



# Assembly and Maintenance Guide

---

FTS Glide



# Important Safety Guidelines for Owners

Follow these guidelines to maintain proper working condition of the equipment:

**Important:** *Do not modify the equipment or any of its parts, or permanently remove any part from the equipment. Do not use accessory attachments that are not recommended by Precor, as such attachments might cause injuries.*

- Qualified technicians must perform all regular maintenance.
- Make sure that trainers, facility personnel, and maintenance technicians understand how to use the equipment, know important safety guidelines, and can recognize potential problems such as a worn cable, loose hardware, or cracked weld.
- Strength training requires a significant focus by the facility and its staff to maintain the quality of the fitness environment. If possible, the facility should provide direct supervision of the fitness equipment at all times by people knowledgeable about the safe operation of the equipment and trained to recognize potential problems.
- If any staff member witnesses unsafe use of the equipment, he or she should address the user directly, demonstrate the proper technique, and review the *Important Safety Information for Users*. Precor recommends posting a copy of the *Important Safety Information for Users* near the equipment in a prominent location.
- Make sure the equipment is stable and placed on a solid and level surface.
- This equipment is designed for a variety of exercises and has cable lengths that may exceed the minimum dimensions of this equipment. Provide sufficient space for use, access, and passage around the equipment.

- Check the equipment thoroughly based on the recommended inspection schedules outlined in this manual, including daily, weekly, monthly and annual checks. Place an “out-of-order” sign on the equipment during maintenance of the equipment or the surrounding area.
- Users should never be allowed to operate the equipment until it has been inspected and works properly. If a piece of equipment needs service, keep it out of use until it is repaired.
- Make sure the facility’s personnel know not to allow anyone to use the equipment until it is working properly.
- When working with the weight stacks, do not attempt to free any jammed assemblies alone as this may cause injury. With the help of another person, carefully return the weight stack to the proper position with the top plate resting on the first weight.
- Do not allow the equipment to be used if the top plate or weight stack is pinned in a raised position. With the help of another person, carefully return the equipment to the proper position with the top plate resting on the first weight. Inspect the cable to make sure that it is seated in all of the pulleys.
- Do not place the equipment outdoors or on wet surfaces.

## Safety Approval

Precor commercial strength equipment is designed and tested according to EN 957-1/2 standards.

# Important Safety Information for Users

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

French equivalent of the preceding paragraph, for the Canadian market: *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, you should always take basic precautions, including the following:

- If you do not understand how to operate a piece of equipment, ask someone from the facility such as a trainer to demonstrate how to use it and explain any safety instructions.
- Do not allow children on or near the equipment. Do not leave children unsupervised around the equipment.
- Use the equipment only for its intended purpose. 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—no loose clothing.
- **Do not overexert yourself or work to exhaustion.** Use reasonable judgment when working with weights. Avoid using excessive weight, which may cause injury.
- If you feel pain or abnormal symptoms, stop exercising immediately and consult your physician.
- Keep head, limbs, fingers, and hair clear of all moving parts while the equipment is in use. Keep hands clear of racking pegs.

- Never drop or insert objects into any opening in the equipment.
- Always check the equipment before using it. If you spot a potential problem, contact someone in the facility immediately. Do not use the equipment until the facility has verified that the equipment is working properly. Do not attempt to fix broken or jammed equipment.
- Do not use the equipment outdoors or on wet surfaces.
- Do not use the equipment if an "out of order" sign has been placed on it.
- Read all posted instructions, including all safety instructions and warnings.

# Table of Contents

<b>Important Safety Guidelines for Owners.....</b>	<b>1</b>
Safety Approval.....	1
Important Safety Information for Users .....	2
<b>Before You Begin .....</b>	<b>4</b>
Installation Requirements .....	4
Unpacking the Equipment.....	4
Required Tools.....	5
Hardware Kit.....	5
Obtaining Service .....	6
<b>Assembling the Equipment.....</b>	<b>7</b>
Assembly Tips .....	7
Assembling the Weight Stack.....	10
Bolting the FTS Glide to the Floor .....	15
Attaching Localized Labels (Optional) .....	15
<b>Adjusting the Cable and Selector Stem .....</b>	<b>16</b>
Cable Adjustments.....	16
Selector Stem Adjustments .....	17
Attaching the Shrouds to the FTS Glide.....	17
<b>Using the FTS Glide .....</b>	<b>18</b>
Important Safety Guidelines.....	18
<b>Maintaining the FTS Glide .....</b>	<b>20</b>
Lubricating the Guide Rods.....	20
Cleaning the FTS Glide.....	20

# Before You Begin

Thank you for purchasing the FTS Glide. This unit is part of the Precor Strength line of quality strength training equipment, which helps 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.

## Installation Requirements

**WARNING** You will need assistance to assemble this unit. DO NOT attempt assembly by yourself.

**Important:** Please review and follow the instructions in this guide. If you do not assemble and use the equipment according to the following guidelines, you can void the Precor Limited Warranty.

Follow these installation requirements when assembling the unit:

- Assemble the unit near the place where you plan to use it.
- This equipment is designed for a variety of exercises and has cable lengths that may exceed its minimum dimensions. Provide sufficient space for use, access, and passage around the equipment.
- Set up the unit on a solid, flat surface, so that it remains level and stable.
- Open the box and assemble the components in the sequence presented in this guide.
- Insert, align, and thread all fasteners with your fingers. This helps prevent cross-threading. Do not fully tighten fasteners until instructed to do so.

**Important:** Before you fully tighten a fastener, check that its head is flush with the surface of the product. 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 as described in Obtaining Service.

- Some parts have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.
- If you plan to move the unit, get assistance.

## Unpacking the Equipment

**Important:** Open boxes and assemble components in the sequence presented in this manual.

The equipment ships in several pieces that require assembly. If any items are missing, contact the dealer from whom you purchased the unit. For more information, refer to *Obtaining Service*.

**WARNING** Do not attempt to move the equipment by yourself. Have at least one other person help you and use safe lifting techniques.

