

READY, SET, PRO

USER MANUAL

PACER TREADMILL



Aerobic exercise has enormous benefits for your body, brain, and mental health.

At least 75 minutes of vigorous aerobic exercise, such as walking or running on a treadmill, are recommended each week for optimal health.

HELLO THERE.

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of exercise equipment for our in-home rehab but were left disappointed and frustrated by fitness gear that made big promises but gave no support, no well-thought-out plan to follow, and no results. And that's how Lifepro came about, and why the Recovery + Fitness active recovery collection was created — we've set out to change all of that. It's why every piece of equipment bearing our name not only undergoes rigorous scrutiny to make sure it delivers on power and efficacy, but also comes with built-in support from our 'guiding angels' and a built-in lifetime warranty so that you're never left hanging.

Welcome to Lifepro.
We're in this together now.

Abe & Joel



Not everyone can afford to hire a personal trainer or a team of professionals to help them feel and look their best. But the good news is: you don't have to. Lifepro brings the gym to you.

With the Lifepro Pacer Treadmill, you can build cardiovascular fitness and muscle strength from the comfort of your own home. The Pacer's low-decibel motor is designed specifically for in-home use. The Pacer can be folded up for small-footprint storage. The treadmill folds up quickly and easily without the need for any tools or screws.

Thirty-six preset training programs provide you with endless training challenges. Three user programs allow you to build and save your own personalized workouts. Three heart-rate training programs, in conjunction with the chest belt accessory, help you burn calories more efficiently, or workout towards a fitness goal, by training within a specific heart rate range. Build a simple custom workout by choosing from twelve incline levels and speed adjustment from 0.6-9.6 mi/hr. Track weight-loss and fitness gains by measuring your body mass index (BMI) with the Pacer's built-in body fat calculator. Bluetooth functionality allows you to use a fitness app with the Pacer to create training goals and track workouts and fitness progress. Walk, jog, or run your way to health and wellbeing. See results in as little as 15-20 minutes a day.

Redefine your workouts and experience the transformative power of the Lifepro Pacer:

- ◆ **Increase strength & stamina:** improves stability and muscle tone
- ◆ **Regulate weight:** boost your heart rate and burn calories.
- ◆ **Decrease chronic pain:** improves core strength & circulation
- ◆ **Boost your metabolism:** encourages your body to burn fat faster
- ◆ **Decrease your stress:** increases serotonin and decreases cortisol
- ◆ **Lower blood pressure:** improves circulation
- ◆ **Develop stronger bones:** increases bone density

Check out the exercises in this manual for ways to get started using your Pacer. Next, be sure to visit our website pacer.lifeprofitness.com for access to our **FREE library of workout videos** which demonstrate how to easily incorporate the Pacer into your fitness routine.

PACER

TREADMILL

GET STARTED

WHAT'S IN THE BOX

- Lifepro Pacer Treadmill
 - Folded Body of the Treadmill
- Safety Key
- Heart-Rate Chest Belt
- Bottle of Maintenance Oil
- User Manual
- Hardware & Tool Kit
 - Locking pin (1)
 - Hex Keys (2) 5mm & 6mm
 - M8x35mm Socket Head Screws (2)
 - M8x12mm Socket Head Screws (2)

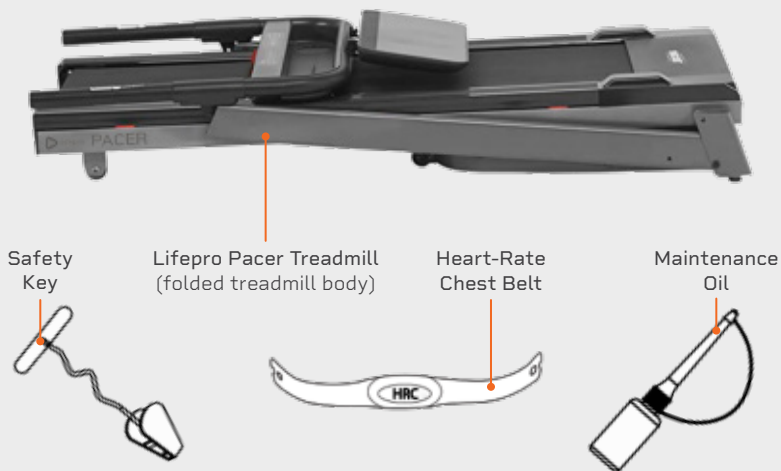
FIRST STEPS

1. Remove your Pacer from the shipping box and remove all packaging from the unit, parts, and hardware. Get someone to assist you with lifting the treadmill from the packaging, it is quite heavy and bulky.
2. Confirm that all parts and hardware listed are included.
3. Read carefully through this user manual and all safety instructions before assembling and using the Pacer.
4. Go to pacer.lifeprofitness.com and register your product within 14 days of purchase to activate your lifetime warranty.
5. Complete the steps in the 5-MINUTE ASSEMBLY GUIDE on page 10 to assemble your Pacer.

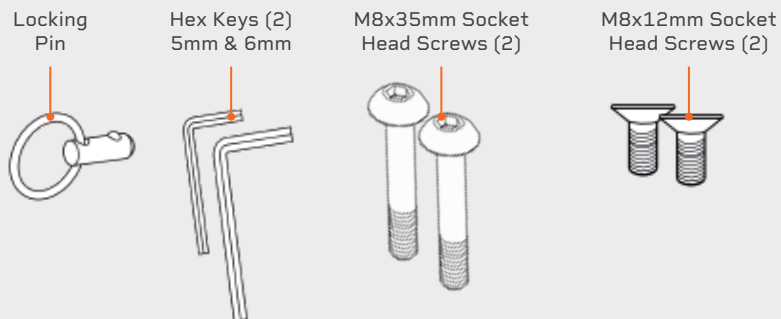
CUSTOMER SUPPORT

If you have any questions about assembling and using up your Pacer, we're here to help. Call or email us and an experienced customer support representative will be happy to assist you: (732) 456-6063 or support@lifeprofitness.com.

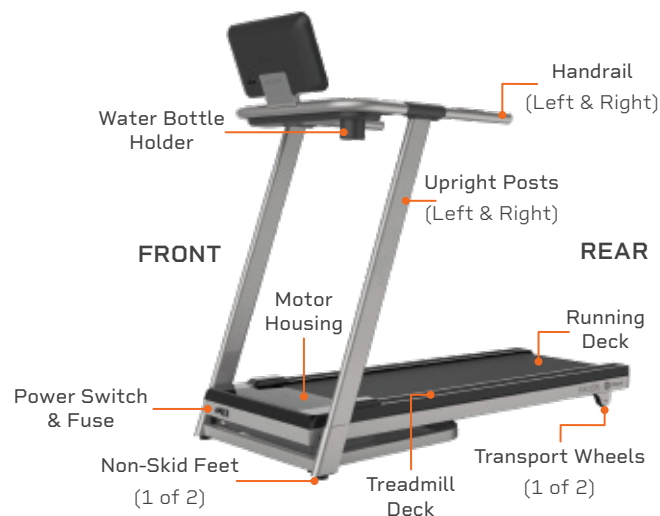
GET ACQUAINTED



ASSEMBLY HARDWARE



PARTS OF THE PACER



TREADMILL PLACEMENT NOTES

In order to get in the habit of using your treadmill every day, it's helpful to set it up in a convenient, comfortable location. The Pacer is designed to take up a minimal amount of floor space and to look great in any room of your home.

⚠ IMPORTANT SAFETY NOTES FOR PLACEMENT OF YOUR PACER

- Do not use the Pacer outdoors.
- Do not place the unit near water or in high-moisture environments.
- Set up the Pacer where there will be at least 7 feet of clearance behind the treadmill and at least 4 feet of clearance from walls and furniture at the front and sides of the unit.
- Only operate and store the Pacer on a clear, flat, clean floor.
- If setting up the Pacer in a carpeted room, check underneath the unit to ensure clearance between the carpet and the running deck. If there is not enough clearance, or you're not sure, place a mat or rug under the Pacer. Ensure the mat or rug will not slip during use.
- Ensure the running deck is level to the ground. If the deck is positioned on an uneven surface, it could cause premature damage to the electrical system.

Sometimes after an extended amount of use, you will find a fine black dust under the Pacer. This is normal wear and does not mean there is anything wrong with the unit. You can easily clean up the dust with a vacuum cleaner. If you wish to prevent the dust from getting on your flooring or carpet, place a mat under the treadmill.

