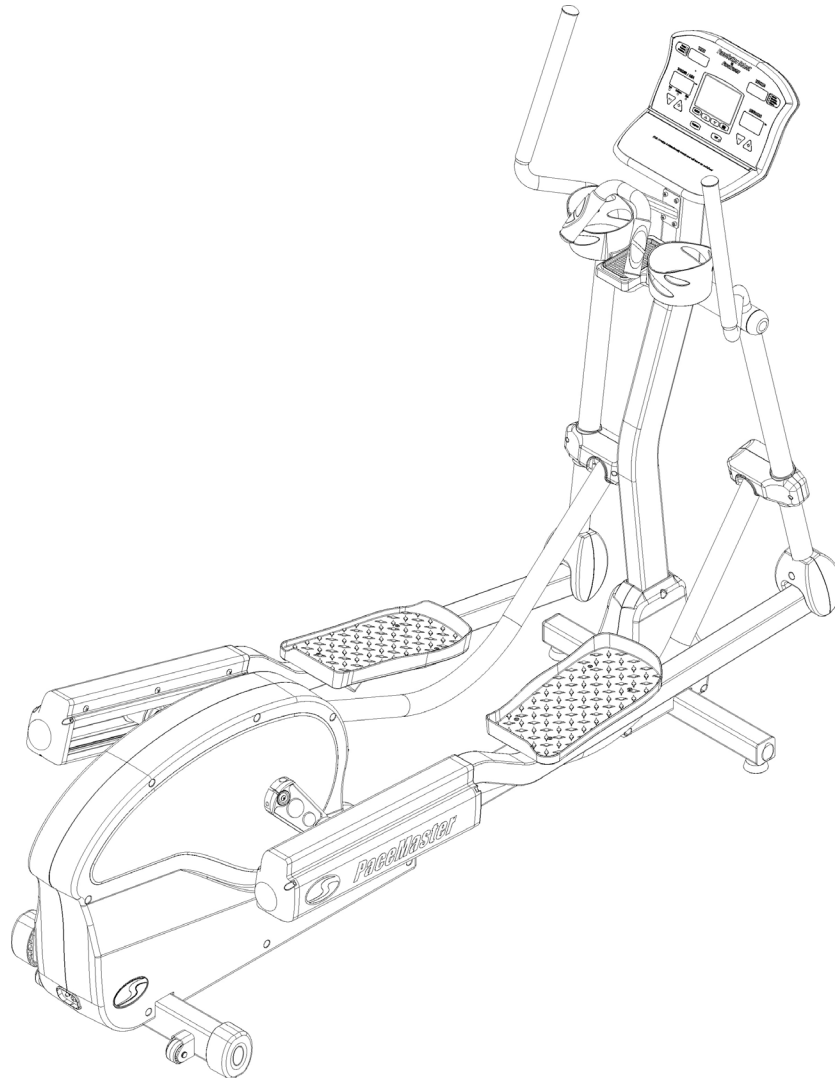


PaceMaster

Silver XT

The Mind of a Treadmill in the Body of an Elliptical™



OWNER'S MANUAL

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

www.pacemaster.com

Part # Silver XT

Rev. 11/05/2007

TABLE OF CONTENTS




INTRODUCTION	3
IMPORTANT SAFETY INSTRUCTIONS	4
ASSEMBLY INSTRUCTIONS	5-17
Installation Requirements	5
Unpacking Your Elliptical	5
Tools Required for Assembly	5
Grounding Instructions	5
Box Contents	6
Hardware Legend	7
Assembly	8-16
Testing Your Elliptical	17
THE PACEMASTER SILVER XT CONTROL PANEL	18-20
OPERATING INSTRUCTIONS	21-33
Configuring User ID's	21-22
Quick Start	23
Manual Workout (Timed)	24
FBT (Full Body Trainer)	25
Fat Burn Workouts	26-28
F1	26
F2, F3, and F4,	27
Fat Burn Course Specifications	28
Heart Rate Workouts	29-31
Interval Workouts I1, I2, and I3	32
Interval Course Specifications	33
EXCLUSIVE PACEMASTER FEATURES	34-35
Exercise Preview	34
Aerobic Points	34
Personal Electronic Trainer	34-35
TROUBLE SHOOTING	36
FREQUENTLY ASKED QUESTIONS	37
PACEMASTER TECHNICAL SPECIFICATIONS	38/

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 elliptical 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 Ellipticals 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 the elliptical. 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 elliptical.

Tip indicates a useful suggestion when installing, maintaining or using your Elliptical Cross Trainer.

Your PaceMaster Elliptical Cross Trainer can measure the effect of your workout in a number of different ways. For example “Aerobic Points” is a well tested method to set workout goals based on a desired level of overall fitness. Your PaceMaster elliptical can automatically calculate Aerobic Points for you. In this way your elliptical acts like your own personal trainer.


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


We wish you an enjoyable and rewarding partnership with your PaceMaster Elliptical Cross Trainer.


The PaceMaster Silver XT Elliptical Cross Trainer is designed for home use only.

IMPORTANT SAFETY INSTRUCTIONS

Read these instructions before using your Elliptical Cross Trainer

 **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 Elliptical is not designed for use by children under the age of 18 without strict parental supervision.
- Close supervision is necessary when the elliptical is used by or near children, disabled persons or pets.
- Use your PaceMaster Elliptical 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 Elliptical 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 elliptical.
- Do not use outdoors.
- Always unplug your PaceMaster Elliptical 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 elliptical with a minimum of 2 feet (1219mm) of clearance between the front and rear of the elliptical and any wall or obstruction.
- Do not allow anyone to reach under or be too near your PaceMaster Elliptical while it is in use.
- Never allow more than one person on your PaceMaster Elliptical at any time.
- Never move the elliptical 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 120 Volt outlet.. You must have a minimum of 2 feet of clearance between the elliptical 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 elliptical to avoid soiling of the carpet. Deep pile carpet is not recommended.

Unpacking Your Elliptical

The PaceMaster elliptical is packed in 26 pieces:

- Refer to the Parts List on the next page.

Before assembling your elliptical, open the hardware package and verify that you have the following items:

- Refer to the Hardware Legend on page 7.

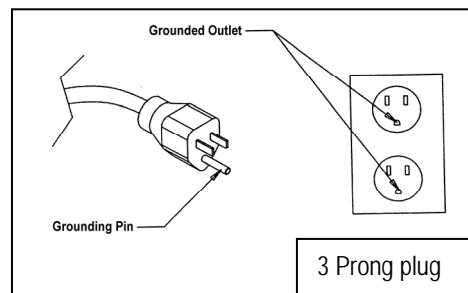
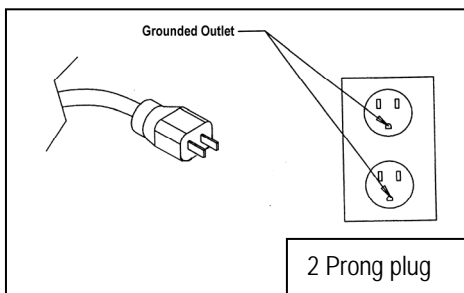
If any parts are missing, contact the authorized PaceMaster retailer where you purchased your PaceMaster elliptical.

Tools Required for Assembly

- 17 mm wrench (2)
- 6 mm hex wrench
- Phillips head screwdriver

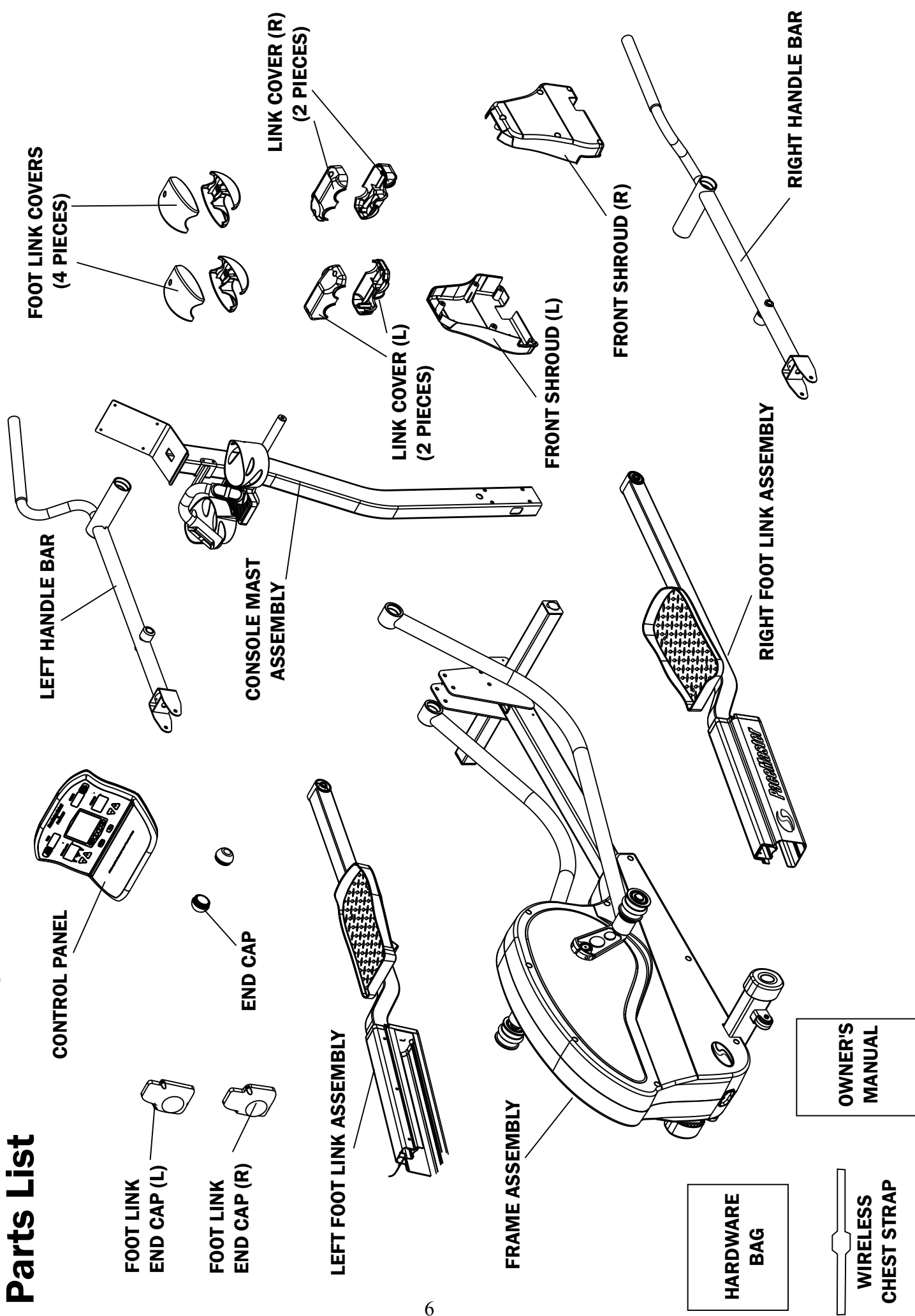
Power Supply Connections

Your PaceMaster Silver XT comes with an external power supply. **ONLY** use the power supply that is provided with the product. Depending on where you purchased your elliptical, the external power supply will have either a 2 or 3 prong plug. If it has a 3 prong plug, it must be plugged into a 3 prong grounded outlet (see photo below) with a nominal rating of 120 VAC.



