<td>Shows the words PUSH THE RESET SWITCH. On some console models, an arrow points toward the Restart switch.</td>
</tr>
<tr>
<td>Presses down on the red STOP button</td>
<td>Slows to a stop</td>
<td>Shows that the exercise workout is paused.</td>
</tr>
<tr>
<td>Steps off of the running belt for more than one minute</td>
<td>Slows to a stop</td>
<td>Shows that the exercise workout is paused.</td>
</tr>
</tbody>
</table>

The restart switch and the red STOP button are located just below the console, as shown in the following figure. When the switch is tripped, the button pops up. The treadmill does not operate until the button pressed to its normal position.

Instruct users to use the safety clip while exercising on the treadmill, and demonstrate how they should attach it to their clothing near the waistline.

**If the restart switch trips during exercise, perform the following steps:**

1. Reattach the safety clip if necessary.
2. Press the restart switch down until it clicks, returning it to its normal position.
   - **Note** If the restart switch trips, all information about the current workout is deleted.
3. Start the workout from the beginning, reducing the time as needed to account for the amount of exercise that has been completed.

**Tip** The small, flexible tab underneath the restart switch is designed for storage of the safety clip. When the treadmill is not in use, attach the safety clip to the tab as shown in the following figure.
Treadmill Auto Stop™ (Automatic Stop) Function

**Important** The default setting is ON. An administrator can turn off this feature in the System Settings; however, Precor recommends it remain ON.

The Auto Stop™ (Automatic Stop) feature brings the treadmill to a gradual stop when it is not in use (for example, if a user steps off the treadmill before the end of a workout and leaves the treadmill running).

If no user is detected, the console displays the message **NO USER DETECTED, STOPPING IN 10 SECONDS.** If a user does not override the countdown, the belt comes to a gradual stop after ten seconds.

Users weighing more than 50 pounds (22.7 kg) are detected within the speed and position limits of the feature. Users weighing less than 50 pounds (22.7 kg) may not be detected depending on their speed and location on the belt.
Start a Workout

CAUTION If you are using a treadmill, be sure to attach the security clip to your clothing before starting your workout.

You can begin a workout by pressing Quick Start or choose one of the preset workouts.

Quick Start™ launches the Manual program. Calculations, such as calories used, are based on a 150-lb (68 kg), 35-year old individual. You can complete a workout using this program with default values, or you can change workout settings.

When a user reaches the club time limit during a workout, the words CLUB TIME LIMIT REACHED, WORKOUT ENDING, appear in the upper text display.

Start a Preset Programmed Workout

Use Preset workouts to tailor your workouts to your fitness goals, stay challenged, and add variety to your sessions. The workouts are arranged in the following groups:

- Manual
- Heart Rate
- Interval
- Weight Loss (Fat Burner on climbers)
- Variety
- Performance

The front panel of the console contains one selection key for each of these workout groups. To see the workouts in each group, press the key for that group repeatedly. The name of each workout appears on the console as you scroll through the group.

Setting Options

Goal, Language, and Unit options can be set before you begin a workout. Once you begin a workout or press Quick Start, you can also enter Age and Weight, and a Target Heart Rate goal.

To choose a workout goal before you begin exercising:
1. From the Welcome banner, press OPTION.
   Goal is the first option.
2. To choose the Goal option, press OK.
   Goal options are Time, Distance, and Calories.
3. Use the Up and Down arrows or keypad to increase or decrease your time, distance, or calorie goal.
4. Entered a goal and press OK.
5. Press OPTION to move to the next category.

To choose a language setting before you begin exercising:
1. From the Welcome banner, press OPTION.
2. Press OPTION again to choose the Language option, and press OK.
3. Use the Up and Down arrows to navigate the list of available languages. To select a language, press OK.
   Languages: English, Deutsch, Espanol, Francais, Nederlands, Portugues, Rußkijj, and Italiano.
4. Press the Up or Down arrows to move to the next category.
To choose a unit of measure before you begin exercising:
1. From the Welcome banner, press **OPTION**.
2. Press **OPTION** twice to go to **UNITS**.
3. Use the Up and Down arrows to select a unit of measure.
4. Selected a unit of measure and press **OK**.

