

## PACE-MASTER 870X OWNERS MANUAL

The most important steps toward safe and successful use of your PACE MASTER treadmill are;

**READ THIS MANUAL – understand the proper operating procedures and limitations.**

**OBSERVE THE SAFETY PRECAUTIONS – regarding set up, operation, and maintenance.**

**CONSULT YOUR DOCTOR – before beginning any exercise program.**

PACE MASTER treadmills are the result of innovative design, and precision manufacturing techniques. Thorough testing and rigid quality control are used during production. Proper operating and maintenance procedures must be observed, however, to insure years of reliable service.

**UNPACKING** Unpack the PaceMaster carefully. Inspection of the machine should be made immediately to check for any concealed damage that may have occurred during shipment. If damage is found contact the carrier at once. Damage reports must be made to the carrier WITHIN 48 HOURS. In most cases the carrier will want to examine the machine and packing materials so retain the carton for their inspection. PACE MASTER was completely tested and inspected before leaving the factory. It was delivered to the carrier in perfect condition. The carrier, not AEROBICS INC, is liable for any shipping damages. IT IS YOUR RESPONSIBILITY to notify the carrier of damage and file a claim.

It is recommended that the carton and packing materials are saved. Should your PACE MASTER require shipment for any reason, repacking in the original carton will avoid damage during shipment.

<b>UNPACKING.....</b>	<b>1</b>
<b>INSTALLATION.....</b>	<b>2</b>
<b>CONTROLS.....</b>	<b>2 - 4</b>
<b>TESTING.....</b>	<b>4</b>
<b>FIRST TIME USE.....</b>	<b>5</b>
<b>FITNESS PROGRAM.....</b>	<b>5 - 6</b>
<b>MAINTENANCE.....</b>	<b>7</b>
<b>PROBLEMS.....</b>	<b>7 - 10</b>
<b>RETURNS.....</b>	<b>10</b>
<b>WARRANTY.....</b>	<b>11</b>

**INSTALLATION** A flat, level surface near a 120 VAC, 20 AMP grounded outlet will provide a suitable location for PaceMaster. If PaceMaster is to be placed on a carpet, use a pad or scrap piece of carpet in between to avoid any marking or soiling of the carpet. **DANGER! Do Not Block Rear of Treadmill!** Minimum distance between the rear end of PaceMaster and a back wall should be 3 feet.

**ELECTRICAL REQUIREMENTS:** It is the owner's responsibility to be sure that electrical installation of Pace Master is adequate. PaceMaster must be connected to a 120 VAC, 20 AMP receptacle. Pace Master has a three prong plug. **This grounding plug is necessary. Attempting to bypass it with an adapter or in any way defeating it's purpose can result in a serious shock hazard.** Consult a qualified electrician if you require aid in determining the need for adjustments to your electrical system. Aerobics Inc. will be happy to provide additional information concerning electrical specifications of PACE MASTER if necessary.

**CAUTION - ASSEMBLE PACE MASTER BEFORE PLUGGING IT INTO THE ELECTRICAL OUTLET.**

### HANDLEBAR

1. Using the supplied Allen wrench loosen the screws holding the handlebar to the frame and raise into position. Insert 2" black allen head screws ("A" FIG. 1).

2. Tighten all screws holding handlebar to the black housing using the supplied Wrench.

**SCREWS MUST BE TIGHT for proper operation.**

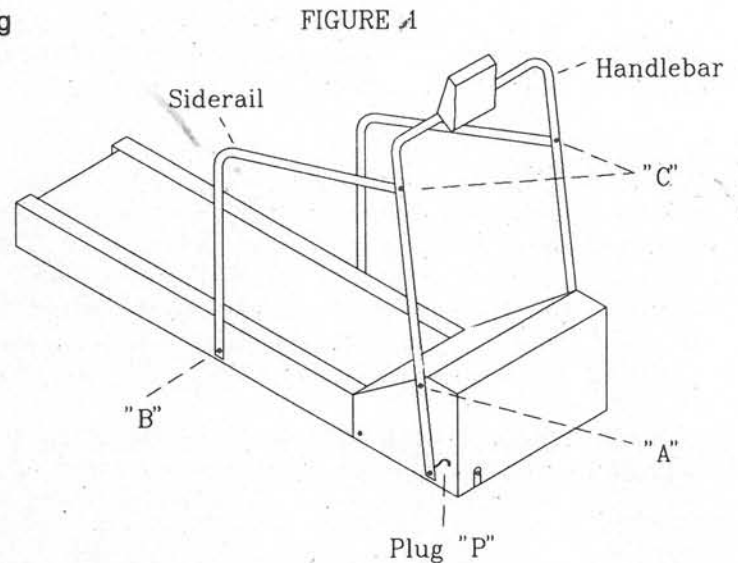
3. Insert connector plug "P" into socket as shown in FIG 1.

