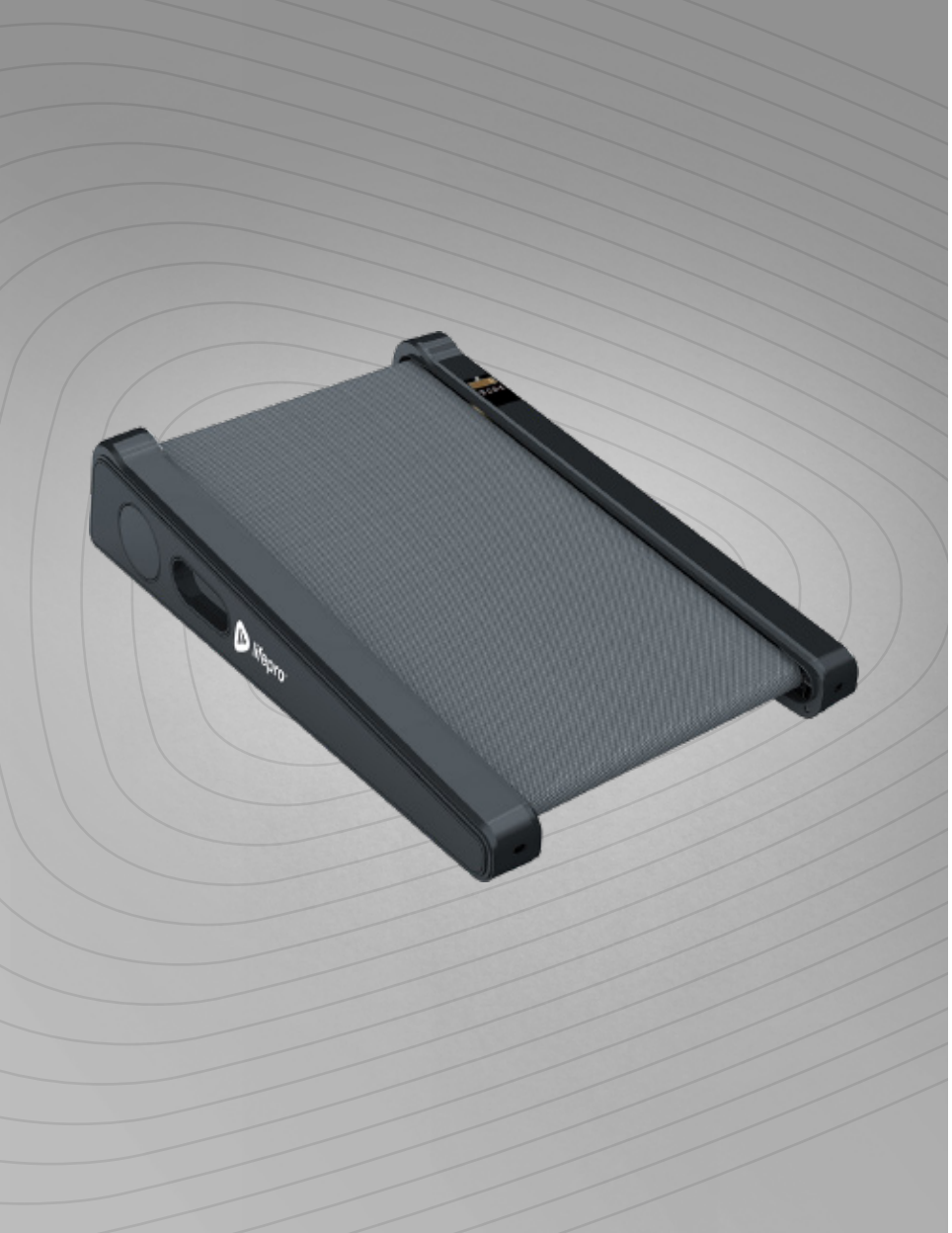
lifepro



PACERMINI PORTABLE TREADMILL

READY, SET, PRO

USER MANUAL



HELLO THERE.

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of wellness equipment for our in-home rehab but were left disappointed and frustrated by wellness and recovery devices 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 Endurance Training 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 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 PacerMini Portable Treadmill, you can build cardiovascular fitness, strength, and stamina from the comfort of your own home or office. The low-decibel motor is designed specifically for in-home use. The PacerMini comes fully assembled and is ready to use in just minutes.

The PacerMini is small but mighty. Unlike most small portable treadmills that can only be used while sitting, the PacerMini has a max weight load of 220 pounds, so it can also be used just like a standard-sized treadmill. It's lightweight and portable, so you can use it at home, in the office, or both. Use it with a standing desk and burn calories and boost your fitness while you work! Its small size means you can tuck it under a bed or desk for out-of-the-way storage.