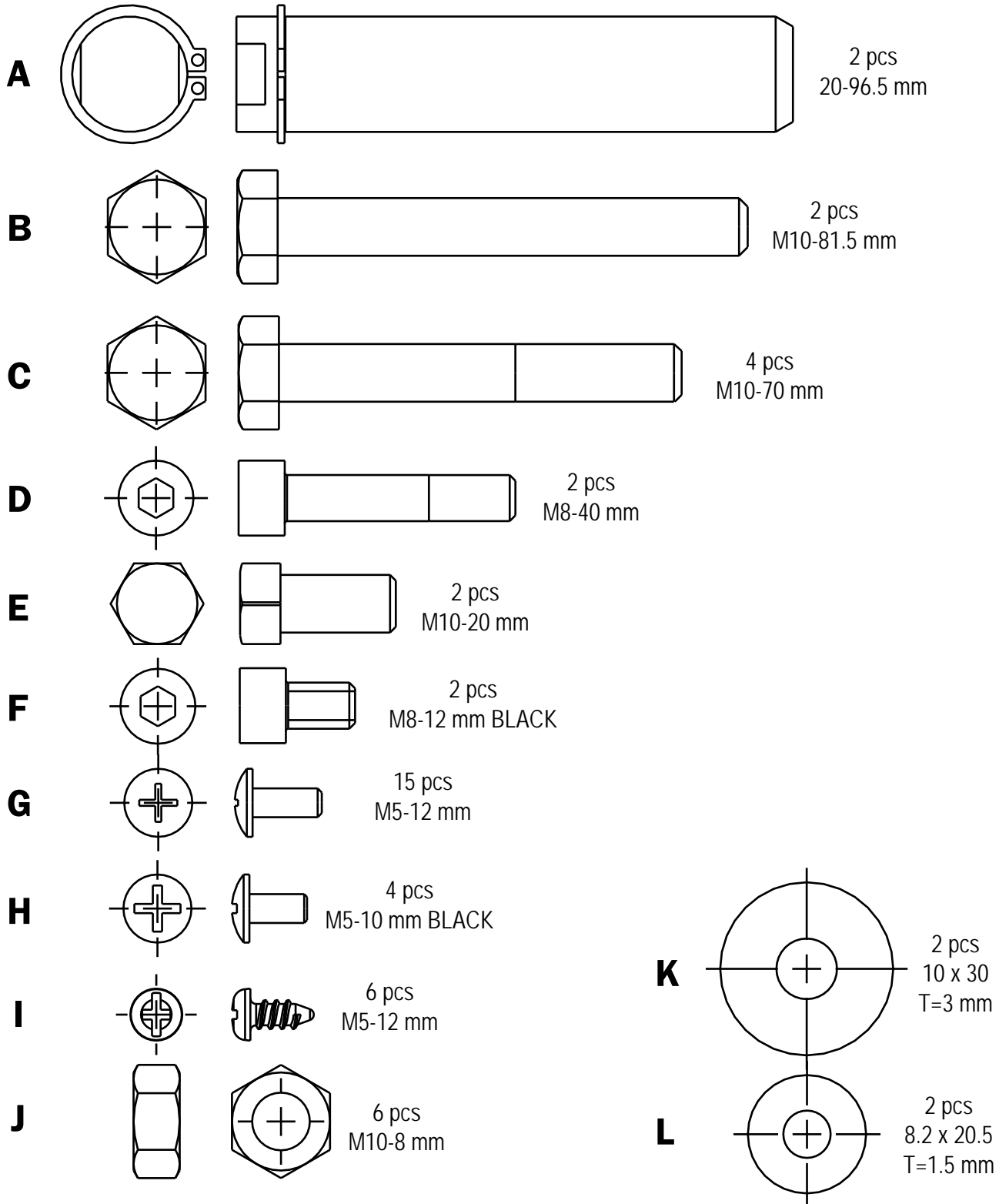
PaceMaster Silver XT

Parts List



PaceMaster Silver XT

Hardware Legend



ASSEMBLY INSTRUCTIONS

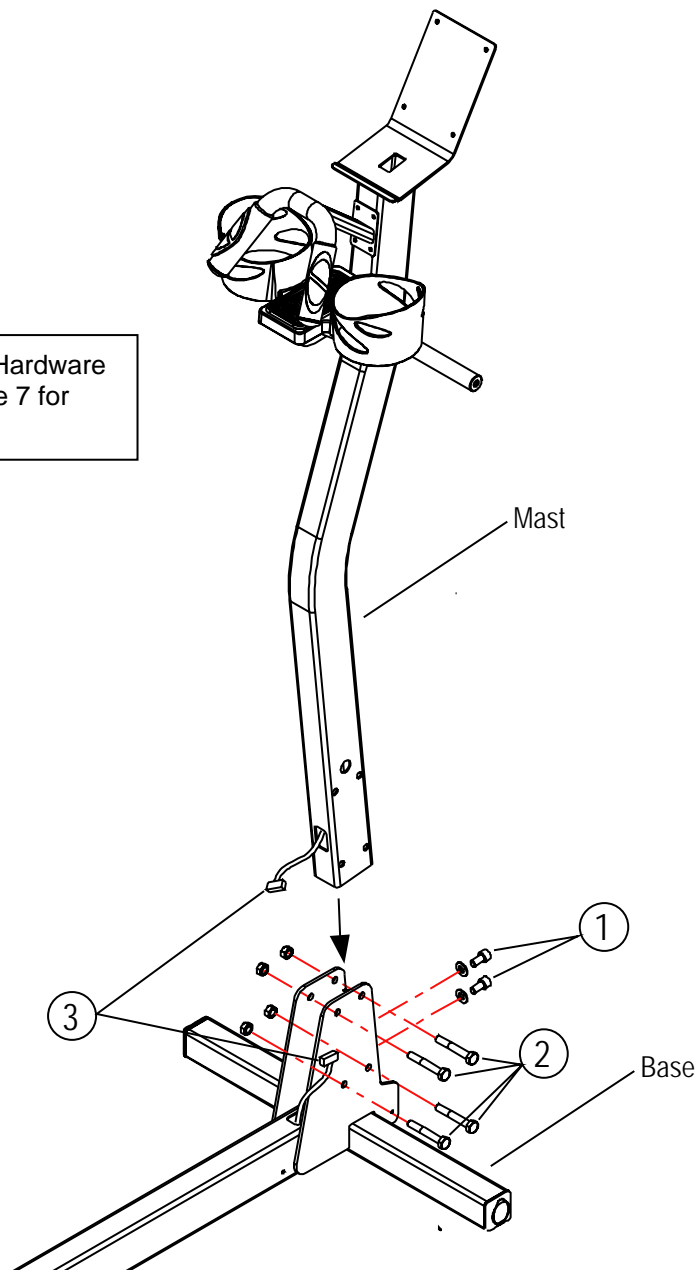
STEP 1: Loosley install the 2 screws 'F' with the 2 washers 'L'.

STEP 2: Loosley install the 4 bolts 'C' with 4 nuts 'J'.

CAUTION: Do not pinch the Mast wire when installing the 4 bolts 'J'

STEP 3: Plug the Base wire into the Mast wire (make sure you stuff the extra wire into the Mast to ensure there will be enough wire at the top when installing the control panel). Tighten the 2 screws 'F', then tighten bolts 'J' (installed in Steps 1 & 2)

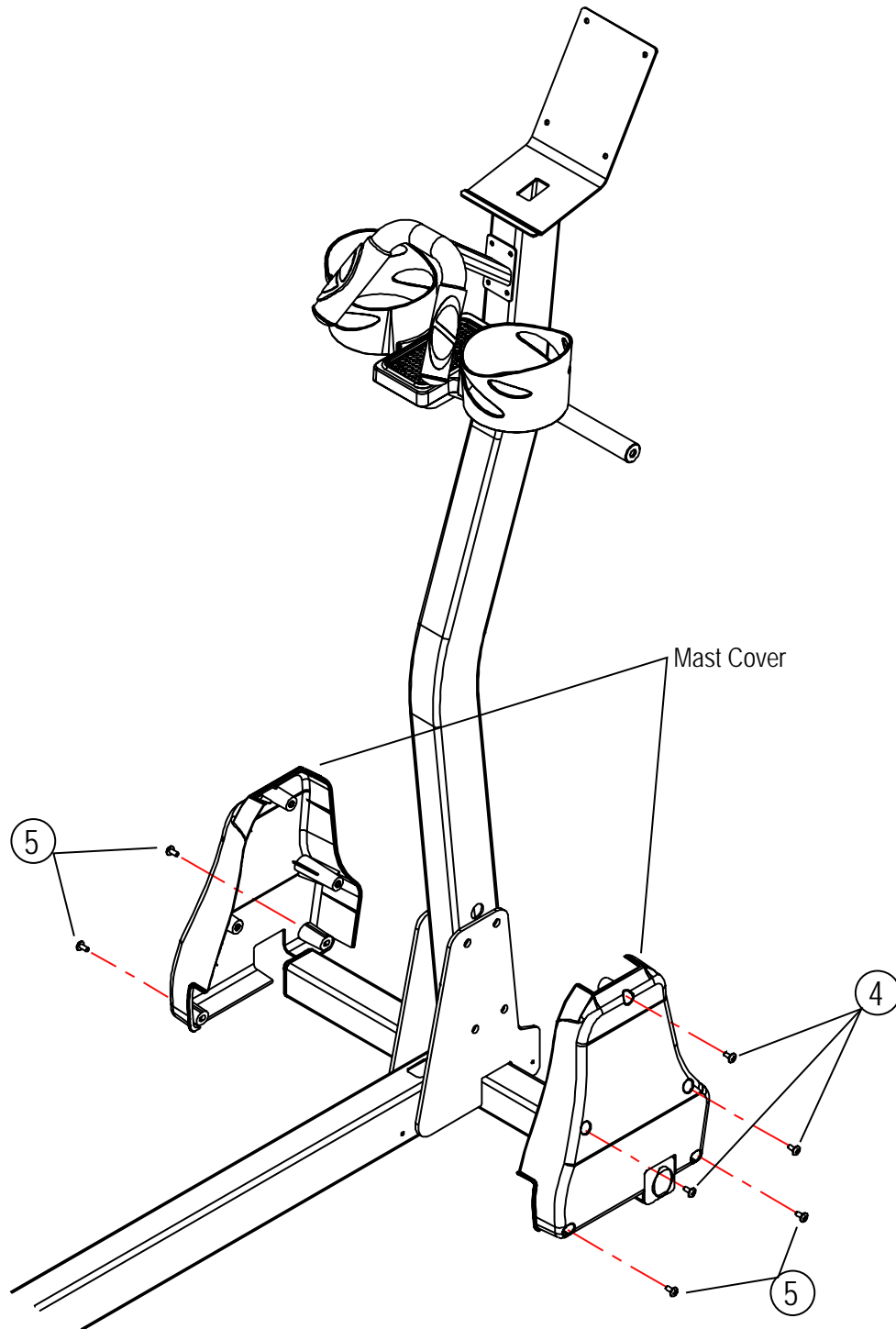
Note: Refer to Hardware Legend on Page 7 for fastener details.



