


## About This Manual

This manual contains all of the information you will need to know about your PaceMaster treadmill. **Please read this manual in its entirety before attempting to use your treadmill.**

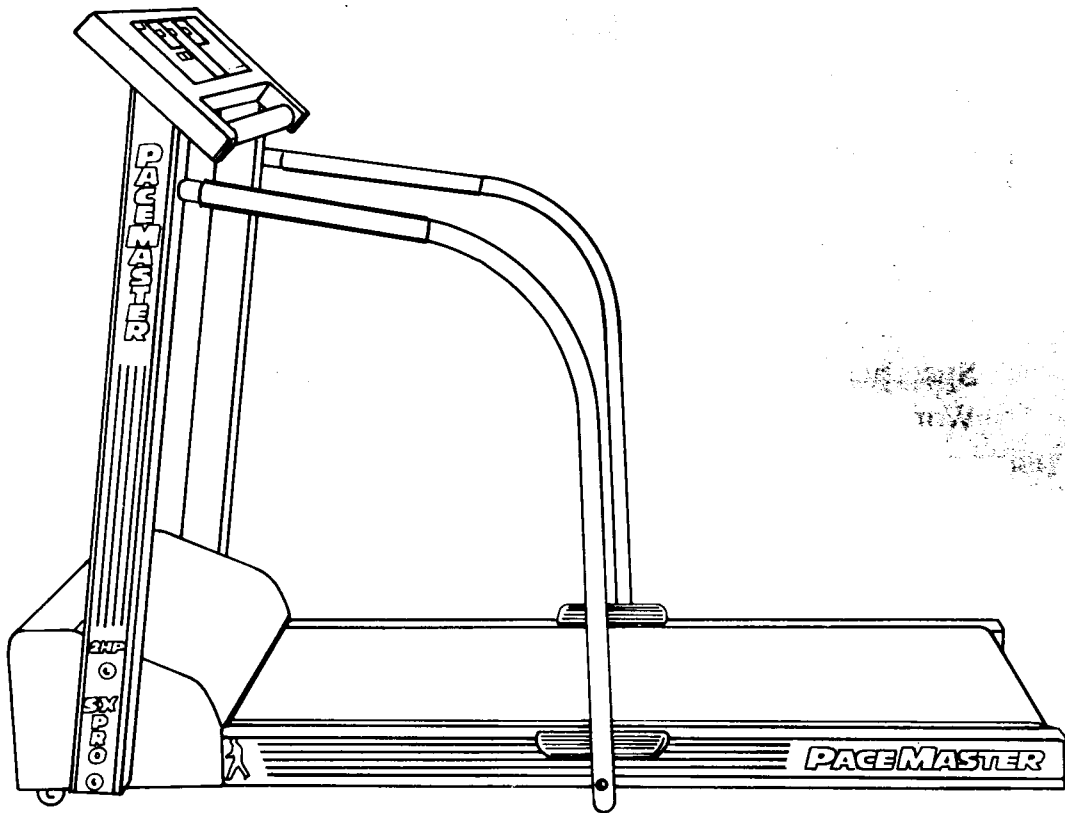
For your safety and the protection of your treadmill we have included warnings and other valuable information throughout this manual. This information will be in bold print and marked by the symbols below. Be absolutely sure to thoroughly read and understand this information.

When you see the symbol  **CAUTION:** be sure to understand and utilize this information. Failure to do so may result in personal injury or damage to your treadmill.

When you see the symbol **NOTE** you will find useful suggestions related to the section in which it appears.

021193A

# PACEMASTER SX-PRO



## OWNERS MANUAL

Manufactured by: Aerobics Inc, 385 Main st. Little Falls NJ 07424 (201) 256-9700

Congratulations on the purchase of your PaceMaster Treadmill. Not only did you buy one of the highest quality treadmills on the market, you also obtained excellent value for your dollar. Aerobics, Inc was founded in 1968, and has over 25 years experience in designing and building treadmills. Aerobics, Inc is a family owned and operated business comprised of physical fitness enthusiasts. Our goal is to provide the consumer with outstanding quality Treadmills at affordable prices.

This manual covers all three PaceMaster configurations;

- non-elevation (X model)
- handcrank elevation (H model)
- automatic elevation (A model)

If you have a non-elevation PaceMaster, please disregard the references to elevation.

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## Safety First

### OBSERVE THE FOLLOWING PRECAUTIONS AT ALL TIMES.

Before starting any exercise program, contact your personal physician and have a complete physical. Only your physician can recommend a heart rate training zone that is suitable for you.

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

## **Safety First continued**

- **If an extension cord is required, use only a 14 gauge three wire extension cord no longer than 12 feet. Do not bypass the three wire plug with an adapter.**
- **Children should not be allowed to use the treadmill.**
- **Always use the magnetic safety key with the cord attached to yourself for the duration of your workout.**
- **Do not allow anyone to reach under or be near the treadmill while you are exercising.**
- **Never attempt to mount or dismount the treadbelt while it is still moving.**
- **Never allow more than one person on the treadmill at a time.**
- **Never leave the treadmill unattended while running. Always turn the power off when the treadmill is not in use by removing the safety magnetic key and storing it in a safe place to prevent unauthorized use of the treadmill.**
- **When you are finished exercising, be sure to leave your treadmill in a non-elevated position to help prevent toys or other objects from getting trapped under your treadmill.**
- **Always unplug your treadmill during a electrical storm or during prolonged periods of non-use.**
- **Never move the treadbelt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly.**
- **Always unplug the power cord before performing any maintenance or adjustment procedures described in this manual. Never drop or insert any object into any opening.**
- **The heart rate timer is not a medical device. Various factors, including your ability to find and accurately count your pulse will affect the accuracy of the heart rate reading. It is intended as an aid in determining heart rate trends in general.**
- **Wear only the appropriate running or walking shoes while exercising. We recommend that you have one pair of shoes for use only on the treadmill to prevent you from tracking outdoor debris on to your treadmill.**
- **Wear appropriate exercise attire when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. We recommend athletic support clothes for both men and women.**

## Installation Requirements

- **Electrical Requirements:** It is the owners responsibility to be sure that the electrical requirements for PaceMaster are adequate. PaceMaster requires standard household current (120 VAC) and a dedicated 20 amp circuit. The treadmill has a three prong plug, this grounding plug is necessary. **Attempting to bypass it with an adapter or in any way defeating it's purpose can result in a serious shock hazard.** As a safety precaution you should unplug the treadmill during electrical storms or if the treadmill will not be in use for periods greater than one week.



- **CAUTION:** If you need to use an extension cord it must be a 14 gauge three wire cord rated for 120VAC use and no longer than 12 feet.
- **Where to install your treadmill?:** Your treadmill should be installed on a flat level surface near a 120Volt/ 20Amp electrical outlet, preferably no more than 5 feet from the outlet to eliminate the need for an extension cord. You must have a minimum of 4 feet clearance between the rear of the treadmill and any wall or obstruction.

