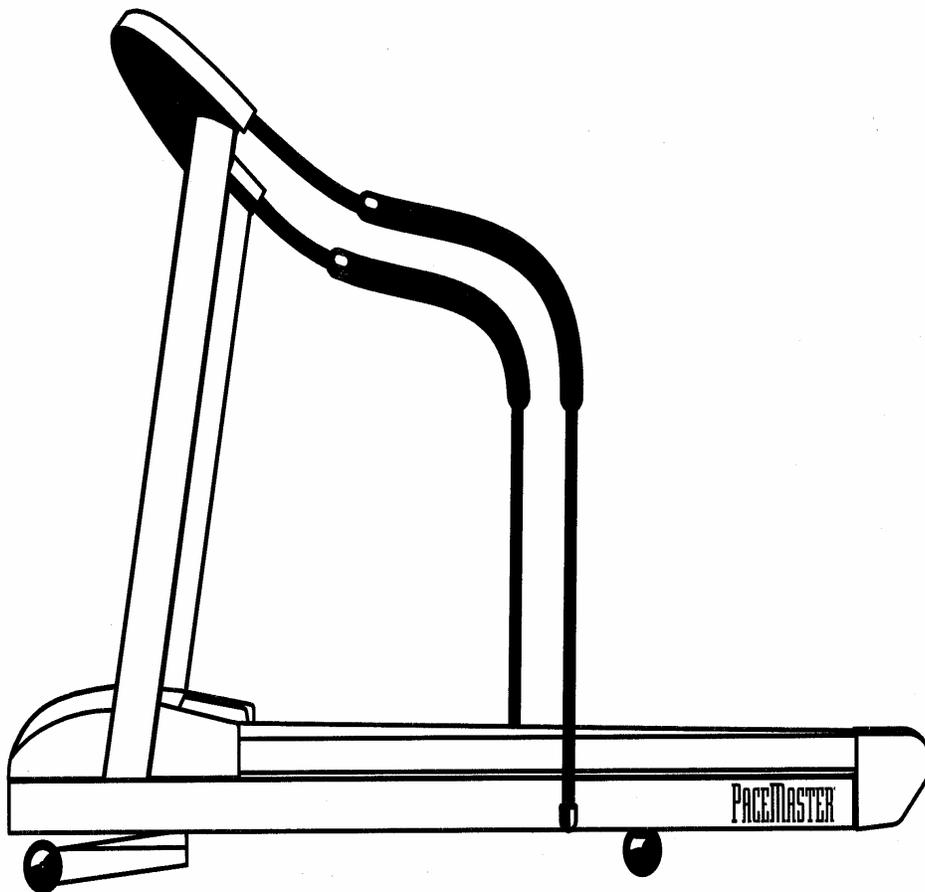


# ***PaceMaster***



## ***ProSelect / ProElite***



### **OWNER'S MANUAL**

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

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# INTRODUCTION

**Congratulations** on your commitment toward better health and fitness!

The staff at Aerobics Inc. would like to thank you for purchasing a PaceMaster treadmill. Not only did you buy one of the highest quality treadmills on the market; you also received excellent value for your dollar. PaceMaster treadmills have been rated “*BEST BUY*” by more nationally recognized publications than any other treadmill.

Aerobics Inc. has been designing and manufacturing home treadmills since 1968. We are a family-owned and operated business, comprised of fitness enthusiasts who are committed to providing consumers with outstanding quality treadmills at affordable prices. All PaceMaster treadmills are made in the USA.

Your new PaceMaster treadmill has a wide variety of features to assist you in reaching your fitness goals. Please read this manual in its entirety so you will be thoroughly acquainted with assembly, operation and maintenance information.

## About This Manual

It is highly recommended that you read this manual in its entirety before attempting to use your PaceMaster treadmill. It contains information to familiarize you with assembly, basic operations, preset workouts and custom programming.

For your safety, and the protection of your treadmill, we have included warnings and other valuable information throughout this manual. The information will be in bold type and marked. Be absolutely sure to thoroughly read and understand this information.

**CAUTION, WARNING** or **DANGER** indicates important safety warnings. Failure to read and understand these warnings may result in personal injury or damage to your treadmill. **TIP** indicates useful suggestions to keep in mind while using your PaceMaster treadmill.

This treadmill is in compliance with EN 957-2 class H.

**The ProSelect and ProElite treadmills are designed for home use only.**

# IMPORTANT SAFETY INSTRUCTIONS

## Read these instructions before using your treadmill

**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:**

- Never operate your PaceMaster treadmill without clipping the magnetic safety key to your clothing at waist level.
- Your PaceMaster treadmill is not designed for use by children under the age of 18 without strict parental supervision.
- Close supervision is necessary when the treadmill is used by or near children or disabled persons.
- Use your PaceMaster treadmill 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 treadmill 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 treadmill.
- Do not use outdoors.
- Always unplug your PaceMaster treadmill 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 treadmill with a minimum of 4 feet (1219mm) of clearance between the rear of the treadmill and any wall or obstruction.
- Do not allow anyone to reach under or be too near your PaceMaster while it is in use.
- Do not attempt to mount or dismount the tread belt while it is running.
- Never allow more than one person on your PaceMaster treadmill at any time.
- Never move the treadmill while it is plugged into the electrical outlet.
- When you are finished exercising, leave your PaceMaster treadmill in a non-elevated position to avoid toys and other objects from becoming trapped beneath.
- Wear appropriate running or walking shoes and attire while exercising.
- The treadmill should be turned off after each use by removing the safety magnetic key.
- Never apply lubricant to the belt and deck. **It is permanently lubricated at the factory and is maintenance free.**

# ASSEMBLY INSTRUCTIONS

## Installation Requirements

Your PaceMaster treadmill should be installed indoors on a flat, level surface near a 120Volt/ 15Amp outlet. The treadmill requires a dedicated, non-switched outlet that is not part of a GFI (Ground Fault Interrupter) circuit, 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 of clearance between the rear of the treadmill and any wall or obstruction.

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

## Unpacking Your Treadmill

The PaceMaster treadmill is packed in five pieces:

- Frame assembly
- Front handlebar assembly with Control Panel
- Two side rails
- Motor cover
- Hardware package

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

Two black side rail brackets	3/16" Allen wrench
Two fender washers	One wireless chest strap transmitter
Four 1/4-20 x 3.5" black carriage bolt	Magnetic safety key with garment clip
Two 1/4-20 x 4" black carriage bolt	Owner's Manual
Six 1/4-20 kep nuts	Warranty registration card
Two #8 x 1/2" black sheet metal screws	

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

## Tools Required for Assembly

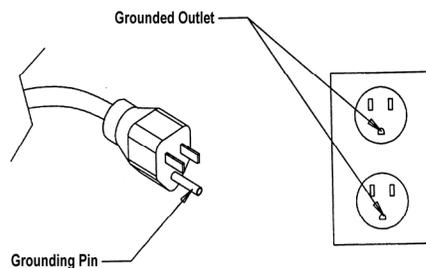
- 3/16" Allen wrench (supplied)
- 7/16" combination wrench
- Phillips head screwdriver

## Grounding Instructions

**DANGER:** This product must be properly grounded. If it should malfunction or become inoperable, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**WARNING:** Improper connection of the equipment grounding-conductor can result in a risk of electrical shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is rated for more than 15 amperes and is for use on a circuit having a nominal rating of 120 volts. It is factory equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. **No adapter should be used with this product.** Attempting to bypass it with an adapter or in any way defeating its 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, no longer than 12 feet.



## Assembly

### Figure 1:

Carefully place the bottom of the handlebar (1) on the frame (2) so the two holes in the plate at the bottom of the handlebar line up with the holes in the frame. **Be extremely careful not to damage the speed sensor while installing the handlebar.**

Insert the 3.5" carriage bolts (3) through the handlebar and the frame. Install a 1/4-20 kep nut (4) to each carriage bolt to keep the handlebar in place. Follow the same procedure for the other handlebar. Do not tighten any nuts until both sides are bolted in place.

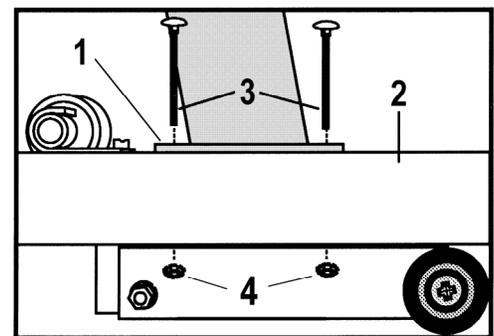


Figure 1

**Figure 2:**

With the handlebar in place, plug the wire harness (8) into the socket (9) on the power supply board (10).

