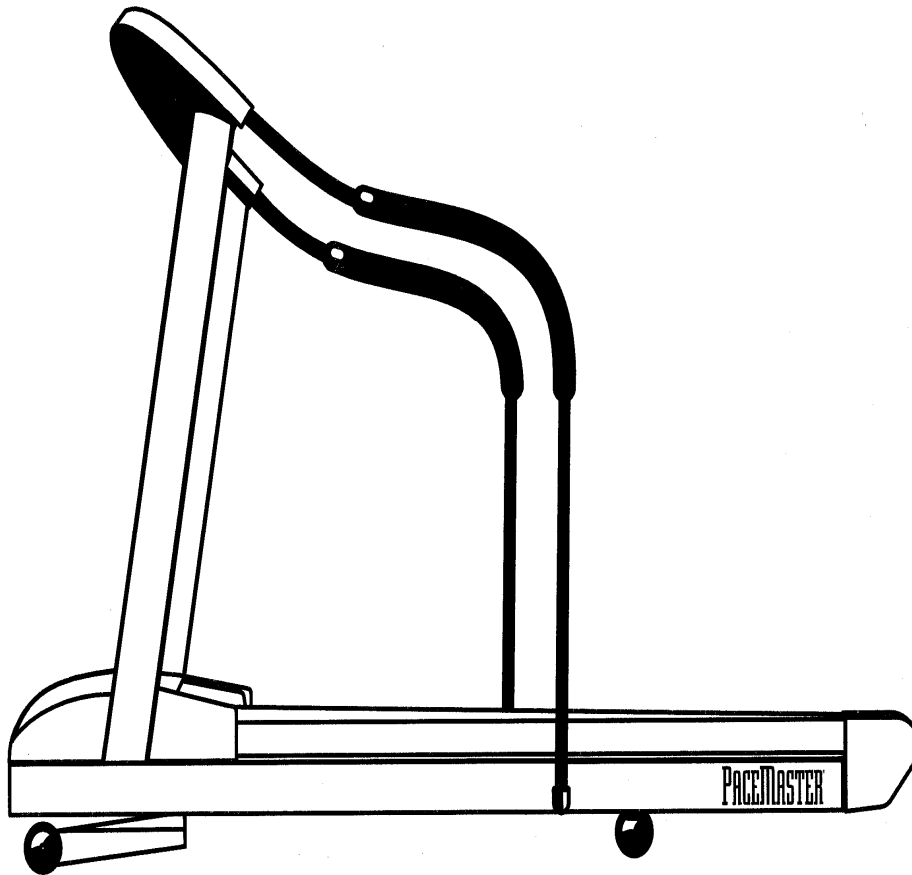


# *PaceMaster*



## *ProClub LT*



### **OWNER'S MANUAL**

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

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# INTRODUCTION

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

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

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

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

## About This Manual

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

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

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

# IMPORTANT SAFETY INSTRUCTIONS

## Read these instructions before using your treadmill

**CAUTION:** Before starting any exercise program, contact your personal physician and have a complete physical. This is highly recommended if you have not been on a regular exercise program within the last year or are over 35 years of age or are overweight.

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

**WARNING:** To reduce the risk of burns, fire, electrical shock or injury:

- Never operate your PaceMaster treadmill without clipping the magnetic safety key to your clothing at waist level.
- Your PaceMaster treadmill is not designed for use by children under the age of 18 without strict parental supervision.
- Close supervision is necessary when the treadmill is used by or near children or disabled persons.
- Use your PaceMaster treadmill only for its intended use as described in this manual. Do not use accessories or attachments not recommended by Aerobics, Inc.
- Never operate your PaceMaster treadmill if it has a damaged cord or plug, if it is not operating properly, if it has been dropped or damaged or if it has been immersed in water. Should any of these occur, contact your authorized PaceMaster retailer or service center for examination or repair.
- Keep the cord away from heated surfaces.
- Never drop or insert any object into any opening on the treadmill.
- Do not use outdoors.
- Always unplug your PaceMaster treadmill during an electrical storm or during extended periods of non-use.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Position the treadmill with a minimum of 4 feet of clearance between the rear of the treadmill and any wall or obstruction.
- Do not allow anyone to reach under or be too near your PaceMaster while it is in use.
- Do not attempt to mount or dismount the tread belt while it is running.
- Never allow more than one person on your PaceMaster treadmill at any time.
- Never move the treadmill while it is plugged into the electrical outlet.
- When you are finished exercising, leave your PaceMaster treadmill in a non-elevated position to avoid toys and other objects from becoming trapped beneath.
- Wear appropriate running or walking shoes and attire while exercising.
- The treadmill should be turned off after each use by removing the safety magnetic key.
- Never apply lubricant to the belt and deck. **It is permanently lubricated at the factory and is maintenance free.**