**NOTE** If you are installing your treadmill on a carpeted surface, use a pad or scrap piece of carpet in between to avoid marking or soiling of the carpet. Deep pile carpet is not recommended.

## Unpacking Your Treadmill

- The PaceMaster is packed in four pieces: the main unit, the siderails, the step plates, and the hardware package which contains this manual. Once you have removed all of the pieces from the box, inspection of the treadmill should be made to check for any concealed damage that may have occurred during shipment.
- Before assembling your treadmill, open the hardware package and verify that you have the following items according to the model you have purchased.

	non-elevation	manual elevation	automatic elevation
3/16" allen wrench	1	1	1
1/4-20 x 2" bolts	2	2	2
1/4-20 x 1" bolts	2	2	2
1/4-20 x 5" bolts	2	2	2
small black washer	4	4	4
rubber bushing	2	2	2
step plates	2	2	2
plastic caps	2	2	2
safety magnetic key	1	1	1
handcrank assembly		1 (packed in the treadmill box)	
handcrank bracket		1	
1/8" allen wrench		1	
7/16" shaft collar		1	
aluminum spacer		1	
#8 x 3/4" sheet metal screws		2	
thin black oval shim		1	

- If any parts are missing please contact your authorized PaceMaster dealer.

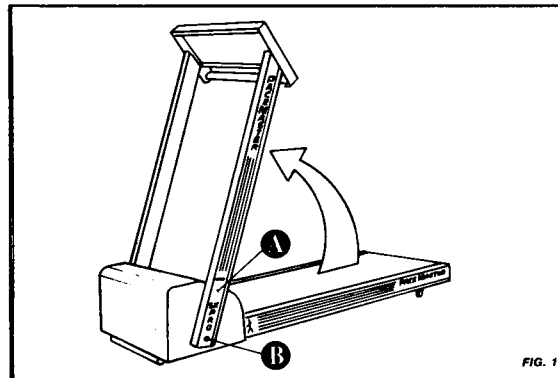
## Tools Required for Assembly

- 3/16" allen wrench (supplied)
- 1/8" allen wrench (supplied for manual elevation models only)

## Assembly Instructions

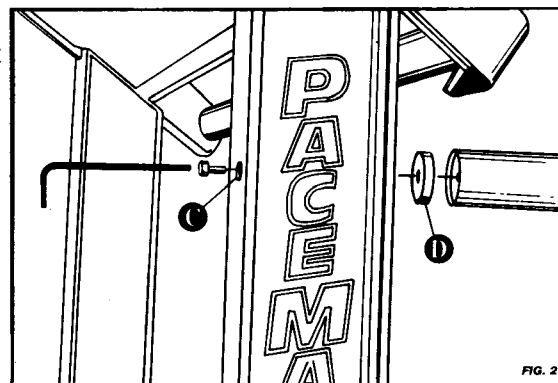
1. Begin by loosening bolts "B" two complete turns each counter-clockwise with the 3/16" allen wrench supplied.

2. To prevent damage to the graphics and motor cover, carefully pivot the handlebar upward while pressing the legs of the handle bar outward from the motor cover until the handle bar is almost vertical (**be sure to leave the cardboard inserts between the handle bar and motor cover while raising it and do not raise past vertical**). Now align upper holes "A" with the holes in the motor cover, then use a 1/4-20 x 2" allen bolt, and one washer to secure the handle bar on each side (**do not tighten bolts "A" yet**).

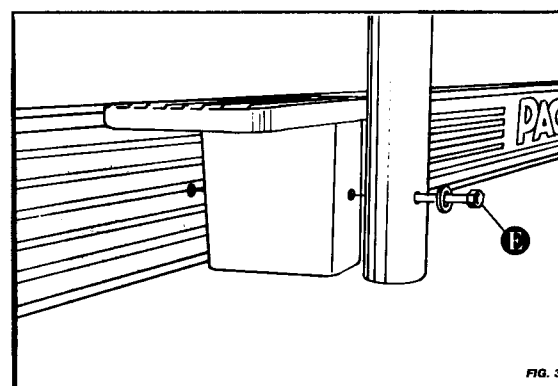


**CAUTION: Do not tighten completely any of the bolts until all bolts have been installed.**

3. To install the siderails first place a 1/4-20 x 1" allen bolt on the long end of the 3/16" allen wrench and insert the bolt through hole "C" in the handlebar until it is protruding through the hole in the other side of the handlebar. Now place the rubber grommet in the top end of the handle bar and gently turn the bolt clockwise into the top end of the siderail (Do not tighten completely yet). Use this same procedure to install the other siderail.



4. To install the step plates use the 1/4-20 x 5" bolts, two washers, and the step plates. Begin by placing the step plate between the lower end of the siderail and the frame as shown. Slide the bolt with a washer through the siderail and the step plate into the hole in the frame and turn the bolt clockwise to tighten it. Now tighten the remaining siderail and handlebar bolts securely, however bolts "A" in figure 1 should be tightened by inserting the long end of the allen wrench in to bolt "A" and tightening (this method should prevent overtightening bolt "A" which might distort the handlebar and/or damage the graphic).

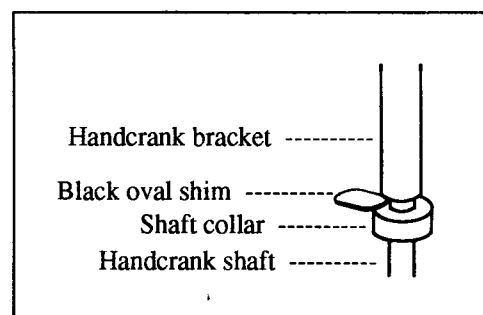
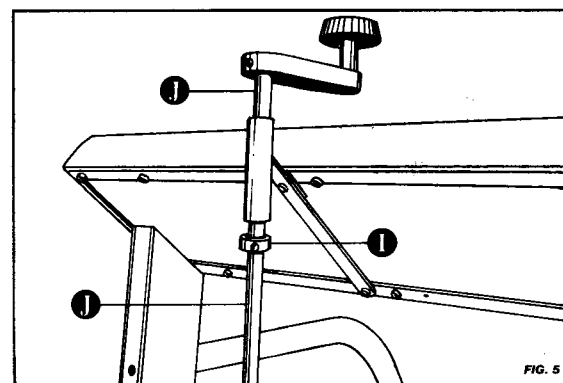
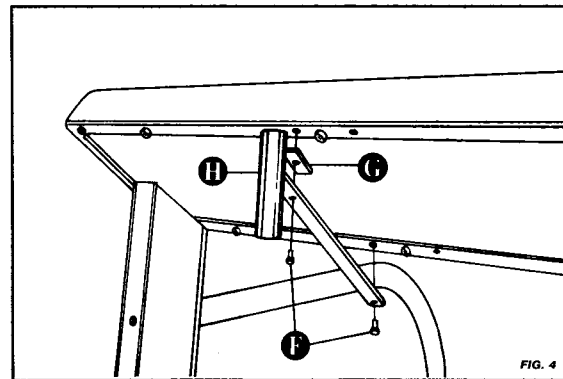