### To unpack the equipment:

1. Carefully remove all staples securing the cover to the cardboard boxes.
2. Lift the cover upward and set it aside.
3. Carefully remove any staples holding the cardboard spacers in place at the ends of the container.
4. Pull the cardboard spacers away from the equipment and set them aside.
5. Cut all plastic ties securing the equipment in place.
6. Remove the main upright frames from the container and set them on the floor where you plan to assemble and use the equipment.

# Required Tools

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

- Standard set of metric hex keys
- Standard set of SAE hex keys
- Two 9/16-inch wrenches



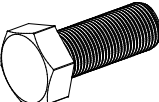
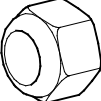
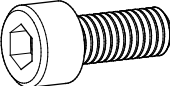
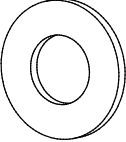
**Note:** Use box-end, open-end, or adjustable wrenches.

- Wire cutter (to cut plastic tie wraps)
- Step ladder

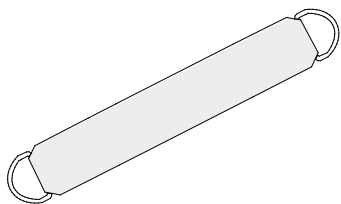
# Hardware Kit

The hardware kits ship with the FTS Glide.

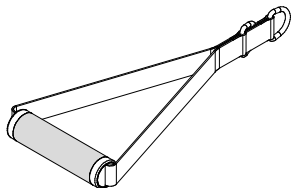
**Table 1. FTS Glide Hardware Kit**

Fasteners		Quantity
	6 mm hex key	1
	4 mm hex key	1
	Hex head screw (3/8-inch x 25/8-inch)	8
	Lock nut (3/8-inch)	8
	Socket head screw (M5 x 10 mm)	2
	Flat washer (10 mm internal diameter)	16

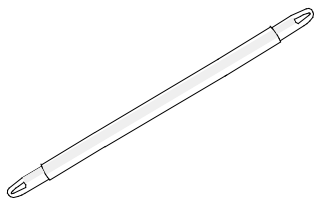
**Table 2. FTS Glide Accessories**



Ankle strap



Two handles



Pull bar

## Obtaining Service

You should not attempt to service the strength equipment, except for the maintenance tasks described in this manual. If any items are missing, contact your dealer. If you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor website at [www.precor.com](http://www.precor.com).

If you have any questions regarding a piece of equipment, locate its serial number and contact Precor Customer Support. Precor uses the serial number to establish the model and year of the product. You can generally find the serial number printed on a label affixed to the side of the FTS Glide.

For future reference, write the serial numbers, model numbers, and dates of purchase for your Precor strength training equipment in the space provided. You may want to list all equipment information below for easy reference.

Model #: \_\_\_\_\_ Serial #: \_\_\_\_\_

Date purchased: \_\_\_\_\_

Model #: \_\_\_\_\_ Serial #: \_\_\_\_\_

Date purchased: \_\_\_\_\_

Model #: \_\_\_\_\_ Serial #: \_\_\_\_\_

Date purchased: \_\_\_\_\_

Model #: \_\_\_\_\_ Serial #: \_\_\_\_\_

Date purchased: \_\_\_\_\_



# Assembling the Equipment

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

## Assembly Tips

- 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 equipment by following the illustrations only, refer to the text for important safety cautions and notes.

**CAUTION: At least two people are required to position the parts of this equipment successfully. Do not attempt to assemble the equipment by yourself.**

Proper alignment and adjustment of the equipment is critical. When you install fasteners, leave room for adjustments. *Do not fully tighten the fasteners until you are instructed to do so.*

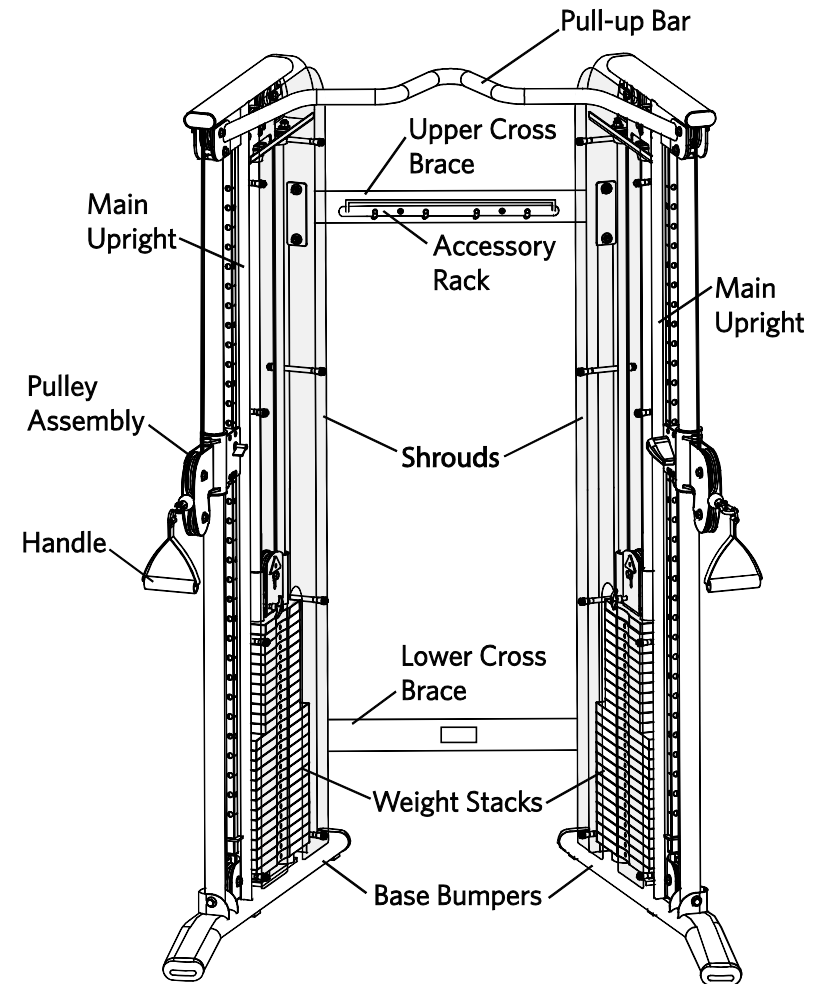
## Specifications

**Equipment Dimensions** 52" L x 58" W x 85" H  
(132 cm x 147 cm x 216 cm)

**Weight Stacks** Each weight stack weighs 200 lb (90.7 kg)

**Equipment Weight** 675 lb (306 kg)

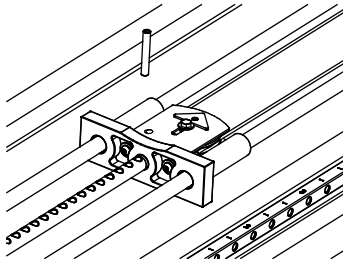
The following figure shows the names used in this manual for the major components of the equipment.