**SIDE RAILS.** Note - although PACE MASTER may be used without siderails their use is highly recommended for additional safety.

1. Position a siderail as shown in FIG. 1. and insert a 2" allen head screw "C" thru the handlebar into the siderail. **DO NOT** tighten completely yet.

2. Insert a 2" screw at "B" thru the siderail into the frame.

3. **TIGHTEN ALL SCREWS SECURELY.**



**CONTROLS** PaceMaster's control panel utilizes touch sensitive buttons for trouble free, perspiration resistant operation. Basic operation of PaceMaster involves setting your TIME and SPEED goals then pressing the START button. PaceMaster will gradually accelerate to your set speed, maintain that speed until the timer counts to zero, then gradually come to a complete stop. During your exercise the displays keep track of your time remaining, speed, distance traveled, calories burned, and aerobic points earned.

**MAGNETIC KEY** - The magnetic key and its red safety cord and clip are important safety features of PaceMaster. Attach the red clip to your clothing at waist level in the area of your navel (where a belt buckle would normally be positioned). To turn PaceMaster ON insert the round black key into the recess on the control panel. The key must be in this slot for PaceMaster to function. An emergency stop can be made at any time by pulling on the cord to release the key from its slot. This would happen automatically should a fall occur.

**USING THE KEY TO STOP PACE MASTER IS AN EMERGENCY PROCEDURE ONLY!** Normally you should bring PaceMaster to a halt by pressing the STOP key or allowing the timer to count to zero. Once PaceMaster has come to a complete stop the key can be removed to shut off the power. Continual use of the key to stop PaceMaster will greatly reduce the service life of several components.

**MINx10, MIN, SECx10** - **Before** exercise, use these buttons to set the amount of time you wish to workout. **During** exercise the TIME display will count down until "0" time is left. Pace Master will then slow to a complete stop. These buttons can also change the time settings during exercise.

**FASTER, SLOWER** - **Before** exercise, set your desired speed. Hold a button down until the desired speed is displayed. **During** exercise these buttons will also change your speed .

**START/STOP** - After the TIME and SPEED are set press START/STOP to begin exercise. A "beep" signals that treadmill will begin moving. Then the treadmill slowly accelerates to the selected speed. START/STOP may be pressed at anytime to gradually slow to a complete stop. Otherwise the belt will stop automatically when the Timer counts down to "0". A quick but safe Emergency Stop can be made at any time by pulling on the safety cord to release the magnetic key from its slot. Use this as an emergency procedure only!

**SELECT** - Use this button to display speed in "Minutes per Mile" (the number of minutes it takes to go one mile) instead of "Miles per Hour".

**AEROBIC PTS** - **Before** exercise the Aerobic Point value of your Time and Speed goals can be displayed by pressing this button. **During** exercise press to show how many Aerobic Points have been accumulated to that point. **After** exercise press to display the total points accumulated during the entire workout (including Warm Up and Cool Off periods if any). Aerobic points are based on 0 incline. See the Fitness Program section for correction factors when using the optional elevation system.

**AVG CALORIES** - similar to Aerobic Pts. but displays Average Calories used (at 0 incline). Avg Calories are based on a body weight of 150 lbs. Heavier people will burn slightly more calories for a given exercise, lighter people slightly less.

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

Warm Up and Cool Down speeds are calculated by the computer based on your main exercise speed. The warm up period is started at 50% of the set speed and gradually, over the entire five minute period, accelerates to 75%. The cool off period starts at 75% of your set speed and slows over the five minute period to 50%

For example; if you normally set 15 MINUTES at 6 MPH, adding WARM UP/COOL OFF will give you 25 minutes total exercise time - a 5 min. warm up which starts at 3 mph and gradually (over 5 min.) accelerates to 4.5 mph. The warm up is then automatically followed by the main routine of 15 min. at 6 mph. At the end of the main routine the treadmill slows down to 4.5 mph to begin the cool off period and gradually over the 5 min. period slows to 3 mph. Finally at the end of the cool off period Pace Master gently stops.

Before exercise, the Warm up/Cool off light will glow to indicate a warm up and cool down will be added to your settings when you press START. During warm up or cool off exercises this lamp blinks quickly . During the main exercise period the lamp glows steady if a cool down period is to follow.

During warm up, if you do not wish a full five minutes, you can end warm up and advance to the main exercise period by pressing WARM UP/COOL OFF at any time. Similarly you can end the main exercise routine and start cool down by pressing WARM UP/COOL OFF instead of waiting for the timer to count down to "0".

**SAVE, RECALL** - these buttons are used to save and recall up to four different Time & Speed settings from memory. Instead of setting your time and speed every day you can "SAVE" it in memory. Then when you turn the unit on simply press "RECALL" until you see your desired Time and Speed, and press START.