If using a mat or rug under the treadmill, make sure it is at least 61.5" x 29.5".

5-MINUTE ASSEMBLY GUIDE

ASSEMBLY NOTES

- Assemble the Pacer on flat, clean floor.
 - Make sure you have at least a 6-by-6-foot space to complete the assembly. Ensure the space is free of obstructions.
- ⚠ Assembly requires two people; the treadmill is heavy and bulky.

1

LAY OUT THE TREADMILL PARTS AND HARDWARE

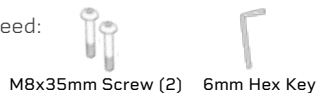
1. Place the folded body of the treadmill on the floor.
2. Place the hardware and tools on the floor nearby.



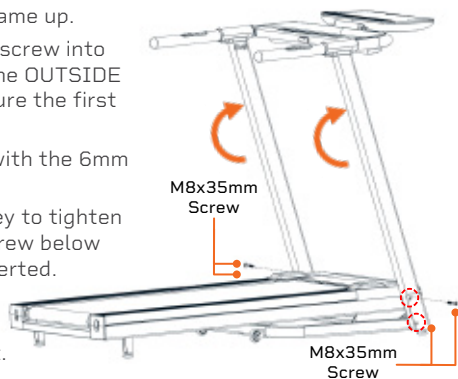
2

ASSEMBLE THE UPRIGHT POSTS

You will need:



1. Lift the treadmill frame up.
2. Insert a M8x35mm screw into the screw hole on the OUTSIDE of the frame to secure the first upright post.
3. Tighten the screw with the 6mm hex key.
4. Use the 6mm hex key to tighten the pre-installed screw below the one you just inserted.
5. Follow steps 2-4 to secure the second upright post.



3

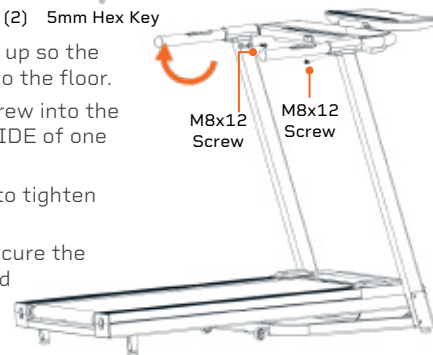
SECURE THE HANDRAIL FRAME

You will need:



M8x12mm Screw (2) 5mm Hex Key

1. Tilt the handrail frame up so the handrails are parallel to the floor.
2. Insert a M8x35mm screw into the screw hole on the INSIDE of one of the upright posts.
3. Use the 5mm hex key to tighten the screw.
4. Follow steps 2-3 to secure the handrails to the second upright post.



4

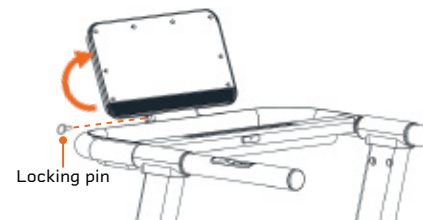
SECURE THE DISPLAY

You will need:



Locking pin

1. Tilt the display monitor upwards.
2. Insert the locking pin into the left side of the joint below the display to secure it in place.



5

LUBRICATE THE TREADMILL BELT

Before using the Pacer for the first time, you must lubricate the treadmill belt.

1. Follow the steps in LUBRICATING THE TREADMILL BELT on page 32.

HOW TO USE THE PACER

1

POWERING ON THE PACER

1. Plug the power cord into an appropriately grounded wall outlet
2. Flip the Power switch on the front of the Pacer to the ON position. The display will light up.

On Position



Off Position

2

SETTING UP THE SAFETY CLIP

The safety clip cuts power to the treadmill if you fall or an emergency occurs.

1. Insert the safety clip into the red slot on the front of the treadmill shelf.
2. Clip the other end of the safety clip securely to your clothing.
3. Give the clip a tug to make sure it won't release from your clothing.

⚠ It is not possible to operate the treadmill without the safety key in place.

3

GETTING ON THE TREADMILL

While getting ready to use the treadmill:

1. Hold onto the handrails with both hands.
2. Do not stand on the running belt. Instead, stand with your feet on the treadmill deck, one foot on either side of the running deck.
3. Place your feet, one at a time, on the running belt only **AFTER** it has begun to move at a consistent, slow speed.

⚠ **WARNING:** For your safety, step onto the belt when the speed is **NO MORE than 1.9 mi/hr (3 km/hr)**.

4

GETTING OFF THE TREADMILL

1. Press the red Stop button to stop the running belt.
2. Wait until the treadmill has come to a complete stop before attempting to get off the treadmill.

5

POWERING OFF THE PACER

1. Always return the incline to "0" before powering off the Pacer.
2. Remove the safety key and store it in a separate location.
3. Flip the Power switch on the front of the Pacer to the OFF position.
4. Unplug the power cord from the wall outlet.

IMPORTANT SAFETY TIPS

WHAT TO DO IN AN EMERGENCY

⚠ **WARNING:** You must wear the safety key every time you use the treadmill.

1. Stop training immediately if you realize that you cannot keep up with the pace, if you start feeling sick, or if any other emergency arises.
2. Pull the cord to remove the safety key from its slot; this will cause the treadmill to stop immediately.
3. As the treadmill stops, hold onto the handrails firmly with both hands and place your feet on the foot rails on each side of the running belt.
4. If you trip during training, hold onto the handrails immediately with both hands and support yourself with your hands and arms on the handrails and put your feet on the foot rails on either side of the treadmill belt.
5. You should practice how to safely get off the running deck quickly several times so that you will know what to do if an emergency arises.
6. Make sure that all third parties are familiar with the safety instructions and that they always use the safety key correctly while training.

It is not possible to operate the treadmill without the safety key correctly inserted. If the safety key has been removed from its slot during training, the treadmill will stop automatically. The error code "E-07" will show on the display and a warning signal will sound. The running deck will remain in the inclined position and can only be lowered after the safety key has been re-connected.

DISABLING THE PACER FOR SAFETY

To prevent the treadmill from being used by unauthorized third parties, always remove the safety key when you have finished training. Keep the safety key stored in a separate place, out of the reach of unauthorized people, especially children.

DURING EXERCISE

1. Keep your body and head facing forward at all times.
2. Never attempt to turn around on the treadmill while the running belt is still moving.
3. Make sure to breathe regularly and calmly during exercise.
4. Stay hydrated before, during, and after exercise.
5. Wear light, comfortable clothing and well-fitting athletic shoes. Do not wear loose clothing that could become caught in the machine or tear.
6. Check your pulse regularly using the handrail sensors, or use the chest belt to check your heart rate.

FOLDING AND MOVING THE PACER

HYDRAULIC CYLINDER

The Pacer treadmill is equipped with a folding mechanism which allows it to be folded up and out of the way to save space. The folding mechanism relies on a hydraulic cylinder which is filled with oil and is under high pressure.

CAUTION: If the hydraulic cylinder becomes damaged, the treadmill deck can no longer be safely folded up or down. If that occurs, it **MUST** be replaced before the treadmill deck can be folded up or down again.



FOLDING UP THE PACER



STEP 1

Set the treadmill deck incline level to "0." Flip the Power switch at the front of the treadmill to the OFF position. Unplug the power cord from the wall outlet.

CAUTION: ONLY fold up the treadmill deck when the incline level is at the "0" position. Always power OFF and unplug the treadmill before folding it up or down.

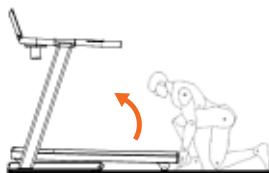
STEP 2

Grasp the rear of the treadmill deck with both hands and lift it upwards. Make sure that you are standing with your feet firmly on the ground.



STEP 3

Lift the deck up until you hear it click into the locking catch. Ensure that it is safely locked in the upright position by gently shaking the deck.



CAUTION: Always make sure that there are no children, pets, or items under the treadmill deck when it is being raised or lowered. Never operate the treadmill in its folded state. Children should never fold-up or fold-down the treadmill. Children must never climb on or play near the treadmill to prevent the machine from falling and causing injury.

FOLDING DOWN THE PACER



STEP 1

Grasp the top end of the treadmill deck with both hands. Press down the safety lever on the catch with your foot to release the lock. Pull the treadmill deck down gently to the floor.