**Figure 1: Major FTS Glide components**

### To attach the crossbars to the main uprights:

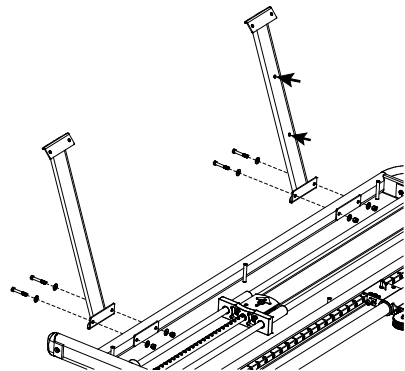
1. Place the main uprights on the floor where you plan to assemble the FTS Glide. Position them so that the cam is facing up.



**Figure 2: Cam positioned upward**

2. Position the upper and lower cross braces against one of the main uprights as shown in the following figure.

**Note:** The upper cross brace has two holes in it as shown by the arrows below.



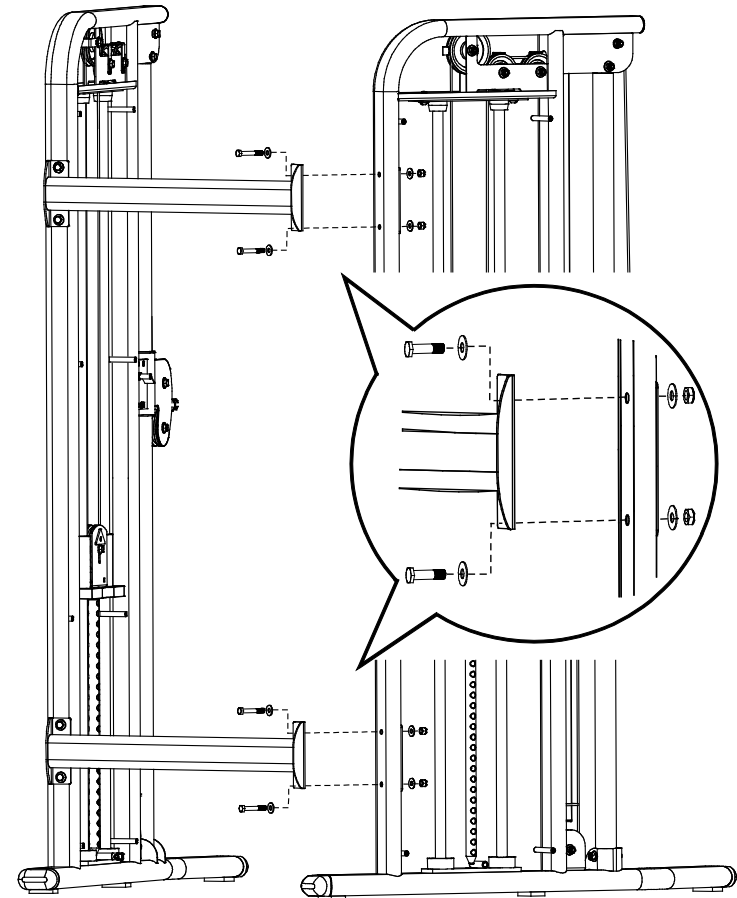
**Figure 3: Cross brace attachments**

3. Attach them using four 2 $\frac{5}{8}$ -inch hex head screws, eight washers, and four locknuts. Partially tighten the fasteners.

**Important:** To keep each cross brace aligned properly and the fasteners intact, do not lean on or apply pressure to either cross brace.

4. To attach the second main upright to the cross braces, lift and stabilize the two main uprights. Have your assistant hold the main uprights steady while you align the upper and lower cross braces and secure them using four 2 $\frac{5}{8}$ -inch hex head screws, eight washers, and four locknuts. Partially tighten the fasteners to allow for adjustments.

**Important:** Make sure the assembly is stable and balanced before your assistant lets go of the main uprights.

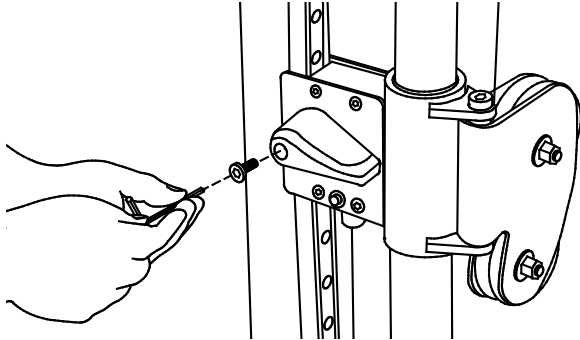


**Figure 4: Cross brace attachment to second main upright**

### To assemble the pulleys:

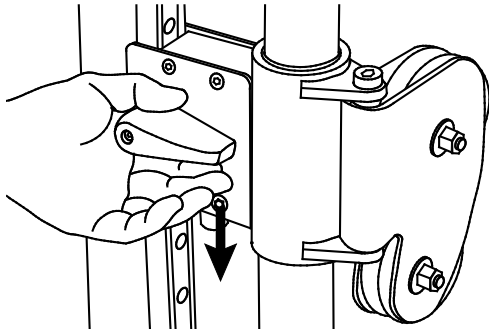
1. Install a handle on each pulley assembly using one socket head screw. Fully tighten using the 4mm hex key.