The four memories are preset at the factory with the following programs; To view these settings press the RECALL button repeatedly. You may save your own programs by replacing the factory settings.

1. 5:00 Minutes at 1.5 MPH - a very slow 5 min. walk
2. 10:00 Minutes at 2.0 MPH - a slow 10 min. walk
3. 15:00 Minutes at 3.0 MPH with WARM UP/COOL OFF - a moderate walk preceded by a 5 min. warm up period and followed by a 5 min. cool off.
4. 20:00 Minutes at 6.0 MPH with WARM UP/COOL OFF - a medium jog for 15 min. preceded by a 5 min. warm up period and followed by a 5 min. cool off.

**TO "SAVE" A TIME AND SPEED SETTING IN MEMORY YOU MUST;**

1. PRESS "RECALL" until you see a setting which you do not need.
2. MODIFY THAT SETTING to your desired values using the time buttons and the faster, slower buttons. Add Warm Up/Cool Off if desired.
3. PRESS "SAVE" to memorize your setting - a beep will confirm the save is complete.

**USING THE PAUSE MODE** - During exercise you can press the SAVE button at any time to put PaceMaster in a PAUSE mode. PaceMaster will stop but retain all the distance, calories, and aerobic points accumulated thus far as well as your speed and your time remaining. You can answer the doorbell or phone then return to resume your exercise at exactly the point at which you paused. To restart simply press START. The Pause mode does not function during warm up or cool off - only during the main exercise period.

**POWER SAVER** - this switch is located on the bottom of Pace Master and has two settings, HIGH SPEED, and POWER SAVER. Use the power saver position at all times for quiet and economical operation. Use high speed setting only when speeds in excess of 8.5 MPH are needed. More noise and vibration will be noticed when in the high speed setting.

**TESTING** Once you have familiarized yourself with the controls, set the TIMER for 5:00 minutes and the SPEED to 3 mph. Stand next to the treadmill and perform the following operational check before using PACE MASTER for the first time.

1. **PRESS START/STOP** - two "beeps" will signal the start of the treadbelt and Pace Master will gradually accelerate to 3mph.
2. **CHECK THE TREADBELT** - to see if it is running somewhere near the center of the machine. It does not have to be perfectly centered, however **do not allow the belt to rub on either side**. If the belt does rub turn off the machine and consult the Treadbelt Tracking part of the Maintenance Section of this manual. The treadbelt was carefully adjusted at the factory, but due to shipping, handling, etc. it may require adjustment. The floor should be level for proper operation. It is not unusual to make several tracking adjustments during your first few sessions with PaceMaster.
3. **ALLOW THE TIMER TO COUNT DOWN TO "0"** - two "beeps" will sound as the treadbelt slows to 0.5 mph. Then three "beeps" will sound and the treadbelt comes to a complete stop.

This completes the operational check of PaceMaster. Become familiar with all the controls before using PACE MASTER for the first time. **If any problems occurred during this testing, DO NOT attempt to use PaceMaster until they are corrected.** Consult your dealer or the factory for assistance. Also check the "Problems" section of this manual.

## **FIRST TIME USE** WARNING!... DO NOT USE THIS EQUIPMENT WHILE YOU ARE WET !

**SHOES** - Only shoes with proper traction and designed specifically for jogging type exercise are recommended. Quality jogging shoes will avoid leg fatigue and provide maximum comfort. **High heels, dress shoes, sandals, or bare feet should NOT be used and may result in injury!**

**FIRST TIME USE** - It requires a little practice to "get the feel" of using a treadmill, but the technique is quickly learned. Follow the procedure below.

1. **MAGNETIC KEY** - attach clip to clothing at waist level then insert black key into the recess on the control panel to turn power on.
2. **SET TIMER** - use MINx10, MIN, and SECx10 buttons to set your time.
3. **SET SPEED TO 1.5 MPH** - use the FASTER and SLOWER buttons to set 1.5 mph which is a slow walk and a comfortable speed when first trying Pace Master.
4. **PRESS START/STOP** - Two beeps will sound and then the treadbelt will start to move and gradually accelerate to 1.5 MPH. Use both hands on the hand rails to steady yourself until you feel comfortable.
5. When you have become adjusted to the speed, let go of the handlebar and let your arms swing naturally at your side. Only after you are successfully walking, should you try jogging or running. Always hold onto the handlebar, when changing speed settings with the FASTER, SLOWER buttons or getting on and off the PACE MASTER.
6. When the TIMER counts down to "0" two beeps will sound and PACE MASTER will slow down to a complete stop. If you wish to discontinue exercising before the TIMER runs out, press START/STOP at any time.
7. PaceMaster can be stopped more quickly than provided for by the START/STOP by pulling on the red safety cord to pull the magnetic key out of its slot. PACE MASTER will stop more abruptly, but still gently enough to prevent you from being thrown. **This is an emergency procedure only!**