ASSEMBLY INSTRUCTIONS

STEP 4: Position and secure both pieces of the Mast Cover using 3 screws 'G'

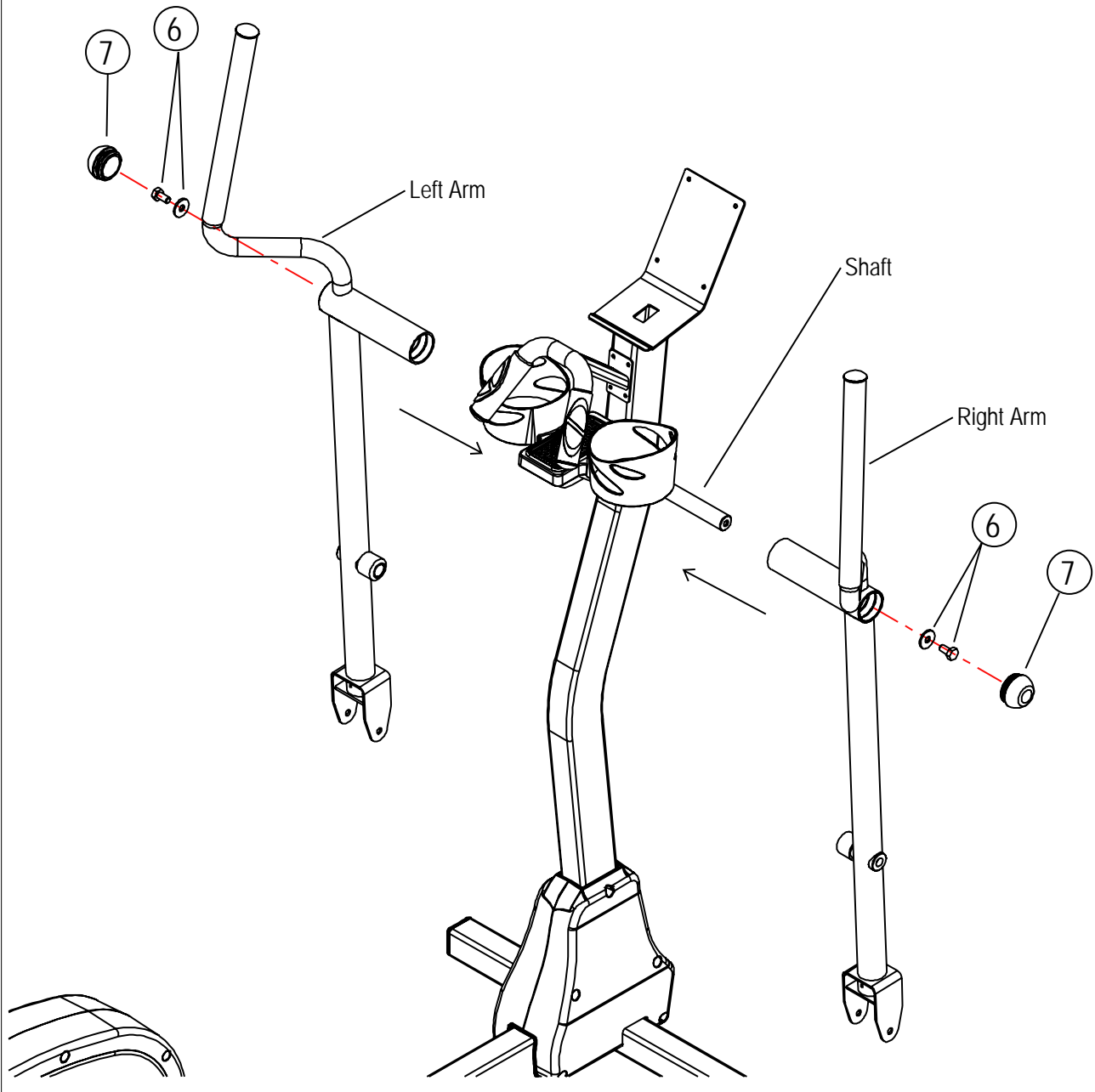
STEP 5: Secure the assembled Mast Cover to the Base using 4 screws 'G'



ASSEMBLY INSTRUCTIONS

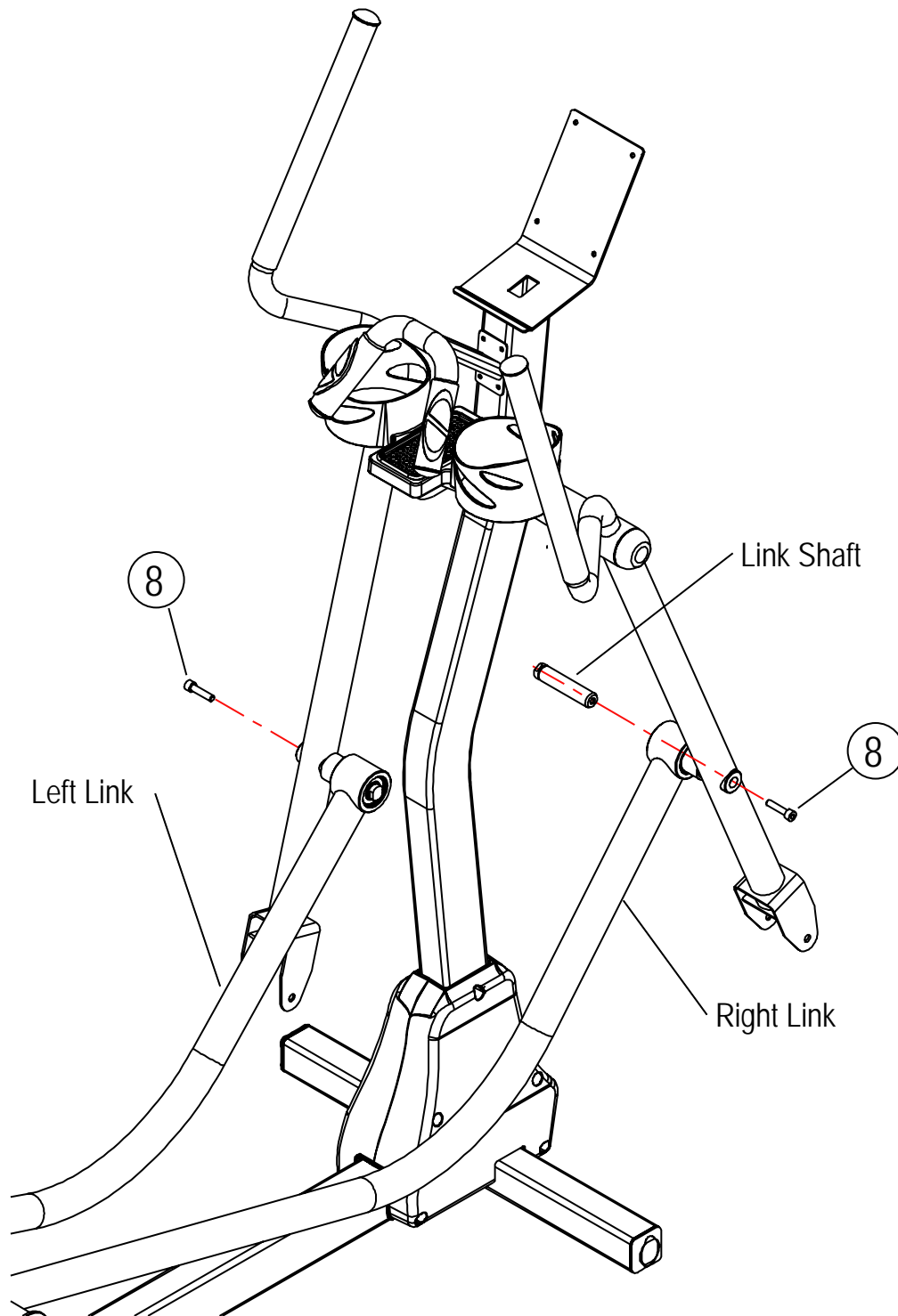
STEP 6: Slide the Right Arm onto the shaft as indicated below. Secure the right arm to the shaft using bolt 'E' and washer 'K'. Repeat this procedure for the Left Arm.

STEP 7: Install the end caps for both arms.



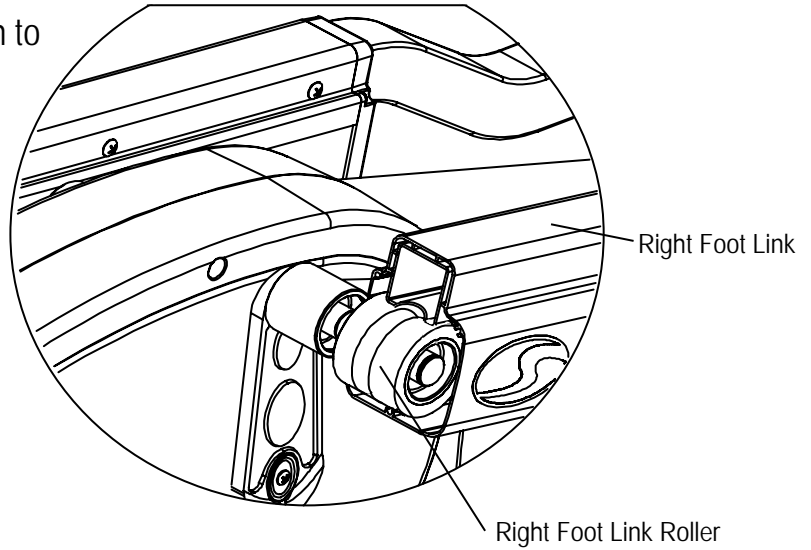
ASSEMBLY INSTRUCTIONS

STEP 8: Insert the Link shaft through the Right link and into the hole on the Right arm as indicated below. Use screw 'D' to secure the link shaft. Perform the same procedure for the Left link

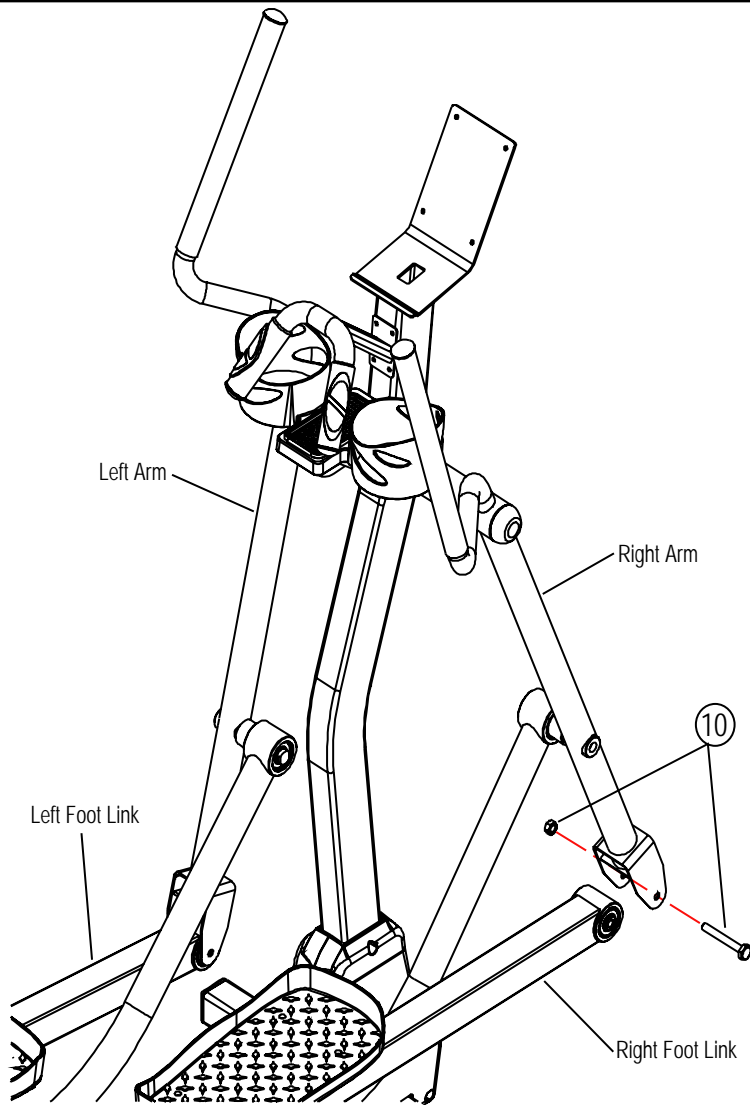


ASSEMBLY INSTRUCTIONS

STEP 9: Slide the Right Foot Link on to the Right Foot Link Roller, as shown to the right, making sure the convex hump on the roller is centered with the concave portion of the square tube.