**CAUTION:** Make sure the treadmill is not plugged into the electrical outlet until assembly is completed.

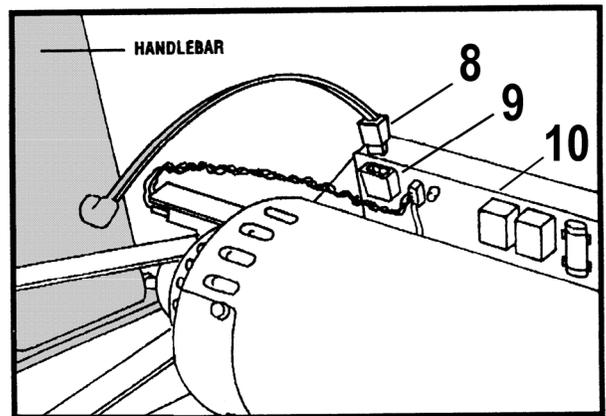


Figure 2

**Figure 3:**

Take one of the side rails (11) and slide the end with the grip over the end of the steel tube protruding from the control panel (12). Make sure the side rail grip touches the control panel.

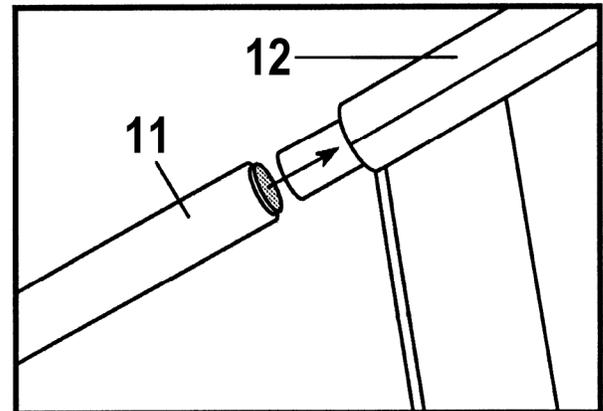


Figure 3

**Figure 4:**

Insert one of the 4" carriage bolts (13) through the side rail (14), the side rail bracket (15) (the foam on the bracket should be at the top, facing the frame) and finally through the frame (16). Install a 1" fender washer (17) and a 1/4-20 kee nut (18) to the bolt and hand tighten. Install the other side rail following the same procedure. Tighten both side rails with a wrench.

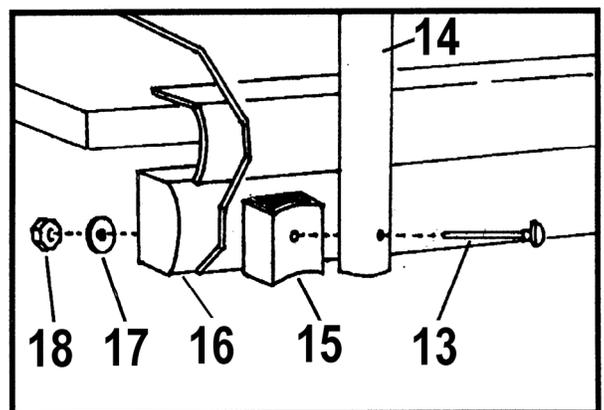


Figure 4

**Figure 5:**

To install the motor cover, stand in front of the treadmill. Pick up the motor cover (19) so it is level and the word **PaceMaster** is upside down. Holding the motor cover level and waist high, tilt it 45 degrees by lowering your left hand. Then slide it between the handlebars and lower the motor cover until it is level. Lower the cover all the way, keeping it level. Screw the two #8x1/2" black sheet metal screws (20) into the front of the motor cover. Press down on each side of the motor cover where it meets the black plastic shrouds to lock the Velcro pads (21) into place.

**CAUTION:** Do not raise or lower motor cover without it being level.

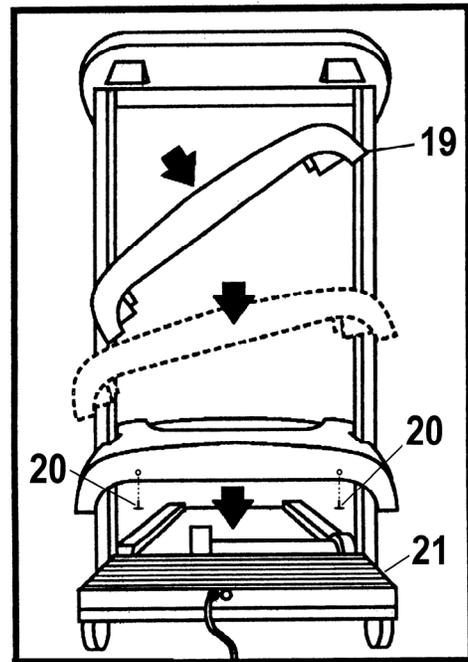


Figure 5

## Testing Your Treadmill

Your PaceMaster treadmill 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 treadmill and it is located where it will be used, proceed as follows. (Do not make any adjustments unless necessary.) **For the purpose of this test, DO NOT stand on the tread belt.** Once tested, always start and finish on the tread belt.

**Step One:**

After your treadmill is in place and plugged in to the electrical outlet, insert the magnetic safety key into the recess on the control panel.

**Step Two:**

You will now see the number **150** in the INCLINE display window (the SET WEIGHT indicator light will be blinking) and the number **39** in the SPEED display window (the SET AGE indicator light will be blinking). This is where the user's weight and age is adjusted. The default weight and age set at the factory is 150 lbs. and 39 years. For the purpose of this test, it is not necessary to enter your actual weight and age at this time. Press the **ENTER (PAUSE)** button so the treadmill's computer will accept the information.

**Step Three**

Set the workout time for 3 minutes by pressing the + button next to the TIME display window 3 times until the time displayed is 3:00.

**Step Four:**

Set the workout speed by pressing the SPEED + button until the speed displayed is 2.5 mph.

**Step Five:**

Press the **START/STOP** button. After a few second delay, the tread belt will begin to move. If the tread belt does not move, or the treadmill stops after a few seconds and displays an error code, make a note of the code and **contact the authorized PaceMaster retailer where you purchased your treadmill.**

**Step Six:**

After the treadmill has reached 2.5 mph, observe the tread belt to make sure it is centered. If the tread belt is not centered, press the STOP button and refer to the CARE and MAINTENANCE section of this manual, under Centering The Tread Belt. Once the tread belt is centered, run the treadmill at 2.5 mph for 2 minutes to be sure it remains centered.

**Step Seven:**

To test the elevation, the tread belt must be moving. Press the arrow up button to raise the elevation to 3% incline. The grade will be displayed in the INCLINE display window. Once it reaches 3%, press the down arrow button to reduce the incline to 0%. If the treadmill does not elevate, or stops after a few seconds and displays an error code, make a note of the code and **contact the authorized PaceMaster retailer where you purchased your treadmill.**

# THE ProElite CONTROL PANEL

Although the ProSelect and ProElite treadmills have many advanced features to provide versatility in meeting exercise needs, basic operation is extremely easy. Basic operation involves setting your TIME and SPEED goals, then pressing the START button. Your PaceMaster treadmill will gradually accelerate to the set speed, maintain that speed until the timer counts to zero, and then gradually come to a complete stop. During exercise, the time remaining, current speed, distance traveled, your current heart rate, calories burned, and Aerobic Points earned are displayed.



**MAGNETIC SAFETY KEY** – The MAGNETIC SAFETY KEY, with its red cord and garment clip, is a safety feature. Before you begin your workout, clip the safety cord to your clothing at waist level. This safety key provides a means of powering down the treadmill in an emergency situation. The safety key is also the ON/OFF switch. PaceMaster treadmills will not operate unless the MAGNETIC SAFETY KEY is engaged. To turn on your treadmill, insert the MAGNETIC SAFETY 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.

**TIP : Using the key to stop your PaceMaster treadmill is an emergency procedure only!** To end your exercise routine, press the STOP button or allow the timer to count down to zero. Once the treadmill has come to a complete stop, remove the MAGNETIC SAFETY KEY. When not in use, store the MAGNETIC SAFETY KEY in a safe place to prevent unauthorized use.

**WARM UP / COOL DOWN** – To achieve the maximum benefit from your workout, fitness experts advise that you warm up for a minimum of 5 minutes before, and cool down for a minimum of 5 minutes after, your main aerobic routine. This is a built-in feature on all PaceMaster treadmills. For details, refer to the WARM UP AND COOL DOWN section in this manual.

**TIME + AND – BUTTONS** – Prior to beginning your workout, these buttons are used to set your desired exercise time. Each press of the TIME + button adds 1 minute to the clock. While in a manual program, you can increase or decrease the remaining time in one-minute increments by pressing the TIME + or -- button.