5. Check that all bolts are secure, then insert the plastic caps into hole "C" (fig 2) in the handle bar.

*If you have either the non-elevation or automatic elevation model PaceMaster, proceed to "Testing Your Treadmill"*

## Hand Crank Installation

1. To install the handcrank bracket "H" locate the two #8 x 3/4 sheet metal screws "F", one aluminum spacer "G", and the handcrank bracket "H". Install the bracket as shown in figure 4. Make sure that the aluminum spacer fits flush against the control panel frame and that it does not over lap the control panel.
2. Remove the plastic protective cap and the plastic sleeve from the handcrank assembly "J". Now locate the shaft collar "I" and the 1/8" allen wrench and have them ready.
3. Gently insert the handcrank assembly "J" through the handcrank bracket "H". Use care not to push the bushings out of the handcrank bracket. After the end of handcrank assembly "J" is through the handcrank bracket, slide the shaft collar "I" onto the shaft and temporarily tighten it half way up the shaft. **Do not insert the shaft into the motor housing yet.**
4. Turn the handcrank to the 6 o'clock position (handcrank pointing to the rear of the machine). Insert the shaft through the hole in the motor housing down as far as it will go. Turn the handcrank very slightly back and fourth while applying a slight downward pressure until you feel a "click" as the ball and coupler mate. Turn the handcrank 2-3 turns to confirm that it is completely mated. If the treadmill does not begin to elevate repeat step 4.
5. Once the ball joint and coupler are fully mated, loosen the set screw in the shaft collar "I" using the 1/8" allen wrench. Now slide the shaft collar "I" towards the handcrank bracket "H" while placing the thin black oval shim between the bottom of the handcrank bracket and the shaft collar as shown below. Slide the shaft collar against the shim and tighten the shaft collar. **Once the shaft collar is tightened remove the shim.** This procedure will assure that the proper clearance (.035 in.) is obtained between the shaft collar and the handcrank bracket.



# Testing Your Treadmill

- Your treadmill is completely adjusted and tested at the factory. However, due to changes occurring during shipment it should be tested. Once you have assembled your treadmill and it is located where it will be used, proceed as follows (do not make any adjustments unless necessary). Check to confirm that the power saver switch is in the **Power Saver** position before testing (see "Power Saver" page 10).



**CAUTION:** When performing these tests **DO NOT** stand on the treadbelt. Stand on the step plates only.

1. After your treadmill is in place and plugged in to the wall outlet, attach the garment clip (located on the end of the cord opposite the safety magnetic key) to your clothing at waist level and insert the magnetic key in to the recess on the control panel. You will see "150" in the speed window and "Lb" flashing in the distance window of the display. This is the current user weight entered, for testing this is fine (in standard operation you could change this number to represent your weight by pressing the UP or DOWN buttons).
2. Now set the workout time for 3 minutes by pressing the MIN button 3 times and set the workout speed by pressing the FASTER button until the speed displayed is 2.0 m.p.h..
3. While standing on the step plates press the START / STOP button. After a few second delay the treadbelt will begin to move.

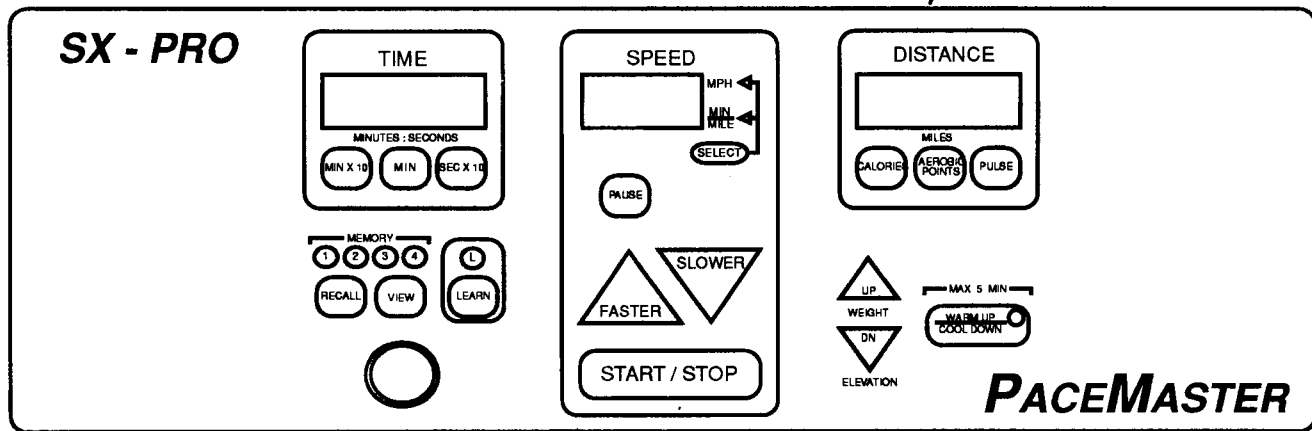
**NOTE** If the treadbelt does not move, or stops after a few seconds and displays an error message, make a note of the error message and refer to the trouble shooting section.

4. After the treadmill has reached 2.0 m.p.h. and run for a few minutes, look at the treadbelt to make sure that it is centered on the bed. If the treadbelt is not centered, refer to the maintenance section for instructions on adjustment.
5. If you have a PaceMaster with either handcrank or automatic elevation, the elevation should be tested after assembly.
  - To test handcrank elevation models, begin turning the handcrank clockwise, the elevation will appear in the distance window; Continue elevating the treadmill until you reach an elevation of 3.0 percent. Now turn your handcrank counter-clockwise until you are back to 0.0 percent elevation (do not force the crank below 0.0 percent or you may damage the elevation unit).
  - To test automatic elevation models the treadbelt must be moving, therefore you must set a few minutes of workout time, set a workout speed (use 1.0 m.p.h.) , and press start. To check your current elevation, press either the UP or DOWN button momentarily and your current elevation will be displayed in the distance window. To change your elevation you may either press and hold the UP or DOWN button (the elevation will change in .5 percent increments) or you may repeatedly press either button obtaining a .5 percent change per press of the button. Bring the treadmill up to 3.0 percent incline and once it reaches 3.0 percent bring it down to 0.0 percent.



