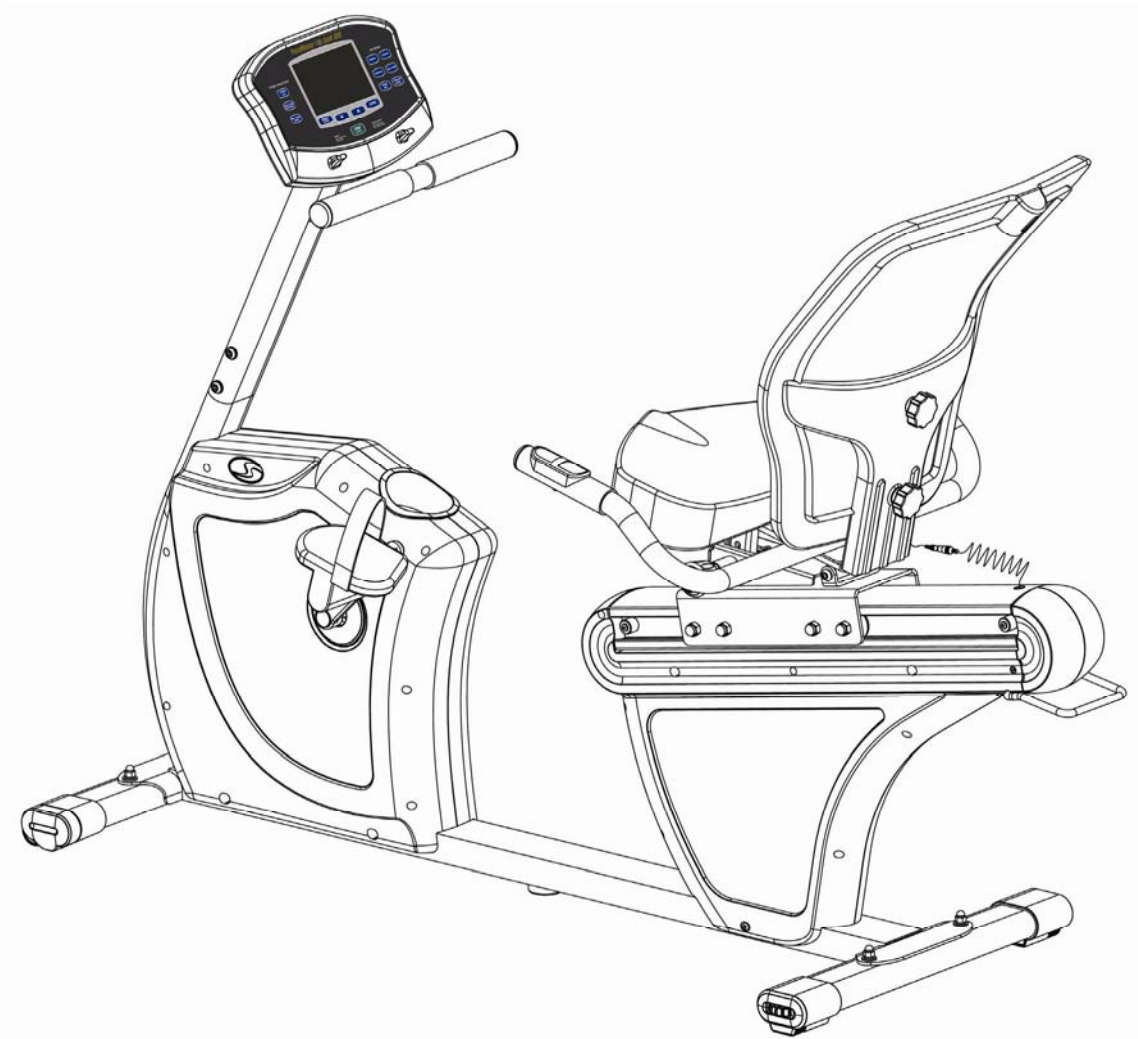
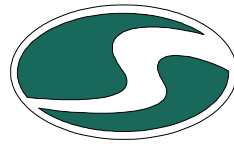


PaceMaster

Gold XRC



OWNER'S MANUAL

Aerobics Inc., 34 Fairfield Place West Caldwell, NJ 07006, (973) 276-9700

www.pacemaster.com

Part # GOLD XRC

Rev. 11/13/07

TABLE OF CONTENTS

INTRODUCTION	3
IMPORTANT SAFETY INSTRUCTIONS	4
ASSEMBLY INSTRUCTIONS	5-18
Installation Requirements	5
Unpacking Your Recumbent	5
Tools Required for Assembly	5
Box Contents	6
Hardware Package Contents	7
Assembling Your Recumbent	8-18
THE PACEMASTER GOLD XRC BIKE CONTROL PANEL	19
OPERATING INSTRUCTIONS	19-33
Gold XRC Control Panel	19
Button Functions	20
Monitoring Heart Rate	21
Quick Start	22
Manual Operation	22
Custom Program	23
Interval Program	26
Hill Climb Program	27
Target Heart Rate Program	28
Constant Effort Program	29
Fitness Test Program	31
Hear Rate Recovery Program	32
BMI Index Program	32
Gold XRC Exploded Parts Diagram	34
PACEMASTER TECHNICAL SPECIFICATIONS	35


INTRODUCTION

Congratulations and thank you for choosing PaceMaster – your partner in achieving your fitness goals and mastering your well-being. PaceMaster's advanced digital technology allows your equipment to process information instantly, anticipating and adjusting to meet your needs. Think of it as your own personal trainer.

PaceMaster's superior components and US design ensure we produce equipment of the highest quality while also offering excellent value for your dollar. PaceMaster products have consistently received praise from a wide range of nationally recognized publications.

To get the most from your PaceMaster, please read this owner's manual carefully before starting to use this piece of exercise equipment. The manual contains important information about the assembly, operation and maintenance of the machine.

Please ensure you read and fully understand all safety information.  **DANGER**,  **CAUTION**, or

 **WARNING** indicates important safety warnings throughout the manual. Failure to read and understand these warnings may result in personal injury or damage to your Recumbent.

Tip indicates a useful suggestion when installing, assembling or using your Recumbent.


Please take the time to familiarize yourself with the range of functions available. This will help you work with your PaceMaster Recumbent for maximum efficiency to achieve your fitness goals and master your well-being.


We wish you an enjoyable and rewarding partnership with your PaceMaster Recumbent.


The PaceMaster Gold XRC Bike is designed for home use only.

IMPORTANT SAFETY INSTRUCTIONS

Read these instructions before using your Recumbent

 **CAUTION:** Before starting any exercise program, contact your personal physician and have a complete physical. This is highly recommended if you have not been on a regular exercise program within the last year, or are over 35 years of age, or are overweight.

 **CAUTION:** If at any time during your exercise program you find the exercise abnormally difficult or you encounter dizziness, feel faint, experience chest pains, feel as if your heart may be skipping beats, you experience forced heavy breathing after minimal exercise or severe pain in your legs, ankles, knees, etc. STOP EXERCISING and consult your physician.

 **WARNING:** To reduce the risk of burns, fire, electrical shock or injury:

- Your PaceMaster Recumbent is not designed for use by children under the age of 18 without strict parental supervision.
- Close supervision is necessary when the Recumbent is used by or near children, disabled persons or pets.
- Use your PaceMaster Recumbent only for its intended use as described in this manual. Do not use accessories or attachments not recommended by Aerobics, Inc.
- Never operate your PaceMaster Recumbent if it has a damaged cord or plug, if it is not operating properly, if it has been dropped or damaged or if it has been immersed in water. Should any of these occur, contact your authorized PaceMaster retailer or service center for examination or repair.
- Keep the cord away from heated surfaces.
- Never drop or insert any object into any opening on the Recumbent.
- Do not use outdoors.
- Always unplug your PaceMaster Recumbent during an electrical storm or during extended periods of non-use.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Position the Recumbent with a minimum of 2 feet of clearance on all sides between the bike and any wall or obstruction.
- Do not allow anyone to reach under or be too near your PaceMaster while it is in use.
- Never allow more than one person on your PaceMaster Recumbent at any time.
- Never move the Recumbent while it is plugged into the electrical outlet.
- Wear appropriate shoes and attire while exercising

ASSEMBLY INSTRUCTIONS

Installation Requirements

Your PaceMaster should be installed indoors on a flat, level surface near a 120Volt/ Grounded outlet. You must have a minimum of 2 feet of clearance on all sides between the bike and any wall or obstruction.

TIP: If you are installing your PaceMaster on a carpeted surface, use a equipment mat or a scrap piece of carpet underneath the Recumbent to avoid soiling of the carpet. Deep pile carpet is not recommended.

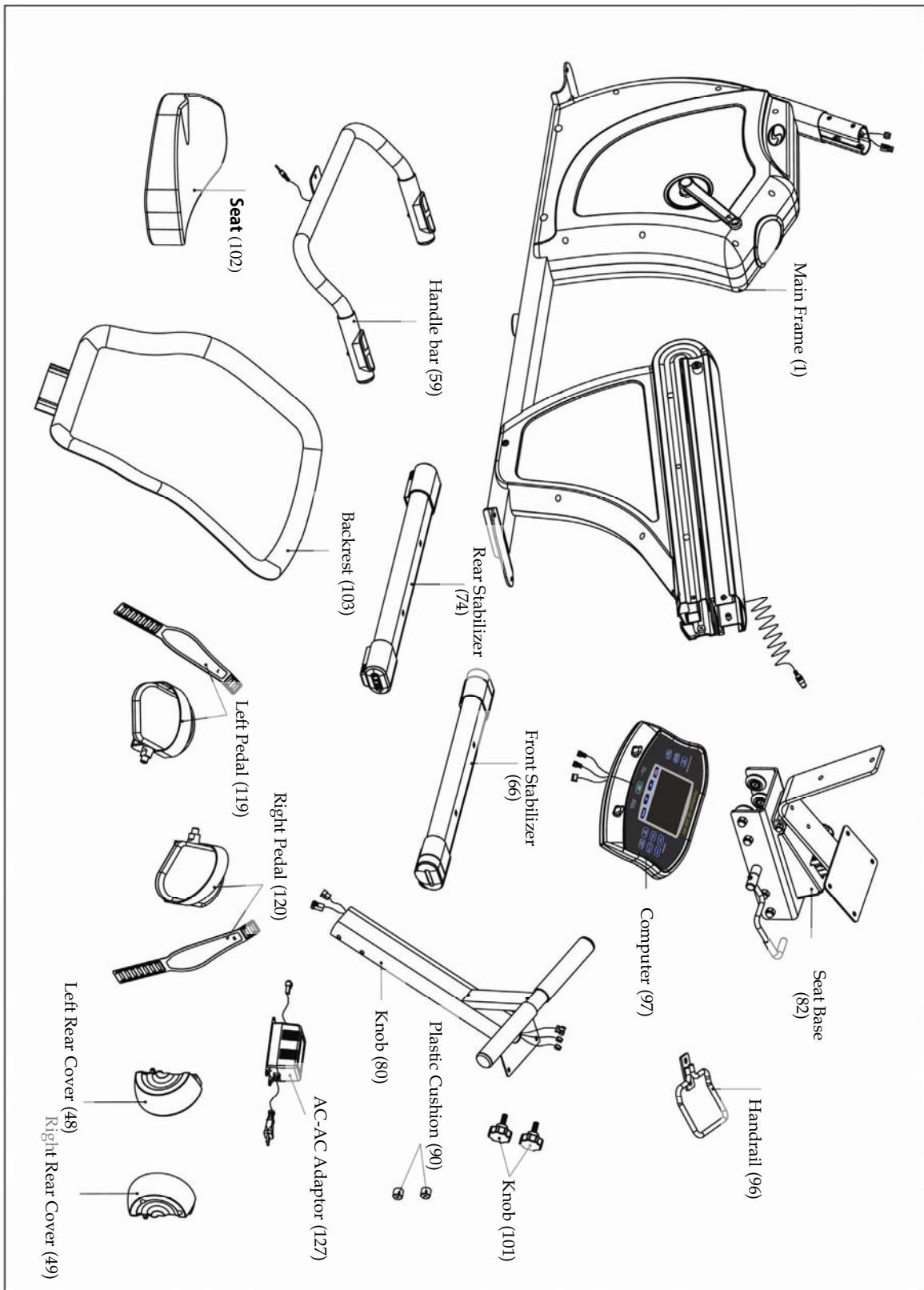
Unpacking Your Recumbent Exercise Bike

On the next page is a listing of all the parts included in the box. Open the box and confirm that you have received all of the parts indicated on page 6. If you are missing parts please contact your Authorized PaceMaster Dealer where you purchased your piece of equipment.