# ASSEMBLY INSTRUCTIONS

## Installation Requirements

Your ProClub LT should be installed indoors on a flat, level surface near a 120Volt/ 15Amp outlet. PaceMaster requires a dedicated, non-switched outlet that is not part of a GFI (Ground Fault Interrupter) circuit, preferably no more than 5 feet from the outlet to eliminate the need for an extension cord. You must have a minimum of 4 feet of clearance between the rear of the treadmill and any wall or obstruction.

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

## Unpacking Your Treadmill

The PaceMaster treadmill is packed in five pieces:

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

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

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

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

## Tools Required for Assembly

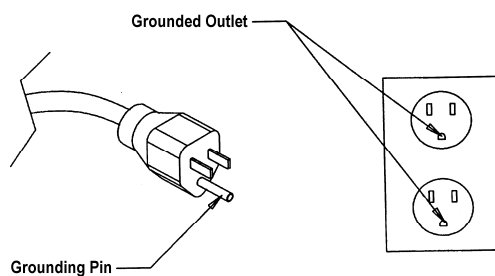
- 3/16" Allen wrench (supplied)
- 7/16" combination wrench
- Phillips head screwdriver

# Grounding Instructions

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

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

**CAUTION:** If you need to use an extension cord it must be a 14 gauge, three wire cord, no longer than 12 feet.



## Assembly

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

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

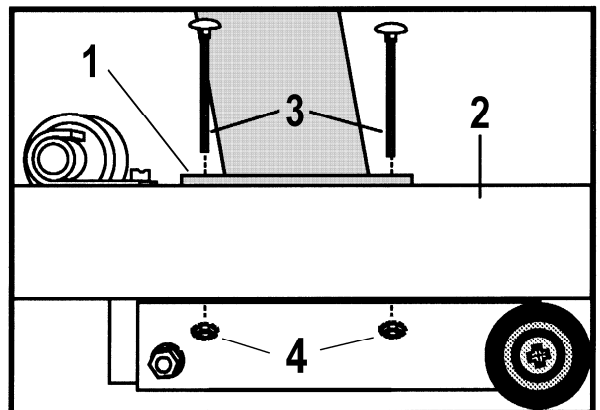


Figure 1

**Figure 2:**  
With the handlebar in place, plug the wire harness (5) into the socket (6) on the power supply board (7).

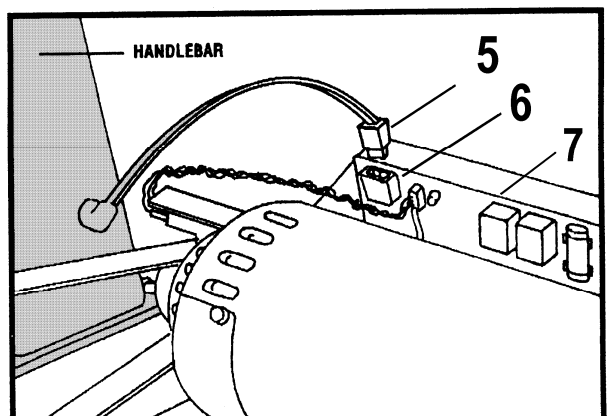


Figure 2

**Figure 3:**

Take one of the side rails (8) and slide the end with the grip over the end of the steel tube protruding from the control panel (9). Make sure the side rail grip touches the control panel.