**CAUTION:** Always remember to leave your treadmill at 0.0 percent incline when finished exercising.

## Understanding the PaceMaster Control Panel



**CONTROLS** Although PaceMaster has many advanced features which allow the user complete versatility in meeting exercise needs, basic operation is extremely easy. Basic operation involves setting your **TIME** and **SPEED** goals, then pressing the **START** button. PaceMaster will gradually accelerate to your set speed, maintain that speed until the timer counts to zero, then gradually come to a complete stop. During your exercise the displays keep track of your time remaining, speed, distance traveled, calories burned, and aerobic points earned.

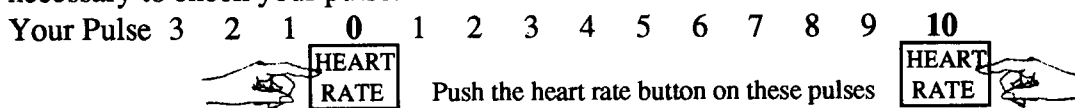
- **MAGNETIC SAFETY KEY** - The magnetic safety key with its red cord and garment clip is a safety feature of the PaceMaster. Attach the clip to your clothing at waist level (where a belt buckle would normally be positioned). To turn PaceMaster on insert the circular black key into the recess on the control panel. During exercise an emergency stop can be made at any time by pulling on the cord to release the key from its slot. This would happen automatically should a fall occur. **Using the key to stop PaceMaster is an emergency procedure only!** Normally you should stop PaceMaster by pressing the stop key or allowing the timer count to zero. Once PaceMaster has come to a complete stop remove the key to turn PaceMaster off. When not in use store the magnetic safety key in a safe place to prevent unauthorized use. **Always use the magnetic safety key with the clip attached to your waist when operating the PaceMaster.**
- **POWER UP** - Using the magnetic safety key as described above, place the magnet into the slot. The control panel will display "150 Lb" for a few seconds indicating that PaceMaster is set for a 150 pound user. You can change the weight to your weight by pressing the **UP** or **DOWN** buttons before the display disappears. Once you change the weight setting the new weight will appear during power up until it is changed again. You can also access the weight setting mode when ever the treadmill is not in motion by holding down the **SELECT** button for two seconds.
- **MINx10, MIN, SECx10** - **Before** exercise, use these buttons to set the amount of time you wish to exercise. **During** exercise the **TIME** display will count down until zero time is left. PaceMaster will then slow to a complete stop. **During** exercise (except warm up or cool down periods) each press of the **MIN** button will increase the time remaining by one minute.
- **FASTER, SLOWER** - **Before** exercise, use these buttons to set your exercise speed. **During** exercise, these buttons allow you to adjust your speed.
- **SELECT** - Use this button to display speed in M.P.H. (miles per hour) or MIN/MILE (the number of minutes it takes to complete one mile).



- **START/STOP** - After the **TIME** and **SPEED** are set, press **START** to begin exercise. A "beep" signals that the treadmill will begin slowly accelerating to the selected speed. **STOP** may be pressed at anytime to gradually slowdown to a complete stop. Otherwise the treadmill will stop automatically when the timer counts down to zero. A quick but safe emergency stop can be made at anytime by pulling on the safety cord to release the magnetic key from its slot. **Use this as an emergency procedure only!**
- **PAUSE** - At any time during your workout you can put your exercise "on hold" by pressing the **PAUSE** button. PaceMaster will stop, but retain all distance, calories, and aerobic points accumulated thus far as well as time remaining and speed. The **SPEED** window displays "-P-" to indicate **PAUSE** is active. You may then answer the phone or doorbell. To resume your workout where you left off press **START**.
- **UP, DOWN** - On all models, these buttons adjust user body weight. See **POWER UP** for details.
 

*Automatic Elevation models* - The **UP** and **DOWN** buttons set the desired elevation (incline). Elevation is adjustable from 0% incline to 10% in 0.5% increments. To display the current elevation setting, momentarily press either the **UP** or **DOWN** button. An "E" will appear in the **DISTANCE** window followed by the elevation setting. For example a 3.5% incline is displayed as "E 3.5". To change elevation settings either repetitively press or hold down the appropriate button. **Before** exercise, set your desired elevation value. PaceMaster will not elevate to this setting until **START** is pressed to begin exercise. **During** exercise PaceMaster will immediately seek any new elevation value set with the **UP** or **DOWN** buttons. After exercise ("End" is displayed) return PaceMaster to 0% incline by pressing the **DOWN** button until the elevation mechanism stops moving.

*Handcrank Elevation models* - To display the current elevation setting, press either the **UP** or **DOWN** button. To change elevation, turn the handcrank clockwise to go up or counterclockwise to go down. Elevation is automatically displayed when turning the handcrank. If elevation is cranked either to far down or to far up, "E Lo" or "E hi" will be displayed. Reverse the cranking direction until you reach E 0.0 (if "E Lo" was displayed) or E10.0 (if "E hi" was displayed).
- **CALORIES** - **Before** exercise, you can predict the calorie burn for your workout. Enter your time and speed goals (and elevation if equipped) . Press **CALORIES** to display your predicted calorie burn, displayed in the **DISTANCE** window, preceded by the letter "c". For example 143 calories is displayed as "c 143". You may fine tune your calorie burn to a specific value by changing your time, speed, (or elevation). If you begin "fine tuning" within three seconds of pressing the calorie button, the calorie display will remain until "fine tuning" has stopped for three or more seconds. **During** exercise, press the **CALORIE** button to display the actual amount of calories burned thus far. The calorie display disappears three seconds after the button is pressed.
- **AEROBIC POINTS** - Functions the same as calories but displays Aerobic Points preceded by the letter "P". See "Exercise and Your Treadmill" for a description of Aerobic Points.
- **HEART RATE** - The heart rate timer can be used any time before, during, or after your workout. First find your pulse either in your neck or at your wrist. Once your pulse is located begin to count the beats starting at 3 and count backwards. When you reach zero press **HEART RATE** with your free hand and start counting up. On the tenth beat, press **HEART RATE** again. Your pulse is displayed in the distance window preceded by an "h". This feature may be used as often as necessary to check your pulse.



- **WARM UP/COOL DOWN** - Before exercise, this button adds a 5 minute warm up program prior to your main exercise routine, and a 5 minute cool down program following your main routine. The warm up program is designed to loosen you up and get you ready for the main exercise routine. The cool down program allows your body to gently adjust to the end of a workout instead of abruptly stopping. Most authorities advise this method of exercising.

Warm up and cool down speeds are calculated by the computer, based on your main exercise speed. The warm up program starts at 50% of the main routine speed, and gradually, over the entire five minute period, accelerates to 75%. The cool down program starts at 75% of your set speed and decelerates over the five minute period to 50%.

For example: If you set a speed of 4 m.p.h. for 20 minutes and you add a Warm up/Cool down program, your total exercise time will now be 30 minutes. Your workout begins with a 5 minute warm up starting at 2 m.p.h. and gradually (over 5 min.) accelerating to 3 m.p.h.. Then PaceMaster begins a 20 minute main routine at 4 m.p.h.. At the end of the main routine you begin a 5 minute cool down starting at 3 m.p.h. and gradually (over 5 min.) decelerating to 2 m.p.h.. Once the cool down program is finished PaceMaster gently stops.