To enter your age and weight during a workout:
1. Press **OPTION**.
2. Press **OK** to choose the Weight/Age option.
3. Use the Up and Down arrows to increase or decrease your weight.
4. Selected your weight and press **OK**.
5. Repeat steps 1 - 4 to enter your age.
6. Press the Up or Down arrows to move to the next category.
   - The Target Heart Rate option appears.
7. Enter a target heart rate goal, and press **OK**.
   - At this time, you can set Units and Language if you have not selected these options prior to beginning your workout.

Pause and Resume an Exercise Session
When you interrupt a workout, the equipment responds in one of two ways, depending on how it is powered.

Paused (Externally Powered Equipment)
When the session is paused, the belt speed is slowly reduced to zero, or the resistance is slowly reduced to the minimum. The lift motor is turned off leaving the incline or crossramp at its current position. Data entry is canceled.

When you press **Pause** on all non-treadmill equipment, it displays the summary screen with your workout metrics. After displaying the summary, it returns to the Welcome screen.

Pending Shutdown (Self-Powered Equipment)
On self-powered machines, the paused state is equivalent to the pending shutdown state. When you stop working out, the equipment begins a 30 second countdown.

The accumulated metrics (e.g., time, strides, distance, and calories) hold their current values and DO NOT change. Data entry may not be started.

To restart the program, begin working out again. The resistance is reset to what it was when the program was paused.

If the equipment remains inactive for more than 30 seconds, the power is lost and the equipment bypasses the workout summary screen.
Ending a Session

At the end of your workout, a Summary screen displays your average heart rate during your workout and your accumulated workout metrics. If you performed a fitness test exercise program, an initial message presents a fitness score.

The next two messages display the user's average and maximum heart rate during the session. These messages are only displayed if heart rate data was acquired during the session, i.e., a valid heart rate number was displayed at least once during the session.

The summary state times out in two minutes, causing a return to the Welcome banner. If the machine is in a CSAFE Finished state then the summary state must last for at least the CSAFE timeout value, typically 10 seconds or less. If it has not lasted that long, then before returning to the Welcome banner, the word **RESETTING** appears until the CSAFE finished state ends.

Workouts

Your fitness equipment includes a wide selection of workouts that are carefully designed to make sure you get the best results out of every workout.

On the following page is a table of workouts available on Precor cardio equipment.
# P30 console workouts for cardio equipment

<table>
<thead>
<tr>
<th>Console Key</th>
<th>Workout</th>
<th>AMT</th>
<th>EFX 835</th>
<th>EFX 833</th>
<th>Treadmill</th>
<th>Bike</th>
<th>Climber</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Weight Loss</strong></td>
<td>Weight Loss / Fat Burner</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td></td>
<td>Aerobic Workouts</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td><strong>Heart Rate</strong></td>
<td>Basic Heart Rate Control (HRC)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td></td>
<td>Custom Weight Loss HRC</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Weight Loss HRC</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td><strong>Performance</strong></td>
<td>Track</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5K</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hill Climb</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cross Training Workouts</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1-2 Interval</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Watts Target</td>
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<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Steady Climb</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pyramid</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
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<tr>
<td></td>
<td>Fitness Tests</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td><strong>Variety</strong></td>
<td>Random</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td></td>
<td>Cross Country Workouts</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Gluteal Workouts</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Twin Peaks</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rolling Hills</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Custom Workouts</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td><strong>Interval</strong></td>
<td>1-1, 1-2, and 1-3 Interval</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td></td>
<td>Custom Interval</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td></td>
<td>Total Body Interval</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Speed Bumps</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td></td>
<td>City Steps</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td><strong>Manual</strong></td>
<td>Manual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>
Workout Details

Weight Loss Key
Press the Weight Loss key to scroll through the workouts that are designed to encourage weight loss and aerobic conditioning.