**FITNESS PROGRAM** CAUTION!... IF AT ANY TIME DURING YOUR EXERCISE PROGRAM YOU FIND THE EXERCISE ABNORMALLY DIFFICULT, OR IF YOU ENCOUNTER DIZZINESS, FEEL FAINT, EXPERIENCE CHEST PAINS, OR FEEL AS THOUGH YOUR HEART MAY BE SKIPPING BEATS, OR YOU EXPERIENCE FORCED HEAVY BREATHING AFTER MINIMUM EXERCISE, CONSULT YOUR PHYSICIAN BEFORE PROCEEDING.

**ANYONE WISHING TO PURSUE AN EXERCISE PROGRAM SHOULD BEGIN WITH AN EXAMINATION BY BY A PHYSICIAN.**

The charts included in this manual outline progressive programs for either walking or running. Use the charts by selecting either a walking or running program. Begin by using the PACE MASTER at the SPEED and TIME described under Week 1. The charts will specify the frequency per week that this exercise period should be performed and, also, give a point value. On the second week, follow the settings called for under Week 2 on the chart, etc. Follow the charts accurately and consistently, and your body will gradually adjust to the progressive doses of exercise. If, at some point you find it too difficult to advance, stay at the same level for an additional week. Then move on. If still too difficult remain at the previous week's level. **DON'T OVERDUE IT.** Fitness is achieved through repetitive training on a regular basis. It doesn't happen overnight. Be prepared for a "bored" period, when you begin to wonder why you started. It happens to everyone. But make a firm resolution to stick with it, and once you're past that period, your enthusiasm will return. Your goal is to reach and maintain a minimum of 32 points per week for men; 27 points per week for women. You can exercise anytime it fits your schedule and needs. The most important thing is to make it a regular routine. Wait at least 2 hours after meals, before exercising.

**OPERATIONAL TIP** - the control panel can calculate an exercise that will give you a specific calorie burn or number of Aerobic points. To do this you first enter your desired speed, then press and hold the AVG CALORIES or AEROBIC PTS button while you enter time. As you add more time, the calories or Aerobic points will

increase until you find your desired values. Similarly, time can be entered first, then press and hold AVG CALORIES or AEROBIC PTS while using the FASTER and SLOWER buttons to find the speed needed to earn your desired calories or Aerobic points.

**AEROBIC PTS and CALORIES CORRECTION FOR INCLINE** - Aerobic Points and Calories calculated by the control panel assume 0 incline. When using the option elevation mechanism please look at the elevation scale to determine percentage of incline and apply the following approximate corrections. At 5% incline multiply the displayed values by 1.1, at 10% incline multiply by 1.4, at 15% multiply by 2.0

EXAMPLE - 60 minutes at 3 mph gives 5.0 Aerobic Pts. according to the control panel display. When using 5% incline you earn 5.5 Pts. (5.0 pts. x 1.1 correction), at 10% you earn 7.0 Pts. (1.4 x 5.0) - at 15% you earn 10.0 Pts. (2 x 5.0)

**THESE CHARTS ARE OFFERED AS A GUIDELINE IN DEVELOPING AN EXERCISE PROGRAM OF YOUR OWN. EXERCISE REQUIREMENTS VARY FROM PERSON TO PERSON. ONLY YOUR OWN PHYSICIAN CAN DETERMINE A PROGRAM SPECIFIC TO YOUR INDIVIDUAL NEEDS. GET YOUR DOCTOR'S APPROVAL BEFORE ATTEMPTING ANY EXERCISE PROGRAM.**

These charts show sample progressive exercise programs assuming you are not obese, you have no medical problems, and you are under fifty years of age. Overweight people, older people, or people with medical conditions should do less. Suggested minimum points per week for women is 27, for men is 32. Work up to these goals slowly. The charts continue to higher weekly points values if higher fitness levels are desired.

#### WALKING EXERCISE PROGRAM - 0 INCLINE

WEEK	TIME (min)	SPEED (mph)	FREQ/WK	PTS./WK
1	36.00	3.3	3	10.5
2	34.00	3.5	3	11.7
3	32.00	3.7	4	17.2
4	30.00	4.0	4	20.0
5	39.00	3.8	4	23.6
6	38.00	3.9	5	30.5
7	37.00	4.0	5	32.0
8	46.00	3.9	5	38.0
9	45.00	4.0	5	40.0