STEP 2

The treadmill deck is equipped with a Soft-Fold-System. This allows the deck to move slowly down until it reaches contact with the floor. You should never leave the deck to fold down unsupervised.



MOVING AND STORING THE PACER



STEP 1

Power OFF and unplug the Pacer. Fold up the treadmill as instructed on page 14. Grasp the top end of the treadmill deck with both hands. Pull the deck towards you until the weight of the deck is resting on the transport wheels. Make sure that you are standing with your feet firmly on the ground.

STEP 2

The treadmill can now be moved easily. Make sure that there are no items, pets, or children in the way when you are moving the treadmill. Make sure that your feet are firmly on the ground while moving the treadmill.



STEP 3

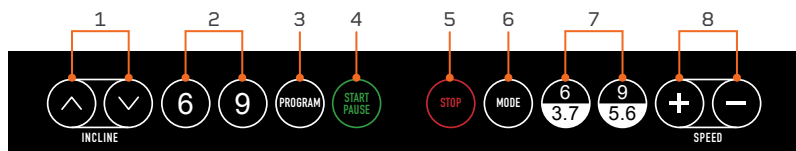
To set the treadmill safely down again, lift the deck upright until the front of the frame base is completely on the ground.

CAUTION: The treadmill should only be moved by an adult.

OPERATING INSTRUCTIONS

USING THE KEYPAD TO OPERATE THE PACER

- 1. ^/√ Incline Buttons:** Use the buttons to increase or decrease the incline (levels 0-12) of the running deck.
- 2. Rapid Incline Buttons:** Rapidly change to incline level 6 (by pressing “6”). Rapidly change to incline level 9 (by pressing “9”).
- 3. Program Button:** Choose a program. While the treadmill is stopped, press the button to toggle through the programs: 0.0 (manual workout), P01-P36 (preset programs, U01-U03 (user programs), HRC1-HRC3 (heart-rate controlled programs), F1 (BMI calculator).
- 4. Start/Pause Button:** Start a manual workout or begin the selected training program after a 5 second countdown. During training, press the button to pause the current workout for 5 minutes. Press the button a second time, within the 5 minutes, to resume the program. After 5 minutes, the program will reset and all values will return to zero.
- 5. Stop Button:** Stop the current workout and the movement of the running belt. The motor will slow the running deck to a smooth stop. All settings will be reset.
- 6. Mode Button:** While creating a manual workout, press the Mode button to toggle through the three training modes, time goal, distance goal, and calorie goal, to further customize your workout.
- 7. Rapid Speed Buttons:** Press the “6/3.7” button to rapidly change speed to 3.7 mi/hr (6km/hr). Press the “9/5.6” button to rapidly change the speed to 5.6 mi/hr (9 km/hr).
- 8. +/- Speed Buttons:** Use the buttons to increase or decrease the speed, in 0.1 mi/hr increments, from 0.6 – 9.6 mi/hr.



READING THE PACER DISPLAY AND USING THE HANDRAIL CONTROLS

- 1. Incline/Distance Window:** The window alternates between showing the current running deck incline and the training distance in miles.
- 2. Time/Calories Window:** The window alternates between showing the current training time and the calories burned.
- 3. Speed/Pulse Window:** The window alternates between showing the current speed in mi/hr and pulse/heart rate.
 - a. When using the hand sensors, the user's pulse will display.
 - b. When using the include heart rate chest belt, the user's heart rate will display.
- 4. Increase/Decrease Incline Buttons:** Increase or decrease the incline of the running deck, in 1 level increments (levels 0-12).
- 5. Increase/Decrease Speed Buttons:** Increase or decrease the speed in 0.1 mi/hr increments.
- 6. Hand Pulse Sensors:** Place your hands on the sensors. The current pulse rate will show on the display.



USING THE TRAINING PROGRAMS

The Pacer has a large number of training programs to help you reach your fitness goals: 36 preset programs (P01-P36), three user-defined programs (U01-U03), three heart-rate-controlled programs (HRC1-HRC3), and a BMI calculation program (F1).

TRAINING WITH PRESET PROGRAMS (P01-P36)

The 36 preset training programs are divided into 10 segments each (S-01 to S-10). Each segment has a set speed and running deck incline. See the **Preset Program Speed/Incline Chart** on pages 22-23. To workout using a preset training program:

1. Press the Program button to toggle through the programs. Choose one of the preset training programs: P01-P36.
2. The default time of “30:00” will flash in the Time Window. Use the +/- Speed buttons to adjust workout time from 5:00-99:00, in one-minute increments.
3. Press the Start button to begin the preset program.*

TRAINING WITH USER-PROGRAMMABLE PROGRAMS (U01-U03)

The three user programs can be personalized with your own training goals. Once you set up a user program (Step 1), it will be saved and you can use it for training (Step 2).

STEP 1: PROGRAMMING A USER TRAINING PROGRAM

To create a user-personalized training program:

1. Press the Program button to toggle through the programs. Select one of the three user training programs: U01, U02, U03.
2. The default time of “30:00” minutes will flash in the Time Window. Press the +/- Speed buttons to set the workout time from 5:00-99:00 minutes.
3. Press the Mode button to confirm the workout time.
4. Default incline “0” will flash in the Incline Window and default speed “0.6” will flash in the Speed Window. User programs have 10 segments (S-01 to S-10); each can have a unique speed and incline.
 - a. Use the +/- buttons to set the speed, in mi/hr, for the first segment.
 - b. Use the ^/v buttons to set the incline, 0-12, for the first segment.
 - c. Press the Mode button to confirm your entries for the first segment.
5. Set the speed and incline for the remaining nine segments.
6. Press the Start button to begin the program.*

STEP 2: TRAINING WITH A SAVED USER TRAINING PROGRAM

To use a saved user training program:

1. Press the Program button to toggle through the available programs. Select one of your saved user training programs: U01, U02, U03.
2. The default time of “30:00” will flash in the Time Window. Press the +/- buttons to set the workout time from 5:00-99:00 minutes.
3. Press the Start button to begin the program.*

TRAINING WITH HEART-RATE-CONTROLLED PROGRAMS (HRC1-HRC3)

There are three heart-rate training programs which allow the user to train within a target heart rate. During the workout, the user's actual heart rate is compared to the target heart rate every 30 seconds. If the heart rate is higher than the target, the speed will automatically decrease. If it is lower than the target, the speed will increase. These programs cannot be used with the hand sensors, they can only be used with the included chest belt accessory. Please see HEART RATE MEASUREMENT USING THE CHEST BELT and WARNING ABOUT PULSE & HEART RATE MONITORS on pages 24-25. To workout using the heart-rate-controlled program:

1. Secure the chest belt to your chest. Ensure the logo is at the front.
2. Press the Program button to toggle through the programs. Choose one of the heart-rate programs: HRC1, HRC2, HRC3. The maximum speed varies for each program: HRC1 = 5.6 mi/hr, HRC2 = 6.8 mi/hr, HRC3 = 8.1 mi/hr. Choose a program what will be appropriately challenging but won't cause overexertion.
3. The default age of “25” will flash in the display. Enter your age, from 1-99 years, using the +/- Speed buttons. Press the Mode button to confirm your entry.
4. The system calculated target heart rate for your age will show on the display. Please read through the heart rate information on page 24-25 for details.
 - a. If you want to train with the calculated value, press the Mode button to confirm.
 - b. If you want to train with a personalized heart rate, enter it using the +/- Speed buttons, from 80-180. Press the Mode button to confirm your entry.
5. The default time of “30:00” will flash in the Time Window. Press the +/- Speed buttons to enter your desired training time between 5:00 and 99:00 minutes.
6. Press the Start button to begin the program.*

*When the Start button is pressed, the display will show a countdown (you will hear accompanying tones). The training time will begin upon completion of the countdown and the treadmill will begin automatically. The treadmill will stop automatically when the training mode goal has completed.

CALCULATING BMI

CALCULATING BMI WITH THE BODY FAT PROGRAM (F1)

Body Mass Index (BMI) is measurement of body fat calculated from the ratio of body weight to height. To calculate your BMI:

1. Flip the Power switch on the front of the treadmill to the ON position.
2. Press the Program button to toggle through the programs. Select the Body Fat Calculation program: F1.
3. "F1" will be shown on the display. Select your gender. Press the +/- Speed button to select "1" for male or "2" for female. Confirm your selection by pressing the Mode button.
4. "F2" will be shown on the screen. Enter your age, from 0-99, by pressing the +/- Speed buttons. Press the Mode button to confirm your selection.
5. "F3" will be shown on the display. Enter your height, from 39-87 inches, by pressing the +/- Speed buttons. Press the Mode button to confirm your selection.
6. "F4" will be shown on the display. Enter your weight, from 44-330 pounds, by pressing the +/- Speed buttons. Press the Mode button to confirm your selection.
7. "F5" will be shown on the display. Hold the pulse rate sensors on the handrails firmly with both hands for 8 seconds.
8. Your BMI will calculate and show on the display.