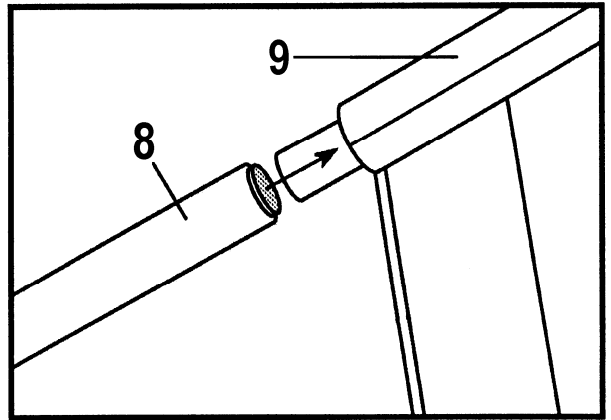


Figure 3

**Figure 4:**

Insert one of the 4" carriage bolts (10) through the side rail (11), the side rail bracket (12) (the foam on the bracket should be at the top, facing the frame) and finally through the frame (13). Install a 1" fender washer (14) and a 1/4-20 kee nut (15) to the bolt and hand tighten. Install the other side rail following the same procedure. Tighten both side rails with a wrench.

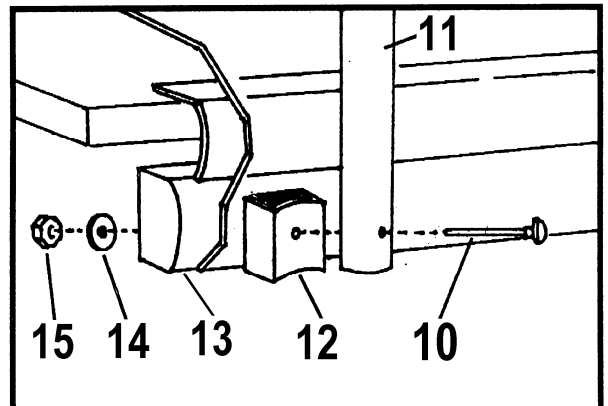


Figure 4

**Figure 5:**

To install the motor cover, stand in front of the treadmill. Pick up the motor cover (16) so it is level and the word *PaceMaster* is upside down. Holding the motor cover level and waist high, tilt it 45 degrees by lowering your left hand. Then slide it between the handlebars and lower the motor cover until it is level. Lower the cover all the way, keeping it level. Screw the two #8x1/2" black sheet metal screws (17) into the front of the motor cover. Press down on each side of the motor cover where it meets the black plastic shrouds to lock the Velcro pads (18) into place.

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

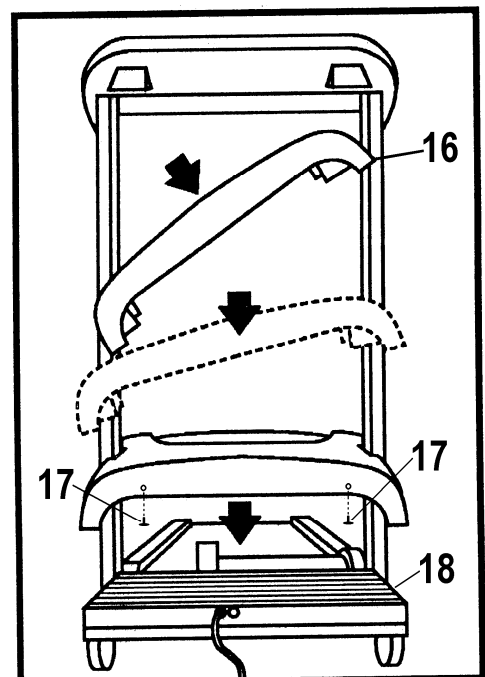


Figure 5

## Testing Your Treadmill

Your ProClub LT has been adjusted and tested at the factory. However, due to changes that can occur during shipment, it should be tested prior to use. Once you have assembled your treadmill and it is located where it will be used, proceed as follows. (Do not make any adjustments unless necessary.) **For the purpose of this test, DO NOT stand on the tread belt. Once tested, always start and finish on the tread belt.**

### Step One:

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

### Step Two:

You will see the number **150** in the INCLINE display window and the SET WEIGHT indicator light will be blinking. This is where the user's weight is adjusted. The default weight set at the factory is 150 lbs. For the purpose of this test, it is not necessary to enter your actual weight at this time.