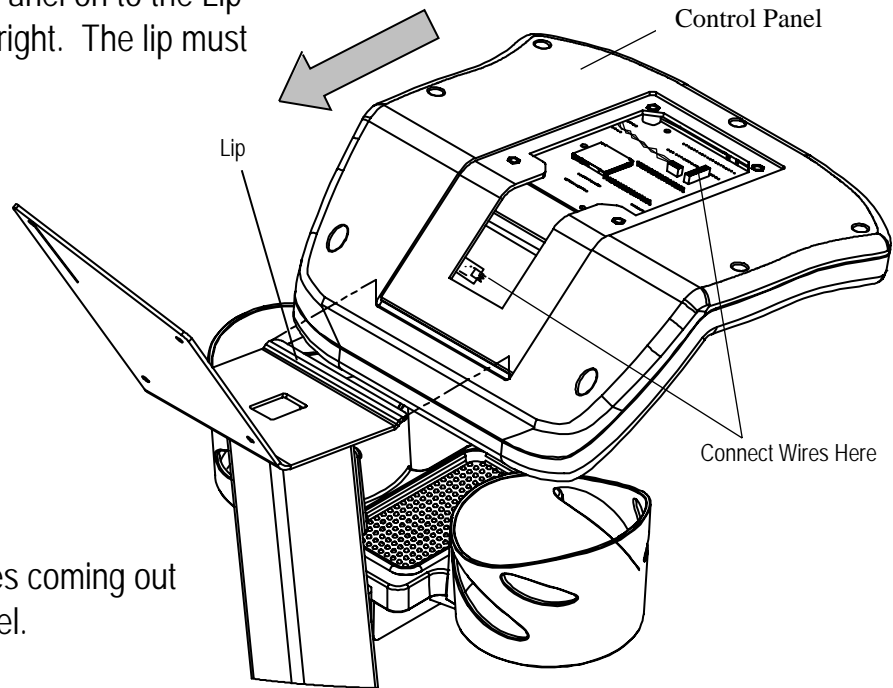
STEP 10: Attach the Right Foot Link to the Right Arm using Bolt 'B' and Nut 'J' as shown below. Repeat steps 9 & 10 for the Left side.



ASSEMBLY INSTRUCTIONS

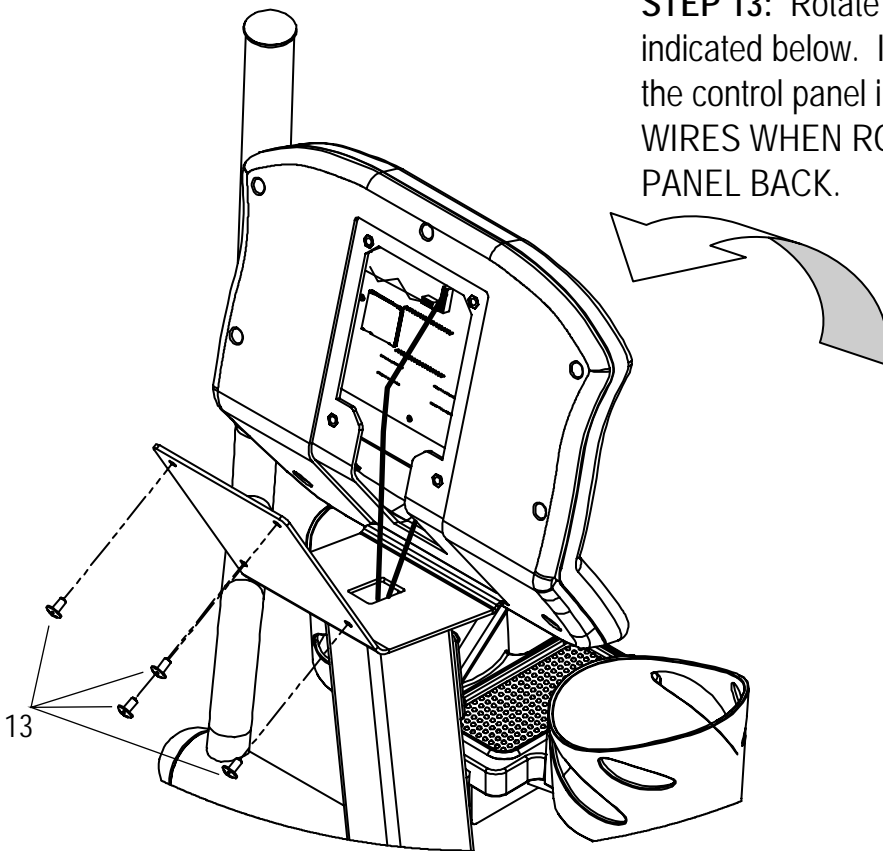
STEP 11: Slide the Control Panel on to the Lip on the mast as shown to the right. The lip must slide into the control panel.

Tip: The control panel will rest on the lip in the upright position shown to the right while wires are being connected.



STEP 12: Connect the 2 wires coming out of the mast to the control panel.

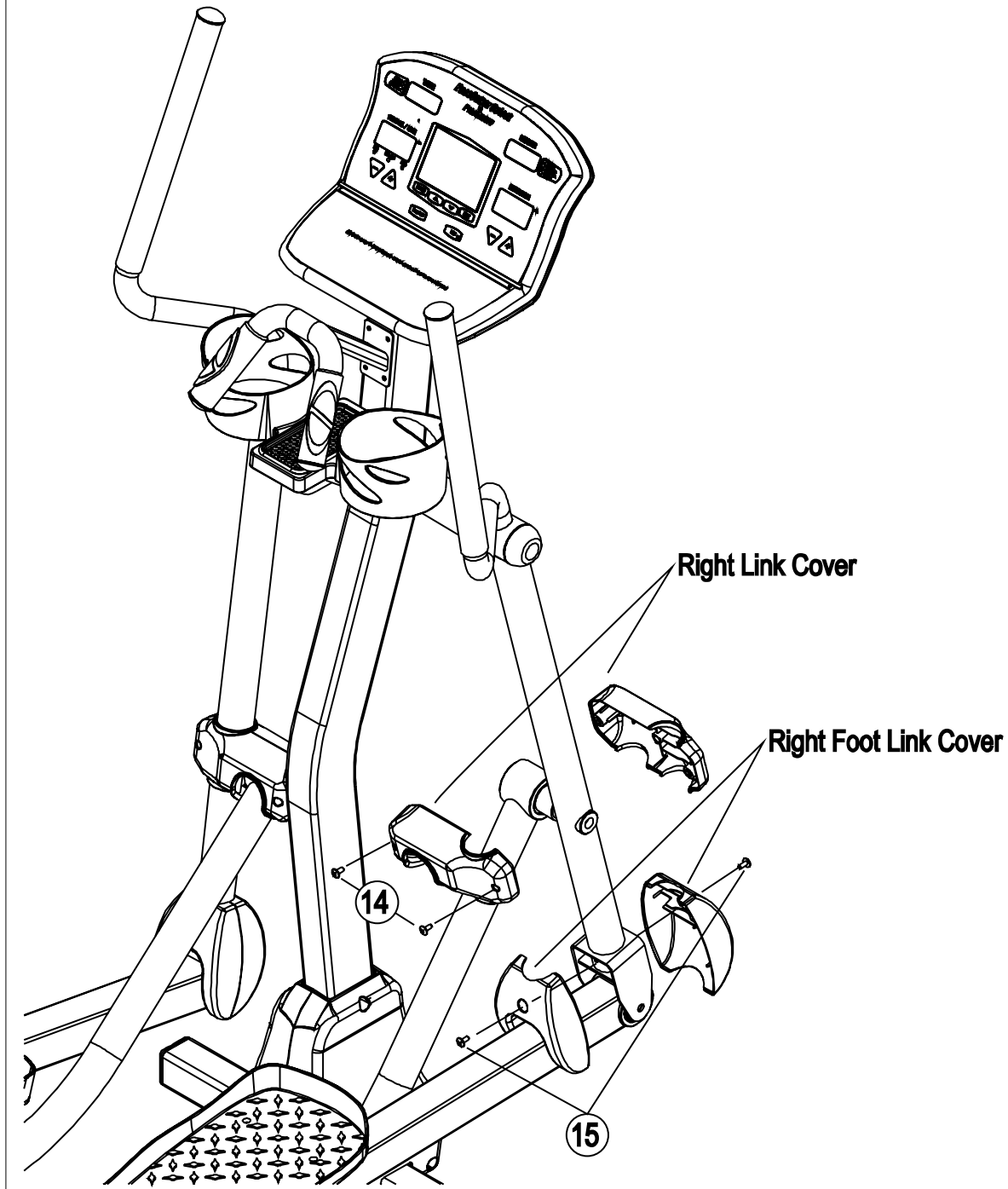
STEP 13: Rotate the control panel back as indicated below. Install the 4 screws 'H' to secure the control panel in place. **DO NOT PINCH THE WIRES WHEN ROTATING THE CONTROL PANEL BACK.**



ASSEMBLY INSTRUCTIONS

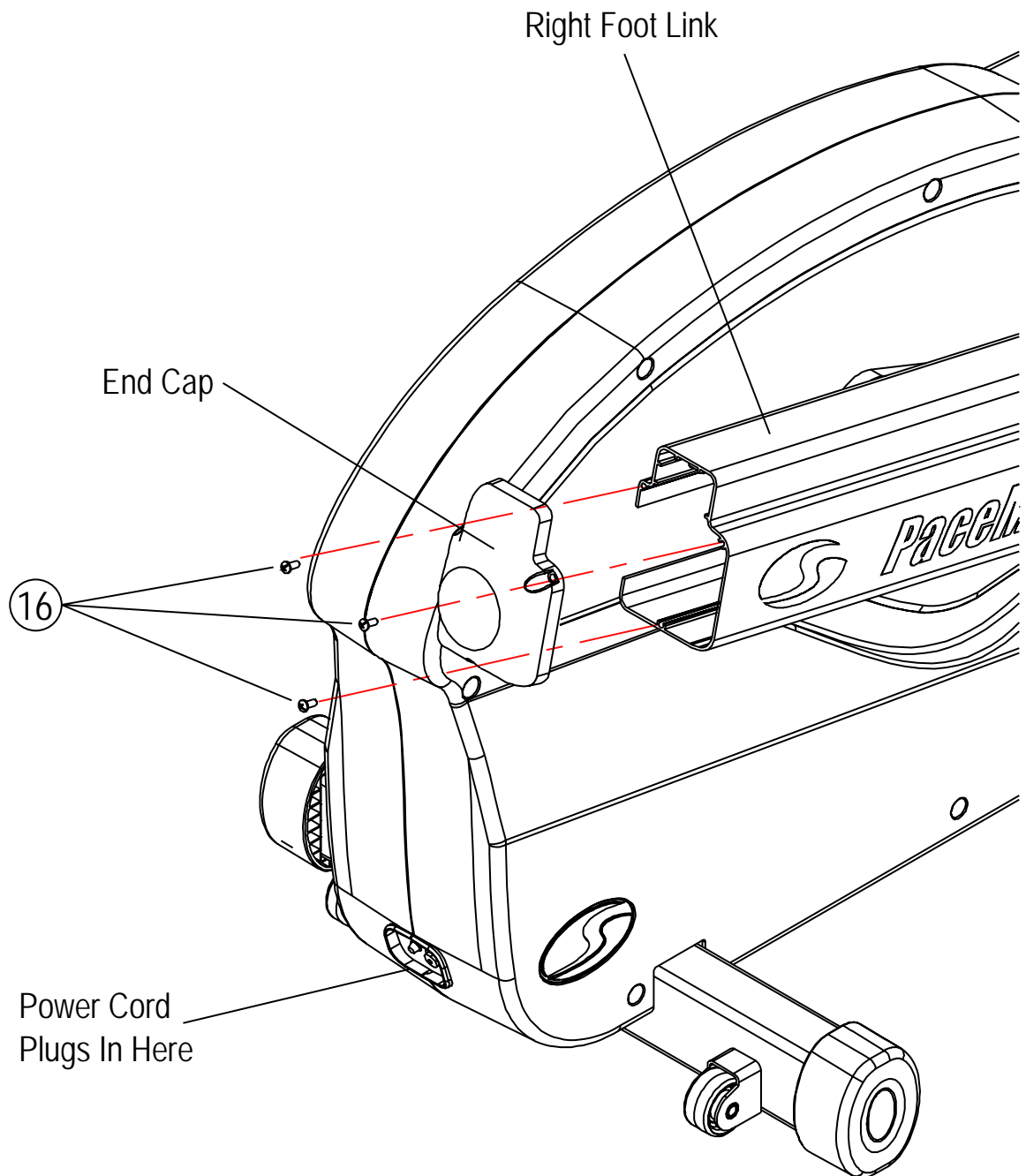
STEP 14: Mount the Right Link Cover as shown below using 2 screws 'G'. Repeat this step for the Left Link Cover.