BMI CATEGORY	BMI
Underweight	Below 18.5
Normal Weight	18.5-24.9
Overweight	25.0-29.9
Obesity	30.0 or Above

CREATING A MANUAL WORKOUT

CREATING A CUSTOM WORKOUT (0.0)

To begin a quick and simple custom workout:

1. Press the Start button to begin. The treadmill will begin automatically after a 5-second countdown.
2. Use the +/- buttons to adjust the speed at any time during your workout.
3. Use the ^/v buttons to adjust the incline of the running deck at any time during your workout.
4. Press the Stop button when you wish to stop training.

USING TRAINING MODES TO CUSTOMIZE YOUR MANUAL WORKOUT

Three training modes allow you to set a specific training goal: a training time, a training distance, or a certain number of calories burned. These modes will countdown the specific training goal (time, distance, or calories) and the treadmill will automatically stop when the goal has been reached. The three training modes are only available for manual workouts.

USING MODE 1: SET TRAINING TIME GOAL

1. Press the Mode button one time to choose Mode 1.
2. The default time "30:00" will flash in the Time Window. Enter the desired training time from 5:00-99:00 minutes, in one-minute increments by pressing the +/- Speed buttons.
3. Press the Start button to begin the training program.*

USING MODE 2: SET TRAINING DISTANCE GOAL

1. Press the Mode button two times to choose Mode 2.
2. The default distance "0.6" will flash in the Distance Window. Enter the desired training distance, from 0.6 - 61.5 miles, by pressing the +/- Speed buttons.
3. Press the Start button to begin the training program.*

USING MODE 3: SET CALORIE GOAL

1. Press the Mode button three times to choose Mode 3.
2. The default calorie goal "50" will flash in the Calories Window. Enter the desired calorie goal from 20 - 9,990 calories by pressing the +/- Speed buttons.
3. Press the Start button to begin the training program.*

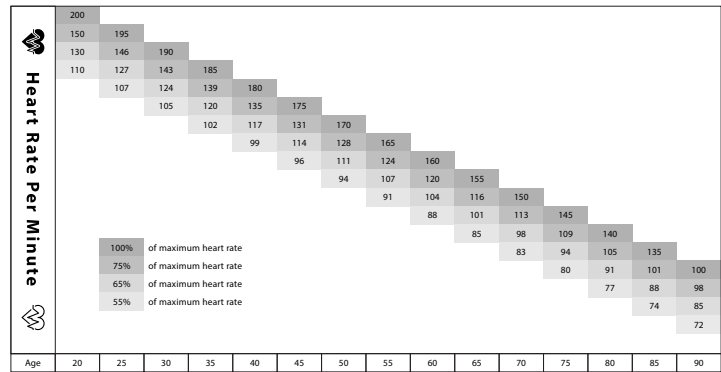
*When the Start button is pressed, the display will show a countdown (you will hear accompanying tones). The training time will begin upon completion of the countdown and the treadmill will begin automatically. The treadmill will stop automatically when the training mode goal has completed.

PRESET PROGRAM SPEED/INCLINE

		PROGRAM SEGMENT									
		1	2	3	4	5	6	7	8	9	10
P01	mi/hr	0.6	1.9	3.1	3.1	3.1	4.3	4.3	3.1	1.9	1.2
	Incline	2	2	8	6	6	4	4	6	2	2
P02	mi/hr	1.2	1.9	3.1	5.0	3.1	3.1	3.6	5.0	2.4	1.9
	Incline	3	3	2	2	8	8	4	4	4	4
P03	mi/hr	1.2	1.9	4.3	5.0	3.1	3.1	3.1	5.0	2.4	1.9
	Incline	1	2	5	7	7	4	4	6	2	2
P04	mi/hr	1.2	1.2	3.1	5.0	5.0	5.0	5.0	3.1	1.9	1.2
	Incline	3	3	9	9	9	9	9	6	2	2
P05	mi/hr	1.9	2.4	5.0	5.6	6.2	6.2	6.2	4.3	2.4	1.9
	Incline	2	2	8	6	6	6	6	6	1	1
P06	mi/hr	1.9	2.4	3.6	4.3	4.3	4.3	5.6	6.2	3.1	1.9
	Incline	1	8	8	7	7	7	7	5	3	1
P07	mi/hr	1.9	2.4	2.4	6.2	2.4	5.6	2.4	6.8	1.9	1.2
	Incline	1	1	6	6	6	8	8	10	6	2
P08	mi/hr	1.9	3.1	4.3	5.6	1.9	3.1	4.3	3.1	6.8	3.1
	Incline	3	3	3	7	7	3	3	3	5	5
P09	mi/hr	1.9	4.3	6.2	2.4	4.3	6.8	3.1	2.4	7.5	3.6
	Incline	3	6	7	3	8	8	3	8	4	4
P10	mi/hr	1.9	3.1	5.6	6.2	3.6	3.6	5.6	3.6	6.8	1.9
	Incline	2	7	5	5	8	8	8	8	4	4
P11	mi/hr	2.4	3.1	6.8	5.6	3.6	5.0	5.6	6.8	3.6	3.1
	Incline	1	6	3	3	7	7	4	4	6	6
P12	mi/hr	2.4	3.6	6.2	6.2	6.2	4.3	4.3	6.2	3.6	3.1
	Incline	3	8	9	5	5	8	8	4	4	4
P13	mi/hr	1.2	2.4	3.6	3.6	3.6	5.0	5.0	3.6	2.4	1.9
	Incline	3	3	9	7	7	5	5	7	3	3
P14	mi/hr	1.9	2.4	3.6	5.6	3.6	3.6	4.3	5.6	3.1	2.4
	Incline	4	4	3	3	9	9	5	5	5	5
P15	mi/hr	1.9	2.4	5.0	5.6	3.6	3.6	3.6	5.6	3.1	2.4
	Incline	2	3	6	8	8	5	5	7	3	3
P16	mi/hr	1.9	1.9	3.6	5.6	5.6	5.6	5.6	3.6	2.4	1.9
	Incline	4	4	10	10	10	10	10	7	3	3
P17	mi/hr	2.4	3.1	5.6	6.2	6.8	6.8	6.8	5.0	3.1	2.4
	Incline	3	3	9	7	7	7	7	7	2	2