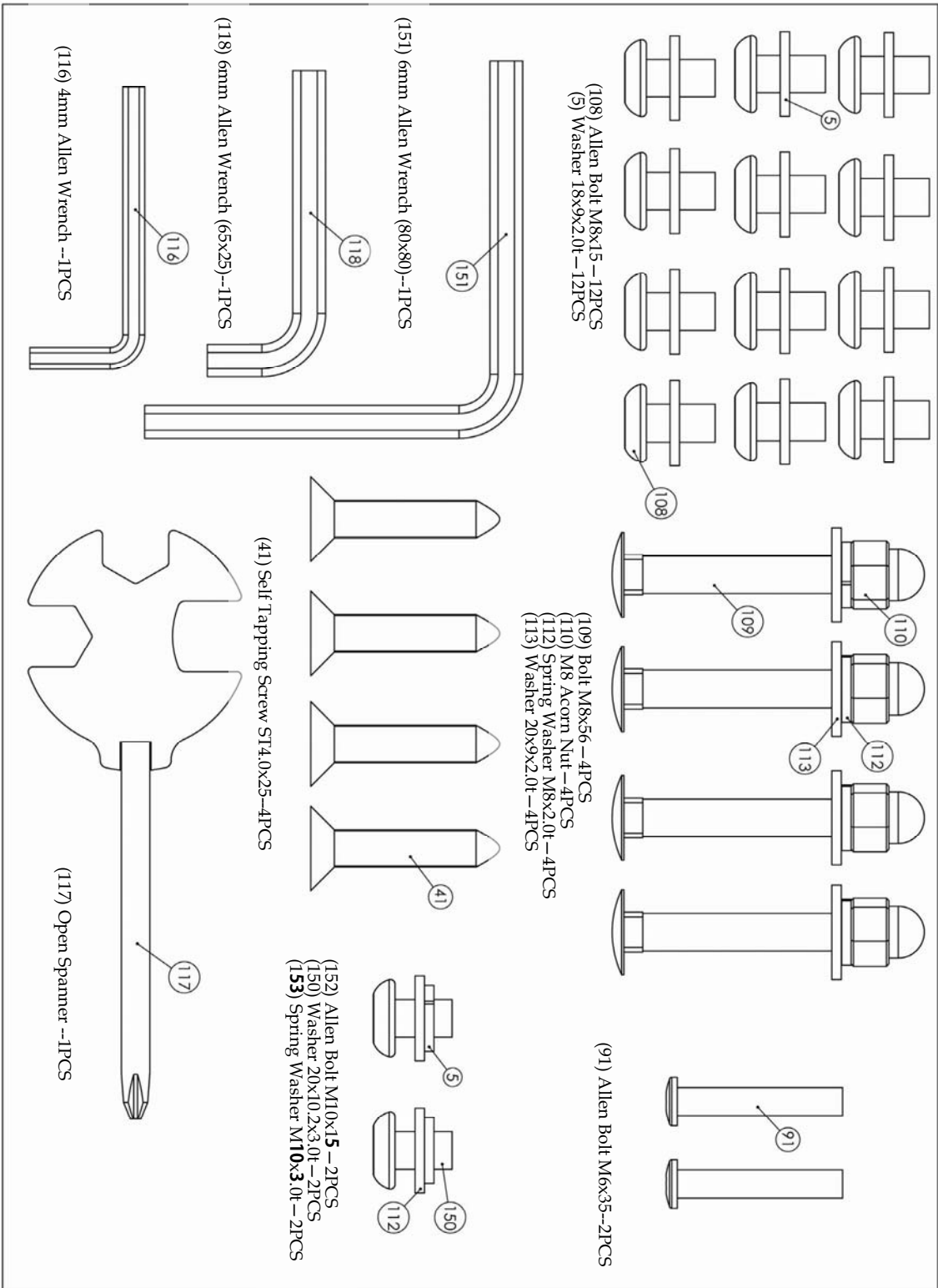
Tools Required for Assembly (included)

- Phillips head screwdriver
- 13 mm Wrench
- 15 mm Wrench
- 4 mm Allen Wrench
- 6 mm Allen Wrench

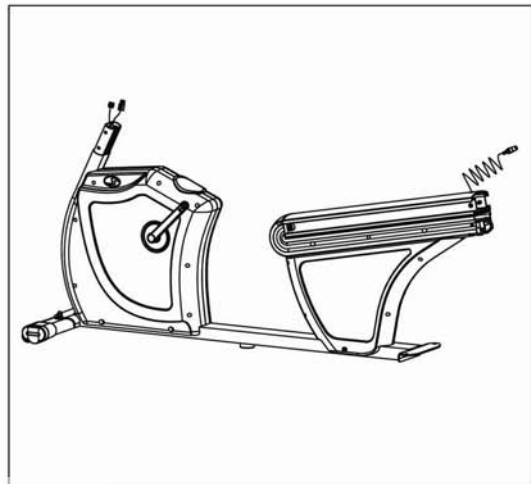
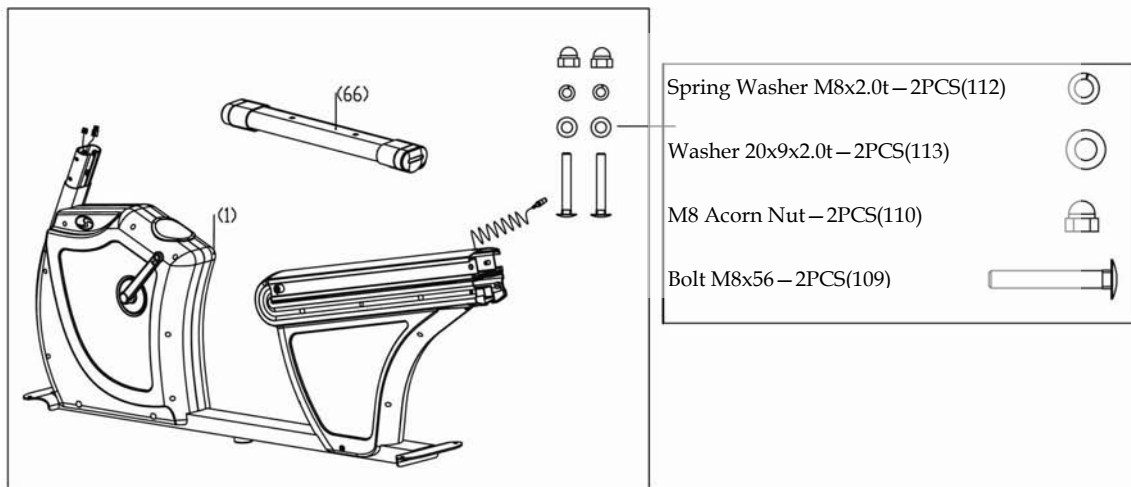
1. Box Contents



Hardware Package Contents



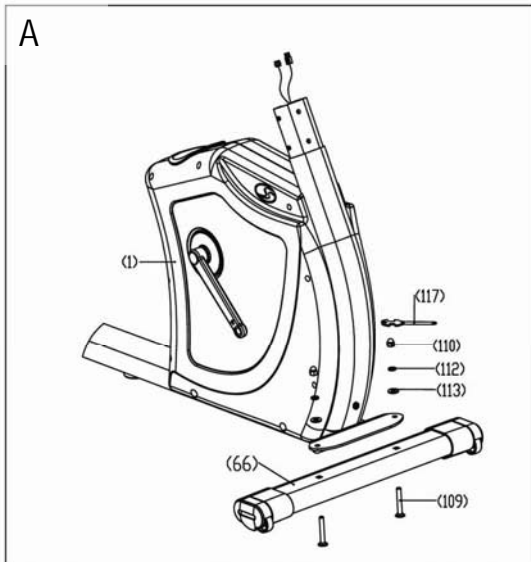
2. To assemble the Front Stabilizer



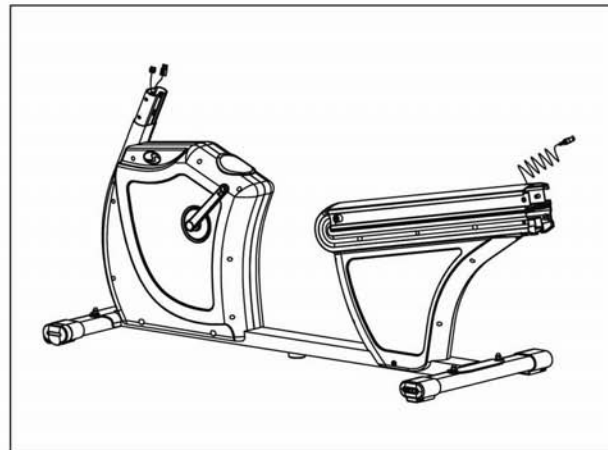
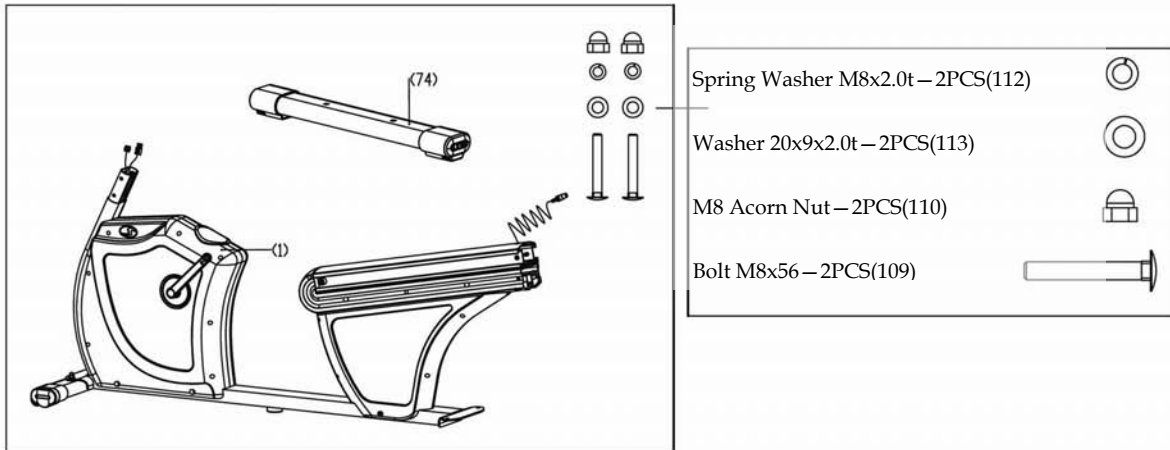
Step 2A:

As shown to the Right, attach the Front Stabilizer (66) to the Frame (1) with Bolts (109), Washers (113) (112) and Acorn Nuts (110), then tighten the nut with the included wrench (117) or a 13mm wrench or socket.