**TIME DISPLAY WINDOW** – If you have chosen warm up and/or cool down, time will be displayed as a 5-minute countdown for the warm up phase, a countdown for the main exercise phase and then a 5-minute countdown for the cool down phase. In Quick Start, the TIME DISPLAY WINDOW shows elapsed time. Time is displayed in minutes and seconds until it reaches 59 minutes and 59 seconds. Then time is displayed in hours and minutes. - 1:15 represents one hour and 15 minutes.

**DISTANCE DISPLAY WINDOW** – Prior to beginning a program, this window displays the total distance you will exercise based on the time and speed entered. During your program, the DISTANCE DISPLAY WINDOW shows the distance thus far.

**DATA DISPLAY WINDOW** – While selecting a preset workout, the program and level number will appear in the DATA display window. Once the program and level is selected, your PaceMaster treadmill calculates calorie expenditure, based on the weight you entered, and the intensity of your workout. When calories are displayed, the CALORIES indicator light will be illuminated.

Aerobic Points is a system of measuring the aerobic benefit of the workout. You can see how many Aerobic Points you have earned at any time by pressing the AEROBIC POINTS button. The POINTS indicator light will be illuminated. For details, refer to the AEROBIC POINTS SYSTEM section in this manual.

Based on the age entered, the ProSelect and ProElite heart rate treadmills automatically calculate your theoretical maximum heart rate. By pressing the HEART RATE button, the HeartSmart™ Pulse Monitoring System is activated and your current heart rate will be displayed. (The system must detect a heart rate transmission to be activated so you must be wearing the chest strap.) The HEART RATE indicator light will be illuminated. For details, refer to the HEART RATE CONTROL section in this manual. You can toggle between CALORIES, HEART RATE and AEROBIC POINTS by pressing the corresponding button.

When in Metric units operation (kilogram, kilometers and KPH) instead of English units (pounds, miles and MPH), the METRIC indicator light in the upper left corner of the DATA DISPLAY WINDOW will be illuminated. For details, refer to the METRIC UNITS section in this manual.

**INCLINE DISPLAY WINDOW** - When the magnetic safety key is inserted, the last entered weight will be displayed in the INCLINE DISPLAY WINDOW and the Set Weight indicator light will blink. To adjust the weight, press the INCLINE arrow up or down buttons until the desired weight is displayed.

Prior to beginning a preset workout, the maximum incline will be displayed and the MAX indicator light will be illuminated. Once your workout has begun, the current incline will be displayed in the INCLINE DISPLAY WINDOW.

**INCLINE UP AND DOWN ARROWS** - Incline is adjustable from 0% to 15% in 0.5% increments. You can increase or decrease the incline by pressing the INCLINE UP and DOWN ARROW buttons at any time during your workout. At the end of your workout, it is recommended that the elevation setting be returned to 0%.

**GRAPHIC DISPLAY WINDOW** – The GRAPHIC DISPLAY WINDOW provides constant visual feedback. Depending on the workout, a graphic representation of Warm Up and Cool Down, Preset Workout profiles, OneLap™ Track, Quarter Mile Track, On-Target Indicator, Heart Rate Zone bar or Performance Review will appear in the GRAPHIC DISPLAY WINDOW.

**ENTER/PAUSE** – You can put your exercise "on hold" at any time by pressing the ENTER/PAUSE button. Your PaceMaster treadmill will stop, retaining the distance, calories, and Aerobic Points accumulated thus far, as well as the speed and remaining time. -P- will appear in the SPEED display window displays to indicate the PAUSE feature has been activated. To resume your workout where you left off, press START. This button is also used to ENTER pertinent information into the treadmill's computer.

**TIP:** The PAUSE feature will not operate in ANY heart rate control program to avoid any undue cardiovascular stress.

**START/STOP** - Press this button to start or stop your program. To begin using the Quick Start feature, press ENTER and the START button and the treadmill will gradually accelerate. For details, refer to the QUICK START section in this manual.

**SPEED DISPLAY WINDOW** – Prior to beginning a preset workout, the maximum speed will be displayed and the MAX indicator light will be illuminated. Once your workout has begun, the current speed is displayed in the SPEED DISPLAY WINDOW.

**PACE BUTTON** - By pressing the PACE button, the SPEED display will change from miles per hour to minutes per mile. The PACE indicator light will be illuminated.

**SPEED + AND – BUTTONS** - Speed is adjustable from 0.7 to 12 mph in 0.1 mph increments. (ProSelect speed range is from .07 to 11 mph.) You can adjust your speed by pressing these buttons at any time during exercise in any program.

**PRESET BUTTON** – Press the PRESET button until the desired program is displayed in the DATA display window. For details, refer to the PRESET WORKOUTS section in this manual.

**LEVEL + AND LEVEL – BUTTONS** – Once the desired Preset Workout is chosen, press these buttons for the desired level of intensity. The level will be displayed in the DATA display window next to the program number. For details, refer to the PRESET WORKOUTS COURSE SPECIFICATIONS section in this manual.

**HEART RATE CONTROL** - Press this button to access one of the heart rate control workouts. There are three heart rate control workouts on the ProSelect and four on the ProElite. For details, refer to the HEART RATE CONTROL WORKOUTS section in this manual.

**CUSTOM** – Press this key to choose one of four locations to create and store a new CUSTOM workout or to select a previously designed program. The CUSTOM program number will be displayed in the DATA display window. For details, refer to the CUSTOM PROGRAMS section in this manual.

**CUSTOM LEARN (LEVEL-)** – This button must be pressed prior to creating a custom program in order for the program to be stored. When the CUSTOM LEARN feature is activated, the custom program number and an L (C1 L) will be displayed in the DATA display window. During your workout, LRN . will appear in the DATA display window whenever a speed and/or elevation change is made to signify it is "learning", or recording, the change. LRN . will disappear as soon as the change is accepted and the number of calories burned thus far will reappear. For details, refer to the CUSTOM PROGRAMS section in this manual.

# OPERATING INSTRUCTIONS

Initially, you may want to keep both hands on the side rails until comfortable walking on your PaceMaster treadmill. Once comfortable, try removing your hands to let them swing naturally as you would walking outdoors. Always hold on to the side rail or handle bar with one hand when operating the buttons on the control panel.

## THE FIRST STEP

Stand on the center of the treadmill belt. Attach the garment clip on the end of the magnetic safety key to your clothing at waist level. Insert the safety key into the recess on the control panel keyboard.

## SETTING YOUR WEIGHT AND AGE

Your PaceMaster treadmill calculates caloric expenditure based on the formula developed by the American College of Sports Medicine. To ensure accuracy, your weight is required. A default weight of 150 lbs. has been set at the factory and is displayed in the INCLINE display window. The SET WEIGHT indicator light will blink. By pressing the INCLINE up or down arrow buttons, you will increase or decrease the weight. Adjust to the correct weight.

By purchasing the ProSelect or ProElite treadmill, you realize the importance of heart rate training. To calculate your theoretical maximum heart rate and provide you with accurate training parameters and feedback, your age is required. The default age set at the factory is 39 years and is displayed in the SPEED display window. The SET AGE indicator light will blink. Pressing the SPEED + or – buttons will increase or decrease the age. Adjust to the correct age.

Now press the ENTER/PAUSE button. Once you have entered your weight and age, these are the numbers that will appear each time the treadmill is powered up until it is changed again.

## METRIC UNITS

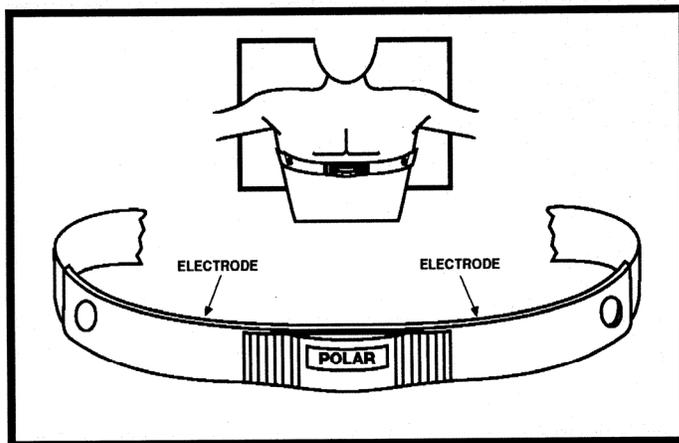
To select operation in Metric units (kilograms, kilometers and KPH) instead of English units (pounds, miles and MPH), insert the magnetic safety key. While the Set Weight and Set Age indicator lights are blinking, press and hold the PACE button in the SPEED display window until the Metric indicator light in the left corner of the DATA display window is illuminated, then press ENTER.

## THE WIRELESS CHEST STRAP TRANSMITTER

The ProSelect and ProElite treadmills come equipped with a WIRELESS CHEST STRAP TRANSMITTER, which, when worn, measures the electrical frequency of the heart (number of beats per minute) and relays the information by way of an electro-magnetic field to a receiver built into the treadmill's computer. This system is extremely accurate to within one beat per minute.