### Step Three:

Set the workout speed by pressing the SPEED + button until the SPEED display window shows 2.5 mph.

### Step Four:

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

### Step Five:

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

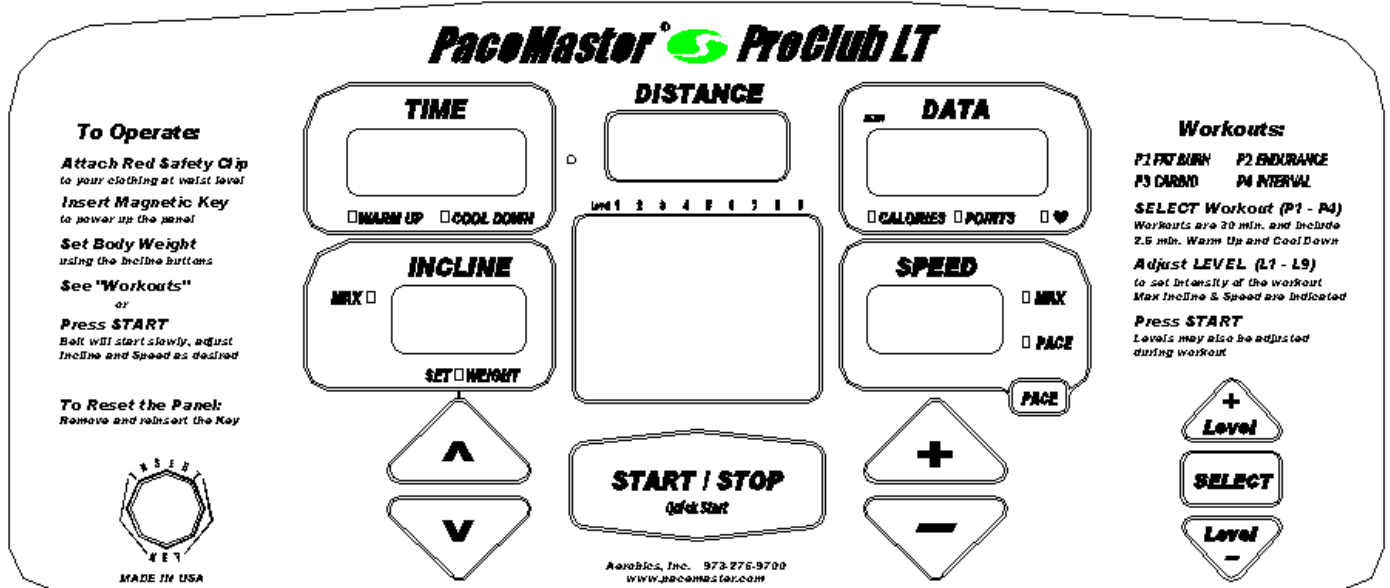
### Step Six:

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

# THE CONTROL PANEL

## ProClub LT

Although the ProClub LT has many advanced features to provide versatility in meeting exercise needs, basic operation is extremely easy. Basic operation involves setting your TIME and SPEED goals, then pressing the START button. Your ProClub LT will gradually accelerate to the set speed, maintain that speed until you press the stop button to end the workout. During your exercise, your time remaining, current speed, distance traveled, calories burned, and Aerobic Points earned are displayed.



**MAGNETIC SAFETY KEY** - The MAGNETIC SAFETY KEY, with its red cord and garment clip, is a safety feature. Before you begin your workout, clip the safety cord to your clothing at waist level. This safety key provides a means of powering down the treadmill in an emergency situation. It is also the ON/OFF switch. The ProClub LT will not operate unless the MAGNETIC SAFETY KEY is engaged. To turn your ProClub LT on, insert the MAGNETIC SAFETY KEY into the recess on the control panel. During exercise, an emergency stop can be made at any time by pulling on the cord to release the key from its slot.

Using the key to stop your ProClub LT is an emergency procedure only! To end your exercise routine, press the STOP button or allow the timer to count down to zero. Once your ProClub LT has come to a complete stop, remove the MAGNETIC SAFETY KEY.