Note: The front Stabilizer (66) is the one that has the wheels on it, AND the wheels must be towards the front.

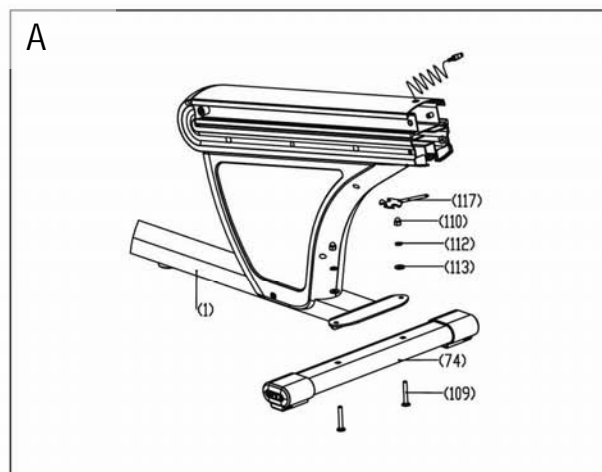


3. To assemble the Rear Stabilizer

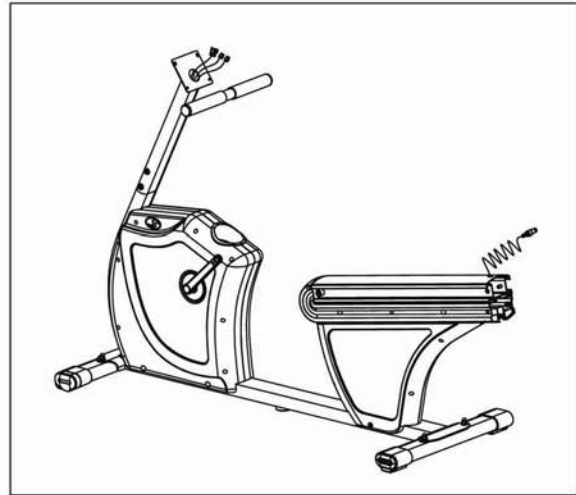
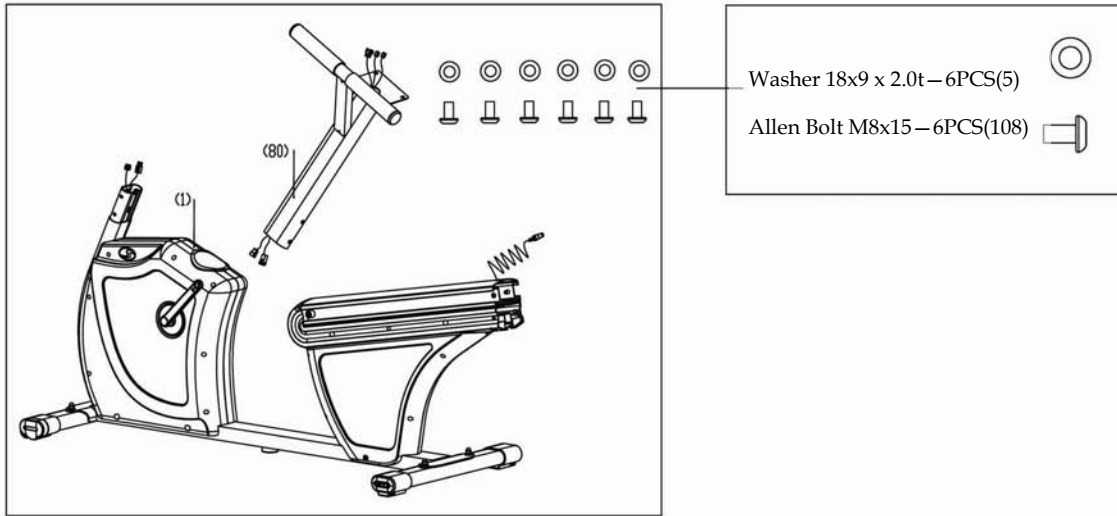


Step 3A:

As shown to the Right, attach the Rear Stabilizer (74) to the Frame (1) with Bolts (109), Washers (113) (112) and Acorn Nuts (110), then tighten with the included wrench (117) or a 13mm wrench or socket.

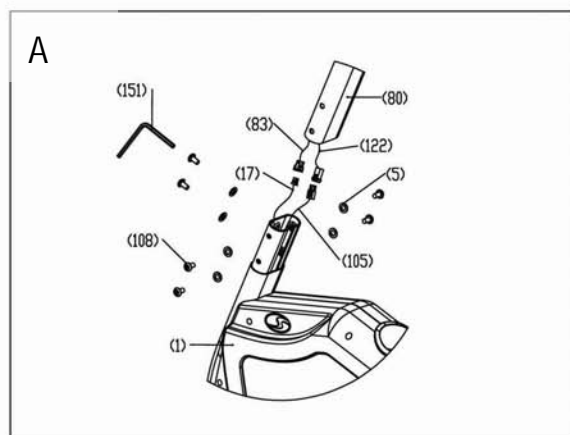


4. To assemble the Upright

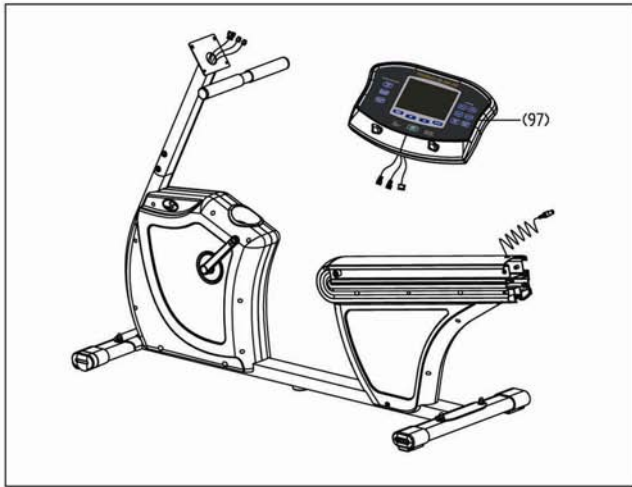


Step 4A:

1. Connect the Contact Heart Rate Wires (17) & (83) then connect Wires (105)(122).
2. Slide the Upright (80) on to the main Frame (1), then secure the Upright to the Frame using 6 Bolts (108), 6 Washers (5) using a 6mm Allen wrench (151).



5. To assemble the Computer

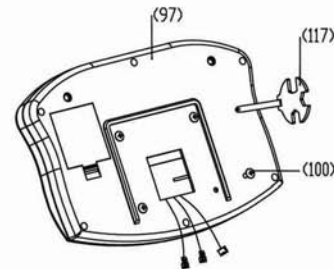


Step 5A:

Remove the 4 mounting screws (100) from the back of the Computer (97) with a Phillips head



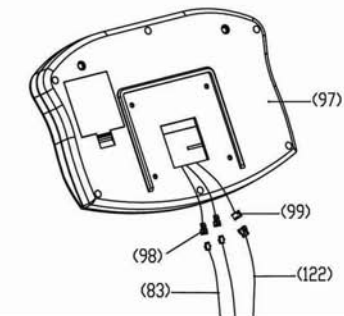
A



Step 5B:

Connect the 2 pairs of contact heart rate wires (98) to (83) and (99) to (122). Then connect the main power wires shown in the center of Fig B to the right.

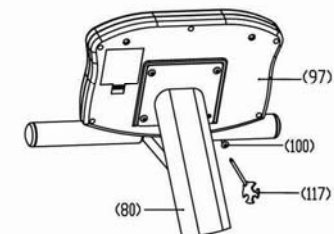
B



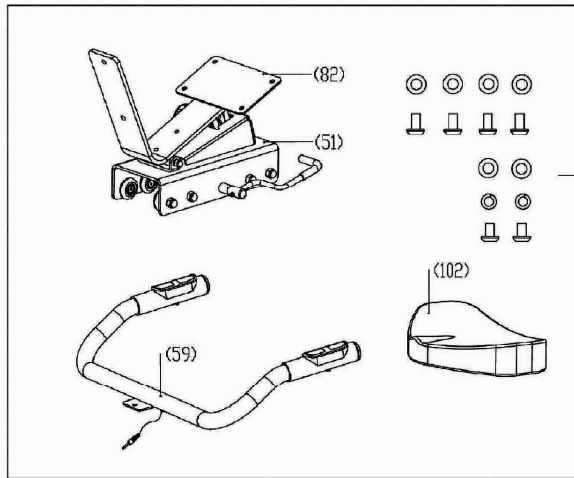
Step 5C:






Attach the Computer (97) to the Upright (80) with the 4 Phillips head screws (100) removed in Step A above. **DO NOT PINCH** the wires when securing the computer (97) to the mast (80).

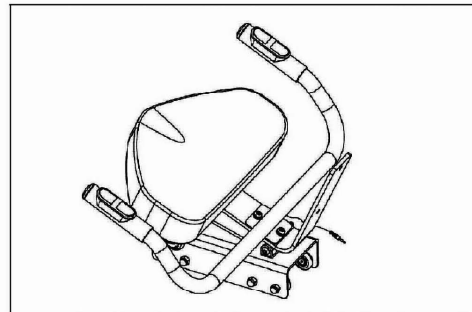
C



6. To assemble the Seat, Handrails, and Seat Sliding Base

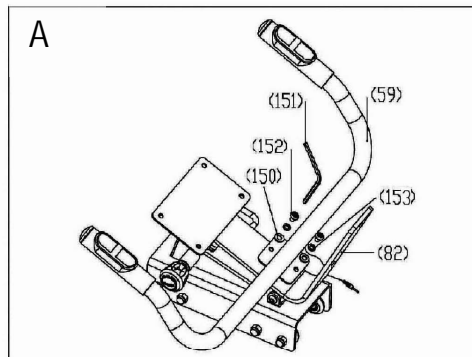


Washer 18x9x2.0t – 4PCS (5)	
Allen Bolt M8x15 – 4PCS (108)	
Spring Washer M10x3.0t – 2PCS (153)	
Washer 20x10.2x3.0t – 2PCS (150)	
Allen Bolt M10x15 – 2PCS (152)	



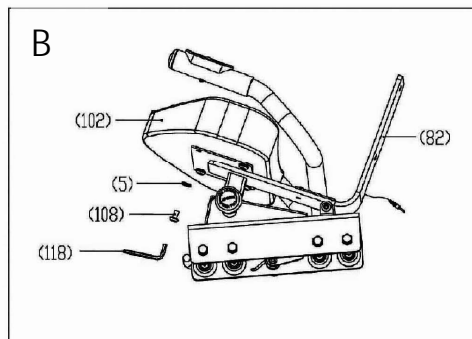
Step 6A:

Attach handrail (59) to seat base (82) using screw (152), lock washer (153) and flat washer (150) using the 6mm Allen Wrench (151).