This chest strap must be worn to activate the HeartSmart™ Pulse Monitoring System in a Quick Start, Manual, Preset Workout or Custom program. The Heart Rate Control workouts are non-operational unless the chest strap is worn.

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 below. 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.



## VARI-FLEX™ CUSHIONING SYSTEM (ProElite Model Only)

The Vari-Flex™ Cushioning System provides you with adjustable cushioning. It enables you to fine-tune the cushioning from a soft feel to a more firm running surface. When the black adjustment knob is positioned as far forward as possible (toward the front of the treadmill) the deck cushioning is in the softest position. As the black adjustment knob is rotated toward the rear of the treadmill, the deck cushioning will be at its firmest setting.

**CAUTION:** Do not adjust the Vari-Flex™ Cushioning System while someone is standing, walking, or running on the deck surface. If you want to make adjustments to the running surface while you are working out, push the PAUSE button, dismount the treadmill and rotate the black adjustment knob to the preferred setting. When you have selected the desired cushioning and want to resume your workout, press the START button.

## WARM UP AND COOL DOWN

By warming up prior to beginning the aerobic phase of your workout, you accomplish two goals; you stretch and warm up the muscles of the back and extremities and create a slight acceleration of the heart rate so that the body can move gradually into the higher heart rate of the aerobic phase. The aerobic phase should be followed by a minimum 5-minute cool down in which you keep moving at a slower pace to allow your heart rate to gradually decline and let your body gently adjust to the end of a workout instead of abruptly stopping. The cool down phase also allows blood to be pumped from the lower extremities back to the central circulatory system. Simply put, the function of warming up and cooling down is to ease from a resting state into an active state and back to a resting state.

The treadmill's computer, based on your main exercise starting and finishing speeds respectively, automatically calculates warm up and cool down speeds. The program's starting and ending incline percentage will also be added to the warm up and cool down phases. You can adjust incline while in a warm up and cool down mode. Speed, however, is not adjustable.

When in the warm up mode, the time will count down from 5 minutes. The Warm Up indicator light will blink and ascending stairs will be displayed in the GRAPHIC display window. When in the Cool Down mode, the time will count down from 5 minutes. The Cool Down indicator light will blink and the GRAPHIC display window shows descending stairs.

To add warm up and/or cool down to a Manual or Custom program, press the WARM UP / COOL DOWN button. The indicator light will blink, indicating that the desired mode has been added to your workout. You will notice that the workout time increases by 5 minutes for each addition.

To shorten the warm up mode while exercising, press the WARM UP/COOL DOWN button. Warm up will be ended and you will advance into your main exercise. To shorten the main exercise, press the WARM UP/ COOL DOWN button and you will automatically begin the cool down phase. To end the cool down, press STOP and your session will come to a close.

A cool down phase can be added to any program, even if it wasn't chosen prior to beginning the workout, by pressing the WARM UP/COOL DOWN button before the clock reaches zero. When in Quick Start, press the WARM UP/COOL DOWN button when you are ready to end your workout and a 5-minute cool down phase will begin.



Now you are ready to choose your workout mode, whether it is Quick Start, Manual, one of the nine Preset Workouts, one of the four (three on the ProSelect model) Heart Rate Control workouts or one of the four Custom programs. The following pages give you step-by-step instructions on how to use each program.

## QUICK START

Once you have entered your weight and age, Quick Start allows you to begin your workout by pressing one button. You control the speed, incline and time.

To be certain you are receiving the maximum benefit from your workout, wear your wireless chest strap transmitter and activate the HeartSmart™ Pulse Monitoring System. The heart rate training zone in which you are currently exercising will be displayed on the Heart Rate Zone bar in the GRAPHIC display window. For details, refer to the HeartSmart™ Pulse Monitoring System section in this manual.

### To begin using QUICK START:

#### Step One:

Stand on the running belt and attach the garment clip on the end of the magnetic safety key to your clothing. Insert the safety key into its recess on the control panel.

#### Step Two:

Enter your weight and age as described in the OPERATING INSTRUCTIONS, SETTING YOUR WEIGHT AND AGE.

#### Step Three:

Press START and the treadmill will gradually accelerate until it reaches 1 mph. By entering the desired starting speed prior to pressing START, the treadmill will gradually accelerate until it reaches your desired speed. A Quarter Mile Track will appear in the GRAPHIC display window and the elapsed time is displayed in the TIME display window. If you are wearing the chest strap transmitter, press the HEART RATE button to activate the HeartSmart™ Pulse Monitoring System. Your heart rate will appear in the DATA display window and the zone in which you are exercising will be displayed in the GRAPHIC display window on the Heart Rate Zone bar.

- Speed can be changed at any time during your workout by pressing the SPEED + and – buttons. Speed will adjust in 0.1 mph increments.
- Incline can be changed at time during your workout by pressing the INCLINE up and down arrow buttons. Elevation will adjust in 0.5% increments.

**TIP:** You can pause your program at any time by pressing the PAUSE button. To resume, press the START button.

#### Step Four:

To end your workout, press the STOP button. The treadmill will display the total time, calories expended, Aerobic Points earned and distance. If wearing the chest strap transmitter, your current heart rate will also be displayed in the DATA display window. The GRAPHIC display window will show a graphic review of your workout. For details, refer to the Performance Review section in this manual.

**TIP:** You can add a cool down phase to a Quick Start workout by pressing the WARM UP/COOL DOWN button at any time. Your program will automatically be ended and you will begin a 5-minute cool down.

If a problem should occur, the treadmill can be stopped quickly by pulling on the magnetic safety cord to dislodge the key from the control panel. The treadmill will stop a bit more abruptly, but still gently enough to prevent you from being injured. **This is an emergency procedure only and should not be used as the normal stopping procedure.**

## MANUAL

Manual operation allows you to choose the length of time and the degree of intensity for your workout. You can make speed and incline adjustments at any time during the program.

To be certain you are receiving the maximum benefit from your workout, wear your wireless chest strap transmitter and activate the HeartSmart™ Pulse Monitoring System. The heart rate training zone in which you are currently exercising will be displayed on the Heart Rate Zone bar in the GRAPHIC display window. For details, refer to the HeartSmart™ Pulse Monitoring System section in this manual.

## To begin using MANUAL operation:

### Step One:

Stand on the running belt and attach the garment clip attached to the end of the magnetic safety key to your clothing. Insert the safety key into its recess on the control panel.

### Step Two:

Enter your weight and age as described in the OPERATING INSTRUCTIONS, SETTING YOUR WEIGHT AND AGE.

### Step Three:

Enter the workout time by pressing the TIME + button in the TIME display window until the desired workout time is displayed.

- If you wish to include warm up and/or cool down to your program, press the WARM UP/COOL DOWN button until the indicator light next to the desired mode is illuminated. You will notice that your workout time will automatically increase by 5 minutes for each addition. For details, refer to the Warm Up and Cool Down section in this manual.
- Adjust incline at any time during your workout by pressing the INCLINE up and down arrow buttons. Elevation will be adjusted in 0.5% increments.

### Step Four:

Enter starting speed by pressing the SPEED + button until the desired speed is displayed in the SPEED display window. Speed can be adjusted at any time during your workout.

### Step Five:

Press START and the treadmill will gradually accelerate until it reaches the entered speed. If wearing the chest strap transmitter, press the HEART RATE button in the DATA display window to activate the HeartSmart™ Pulse Monitoring System. Your current heart rate will appear in the DATA display window and the zone in which you are current exercising will be displayed in the GRAPHIC display window on the Heart Rate Zone bar.

Your workout will end when the timer has counted down to zero or the STOP button is pressed. The treadmill will display the total time, calories expended, Aerobic Points earned, and distance. If wearing the chest strap transmitter, your current heart rate will also be displayed in the DATA display window. The GRAPHIC display window will show a graphic review of your workout. For details, refer to the Performance Review section in this manual.

**TIP:** You can pause your workout at any time by pressing the PAUSE button. To resume, press the START button.

If a problem should occur, the treadmill can be stopped quickly by pulling on the magnetic safety cord to dislodge the key from the control panel. The treadmill will stop a bit more abruptly, but still gently enough to prevent you from being injured. **This is an emergency procedure only and should not be used as the normal stopping procedure.**

## PRESET WORKOUTS

To assist you in reaching your fitness goals, the ProSelect and the ProElite have nine Preset workouts; Calorie Coach, Endurance, Summit Climb, Speed Interval, Hill Interval, Mixed Interval, Random, 5K Event and 10K Event. These specifically designed courses each offer multiple levels of intensity. During your workout, you will be alerted to any speed and/or incline changes in the program with a series of visual and audible prompts. The current speed and or incline will flash to indicate a change. The new speed and/or incline will then be displayed. Program description and specifications are listed below.