**Note:** To adjust the outside pulley location, lift the handle and slide the pulley assembly to the desired location.



**Figure 5: Handle installation**

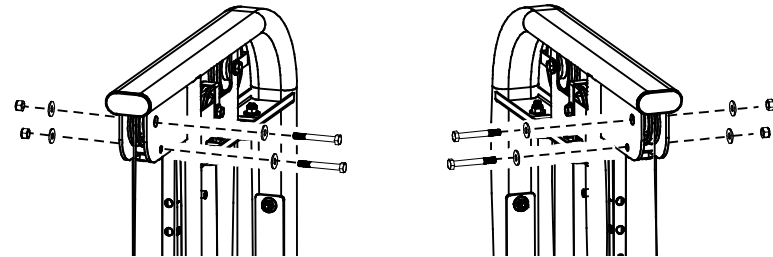
2. Lift the handles on the pulley assemblies to unlock them from the track and then slide them to the bases of the main uprights.



**Figure 6: Lower the pulley assemblies to base of main uprights**

3. Remove the two bolts, four washers and two locknuts from each main upright. Ask your assistant to hold each pulley as you remove the fasteners. Set the pulleys and fasteners aside.

**CAUTION:** Make sure you have an assistant hold the pulley while you remove the attached fasteners. The pulley will fall out of the upper bracket and may cause injury to you or damage to the equipment.

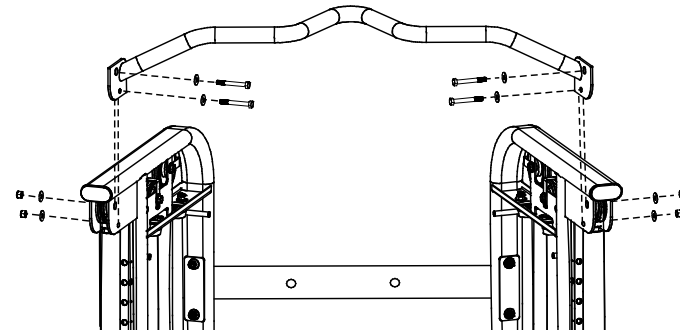


**Figure 7: Pulley removal from main uprights**

4. Have your assistant align the pull-up bar with the main uprights and hold it in place while you reinsert the pulleys and fasteners. Partially tighten the four locknuts.

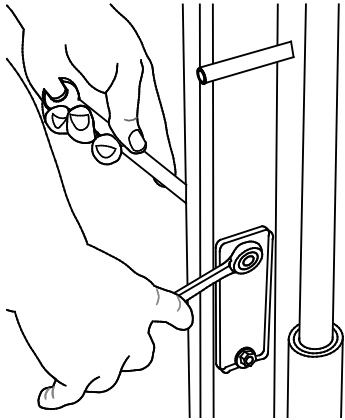
**Note:** You may need a stepladder to install the pull-up bar.

**Important:** Make sure to position this bar correctly to avoid injury during use.



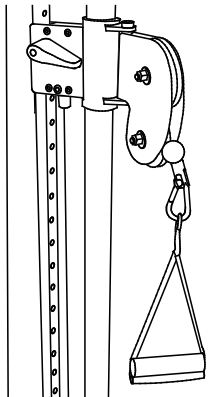
**Figure 8: Attaching the pull-up bar**

5. Lift the large handles on the pulley assemblies to unlock them and slide them to the top of the main uprights.
6. Use two  $\frac{9}{16}$ -inch wrenches to tighten the fasteners completely on the lower and upper cross braces. Then tighten the fasteners completely on the pull-up bar.



**Figure 9: Tighten all eight cross brace fasteners**

7. Attach the two handles or an ankle strap to the end of the cable using a spring clip.

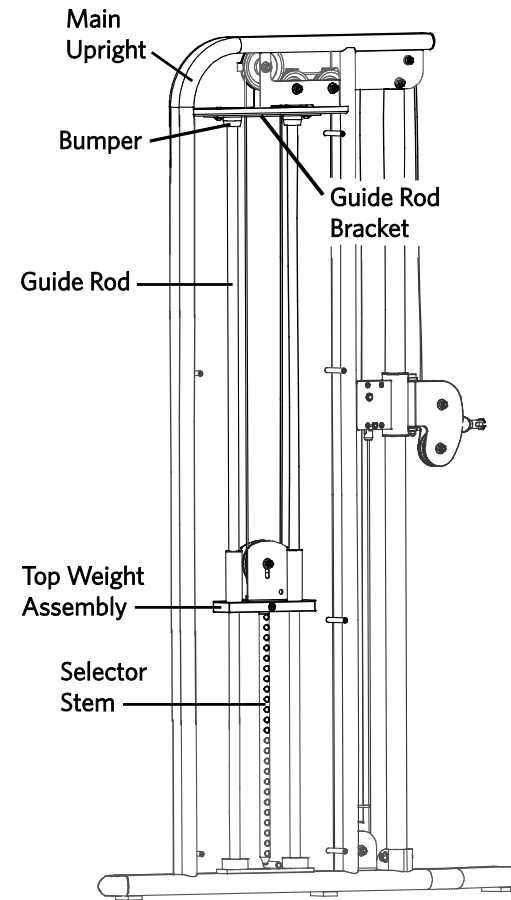


**Figure 10: Handle or ankle strap installation**

## Assembling the Weight Stack

Once assembled, each weight stack weighs 200 pounds. The weight plates make up 190 pounds and the top weight assembly provides the final ten pounds.

The following figure shows the names used for the components of the weight stack.

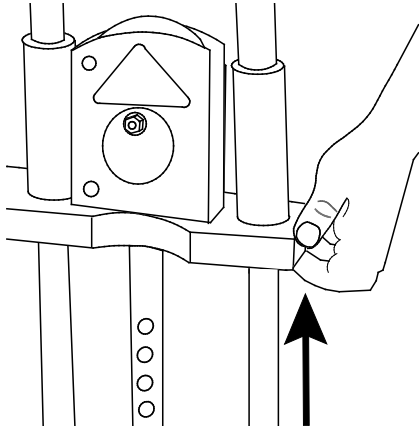


**Figure 11: Weight stack components**

**Note:** Perform the following steps on each main upright. Complete the assembly steps for one side before moving the other main upright.