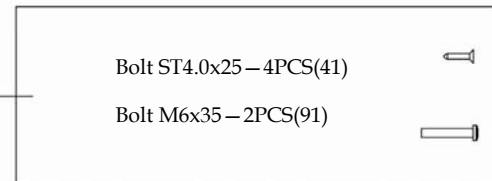
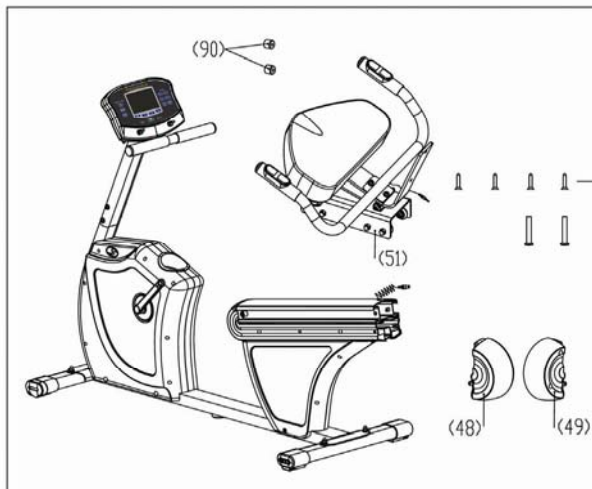


Step 6B:

Attach seat (102) to seat base (82) with 4 screws (108) and washers (5) using the 6mm Allen Wrench (151).

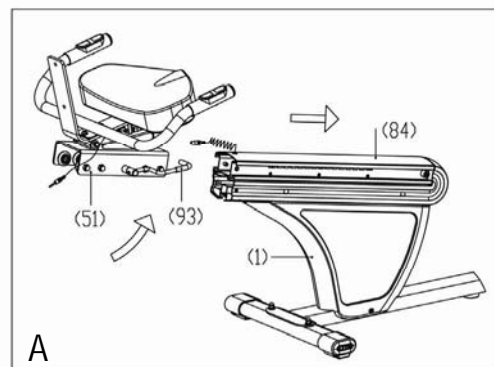


7. To Assemble the Seat Sliding Base and Rear Covers



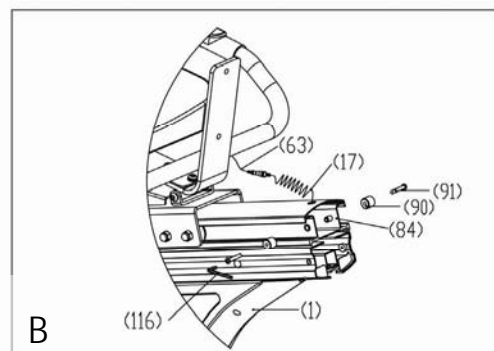
Step 7A:

Rotate the Handle (93) of the Seat Sliding Base (51) upwards in the direction shown in Fig A, then slide the Seat Sliding Base onto the Seat rail (84), and then release the Handle. **DO NOT PINCH** the Contact heart rate wire when sliding the seat sliding base (51) on to the Seat rail (84).



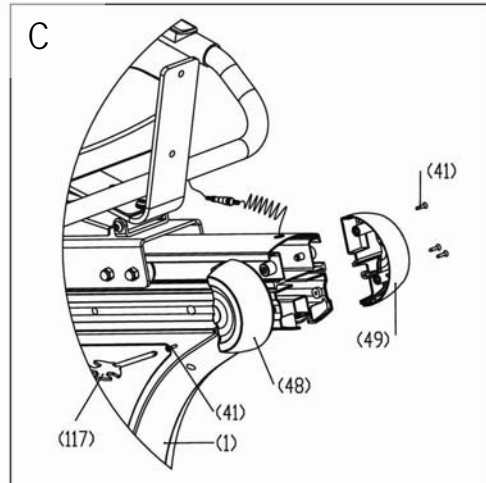
Step 7B:

1. Install both Plastic Seat Stops (90) to the Seat rail (84), with Bolts (91), using the 4mm Allen Wrench (116) (one seat stop on each side).
2. Connect the contact heart rate Wires (17) & (63) as shown in fig B.

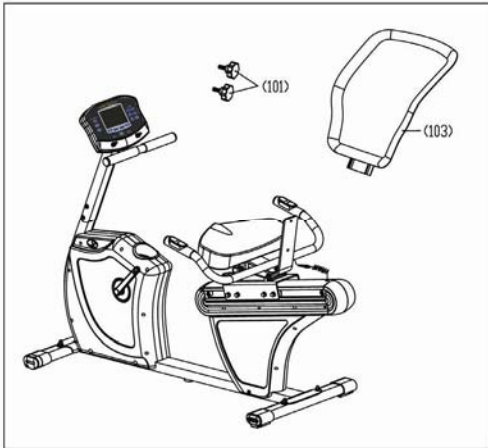


Step 7C:

Install the seat rail covers (48) & (49) to the Seat rail (84), with Self Tapping Screw (41) using a Phillips head screw driver (117)

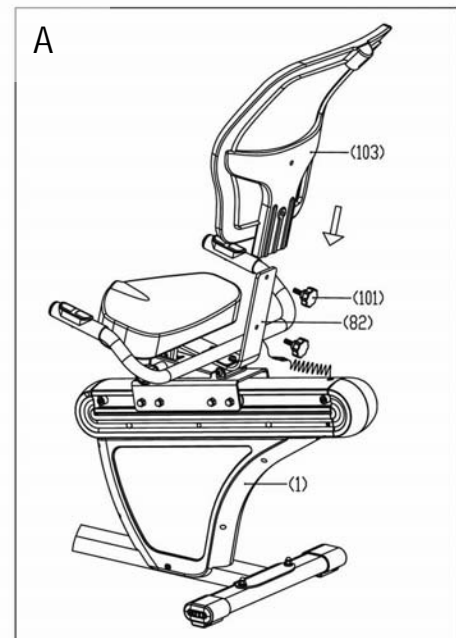


8. To assemble the Backrest



Step 8A:

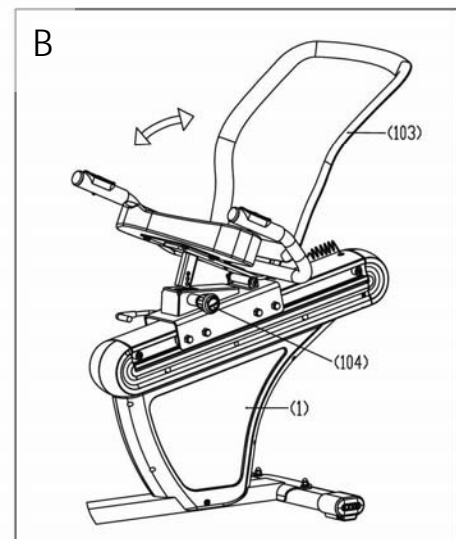
Slide Backrest (103) on to Backrest bracket (82) and secure with adjusting knobs (101).



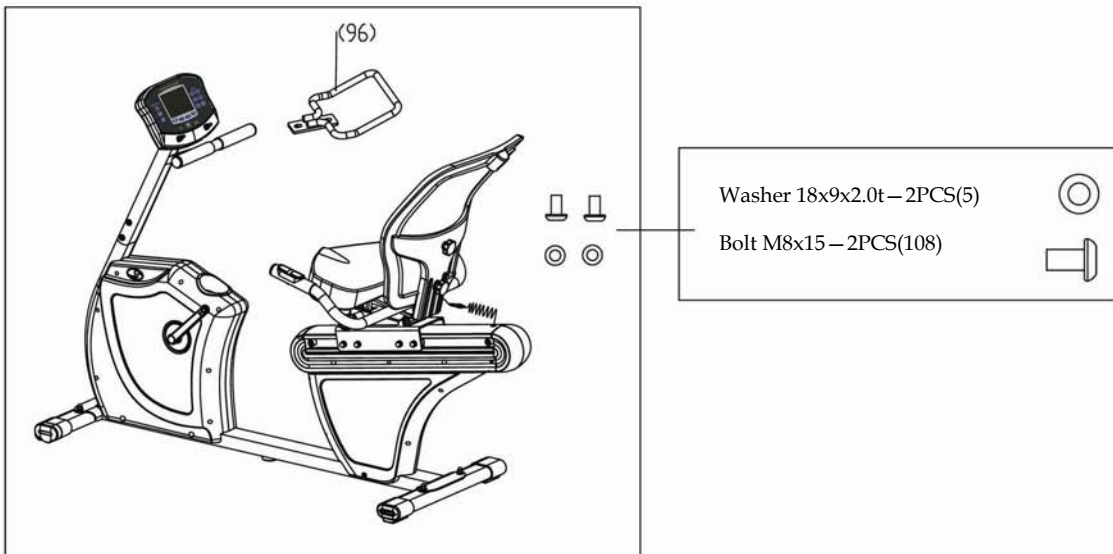
Step 8B:

To adjust seat angle, loosen adjustment knob (104), then pull and hold the adjustment knob out while tilting the seat to one of three positions. Tighten adjustment knob (104).

NOTE: If you do not tighten adjustment knob (104) the seat will feel loose and potentially make noise.

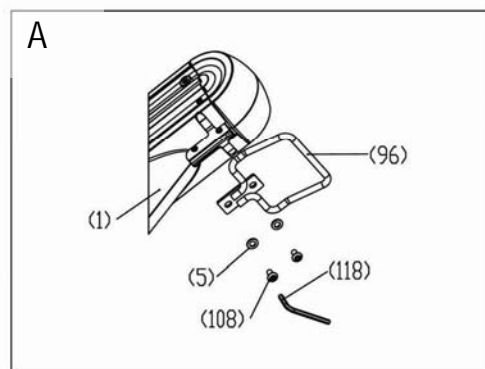


9. Install the Transport handle

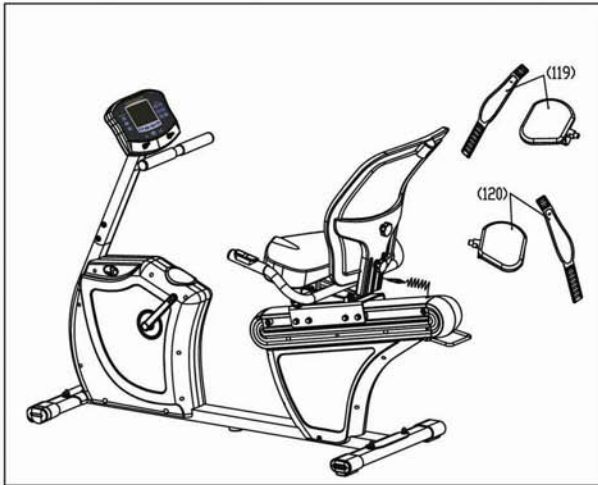


Step 9A:

Install the transport handle (96) to the Frame (1) with Bolts (108), Washers (5) tighten bolts (108) using the 6mm Allen wrench (118).