**TIME DISPLAY WINDOW** - If you have chosen a Preset Workout a 2.5 min. warm up and/or cool down mode is included. Time will be displayed as a 2.5-minute countdown for the warm up phase, a countdown for the main exercise phase and then a 2.5-minute countdown for the cool down phase. In Quick Start, the TIME DISPLAY WINDOW shows elapsed time.

**DISTANCE DISPLAY WINDOW** - Before beginning your Manual or Preset Workouts (P1 – P4), this window displays the total distance you will exercise based on the workout time or level entered. During your Preset Workouts, Manual or Quick Start modes, the DISTANCE DISPLAY WINDOW shows the distance thus far.

**DATA DISPLAY WINDOW** - When selecting a Preset Workout, the program and level numbers will appear in the DATA DISPLAY WINDOW. At the end of your workout, you will see the total caloric expenditure when the CALORIES indicator light will be illuminated. You will also see the total Aerobic Points accumulated when the POINTS indicator light is illuminated. For details, refer to the AEROBIC POINTS SYSTEM section in this manual.

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

**INCLINE DISPLAY WINDOW** - When the magnetic safety key is inserted, the last entered weight will be displayed in the INCLINE DISPLAY WINDOW and the WEIGHT indicator light will blink. To adjust the weight, press the INCLINE arrow up or down buttons until the desired weight is displayed. Prior to beginning a Preset Workout, the maximum incline will be displayed and the MAX indicator light will be illuminated. Once your workout has begun, the current incline will be constantly displayed in the INCLINE DISPLAY WINDOW.

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

**START/STOP** - Press this button to start or stop your program.

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

By pressing the PACE button, the current pace will be displayed. The PACE indicator light will be illuminated.

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

**SPEED + AND – BUTTONS** - Speed is adjustable from 0.7 to 12 mph in 0.1 mph increments. You can adjust your speed by pressing these buttons to increase or decrease at any time during exercise in any program.

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

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

# OPERATING INSTRUCTIONS

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

## THE FIRST STEP

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

## SETTING YOUR WEIGHT

Your ProClub LT calculates caloric expenditure based on the formula developed by the American College of Sports Medicine. To ensure accuracy, your weight is required. The default weight of 150 lbs. has been set at the factory. It is displayed in the INCLINE display window and the SET WEIGHT indicator light will blink for 5 seconds. By pressing the INCLINE up or down arrow buttons, you will increase or decrease the weight. When the treadmill has accepted the weight, this is the number that will appear each time the treadmill is powered up until it is changed again. If no change is made the treadmill will default to the previously set weight.

## METRIC UNITS

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

## QUICK START

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

### To begin using :

#### Step One:

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

**TIP:** If the magnetic safety key was not removed since the treadmill was last used, skip to Step Three

#### Step Two:

Enter your weight as described in the OPERATING INSTRUCTIONS, SETTING YOUR WEIGHT.

#### Step Three:

Press START and your ProClub LT will gradually accelerate until it reaches 1 mph. Or you can enter a specific starting speed prior to pressing START and the treadmill will gradually accelerate until it reaches your desired speed.

- Adjust the speed at any time during your workout by pressing the SPEED + and – buttons. Speed will adjust in 0.1 mph increments
- Add incline at any time during your workout by pressing the incline up and down arrow buttons. Elevation will adjust in 0.5% increments.

To end your workout, press the STOP button. The treadmill will display the total time, calories expended, Aerobic Points earned and distance.

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

# MANUAL OPERATION

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

## To begin using :

### Step One:

Stand on the running belt and attach the garment clip on the end of the magnetic safety key to your clothing. Insert the safety key into its recess on the control panel. If the magnetic safety key was not removed since the treadmill was last used, skip to Step Three.

### Step Two:

Enter your weight as described in the OPERATING INSTRUCTIONS, SETTING YOUR WEIGHT.

### Step Three:

Enter the starting speed by pressing the SPEED + button until the desired speed appears in the SPEED display window. Enter the starting elevation by pressing the INCLINE **A** button until the desired grade is displayed in the INCLINE display window.