Weight Loss
The total time for this workout is fixed at 28 minutes. It consists of alternating four-minute work and rest intervals. During the work intervals, you can change the resistance at any time.

Note This program is called Fat Burner on climbers.

Aerobic Workouts
Aerobic workouts are designed to keep your oxygen consumption as high as possible, which improves your fitness over time. Benefits of aerobic conditioning include greater heart and lung capacity, and improved endurance.

Training tip For the most effective cardiovascular workout, avoid holding on to the handrails.

Heart Rate Key
Press the Heart Rate key to select the Basic Heart Rate Controlled (HRC) workout, which monitors your heart rate to guide you through a moderate intensity program, optimal for aerobic conditioning. To use this workout, you must either wear a chest strap sensor (recommended) or maintain continuous contact with the handheld sensor grips.

Note You cannot switch to this workout during an exercise session.

The equipment adjusts intensity settings to maintain your target heart rate while you work out.

When a heart rate signal is not received, the metrics displays remain blank. If this happens, recheck your hand grip on the handheld sensors or the placement of your chest strap.

Training tip This program offers a coaching benefit for new and returning users who are learning how to maintain a moderate, steady exertion level throughout their workouts.

Heart Rate / Basic HRC
This workout monitors your heart rate to guide you through a moderate intensity program that is optimal for aerobic conditioning.

The equipment adjusts intensity settings to maintain your target heart rate while you work out.

When a heart rate signal is not received, the metrics displays remain blank. If this happens, recheck your hand grip on the handheld sensors or the placement of your chest strap.

Training tip This program offers a coaching benefit for new and returning users who are learning how to maintain a moderate, steady exertion level throughout their workouts.
**Custom Weight Loss HRC**

This workout is similar to the Basic HRC workout; however, at the beginning of the Custom Weight Loss HRC workout, the equipment asks you to enter the active and recovery heart rates you want to maintain. As the workout progresses, the equipment adjusts incline levels to keep your heart rate between the active and recovery boundaries you have specified. You can adjust your walking or running speed at any time.

This workout is 28 minutes long, and its duration cannot be adjusted. It is also available through the **Weight Loss** key.

**Training tip** By selecting your own heart rate range for your unique training goals, you can challenge your fitness within an effective and safe workout zone.

**Weight Loss HRC**

In this workout, the speed and incline settings adjust automatically to encourage weight loss and improve endurance. You can adjust the duration of this workout between 15 minutes and the maximum workout duration allowed by the fitness facility.

This workout is also available through the **Weight Loss** key.

**Training tip** Participating in a focused workout for at least 15 minutes per day can increase your metabolism and boost your endurance.

**Performance Key**

Press the **Performance** key repeatedly to select a workout that conditions and tests the body's muscular and aerobic performance.

**Note** On treadmills, a fitness test option is also available. A technician at the fitness facility must activate the fitness test before you can use it. After the test has been activated, you can scroll between the Track and Fitness Test workouts by pressing the **Performance** key repeatedly.

**Track**

This workout is largely identical to the Manual workout; there are no preset intensity levels, so you can adjust the levels as you work out. However, in place of the normal intensity graph, a diagram depicting an oval running track appears on the display. A blinking LED shows where you are in your current lap, and a counter in the center of the oval shows the number of the lap you are currently completing. One lap is equal to 440 yards (400 meters).

**Training tip** Press the **OPTION** key and use the **SEGMENT TIME REMAINING** counter to display the amount of time remaining in the present lap, based on your current speed.
5K
As its name implies, this workout simulates a five-kilometer (3.1-mile) run or walk. The workout begins at a preprogrammed incline, but you can change the incline or speed at any time.