The PacerMini treadmill has a speed range of 0.5–3.0 mi/hr and a set incline of 7 degrees to optimally tone your gluteus and hamstring muscles. You can track calories, total steps, and workout time to help achieve your fitness goals. The PacerMini comes with a remote control so you can easily control your pace. Walk or jog your way to better cardiovascular fitness, and start to see results in as few as 15–20 minutes a day.

Whether you're getting back into endurance training after starting a family or career or someone who has never done cardio before, the Lifepro PacerMini has everything you'll need to boost your metabolism and increase stamina.

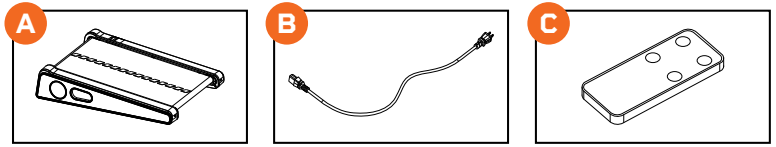
Redefine your workouts and experience the transformative power of the Lifepro PacerMini:

- **Increase strength and stability:** improves muscle tone and core strength.
- **Regulate weight:** boosts your heart rate and burns calories.
- **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.

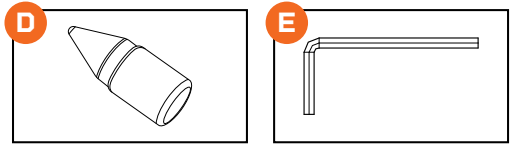
Check out the information in this manual for ways to get started using your PacerMini Portable Treadmill. Next, be sure to visit our website **pacermini.lifeprofitness.com** for access to our **FREE library of workout videos** which demonstrate how to easily incorporate the PacerMini into your fitness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

FIRST STEPS

WHAT'S IN THE BOX



Treadmill | Power Cord | Remote Control



Lubricating Oil | Hex Key

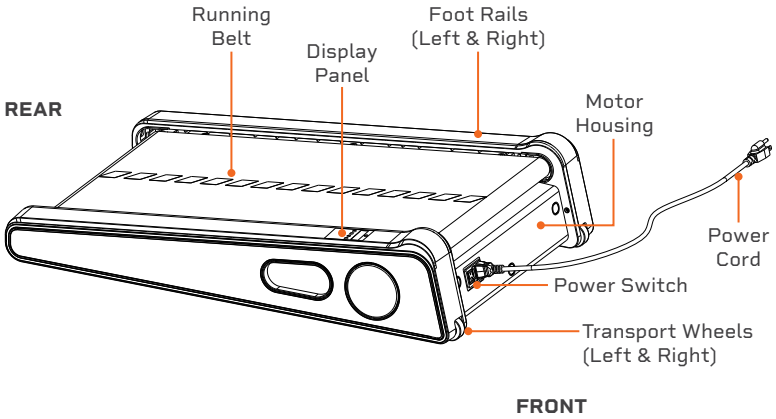
UNPACKING THE COMPONENTS

1. Remove the treadmill and accessories from the shipping box and inspect all items for shipping damage.
2. Compare the contents to the items listed in **WHAT'S IN THE BOX** above.
3. Read carefully through this user manual and all safety instructions before setting up and using the PacerMini.
4. Follow the steps in the **3-MINUTE SETUP GUIDE** on page 8 to set up your treadmill.
5. Go to **pacermini.lifeprofitness.com** and register your product within 14 days of purchase to activate your lifetime warranty.

⚠ CAUTION:

- Always use proper lifting techniques, the shipping box is quite heavy.

PARTS OF THE PACERMINI



CUSTOMER SUPPORT

If you have any questions about setting up or using your PacerMini, we're here to help. Call or email us, and an experienced customer support representative will be happy to assist you: (800) 563-6604 or support@lifeprofitness.com.

3-MINUTE SETUP GUIDE

⚠ SETUP WARNINGS:

- Adult setup is required. Keep children away during setup.
- Always keep the bottle of lubricating oil out of reach of children to avoid accidental ingestion.
- Properly dispose of all packaging especially plastic bags, which can present a suffocation hazard to small children, before setup.
- Always use proper lifting techniques, the treadmill is quite heavy.

1 LUBRICATE THE RUNNING BELT

1. Place the treadmill body (A) on a flat, sturdy floor.
2. Locate the bottle of lubricating oil (F).
3. Before using your treadmill for the first time, you must lubricate the running belt. Follow the steps in **LUBRICATING THE RUNNING BELT** on pages 26–27.