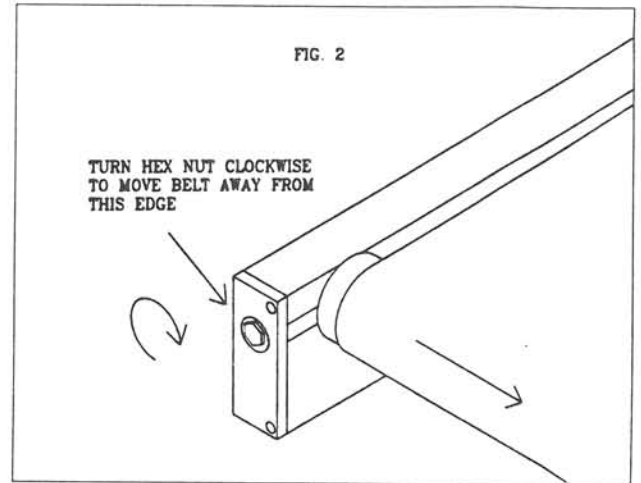
#### JOGGING/RUNNING PROGRAM - 0 INCLINE

WEEK	TIME (min)	SPEED (mph)	FREQ/WK	PTS./WK
1	34.00	3.5	3	11.7
2	42.00	3.5	3	15.3
3	50.00	3.6	3	20.4
4	25.00	4.8	4	26.4
5	24.00	5.0	4	28.0
6	22.00	5.4	4	30.8
7	20.00	6.0	4	36.0
8	26.00	5.7	4	42.4
9	25.00	6.0	4	46.0
10	31.00	5.8	4	53.2
11	29.00	6.2	4	57.2
12	27.00	6.6	4	60.0

## MAINTENANCE **WARNING!.. DISCONNECT PACE MASTER FROM THE ELECTRICAL OUTLET BEFORE ATTEMPTING ANY CLEANING OR DISASSEMBLY.**

**TREDBELT TRACKING** - The treadbelt tracking system is designed to keep the treadbelt reasonably centered during the time someone is on the machine. It is normal for some belts to run near the side when there is nobody on the belt, as long as the belt does not rub on the side of the frame. After walking or running for a few minutes, the treadbelt should have a tendency to center. If the belt rubs, or it travels too far to one side when someone is on the PaceMaster, make an adjustment as follows:

Locate the two hex head adjusting bolts at the rear of the machine (see FIG. 2). To move the treadbelt away from the side of the machine, tighten the bolt on that side (clockwise) and loosen the bolt on the opposite side an equal amount. Make these adjustments slowly (1/4 turn) during the time that someone is walking or running on the machine. Tightening both bolts clockwise will increase tension on the belt. **Do NOT over-tighten** the treadbelt.



**MOTOR AIR INLET CLEANING** - Dirt, dust, and hair can block the air inlets to the motor and cause it to overheat. We recommend periodic (once a year - more often if you have pets or PaceMaster is on a rug) removal of the black housing for the purpose of vacuuming out dirt, especially around the air inlets to the motor. **UNPLUG** PaceMaster from the outlet before removing the housing.

**BELT AND BED CLEANING** - The treadbelt on your machine rides on a low friction bed. Proper operation will be jeopardized if any water, dirt, solvents, fluids or abrasive materials are permitted to come between the belt and the bed. For this reason, extra care must be used in keeping the treadbelt clean. Use a soft, damp cloth or paper towels to wipe the edge of the belt and the area between the belt and the side of the machine at least once a week to prevent dust and residue accumulation. **DO NOT USE ABRASIVES OR ALLOW CLEANERS, LIQUIDS, OR FOREIGN MATERIALS TO GET UNDERNEATH THE TREDBELT.**

**RUST PREVENTION** - The salts contained in perspiration can be a strong corrosive agent. In order to protect the black housing and the chrome rails of PACE MASTER periodic applications of automobile wax are recommended.

**PROBLEMS** Every effort has been made to make PaceMaster as safe and trouble free as possible. Keeping your treadmill clean, and operating it according to the procedures in this manual will greatly aid in preventing problems. Should difficulties be encountered, check this section for a description of the problem and possible causes and remedies. Some adjustments you can make yourself. Other problems may require you to return a component or assembly for repair. Any questions can be answered by your dealer or Aerobics Inc. Service Dept. - 385 Main St., - Little Falls, NJ 07424 - phone (201) 256-9700. Direct factory servicing and parts are available. Please furnish the serial number, place, and date of purchase when making inquires.

**BELT DUST** - As the treadbelt seats into the belt alignment system a small amount of black belt dust is generated. You may notice this dust under the front roller of the treadmill. This dust can also accumulate at the edge of the treadbelt. Weekly wiping with a damp paper towel will help to minimize buildup.

**DOES NOT OPERATE** - If the display doesn't light when the magnetic key is inserted, check that the power cord is plugged into the outlet properly. Also check that plug "P" (see FIG 1.) is connected. Finally, check Pace Master's resettable circuit breaker (located just above the power cord) and also the fuse or circuit breaker that is part of your own electrical system. If PaceMaster's circuit breaker is tripping, discontinue use and consult the factory or your dealer.

