



Experience™ Series Adaptive Motion Trainer® (AMT®)

Assembly Guide

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AMT Assembly Requirements

Start assembling the AMT while it is still on the pallet. Remove the AMT from the pallet when instructed to so in this guide.

Follow the steps in the order listed in this assembly guide. For more product information, visit us at www.precor.com.

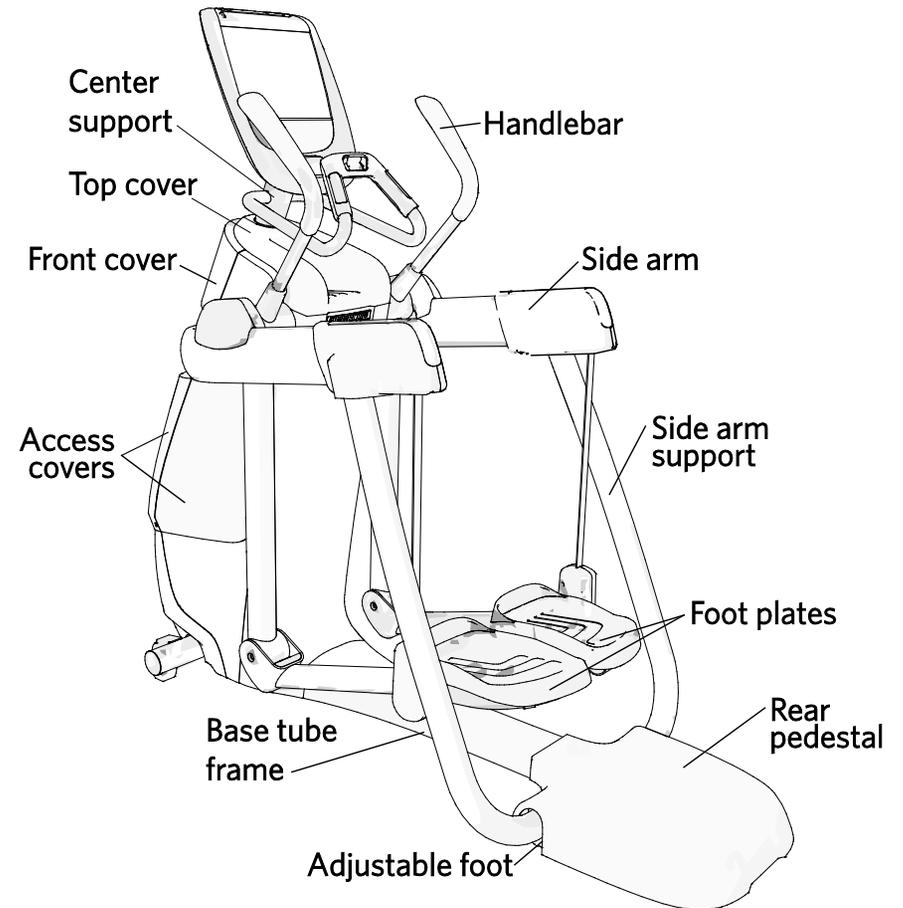
WARNING At least two people are required to assemble the equipment. DO NOT attempt assembly by yourself.

Assembly requirements

Important Before you fully tighten a fastener, check that its head is flush with the surface of the equipment. If not, cross-threading may have occurred. DO NOT attempt to rework the assembly as more damage to the equipment will occur. Instead, contact Customer Support at www.precor.com

We recommend you:

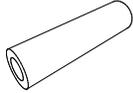
- Assemble the equipment close to where you plan to use it.
- Assemble the equipment on a solid, flat surface, so that it remains level and stable.
- Locate the equipment at least 19.7 inches (0.5 meter) away from walls or furniture on either side of the equipment, and 19.7 inches (0.5 meter) away from objects behind or in front of the equipment.
- DO NOT move the equipment without assistance.