2 INSTALL THE POWER CORD

1. Plug the female end of the power cord (B) into the jack on the side of the treadmill next to the power switch (N).

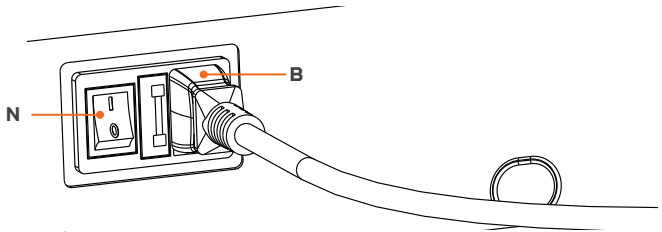


Figure 1

IMPORTANT SAFETY INFORMATION

WHAT TO DO IN AN EMERGENCY

- 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.
- Keep the remote control in your hand during the training session in case you need to press the Start/Stop button to stop the treadmill quickly.
- If you trip during training, you can easily step off the treadmill onto the floor, as the treadmill is small and low to the ground.
- It's a good idea to practice quickly and safely getting off the treadmill several times so that you will know what to do if you trip, lose your balance, or an emergency arises.
- Make sure that all third parties are familiar with the safety instructions.

DISABLING THE TREADMILL FOR SAFETY

To prevent the treadmill from being used by unauthorized users, always remove the power cord when you have finished training. Keep the power cord stored in a separate place, out of reach of unauthorized people, especially children. Never leave children unattended in the same room with the treadmill, especially when it is connected to power.

DURING EXERCISE

- Keep your body and head facing forward at all times.
- Never attempt to turn around on the treadmill while the running belt is moving.
- Make sure to breathe regularly and calmly during exercise.
- Stay hydrated before, during, and after exercise.
- Wear light, comfortable clothing and well-fitting athletic shoes. Do not wear loose clothing that could become caught in the treadmill and result in falling or injury.
- Check your pulse regularly and stop if it becomes too high.

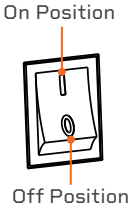
USING YOUR TREADMILL

STARTING THE TREADMILL

1

POWER ON THE PACERMINI

1. Plug the power cord into a grounded electrical outlet.
2. Flip the Power switch on the side to the ON position. The display will light up and all values will be set to zero.



2

GET ON THE TREADMILL

1. Stand with the running belt.
2. Press the **Power button** on the remote control. Then press the **Start/Stop button**. Wait for the countdown.
3. As the treadmill begins to move, begin walking along the running belt.

STOPPING THE TREADMILL

1

GET OFF THE TREADMILL

1. Press the **Start/Stop button** to stop the running belt.
2. Wait until the treadmill has come to a **complete stop** before getting off the treadmill.

2

POWER OFF AND UNPLUG THE PACERMINI

1. Press the **Power button** on the remote control.
2. Flip the Power switch to the OFF position. Unplug the power cord.

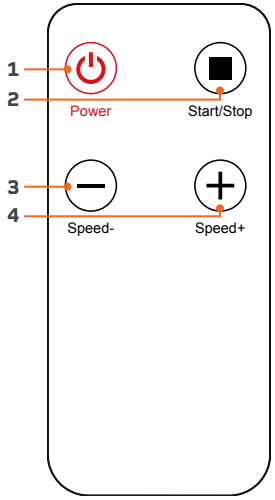
OPERATING INSTRUCTIONS

Please read the operating instructions before using the PacerMini. Keep this manual for reference.

USING THE REMOTE CONTROL

For best results, point the remote control directly at the receiver on the display panel from no more than 4 feet away.

1. **Power Button:** Press the button to power the PacerMini on and off.
2. **Start/Stop Button:** Press the button to start or stop running-belt movement. A 3-second countdown shows on the display panel before the belt begins to move. The working time is 30 minutes.
3. **Speed - Button:** Use the button to decrease the speed, in 0.1 mi/hr increments, from 0.5 to 3.0 mi/hr.
4. **Speed + Button:** Use the button to increase the speed, in 0.1 mi/hr increments, from 0.5 to 3.0 mi/hr.



NOTE: When the treadmill is stopped and no buttons are pressed for 10 minutes, the PacerMini automatically enters sleep mode until the **Power button** is pressed again.

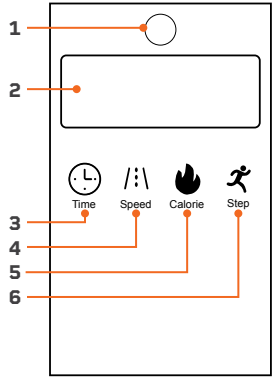
USING THE DISPLAY PANEL

The display panel is located on the top of the right foot rail.