To be certain you are receiving the maximum benefit from your workout, wear your wireless chest strap transmitter and activate the HeartSmart™ Pulse Monitoring System. The heart rate training zone in which you are currently exercising will be displayed on the Heart Rate Zone bar in the GRAPHIC display window. For details, refer to the HEARTSMART™ PULSE MONITORING SYSTEM section in this manual.

### CALORIE COACH P1

The Calorie Coach program enables you to select the number of calories you want to burn. Then, based on the speed and incline you enter, the treadmill's computer will determine the time required to achieve your calorie expenditure goal.

## To begin using CALORIE COACH:

### Step One:

Stand on the running belt and attach the garment clip on the end of the magnetic safety key to your clothing. Insert the safety key into its recess on the control panel.

**Step Two:**

Enter your weight and age as described in the OPERATING INSTRUCTIONS, SETTING YOUR WEIGHT AND AGE.

**Step Three:**

Press the PRESET button once and P1 will appear in the DATA window. A mug will appear in the Graphic display window and C90 will appear in the DATA display window. C90 represents 90 calories. This is the default number set at the factory.

**Step Four:**

Press the LEVEL + button until the desired number of calories you want to burn are displayed in the DATA display window.

**Step Five:**

Set the speed and incline you desire. You will note changes in the TIME and DISTANCE windows as the speed and incline settings are entered. You can adjust the speed and incline anytime during your workout. The treadmill will automatically calculate the amount of exercise time necessary to achieve the selected caloric expenditure. If you are wearing the chest strap transmitter, press the HEART RATE button in the DATA window to activate the HeartSmart™ Pulse Monitoring System. The heart rate training zone in which you are currently exercising will be displayed on the Heart Rate Zone bar in the GRAPHIC display window.

**Step Six:**

Press START button. Following the warm up phase, you will see the OneLap™ Track in the GRAPHIC display window. The DATA window will show a count up of the calories burned thus far.

Your workout will end when you have achieved your caloric expenditure goal or when the STOP button is pressed. The treadmill will display the total time, calories expended, Aerobic Points earned and distance. If wearing the chest strap transmitter, your current heart rate will also be displayed in the DATA display window. The GRAPHIC display window will show a graphic review of your workout. For details, refer to the Performance Review section in this manual.

**TIP:** You can pause your workout at any time by pressing the PAUSE button. To resume, press the START button.

If a problem should occur, the treadmill can be stopped quickly by pulling on the magnetic safety cord to dislodge the key from the Control Panel. The treadmill will stop a bit more abruptly, but still gently enough to prevent you from being injured. **This is an emergency procedure only and should not be used as the normal stopping procedure.**

## **ENDURANCE, SUMMIT CLIMB, SPEED INTERVAL, HILL INTERVAL, MIXED INTERVAL AND RANDOM P2 Through P7**

These preset programs are designed to give you a variety of workouts with combinations of speed, elevation and time. Each of the programs has nine levels of intensity to accommodate a beginning exerciser as well as a marathon runner.

### **To begin using PRESET WORKOUTS (P2 through P7):**

**Step One:**

Stand on the running belt and attach the garment clip on the end of the magnetic safety key to your clothing. Insert the safety key into its recess on the control panel.

**Step Two:**

Enter your weight and age as described in the OPERATING INSTRUCTIONS, SETTING YOUR WEIGHT AND AGE.

**Step Three:**

Press the PRESET button to choose the desired program, P2 through P7. The program number and the level will be displayed (P2 L1) in the DATA display window. Each press of the PRESET button will display another program and each press of the LEVEL + or – button increases or decrease the level of intensity. The maximum speed and incline for the level is displayed in the SPEED and INCLINE display windows and the MAX indicator lights will be illuminated.

**Step Four:**

Press START button. You can adjust the level of intensity at any time during your workout by pressing the LEVEL + or LEVEL - buttons. If wearing the chest strap transmitter, press the HEART RATE button in the DATA display window to activate the HeartSmart™ Pulse Monitoring System. The heart rate training zone in which you are currently exercising will be displayed on the Heart Rate Zone bar in the GRAPHIC window.

**TIP:** PaceMaster treadmills provide a “preview” of the total distance, time, calories and Aerobic Points based on the program and level chosen. Press the CALORIES button for the total caloric expenditure and the AEROBIC POINTS button for the total points you will earn. If your goals are different than the program provides, you know prior to beginning the workout that you will need to adjust the intensity level.

Your workout will end when the timer has counted down to zero or the STOP button is pressed. The treadmill will display the total time, calories expended, Aerobic Points earned and distance. If wearing the chest strap transmitter, your current heart rate will also be displayed in the DATA display window. The GRAPHIC display window will show a graphic review of your workout. For details, refer to the Performance Review section in this manual.

## **5K and 10K EVENTS**

These programs are not only invaluable to those who are training for 5K, 10K or marathon races, but also for those who want to track their performance improvements. You set the speed and the treadmill's computer calculates the amount of exercise time required to complete a 5K or 10K race.

### **To begin using 5K and 10K EVENT:**

#### **Step One:**

Stand on the running belt and attach the garment clip on the end of the magnetic safety key to your clothing. Insert the safety key into its recess on the control panel.

#### **Step Two:**

Enter your weight and age as described in the OPERATING INSTRUCTIONS, SETTING YOU WEIGHT AND AGE.

#### **Step Three:**

Press the PRESET button until P8 or P9 appears in the DATA display window and 5K or 10K appears in the GRAPHIC display window.

#### **Step Four:**

Enter desired speed and elevation. Speed and elevation changes can be made any time during the program. You will note changes in the TIME window as the speed setting is entered. The treadmill's computer will automatically calculate the amount of exercise time necessary to complete a 5K or 10K race. If you are wearing the chest strap transmitter, press the HEART RATE button in the DATA window to activate the HeartSmart™ Pulse Monitoring System. The heart rate training zone in which you are currently exercising will be displayed on the Heart Rate Zone bar in the GRAPHIC display window.

#### **Step Five:**

Press START button. A OneLap™ Track will appear in the GRAPHIC display window.

**TIP:** You can use the LEVEL + and - buttons to make Express Speed Changes during the program. Each push of the LEVEL + or - button will increase or decrease the speed in 0.5 mph increments, rather than in 0.1 mph increments.

Your workout will end when you have reached 3.1 miles (5K) or 6.2 miles (10K) or the STOP button is pressed. The treadmill will display the total time, calories expended, Aerobic Points earned and distance. If wearing the chest strap transmitter, your current heart rate will also be displayed in the DATA display window. The GRAPHIC display window will show a graphic review of your workout. For details, refer to the Performance Review section in this manual.

**Preset workouts course specs P2 through p7**

**DO NOT PRINT THIS PAGE**

## HEART RATE CONTROL

### 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 ProSelect and the ProElite have 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 time and maximum speed and incline parameters and the treadmill does the rest.

**TIP:** Based on the age entered, your PaceMaster treadmill 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% to 70% of your theoretical maximum heart rate. The aerobic zone is between 70% to 85% of your theoretical maximum heart rate.

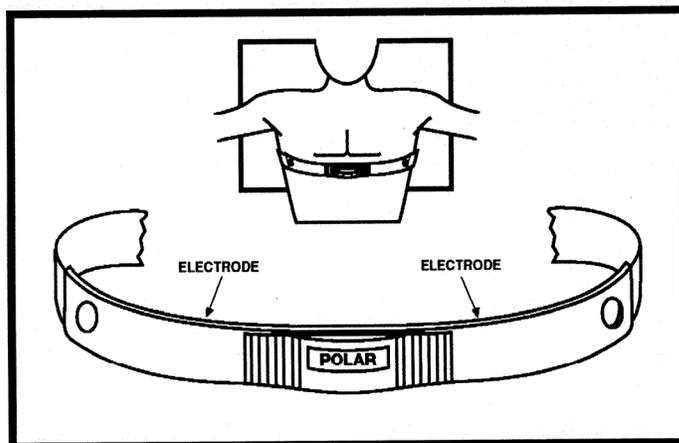
The ProSelect and the ProElite use the age-adjusted formula to calculate your theoretical maximum heart rate. The age-adjusted formula uses your age subtracted by 220. (220 beats per minute seems to be the closest approximation of the average adult's maximum heart rate.) For example, if you are 35 years 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 ProSelect and ProElite treadmills come equipped with a **WIRELESS CHEST STRAP TRANSMITTER**, which, when worn, measures the electrical frequency of the heart (number of beats per minute) and relays the information by way of an electro-magnetic field to a receiver built into the treadmill's 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.

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 below. 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 CONTROL WORKOUTS

H1-Target HRC: Choose a heart rate training zone between 55% to 85% of your theoretical maximum.