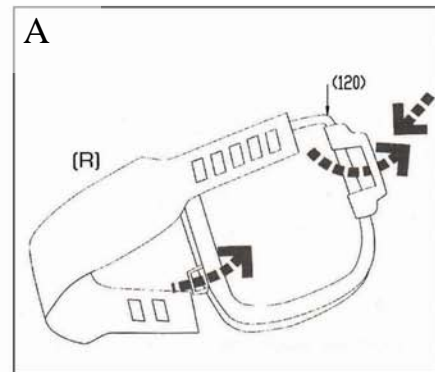


10. Assemble and Install the Pedals



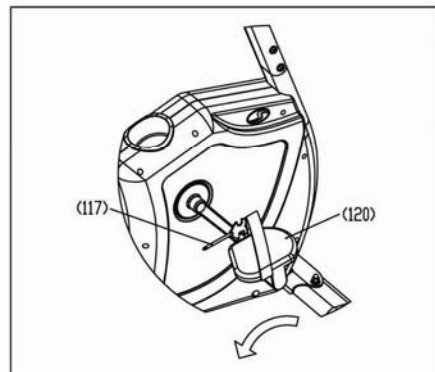
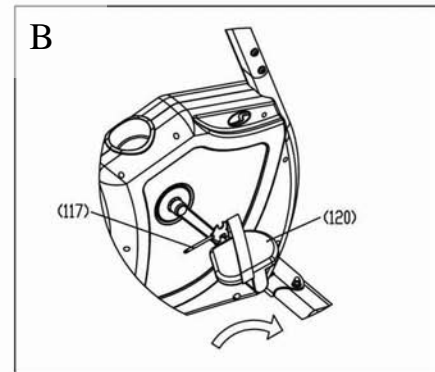
Step 10A:

Install the toe straps on the pedals as shown in Fig A to the right.



Step 10B:

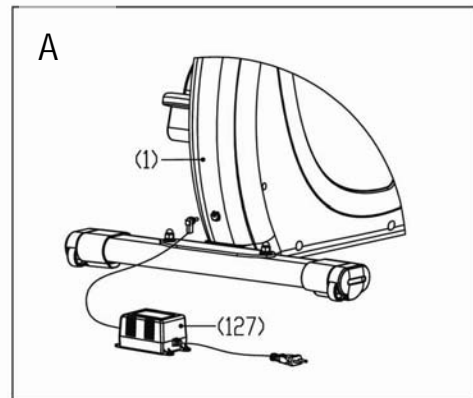
The pedals are stamped on the threaded end of the axle with the letter "R" and "L" for Right and Left respectively. Right and Left sides are determined as seated on the recumbent bike. Install the Right pedal on the Right crank arm using the included wrench (117) or a 15 mm wrench. Install the Left pedal on the Left crank arm using the included wrench (117) or a 15 mm wrench. **NOTE: The Left pedal is reverse thread (you must turn it counter-clockwise to tighten it).**



11. Connecting the AC Adapter

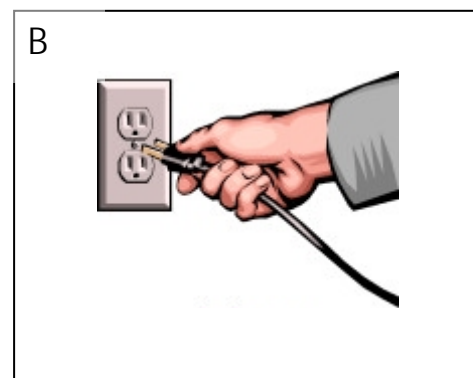
Step 11A:

Plug the AC-AC Adapter (127) into the Power Jack (1) in the front of the recumbent as shown in Figure A to the right.



Step 11B:

Plug the other end of the AC Adapter (127) into a 120 volt wall outlet then your Gold XRC is ready for use.














Gold XRC Control Panel



Information Instructions of the Display:

	Range	Setting	Default value
Time:	00:00~99:59	00:00~99:00(±1 min)	20:00
Level:	1-32	1-32	1
Speed:	0.0~99.9	-	0.0
RPM:	0~255	-	0
Distance:	0.00~99.99	0.0~99.00(±0.1)	0.00
Calories:	0~9999	0~9990(±5)	0
Watt:	20~400	20~400(±5)	20
Pulse:	30~250	30~250(±1)	0
Sex:	♀♂	♀♂	♀
Weight:	50~300lb	50~300lb(±1lb)	150lb
Height:	3'0"-6'6"	3'0"-6'6"(±1")	5'9"
Age:	12~99	12~99	20

1. Button Functions:

Button	Button Function
	Quick Start: Press this button and begin pedaling, the default resistance is level 1, the default time is 20 minutes.
	Manual: User can set level and weight, then set goal by time, distance, or calories. During workout user adjusts level of intensity by pressing Up or Down KEY.
	CUSTOM: Press this button to select the Custom Program. In this mode the user can program the level of intensity for 10 segments, each segment will 1/10 of the total workout time.
	INTERVAL: Press this button to select the Interval Program, the computer will vary resistance creating both work and rest intervals.
	CONSTANT EFFORT: Press this button to select the Constant Effort Program. You set the effort level in Watts, and the computer adjusts resistance to keep effort level constant.
	TARGET HRC: Press this button to select the Target Heart Rate program. This program will automatically adjust resistance to keep your heart rate within the range you set.
	FITNESS TEST: Press this button to select a 12 minute fitness test, at the completion of this test a value from F1 to F6 will be displayed (F1=least fit, F6=most fit).
	BODY MASS INDEX: Press this button to start this program.
	HILL CLIMB: Press this key to select this program
	ENTER/MODE: Press to confirm a selection or entry while setting up your workout.
	RESET/PAUSE: During setup press this button to go back to the previous screen or press and hold this button for 2 seconds to reset the display. During your workout press this button to pause your workout for up to 5 minutes.
	Down/Up KEY: When setting the values, press these two buttons to increase/decrease the values. Hold down to scroll.

3. Computer Operation Instructions:

Power On

Plug in the AC Adapter to your Gold XRC, then plug the AC adapter into a wall outlet (See step 11, page 18). If your Gold XRC is already plugged in, press any button to turn on the display

After 5 min. of inactivity the display will enter sleep mode (shut off). To wake the display, press any key.

Monitoring Heart Rate:

Contact Heart Rate – Your PaceMaster Gold XRC comes equipped with contact heart rate monitoring capability through contact heart rate grips. Your Heart Rate will be shown in the Pulse display.

Wireless Heart Rate – Your PaceMaster Gold XRC equipped with a built in wireless heart rate receiver. If you have a Polar or Cardio Sport wireless chest strap and wear it according to the instruction that came with it while using your Gold XRC your heart rate will be displayed in the respective area on the display. **A Wireless Chest Strap is NOT included with this product.**

Quick Start: No parameters need to be set, all values will count up from 0, the default program time is 20min,

and the default resistance level is 1 (press  /-  key to adjust). After the program ends, all

cumulative values will be displayed in the corresponding windows.

POWER ON



Rein Pedaalinn

Manual Operation: User can set resistance level and weight, and then set their goal by time, distance, or

calories. During the workout, you can adjust the level of intensity by pressing  or .

NOTE: If you preset more than one goal (i.e. time of 30 minutes & Distance of 5 miles & 300 calories) your workout will end as soon as any preset goal has been reached. Goals not set will count up from zero, goals set will count down to zero.

POWER ON



Enter "Manual" mode



Begins to count down for 3 seconds and the program starts (preset execution time for program is 20min.)



"SELECT LEVEL".



Set resistance LEVEL.



Set WEIGHT.



"ENTER TIME"



Set workout TIME.

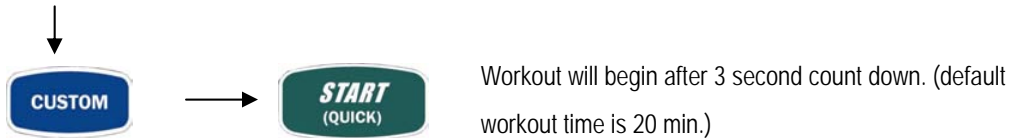


Custom Program

The Custom program allows user to set the individual level of intensity for 10 workout segments (columns). Each segment (column) will be 1/10 of the total workout time. This program can be used immediately and is stored for future workouts.

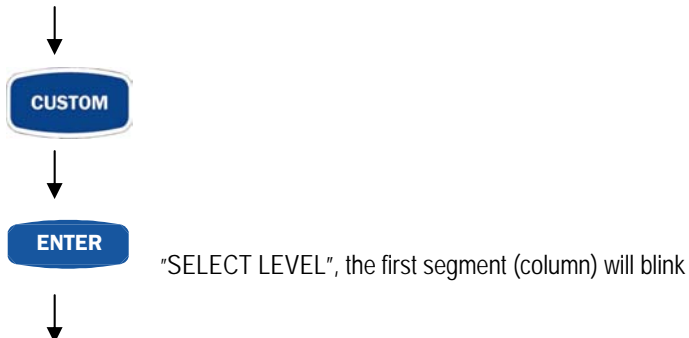
Use the existing Custom Program:

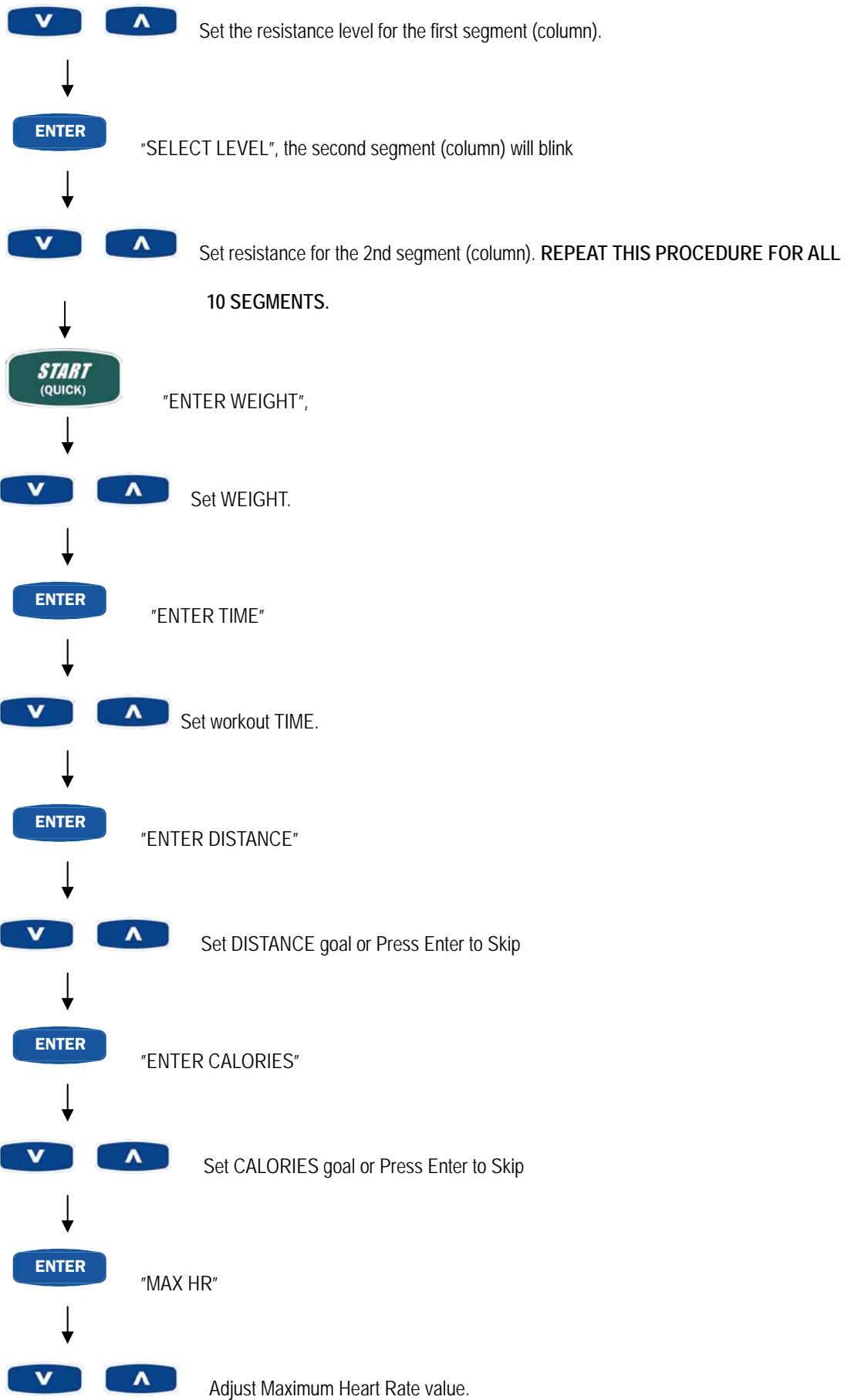
POWER ON Start Display



Create a New Custom Program:

POWER ON Start Display



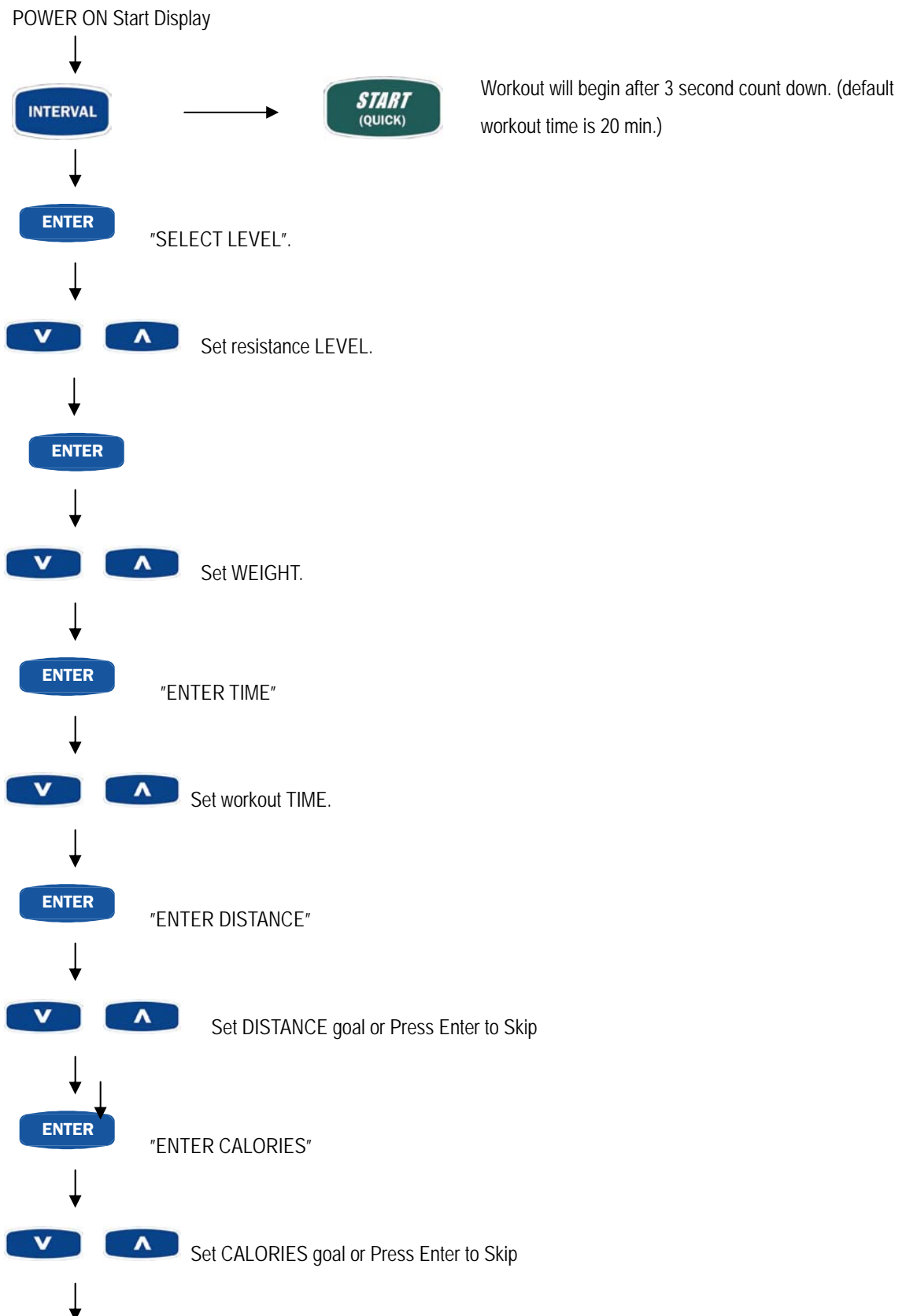


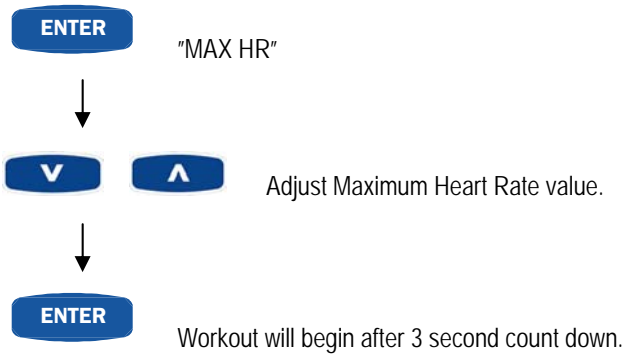


Workout will begin after 3 second count down.

Interval Program:

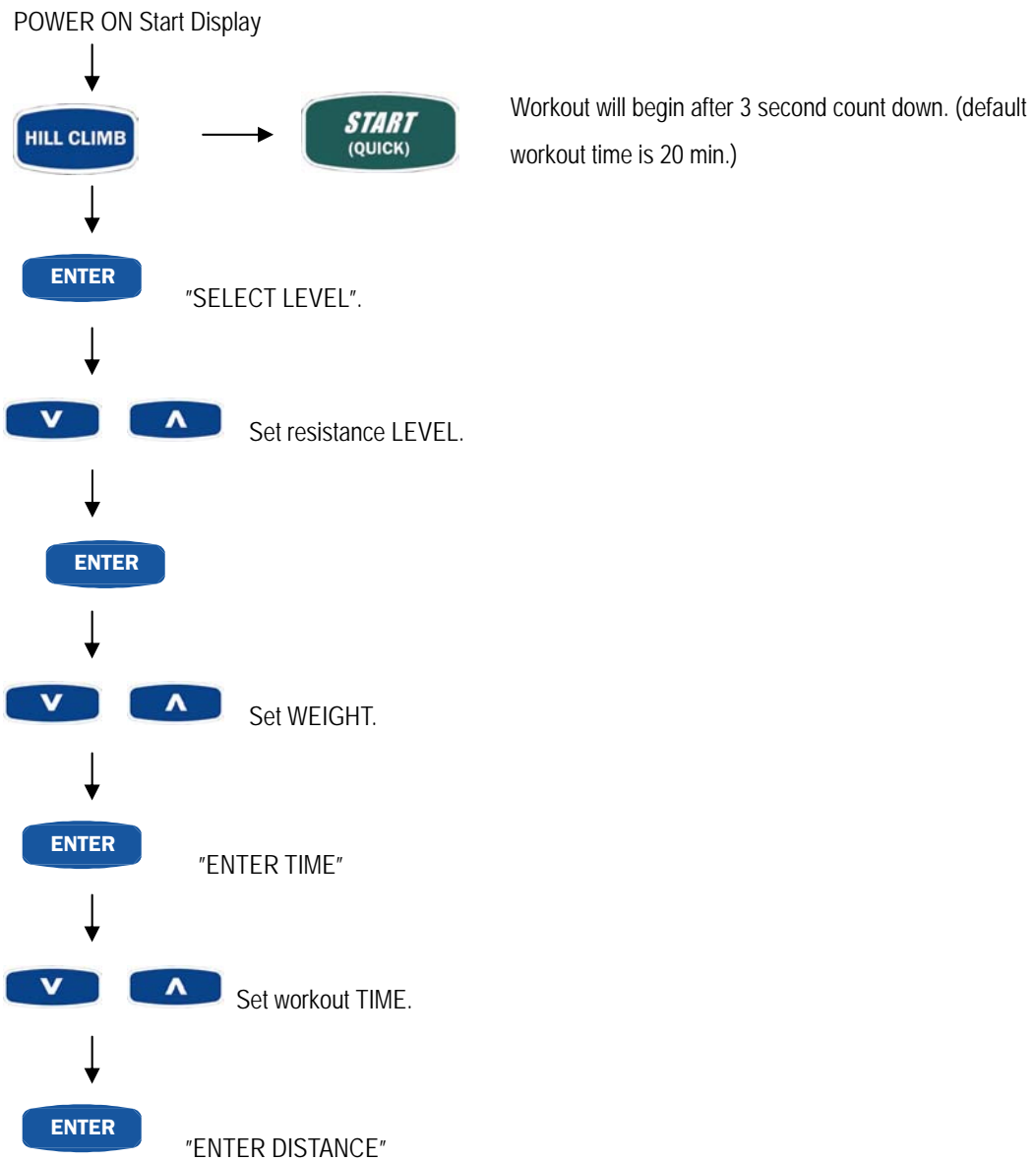
The interval program switches between work and recovery phases.