⚠ CAUTION:

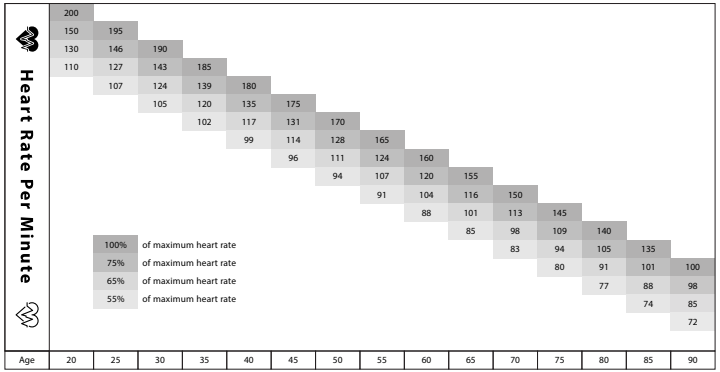
- Do not stare down at the display panel for long periods while the running belt is moving to avoid injury or falling.
- It's best not to stand on the display panel.

1. **Infrared Receiver:** Receives the signal from the remote control. Do not cover or block the receiver.
2. **Display Window:** Displays "OFF" when the power is on but a workout has not begun. Displays a "3-2-1" countdown upon pressing the **Start/Stop button** to begin a workout. After a workout begins, alternates between time, speed, calories, and steps.
3. **Time Indicator:** The LED will light up when the running time elapsed (0 to 30 minutes) is displayed. The working time is 30 minutes. After 30 minutes the treadmill will stop automatically. Press the **Start/Stop button** to begin a new workout session.



4. **Speed Indicator:** The LED will light up when the speed (0.5 to 3.0 mi/hr) is displayed.
5. **Calorie Indicator:** The LED will light up when the number of calories burned (1 to 999.9 calories) is displayed.
6. **Step Indicator:** The LED will light up when the approximate number of steps (1 to 999 steps) is displayed.

PULSE AND HEART RATE



Calculate your 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 ("max HR") and serves as a basis from which to calculate your training heart rate.

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

- Ideal for people who are overweight, older, beginners, or who do not exercise often.
- Burn approx. 4–6 calories per minute to produce energy in this zone.

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

- Ideal for athletes and sports people who aim to lose weight.
- Burn approx. 6–10 calories per minute to produce energy in this zone.

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

- 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.

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

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

TRAINING RECOMMENDATIONS

BEFORE BEGINNING TRAINING

If you have not done endurance or cardio training for a long 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, during, and after exercise. During a training session of 30 minutes, it is possible to lose up to 4 cups 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. 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, or stress reduction, 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 the previous page 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 time should start with short training sessions of 10 minutes or less in the first week and slowly increase your training duration from week to week.

TRAINING DOCUMENTATION

To stay motivated and to evaluate the success of your training, create a training plan before beginning a new exercise routine. In your plan, document data from each training session, such as distance, training time, and pulse, as well as data, such as body weight, blood pressure, resting heart rate (measured in the morning right after waking up), and how you feel during exercise See the example training plan below.

EXAMPLE WEEKLY TRAINING PLAN						
Day	Date	Exercise Duration	Number of Steps	Calories Burned	Pulse Rate	Notes
Mon.						
Tues.						
Wed.						
Thurs.						
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 helps get your blood flowing and 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 low speed.

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 GLUTES



1. Sit on the floor or on 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 right hand on a wall or a table to help with balance.
2. With your left hand, grab your left 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 and 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.

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 low speed. Then, spend 5 minutes completing the above stretches to continue cooling down your muscles. Be careful not to force or jerk your muscles as you stretch.

MAINTENANCE AND CARE

⚠ **WARNING:** Switch off the power and remove the power cord from the electrical outlet before performing any care, cleaning, maintenance, repair, or similar work on your treadmill. Only when all work is fully completed may the treadmill be reconnected to an electrical outlet and powered on.

BEFORE FIRST USE OR AFTER A LONG BREAK FROM TRAINING

Make sure that there is a continuous film of lubricant on the running deck. If this is not the case, then use the included bottle of lubricating oil to apply a lubricant film. See **LUBRICATING THE RUNNING BELT** on page 18.

MAINTENANCE & CLEANING INTERVALS

WIPE DOWN THE TREADMILL: AFTER EACH USE

Wipe down after every use. Clean only with a damp cloth.