P18	mi/hr	2.4	3.1	4.3	5.0	5.0	5.0	6.2	6.8	3.6	2.4
	Incline	2	9	9	8	8	8	8	6	4	2
P19	mi/hr	2.4	3.1	3.1	6.8	3.1	6.2	3.1	7.5	2.4	1.9
	Incline	2	2	7	7	7	9	9	11	7	3
P20	mi/hr	2.4	3.6	5.0	6.2	2.4	3.6	5.0	3.6	7.5	3.6
	Incline	4	4	4	8	8	4	4	4	6	6
P21	mi/hr	2.4	5.0	6.8	3.1	5.0	7.5	3.6	3.1	7.5	4.3
	Incline	4	7	8	4	9	9	4	9	5	5
P22	mi/hr	2.4	3.6	6.2	6.8	4.3	4.3	6.2	4.3	7.5	2.4
	Incline	3	8	6	6	9	9	9	9	5	5
P23	mi/hr	3.1	3.6	7.5	6.2	4.3	5.6	6.2	7.5	4.3	3.6
	Incline	2	7	4	4	8	8	5	5	7	7
P24	mi/hr	3.1	4.3	6.8	6.8	6.8	5.0	5.0	6.8	4.3	3.6
	Incline	4	9	10	6	6	9	9	5	5	5
P25	mi/hr	1.9	3.1	4.3	4.3	4.3	5.6	5.6	4.3	3.1	2.4
	Incline	4	4	10	8	8	6	6	8	4	4
P26	mi/hr	2.4	3.1	4.3	6.2	4.3	4.3	5.0	6.2	3.6	3.1
	Incline	5	5	4	4	10	10	6	6	6	6
P27	mi/hr	2.4	3.1	5.6	6.2	4.3	4.3	4.3	6.2	3.6	3.1
	Incline	3	4	7	9	9	6	6	8	4	4
P28	mi/hr	2.4	2.4	4.3	6.2	6.2	6.2	6.2	4.3	3.1	2.4
	Incline	5	5	11	11	11	11	11	8	4	4
P29	mi/hr	3.1	3.6	6.2	6.8	7.5	7.5	7.5	5.6	3.6	3.1
	Incline	4	4	10	8	8	8	8	8	3	3
P30	mi/hr	3.1	3.6	5.0	5.6	5.6	5.6	6.8	7.5	4.3	3.1
	Incline	3	10	10	9	9	9	9	7	5	3
P31	mi/hr	3.1	3.6	3.6	7.5	3.6	6.8	3.6	7.5	3.1	2.4
	Incline	3	3	8	8	8	10	10	12	8	4
P32	mi/hr	3.1	4.3	5.6	6.8	3.1	4.3	5.6	4.3	7.5	4.3
	Incline	5	5	5	9	9	5	5	5	7	7
P33	mi/hr	3.1	5.6	7.5	3.6	5.6	7.5	4.3	3.6	7.5	5.0
	Incline	5	8	9	5	10	10	5	10	6	6
P34	mi/hr	3.1	4.3	6.8	7.5	5.0	5.0	6.8	5.0	7.5	3.1
	Incline	4	9	7	7	10	10	10	10	6	6
P35	mi/hr	3.6	4.3	7.5	6.8	5.0	6.2	6.8	7.5	5.0	4.3
	Incline	3	8	5	5	9	9	6	6	8	8
P36	mi/hr	3.6	5.0	7.5	7.5	7.5	5.6	5.6	7.5	5.0	4.3
	Incline	5	10	11	7	7	10	10	6	6	6

PULSE AND HEART RATE



Calculate your personal target heart rate when training based on your fitness goals:

MAXIMUM HEART RATE **220 - Your Age = Max Heart Rate**

This value represents your maximum heart rate and serves as a basis from which to calculate your personal training heart rate.

HEALTH & WELLNESS TRAINING **Target Zone = 50-60% of Max Heart Rate**

- Ideal for people who are overweight, older, beginners, and/or who do not exercise regularly.
- Burn approx. 4-6 calories per minute to produce energy in this zone. The percentage ratio per calorie is approx. 70% fat, 25% carbohydrate, and 5% protein.

FAT BURNING TRAINING **Target Zone = 60-70% of Max Heart Rate**

- Ideal for athletes and sports people who aim to lose weight.
- Burn approx. 6-10 calories per minute to produce energy in this zone. The percentage ratio per calorie is approx. 85% fat, 10% carbohydrate, and 5% protein.

CONDITIONING & FITNESS TRAINING **Target Zone = 70-80% of Max Heart Rate**

- Ideal for athletes and sports people who want to improve their stamina and/or conditioning.
- Burn approx. 10-12 calories per minute to produce energy in this zone. The percentage ratio per calorie is approx. 35% fat, 60% carbohydrate, and 5% protein.

For optimal training results, calculate the average value of selected target zone (also see chart above):

- **Health & Wellness:** target zone average = 55% of max heart rate (max heart rate x 0.55)
- **Fat Burning:** target zone average = 65% of max heart rate (max heart rate x 0.65)
- **Conditioning & Fitness:** target zone average = 75% of max heart rate (max heart rate x 0.75)

PULSE & HEART RATE MONITORING

CAUTION: Pulse and heart rate monitoring systems may be inaccurate. Excessive training can cause serious injury or even death. If you feel unwell and/or lightheaded, stop training immediately. Make sure all users of this unit are familiar with this information, understand it, and apply it unconditionally.

PULSE RATE MONITORING USING THE HAND SENSORS

The Pacer is equipped with hand pulse sensors integrated into the handrail. These hand sensors are used for short-term determination of the pulse rate. To do this, you need to cover the sensors with both hands at the same time. The pulse measuring system is based changes in electrical skin resistance measured by the hand sensors due to the heartbeat and blood pressure fluctuations. These changes are summarized as a mean value and shown after a short time on the display as the current pulse rate.

CAUTION: For large parts of the population, the pulse-induced skin resistance change is so minimal that usable values cannot be derived from the measurement results. Also callouses on the palms, damp hands, and body tremors may prevent correct measurement. In such cases, the pulse value may be displayed incorrectly or not at all.

If the pulse fails to display or displays incorrectly, check to see if the same problem occurs for other users. If the problem occurs only with one user, the Pacer is not defective. In this case, we recommend using the chest belt to generate a correct pulse.

HEART RATE MEASUREMENT USING THE CHEST BELT

The chest belt wirelessly measures your heart rate directly from the skin. The chest belt then sends the heart rate via an electromagnetic field to the receiver built into the display.

CAUTION: The chest belt measures heart rate only for the purpose of displaying the current heart rate during exercise. This value says nothing about the safety and effectiveness of the training. Also, this type of measurement is in no way designed or suitable for medical diagnostic purposes.

Therefore, it is important to discuss with your physician the most suitable exercise type, duration, and exertion level for you and to create a suitable exercise plan before you begin using the Pacer.

This applies especially to those who:

- Are older than 35 years
- Are overweight
- Have too high or too low blood pressure
- Have not been physically active for a long period of time
- Have heart problems

If you have a pacemaker or similar medical device, discuss this with your medical specialist before using the chest belt.

TRAINING RECOMMENDATIONS

PREPARING FOR TRAINING

If you have not done endurance or cardio training for a long period of time, you should make an appointment with your physician for a checkup and to discuss your training goals. This is especially important for people who are over 35, overweight, or have heart/circulatory problems.

TRAINING RECOMMENDATIONS

HYDRATION

Adequate hydration is essential before and during exercise. During a training session of 30 minutes it is possible to lose up to 1 liter of liquid. You should drink about 1.5 cups 30 minutes before beginning exercise. Take care to maintain balanced hydration during the workout.

TRAINING FREQUENCY

Experts recommend endurance training 3-4 days a week to keep your cardiovascular system fit. Of course, the more you train, the faster you will achieve your training goals. However, it is important to plan sufficient breaks, to give your body enough time for rest and recovery. After each training session, you should take at least one day off.

EXERCISE INTENSITY

Many beginners make the mistake of training too intensely. If your goal is to run a marathon, your training intensity will certainly be high. However, most people have training goals such as weight reduction, cardiac/exercise training, stress reduction, etc., and therefore should exercise at a lower intensity. We recommend aiming for the appropriate target heart rate for your particular training goal. See PULSE AND HEART RATE on page 24 for more information.

DURATION OF INDIVIDUAL TRAINING SESSIONS

For optimal endurance or weight-reduction training, the duration of each training session should be 25-60 minutes. Beginners and those who have not exercised regularly for a long period of time should start with short training sessions of 10 minutes or less in the first week and then slowly increase training duration week by week.

TRAINING DOCUMENTATION (SAMPLE TRAINING PLAN BELOW)

To stay motivated and to evaluate the success of your training, create a training plan, in written or Excel spreadsheet format, before beginning exercise (sample below). In your plan you should document data from each training session, such as distance, training time, pulse/heart rate, as well as personal data, such as body weight, blood pressure, resting heart rate (measured in the morning immediately after waking up) and how you feel during exercise.

SAMPLE WEEKLY TRAINING PLAN Week: _____ Month: _____ Year: _____						
Day	Date	Exercise Duration	Exercise Distance	Calories Burned	Heart Rate	Notes
Mon.						
Tues.						
Wed.						
Thur.						
Fri.						
Sat.						
Sun.						
Weekly Totals:						

TRAINING INSTRUCTIONS

STEP 1: WARM-UP PHASE

Spend about 5 minutes doing warm up stretches before exercising; this prevents pulled muscles and other exercise injuries. Stretching gets blood flowing and helps loosen your muscles so they are ready for exercise. While doing the following stretches, do not force or jerk your muscles, and most importantly, if it hurts: STOP. After stretching, continue your warm-up by walking on the treadmill for 3-5 minutes at a slow speed and at the lowest incline.

TOUCH YOUR TOES

1. Bend your knees slightly. Let your back and shoulders relax as you bend over and try to touch your toes.
2. Hold the stretch for 10-15 seconds. Repeat 3 times.