STEP 15: Mount the Right Foot Link Cover as shown below using 2 screws 'G'. Repeat this step for the Left Foot Link Cover.



ASSEMBLY INSTRUCTIONS

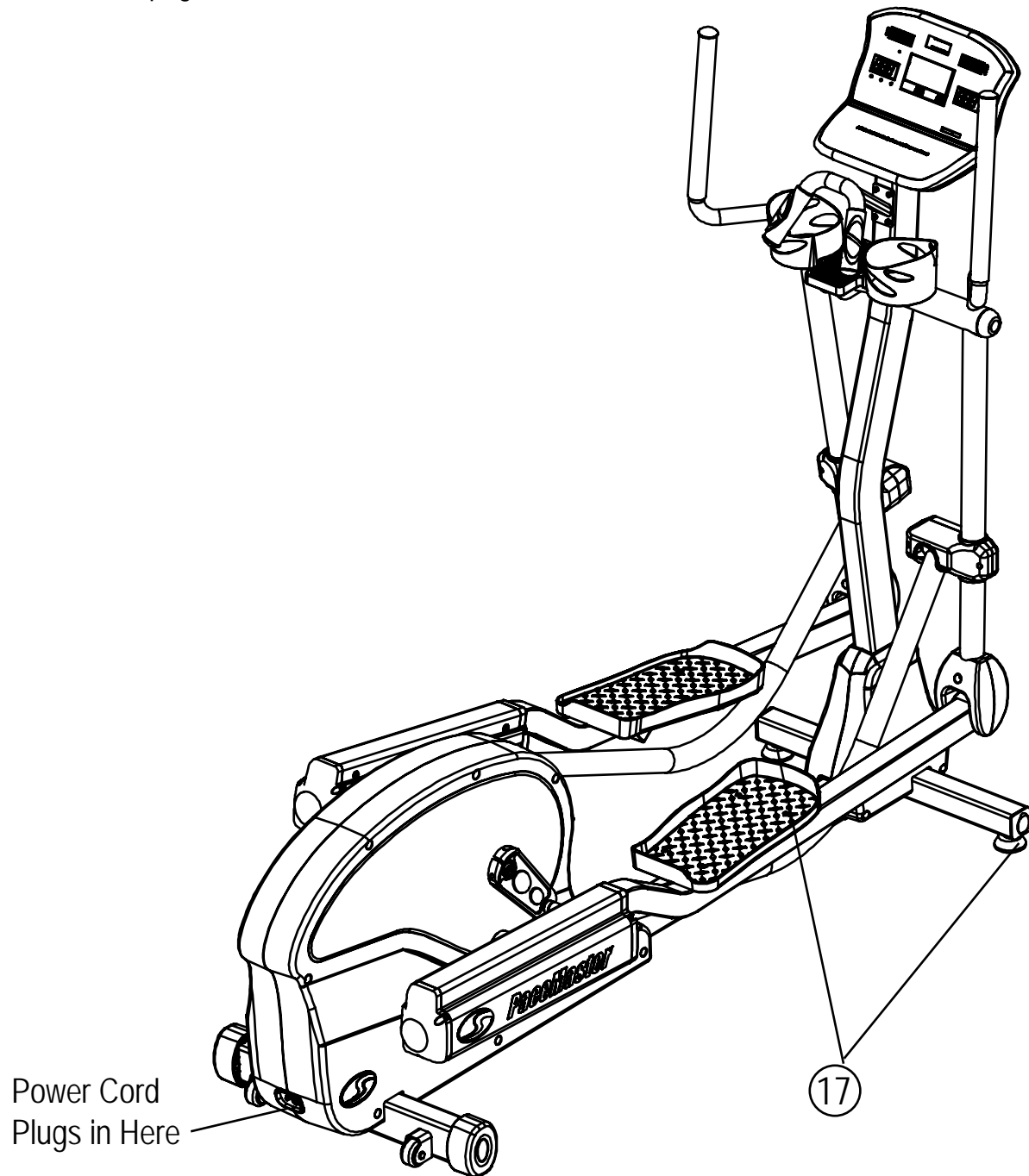
STEP 16: Install the End Cap on the Right Foot Link using 3 screws 'I', as shown below. Repeat this procedure for the Left Foot Link.



ASSEMBLY INSTRUCTIONS

STEP 17: Level the your PaceMaster Elliptical Cross Trainer using the front two leveling feet shown below.

STEP 18: Plug in the power cord, then continue to "Testing your Elliptical Cross Trainer" on the next page.



Testing Your PaceMaster Silver XT

Your PaceMaster has been adjusted and tested at the factory. However, due to changes that can occur during shipment, it should be tested prior to use. Once you have assembled your elliptical and it is located where it will be used, proceed as follows. (Do not make any adjustments unless necessary.)

Follow the steps below to confirm proper operation of your elliptical after assembly.

Step One: Plug your PaceMaster Elliptical Cross Trainer into a power outlet. "PaceMaster" should appear in the Message Center.

Step Two: Pedal the elliptical; you should feel a smooth motion.



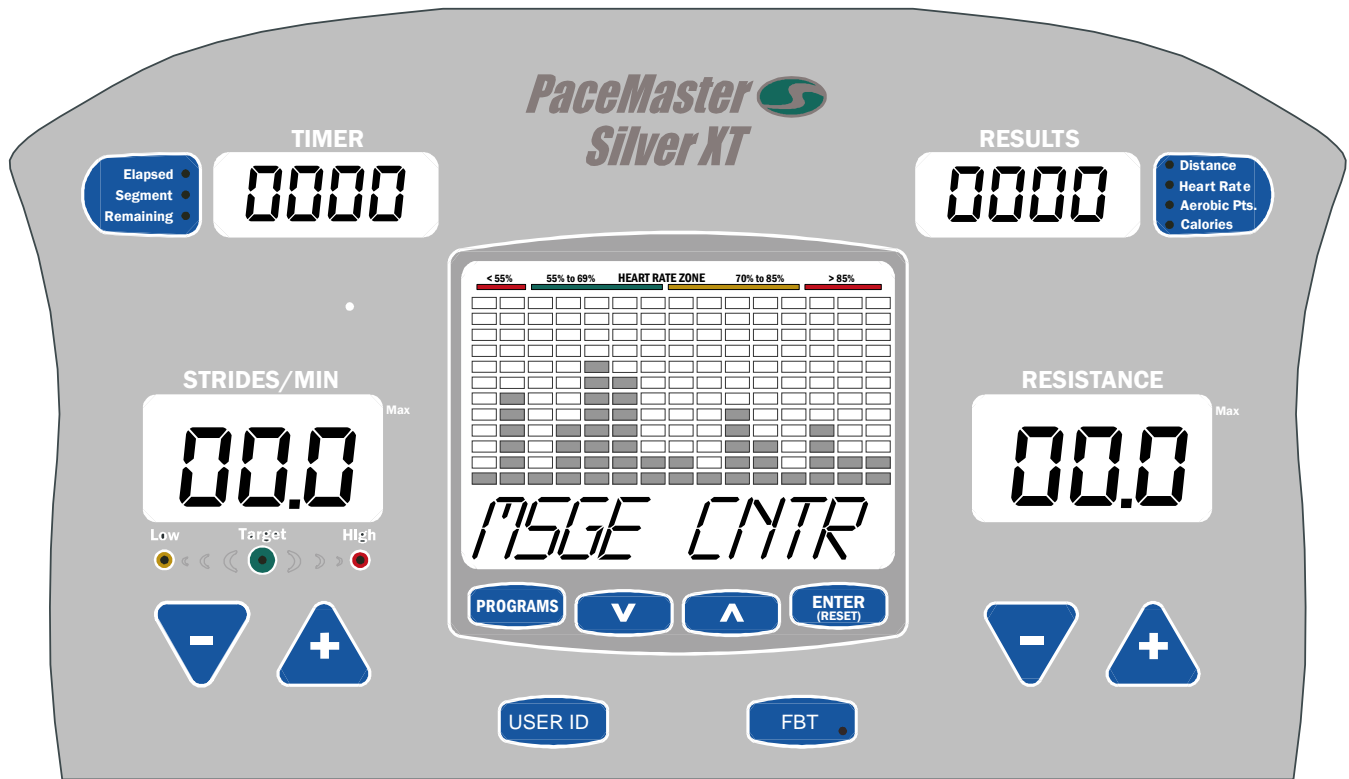
Step Three: Press the resistance (lower right window) buttons to increase the resistance to 20 and then back to 1. You should feel the different in effort required to pedal the elliptical as the resistance level raises.

Step Four: Check if your strides per minute (lower left window) increase when you pedal faster and decrease as you pedal slower.

If all steps have not passed please refer to Troubleshooting for assistance.

THE PACEMASTER SILVER XT CONTROL PANEL

Although your PaceMaster has many advanced features to provide versatility in meeting exercise needs, basic operation is extremely easy. Basic operation involves setting your Strides per minute (SPM) and Resistance goals in Quickstart. During your exercise, current SPM, distance traveled, calories burned and Aerobic Points earned are displayed.



 CAUTION:

BUTTON DEFINITIONS



STRIDES/MIN Buttons – Use these buttons to set or change the maximum and/or target Strides/min.



RESISTANCE Buttons – Use these buttons to set or change the maximum and/or target resistance level.



ENTER button – Has two functions. 1) Press and hold this for 2 seconds to reset the display. 2) This button is used to enter any of the values displayed in the message center.



PROGRAMS button – 1) Press this button to select your workout program.

THE PACEMASTER SILVER XT CONTROL PANEL (cont'd)



USER ID Button – Has two functions. 1) Press this button to select the user ID prior to a workout. 2) Press and hold for this button for 2 seconds to modify the used ID you have selected.