Training tip  If you want to reduce your total time for this workout, start out with a benchmarking session to establish your "race time." Repeat the 5K workout every month or two to evaluate your progress.

Hill Climb
This workout simulates a walk, run, or ride up a long grade and down a shorter one. It engages a wide range of muscle groups by adjusting the resistance, CrossRamp, or both to deliver a hill climbing experience. You can change these settings at any time, and your changes will affect the intensity of the rest of your workout.

Note  On the EFX, the console prompts you to pedal backward during part of the workout.

Training tip  Incorporating hill climb workouts into your regular cardio schedule will keep your workouts varied and help build lower body muscle strength.

Cross Training Workouts
This workout delivers true training variety and muscular engagement by adjusting the resistance and incline continuously to simulate the dynamic terrain of an outdoor run.

The CrossRamp setting is preprogrammed in each of these workouts, but you can change it or the resistance setting at any time. Your changes are applied to the levels for the remainder of your workout, and the columns in the workout profile show the changed CrossRamp levels.

Training tip  Advanced users can engage their core stabilizer muscles more thoroughly by taking their hands off the handlebars throughout the workout.

1-2 Interval
This workout is available through the Performance key on the AMT only. It is the same 1-2 Interval workout that is available through the Interval key on other equipment.

Watts Target
This workout holds the exerciser accountable for maintaining a constant power output throughout the training session. The bike will vary resistance as needed to keep the power level constant as you progress through your workout. At the beginning of the workout, the resistance level is set to 1, but it increases until you are working out at a steady level of 50 watts. You can use the resistance control to adjust this target in increments of 10 watts.

Note  You can set your target power level to any 10-watt value between 30 watts and 400 watts.

Once you have reached this level, the resistance adjusts to compensate for the speed at which you are pedaling—the faster you pedal, the lower the resistance level falls.

Training tip  Set this program at a light power level the day after an intense exercise bout to promote recovery and avoid overtraining.
Steady Climb
The Steady Climb program slowly increases the step rate until it culminates at the end of the program. You can override the settings for each column. The changes also raise or lower the columns on the remaining portion of the program profile.
Training tip Avoid leaning on the handlebars to offload your body weight, and maintain proper posture to increase your caloric burn.

Pyramid
The Pyramid workout slowly increases the step rate to a peak and then slowly decreases back to a slower rate. As the step rate increases, resistance is decreased and then increases as the step rate decreases. Any increase or decrease made in one workout segment will increase or decrease all remaining segments by the same amount.
Training tip To get the most out of your workout, complete as wide a range of motion as possible in each step. However, DO NOT allow the pedal to hit the top or bottom of the range.

Fitness Tests
Fitness tests evaluate your body's overall fitness in terms of its aerobic capacity. During the warmup stage of the test, you can adjust your starting resistance settings. After that, you complete a series of stages of increasing intensity. Based on your progress through these stages and the changes in your heart rate as you complete them, the equipment calculates your fitness score at the end of the test.

On treadmills, the Gerkin Fitness Test compares your fitness level with the official fitness standards of the International Association of Firefighters (IAFF). This test is written using the Gerkin Protocol, which is the basis for the official IAFF fitness test and part of their Wellness and Fitness Initiative.

The equipment ends the test prematurely if any of the following things happen:

- The equipment cannot detect your heartbeat.
- Your heart rate exceeds 85% of your maximum safe rate for 15 seconds or more.
- Your heart rate changes too quickly.
- You stop the test yourself (by pressing the STOP switch or pulling on the safety clip lanyard on a treadmill, or by coming to a stop on an EFX or climber).

Important For best results, sit and rest for at least five minutes before you take the test.

Training tip To see how your performance level increases with exercise over time, try taking the fitness test as soon as possible after you begin your exercise program. Then, as you keep working out, take the fitness test from time to time and watch your results improve.
The following tables show how to interpret your test score.