- Adjust the speed at any time during your workout by pressing the SPEED + and – buttons. Speed will adjust in 0.1 mph increments
- Add incline at any time during your workout by pressing the INCLINE **A** and **V** buttons. Elevation will adjust in 0.5% increments.

### Step Four:

Enter the workout time by pressing the LEVEL + button until the desired time appears in the TIME display window.

### Step Five:

Press START and the treadmill will accelerate until it reaches the entered speed. To end your workout, either allow the timer to count down to zero or press the STOP button. The treadmill will display total time, calories expended, Aerobic Points earned and distance.

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

# PRESET WORKOUTS

To assist you in reaching your fitness goals, your ProClub LT comes with 4 Preset workouts- Fat Burn, Cardio, Endurance and Interval. These specifically designed courses each offer 9 different levels of intensity, giving you 36 different workout possibilities. During your workout, you will be alerted to any speed and/or elevation changes in the program with 3 beeps and a flashing speed and/or incline display, then the new speed and/or incline will be displayed

## To begin using a PRESET WORKOUT:

### Step One:

Stand on the running belt and attach the garment clip on the end of the magnetic safety key to your clothing. Insert the safety key into its recess on the control panel. If the magnetic safety key was not removed since the treadmill was last used, skip to Step Three

### Step Two:

Enter your weight as described in the OPERATING INSTRUCTIONS, SETTING YOUR WEIGHT.

### Step Three:

Press the SELECT button until the indicator light next to the desired program is illuminated. The program number will be displayed in the DATA display window. Press the + LEVEL button to adjust the level of intensity. The level will be displayed in the DATA display window next to the program number. The maximum speed for that level will be displayed in the SPEED display window and the maximum incline for that level will be displayed in the INCLINE display window. The MAX indicator lights will also be illuminated. You can adjust the level of intensity at any time during your workout by pressing the + LEVEL or LEVEL - buttons.

### Step Four:

A 2.5 minute Warm up and a 2.5 minute cool down period are automatically added to all the preset workouts.

### Step Five:

Press START and your ProClub LT will gradually accelerate. Your workout will end when the timer has counted down to zero or the STOP button is pressed. Total time, calories expended, Aerobic Points earned and total distance will be displayed.

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



# EXCLUSIVE ProClub LT FEATURES

## Aerobic Points

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

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

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

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

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

# Care and Maintenance

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

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

## Deck and Tread Belt Cleaning

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

## Lubrication

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

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

## Centering the Tread Belt

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

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

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

### Step One:

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

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

### Step Two:

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

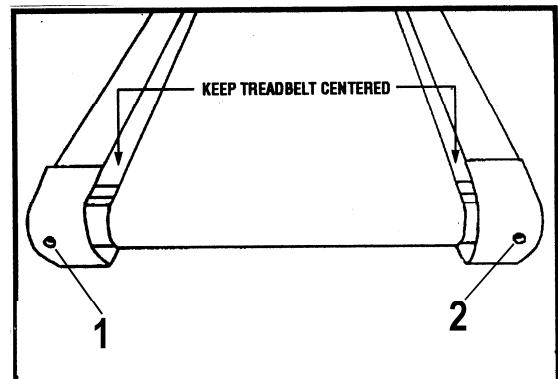


Figure 6

# TROUBLESHOOTING

## Electronic Error Codes

Your self-diagnostic ProClub LT treadmill has built in sensors that will determine the precise reason for a problem. If the onboard computer detects a problem, an error code will be displayed. If an error code appears during operation of your treadmill, do the following:

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

## Hesitation of the Tread belt

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

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

## Drive Belt Tension Adjustment

### Step One:

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

### Step Two:

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

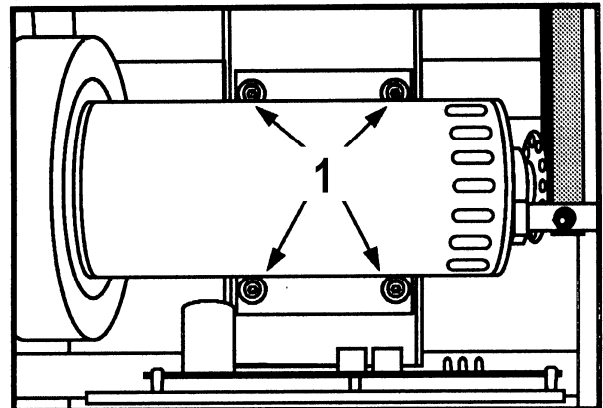


Figure 7

### Step Three:

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

### Step Four:

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

### Step Five:

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

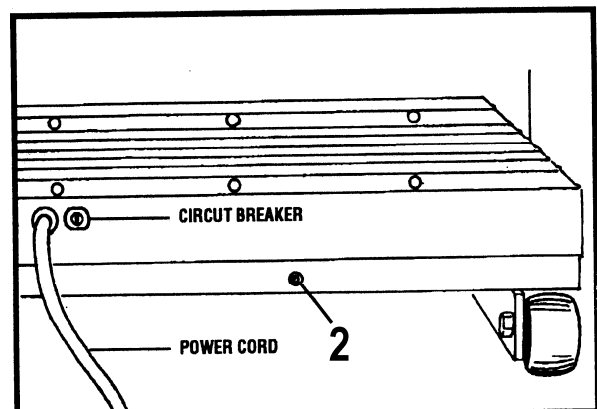


Figure 8

**Step Six:**

If no improvement is observed, the hesitation may be caused by a loose tread belt - see "Tread belt tension adjustment" below. If improvement is noticed but slippage is still present, repeat the procedure and test again. If you tighten the drive belt adjustment screw 1 1/2 turns and there is still hesitation (slippage) contact your authorized PaceMaster dealer. Tightening the drive belt adjustment screw more than 1 1/2 turns can result in bearing damage to the motor and/or drive roller.

**Tread Belt Tension Adjustment**

**Step One:**

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

**Step Two:**

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

**Step Three:**

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

**Step Four:**

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

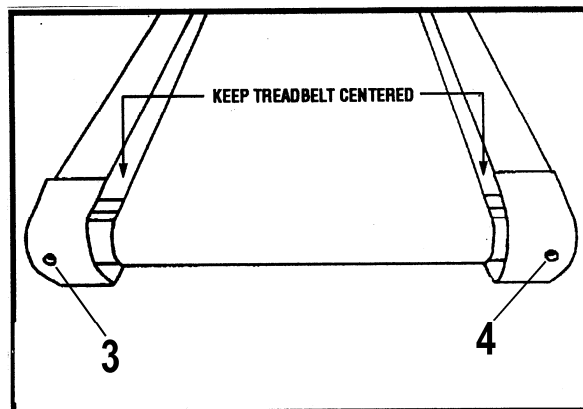


Figure 9

# ProClub LT Technical Specifications

|                             |  |
|-----------------------------|--|
| Overall Dimensions          | 72"L x 30.5" W x 54"H  |
| Treadmill Weight            | 200 lbs.   |
| Frame                       | Welded aircraft grade extruded aluminum alloy                                    |
| Running Surface             | 58"L x 20"W  |
| Drive Motor                 | 3.0 HP continuous duty DC with angled brushes                                    |
| Motor Manufacturer          | Pacific Scientific   |
| Motor Control               | PWM (Pulse Width Modulation)   |
| Elevation Motor             | 1000 lb. thrust  |
| Belt                        | Multi-ply, no stretch polyester with static dispersing fibers                    |
| Deck                        | Maintenance Free custom designed medium density fiberboard with phenolic surface |
| Rollers                     | 2.5" OD precision machined steel with permanently lubricated, sealed bearings    |
| Shock Absorption System     | Tri-Flex™ Low Impact Cushioning System   |
| Speed Range                 | 0.7 to 12mph adjustable in 0.1 mph increments                                    |
| Elevation Range             | 0 to 15% grade adjustable in 0.5% increments                                     |
| Workout Programs            | 4 Preset Workouts (each with 9 levels)   |
| Weight Limit                | 350 lbs.   |
| Warranty                    | See warranty card  |
| Operating Temperature Range | 50° F to 100° F  |

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