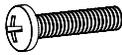
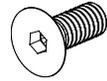


Required tools

- #2 Phillips screwdriver
- Rubber mallet
- 7/16-inch open-end wrench
- SAE standard socket set
- Wire cutter
- Two #1 Phillips screwdrivers
- Torque wrench (including a 3/16-inch hex wrench bit)

Hardware kit

Component			Quantity
1		Nylon lock nuts (5/16-inch)	6
2		Hex head bolts (5/16-inch x 1-inch)	4
3		Hex head bolts (5/16-inch x 3 1/2-inch)	6
4		Bolt sleeve	2
5		Flat Washer (5/16-inch)	6

Component			Quantity
6		Screw (#10 x 1 1/4-inch)	10
7		Flat head hex drive screws (1/4-inch x 5/8-inch)	5
8		End caps	2
9		Conduit (optional)	1

Begin assembly

Important The side arm supports are shipped with foam blocks inserted in one end. These blocks prevent fasteners from falling into the supports. DO NOT remove the foam blocks or push them down into the supports.

To attach the upper side arm supports:

1. Place the upper end of the right-hand support against the right-hand side arm and insert two screws **2** (with washers attached) into the two holes underneath the side arm support bracket (see Figure 1). Partially tighten.

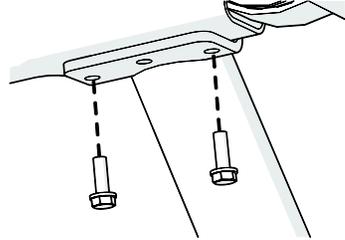


Figure 1

2. Slide one washer **5** and one sleeve **4** over a bolt **3** and insert it into the screw hole on the inside of the right-hand side arm (see Figure 2).

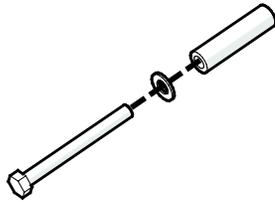


Figure 2

3. Attach the bolt using the nut **1** (see Figure 3). Partially tighten.

Important Insert the bolt into the inside of the side arm and attach the nut to the outside or the side covers will not fit.

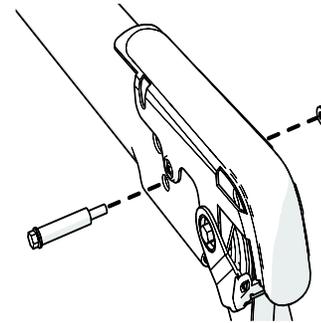


Figure 3

4. Repeat Steps 1 through 3 to attach the left-hand side arm support.

To attach the lower side arm supports:

1. Place the two side arm supports against the center support and insert a narrow screwdriver through the middle holes of each side arm and the center support to keep them aligned (see Figure 4).

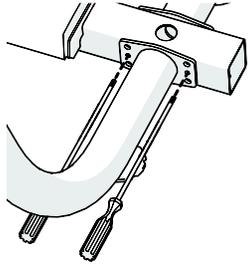


Figure 4

2. Slide a washer **5** over each of the four bolts **3** and then, from the opposite side of the center support, insert the four bolts **3** and attach a nut **1** to each bolt. Partially tighten the fasteners (see Figure 5).

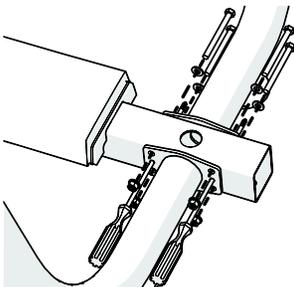


Figure 5

3. Tighten the side arm supports to 160 in-lb (18 N-m) of torque.
4. Using a 9/16-inch open-ended wrench, loosen the jam nuts and extend the adjustable feet on the side arm supports until they touch the floor; then remove the spacer block from under the back end of the AMT.

5. Remove and throw away the two #10 x 3/4-inch Phillips head screws securing the upper back corner of the inner plastic molding to the end of the right side arm.