H2- Fat Burn HRC: Training within the fat burn training zone, between 55% and 69% of your theoretical maximum.

H3- Cardio HRC: Train within the aerobic training zone, between 70% and 85% of your theoretical maximum.

H4- Interval HRC (ProElite model only) The treadmill automatically alternates between 70% to 85% of your theoretical maximum.

**NOTE:** The PAUSE feature will not operate in ANY heart rate control program to avoid any undue cardiovascular stress.

**To begin using TARGET HRC, FAT BURN HRC, CARDIO HRC and INTERVAL HRC (H1 through H4):**

## Step One:

Put on the chest strap transmitter as pictured on page 17.

## Step Two:

Stand on the running belt and attach the garment clip on the end of the magnetic safety key to your clothing. Insert the safety key into its recess on the control panel.

## Step Three:

Enter your weight and age as described in the OPERATING INSTRUCTIONS, SETTING YOUR WEIGHT AND AGE.

## Step Four:

Press the HEART RATE CONTROL button to select the desired heart rate control workout, H1 through H4. Your current heart rate will appear in the DATA display window. The factory set default time, incline and speed will appear in their corresponding windows and a default target heart rate will appear in the GRAPHIC display window.

## Step Five:

Set the desired maximum speed by pressing the SPEED + button and the maximum incline by pressing the INCLINE Up arrow button.

**These parameters should be no faster or incline no higher than you feel comfortable reaching.** As a safety feature, your PaceMaster treadmill will **NEVER** exceed the speed and incline parameters you have set, even if they are not sufficient to get you to your target heart rate. **NOTE:** The treadmill will take you to your target based on your heart rate, not necessarily the speed and incline you entered. You will not reach the entered maximum speed and incline if your heart rate reaches the target at a lower speed and/or incline. Speed and incline changes can be made at any time during your workout.

## Step Six:

Set the desired target by pressing the + or – LEVEL buttons.

- In H1 (Target HRC), you can choose a target heart rate from 55% to 85% of your theoretical maximum.
- In H2 (Fat Burn HRC), you can choose a target heart rate in the weight management zone, between 55% and 69% of your theoretical maximum.
- In H3 (Cardio HRC), you can choose a target heart rate in the aerobic zone, between 70% to 85% of your theoretical maximum.
- In H4 (Interval HRC on the ProElite model only), your target is not adjustable. It automatically alternates between 70% to 85% of your theoretical maximum, in timed intervals.

## Step Seven:

Set the desired time by pressing the TIME +/- buttons. Additional time, up to a maximum of 1 hour, can be added to all heart rate control programs. **NOTE:** Time cannot be added after the program has commenced.

## Step Eight:

Press the START button. After the warm up phase, you will see a graphic depiction of a heart and a ⊥ (the On-Target Indicator) in the GRAPHIC display window.

**TIP:** Because the warm up and cool down phases are an essential part of your workout, they cannot be deleted prior to beginning a Heart Rate Control workout. You will automatically advance into your main workout as soon as your heart rate reaches the target or at the end of the 5-minute warm up, whichever occurs first. If you choose to bypass the warm up phase, after you press the START button, you can proceed into the main workout by pressing the WARM UP/COOL DOWN button once.

Your workout will end when the timer has counted down to zero or the STOP button has been pressed. The treadmill will display total time, current heart rate, calories expended, Aerobic Points earned and distance. The GRAPHIC display window will show a graphic review of your workout. For details, refer to the Performance Review section in this manual.

If a problem should occur, the treadmill can be stopped quickly by pulling on the magnetic safety cord to dislodge the key from the control panel. The treadmill will stop a bit more abruptly, but still gently enough to prevent you from being injured. **This is an emergency procedure only and should not be used as the normal stopping procedure.**

## CUSTOM PROGRAMS

The ProSelect and the ProElite offer an easy way for you to create your own programs, customized to your specific fitness level and goals.

To be certain you are receiving the maximum benefit from your workout, wear your wireless chest strap transmitter and activate the HeartSmart™ Pulse Monitoring System. The heart rate training zone in which you are currently exercising will be displayed on the Heart Rate Zone bar in the GRAPHIC display window. For details, refer to the HEARTSMART™ PULSE MONITORING SYSTEM section in this manual.

### To create a CUSTOM program (C1 through C4):

**NOTE:** Each of the custom programs have been preprogrammed at the factory with the best selling book, *Body For Life*, recommended cardio interval workouts. There are four levels of difficulty, C1 being the easiest and C4 being the most difficult. These programs can be overridden to create your own custom programs. To recover a *Body For Life* program, follow CUSTOM PROGRAM steps 1 through 3. Press the START button and let the program run for a few seconds, then pull the magnetic safety key to stop the treadmill. By pulling the magnetic safety key rather than the STOP button, the treadmill will automatically recover the *Body For Life* program that was erased.

#### Step One:

Stand on the running belt and attach the garment clip on the end of the magnetic safety key to your clothing. Insert the safety key into its recess on the control panel.

#### Step Two:

Enter your weight and age as described in the OPERATING INSTRUCTIONS, SETTING YOUR WEIGHT AND AGE.

#### Step Three:

Press the CUSTOM button to choose a location to store your program. C1, C2, C3 or C4 will be displayed in the DATA display window.

#### Step Four:

Press the CUSTOM LEARN (LEVEL -) button. C1 L will appear in the DATA display window. This will erase any program previously stored in this position. If L is not displayed, your program will not be stored for future use.

#### Step Five:

Enter the desired starting speed by pressing the SPEED + button. Incline can be added by pressing the INCLINE up arrow button.

#### Step Six:

Enter your workout time using TIME + button in the TIME display window. If a warm up and/or cool down phase is desired, press the WARM UP/COOL DOWN button until the indicator lights are illuminated. **Tip:** It is not necessary to enter a workout time. If no time is entered, the TIME clock will count up until the STOP button is pressed.

If wearing the chest strap transmitter, press the HEART RATE button in the DATA display window to activate the HeartSmart™ Pulse Monitoring System. Your current heart rate will appear in the DATA display window and the zone in which you are current exercising will be displayed in the GRAPHIC display window on the Heart Rate Zone bar.

#### Step Seven:

Press START. For a few seconds, LRN will appear in the DATA display window. It will then disappear and calorie expenditure will appear. As you are exercising, you can make speed and/or incline adjustments as desired. Each time a change is made, LRN . will appear in the DATA display window, indicating the treadmill's computer is recording the change. As soon as the change is recorded, LRN . will disappear and additional changes can be made. Speed and incline changes can be made simultaneously.

Your workout will end when the timer has counted down to zero or the STOP button has been pressed. If you desire a cool down and this mode was not chosen prior to beginning the workout, press the WARM UP/COOL DOWN button. You will advance into a 5-minute cool down. **Do not end your workout by removing the safety magnetic or your program will not be recorded.**

Total time, calories expended, Aerobic Points earned and total distance will be displayed. If wearing the chest strap transmitter, your current heart rate will also be displayed in the DATA display window. The GRAPHIC display window will show a graphic review of your workout. For details, refer to the EXCLUSIVE PACEMASTER FEATURES, Performance Review section in this manual.

If a problem should occur, the treadmill can be stopped quickly by pulling on the magnetic safety cord to dislodge the key from the control panel. The treadmill will stop a bit more abruptly, but still gently enough to prevent you from being injured. **This is an emergency procedure only and should not be used as the normal stopping procedure.**

## EXCLUSIVE PROSELECT AND PROELITE FEATURES

### HeartSmart™ Pulse Monitoring System

Our exclusive HEARTSMART™ PULSE MONITORING SYSTEM was developed to fine tune your workout for maximum efficiency within safe ranges. The rate at which your heart should be beating to get the optimum conditioning effect is called your training heart rate zone. It has been determined that exercising under 55% of your theoretical maximum heart rate (the highest number of times your heart can contract in one minute) does not maintain a sufficiently high heart rate to produce results. Conversely, when you train above 85% of your theoretical maximum, you are in the anaerobic zone, or the point when you are producing more lactate than you are able to synthesize. This zone is primarily for those who are extremely fit and are interested in high performance training. The HEARTSMART™ PULSE MONITORING SYSTEM simplifies your training program by providing biofeedback information, giving it a more defined framework within which to build exercise routines.

### Heart Rate Zone Bar

In any program, when wearing the chest strap, the HEART RATE ZONE bar will appear at the top of the GRAPHIC Display Window. A blinking indicator will indicate the zone in which you are currently training. This TRAINING ZONE bar indicates if you are training in the low, mid or high end of either the weight management or the cardiovascular conditioning zone. This visual provides you with the means to train more effectively so you will achieve the desired results.