**ERRATIC OPERATION** - Any type of unusual operation such as running at one speed only, intermittent operation, etc. indicates a possible electronic problem. Contact the factory for advice. **BE SPECIFIC** in your problem.

**DOES NOT ACCELERATE PAST 8 MPH** - Check the position of the Power Saver switch on the bottom of PaceMaster. Speeds greater than approximately 8 mph require this switch to be in the HIGH SPEED position. If high speed operation is not needed leave the switch in the POWER SAVER setting for quieter, more economical operation.

**HESITATION OF THE TREADBELT** Hesitation usually indicates slippage of either the treadbelt (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 and test to see if the slippage stops. If the hesitation is not corrected then the treadbelt needs adjustment.

**DRIVE BELT ADJUSTMENT** Consult FIG 3 to locate the motor mount screws on the bottom of the machine, and the drive belt adjust screw behind the hole in the black housing. Loosen both mount screws 1/2 turn. Next insert a screwdriver thru the hole and tighten (clockwise) the adjustment screw 1/2 turn. Complete the adjustment by retightening both mount screws. If no improvement is observed the hesitation may be caused by a loose treadbelt - see adjustment instructions below. If improvement is noticed but slippage is still present repeat the procedure and test again. **DO NOT** over tighten the drive belt. Drive belt should only be tight enough to avoid slippage. Over tightening can cause bearing damage.

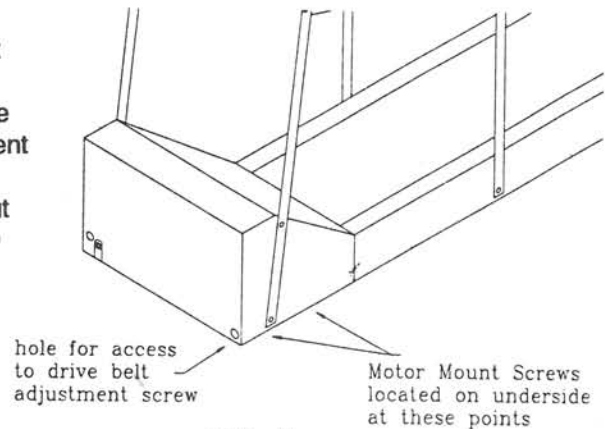


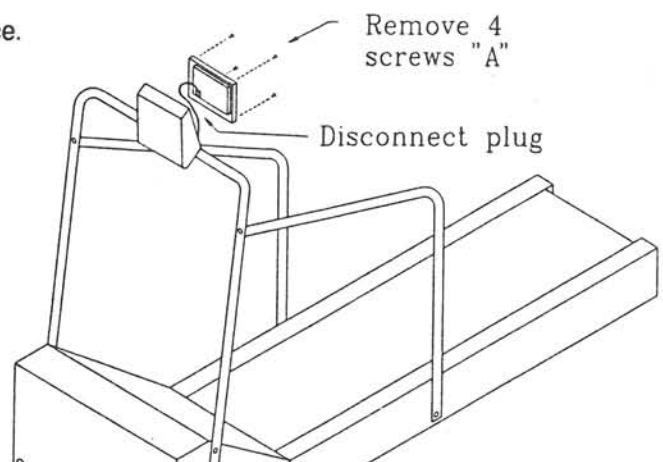
FIG. 3

**TREADBELT ADJUSTMENT** Consult FIG. 2 to identify the treadbelt adjustment screws. Tighten both the left and right adjusting bolts equally 1 1/2 turns clockwise. If significant improvement was observed continue to adjust until the slippage is eliminated. The treadbelt should only be tight enough to prevent slippage. **DO NOT** over tighten the belt.

**Err 3 or Err 5 – First time use or after being moved** - Your Pacemaster 870X uses an optical sensor to measure motor speed for the computer. Due to rough handling in shipping, the adjustment of this sensor sometimes gets disturbed. If your PaceMaster **moves** for 5-10 seconds then stops and displays "Err 3", or "Err 5" please refer to steps 1 and 2 of "Removing The Power Supply" to remove the black motor housing then follow instructions on "Installing the Power Supply" to check and adjust the sensor gap. Begin with step 2.

**OTHER "Err (x)" MESSAGES** - Contact the factory for assistance.

**REMOVING THE CONTROL PANEL** - If service is required the control panel is easily removed from the handlebar. Consulting FIG 4, remove the four "A" screws that attach the panel to the case. Lift the panel slowly allowing the wire to extend out of the case. There is a modular connector where the wire plugs into the back of the control panel. Disconnect the panel by pressing the tab of the connector. Handle the control panel carefully to avoid damage and wrap with padding prior to shipment.