STRETCH YOUR LEGS, CALVES, AND BUTTOCKS

1. Sit on the floor or a cushion. Place your left foot against your right inner thigh.
2. Bend toward your right foot and try to touch your toes.
3. Hold the stretch for 10-15 seconds.
4. Switch legs and repeat. Stretch each leg 3 times.



STRETCH YOUR QUADS

1. Place your left hand on a wall or a table to help with your balance.
2. With your right hand, grab your right ankle. Pull your heel in toward your buttocks.
3. Hold the stretch for 10-15 seconds.
4. Switch legs and repeat. Stretch each leg 3 times.



STRETCH YOUR GROIN AND INNER THIGH MUSCLES

1. Sit on the floor or a cushion with your knees bent and the soles of your feet together.
2. Hold your ankles and bend forward at your hips.
3. Hold the stretch for 10-15 seconds. Repeat 3 times.

STEP 2: EXERCISE PHASE

During the exercise phase you're building muscle, stamina, and improving your cardiovascular health slowly over time. The most important thing is to always listen to your body. If you are tired or sore, slow down or stop training for the day.

STEP 3: RECOVERY PHASE

After exercising, it's important to give your body time to cool down and recover. Walk on the treadmill for another 3-5 minutes at a slow speed and at the lowest incline level. Then spend 5 minutes completing the warm up stretches (above) again to continue cooling down your muscles. Be careful not to force or jerk your muscles as you stretch.

SAFETY INSTRUCTIONS

PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

⚠ WARNING: To reduce the risk of burns, fire, electric shock, injury to persons, or damage to equipment, read the following important precautions and information before operating the Pacer.

RESPONSIBILITIES

1. It is the responsibility of the owner to ensure that all users of the Pacer are adequately informed of all warnings and precautions.
2. Use the Pacer only as instructed in this manual.
3. Check the unit for any damage and loosened screws prior to every use. Tighten any loosened screws before use. Do not use if damaged, faulty, or defective.
4. Do not allow children to use the Pacer. Always remove the safety key and power cable from the Pacer when not in use to prevent inappropriate and uncontrolled use by others, especially children.
5. Keep children and pets away from the Pacer at all times.
6. Adults with diminished mental or physical capacity may only use the Pacer while supervised by a responsible adult.
7. Do not allow more than one person to use the Pacer at a time.
8. Do not exceed the maximum weight capacity of 220 lbs.
9. Do not allow the Pacer to run continuously for more than two hours at a time.
10. Keep the bottle of maintenance oil out of reach of children to prevent accidental ingestion.

ELECTRICAL

11. Only connect the Pacer to power using the included power cord.
12. Plug the Pacer into an appropriately grounded outlet, installed by a professional electrician and on a dedicated circuit. It is important that no sensitive electronic equipment, such as computers or TVs share the same circuit as the Pacer.
13. Do not plug into a power strip. It is not recommended to use an extension cable.
14. Do not connect other appliances to the same outlet as the Pacer.
15. Keep the Pacer and power cord away from hot surfaces and heat sources such as heaters, heat vents, furnaces, ovens, stovetops, fireplaces, and open flames.
16. Never spill water or beverages onto or into the treadmill body or operating components as this may cause electric shock or fire.
17. For safety, always unplug the Pacer when it is not in use. Always unplug the unit

before cleaning, doing maintenance, moving, or storing.

18. Always unplug the power cable by pulling gently from the plug. Never unplug by pulling on the cord itself.
19. Never operate the unit or unplug the power cord with wet hands.
20. The unit should only be powered on and off using the On/Off (Power) switch on the front of the unit.
21. Always place the power cable where it won't be damaged or create a tripping hazard.

PERSONAL SAFETY INSTRUCTIONS FOR EXERCISE

22. The safety key must be correctly inserted before each training session can begin.
23. Consult with a medical professional before beginning a new exercise program.
24. Incorrect or excessive exercise can be damaging to health. Always exercise within the heart beat range and time limits recommended by your physician.
25. Stop exercising immediately and consult your physician if you begin to feel faint, dizzy, or experience pain or difficulty breathing.
26. Do not use the Pacer during or immediately after eating or when you feel tired. Never use the Pacer while intoxicated.
27. Always wear appropriate athletic clothing, socks, and shoes when using the Pacer. It is especially important that your athletic shoes fit well.
28. Do not wear loose clothing as it can get caught during exercise, causing injury.
29. Do not jump on the running deck while exercising. Do not jump from the unit to the ground while it is moving.
30. The Pacer is intended for in-home use only. Do not use the Pacer in any commercial, rental, institutional, therapeutic, or school setting.

TRAINING ENVIRONMENT

31. Keep the Pacer indoors, away from moisture and dust. Do not use outdoors. Do not store in a garage or covered patio, or near water.
32. Only operate and store the unit in a dry environment between 50°F - 86°F.
33. Place the unit on a sturdy, flat, clean floor during operation and while not in use.
34. Ensure there is at least seven feet of clearance behind the treadmill, and at least two feet of clearance to the front and sides.
35. It is recommended to place a floor covering (rug, carpet, mat) beneath the Pacer to protect floors that could be damaged, such as wood, laminates, floor tiles, etc. Ensure that the underlayment does not slide around before beginning exercise.
36. Do not place the Pacer on white or light-colored carpets or rugs as the unit's feet could leave marks or discoloring.
37. Use the Pacer in a well-ventilated room, so that an optimal amount of oxygen is available during training. Avoid drafty areas.

MAINTENANCE AND CARE

⚠ CAUTION: Before you perform any care, cleaning, maintenance, repair, or similar work on your treadmill, switch off the power and remove the power cable from the electrical socket. Check before starting the planned work that your treadmill is completely disconnected and switched off. Only when all work is fully completed, and the device is completely re-assembled, may the treadmill be reconnected to a wall outlet and switched on.

BEFORE FIRST USE OR AFTER A LONG BREAK FROM TRAINING

Check that the treadmill is safe. There must be no objects on or under the device. Make sure that there is a continuous film of lubricant (silicone) on the running deck. If this is not the case, then use the supplied silicone to apply a lubricant film.

MAINTENANCE & CLEANING INTERVALS

After each workout, clean the treadmill with a damp cloth to remove any perspiration and/or other liquid residues. Never use solvents or chemical cleaners to clean the treadmill. Dry the cleaned areas thoroughly.

CHECK THE LUBRICATION OF THE RUNNING BELT: ONCE A WEEK

If your regular checks show that there is no longer enough lubrication, lubricate the belt immediately and shorten the inspection interval accordingly. Please see LUBRICATING THE TREADMILL BELT on page 32 for instructions. If the treadmill has a folding mechanism and has been standing upright for a long time, check whether there is still enough lubricant present.

CHECK THE ALIGNMENT OF THE RUNNING BELT: ONCE A WEEK

The alignment of the running belt must be checked regularly. If you notice that the belt is running to one side, this must be corrected immediately. Please see ADJUSTING THE TREADMILL BELT on page 34.

CLEAN THE MOTOR COMPARTMENT: ONCE A MONTH

To clean the motor compartment, remove the motor cover bolts and cover. Vacuum the visible dust with the small nozzle of a vacuum cleaner. Never use detergent or compressed air under any circumstances.

⚠ CAUTION: This work may only be performed when the treadmill is switched off and the power plug is removed.

CHECK THE MOUNTING MATERIALS: ONCE A MONTH

Check the bolts and nuts at least once a month. Tighten, if necessary.

WHY IS MAINTENANCE OF MY TREADMILL SO IMPORTANT?

In order to enjoy using your treadmill for many years, it is important to regularly and consistently do basic maintenance. The maintenance interval will depend very much on how often you use your treadmill, and therefore the intervals may need to be shorter than specified.

WHAT CAN HAPPEN IF THERE IS A LACK OF MAINTENANCE?

There is friction between the running belt and the running deck when in use. Any kind of friction creates wear which reduces the life of your treadmill. By lubricating between the belt and the deck with silicone oil, this friction is reduced, thus increasing the life of both parts. If the treadmill runs dry, the running deck will get hot, and the surface of the running deck and the running belt may be damaged or destroyed. Friction can also lead to a static charge which can discharge on contact with the frame. This is not only unpleasant but can also destroy the treadmill's electronics.

WHY DO I HAVE TO CLEAN THE MOTOR COMPARTMENT?

Due to movement of the running belt and ventilation of the motor, the treadmill attracts dust from the environment. This dust will be deposited both under and in the machine. Without cleaning, the interior of the treadmill would at some point get so dusty that a short would be caused in the electronic components. To avoid this, regular cleaning is necessary.