The ProSelect and the ProElite use the age-adjusted formula to calculate your training zone. Your theoretical maximum heart rate is determined by subtracting your age from 220, which is the closest approximation of the average person's heart rate. For example, if you are 35 years old, your theoretical maximum heart rate would 185 beats per minute (or bpm). When your heart rate is between 102 to 128 bpm, you are training in the weight management zone. When your heart rate is between 130 to 157 bpm, you are training in the aerobic zone for cardiovascular conditioning. The safest and most recommended method for determining your maximum heart rate is to have your physician administer a stress test.

### On-Target Indicator

When exercising in a Heart Rate Control program, a ⊥ appears under the heart in the GRAPHIC display window. This ⊥ is the ON-TARGET INDICATOR. It will slide to the left or the right of the heart, advising that you are "off target". When the ⊥ is to the left of the heart, your heart rate is lower than your target; to the right of the heart indicates your heart rate has exceeded your target. When the ⊥ is directly under the heart, you are right on target.

### Performance Review

At the end of any program, when wearing the heart rate chest strap, columns of indicator lights will appear in the GRAPHIC display window. These columns represent the percentage of the total workout time spent exercising in a particular heart rate training zone. At a glance, you can gauge the efficiency of the workout. If your goal was to increase cardiovascular strength, but the majority of the indicator lights are illuminated in the column under the weight management zone, you can easily see that you need to increase the intensity of your program to achieve your goal. **NOTE:** In order to get a Performance Review in workout modes, other than heart rate control programs, you must:

- Wear the wireless chest strap.
- Prior to starting the workout press the HEART RATE button to activate the HeartSmart™ Pulse Monitoring System. The heart rate must be acquired and will be displayed in the DATA window.

### Exercise Preview

You can see exactly what you will accomplish prior to beginning a Manual, Preset Workout or previously recorded Custom program. An EXERCISE PREVIEW predicts the total distance, caloric expenditure and Aerobic Points to be earned based on the time, incline and speed you choose. After you have selected a Preset Workout, a previously-recorded Custom program or have set the speed, time and incline parameters for a Manual program, press the CALORIES button to see the total calories you will burn or the AEROBIC POINTS button for the number of points you will earn.

## 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 treadmills 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 Pro Series treadmill's 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 program by pressing the AEROBIC POINTS button. To design a program 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 treadmills is the PERSONAL ELECTRONIC TRAINER. You can create a workout around 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:

1. Determine how many times a week you will be exercising and how many points you want to earn for each workout. For example, if you plan on exercising 4 times a week and your goal is to earn 32 points that week, you will need to earn 8 points per workout.
2. Press the AEROBIC POINTS button.
3. Enter Speed by pressing the SPEED button.
4. Enter Time by pressing the TIME + button. You will begin to see the number of Aerobic points you will earn in the DATA display window as you increase the time. You will also see the change in Aerobic Points as you adjust the speed and incline.

To create a workout based on calorie expenditure, determine how many calories you want to burn. Press the CALORIES button and follow steps 3 and 4 above.

## OneLap Track™ and Quarter Mile Track

When exercising in a Manual or Custom program, the OneLap™ Track appears in the GRAPHIC display window. The OneLap™ Track is based on the program time you entered. Once around the track completes your workout!

A Quarter Mile track is displayed in the GRAPHIC display window when in Quick Start.

# Care and Maintenance

The following section describes necessary maintenance for your PaceMaster treadmill. This maintenance is the responsibility of the purchaser and is not covered under our warranty. Failure to perform this necessary maintenance could result in damage to your treadmill.

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

## Deck and Tread Belt Cleaning

The running belt on your PaceMaster treadmill rides on a low friction deck. Proper operation will be jeopardized if any water, dirt, solvents, fluids or abrasive materials come between the tread belt and the deck. For this reason, extra care must be used in keeping the belt clean. Use a soft, damp cloth to remove dust, dirt and other substances from the portion of the deck that is not covered by the belt. Do not clean the tread belt by turning on the treadmill.

## Lubrication

The motor and roller bearings are sealed for **maintenance free** operation and **require no lubrication**. The deck and tread belt are lubricated at the factory and are also **maintenance free**. **Any attempt to lubricate underneath the running belt will result in damage, especially if silicone or any other lubricant is used.**

The side rails are made of steel. By occasionally applying a coat of automotive wax to them will help prevent rusting.

## Centering the Tread Belt

To improve belt life, the belt should be reasonably centered between the side covers. To center the belt, walk on the treadmill at 2.5 mph for a few minutes. Determine whether the belt drifts too far to the left or right side. If adjustments are required, stop the treadmill and follow the steps listed below. Never make adjustments while the tread belt is moving.

**WARNING:** Never make any unnecessary adjustments.

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

### Step One:

If the belt is drifting to the left, using a 3/16" Allen wrench, turn the left-hand adjustment bolt (1) a quarter turn clockwise and the right-hand adjustment bolt (2) a quarter turn counter-clockwise.

If the belt is drifting to the right, using a 3/16" Allen wrench, turn the right-hand adjustment bolt (2) a quarter turn clockwise and the left-hand adjustment bolt (1) a quarter turn counter-clockwise.

### Step Two:

Walk on the belt for 1 minute, observing belt tracking. If the belt moves to one side, repeat step 1.

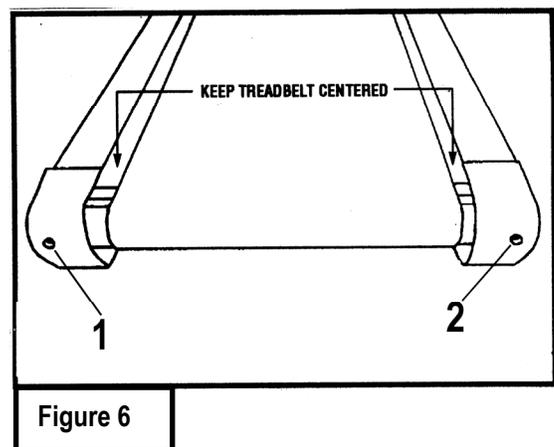


Figure 6

## Wireless Chest Strap Transmitter

Clean the transmitter with mild soap and water after every use. Do not use abrasives, such as steel wool, or chemicals or alcohol, as it will cause permanent damage to the electrodes. To extend battery life, do not store transmitter wet. The transmitter battery has an estimated life of 2 years. When the transmitter battery is depleted, contact your **local PaceMaster dealer where you purchased your treadmill or Polar (800-290-6330)** for a replacement.

# TROUBLESHOOTING

## Electronic Error Codes

The self-diagnostic PaceMaster treadmill has built in sensors that will determine the precise reason for a problem. If the onboard computer detects a problem, an error code will be displayed. When an error message is displayed, "Err" will be displayed in the TIME window and the particular error number (1 thru 99) will be displayed in the DISTANCE window. If an error code appears during operation of your treadmill, do the following:

- Make a note of the error code number.
- Obtain your serial number, located on the front of the treadmill approximately 10-12 inches to the left of the power cord.
- Write down which mode of operation you were using, the speed and incline that were set and, if you were pressing any buttons at the time.
- **Contact your local PaceMaster dealer where you purchased your treadmill.** If you have moved or need the name of the local dealer, visit our website at <http://www.pacemaster.com> and choose the dealer locator to find this information.

## Heart Rate Feature

Sometimes dry skin or a hairy chest can create a non-conducting layer between the electrodes and chest, which prevents proper and reliable operation of transmitter. Conductivity can be easily improved by wetting the electrodes with saliva, contact lens solution or other saline solution. A water-soluble ECG gel can also be used.

It is possible, however, that despite the above mentioned recommendation, the transmitter does not work well due to a slightly divergent ECG signal. The ECG signal of some human beings can be so weak that the transmitter has to be moved slightly left or right for proper operation of the transmitter. It is also possible that the ECG signal is reversed compared to a normal ECG and proper operation of transmitter may then be obtained by turning the transmitter upside-down.

Refer to the FREQUENTLY ASKED QUESTIONS section of this manual

## Hesitation of the Tread Belt

Hesitation of the tread belt usually indicates slippage of either the tread belt (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 then the tread belt tension needs adjustment.

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

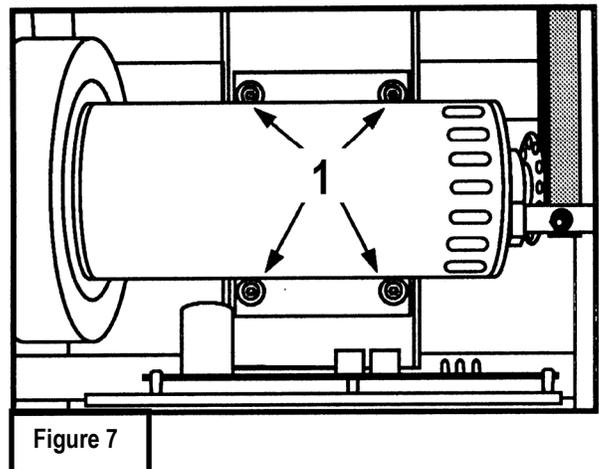
## Drive belt tension adjustment

### Step One:

Use a Phillips head screwdriver to remove the 2 screws that hold the front of the motor cover in place and remove the motor cover.