Before exercise the Warm up/Cool down button glows to indicate a Warm up/Cool down will be added once you press START. During Warm Up the button flashes and a "u" appears in the time window to indicate Warm up. A Cool down is indicated by a "c", and a flashing button.

At any time during warm up, the WARM UP button can be pressed to discontinue warm up and begin your main exercise. Similarly, during main exercise you can press the COOL DOWN button to end the exercise and immediately begin cool down.

- **RECALL, VIEW, LEARN** - These three buttons allow PaceMaster to memorize your favorite exercise routines and automatically repeat them at any desired time. This eliminates the need to manually enter time, speed, and elevation settings each time you exercise. It also eliminates the need to manually change speed or elevation during your workout. Once PaceMaster LEARNS a routine, you can RECALL that routine and repeat it exactly, without having to press a single button!

PaceMaster is shipped from the factory with an exercise program already stored in each of its four memories. You can use any of these preprogrammed courses or replace them with your own courses. For a full description of the preprogrammed courses see the section called "Using the Preprogrammed Courses". Step by step instructions for programming your own courses can be found in the section "Designing Your Own Courses".

- **RECALL** - This button is used before your workout. After inserting the magnetic safety key and entering weight, press RECALL once, to retrieve the first of four programs stored in PaceMaster's memory. The number "1" lights up above the button to indicate you have recalled program one. Notice that time and speed settings (as well as elevation settings if equipped) are now displayed in the proper windows. Pressing RECALL a second time recalls program "2", pressing a third time recalls "3", the fourth press recalls "4". If RECALL is pressed a fifth time all memory lights are extinguished and PaceMaster returns to basic manual operation. To use one of the programs, RECALL it and then press START.

- **VIEW** - The VIEW button may be used to examine the complete profile of a memorized program before you begin exercising. First use RECALL to access one of the four stored programs. The appropriate memory light (1,2,3, or 4) should now be lit. The initial settings of time, speed and elevation are already being displayed in the appropriate windows. The WARM UP/COOL DOWN button will also be lit if the stored program contains warm up and cool down periods.

Now the VIEW button can be used to show what changes will take place during exercise if this program is used. Press VIEW and the following takes place; The time display adjusts to show the time at which the first speed (or elevation) change takes place. The speed display (or elevation display) flashes the old setting, then changes to the new setting. After a five second pause the time display again adjusts to show when the next speed (or elevation) change takes place. The speed (or elevation) display flashes the old setting, then changes to the new. This continues until all changes in the program being viewed have been shown, and "End" appears along with the total program time (including warm up and cool down if used) and distance.

- **LEARN** - The LEARN button allows PaceMaster to memorize your exercise routine while you are doing it. Your program is stored in one of the four memories previously described, *replacing* the old program. To use LEARN, first use RECALL to select the memory (1,2,3, or 4) where your program will be stored. Next press the LEARN button. The letter "L", above the button, lights to show that you have entered the learn mode. The time and speed displays will have dashes in them indicating the old program has been erased. Now enter your time, speed, and elevation (if equipped) just as you would in manual operation. Add a warm up and cool down if desired, and press START to begin exercising. Perform your exercise exactly the way you wish it to be memorized. As you are exercising, you will notice that each time you change speed (or elevation) the "L" above the LEARN button flashes for a few seconds to confirm that the changes are being learned. When you have finished exercising, in other words the time has counted down to zero or you pressed STOP to shorten your exercise, "End" will appear in the SPEED window, and the total time of your memorized routine will be shown in the TIME window.
- **POWER SAVER** - This switch is located on the bottom of the machine, four inches behind the power cord. The switch has two settings, power saver and high speed. Use the power saver position at all times for quiet and economical operation. Use the high speed setting only when speeds in excess of 7.5 m.p.h. will be needed. PaceMaster is shipped from the factory with the switch in the power saver setting. **Unplug PaceMaster from the outlet before changing the switch position.**

## Exercise and Your Treadmill



**CAUTION:** Before starting any exercise program, contact your personal physician and have a complete physical. Only your physician can recommend a heart rate training zone that is suitable for you. The following information is provided as a general guideline and should be used as such. You must modify these guidelines to suit your own personal fitness level.

Aerobic, by definition, means in the presence of oxygen. Aerobic exercise refers to a physical activity which requires large amounts of oxygen for long periods of time. Building strength, muscle tone, and burning fat are benefits of aerobic exercise. While exercising, your muscles require large amounts of oxygen, and it is your lungs that must oxygenate the blood that your heart will pump to the muscles. Therefore, aerobic exercise is not only working your muscles, but strengthening your cardiovascular system as well.

Aerobic points measure the effectiveness of your exercise on your cardiovascular system. Dr. Kenneth Cooper formulated the aerobic point system to allow an individual to determine how much their workout benefits their cardiovascular system. According to Dr. Cooper's system, an adult male requires 32 aerobic points of activity weekly to maintain a minimum cardiovascular fitness level. An adult female requires 28 aerobic points of activity weekly. **These are not starting goals.** These are goals that should gradually be worked up to.

• **How strenuous should my exercise be?**

You can determine how strenuous to make your exercise by monitoring your heart rate. Your maximum heart rate is the fastest that your heart can beat, and is usually determined by subtracting your age from 220. For example if you are 40 years old your maximum heart rate is 220 - 40 or 180 beats per minute. Exercising with a heart rate greater than 75% of your maximum heart rate may be too strenuous unless you are in excellent physical condition. Exercising at a heart rate less than 50% of your maximum gives your heart and lungs little conditioning. Therefore, it is most beneficial to exercise with your heart rate between 50% and 75% of maximum. This 50 - 75% range is called your target heart rate zone.

Upon beginning an exercise program, keep your heart rate closer to the low end of your training zone (50%). As your fitness level increases, work up to the higher end of your target zone (75%). Following at least six months of regular exercise some people choose to exercise at rates of up to 85%. It is not necessary to work that hard to maintain good cardiovascular condition.



**CAUTION:** High blood pressure medicines can lower your maximum heart rate and therefore lower your training zone. If this applies to you, consult your doctor.