CHECK THE LUBRICATION OF THE RUNNING BELT: ONCE A WEEK

If your regular inspection shows that there is no longer enough lubrication, lubricate the belt immediately and shorten the inspection interval accordingly. Please see **LUBRICATING THE RUNNING BELT** on page 18 for instructions. If the treadmill has been in storage 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 RUNNING BELT** on page 20.

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 running belt and the running deck with the included lubricating 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.

CLEANING & GENERAL MAINTENANCE

- Use a slightly damp cloth to wipe any dirt or moisture from the product after each use. You may use a small amount of mild soap or detergent, as needed. Dry the cleaned areas thoroughly.
- Do not use abrasive, corrosive, solvent, or chemical cleaners or harsh detergents to clean the product.
- Inspect for visible damage before use. Do not use if damaged or malfunctioning.
- Only use with the original parts and accessories provided by the manufacturer.
- Never open the motor hood 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.

DAMAGE CAUSED BY NEGLECT OR LACK OF MAINTENANCE AND CARE IS EXCLUDED FROM THE WARRANTY.

MAINTENANCE AND CARE

⚠ WARNING:

- Switch off the power and remove the power cord from the electrical outlet before lubricating the running belt.
- Keep the bottle of lubricating oil out of reach of children and pets at all times to prevent accidental ingestion. In case of ingestion, contact your physician or local poison control center immediately.

LUBRICATING THE RUNNING BELT

The most important maintenance for a treadmill is regular, timely lubrication and care and maintenance of the running belt.

- The running belt must be lubricated if a significant increase in friction is noted. This will be apparent if the belt makes jerking movements during training.
- Insufficient lubrication and the resulting increase in friction will inevitably lead to an increase in wear and cause damage to the treadmill's running belt, deck, motor, and circuit board.
- How often you use the treadmill will generally determine how often you must perform maintenance. Typically, treadmills will only need to be lubricated every few months. However, as use-time will vary greatly from person to person, we recommend you keep a maintenance log and set a specific day each week in the first 6 months of use to check the lubrication of the running belt.
- To check the belt lubrication, lift the front third of the belt and feel with your hand for lubrication under 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 it in your maintenance log accordingly. Over time, you will be able to see how often lubrication is needed.

NOTE: Even if you choose not to keep a maintenance log, you must check the lubrication of the running belt at least once a week.

- If the treadmill is not used for a long period, you must check the lubrication of the belt before use and lubricate it if necessary.

NOTE: Only use the included bottle of silicone lubricating oil to lubricate the running belt. Do not use any other kinds of lubricants or silicone sprays.

HOW TO LUBRICATE THE RUNNING BELT

1. Make sure that the treadmill is switched off and unplugged, and that the belt is no longer moving.
2. Remove the lid from the bottle of lubricating oil. Carefully remove the protective paper covering from its top. Replace the lid. See ***Figure 1***.
3. Pull the small applicator tip up to open the bottle.
4. Lubrication must be applied under the belt. Lift one side of the belt high enough that you can reach under it with the end of the applicator tip. See ***Figure 2***.
5. Apply lubricating oil under the belt in a zig-zag pattern, from the front to the back of the treadmill. See ***Figure 3***.
6. Do not apply more than 2–3 ml of oil. If too much oil is applied it can lead to the running belt slipping. If this occurs, use a dry cloth to remove the excess oil from the running deck.
7. After applying the lubrication, let the running belt run without any load (no one on the treadmill) at a speed of 2.5 mi/hr for 5 minutes to evenly distribute the lubricating oil.

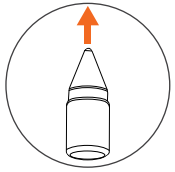


Figure 1

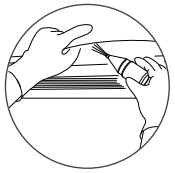


Figure 2

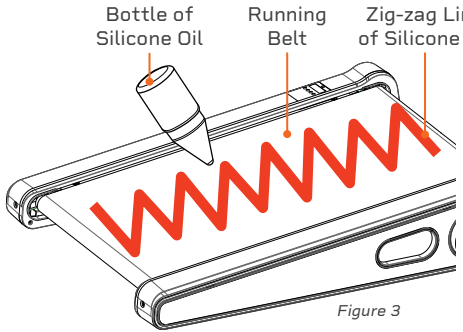


Figure 3

MAINTENANCE AND CARE

ADJUSTING THE RUNNING BELT

To assure the longest service life possible, the running 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 center of the deck or if it has changed position.