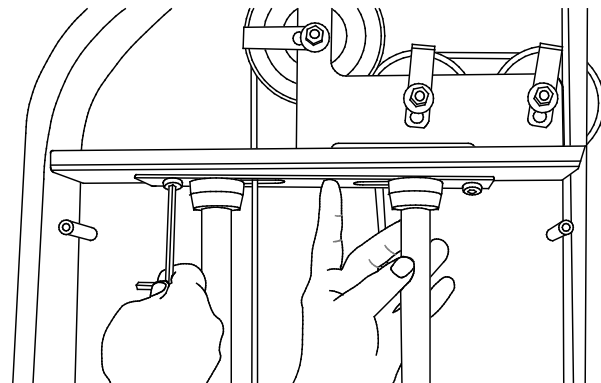
**To assemble the weight stack:**

1. Have your assistant lift the top weight assembly to remove cable tension.



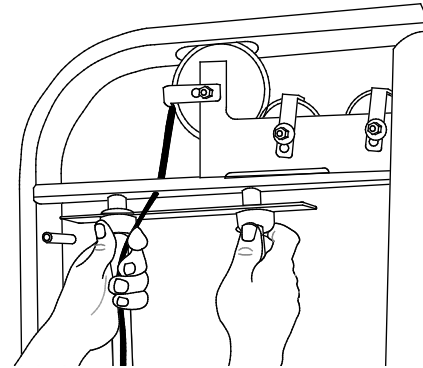
**Figure 12: Lift the top weight**

2. Use the 6 mm hex key to remove the two buttonhead screws, three washers, and one locknut that secure the guide rod bracket to the main upright.



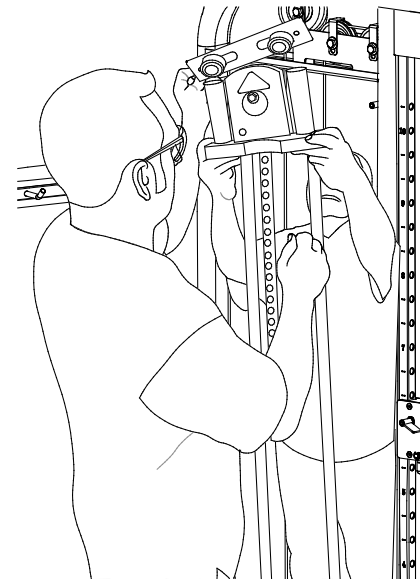
**Figure 13: Loosen the guide rod bracket**

3. Remove the guide rod bracket and bumpers and set them aside.



**Figure 14: Guide rod bracket and bumper removal**

4. Have your assistant slide the top weight assembly and selector stem off the guide rods. Ask your assistant to hold the top weight assembly and guide rods while you install the weights.

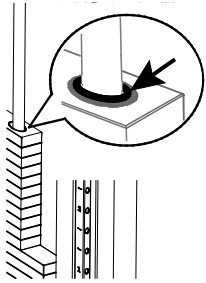


**Figure 15: Top weight assembly removal**

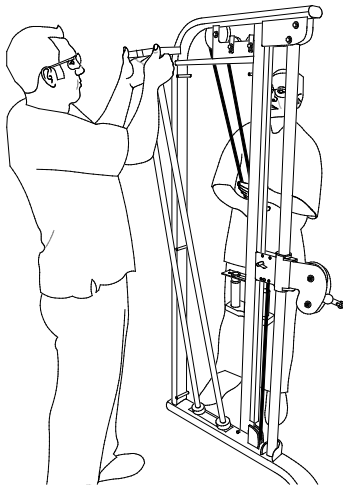
5. Add the fourteen 10 pound weights and the ten 5 pound weights. Make sure that the curve on the weight plate faces inside.

**CAUTION:** The weights are heavy. Handle the weights carefully to avoid dropping them or injuring yourself. Pick up and place one weight at a time on the guide rods. Do not angle the guide rods so far that they dislodge the base bumpers and come out of the base frame.

**Note:** Hold your finger over the plastic bushing in each weight to prevent the bushing from popping out of place.



**Figure 16: Weight stack and plastic bushing location**

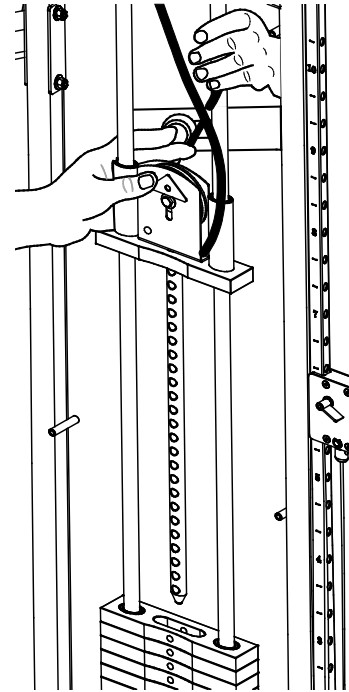


**Figure 17: Add weights to guide rods**

6. Hold the guide rods while your assistance replaces the selector stem and top weight assembly.

**Important:** During reassembly, do not lower the guide rod bracket more than three inches along the guide rods. Have your assistant hold the guide rods firmly because they can be pulled out of the base bumpers.

**Note:** It is difficult to replace the guide rods in an assembled weight stack. If the guide rods become dislodged, you will need to disassemble the weight stack to make sure that the guide rods are seated properly in the base frame.