FULL BODY TRAINER Button – During your workout, this button allows you to insert a 12 minute full body workout within your current workout. This workout consists of 6 one minute work segment and 6 one minute rest segments



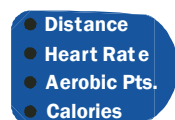
DECREASE Button – Has two functions. 1) Prior to your workout this button is used to select or decrease, the value or program displayed in the message center. 2) During your workout button is used to decrease the level of intensity or target heart rate.



INCREASE Buttons – Has two functions. 1) Prior to your workout this button is used to select or increase, the value or program displayed in the message center. 2) During your workout button is used to increase the level of intensity or target heart rate.



TIME SELECT Button – Has two functions. 1) Use this buttons to select the value you would like to display. 2) Press and hold this button to enter scan mode, this will display each of the values one at a time for 3 about seconds each..



RESULTS SELECT Button – Has two functions. 1) Use this buttons to select the value you would like to display. 2) Press and hold this button to enter scan mode, this will display each of the values one at a time for 3 about seconds each.

DISPLAYS

TIMER Display – Displays Elapsed time, Segment time, and Time remaining..

RESULTS Display – Displays Distance, Heart Rate, Aerobic Points and, Calories. Additionally, during the selection or use of a programmed WORKOUT the chosen or current intensity level is displayed.

STRIDES/MIN Display – Displays Distance, Calories and Aerobic Points. Additionally, during the selection or use of a programmed WORKOUT the chosen or current intensity level is displayed.

RESISTANCE Display – Displays Distance, Calories and Aerobic Points. Additionally, during the selection or use of a programmed WORKOUT the chosen or current intensity level is displayed.

MESSAGE CENTER Display – Displays workout parameters during workout setup. Additionally, during your workout displays various motivational messages and parameters of your workout.

THE PACEMASTER SILVER XT CONTROL PANEL (cont'd)

INDICATOR LIGHTS

STRIDES/MIN Max Indicator – When illuminated during the selection of programmed workouts, the displayed Strides/Min value is the maximum that will be encountered during the selected workout and intensity level.

Low << Target >> High Indicator – During workouts, these indicators illuminate accordingly comparing your actual Strides/Min value is to your target Strides/Min value.

RESISTANCE Max indicator – When illuminated during selection of programmed workouts, the displayed resistance is the maximum resistance that will be encountered during the selected workout and intensity level.

ELAPSED – SEGMENT – REMAINING Time Indicators – They tell you which value is being displayed in the Results window.

DISTANCE – HEART RATE - AEROBIC POINTS - CALORIES Indicators – They tell you which value is being displayed in the Results window.

CONFIGURING USER ID'S

The four USER ID positions give you the ability to view the results from your last seven workouts. They can be recalled as a cumulative total or as individual workouts.





Selecting and setting up a USER ID

Step One: Stand on the foot pads of your elliptical.

Step Two: Select a USER ID number (ID1, ID2, ID3, or ID4) by pressing the **USER ID** button. The current settings for the Used ID chosen, are displayed in the message center. The default settings for all USER ID positions are 150 lbs. for the weight and 40 years for the age.



Step Three: To modify the user ID settings, press and hold the **USER ID** button for two seconds, then release the button. The current weight setting will be flashing in the message center

Step Four: Press the increase and decrease **DOWN** **UP** buttons to set your weight, and then press enter **ENTER (RESET)**. Use the same procedure to enter your age.

Step Five: Prior to beginning each workout, you must press and hold the  button to reset the display, and then you must select your User ID by pressing the  button until your User ID is displayed, for your results to be stored under your used ID.


Recalling the cumulative summary of your last seven workouts



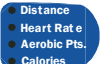
Step One: Stand on the foot pads of your elliptical.

Step Two: Press the  button until your USER ID number is displayed. Press the  button to scroll through a cumulative summary of the results from your last seven workouts.

Recalling the individual workout results from your last seven workouts:

Step One: Stand on the foot pads of your elliptical.




Step Two: Press the  button until your USER ID number is displayed.

Step Three: Use   buttons to scroll through the summaries for your last seven workouts (W1 through W7). Press the  button to scroll through a cumulative summary of the results for the displayed workout.

Step Three: Press  button to get back to the USER ID display or press the  button to begin the desired program.

To recall and use your last workout settings:




Step One: Stand on the foot pads of your elliptical.

Step Two: Press the  button until your USER ID number is displayed, then press the  button. Your last workout settings will be displayed. Press the  button to begin that program.

Resetting your cumulative data:

Step One: Stand on the foot pads of your elliptical.

Step Two: Press the  button until your USER ID number is displayed.





Press the  button 8 times, until "Clear Workout Results" appears in the message center, press  to clear and press  to confirm. Once "Cleared" appears in the message center, ALL cumulative data has been erased.


QUICK START

Quick Start allows you to begin your workout by not pressing any buttons.

Step One: Stand on the foot pads of your elliptical.

Step Two: Begin pedaling, within a few seconds the display will say "Quick Start".

- Adjust the Strides per Minute target at any time during your workout by pressing the SPM   buttons.
- Adjust the resistance level at any time using the   resistance buttons.

Step Three: To end your workout, Stop pedaling, wait for PAUSE, then press the  button to proceed to "Workout Summary", this will display the total time distance, calories, and Aerobic Points earned for this workout.

TIP: If you stop pedaling, you will automatically enter the 5 minute pause mode, a count down pause timer will be displayed in the message center. If your workout is not resumed within the 5 minute pause you will automatically enter the workout summary mode and your workout will be over.

TIP: During your workout you can press and hold the  button until the word "SCAN" appears in the respective display, each value will now be displayed for 3 seconds each on a rotating cycle.

M1 – Manual (timed workout)

Timed Workout allows you to set workout time, target SPM, and resistance level for your workout. You can make target SPM and resistance changes at any time during the workout.

Step One: Press and hold the  button to reset the control panel.

Step Two: Stand on the foot pads of your elliptical.






NOTE: If you have set up a User ID, select it using the  button, then press .

Step Three: Press the  once to select M1 (manual mode) then press the  button.

If you have entered your User ID go to Step 5

Step Four: Enter your weight using the increase and decrease   buttons, then press enter . Use the same procedure to enter your age.


Step Five: Set your workout time using the increase and decrease   buttons, and then press enter .

Step Six: Set the Strides per Minute target by pressing the SPM   buttons. Set the resistance level using the   resistance buttons, when finished press the  button.



NOTE: During setup your predicted distance, calories, and Aerobic points will be displayed in the RESULTS window based on the values you have set.

Step Seven: Begin pedaling

NOTE: After allotted workout time had counted down to zero a 3 minute cool down period will follow.


Step Eight: To end your workout, either allow the timer to count down to zero or Stop pedaling, then press the  button to proceed to "Workout Summary", this will display the total time distance, calories, and Aerobic Points earned for this workout.


TIP: If you stop pedaling, you will automatically enter the 5 minute pause mode, a count down pause timer will be displayed in the massage center. If your workout is not resumed within the 5 minute pause you will automatically enter the workout summery mode and your workout will be over.

TIP: During your workout you can press and hold either the  or  button until the word "SCAN" appears in the respective display, each value will now be displayed for 3 seconds each on a rotating cycle.


FBT – Full Body Trainer

Your PaceMaster Silver XT cross trainer comes with a Full Body Trainer (FBT) program to supercharge your workout by coaching you through a variety of movements designed to focus your exercise on specific muscles or muscle groups. The FBT adds variety and intensity to your workouts thereby eliminating boredom and providing a more stimulating exercise experience. While in any program

(except Calorie Coach or Cardio programs) accessing the Full Body Trainer program is as simple as pressing the  button on the control console. Once the FBT is activated (it's actually a program inside a program) a random selection of six exercise movements (listed below) is displayed and you will experience a one minute workout time followed by a one minute rest period, during the rest period the computer will reduce the resistance (**DO NOT STOP PEDALING**). Upon the completing of the twelve minute FBT you will return to


your original program at the point you left it. You can option out of the FBT at any time by pressing the  button.

- | | |
|------------|---|
| Squat | Squat Slightly bend your knees and maintain it throughout your stride. You may find it more comfortable and secure to hold on to the fixed bullhorns while striding. This concentrates the exercise motion in your quadriceps and glutes. |
| Lower Body | Stride while holding the fixed bullhorns or let your arms swing naturally at your side. Do not hold onto the movable right and left arms. This concentrates the exercise motion in all your primary and secondary lower body muscle groups. |
| Push | Emphasize pushing the movable left and right arms to concentrate the exercise motion in your pectoral's and triceps. |
| Pull | Emphasize pulling the movable left and right arms to concentrate the exercise motion in your biceps and lats. |
| Reverse | Stride backwards to concentrate the exercise motion focus for your entire lower body. |
| Lean Back | Slightly lean back while holding onto the fixed bullhorns. This concentrates the exercise motion on your quadriceps. |

Step One: During use of any of the following programs (M1, F2, F3, F4, I1, I2, or I3) Press the  button.

Step Two: Follow the screen prompts displayed in the message center

NOTE: During the rest period the computer will reduce the resistance, **DO NOT STOP PEDALING** or you will go into **PAUSE**.

NOTE: At the end of the 12 minute FBT program your regular program will resume, or press the  button at anytime to resume your workout

NOTE: The FBT program can be used as often as you like during a workout.

F1 Calorie Coach

To assist you in reaching your fitness goals, your PaceMaster comes with a variety of programmed workouts.



F1 CALORIE COACH



The Calorie Coach program enables you to select the number of calories you want to burn. Then, based on the SPM and resistance you enter, the elliptical computer will determine the time required to achieve your calorie expenditure goal.

USING F1 CALORIE COACH:

Step One: Press and hold the  button to reset the control panel.

Step Two: Stand on the foot pads of your elliptical.




NOTE: If you have set up a User ID, select it using the  button, then press .

Step Three: Press the  twice to select F1 (Calorie Coach) then press the  button.

If you have entered your User ID go to Step 5


Step Four: Enter your weight using the increase and decrease   buttons, then press enter . Use the same procedure to enter your age.

Step Five:



Use the   buttons set the number of calories you want to burn; this is displayed in the message center, then press .

Step Six: Begin pedaling

NOTE: After allotted workout time had counted down to zero a 3 minute cool down period will follow.

Step Seven: To end your workout, either allow the timer to count down to zero or Stop pedaling, then press the  button to proceed to "Workout Summary", this will display the total time distance, calories, and Aerobic Points earned for this workout.

TIP: If you stop pedaling, you will automatically enter the 5 minute pause mode, a count down pause timer will be displayed in the message center. If your workout is not resumed within the 5 minute pause you will automatically enter the workout summary mode and your workout will be over.

TIP: During your workout you can press and hold either the  or  button until the word "SCAN" appears in the respective display, each value will now be displayed for 3 seconds each on a rotating cycle.

F2, F3, and F4

USING F2, F3, & F4: Each of these programmed Workouts offers 9 different levels of intensity. Additionally, workout time can be set from 10 minutes to 2 hours in 5 minute increments.

Step One: Press and hold the  button to reset the control panel.




Step Two: Stand on the foot pads of your elliptical.



NOTE: If you have set up a User ID, select it using the  button, then press .

Step Three: Press the  button, then use   buttons to select your program (F2, F3, or F4), then press .

If you have entered your User ID go to Step 5


Step Four: Enter your weight using the increase and decrease   buttons, and then press enter . Use the same procedure to enter your age.



Step Five: Use the   buttons to adjust the workout time, and then press enter .