Possible reasons for the running belt changing position are:

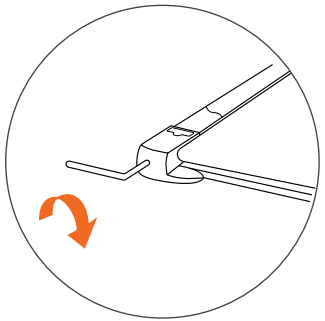
- The ground on which the treadmill is standing is either uneven or at an incline.
- Personal running style (for example, distribution of weight to one side, in- or out-turned feet).

NOTE: If the running belt has become so displaced that it is rubbing along one of the foot rails, this will cause friction and damage the running belt. Damage caused by failure to make adjustments to the belt or insufficient adjustments will not be covered by the warranty.

HOW TO ADJUST THE RUNNING BELT

IF THE BELT IS RUNNING TO THE LEFT OF CENTER:

1. Start up the running belt at a constant speed of 1.5 mi/hr.
2. Use the provided hex key to turn the left adjustment screw, located at the back end of the treadmill, ¼ turn clockwise.
3. Let the treadmill run at a speed of 1.5 mi/hr for about 2 minutes.
4. If the running belt is now running in the center of the running deck, the adjustment was successful. If the belt is still off-center, repeat steps 1–3 until the belt is running in the center.



IF THE BELT IS RUNNING TO THE RIGHT OF CENTER:

1. Start up the running belt at a speed of 1.5 mi/hr.
2. Use the provided hex key to turn the right adjustment screw, located at the back end of the treadmill, ¼ turn clockwise.
3. Let the treadmill run at a speed of 1.5 mi/hr for about 2 minutes.
4. If the running belt is now running in the center of the running deck, the adjustment was successful. If the belt is still off-center, repeat steps 1–3 until the belt is running in the center.

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

RE-TENSIONING THE RUNNING BELT

If the running belt begins to jolt or skid noticeably during operation, the belt is too loose and must be re-tensioned. The running belt is re-tensioned using the same adjustment screws used when adjusting the belt, located at the back end of the treadmill.

1. Start up the running belt and let it run at a constant speed of 1.5 mi/hr.
2. Use the provided hex key to turn one adjustment screw, then the other, ½ turn clockwise.
3. Alternately, if the belt is too tight, you will feel excessive resistance or pausing. In this case, use the provided hex key to turn one adjustment screw, then the other, ½ turn counterclockwise.

FCC STATEMENT

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

SAFETY INSTRUCTIONS

Keep this manual in a safe place for future reference.

Before using this product, read all safety warnings and setup and operating instructions. Failure to do so may result in burns, fire, electric shock, serious injury or death, or damage to the product or property.

CONTRAINDICATIONS

- Users should consult with a medical professional before beginning a new exercise program. Your physician should assist you in determining the heart rate zone that is appropriate for your age and physical condition. Your physician can help determine if you have any physical limitations that could create a health risk or prevent you from properly using this product; some exercise programs or fitness products may not be appropriate for all people.
- Consult your physician before using this product if you:
  - Are over the age of 35 or have pre-existing health conditions.
  - Have orthopedic conditions, spinal injuries, osteoporosis, fractures, herniated or slipped discs, chronic back pain, sciatica, or other conditions or disorders affecting the back or spinal column.
  - Have joint pain, disorders, or conditions, including arthritis, rheumatoid arthritis, and knee pain, previous knee injury, or previous surgery.
  - Have a heart or vascular condition, hypertension, blood clots, or if you are taking medication that affects heart rate.
  - Have a pacemaker, artificial heart, or other medical implant.
  - Are or may be pregnant, have recently had surgery, or have cancer or malignant tumors.
  - Experience dizziness or balance impairments or if you are taking drugs that affect balance.

DISCLAIMER

- The health benefits suggested or implied in this manual, other product literature, and company website are not certified or endorsed by any regulatory authority or medical institute.
- The use of this product is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product. We assume no responsibility and expressly disclaim any and all liability for personal injury, or property damage or loss sustained through improper use, failure to follow the instructions and warnings in this manual, improper setup, neglect, or inadequate or improper maintenance of this product.
- It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and cautions.
- Use this product only as instructed in this manual.