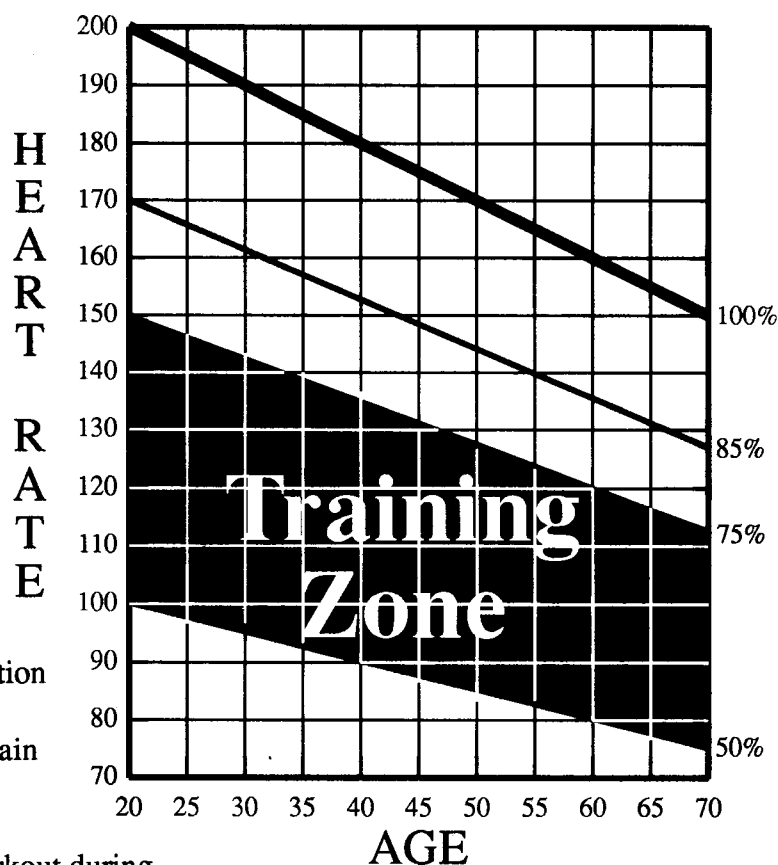
• **How long should I exercise?**

There are three equally important parts to a workout; a warm up, a main exercise routine, and a cool down.

• A warm up should be 5 minutes in duration starting at a lower pace, and gradually increasing, until the beginning of the main exercise routine.

• The main routine is the part of your workout during which you maintain your heart rate in the training zone. The goal for this segment is 30 - 60 minutes in duration. Initially the time should be less than 30 minutes, but as your fitness level increases, the time in the training zone can increase, depending on how briskly you walk or run. You should gradually work up to the 30 - 60 minute goal.

• Following your main routine it is important to slow down gradually. This allows your body to relax at a safe rate. Abrupt stopping can cause dizziness and other non-beneficial effects.



**NOTE** We, at Aerobics Inc., realize the importance of a warm up and cool down. Therefore you may add an automatic 5 minute warm up and cool down to your workout by simply pressing the warm up/cool down button on the control panel prior to beginning your workout.

• **How often should I exercise?**


Exercise 3 or 4 times per week to achieve and then maintain your desired fitness level. Exercising less than 3 or 4 times per week, decreases the benefits and slows progress. An every other day schedule works best.

• **Is there a limit to the benefits of exercising?**

That depends on the benefits you are aiming to achieve. Anything more than 30 minutes daily of very vigorous exercise, or 60 minutes daily of moderately vigorous exercise, results in little added conditioning of your heart and lungs. If your goal is weight loss or weight control, more exercise burns more calories. But like everything else in life, exercise can be over done. Too much exercise can have detrimental effects. Also keep in mind, effective weight control requires adjusting your caloric intake in addition to regular exercise.

## Using PaceMaster for the First Time

Before starting any exercise program, contact your personal physician and have a complete physical. Only your physician can recommend a heart rate training zone that is suitable for you.

 **CAUTION:** Before using your treadmill make sure that all children, pets, and other objects are at least three feet away from the treadmill in all directions during the entire time the treadmill is in operation.

- 1 Stand on the center of the treadbelt. Attach the clip of the magnetic safety key to your clothing at waist level. Insert the circular magnetic into the recess on the control panel keyboard.
- 2 After the machine powers up, the previous weight setting is displayed in the SPEED window and "Lb" flashes in the DISTANCE window. Adjust this number to represent your weight using the UP and DOWN buttons. Once adjusted, the weight display will disappear in a few seconds, indicating that it has been memorized. Entering weight has no effect on PaceMaster's performance, it is only used to more accurately calculate calories burned.
- 3 Set the desired workout time using the MINx10, MIN, or SECx10 buttons.
- 4 Set the desired workout speed using the FASTER and SLOWER buttons. For first time users we recommend a starting speed of 2.0 m.p.h. until comfortable walking on PaceMaster, at which time the speed may be increased.
- 5 Keeping one hand on the siderail, press START. After a few second delay the treadbelt will gradually accelerate. Initially keep both hands on the siderails until comfortable walking on your treadmill. Once comfortable, try removing your hands to let them swing naturally, as you would walking outdoors. Always hold on to the siderails or handle bar with one hand when operating the buttons of the control panel.

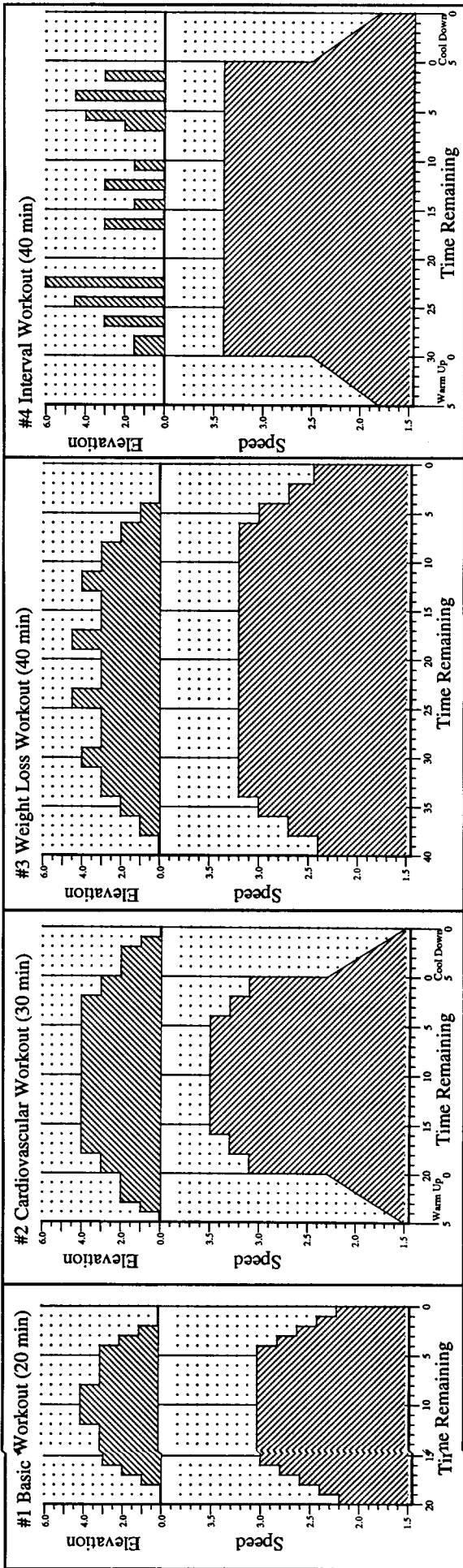
- 6 Now that you are walking, speed and/or elevation may be varied as often as desired during your workout.
- 7 When the timer counts down to zero, the treadbelt gradually slows to a stop.
- 8 STOP may be pressed at any time during your workout to gradually stop.
- 9 If a problem occurs, PaceMaster can be stopped quickly by pulling on the red safety cord to remove the magnetic key from the control panel. The treadmill will stop more abruptly, but still gently enough to prevent you from being thrown. **This is an emergency procedure only and should not be used as the normal stopping procedure.**