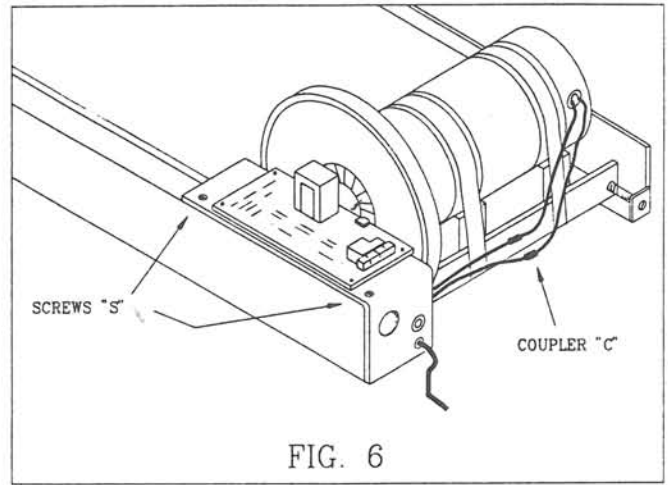
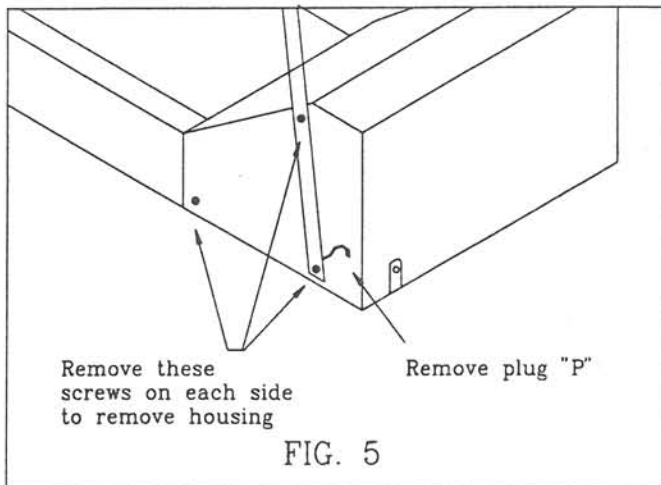
**CONSULT THE FACTORY TO DETERMINE IF REMOVAL IS NECESSARY**

**REMOVING THE POWER SUPPLY** - The power supply assembly can be removed for servicing using the following procedure. Consult FIG 5 and FIG 6.

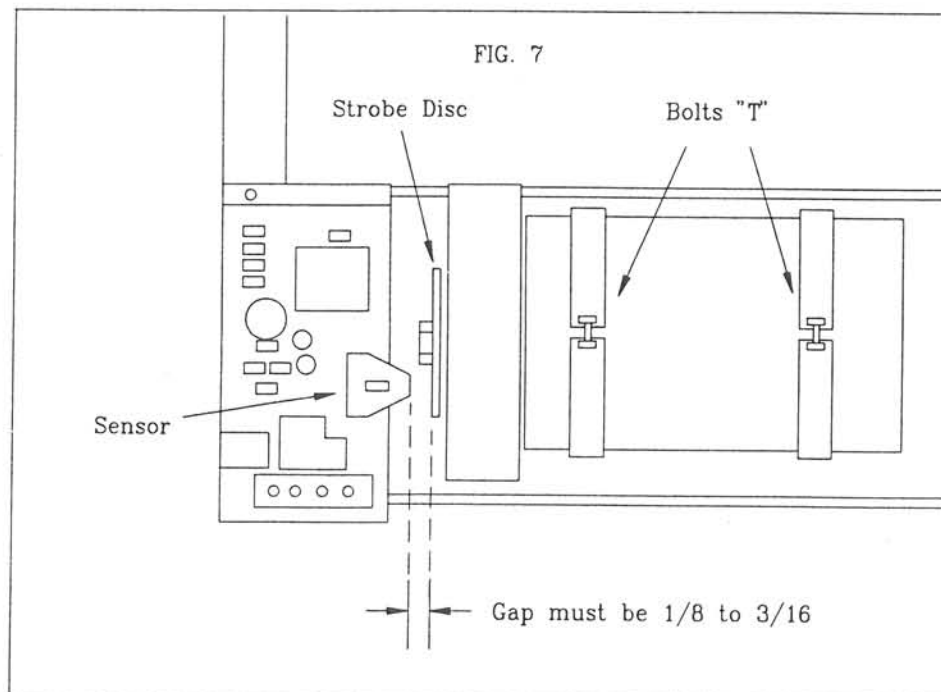
**CAUTION...DISCONNECT PACE MASTER FROM THE ELECTRICAL OUTLET BEFORE ATTEMPTING DISASSEMBLY**



1. Disconnect plug "P" (FIG 5) and remove the six black socket head screws (three on each side ) that connect the black housing and handlebar to the frame.
2. Carefully remove the black housing by lifting upward. Avoid scratching the paint.
3. Unplug the two blue connectors "C" (FIG 6) that attach the red and black wires from the motor.
4. Remove the two flat head screws "S" (FIG 6) that hold the power supply assembly to the frame.
5. The power supply can now be removed. Note that FIG 6 does not show the handlebar which is still in place but does not prevent removal of the supply. Simply pull the handlebar away from the frame as you remove the supply.