DAMAGE CAUSED BY NEGLIGENCE OR LACK OF MAINTENANCE AND CARE ARE EXCLUDED FROM THE WARRANTY.

MAINTENANCE AND CARE

⚠ WARNING: Always flip the Power switch to the OFF position **AND** unplug the power cord before starting any maintenance, cleaning, or repairs.

CLEANING & GENERAL MAINTENANCE

1. Wipe down the Pacer after exercise. Clean only with a damp cloth. Do not use chemical or solvent cleaners.
2. Inspect for visible damage before use. Do not use if damaged.
3. Inspect and tighten all external bolts periodically (do not remove the motor hood).
4. Only use with the original parts and accessories provided by the manufacturer.
5. Never remove the motor hood, other than to perform cleaning and maintenance procedures described in this manual, unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
6. Never insert or drop any object into any opening.

LUBRICATING THE TREADMILL BELT

The most important maintenance for a treadmill is regular and timely lubrication and care and maintenance of the running belt. Damages or defects caused by a lack of care and maintenance are not covered by the warranty.

- The treadmill belt must always be lubricated if a significant increase of friction is detected. This will become apparent if the belt makes jerking movements during training or if the error message E1 appears in the display.
- Insufficient lubrication or care and the resulting increase in friction will inevitably lead to an increase in wear and cause damage to the treadmill belt, deck, motor and circuit board.
- How often you use the treadmill will generally determine how often you must perform maintenance. As this varies from person to person, we would recommend that you keep a maintenance log. You should set a specific day every week in the first 6 months of use to check the treadmill belt lubrication.
- Lift up the front third part of the belt and feel with your hand if there is still lubrication in the middle of the belt. If lubrication is present, then write "OK" next to the date in your maintenance log. If there is little or no lubrication present, then lubricate the belt and record this in your maintenance book accordingly. Over time, you will be able to see how often lubrication is required.
- **⚠ Even if you choose not to keep a maintenance log, you must check the lubrication of the treadmill belt at least once a week.**
- If the treadmill is not used, or if the treadmill remains folded-up for a long period, you must check the lubrication of the belt before use and lubricate it if necessary.

⚠ CAUTION: Only use the included bottle of silicone oil to lubricate the treadmill belt. Do not use any other kinds of silicone or lubricants. We do not recommend the use of silicone sprays at any time.

To lubricate the belt:

1. Remove the normal screw bottle top from the included bottle of maintenance oil. See *Figure 1*.
2. Screw on the attached applicator tip. See *Figure 2*.
3. Before lubricating the belt, make sure that the treadmill is switched off and unplugged and that the belt is no longer moving.
4. Lift up the belt. See *Figure 3*.
5. The belt should be lubricated from both sides. Lift up the belt from one side high enough so that you can reach the middle of the belt with the end of bottle's applicator tip.
6. Apply a wavy line of silicone oil from the middle of the belt towards the sides. You should apply three to four lines of silicone oil running from the middle of the belt to the sides. See *Figure 4*.
7. For each weekly lubrication, you should not apply more than 10-20ml of silicone oil. If too much silicone is applied, this may lead to the treadmill belt slipping. If this occurs, remove the excess oil from the deck and drive rollers with a dry cloth.
8. After completing the weekly lubrication process, let the belt run without any load at a speed of 2.5 mi/hr for 5 minutes to evenly distribute the silicone oil.

⚠ CAUTION: After lubricating the belt, do not fold up the treadmill for at least 3 days.



Figure 1



Figure 2



Figure 3

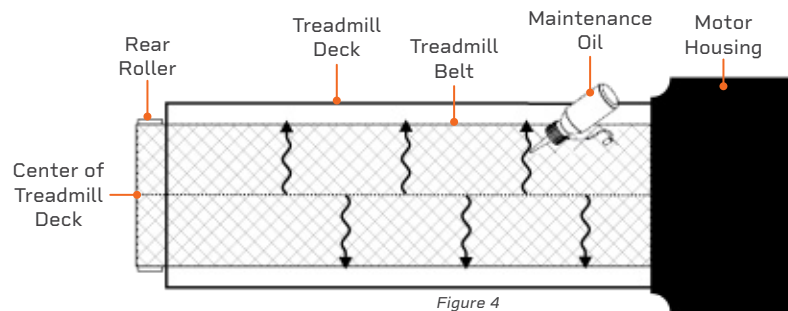


Figure 4

⚠ WARNING: Always power off the unit, by flipping the Power switch to the OFF position, AND unplug the power cord before starting any maintenance, cleaning, or repairs.

ADJUSTING THE TREADMILL BELT

⚠ WARNING: If the belt has become so displaced that it is rubbing along one of the foot rails, this will cause friction and defects to the treadmill belt. Damage caused by failure to make adjustments to the belt or insufficient adjustments will not be covered by the warranty under any circumstances.

To achieve as long a service life as possible, the belt should always be kept running straight along the center of the running deck. Therefore, it is important to examine the belt before each training session to see if it is straight and running in the middle of the deck or if it has changed position.

Possible reasons for the treadmill deck changing position are:

- The ground on which the treadmill is standing is either uneven or at an incline.
- Personal running style (e.g. distribution of weight to one side, in- or out-turned feet etc.)

TO ADJUST THE TREADMILL BELT

1. Start up the treadmill belt and let it run at a constant speed of 2.5 mi/hr.

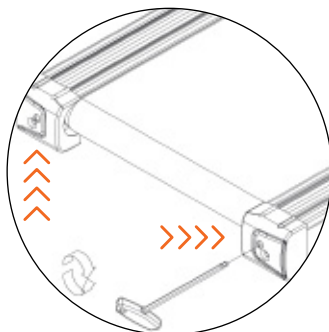
⚠ NOTE: The running direction of the belt will be adjusted with just a $\frac{1}{8}$ turn of the adjustment screw. Therefore, only adjust the screws a little at a time.

If the Belt Is Running Towards the Left:

1. Use a 6mm hex key to turn the left adjustment screw, located at the back end of the belt, by $\frac{1}{8}$ turn clockwise and the right adjustment screw $\frac{1}{8}$ turn counter-clockwise.
2. Wait for a short time, as results will not immediately be apparent.
3. If the belt is now running in the middle of the deck, the adjustment was successful. If the belt is still off-center, repeat the steps 1 and 2 until the belt is running in the middle.

If the Belt Is Running Towards the Right:

1. Use a 6mm hex key to turn the right adjustment screw, also located at the back end of the belt, by $\frac{1}{8}$ turn clockwise and the left adjustment screw $\frac{1}{8}$ turn counter-clockwise.
2. Wait for a short time, as results will not immediately be apparent.



3. If the belt is now running in the middle of the deck, the adjustment was successful. If still off-center, repeat the steps 1 and 2 until the belt is running in the middle.

If the belt cannot be adjusted, please contact a support representative immediately.

RE-TENSIONING THE TREADMILL BELT

If the belt is slipping on the drive rollers during operation (this will be apparent because the belt will jolt noticeably during operation) the belt must be re-tensioned. The belt is re-tensioned using the same adjustment screws used when adjusting the belt, located at the back end of the belt.

1. Start up the treadmill belt and let it run at a constant speed of 2.5 mi/hr.
2. Use a 6mm hex key to turn one adjustment screw, then the other, by $\frac{1}{8}$ of a turn in a clockwise direction.
3. Try to slow down the belt by walking on it as if you are walking down a steep slope. If the front roller is still turning, repeat the tensioning process once again. The treadmill belt should be tensioned so that the front roller only turns with heavy braking.

RESTORING THE PACER AFTER A POWER SURGE OR OVERVOLTAGE

FAULT-CURRENT BUTTON

There is a Fault-Current button next to the Power switch on the front of the Pacer's motor cover. The Fault-Current button prevents the treadmill from being damaged by electrical surges in the network. In the event of an electrical surge, the button acts as a circuit breaker and completely switches the treadmill off. If a power surge occurs:

1. Flip the Power switch to the OFF position and unplug the power cable from the wall outlet.
2. Press the Fault-Current button back in (it pops out when tripped, similar to a bathroom or kitchen GFCI outlet).
3. Plug the power cable into a wall outlet and flip the Power switch to the ON position.