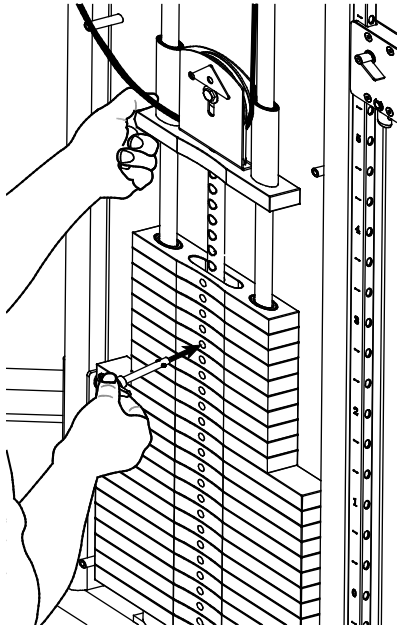


**Figure 18: Selector stem and top weight assembly replacement**

7. Ask your assistant to hold the guide rods while you check the cables to make sure they are centered between the guide rods. Remove any twists in the cables.

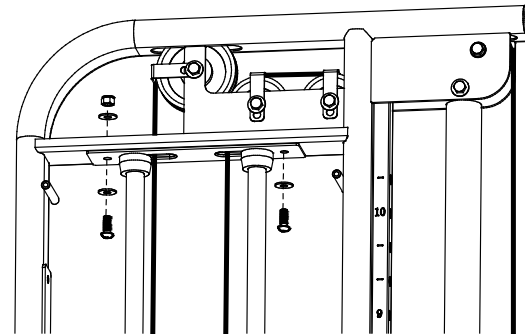
### To remove cable tension:

1. Lift the top weight assembly about a foot above the weight stack and secure the selector stem with the weight pin.



**Figure 19: Cable tension removal**

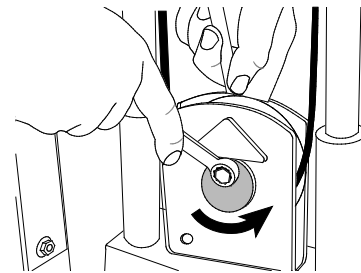
2. While your assistant continues to hold the guide rods, realign the bumpers with the cutouts in the upper frame crosspiece. Replace the guide rod bracket using two buttonhead screws, three washers, and one locknut. Fully tighten.



**Figure 20: Guide rod replacement**

3. Remove the weight pin and gently lower the top weight assembly onto the weight stack.
4. To remove slack in the cable, use two  $\frac{9}{16}$ -inch wrenches to loosen the bolt that holds the cam washer (shaded in the following figure). Rotate the cam washer to remove any slack in the cable. Check the top weight assembly to make sure it remains well-seated on the weight stack and then fully tighten the cam washer fasteners.

**Important:** Before attaching the weight labels, wash your hands to remove dirt and grease.



**Figure 21: Cable adjustment**

# FTS Glide Assembly Addendum (effective April 14, 2016)

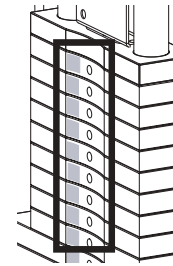
This addendum applies to the FTS Glide Assembly and Maintenance Guide (part number: CW33615-04 rev D).

On **page 14**, replace the procedure ***To apply the weight label strip and lubricate the guide rods*** with the following text.

***Important Before applying the weight labels, clean the weight stack to ensure the labels stick to the weights.***

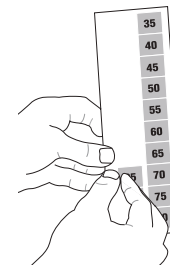
***To apply the weight label strip:***

1. Using a solution of one part isopropyl alcohol and four parts water, thoroughly clean the front of the weight plates (area outlined in **black** in Figure 1) and allow them to fully dry.



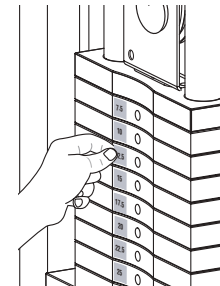
**Figure 1**

2. Peel the weight label off the weight label strip.



**Figure 2**

3. Peel the backing off the weight label to expose the adhesive and place a label on each weight plate and in the recommended location (Figure 3).



**Figure 3**

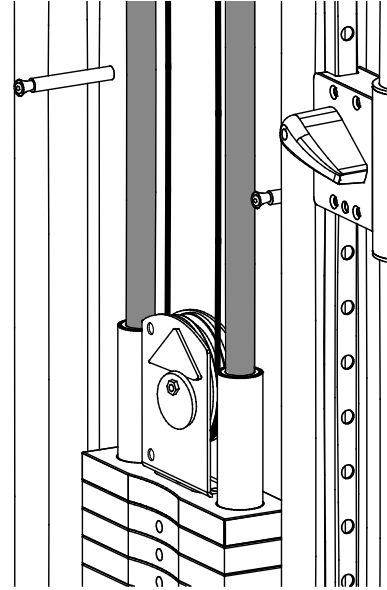


Please replace this procedure with the addendum on the previous page.

### Lubricating the Guide Rods

Two small packets of lubricant are shipped with the FTS Glide. To lubricate the guide rods, apply lubricant to a clean cloth and spread evenly on each guide rod. Use one tube of lubricant per guide rod.

**CAUTION: The lubricant can stain clothes. Wear proper attire when lubricating the guide rods.**

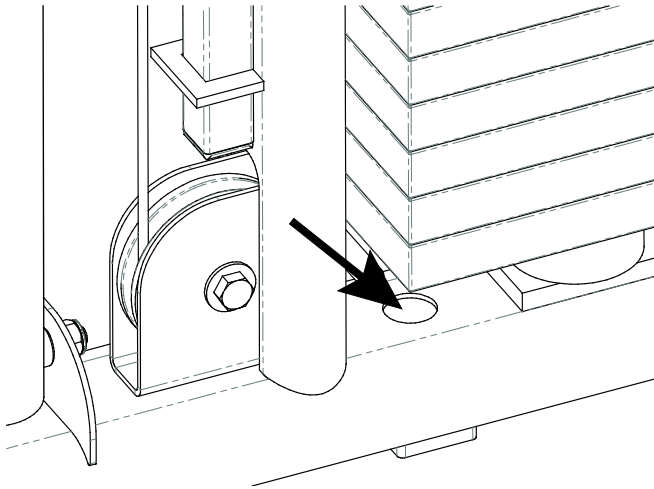


**Figure 24: Guide rods (shaded) location**

## Bolting the FTS Glide to the Floor

As floor materials vary, it is important that you consult a qualified building contractor to advise you on proper bolting.