## Using The Preprogrammed Courses

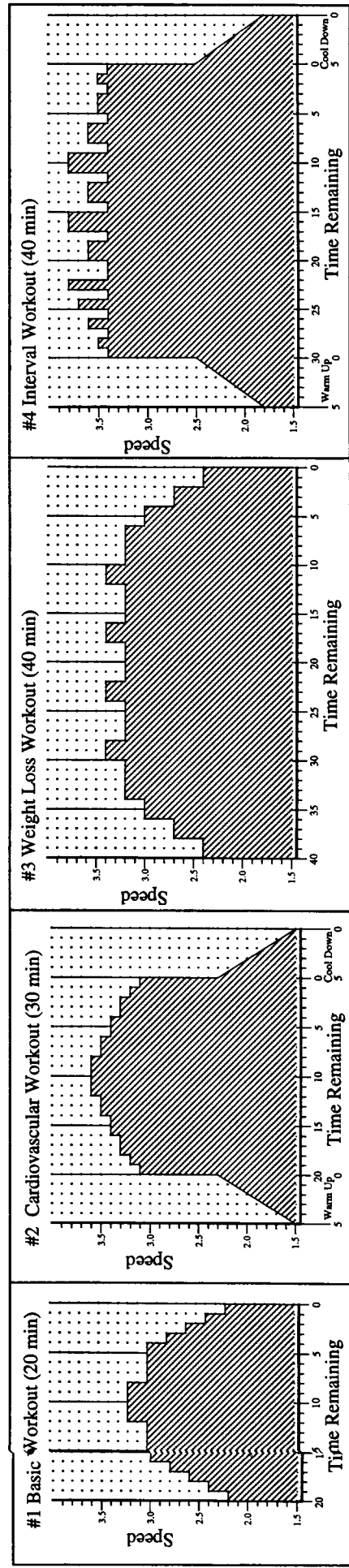
This section describes how to use the preprogrammed courses or any course you might program in the memory of your PaceMaster.

- 1 Stand on the center of the treadbelt. Attach the clip of the magnetic safety key to your clothing at waist level. Insert the circular magnetic into the recess on the control panel keyboard.
- 2 Enter your weight at the flashing "Lb" prompt using the UP or DOWN buttons.
- 3 Press the RECALL button until the number of the program you desire is lit.
- 4 If you are unsure of the profile for your chosen program, use the VIEW button to examine the profile. A description of how the view button works can be found in the section "Understanding the PaceMaster Control Panel".
- 5 Press START to begin your workout.
- 6 During the workout the computer will notify you of any speed or elevation changes in the program by flashing the current speed and/or elevation a few times, then displaying the new speed or elevation.
  - At anytime during the workout you may increase or decrease your speed or elevation to meet your own fitness level, but at the next point in time when there is a speed or elevation change, the treadmill will go to its new values. You may choose to override these new values at any time.
  - If there is a warm up/cool down as part of the program chosen, you may shorten the warm up by pressing the WARM UP button prior to its completion. This will advance you to the beginning of the main exercise routine. You may also choose to begin your cool down prior to the end of your main exercise routine. This is done by pressing the COOL DOWN button before time has elapsed on the main routine, this will put you at the beginning of the cool down routine.
  - During the main routine you may, if desired, lengthen the workout by pressing the MIN button, which will add 1 minute to the main routine each time you press it.

Programs for the PaceMaster with Automatic Incline



Programs for the PaceMaster with Handcrank or No Incline



# Designing Your Own Courses

Designing your own workout course allows you to tailor the workout to your specific fitness level, abilities, and goals. PaceMaster has the ability to remember four of your favorite exercise routines. One routine can be stored in each of the four memory positions. These four memory positions each contain a factory installed program. Saving your own course into one of these memory positions erases the factory program in that memory position. Be certain that the proper memory (1,2,3, or 4) has been selected. Realize that you will no longer be able to use the existing program in that memory position once a new one is memorized. There is a way to restore the factory installed programs only. See the note below.


- 1 Stand on the center of the treadmill. Attach the clip of the magnetic safety key to your clothing at waist level. Insert the circular magnetic into the recess on the control panel keyboard.
  - 2 Enter your weight at the flashing "Lb" prompt using the UP or DOWN buttons.
  - 3 Press RECALL to select the memory position where the new program will be stored.
  - 4 Press the LEARN button. This will erase the program currently stored in this memory and allow you to store a new one.
  - 5 Set the desired workout time, starting speed, warm up/cool down (if desired), and starting elevation.
  - 6 Press START to begin your workout. Do your exercise exactly as you wish it to be memorized.
  - 7 During the workout, speed and elevation changes can be made as often as desired. The computer will remember all of the changes made. You allowed to make a maximum of 30 speed and elevation changes per course. If 30 changes are exceeded the word "FULL" is displayed for a few seconds and any further changes will not be memorized.
  - 8 When the workout is ended, by either pressing stop, or letting the time expire, the course is automatically stored in memory.
- During your main routine you may, if desired, lengthen your workout by pressing the MIN button, which will add 1 minute to your main routine each time you press it.

**NOTE** To restore a factory program into a particular memory position:

- 1 - RECALL the memory position (1,2,3, or 4).
- 2 - Press and hold down the LEARN button for 3 seconds.
- 3 - A beep followed by the settings in the TIME and SPEED windows confirms that the factory program has been restored to that memory position.



## Maintenance

 **CAUTION:** Be sure to unplug your treadmill before attempting any cleaning or maintenance.

### Bed and belt cleaning

The treadmill on your PaceMaster rides on a low friction bed. Proper operation will be jeopardized if any water, dirt, solvents, fluids, or abrasive materials are permitted to become between the treadmill and the bed. For this reason extra care must be used in keeping the treadmill clean. Use a soft, damp cloth or paper towels to wipe the edge of the belt and the area between the belt and the side of the machine at least once a week to prevent dust and residue accumulation.