### Step Two:

Locate the four motor mount screws (1) as shown in the diagram and loosen them each two turns each using the 3/16" allen wrench.



**Step Three:**

Locate the drive belt adjustment screw (2) in the lower front end of the treadmill. Insert the allen wrench into the drive belt adjustment screw. Turn the screw 1/2 turn clockwise.

**Step Four:**

Complete the adjustment by tightening the four motor mount screws (1).

**Step Five:**

Walk on the treadmill to determine if the slippage is decreased or eliminated.

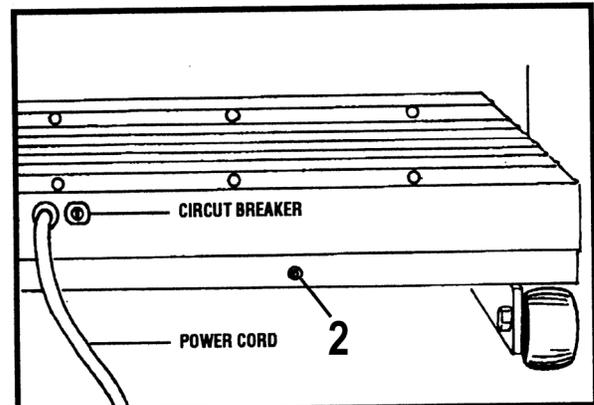


Figure 8

**Step Six:**

If no improvement is observed, the hesitation may be caused by a loose tread belt - see "Tread belt 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 **local 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.

## Tread belt tension adjustment

**Step One:**

Locate the two tread belt adjustment screws (3) and (4) as shown.

**Step Two:**

Turn both the left and right tread belt adjustment screws 1/2 turn clockwise.

**Step Three:**

Walk on the treadmill to see if the adjustment you made decreased the slippage.

**Step Four:**

If a significant decrease in slippage was observed, go to step 2. If you tighten the tread belt 1 1/2 turns per side and slippage is still present, do not continue to adjust the tread belt tension. Contact your authorized PaceMaster dealer.

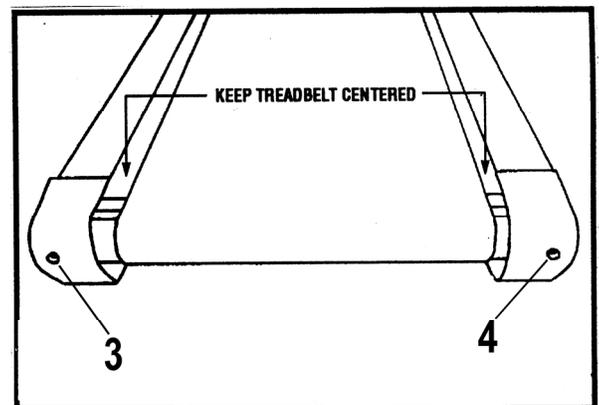


Figure 9

# FREQUENTLY ASKED QUESTIONS

- Q.** Why is time displayed as a negative number (- 1:15) ?  
**A.** The treadmill's computer displays time in minutes and seconds until it reaches 59 minutes and 59 seconds. At that point, the clock will display in hours and minutes. - 1:15 represents one hour and 15 minutes.
- Q.** Why can't I change the speed in warm up or cool down?  
**A.** Warm up and cool down speeds are based on parameters recommended by the American College of Sports Medicine and cannot be overridden. To avoid undue cardiovascular stress, warm up begins at a lower percentage of the programs starting speed and gradually takes you to the programs starting speed. Conversely, cool down gradually reduces speed based on a percentage of the programs ending speed.
- Q.** How do I find out the total miles and time on my treadmill?  
**A.** Insert the magnetic safety key and, prior to pressing the ENTER button, press and hold the CUSTOM button. The total mileage and time will appear in their respective windows.
- Q.** Why can't I pause my workout when I'm in a heart rate control program?  
**A.** The PAUSE feature is disabled in any heart rate control program to avoid undue cardiovascular stress.
- Q.** Can I add time to a preset workout?  
**A.** The user is NOT able to add time to any preset workout.
- Q.** I changed one of the factory set *Body For Life* custom programs. Can I get it back?  
**A.** Yes. Press the CUSTOM button until the desired custom location is displayed in the DATA display window. Press the CUSTOM LEARN (LEVEL -) button as if to record a program, then press enter. After a few seconds, pull the safety magnetic key. This will cause the treadmill's computer to revert back to the *Body for Life* workout that was preprogrammed at the factory.
- Q.** Can I eliminate warm up and cool down from a Preset Workout?  
**A.** Yes. While in the warm up mode, press the WARM UP/COOL DOWN button and you will advance into the main phase of your workout. While in the cool down mode, press the WARM UP/COOL DOWN button to end your workout.
- Q.** Why am I not getting a heart rate reading when I am wearing the chest strap transmitter?  
**A.** Make sure that the chest strap is worn as described on page 17 (The Wireless Chest Strap Transmitter). Wet the electrodes, as moisture is necessary for the transmitter to function properly. Some medical conditions (premature ventricular contractions, tachycardia bursts, arrhythmias) can result in strange or no heart rate readings. It may be that the signal received by the transmitter is too weak for a successful reading. Heart diseases, heart surgeries or natural characteristics of a heart may result in weak signals. Move the transmitter a little to the left or right and re-wet electrodes. It could also be caused by electromagnetic interference. High power transmission lines or other such devices that generate large magnetic fields in the area of the treadmill can affect heart rate transmission. It could also be that the chest strap transmitter battery is dead. If you do not have any of the above mentioned heart conditions, take the transmitter back to the **authorized PaceMaster dealer where you purchased your treadmill** to see if a reading is achieved in the store.
- Q.** Why is white and/or black dust accumulating underneath my treadmill?  
**A.** This is normal. The white dust is excess paraffin wax that acts as the lubricant between the bed and belt. The black dust is a combination of the PVC belt material and the phenolic deck surface as it wears.

# SPECIFICATIONS

	<b>PROSELECT</b>	<b>PROELITE</b>
<b>Overall Dimensions</b>	68"L x 30.5" W x 54"H	72"L x 30.5"W x 54"H
<b>Treadmill Weight</b>	180 lbs.	190 lbs.
<b>Frame</b>	Welded aircraft grade extruded aluminum alloy	Welded aircraft grade extruded aluminum alloy
<b>Running Surface</b>	54"L x 20"W	58"L x 20"W
<b>Drive Motor</b>	2.75 HP continuous duty DC with angled brushes	3 HP continuous duty DC with angled brushes
<b>Motor Manufacturer</b>	Pacific Scientific	Pacific Scientific
<b>Motor Control</b>	PWM (Pulse Width Modulation)	PWM (Pulse Width Modulation)
<b>Elevation Motor</b>	1000 lb. thrust	1000 lb. thrust
<b>Belt</b>	Multi-ply, no stretch polyester with static dispersing fibers	Multi-ply, no stretch polyester with static dispersing fibers
<b>Deck</b>	Maintenance Free custom designed medium density fiberboard with phenolic surface	Maintenance Free custom designed medium density fiberboard with phenolic surface
<b>Rollers</b>	2.5" OD precision machined steel with permanently lubricated, sealed bearings	2.5" OD precision machined steel with permanently lubricated, sealed bearings
<b>Shock Absorption System</b>	Tri-Flex™ Low Impact Cushioning System	Vari-Flex™ Adjustable System and Tri-Flex™ Low Impact Cushioning System
<b>Speed Range</b>	0.7 to 11mph adjustable in 0.1 mph increments	0.7 to 12mph adjustable in 0.1 mph increments
<b>Elevation Range</b>	0 to 15% grade adjustable in 0.5% increments	0 to 15% grade adjustable in 0.5% increments
<b>Workout Programs</b>	Quick Start, Manual, 9 Preset Workouts (each with 9 levels), 3 Heart Rate Control programs and 4 Custom	Quick Start, Manual, 9 Preset Workouts (each with 9 levels), 4 Heart Rate Control programs and 4 Custom
<b>Weight Limit</b>	350 lbs.	350 lbs.
<b>Warranty</b>	Lifetime Frame, 5 Years Motor, 3 Years Parts, 1Year Labor	Lifetime Frame, 5 Years Motor, 3 Years Parts, 1 Year Labor
<b>Operating Temperature Range</b>	50° F to 100° F	50° F to 100° F