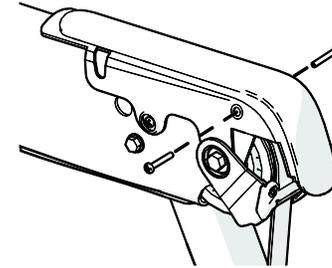


Figure 6

6. Fit the right-hand inner and outer side arm covers to the right side arm. Insert five screws **6**, then tighten them to 8 to 12 in-lb (1 to 1.35 N-m) using a #2 Phillips screwdriver (see Figure 7).

Note Alternatively, tighten the screws until the two side arm covers are in full contact, then turn the screws an additional quarter turn.

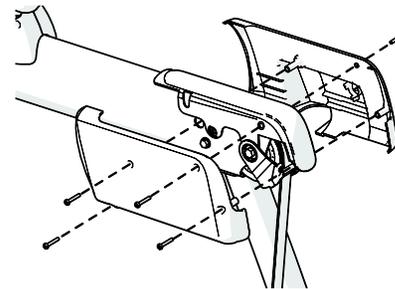


Figure 7

7. Repeat Steps 4 and 5 to attach the left side arm.

Remove the AMT from the pallet

After the side arm supports are secured, move the AMT off of its shipping pallet to the location where it will be used.

CAUTION DO NOT move the AMT off its shipping pallet without assistance. DO NOT apply any weight to the side arms of the AMT until the side arm supports have been installed. To avoid unnecessary movement of the foot plates, DO NOT position the handlebars until instructed to do so.

To move the AMT from the pallet:

1. Remove and discard the two fasteners securing the front frame tube of the AMT to the shipping pallet (see Figure 8).
2. Lift the back end of the center support and roll the AMT forward onto the floor while your assistant stabilizes its front end and guides it off the shipping pallet.
3. Move the AMT to its intended location.
4. Insert the end caps **3** into the front frame tube, and if needed, use a rubber mallet to tap them into place.

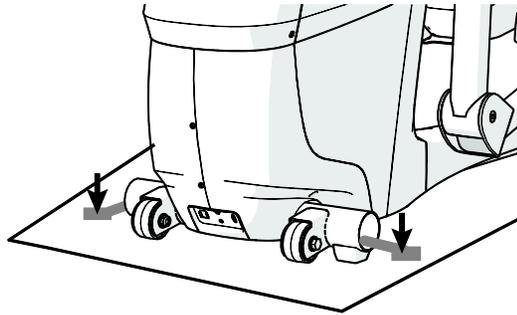


Figure 8

Remove the access covers

Removing the front and side access covers provides sufficient space to install the console cables.

Note If you are installing a non-touchscreen console without a Personal Video System (PVS) or accessory cap, you do not need to remove the access covers.

Important Remove any ties or other materials that hold the side arms in place before the supports are installed.

To remove the access covers:

1. Lift the gasket upward and remove it from the center support (see Figure 9).

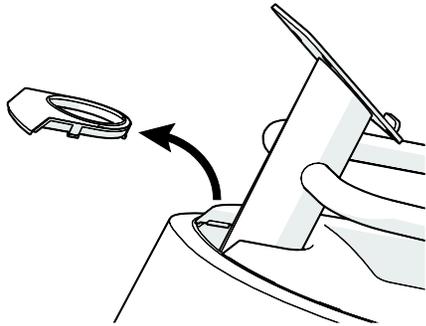


Figure 9

2. Extend a finger through the gasket opening and under the front edge of the top cover. While pressing upward on the top cover, use the heel of your hand to tap below its front edge and release it (see Figure 10). Repeat this step to release the other side of the top cover.

