

**956i Treadmill**

Low impact treadmill, with wide variety of programming options, designed for heavy commercial use.

**Features**

- Deck and Belt
  - Ground Effects® Impact Control System helps decrease impact on joints and reduces lateral motion.
  - Integrated Footplant™ Technology makes each step feel more natural, balanced and in-control.
  - Rear deck hinges and front cushioning create a laterally stable platform to reduce shock to runner and provides firm push off.
  - Deck and belt require no external lubrication and are fully warranted for 2 years regardless of usage.
  - Deck is a one-inch Slik-Dek bed composed of 52-lb high-density fiberboard core with phenolic laminate bonded on both sides. Can be flipped to double life.
  - Seigling E8 special weave multi-ply polyester belt, with dry lubricant integrated into the material, is exclusive to Precor.
  - Steel tapered rollers keep the belt centered to reduce maintenance and noise.
  - Self-tensioning drive belt protects drive motor from excessive tension.
  - Injection molded trim strips with textured rubber insert are durable and offer secure footing when straddling the running belt.

- Drive System
  - IFT-Drive controller works with a 4.0hp peak duty AC induction motor for a smooth, natural feel.
  - Three-phase, sensorless variable frequency drive technology for high reliability and accurate speed control.
  - Integrated power components and fan to handle higher loads and temperatures.
  - Inrush current limiting circuits for reduced circuit breaker problems.
  - The 120-volt version has built in power factor correction (PFC) for the highest possible system efficiency: substantially higher power output from the motor for the same amount of power drawn from the wall outlet compared to our previous drive systems.
  - Removable power cord has a low profile right-angle plug. The cord is attached at a right angle for clearance and is clamped to the treadmill for reliability.

- Display & Entertainment
  - Offers seamless integration with Cardio Theater options.
  - Bio-feedback center with SmartRate provides dedicated feedback on heart rate and calories to end users. SmartRate® shows actual heart rate in relation to the target zone for weight loss and cardio training.
  - Numeric keypad makes data entry and Cardio Theater control easy.
  - Tap Control provides satisfying tactile and audible click so end users feel confident and safe operating the product.
  - Options menu offers wide choice of metrics, user defined languages, and user defined units of measure.
  - QuickStart™ for user convenience lets user begin workout with the push of a single button.

- Frame and Lift
  - Two-step powder-coating process applies rust-resistant undercoat and cosmetic topcoat to steel frame.
  - Lift unit generates up to 1000 lbs. of thrust and operates in compression as intended by design.
  - Threads in lift actuator screw are covered at low incline to prevent dust collection.

- Diagnostics
  - CSAFE ready and Fitlinxx compatible. Ability to set owner parameters, e.g., exercise time, default language and pause time.

- Heart Rate
  - Has handheld heart rate and is equipped for heart rate telemetry reading using chest strap.

- Other Features
  - Accessory holders for water bottle, reading material, communication devices and portable music.
  - When magazine rack is in use, the most used metrics remain in view.
  - Safety clip attached to emergency stop switch to immediately turn off power bringing treadmill to a gentle stop. Stop switch has no magnet to lose and has a guard to prevent inadvertent activation.
  - Power cord management system includes pre-drilled holes underneath the frame side rails and snap-in cord clips.

- Warranty
  - Seven years frame, 5 years display face assembly, 5 years drive motor, 3 years motor controller, 2 years parts and 1 year labor. Warranties outside the U.S. and Canada may vary.

- 26 programs accessed directly by 6 buttons
  - On the fly program changes without losing data
  - Manual
    - 3 Intervals; includes 1:1, 1:2, 1:3
  - 7 Variety; includes Random, 2 Cross Country, 2 Gluteal, 2 Custom
    - 3 Heart Rate Control; includes Basic, Custom Weight Loss, Weight Loss
  - 4 Weight Loss; includes Custom weight loss HRC, Weight Loss HRC, 2 Aerobic
    - 8 Performance; includes 5K, Track, Gerkin Fitness Test, USAF PRT, Navy PRT, Army PFT, USMC PFT, Federal Law Enf. PEB

- Electronic Readouts
  - % Complete, Average heart rate\*\*, Average speed, Calories, Calories per hour, Calories per minute, Distance, Elevation Gain, Goal, Heart rate\*\*, Incline/Decline, Language, Maximum heart rate\*\*, METs, Pace, Profile, Segment time, SmartRate®\*\*, Speed, Target heart rate\*\*, Time, Time elapsed, Time in heart rate zone\*\*, Time remaining, Units, Watts, Workout summary

\*\* Requires use of chest strap or touch grips

**Measurements**

• Length	88 in (224 cm)	• Running Surface	60" x 20" (153 cm x 51 cm)
• Width with handrails	35 in (89 cm)	• Incline	0% to 15% in 0.5% increments
• Height	64 in (163 cm)	• Speed	0.5-16 mph (1-25.5 kph)
• Cord length	12 ft (3.7 m)	• Height with PVS and 0% incline	80 in (203 cm)
• Weight	508 lbs. (231 kg)	• Maximum user weight	500 lbs. (227 kg)
• Shipping Weight	549 lbs. (249 kg)	• Roller diameter	4.0 in (10.2 cm)
• Step-up	11.6 in (29.5 cm)	• Regulatory Approvals	FCC, ETL, CE, EN957
• Maximum workout time	240 minutes	• Deck height at max 15% incline	17.9 in (45.5 cm) at farthest forward standing point
• Handrail length	24 in (61 cm)	• Handrail over running surface	32 in (81.2 cm)

Power	For treadmill:	Outlet for treadmill only: (Personal viewing screen requires separate outlet.)
US & Canada	120 VAC, 50/60 Hz, 16.5A, 1980W	Dedicated 120V/20A circuit with 5-20R NEMA receptacle
US & Canada	240 VAC, 50/60 Hz, 11.5A, 1932W	Dedicated 240V/20A circuit with 6-20R NEMA receptacle
International	240 VAC, 50/60 Hz, 11.5A, 1932W	IEC 320-C19 inlet supporting Schuko and BSI plugs