**Fitness score categories for women (treadmill)**

<table>
<thead>
<tr>
<th>Age in Years</th>
<th>Low Fitness</th>
<th>Medium Fitness</th>
<th>High Fitness</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-39</td>
<td>28 or below</td>
<td>28-34</td>
<td>34 or above</td>
</tr>
<tr>
<td>40-49</td>
<td>26 or below</td>
<td>26-32</td>
<td>32 or above</td>
</tr>
<tr>
<td>50-59</td>
<td>24 or below</td>
<td>24-29</td>
<td>29 or above</td>
</tr>
<tr>
<td>60 or over</td>
<td>22 or below</td>
<td>22-27</td>
<td>27 or above</td>
</tr>
</tbody>
</table>

**Fitness score categories for men (treadmill)**

<table>
<thead>
<tr>
<th>Age in Years</th>
<th>Low Fitness</th>
<th>Medium Fitness</th>
<th>High Fitness</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-39</td>
<td>35 or below</td>
<td>35-43</td>
<td>43 or above</td>
</tr>
<tr>
<td>40-49</td>
<td>32 or below</td>
<td>32-40</td>
<td>40 or above</td>
</tr>
<tr>
<td>50-59</td>
<td>29 or below</td>
<td>29-37</td>
<td>37 or above</td>
</tr>
<tr>
<td>60 or over</td>
<td>24 or below</td>
<td>24-32</td>
<td>32 or above</td>
</tr>
</tbody>
</table>

**Fitness score categories for women (EFX / bike / climber)**

<table>
<thead>
<tr>
<th>Age in Years</th>
<th>Low Fitness</th>
<th>Medium Fitness</th>
<th>High Fitness</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-39</td>
<td>28 or below</td>
<td>28-33</td>
<td>33 or above</td>
</tr>
<tr>
<td>40-49</td>
<td>26 or below</td>
<td>26-31</td>
<td>31 or above</td>
</tr>
<tr>
<td>50-59</td>
<td>24 or below</td>
<td>24-28</td>
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</tr>
<tr>
<td>60 or over</td>
<td>22 or below</td>
<td>22-26</td>
<td>26 or above</td>
</tr>
</tbody>
</table>

**Fitness score categories for men (EFX / bike / climber)**

<table>
<thead>
<tr>
<th>Age in Years</th>
<th>Low Fitness</th>
<th>Medium Fitness</th>
<th>High Fitness</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-39</td>
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<td>35-42</td>
<td>42 or above</td>
</tr>
<tr>
<td>40-49</td>
<td>32 or below</td>
<td>32-39</td>
<td>39 or above</td>
</tr>
<tr>
<td>50-59</td>
<td>29 or below</td>
<td>29-36</td>
<td>36 or above</td>
</tr>
<tr>
<td>60 or over</td>
<td>24 or below</td>
<td>24-31</td>
<td>31 or above</td>
</tr>
</tbody>
</table>

**Note** Several United States military and law enforcement fitness tests are also available on treadmills, and a United States Navy fitness test is available on some EFX models. The fitness facility must activate these tests to make them accessible through the **Performance** key.
Variety Key
Pressing the Variety key selects a random or specialized workout designed for the fitness equipment you are using.

Random
Variety (for both the muscles and the mind) is the key to continued success for every exercise goal. The Random workout delivers a different training profile every time you select it. The one-minute segments that appear in the workout profile maintain a set incline that you can override.

Training tip Your body will respond differently to each workout. The best way to evaluate and quantify the effectiveness of each exercise session is to wear a chest strap or use the touch-sensitive grips during your training sessions.

Cross Country Workouts
These workouts simulate an outdoor running experience. Any increase or decrease made in one workout segment increases or decreases all remaining "hills" and "valleys" depicted on the display by the same amount.

Training tip Advanced users can take their hands off the handlebars to engage their core stabilizer muscles more completely throughout the workout.

Gluteal Workouts
Strong glutes contribute to better posture, improved spine and hip stabilization, and reduction in lower body injuries at the hips, knees and ankles. These workouts target your thighs and glutes as they gradually increase in intensity, but you can modify the intensity levels at any time.