⚠ WARNING

To reduce the risk of serious injury or death:

- Excessive exercise or overexertion can be damaging to your health. Always exercise within the target heart rate and time limits recommended by your doctor.
- Drink plenty of fluids before, during, and after your session to avoid dehydration. When you are dehydrated, your body cannot properly cool itself, which may result in heat exhaustion. Heat exhaustion can lead to heatstroke if left untreated, which can be fatal.
- Stop exercising immediately at the first sign of discomfort, and consult your doctor if you experience any of the following symptoms: dizziness or lightheadedness, sleepiness, cold or clammy skin, headache, nausea, muscle cramping, irregular heartbeat, or shortness of breath.
- Do not use the product near swimming pools or other bodies of water.
- Adult setup required. Keep children away during setup. Children are forbidden from setting up or moving the product.
- This product is for adult use only. Do not allow children or pets to use; this product is not a toy.
- Keep children and pets away from the product and accessories at all times. Never leave children unattended in the same room with the treadmill.
- Keep the bottle of lubricating oil out of reach of children and pets at all times to prevent accidental ingestion. In case of ingestion, contact your physician or local poison control center immediately.
- This product is not intended for use by people with reduced physical, sensory, or mental capabilities unless supervised by a responsible adult.

⚠ CAUTION

To reduce the risk of minor or moderate injury, or damage to the product or property:

- Do not allow more than one person to use the product at a time.
- Do not exceed the maximum weight-load capacity of 220 lbs.
- Always inspect the product for damaged, worn, or loose bolts, nuts, or knobs before each use. Do not use if damaged, worn, rusty, malfunctioning, or missing bolts, nuts, or knobs. Do not use the product again until the problem has been fixed.
- Never use the product while under the influence of drugs or alcohol. Do not

use during or immediately after eating or when you feel tired. Do not use if injured, ill, or if you have a fever.

- Use the product only on a flat, sturdy, non-slip floor. Place in a location away from traffic where it will not create a tripping hazard.
- Ensure adequate clear space around the product during use (at least seven feet on all sides). Remove any obstacles or objects in the area, in case of falls or accidents.
- Plug the treadmill into a dedicated socket that is not shared with any other devices.
- Only an adult may move or set up the product.
- Never attempt to turn around on the treadmill while the running belt is moving.
- Do not perform other activities while using the product to avoid accidents or injury.
- Always properly warm up before exercise and cool down after exercise to prevent sports injuries.
- Keep hair, hands, feet, and clothing away from moving parts.
- Never insert your fingers or objects into any opening.
- Always wear appropriate athletic clothing and shoes. Appropriate clothing should be comfortable and allow you to move freely.
- Remove items, especially sharp objects, from your pockets before using.
- Do not wear baggy or loose clothing or clothing with drawstrings or ties that could get snagged and cause injury or falling.
- Do not wear jewelry, belts, or other accessories that could get snagged and cause injury or falling.
- Always increase or decrease the speed slowly.
- Do not use accessories not approved by the manufacturer.
- Remote control battery is non-rechargeable; only replace with the same type of battery: 3V CR2032.
- Do not use outdoors. This product is intended for indoor use only.

NOTICE

- The product is intended for in-home use only. Do not use the product in any commercial, rental, institutional, or therapeutic setting.
- Dispose of the product, accessories, and batteries according to local and federal regulations.
- Keep sharp objects away from the product to avoid damaging it.

MOVING & STORING THE EQUIPMENT

⚠ CAUTION

- Always power OFF the treadmill at the Power switch and unplug the power cord before moving, storing, or setting up.
- Never allow children to move the treadmill.
- Always ensure there are no children, pets, or objects in the way when moving the treadmill.
- Never store the treadmill on its side as it can easily tip and fall.
- Always store the power cable separate from the treadmill to avoid unauthorized use by children.

MOVING THE TREADMILL

The PacerMini has wheels on its front edge to make it easier to move. To move the treadmill:

1. Flip the Power switch at the front of the treadmill to the OFF position.
2. Unplug the power cord from the electrical outlet.
3. Grasp the back of the treadmill and lift it onto the transport wheels at the front of the treadmill.
4. The treadmill can now be moved easily. Make sure there are no children, pets, or objects in the way when you are moving the treadmill.

STORING THE TREADMILL

It's best to store the treadmill flat in a closet, or under a bed, table, or desk. Take care not to place any heavy objects on top of the treadmill.

- Never store the treadmill on its side as it can easily tip and fall.
- Store the magnetic safety key separately to prevent unauthorized use, especially by children.
- Store in a cool, dry, indoor location.
- Do not store in direct sunlight, in a high-temperature or high-moisture environment, or near heat sources.

TROUBLESHOOTING & ERROR CODES

Quickly troubleshoot simple issues you might experience with the PacerMini using the following tables.

Please contact a customer support representative for additional assistance when needed at: **support@lifeprofitness.com** or **(800) 563-6604**. Please do not attempt to repair the device.

ERROR CODE	POSSIBLE REASON	HOW TO RESOLVE
E2	Control board is defective.	Contact customer support.
E4	Ground cable or controller is damaged.	Contact customer support.
E5	Overcurrent protection initiated.	Flip Power switch off and then on again.
E6	Motor error.	Contact customer support.
E7	Communication wire error.	Contact customer support.
E8	Overload protection initiated.	Flip Power switch off and then on again.
E10	Voltage is or was too high.	Flip Power switch off and then on again.
E11	Voltage is too low, or no voltage.	Flip Power switch off and then on again.