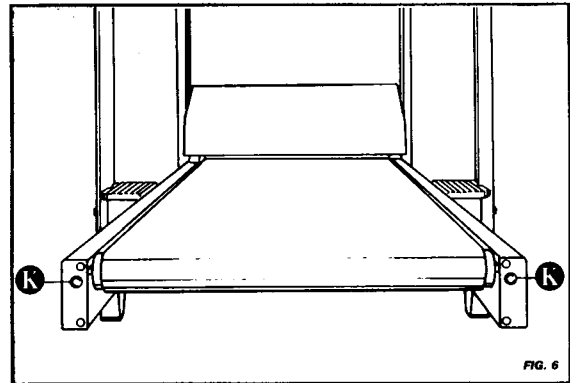
### Centering Your Treadbelt

To improve treadmill life, the treadmill should remain reasonably centered while in use. To center the treadmill, first walk on the belt at 2.5 m.p.h. for a few minutes. Determine whether the belt drifts too far to the left or right side. If adjustment is required, stop the treadmill and follow the steps listed below. **Never make any adjustments while the treadmill is moving.**

 **CAUTION:** The power must be turned off before making adjustments.

Use a 7/16" wrench for the following adjustments

- 1 If the belt is drifting to the left, turn the lefthand adjustment bolt "K" 1/4 turn clockwise and the righthand adjustment bolt "K" 1/4 turn counterclockwise.
- 2 If the belt is drifting to the right, turn the righthand adjustment bolt "K" 1/4 turn clockwise and the lefthand adjustment bolt "K" 1/4 turn counterclockwise.
- 3 Walk on the treadmill for 1 minute and observe, if the belt is not yet centered, repeat the last step.



### Hesitation of the Treadbelt

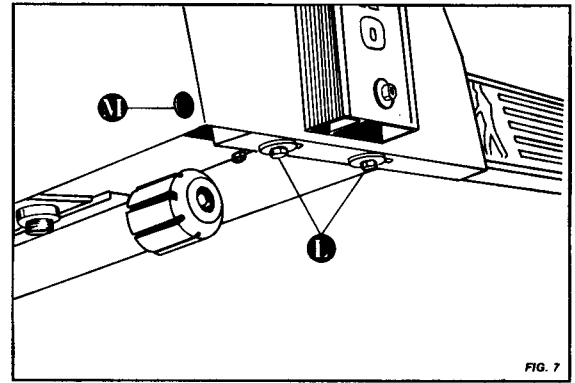
Hesitation of the treadmill usually indicates slippage of either the treadmill (the belt you walk on) or the drive belt (the belt connecting the drive roller to the motor). To determine which of these belts is slipping, first adjust the drive belt tension and test to see if the slippage stops. If the hesitation is not corrected than the treadmill tension needs adjustment.



**CAUTION:** The power must be turned off before making adjustments.

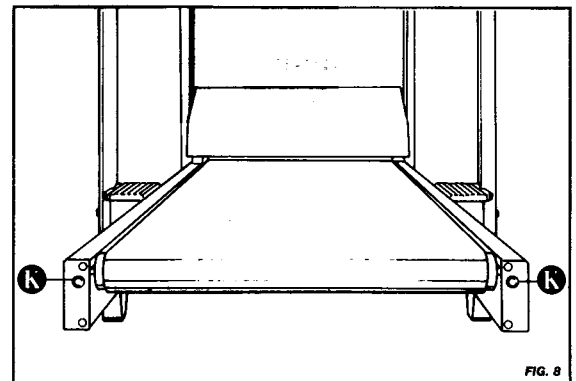
### Drive belt tension adjustment

- 1 Locate the two motor tray screws "L" on the bottom lefthand side of the treadmill and loosen them one half turn each using 3/8" wrench.
- 2 Locate the drive belt adjustment screw in the lower left front corner behind the hole "M" in the black motor housing. Insert the long end of the supplied allen wrench through the hole into the drive belt adjustment screw. Turn the screw 1/2 turn clockwise.
- 3 Complete the adjustment by retightening the two motor tray screws "L".
- 4 Walk on the treadmill to determine if the slippage is decreased or eliminated.
- 5 If no improvement is observed, the hesitation may be caused by a loose treadbelt - see "Treadbelt tension adjustment" below. If improvement is noticed but slippage is still present, repeat the procedure and test again. If you tighten the drive belt adjustment screw 1 1/2 turns and there is still hesitation (slippage) contact your authorized PaceMaster dealer. Tightening the drive belt adjustment screw more than 1 1/2 turns can result in bearing damage to the motor and/or drive roller.



### Treadbelt tension adjustment

- 1 Locate the two treadbelt adjustment screws "K" as shown.
- 2 Turn both the left and right treadbelt adjustment screws 1/2 turn clockwise.
- 3 Walk on the treadmill to see if the adjustment you made decreased the slippage.
- 4 If a significant decrease in slippage was observed, go to step 2. If you tighten the treadbelt 1 1/2 turns per side and slippage is still present, do not continue to adjust the treadbelt tension. Contact your authorized PaceMaster dealer.



## Troubleshooting

Problem	Cause	Solution
No power	unit is not plugged in	plug unit in
	magnetic key is not in	insert magnetic key
	Household circuit breaker is off	turn on circuit breaker
	Treadmill circuit breaker has been tripped	reset treadmill circuit breaker
Display reads "ELE ERR J" (automatic elevation models only)	Object caught in elevation mechanism	Unplug treadmill and look under front for foreign objects or toys
Display reads other messages and unit does not function	Obtain qualified serviceman to analyze cause	Call your authorized dealer or the factory

## Limited Warranty

Aerobics Inc. warrants this product to be free from defects in material and workmanship under normal use and service for the following periods from the original date of sale by an Authorized Dealer.

- One Year - Overall machine
- Two Years - Drive motor and Elevation motor
- Lifetime - Structural aluminum frame, Steel motor mount, Handlebar, and Siderails

This warranty does not cover the failure of this product; if it is damaged while in your possession, used for commercial purposes, or if the failure is caused by unreasonable use, neglect, accident, alteration, or failure to provide reasonable and necessary maintenance.

**There are no expressed or implied warranties which extend beyond the warranties listed here.**

Aerobics Inc. neither assumes nor authorizes any person to assume for it, any other liability in connection with this product, and under no circumstances, shall Aerobics Inc. be liable for any loss or damage, direct or consequentially, arising from the use of, or inability to use, this product.

The customer is responsible for all transportation costs on any claims made under this warranty. The sole remedy afforded to the customer under this warranty, shall be the repair or replacement of defective parts. This warranty is limited to the original purchaser only.

## Specifications

Motor - 2.0 HP continuous duty DC @ 120 VAC, 16.8 Amps

Speed Range - .7 to 11.0 m.p.h. (.1 m.p.h. increments)

Elevation Range (if equipped) - 0 to 10% grade (.5% increments)

Operating Temperature Range - 50° to 100° F

Maximum Permitted Weight - 300 lbs