Step Six: Use the   buttons to adjust the workout intensity level, and then press enter .


Step Seven: Begin pedaling



NOTE: After allotted workout time had counted down to zero a 3 minute cool down period will follow.

Step Seven: To end your workout, either allow the timer to count down to zero or Stop pedaling, then press the  button to proceed to "Workout Summary", this will display the total time distance, calories, and Aerobic Points earned for this workout.

TIP: Use the   buttons to adjust the workout intensity level during your workout.

NOTE: After allotted workout time had counted down to zero a 3 minute cool down period will follow.

Step Eight: To end your workout, either allow the timer to count down to zero or Stop pedaling, then press the  button to proceed to "Workout Summary", this will display the total time distance, calories, and Aerobic Points earned for this workout.

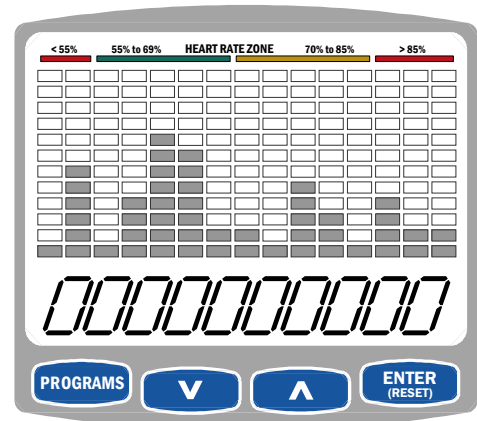
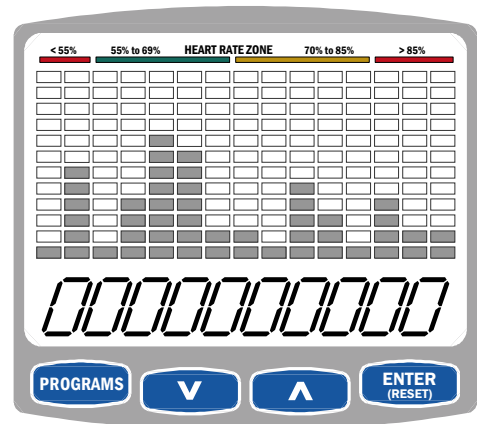
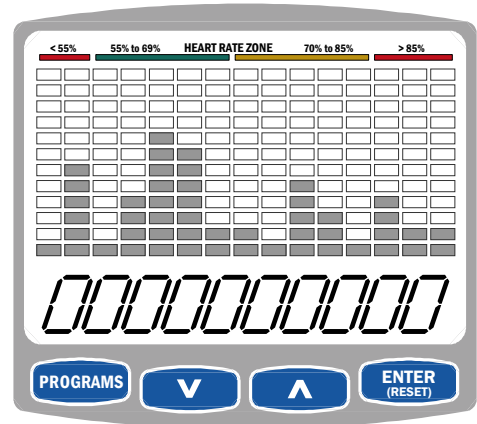
TIP: During your workout you can press and hold either the  or  button until the word "SCAN" appears in the respective display, each value will now be displayed for 3 seconds each on a rotating cycle.

Course Specifications – F2, F3, & F4

F2				
Level	SPM		Resistance	
	Min	Max	Min	Max
1	30	38	2	5
2	36	44	2	6
3	42	50	2	7
4	48	56	2	8
5	54	62	2	9
6	60	68	2	10
7	66	74	2	11
8	72	80	2	12
9	78	86	2	13

F3				
Level	SPM		Resistance	
	Min	Max	Min	Max
1	30	46	2	18
2	34	50	2	18
3	38	54	2	18
4	42	58	2	18
5	46	62	2	18
6	50	66	2	18
7	54	70	2	18
8	58	74	2	18
9	62	78	2	18

F4				
Level	SPM		Resistance	
	Min	Max	Min	Max
1	30	42	2	14
2	36	48	2	14
3	42	54	2	14
4	48	60	2	14
5	54	66	2	14
6	60	72	2	14
7	66	78	2	14
8	72	84	2	14
9	78	90	2	14



USING THE CONTACT HEART RATE FEATURE

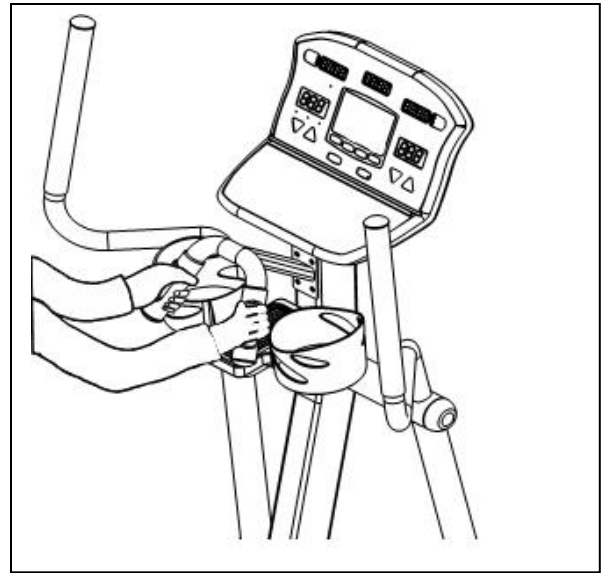
Prior to your workout:

Choose a User ID or upon entering a cardio program adjust your age and weight, press ENTER. Follow the instructions for "During your workout".

During your workout:

Grab on to the front bullhorn with your hands placed over the silver contact heart rate sensors as shown in the picture to the right. Contact must be maintained with all 4 sensors to obtain a heart rate reading. Fours dashes will appear in the TOP RIGHT DISPLAY window indicating that your heart rate is being acquired. This may take 20 to 30 seconds depending on the person.

NOTE: Contact heart rate is disabled if you have activated the chest strap receiver prior to starting a workout. As with the wireless chest straps there is a small percentage of people that this feature may not function for.



HEART RATE PERFORMANCE REVIEW

If you use the heart zone monitor feature C1, while wearing your wireless chest strap, and acquired your heart rate prior to beginning your workout, you will receive the HR performance review at the end of your workout. This will be a graphic representation of your heart rate through out your workout. This graph will be displayed in the profile window. If you spent less then 10 % of your total workout time in any one zone, that zone will not be displayed.

HEART RATE WORKOUTS

TRAIN LESS AND BENEFIT MORE FROM YOUR WORKOUTS

To maximize the benefits from your workouts, you must maintain a sufficiently high heart rate. Target heart rate training takes the guesswork out of exercising. It provides you with the means to train within safe and effective ranges, all the while maximizing your exercise time and effort.

The PaceMaster Silver XT has integrated heart rate control programs, which act as your personal trainer. You set your target based on your individual fitness goal (weight management or cardiovascular improvement), the workout time, maximum SPM, maximum resistance and the elliptical does the rest.

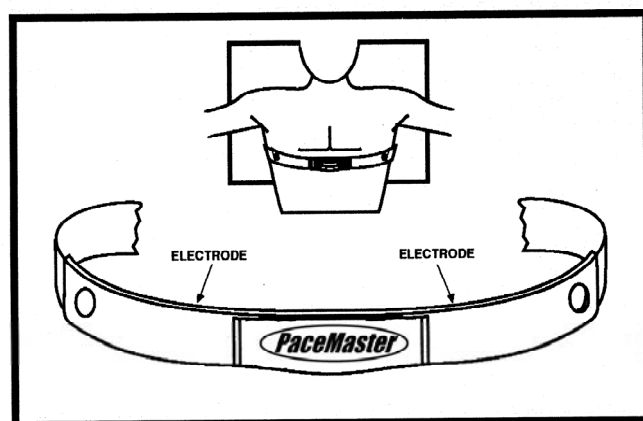
TIP: Based on the age entered, your PaceMaster elliptical automatically calculates your theoretical maximum heart rate and the Heart Rate Zone bar indicates which portion of your heart rate training zone (fat burn or aerobic) you are currently training. The fat burn zone is between 55% and 69% of your theoretical maximum heart rate. The aerobic zone is between 70% and 85% of your theoretical maximum heart rate.

The PaceMaster Silver XT uses the Runners World standard formula to calculate your theoretical maximum heart rate. The formula is $205 - \frac{1}{2}$ your age. For example, if you are 40 years old, your theoretical maximum is 185 beats per minute (bpm). When your heart rate is between 102 and 128 bpm, you are training in the fat burn zone for weight management. When your heart rate is between 130 to 157 bpm, you are training in the aerobic training zone for cardiovascular improvement. The safest and most recommended method of determining your maximum heart rate is to have a physician administer a stress test.

THE WIRELESS CHEST STRAP TRANSMITTER

The PaceMaster Silver XT elliptical comes equipped with a **WIRELESS CHEST STRAP TRANSMITTER**, which, when worn, measures pulse (number of heart beats per minute) and relays the information by way of RF to a receiver built into the ellipticals computer. This system is extremely accurate to within one beat per minute.

This chest strap must be worn to activate the HeartSmart™ Pulse Monitoring. The Heart Rate Control workouts are non-operational unless the chest strap is worn.



PUTTING ON THE CHEST STRAP

To properly wear your chest strap, adjust the strap to fit snugly and comfortably around your chest with the electrodes (the grooved areas) directly over your sternum, as pictured to the right. For best results, the strap should be worn against skin. Moisture is necessary for the transmitter to function properly. Usually, perspiration is sufficient, but you may need to moisten the electrodes with water.

HEART RATE WORKOUTS

Your PaceMaster Silver XT elliptical offers the following Heart Rate Control workouts:

- C1 - Target HRC: Choose your target heart rate between 55% and 85% of your theoretical maximum.
- C2 - Fat Burn HRC: Choose one of five levels in the fat burn training zone, between 55% and 69% of your theoretical maximum.
- C3 - Cardio HRC: Choose one of five levels in the aerobic training zone, between 70% and 85% of your theoretical maximum.
- C4 - Interval HRC: The elliptical automatically alternates between a rest and work heart rate, the difference between the rest heart rate and the work heart rate is approximately 20%.


NOTE: To avoid any undue cardiovascular stress, The PAUSE feature is limited to 30 seconds.

HEART RATE WORKOUTS (cont'd)





To begin using TARGET HRC, FAT BURN HRC, CARDIO HRC, and INTERVAL HRC:

Step One: Press and hold the  button to reset the control panel.

Step Two: Stand on the foot pads of your elliptical.

NOTE: If you have set up a User ID, select it using the  button.

You must be wearing the wireless chest strap to continue (See "Putting on the chest strap" page 29).

Step Three: Press the  button, then use   buttons to select your program (C1, C2, C3 or C4) , then press .

If you have entered your User ID go to Step 5

Step Four: Enter your weight using the increase and decrease   buttons, and then press enter  . Use the same procedure to enter your age.

Step Five: Set the desired workout time using the   buttons, then press  . Workout time can be set from 20 to 60 minutes in 5 minute increments


Step Six: Set the Strides per Minute target by pressing the SPM   buttons. Set the resistance level using the   resistance buttons. Set the desired target Heart Rate by pressing the   buttons,

- In C1 (Target HRC), you can choose a target heart rate in 1 beat increments from 55% to 85% of your theoretical maximum.
- In C2 (Fat Burn HRC), you can choose one of the 5 target heart rates, optimal for weight management, from 55% to 69% of your theoretical maximum.
- In C3 (Cardio HRC), you can choose one of the 5 target heart rates, optimal for aerobic training, from 70% to 85% of your theoretical maximum.
- In C4 (Interval HRC) you can choose one of 5 target heart rate pairs (one pair=one rest HR and one work HR) from 55% to 85% of your theoretical maximum. The program will alternate between a 4 minute rest interval and a 4 minute work interval.