Precor highly recommends that the FTS Glide be bolted down at each floor anchoring point with a structural joint that has a pull out strength of at least 600 pounds of force (2,669 Newtons). Bolting is made possible by removing the rubber cap near the weight stacks on the base frame, exposing the 12 mm holes to accommodate the bolts.



**Figure 25: Bolt-down location**

**Important:** Standards occasionally change or are updated. Precor recommends that you keep apprised of your local industry standards. Precor shall not be held liable for failure to properly bolt the FTS Glide to the floor.

## Attaching Localized Labels (Optional)

The FTS Glide ships with English language warning labels attached to the equipment. Localized language labels are also included with the equipment.

To replace the English labels with a specific language for your users, remove the new label from your hardware kit, remove the adhesive back and place it over the English label.

# Adjusting the Cable and Selector Stem

When the equipment is completely assembled, you need to check the cables for proper tension. Obvious signs that a cable problem exists include:

- Top weight assembly 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 or removed from each hole in the weight stack.
- Selector stem rubs inside the weight stack.

**CAUTION: Take the time to adjust the cables. If the cables do not have the proper tension, you could void the Precor Limited Warranty.**

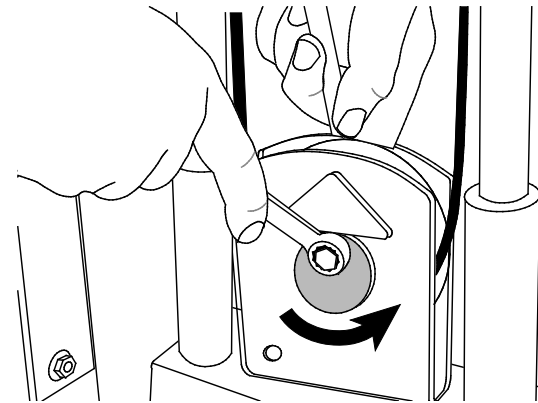
If you experience any of these cable issues, remove the weight pin from the weight stack to decrease cable resistance and then make the proper cable adjustments.

## Cable Adjustments

Check the cables on both weight stacks to make sure they have proper tension. They should be straight and taut without slack. If adjustments are required, use the cam washer to make cable adjustments.

### To remove slack in the cable:

1. Use two  $\frac{9}{16}$ -inch wrenches to loosen the bolt that holds the cam washer (highlighted in the following figure) and rotate the cam washer until the slack is removed.



**Figure 26: Cable adjustment**

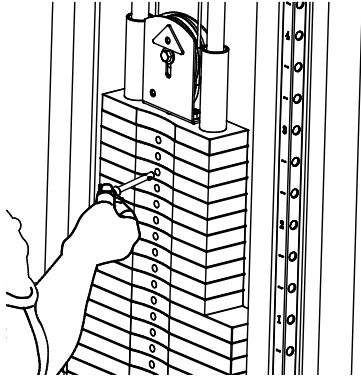
2. Check the top weight assembly to make sure it remains properly seated on the weight stack and then fully tighten the cam washer fasteners.
3. Check the selector stem alignment by inserting the weight pin into every hole on the weight stack. The weight pin should slide easily in and out of each weight plate and selector stem.

## Selector Stem Adjustments

If the selector stem consistently strikes the inside of the weight stack or is misaligned with the weight stack hole, you need to re-center the selector stem. You may need to remove the back shroud to perform the procedure.

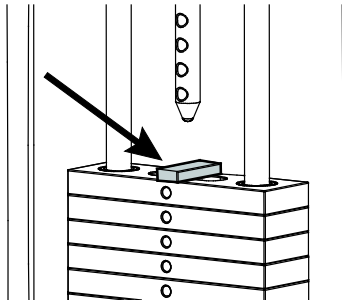
### To adjust the selector stem:

1. Remove the weight pin from the weight stack.



**Figure 27: Weight pin removal**

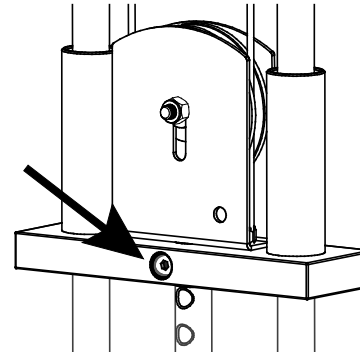
2. Pull up the selector stem and place something such as a piece of cardboard over the opening in the weight stack to cover it. Rest the selector stem on the cover.



**Figure 28: Cover opening in weight stack**

3. Use the 8 mm hex key to *loosen* the socket head bolt located on the **back** of the top weight assembly.

**Important:** Do not remove the socket head bolt.



**Figure 29: Loosen bolt on top weight assembly**

4. Remove the cover from the opening in the weight stack and lower the selector stem so that the top cap assembly rests on the weight stack.
5. Insert the weight pin into the weight plate hole (at the bottom of the weight stack) to lock the selector stem.
6. Fully tighten the socket head bolt in the center of the top weight assembly.
7. Check the adjustment by inserting the weight pin into every weight plate hole. The weight pin should slide easily in and out of each weight plate and selector stem.
8. Replace the shroud if necessary.