FUSE

To protect the treadmill from damage caused by a power overvoltage, there is also a fuse next to the Power switch. This breaks the circuit in the event of an overvoltage and switches the treadmill completely off. If this occurs:

1. Flip the Power switch to the OFF position and unplug the power cable from the wall socket.
2. Check the fuse and replace it, if necessary.
3. Re-connect the power cable to the wall outlet and switch the treadmill back on using the Power switch.

ADDITIONAL FEATURES

MP3 FUNCTION

The display has built-in speakers with double-track sound and a switching-regulated power supply. Connect an audio device such as a cell phone or tablet to play music over the display's speakers.

1. Plug an aux (auxiliary) cable into the aux port on the back of the display.
2. Plug the other end of the cable into your cell phone or tablet.
3. Place your device on the treadmill shelf, so it is safely out of the way during training.

BLUETOOTH FUNCTION

You can connect to a fitness app via Bluetooth to manage your workouts.

1. Scan one of the QR codes below to download your preferred fitness app from the App Store or Google Play. If you do not already have a QR Scanner app, you will need to download one first.
2. On your cell phone or tablet, go to Settings > Bluetooth to turn on Bluetooth.
3. In the device list, connect to your Pacer.
4. Open the app and create an account.

Now, you can create a personalized exercise plan in the app. You can follow structured training workouts, including walking/running routes around the world. Track calories burned, your speed, workout duration, and all of your workout activity information. Create training goals, complete fitness challenges, and more.

Some features may require in-app purchase or a paid plan. Visit support.kinomap.com for Kinomap app help and FAQ.



AnyRun



Kinomap

METRIC AND BRITISH/IMPERIAL SYSTEM CONVERSION

By default, values are shown in miles, inches, and pounds. You may convert the measurement system to metric if you prefer.

1. Make sure the safety key is NOT inserted in its slot.
2. Press the Program and Mode buttons simultaneously. The display will show "1.0", which means the system has been converted to metric. Values will now display in kilometers, centimeters, and kilograms.
3. To change the system back to the imperial system, press the Program and Mode buttons simultaneously. The display will show "0.6"; the system will now display values in miles, inches, and pounds.

TROUBLESHOOTING GUIDE

Problem	Possible Reason	How to Resolve
Treadmill is not working	No power	Insert the plug into a wall outlet.
	Power switched off	Flip the Power switch on the front of the unit to the ON position.
	Safety key not in position	Insert the safety key into the slot at the front of the treadmill.
	Short circuit	Contact customer support.
	Fuse burned out	Contact customer support.
Keypad not functioning	Broken or disconnected buttons	Contact customer support.
Running belt is not smooth	Not enough lubrication	Lubricate with silicone oil. See instructions on page 32.
	Running belt too tight	Adjust the tightness of running belt. See instructions on page 34.
Running belt is skidding	Running belt too loose	Adjust the tightness of running belt. See instructions on page 34.

PRODUCT SPECIFICATIONS

UNIT SPECS

Size Folded: 32.1 x 27.2 x 54.5 in

Size Unfolded: 59.4 x 27.2 x 53.1 in

Running Surface: 49.2 x 16.5 in

Net Weight: 115 lbs

Maximum User Weight: 220 lbs

Motor Power: 1.25-1.75 HP

Voltage: 110 V

Amplitude: ≤0.5-3.5 mm

Decibel Rating: HC (home-use grade)

Speed: 0.6-9.9 mi/hr

Incline: 0-12

RECOVERY + FITNESS

PACER
TREADMILL

MADE IN CHINA



LIFETIME WARRANTY

Lifepro Fitness creates quality, durable exercise products and we stand by that quality with a lifetime warranty on all of our products. If your Pacer ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your Pacer cannot be repaired, we'll replace it—free of charge. Register your Pacer at pacer.lifeprofitness.com to activate your warranty within 14 days of purchase.

SURGER

VIBRATING FOAM ROLLER

Enjoy all of the benefits of foam rolling and vibration technology together with the Surger Vibrating Foam Roller. Use the Surger before or after your workout as part of your warm-up or recovery routine to gain more flexibility and to help prevent soreness and injuries.

Deep compression of muscle fibers and tissues (self-myofascial release) combined with the Surger's vibration technology breaks up muscle knots and relaxes tight muscles and fascia. Choose from four vibration speed levels to apply the perfect amount of intensity every time.

SURGER BENEFITS

- Increase workout effectiveness
- Reduce soreness
- Speed up recovery
- Prevent injury
- Boost circulation
- Improve muscle flexibility and performance
- Decrease pain and inflammation
- Loosen knots, trigger points, and tightness in your muscles and fascia.



AGILITY

VIBRATING MASSAGE BALL

The Agility vibrating massage ball is designed to target small muscle groups. The Agility Ball is small enough to fit in the palm of your hand and gives you a wide range of massage motions: circular, up-and-down, and side-to-side.

The Agility Ball's silicone exterior is durable and easy-to-grip, but soft enough to use on sensitive areas like your neck, hands, and feet.

AGILITY BALL BENEFITS

- Increase circulation
- Improve muscle flexibility and performance
- Relax tight muscles and fascia
- Reduce muscle pain and inflammation
- Boost blood flow



SONIC

VIBRATING MESSAGE GUN

The Sonic Vibrating Massage Gun is a deep tissue massager that helps eliminate the aches and pains caused by long hours of sitting. Use the Sonic to release muscle tension and relax after a long day at work. Get relief from stiffness and pain in your shoulders, neck, wrists, and hands caused by prolonged digital device use.

The Sonic's vibration technology penetrates deeply into your muscles and fascia—treating areas that human hands have difficulty reaching. High-frequency vibrations loosen tight muscles, increase blood flow to the area, and reduce inflammation.

The Sonic is lightweight and portable, making it the perfect device to massage your own shoulders and back. Five speeds allow you to choose the intensity that will give you the most relief as you target specific muscle pain and stiffness.

SONIC BENEFITS

- Reduce muscle pain and inflammation
- Release toxins
- Improve circulation
- Increase flexibility
- Reduce stress.
- Loosen tight muscles



RHYTHM

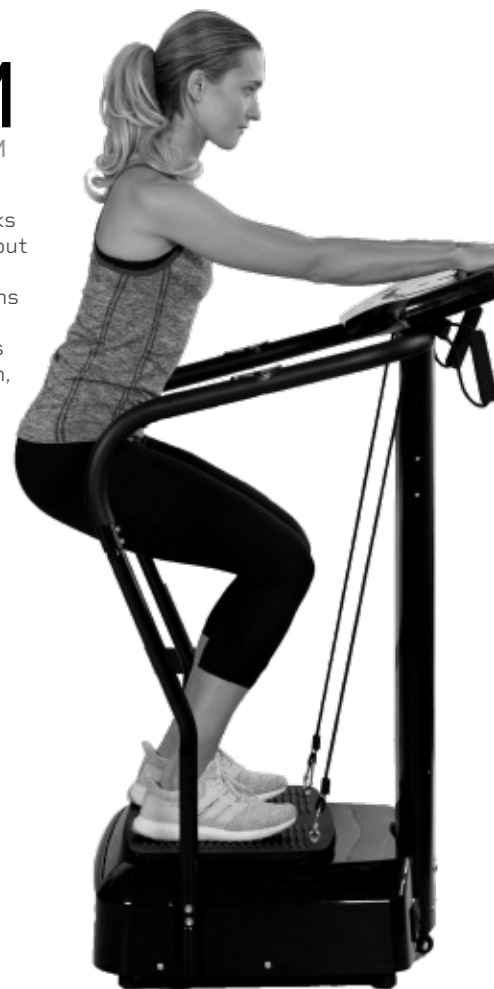
VIBRATION PLATFORM

The Rhythm Vibration Platform works by creating rapid vibrations throughout the body, especially on the muscles specifically targeted. These vibrations cause the muscles to stretch, flex, and relax at a rapid rate. This results in increased muscle and bone growth, improved flexibility, and boosted metabolism—all of which increase the number of calories you burn.

The Rhythm can be used by people from every fitness level. If you have suffered an injury or you experience joint or back pain, find relief and help prevent future injuries by adding the Rhythm to your rehab routine.

RHYTHM BENEFITS

- Improve mobility
- Prevent injury
- Increase strength
- Boost metabolism
- Improve sleep
- Develop stronger bones
- Increase circulation





Access Lifepro TV, our library of free personal training videos on the web at pacer.lifeprofitness.com to learn how to get the most out of your Lifepro® Pacer and achieve the results you want.



**YOU'VE
GOT
THIS**