**INSTALLING THE POWER SUPPLY** - When the power supply is installed the distance between the strobe disc and the optical sensor (electric eye) must be between 1/8" and 3/16" or an "Err" will be displayed on the control panel and the treadbelt will stop. ADJUSTMENT OF THIS GAP IS DONE BY MOVING THE MOTOR. This distance is sometimes thrown out of adjustment during shipping by the motor sliding in its mount.



1. Install Power Supply as shown in FIG 6. Fasten with (2) sheet metal screws "S".
2. Replace handlebar to frame with (2) socket cap screws and tighten. Note: This is done without black motor housing in place to support the frame while the sensor clearance gap is checked.
3. Sensor clearance gap should be 1/8 inch to 3/16 inch. You can check this using two nickles face to face. They should just slide thru the gap. (NOTE: Do not scratch or bend the disc.)
4. If clearance gap is out of limits, the motor will have to be moved to adjust gap.  
REMOVE THE FOUR ALLEN HEAD SCREWS ON UNDERSIDE OF THE MOTOR MOUNT SHELF.  
These screws are on the bottom of the machine under the middle of the motor. Two of these screws go thru washers, and two go directly thru the grey shelf. These screws hold a shipping bracket in place. Although there is normally no need to remove this bracket, it must be removed to make this adjustment. Once removed replacement is not necessary.
  - a. Open the black straps that hold the motor down by removing bolts "T". FIG 7.
  - b. Loosen motor in cradle by prying underneath. (Rubber rings have a tendency to stick to wood supports.)
  - c. Reposition motor so that gap is 1/8" to 3/16".
  - d. Fasten motor by replacing bolts "T" and recheck gap. If not correct, loosen motor and repeat process until correct.
  - e. Plug in the two blue connectors "C". Red to red and black to black. (If you are only adjusting the gap ignore this step)
  - f. You can now check the operation of the unit by plugging in power cord. **CAUTION** Do not touch power supply or motor with power cord plugged in.
  - g. If unit operates properly, unplug power cord and reassemble black motor housing and rails.

**RETURNS** Any part or component being returned to the factory for repair or replacement should be CAREFULLY PACKAGED to avoid shipping damage - we will not be responsible for damage. Please include complete information on the problem that you are experiencing. Include the following information;

1. Serial number of your treadmill.
2. Date of purchase. (Furnish a copy of your receipt if this is a warranty claim.)
3. Weight, speed, length of time, and frequency of all users.
4. What is the specific malfunction and under what conditions does it occur?
5. Complete return address (no PO Box #s) and your daytime telephone number.

Ship to:

**AEROBICS INC.**  
**385 MAIN ST.**  
**LITTLE FALLS, NJ 07424**

## **LIMITED WARRANTY**

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

**ONE YEAR - OVERALL MACHINE** - includes treadbelt, treaddeck, rollers, elevation mechanism  
**TWO YEARS - DRIVE MOTOR**  
**FIVE YEARS - FRAME** - structural aluminum frame sides, steel motor mount, handlebar, rails

**THIS WARRANTY DOES NOT COVER THE FAILURE OF THIS PRODUCT, IF IT IS DAMAGED WHILE IN YOUR POSSESSION, USED FOR COMMERCIAL PURPOSES, OR IF THE FAILURE IS CAUSED BY UNREASONABLE USE, NEGLIGENCE, ACCIDENT, ALTERATION, OR FAILURE TO PROVIDE REASONABLE AND NECESSARY MAINTENANCE.**

**THERE ARE NO WARRANTIES WHICH EXTEND BEYOND THE DESCRIPTION ON THE FACE HEREOF.**

**AEROBICS INC. NEITHER ASSUMES NOR AUTHORIZES ANY PERSON TO ASSUME FOR IT, ANY OTHER LIABILITY IN CONNECTION WITH THIS PRODUCT, AND UNDER NO CIRCUMSTANCES, SHALL AEROBICS INC. BE LIABLE FOR ANY LOSS OR DAMAGE, DIRECT OR CONSEQUENTIALLY, ARISING FROM THE USE OF, OR INABILITY TO USE, THIS PRODUCT.**

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

**NOTE: This warranty gives you specific legal rights. You may also have other rights, which vary from state to state.**