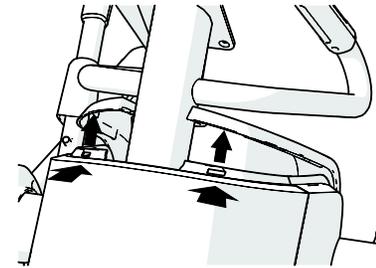


Figure 10

3. While holding up the front edge of the top cover, use the heel of your other hand to tap just below the back edge of the cover. Lift the cover up and out of the way.
 4. Remove the two #10 x 3/4-inch screws from the bottom corners of the front cover assembly.
 5. Gently press in on each of the side covers, just behind the front edge and about 8 1/2 inches from the bottom, while pulling the front cover assembly forward to disengage it.
- Note** Each side cover has a small triangular mark to show you where to press.
6. Move the front cover assembly forward and slightly upward to remove it.

Rewire the AMT for a touchscreen console

DANGER DO NOT attempt to connect electrical power until all assembly procedures are complete and the console is properly installed.

Retrieve the following parts from the console package:

- ① TV (coax) coupler
- ② Ethernet (CAT 5) coupler and cable
- ③ Cable, and the console power cable

Important Make sure all cables pass through all of the cable clips and DO NOT allow any of the cables to hang near moving parts.

Note In the following steps, pass the console power cable through the opening first, followed by the TV cable. Pass the remaining cables through in order of connector size (see Figure 11).

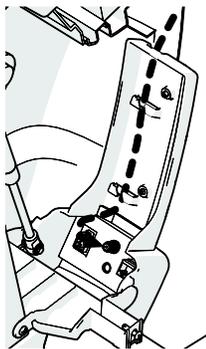


Figure 11

Thread the cables for each part as follows:

1. TV connection ①:
 - a. Install the TV (coax) coupler, star washer, and nut, into the jack plate at the lower end of the AMT and tighten (see Figure 12).
 - b. Connect the TV cable to the inside end of the TV cable coupler. Tighten the connector using a 7/16-inch open-end wrench.
2. Ethernet connection ②:
 - a. Attach the Ethernet coupler into the jack plate at the lower front of the AMT (see Figure 12).
 - b. Plug the Ethernet cable into the coupler.
3. Console connection ③:
 - a. Plug the console power cable into the jack plate (see Figure 12).
 - b. Slide the quick-disconnect terminal on the grounding lead of the power cable over the grounding terminal on the equipment frame.

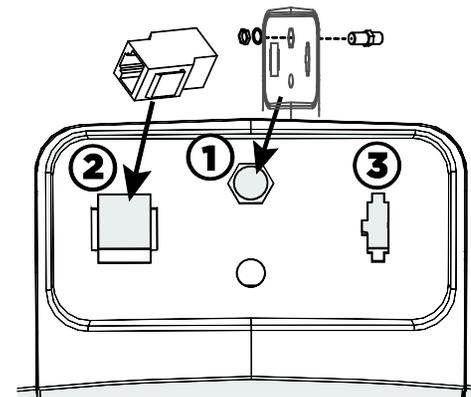


Figure 12

To continue the wiring:

1. Pass the ends of all cables through the opening in the top of the cable channel and secure them in the cable clips.
2. Route the cables through the cable clips next to the front flywheel, through the topmost cable clip on the main frame, and up to the center support (see Figure 13).

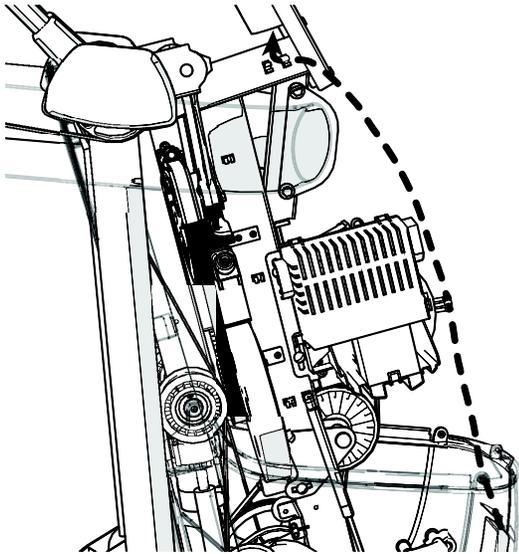


Figure 13

3. Remove the tie from the base data cable. Group that cable with the others and thread them upward through the center support and out through the center opening in the console mount, making sure that the heart rate sensor cable extends out of the opening as well.