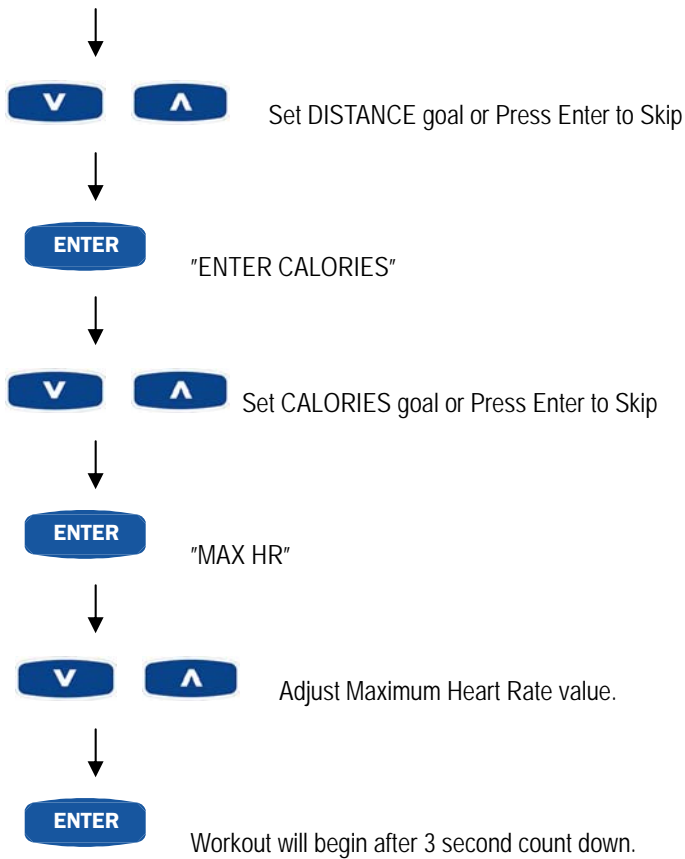




Hill Climb Program:

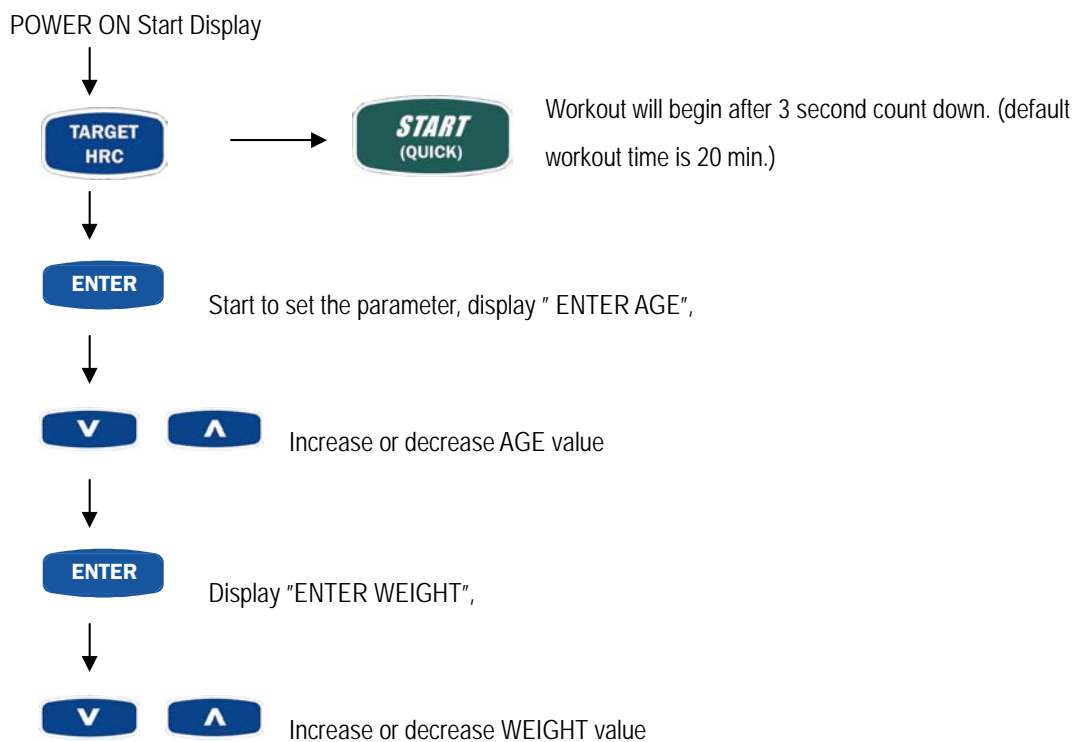
This program starts with a slight, stepwise increase in pedaling resistance then drops back to the starting resistance. This cycle is repeated, each time adding an extra level of resistance to the work phase.

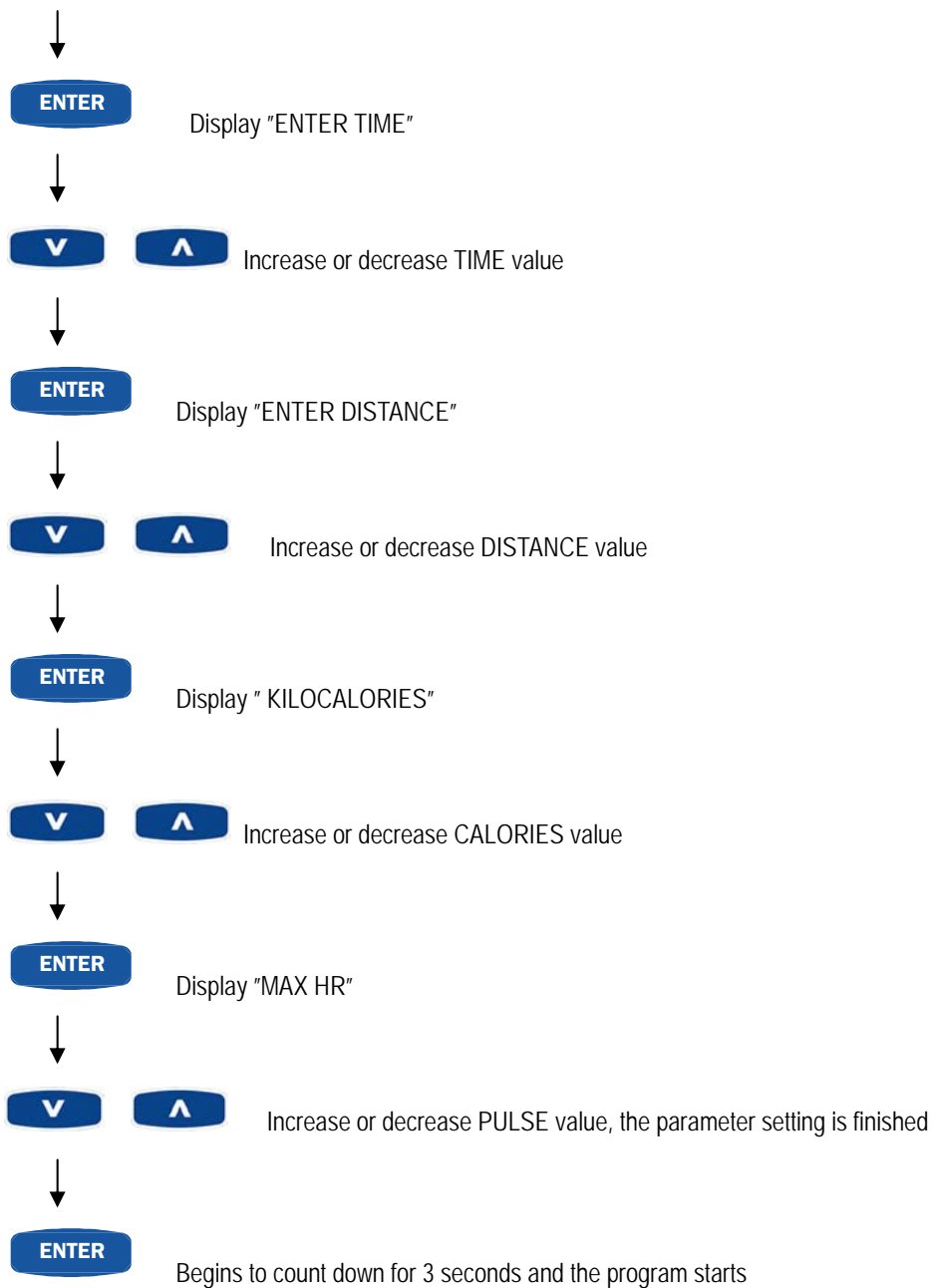




Target HRC Program:

The Target Heart Rate workout allows user to maintain a specified desired heart pulse rate throughout workout. The computer will adjust resistance levels to maintain target HR. User cannot adjust resistance levels manually.





Constant Effort Program:

The Constant Effort Program will automatically adjust the resistance to keep the effort (watts) in the preset range.

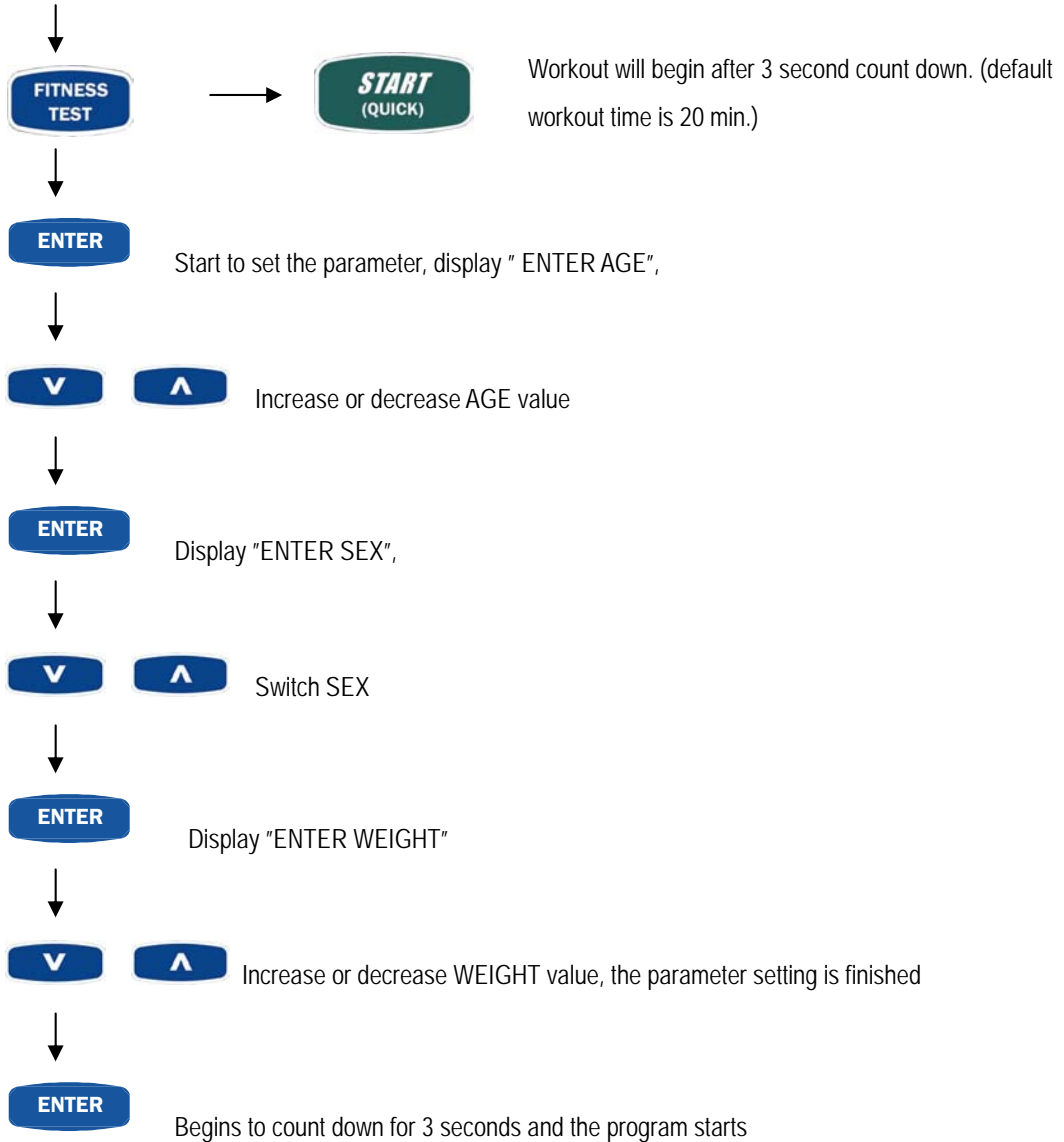




Fitness Test Program:

This is a 12 minute fitness test; the user enters sex, age, and weight and the computer will vary work load. At the completion of this test a value from F1 to F6 will be displayed (F1= most fit, F6= least fit).