PROBLEM	POSSIBLE REASON	HOW TO RESOLVE
Treadmill is not working.	No power.	Plug the power cord into an electrical outlet.
	Power switched off.	Flip the Power switch ON.
	Treadmill has entered sleep mode.	Press the Power button to exit sleep mode.
	Short circuit.	Contact customer support.
	Fuse burned out.	Contact customer support.
Remote control is not functioning.	Battery is installed incorrectly in the battery compartment.	Ensure the battery is inserted correctly, with the + side of the battery contacting the + terminal.
	Remote control is too far away from the infrared receiver	Point the remote at the infrared receiver on the display panel, from no more than 4 feet away.
	Remote control is dead.	Remove the old battery and replace it with a new 3V CR2032 battery.
Display panel is not functioning	Display broken.	Contact customer support.
Running belt is not smooth.	Not enough lubrication.	Lubricate the belt with the included oil. See **LUBRICATING THE RUNNING BELT** on page 18.
	Running belt is too tight.	Adjust the belt. See **ADJUSTING THE RUNNING BELT** on page 20.
Running belt is skidding.	Running belt is too loose.	Adjust the belt. See **ADJUSTING THE RUNNING BELT** on page 20.

PRODUCT SPECIFICATIONS

UNIT SPECS

Running Surface: 27.6” L × 15.7” W
Size: 32.7” L × 25.0” W × 7.0” H
Net Weight: 40.0 lb
Maximum Weight Load: 220 lb
Power: 0.5 Hp
Voltage: 110 V
Speed: 0.5–3 mi/hr
Decibel Rating: <60 dB
Operating Temperature: 41–104 °F
Storage Temperature: 20–104 °F
Certifications: CE, EMC, LVD

ENDURANCE TRAINING

PACERMINI

PORTABLE TREADMILL

MADE IN CHINA

LIFETIME WARRANTY

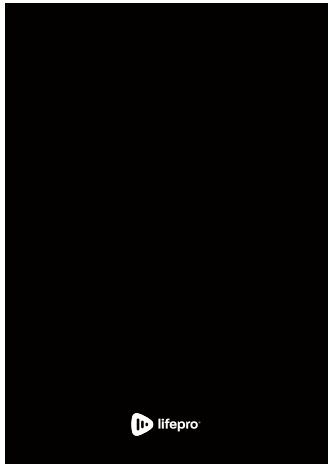
Lifepro creates quality, durable exercise products and we stand by that quality with a lifetime warranty on all of our products. If your PacerMini ever breaks (and we doubt it will), we’ll send you replacement parts and show you how to repair it. If your PacerMini cannot be repaired, we’ll replace it—free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

TREADMILL MAT

FOR PACERMINI PORTABLE TREADMILL

Treadmills can be noisy when used on the second floor, especially when used on hard flooring. A treadmill mat is a simple solution for reducing noise and vibration, and they also help prevent the treadmill from moving on hard flooring. Treadmill mats also protect flooring from potential damage or discoloration, and they help prevent dirt, dust, and carpet fibers from getting into the underside of your treadmill. Treadmill mats are also essential if you have deep carpet, as long carpet fibers can impede motor ventilation and cause the motor to overheat.

The PacerMini treadmill mat is 39.4”×27.5×0.25” and is made from PVC foam. Visit the lifepro website, lifeprofitness.com, to order a treadmill mat for your PacerMini today!



ROVE

ELLIPTICAL MACHINE

With the Lifepro Rove Elliptical Machine, you can build cardiovascular fitness and muscle strength from the comfort of your home or office. Use the Rove while sitting on the couch watching TV, while reading a book, or while working at the office. The Rove is small and portable enough to take with you to work and fits right under your desk!

The Rove improves blood circulation, muscle tone, and flexibility. Eight pedal resistance levels allow you to create custom elliptical workouts. On the lowest resistance level, workouts would be equivalent to a leisurely walk or jog in the park. Increasing the pedal resistance allows you to create more intense workouts, similar to walking or running up a steep hill. Just sit back, relax, and let your legs do the work! See results in just 15–20 minutes a day.

ROVE BENEFITS

- Improve cardiovascular fitness
- Increase stamina
- Regulate metabolism and lose weight
- Decrease stress



lifepro®

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

YOU'VE GOT THIS

Lifeprousa Lifeprousa support@lifeprofitness.com