Important Store excess cable inside the center support. DO NOT allow cables to hang loosely inside the body of the AMT.



To complete the console installation, refer to the *Installation Guide* included in your console box.

Route cables under the rear pedestal (optional)

When the AMT faces away from the cable raceway, use the conduit included in the hardware kit to route the Ethernet, TV, and power cables underneath the center of the AMT and through its rear pedestal.

To use the conduit:

1. Lay out the cables so that they pass directly under the center support of the AMT and place the conduit 9 on the floor directly behind the center support.
2. Insert the cables, one at a time, into the slot at the top of the conduit.

Important DO NOT clip or tie the segments of the cables that you insert into the conduit.

3. Lower the rear pedestal over the back frame tube and the side arm supports. The pedestal should sit flat on the floor and with the conduit completely inside of it (see Figure 14).

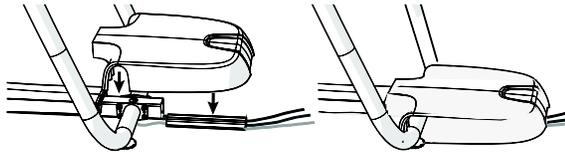


Figure 14

To replace the access covers:

4. Guide the front cover around the arms so that the tabs at the bottom corners are inside the two side covers. Slide it into place until the latches on the side covers click into place (see Figure 15).

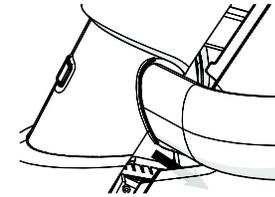


Figure 15

5. Reattach the bottom corners of the front cover using two #10 x 3/4-inch screws. Fully tighten.

Important In the following step, DO NOT apply excessive force to seat the cover.

6. Position the rear edge of the top cover so that the clips on the top and back covers are engaged securely.
7. Using the heel of your hand, gently snap the front edge of the top cover into place.
8. Wrap the gasket around the center support below the heart rate sensor grips, then fit it into the top cover making sure the edges of the seal are flush with the top cover (see Figure 16).

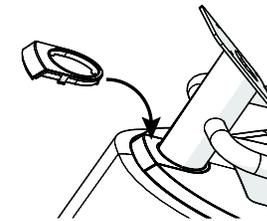


Figure 16

Position the handlebars

During shipment, the AMT is packed with its handlebars reversed. Two set screws are threaded into each handlebar. The plastic boots that eventually cover the screws are positioned just above them on the handlebars.

To position the handlebars for use:

1. Remove the two set screws from one handlebar (see Figure 17).

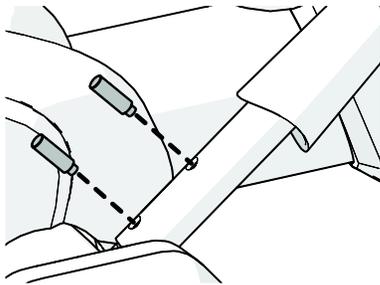


Figure 17

2. Rotate the handlebar exactly one half turn (180°) (see Figure 18).

Note When the handlebar is positioned correctly, it bends slightly outward. The screw holes in the handlebar should also line up with those on the AMT frame.