Step Seven: Press the  button, and Begin pedaling

NOTE: During your workout, you can change the target Heart Rate by pressing the   buttons.

NOTE: After allotted workout time had counted down to zero a 3 minute cool down period will follow.

Step Eight: To end your workout, either allow the timer to count down to zero or Stop pedaling, then press the  button to proceed to "Workout Summary", this will display the total time distance, calories, and Aerobic Points earned for this workout.

I1, I2, and I3

USING I1, I2, or I3: Each of these programmed Workouts offers 9 different levels of intensity. Additionally, workout time can be set from 10 minutes to 2 hours in 5 minute increments.

Step One: Press and hold the  button to reset the control panel.




Step Two: Stand on the foot pads of your elliptical.



NOTE: If you have set up a User ID, select it using the  button, then press .

Step Three: Press the  button, then use   buttons to select your program (I1, I2, or I3), then press .

If you have entered your User ID go to Step 5


Step Four: Enter your weight using the increase and decrease   buttons, and then press enter . Use the same procedure to enter your age.



Step Five: Use the   buttons to adjust the workout time, and then press enter .

Step Six: Use the   buttons to adjust the workout intensity level, and then press enter .



Step Seven: Begin pedaling

NOTE: After allotted workout time had counted down to zero a 3 minute cool down period will follow.

Step Eight: To end your workout, either allow the timer to count down to zero or Stop pedaling, then press the  button to proceed to "Workout Summary", this will display the total time distance, calories, and Aerobic Points earned for this workout.

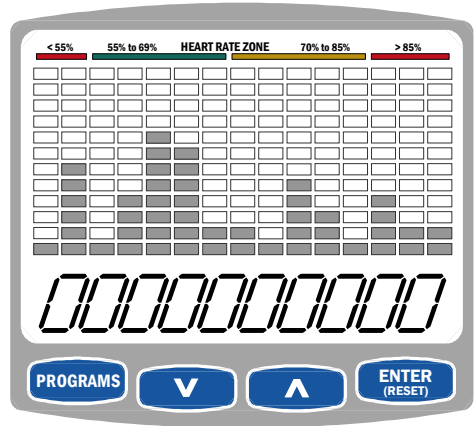
TIP: Use the   buttons to adjust the workout intensity level during your workout.

TIP: If you stop pedaling, you will automatically enter the 5 minute pause mode, a count down pause timer will be displayed in the message center. If your workout is not resumed within the 5 minute pause you will automatically enter the workout summary mode and your workout will be over.

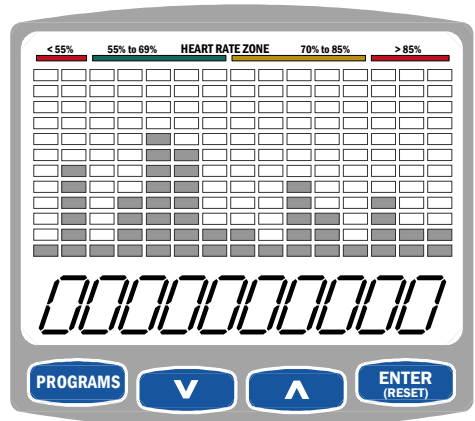
TIP: During your workout you can press and hold either the  or  button until the word "SCAN" appears in the respective display, each value will now be displayed for 3 seconds each on a rotating cycle.

Course Specifications – I1, I2, & I3

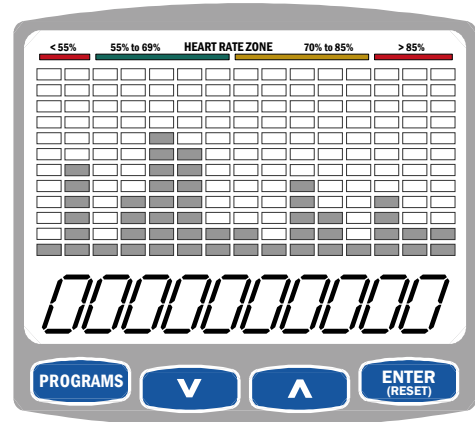
I1				
Level	SPM		Resistance	
	Min	Max	Min	Max
1	30	30	2	6
2	36	36	3	7
3	42	42	4	8
4	48	48	5	9
5	54	54	6	10
6	60	60	7	11
7	66	66	8	12
8	72	72	9	13
9	78	78	10	14



I2				
Level	SPM		Resistance	
	Min	Max	Min	Max
1	30	44	2	2
2	36	50	2	2
3	42	56	2	2
4	48	62	2	2
5	54	68	2	2
6	60	74	2	2
7	66	80	2	2
8	72	86	2	2
9	78	92	2	2



I3				
Level	SPM		Resistance	
	Min	Max	Min	Max
1	30	42	2	14
2	36	48	2	14
3	42	54	2	14
4	48	60	2	14
5	54	66	2	14
6	60	72	2	14
7	66	78	2	14
8	72	84	2	14
9	78	90	2	14



EXCLUSIVE PACEMASTER FEATURES

Exercise Preview

You can see exactly what you will accomplish prior to beginning a Timed Workout (Manual), Fat Burn Workout, or Interval workout. An EXERCISE PREVIEW predicts the total distance, caloric expenditure and Aerobic Points to be earned based on the time, Target SPM and resistance you chose. After you have selected a workout, or have set the target spm, workout time and resistance parameters for a Timed Workout (Manual), the predicted calories, Aerobic points, and distance will be displayed in the RESULTS window. Press the Results SELECT button to change the displayed result. Note that any adjustments to target spm, workout time and resistance parameters will change those figures.

Aerobic Points

One of the main reasons people stop exercising is because they don't see the physical changes they expected. Results, however, can only be realized when you are training properly. For this reason, the Aerobic Point System has been incorporated into the design of PaceMaster ellipticals since 1968.

The Aerobic Point System was developed by Dr. Kenneth Cooper, the Father of Aerobics and renowned founder of The Cooper Aerobics Center in Dallas, TX, to measure the aerobic benefit of the workout. Dr. Cooper's formula compares the energy costs of aerobic activity from the mathematical relationships between the oxygen expenditures assigned to each exercise at a given intensity and duration. This formula is built into the PaceMaster computer to automatically calculate the number of AEROBIC POINTS you earn for each workout

Dr. Cooper states in his book, *The Aerobics Program For Total Well Being*: "The main idea of this system is that, in order to stay in good shape and move toward a goal of total well-being, a person must earn a certain number of points each week by doing a certain amount of aerobic exercise." His research has determined that a man should **work up to** a minimum of 32 points per week and a woman should **work up to** a minimum of 27 points per week. The number of weekly points you earn correlates with your level of fitness. The fitness categories are:

Classification	Average Points per Week	
	Men	Women
Very Poor	Less than 10	Less than 8
Poor	10-20	8-15
Fair	21-31	16-26
Good	32-50	27-40
Excellent	51-74	41-64
Superior	75+	65+

If you have not been on a regular exercise program, it is highly recommended that you gradually work up to your desired fitness category and then develop a maintenance program.

You can see the number of AEROBIC POINTS you will earn prior to beginning your workout by pressing the Results SELECT button until Aerobic Points indicator is illuminated. To design a workout based on the number of AEROBIC POINTS you want to earn, follow the instructions below for PERSONAL ELECTRONIC TRAINER.

Personal Electronic Trainer

Another feature exclusive to PaceMaster ellipticals is the PERSONAL ELECTRONIC TRAINER. You can create a workout based on the number of Aerobic Points you want to earn or the number of calories you want to burn.

To create a workout based on Aerobic Points:

Step One: Press and hold the  button to reset the control panel.



Step Two: Stand on the foot pads of your elliptical.

Step Three: Press the  once to select M1 (manual mode) then press the  button.

Step Four: Enter your weight using the increase and decrease   buttons, then press enter . Use the same procedure to enter your age.



Press the **RESULTS SELECT** button until the Aerobic Points indicator is illuminated.

Step Five: Set your workout time using the increase and decrease   buttons.

Step Six: Set your Strides per Minute target by pressing the SPM   buttons. Set your maximum resistance level using the   buttons.

Step Seven:

By adjusting your target SPM, resistance and/or maximum resistance level you will begin to see the number of Aerobic points you will earn in the RESULTS display as you change these values.

Step Seven:

Enter resistance, you will begin to see the number of Aerobic points you will earn in the RESULTS display as you increase the speed. To create a workout based on calorie expenditure, determine how many calories you want to burn Press the **RESULTS SELECT**



button until the Calories indicator is illuminated and follow steps 5, 6 and 7 above.

 CAUTION: Unplug your elliptical before attempting any cleaning, maintenance, or service.

TROUBLESHOOTING

Problem	Solution
No Power	Is elliptical plugged into the wall outlet?
	Check the household circuit breaker to see if it is tripped.
	Check the power light next to the power cord is on, if not check the power cord connections again.
	Make sure the wiring harness is connected (See Step 3 in the assembly section).
	Make sure the wiring harness is plugged into the display (See Step 12 in the assembly section).
Rough motion / scraping while pedaling	Check if plastic joint covers screws are tight.
	Check if hump in roller is centered with convex area of square tube. (See Step 9 in the assembly section.)
	If not follow the steps: <ol style="list-style-type: none"> 1. Loosen hex bolt at front of foot link. 2. Center roller and tube at rear of foot link. 3. Re-tighten hex bolt
Resistance does not change	Call service Authorized PaceMaster Dealer
Stride per minute is not displayed	Call service Authorized PaceMaster Dealer
Contact Heart Rate is not being displayed	Check is you are wearing your wireless strap / holding the grips correctly. (Refer to page 28 and 29)
	Check if sensor wire is plugged into the control panel. (See step 12 in the assembly section)
Wireless Heart Rate is not being Displayed	Check is you are wearing your wireless strap / holding the grips correctly. (Refer to page 28 and 29)
	Televisions and similar devices must be at least 5 feet from the control panel

 CAUTION: Unplug your elliptical before attempting any cleaning, maintenance, or service.

FREQUENTLY ASKED QUESTIONS

Q. Why is the letter "h" preceding the time displayed (i.e. h1:15)?

A. The elliptical computer displays time in minutes and seconds (MM:SS) for workout times less than 1 Hour, and in hours and minutes (H:MM) for workout times 1 hour or greater. h1:15 represents one hour and 15 minutes.

Q. How do I find out the total hours and miles on my elliptical?



A. Unplug the power cord, then plug it back in. Within 5 seconds of power up, press the button, the total time, followed by the total mileage will scroll across in the message center.

PaceMaster Silver XT Technical Specifications

Boxed Dimensions	82"L x 32"W x 15.5" H
Assembled Dimensions	68"L x 30.5" W x 54"H
Boxed Weight	290 lbs.
Assembled Weight	245 lbs.
Frame	High Tensile Steel
SPM Range	0 to 120 spm adjustable in increments of 1
Resistance Range	0 to 20 adjustable in increments of 1
Workout Programs	Quick Start, Manual, Calorie Coach, 6 Factory Workouts (each with 9 levels), 4 Cardio HRC programs, FBT
Weight Limit	350 lbs
Warranty (Residential)	Lifetime Frame, 3Years Parts, 1 Year Labor
Operating Temperature Range	50° F to 100° F

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

© Aerobics, Inc. 2007

® PaceMaster is a registered trademark of Aerobics Inc.

™ The Mind of a Treadmill in the Body of an Elliptical is a trademark of Aerobics Inc.