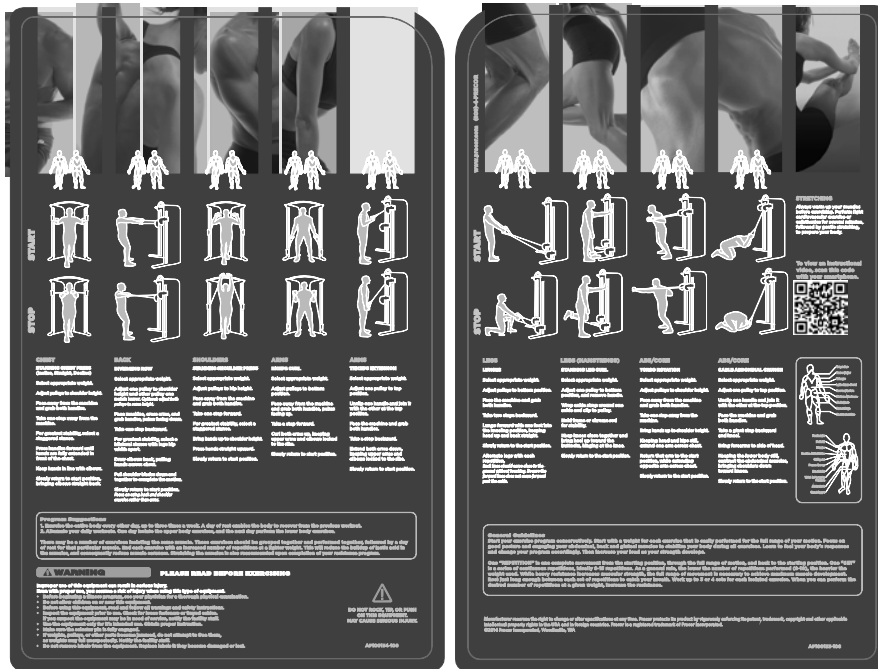
## Attaching the Shrouds to the FTS Glide

To complete assembly of the FTS Glide, you need to attach the shroud covers to the weight stack frames. Please refer to the *Shroud Assembly Guide* located in the shipping box with your shrouds.

**CAUTION:** Do not operate the FTS Glide without the shrouds installed.

# Using the FTS Glide

Refer to the instructional placards on the equipment, for specific exercises and the muscle groups targeted.



**Figure 30: Instructional placards**

## Important Safety Guidelines

**CAUTION: Before using the equipment, read these instructions and all labels. Failure to do so may result in serious injury.**

- Do not allow children, or those unfamiliar with the operation of this unit, on or near it.
- Before beginning any fitness program, see your physician for a thorough physical examination. Ask your physician for the appropriate target heart rate for your age and fitness level.
- If you feel pain, faintness, or dizziness, stop exercising immediately.
- Before using this equipment, read and follow all warnings and safety instructions.
- Inspect the equipment prior to use. Check for loose fasteners or frayed cables. If you suspect the equipment may be in need of service, notify the facility staff.
- Use the equipment only for its intended use. Obtain proper instruction.
- Make sure the selector pin is fully engaged.
- If weights, pulleys, or other parts become jammed, do not attempt to free them, as weights may fall unexpectedly. Notify the facility staff.
- Do not remove labels from the equipment. Replace labels if they become damaged or lost.

## General Guidelines

Start your exercise program conservatively. Start with a weight for each exercise that is easily performed for the full range of your motion. Focus on good posture and engaging your abdominal, back and gluteal muscles to stabilize your body during all exercises. Pay attention to how your body feels during and after training, and adapt your program accordingly. If an exercise feels too easy, increase your training load or change your training position. If an exercise feels uncomfortable, modify your exercise by changing the training load or movement pathway. For best results, consult with a certified fitness professional.

Always warm up your muscles before exercising. Perform light cardiovascular exercise or calisthenics for several minutes, followed by active or dynamic stretching, to prepare your body.

One REPETITION is one complete movement from the starting position, through the full range of motion, and back to the starting position.

One SET is a series of continuous repetitions, ideally 8-15 repetitions. As a general rule, the lower the number of repetitions performed (8-10), the heavier the weight used. While heavy resistance increases muscular strength, the full range of movement is necessary to achieve maximum muscle development and efficiency.

Rest just long enough between each set of repetitions to catch your breath. Work up to 3 or 4 sets for each isolated exercise. When you can perform the desired number of repetitions at a given weight, increase the resistance.

## Program Suggestions

There are many ways to structure your training program. Two of the most popular formats involve split workouts (training different areas of the body on different days in order to provide adequate work and rest periods for different muscle groups) and circuit workouts (training different areas of the body back-to-back in quick succession for total body conditioning and higher calorie burn).

### Split Workout Suggestions

Exercises isolating the same muscle or area of the body (arms, upper body, back, etc.) should be grouped together and performed together, followed by a day of rest for these muscle groups. At the end of a training session, exercisers should stretch the muscles trained to increase flexibility and reduce soreness.

1. Exercise the entire body every other day, up to three times a week. One to two days of rest enable the body to recover from the previous workout.
2. Alternate your daily workouts. One day isolate the upper body exercises, and the next day perform the lower body exercises.

### Circuit Training Workout Suggestions

Perform 8-10 different exercises back-to-back with minimal rest. The order of the exercises is important. Make sure to alternate exercises that challenge opposing muscles groups to allow for adequate rest time of each muscle. For example, pair a chest press (pectoral muscles) with a low row (back muscles). Complete the entire circuit 2-3 times for best results.

# Maintaining the FTS Glide

Inspect the unit daily. Look and listen for frayed or worn parts, 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*.

Perform the following maintenance tasks as appropriate:

- Lubricating the Guide Rods
- Cleaning the FTS Glide

## Lubricating the Guide Rods

**CAUTION: The lubricant can stain clothes. Wear proper attire when lubricating the guide rods.**

Guide rods should be lubricated every six months. Precor recommends you use a Teflon® spray.

## Cleaning the FTS Glide

To clean your FTS glide, Precor recommends mixing a few drops of mild dish washing liquid in a gallon of water and using it to wipe the equipment with a soft cloth.

### Shrouds

**CAUTION: Clean the shrouds with a product specifically labeled as safe for acrylics. Use a clean, non-abrasive cloth and light pressure to avoid scratching the acrylic surface.**

To clean the shrouds, Precor recommends mixing a few drops of mild dishwashing liquid in a gallon of water and using it to wipe the equipment with a soft cloth.

The acrylic shrouds on the FTS Glide 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, 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 those used in plastic headlamp restoration kits. Lightly buff the acrylic sheet using a clean buffer until the scratches disappear.







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

Precor is a registered trademark of Precor Incorporated.  
Copyright 2015 Precor Incorporated.  
Specifications subject to change without notice.  
**[www.precor.com](http://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 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.



FTS Glide Assembly and Maintenance Guide  
CW33615-104 rev D, en  
May 2015