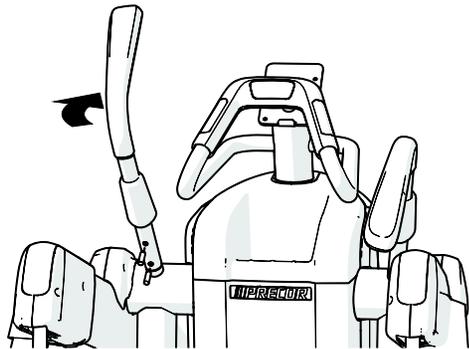


Figure 18

3. Reinsert the two set screws. Leave the screws partially tightened until you have adjusted both handlebars.
4. Repeat Steps 1 through 3 to position the other handlebar.
5. Adjust the positions of both handlebars outward as much as possible. Both handlebars should be at equal angles to the body of the AMT and angled slightly outward (see Figure 19).

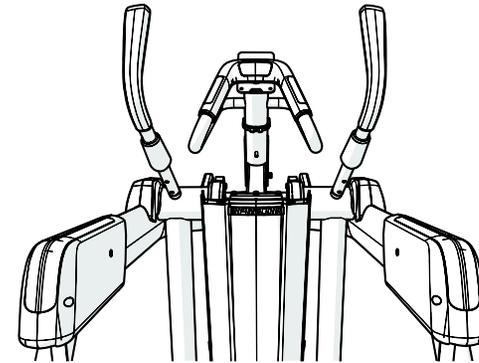


Figure 19

6. Rotate one of the plastic boots so that it aligns with the surface below it, then press the boot downward to secure it in place (see Figure 20). Repeat this step to position the other plastic boot.

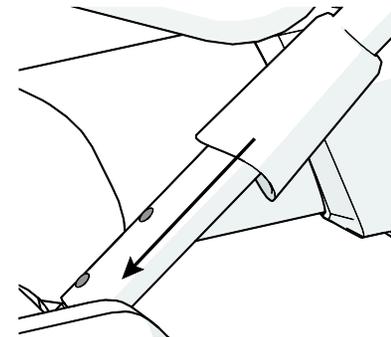


Figure 20

Level the AMT

It is important to level the AMT properly every time you move it.

CAUTION To eliminate movement, make sure the adjustable feet are in contact with the floor. Also, make sure that the AMT sits on a flat surface. Adjusting the feet of the AMT cannot compensate for extremely uneven surfaces.

To level the AMT:

1. Try to rock the AMT while standing on one of its foot plates and grabbing the opposite handlebar. If there is any movement, with assistance, tip the AMT to one side to locate the adjustable feet.
2. Using a 9/16-inch open-ended wrench, move the jam nuts away from the side arm supports and toward the adjustable feet.
3. Correct the height of each adjustable foot as follows (see Figure 21):

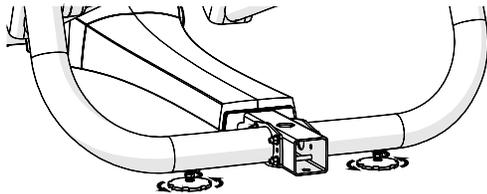


Figure 21

If you want to ...

Then turn the adjustable feet ...

Raise the front end of the AMT

Counterclockwise

Lower the front end of the AMT

Clockwise

Important To allow the rear pedestal to fit properly, the adjustable feet must extend at least 2 inches (5 cm) below the side arm supports. Extend the feet before you remove the spacer block (as described in To add the side arm supports), to ensure that they are positioned correctly.

4. When you finish adjusting the equipment, recheck for movement and readjust as necessary.
5. Using the 9/16-inch open-ended wrench, move the jam nuts upward until they contact the side arm supports and fully tighten them.
6. Align the rear pedestal over the back frame tube and the side arm covers, then press the pedestal into place (see Figure 22).

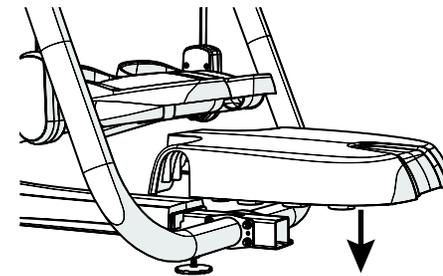


Figure 22