POWER ON Start Display



When the program is finished A Fitness Level between F1-F6 will be displayed. (F1= most fit, F6= least fit).

Heart Rate Recovery:

This feature is designed to be used immediately following your workout to evaluate your fitness condition based on change in heart rate over a period of one minute. At the completion of this test a value from F1 to F6 will be displayed (F1=least fit, F6=most fit).

When your workout is finished



Hold the hand pulse sensor (ensure there is any pulse signal)

Enter 00:60 countdowns

Time count down to 0 and display F1-F6.

(F1 is the best and F6 is the worst.)

Body Mass Index Program:

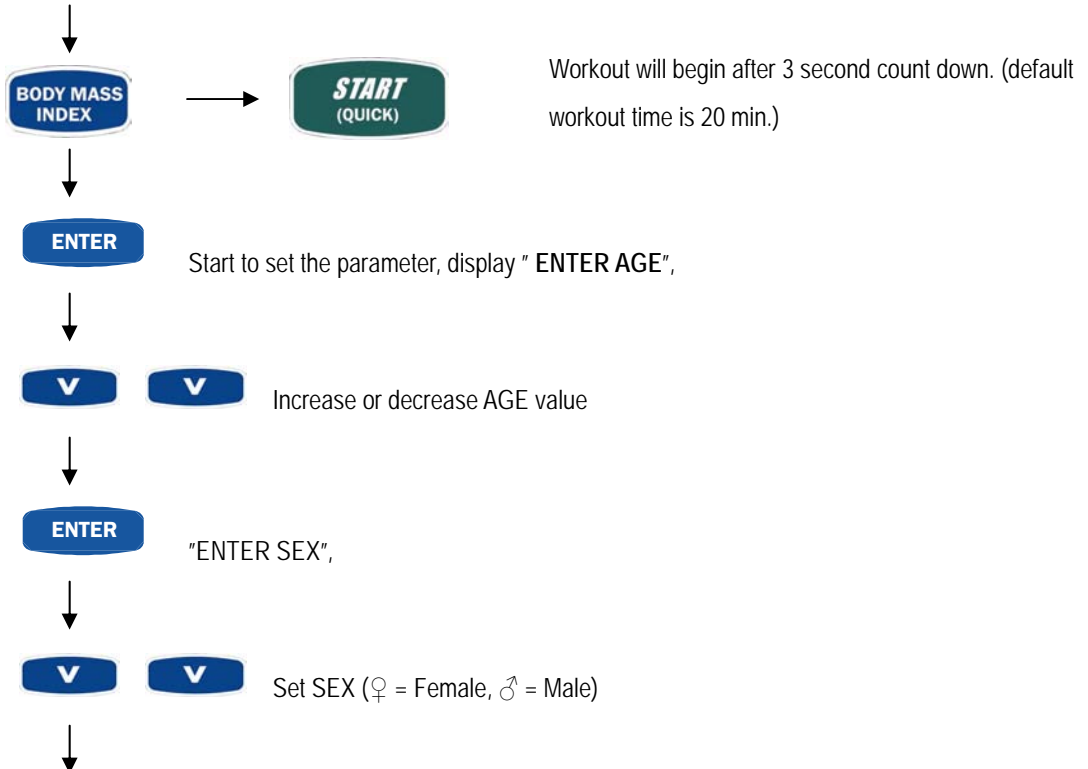
Explanation of the concept:

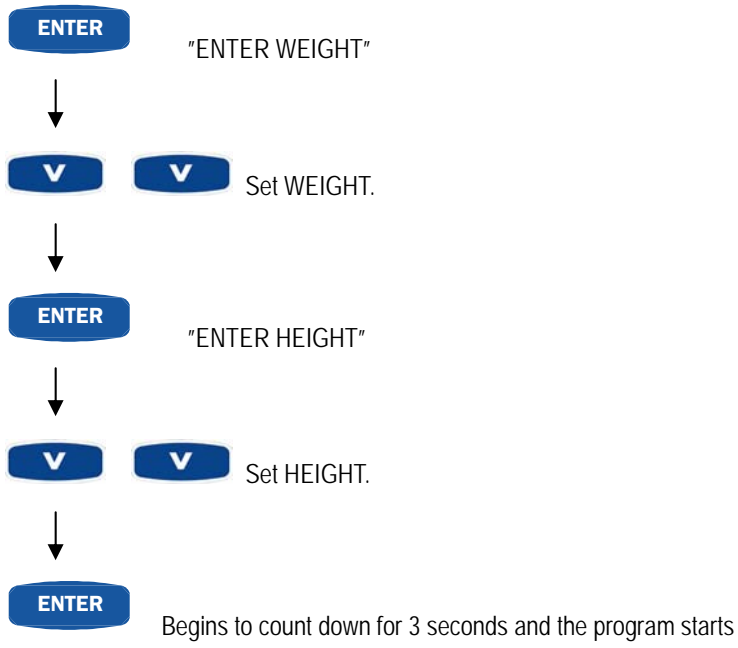
BMR – Is the energy needed to maintain body functions, measured at rest, in a lying position, 12 hours after food intake.

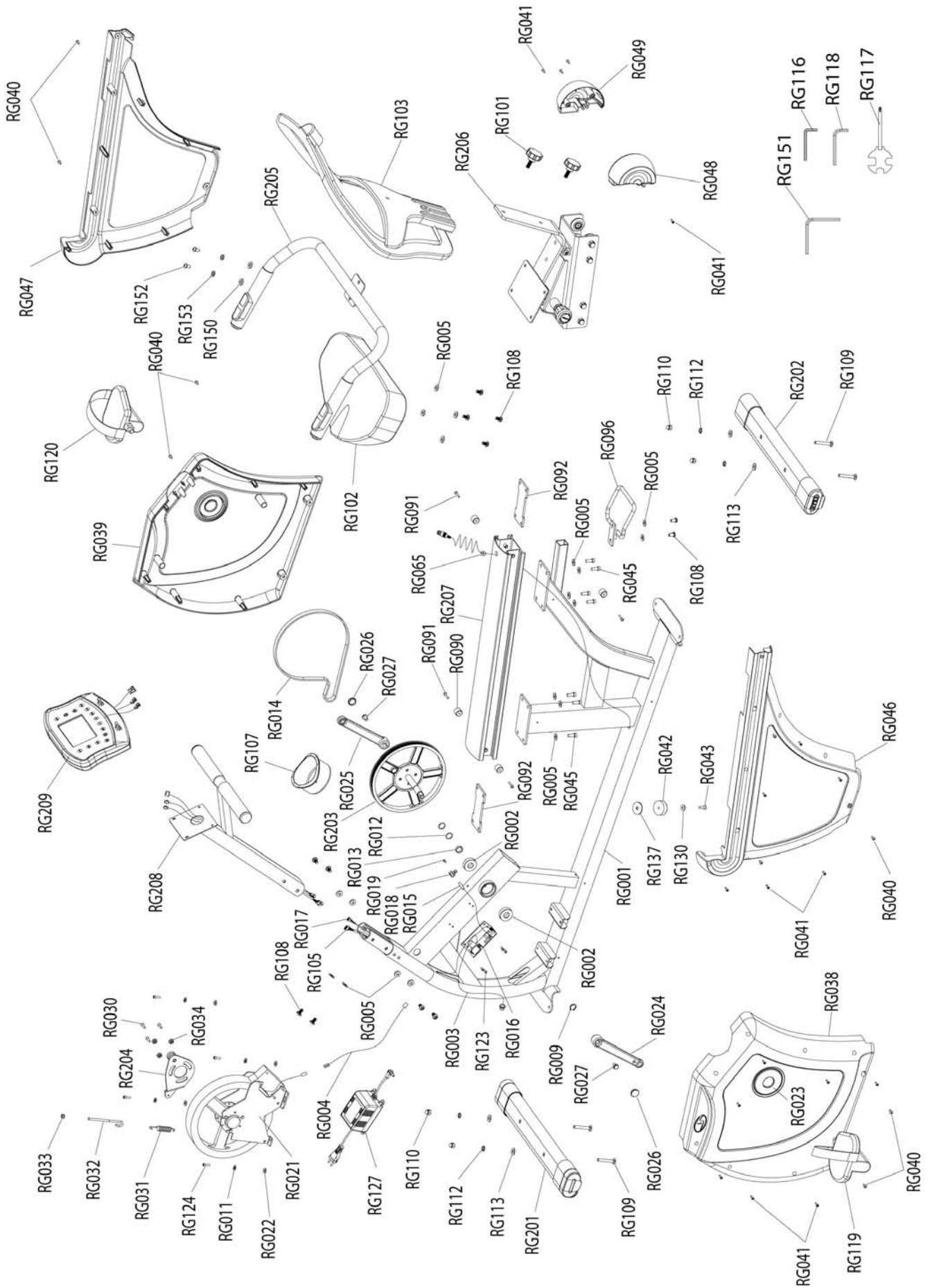
Body Fat – this is your percentage of body fat, determined using bioelectrical impedance.

BMI – is your height to weight ratio.

POWER ON Start Display







Gold XRC
11/13/07

PaceMaster Gold XRC Technical Specifications

Boxed Dimensions:	65"L x 30"W x 15"H
Assembled Dimensions:	68"L x 29" W x 49"H
Boxed Weight:	132 lbs.
Assembled Weight:	110 lbs.
Frame:	High Tensile Steel
RPM Range:	0 to 255 rpm, adjustable in increments of 1
Resistance Range:	0 to 32 levels, adjustable in increments of 1
Workout Programs:	Quick Start, Manual, Custom, Interval, Hill Climb, Target HRC, Constant Effort, Fitness Test, Heart Rate Recovery, and Body Mass Index.
Weight Limit:	275 lbs
Warranty:	Lifetime Frame, 2 Years Parts, 1 Year Labor
Operating Temperature Range:	50° F to 100° F

Manufacturer reserves the right to change the products specifications without notice.

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