On EFX models, the workout prompts you to reverse direction after 25%, 50%, and 75% of the total time. At these points, you will see text messages on the console that remind you to change direction.

Training tip To increase your core activation (the effort expended by your torso and gluteal muscles) during your workout, take your hands off the machine handles or handrails while maintaining an upright posture.

Twin Peaks
In this workout, you work your way through two long stages of increasing and then decreasing intensity. The workout is similar to the Aerobic workout, but allows longer intervals between changes. You can adjust the intensity of the workout at any time.

Training tip Wear a heart rate monitor to visualize the intensity of your effort as you climb each peak.

Rolling Hills
This cardio-conditioning program provides a high step rate. Like the Aerobic program, it involves several peaks and valleys in step rate; however, the dips in intensity during rest periods are smaller, resulting in more consistent intensity. You can override the settings for each column. The changes also raise or lower the columns on the remaining portion of the program profile.

Training tip Avoid leaning on the handrails (and offloading your weight) during this workout.
Custom Workouts

These workouts have been defined by the management of the fitness facility. For more information, contact a facility staff member.

Interval Key

Interval workouts help exercisers improve strength, endurance, aerobic and anaerobic fitness. They alternate short bursts of high intensity activity with recovery periods. Pressing the Interval key selects the available interval workout.

Note On the AMT, two different interval workouts are available. Press the Interval key repeatedly to scroll between the available workouts.

1-1, 1-2, and 1-3 Interval

The 1-1 Interval workout is designed to raise and lower your heart rate in a repeating fashion for a user-defined period of time by alternating rest and work intervals of two minutes each. Likewise, the 1-2 Interval and 1-3 Interval workouts alternate two minutes of rest with four or six minutes of work.

Training tip You can tailor your rest and work period intensity further by adjusting either of the intensity settings at any time. The equipment remembers these preferences for each upcoming interval. (On EFX models, different work and rest intensity levels are not defined, so you must define them during the first work and rest stages.) For an additional degree of control, use the Custom Interval workout to adjust the duration of the intervals as well.

Custom Interval

The Custom Interval workout is similar to the Interval workout. However, before you begin, you must specify the length of the rest and work intervals. Use either the arrow keys or the keypad to select a duration between 1 and 30 minutes, then press OK to enter your selection. After you have entered both durations, your workout begins.

Training tip Depending on your fitness level and workout goals, you can set your recovery period as low as one minute between work intervals. For the work intervals themselves, you can set any duration between 1 and 30 minutes. Customizing the proportions of your work and rest intervals based on your unique training objectives will speed your progress toward your performance goals.

Total Body Interval Workout

This workout, created specifically for EFX models with moving arms, includes work and rest stages designed to train your upper and lower body in one coordinated exercise. The console displays instructions on how best to exercise your arms and when to pedal backward.

Training tip Push and pull on the moving handles to increase upper body involvement and caloric burn.
**Speed Bumps**
In this interval workout, the intensity levels of the work stages vary irregularly. You can modify these levels at any time during the workout.

**Training tip** Irregular changes throughout this workout help avoid training plateaus and prevent workout boredom.

**City Steps**
The City Steps Program increases and decreases your step rate in stages. In each stage, the rate gradually rises to a peak and then falls quickly back to the starting rate. The workout then repeats this pattern.

You can override the settings for each program segment. Any increase or decrease alters all remaining segments by the same amount.

**Training tip** To increase your core activation (the effort expended by your torso and gluteal muscles) during the workout, avoid holding on to the handrails.

**Manual Key**
The workout available through the **Manual** key motivates you by allowing you to define and track your exertion levels throughout your exercise session.

**Training tip** As you progress through your workout, each segment of the profile reflects the last change you made to the intensity settings. Challenge yourself by adjusting your training parameters regularly for the best results.