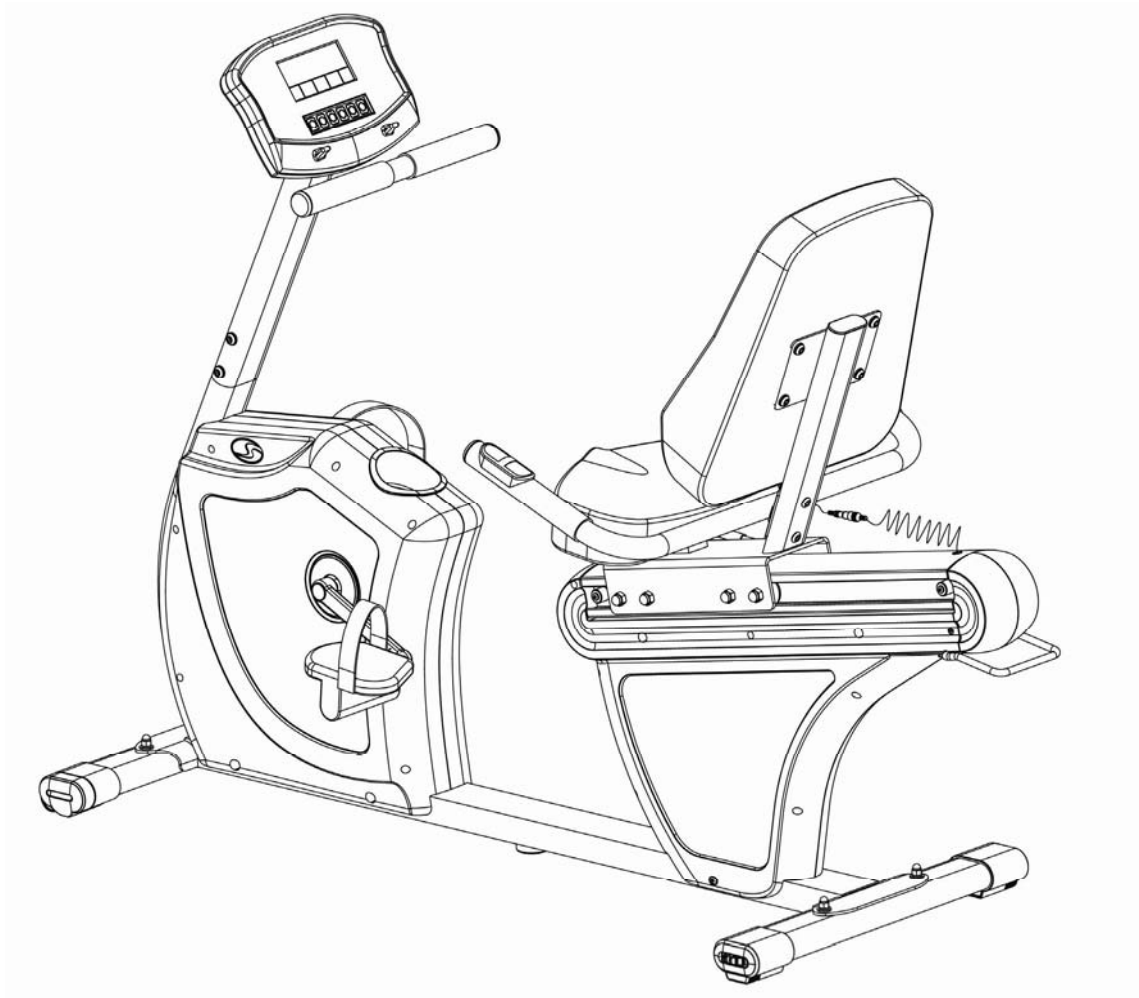
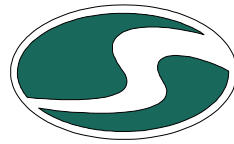


PaceMaster *Silver XRC*



OWNER'S MANUAL

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

www.pacemaster.com

Part # SILVER XRC

Rev. 11/13/07

TABLE OF CONTENTS

INTRODUCTION	3
IMPORTANT SAFETY INSTRUCTIONS	4
ASSEMBLY INSTRUCTIONS	5-17
Installation Requirements	5
Unpacking Your Recumbent	5
Tools Required for Assembly	5
Box Contents	6
Hardware Package Contents	7
Assembling Your Recumbent	8-17
THE PACEMASTER SILVER XRC BIKE CONTROL PANEL	18
OPERATING INSTRUCTIONS	18-31
Silver XRC Control Panel	18
Basic Operation	18-20
Button Functions	21
Manual Operation	22-23
Program Workouts	24-26
User Workout	27-28
Target Heart Rate Program	29-30
Hear Rate Recovery	31
Silver XRC Exploded Parts Diagram	32
PACEMASTER TECHNICAL SPECIFICATIONS	33

INTRODUCTION

Congratulations and thank you for choosing PaceMaster – your partner in achieving your fitness goals and mastering your well-being. PaceMaster's advanced digital technology allows your equipment to process information instantly, anticipating and adjusting to meet your needs. Think of it as your own personal trainer.

PaceMaster's superior components and US design ensure we produce equipment of the highest quality while also offering excellent value for your dollar. PaceMaster products have consistently received praise from a wide range of nationally recognized publications.

To get the most from your PaceMaster, please read this owner's manual carefully before starting to use this piece of exercise equipment. The manual contains important information about the assembly, operation and maintenance of the machine.

Please ensure you read and fully understand all safety information.  **DANGER**,  **CAUTION**, or

 **WARNING** indicates important safety warnings throughout the manual. Failure to read and understand these warnings may result in personal injury or damage to your Recumbent.

Tip indicates a useful suggestion when installing, assembling or using your Recumbent.

Please take the time to familiarize yourself with the range of functions available. This will help you work with your PaceMaster Recumbent for maximum efficiency to achieve your fitness goals and master your well-being.

We wish you an enjoyable and rewarding partnership with your PaceMaster Recumbent.

The PaceMaster Silver XRC Bike is designed for home use only.

IMPORTANT SAFETY INSTRUCTIONS

Read these instructions before using your Recumbent



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:

- Your PaceMaster Recumbent is not designed for use by children under the age of 18 without strict parental supervision.
- Close supervision is necessary when the Recumbent is used by or near children, disabled persons or pets.
- Use your PaceMaster Recumbent 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 Recumbent 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 Recumbent.
- Do not use outdoors.
- Always unplug your PaceMaster Recumbent 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 Recumbent with a minimum of 2 feet of clearance on all sides between the bike and any wall or obstruction.
- Do not allow anyone to reach under or be too near your PaceMaster while it is in use.
- Never allow more than one person on your PaceMaster Recumbent at any time.
- Never move the Recumbent while it is plugged into the electrical outlet.
- Wear appropriate shoes and attire while exercising

ASSEMBLY INSTRUCTIONS

Installation Requirements

Your PaceMaster should be installed indoors on a flat, level surface near a 120Volt/ Grounded outlet. You must have a minimum of 2 feet of clearance on all sides between the bike and any wall or obstruction.

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

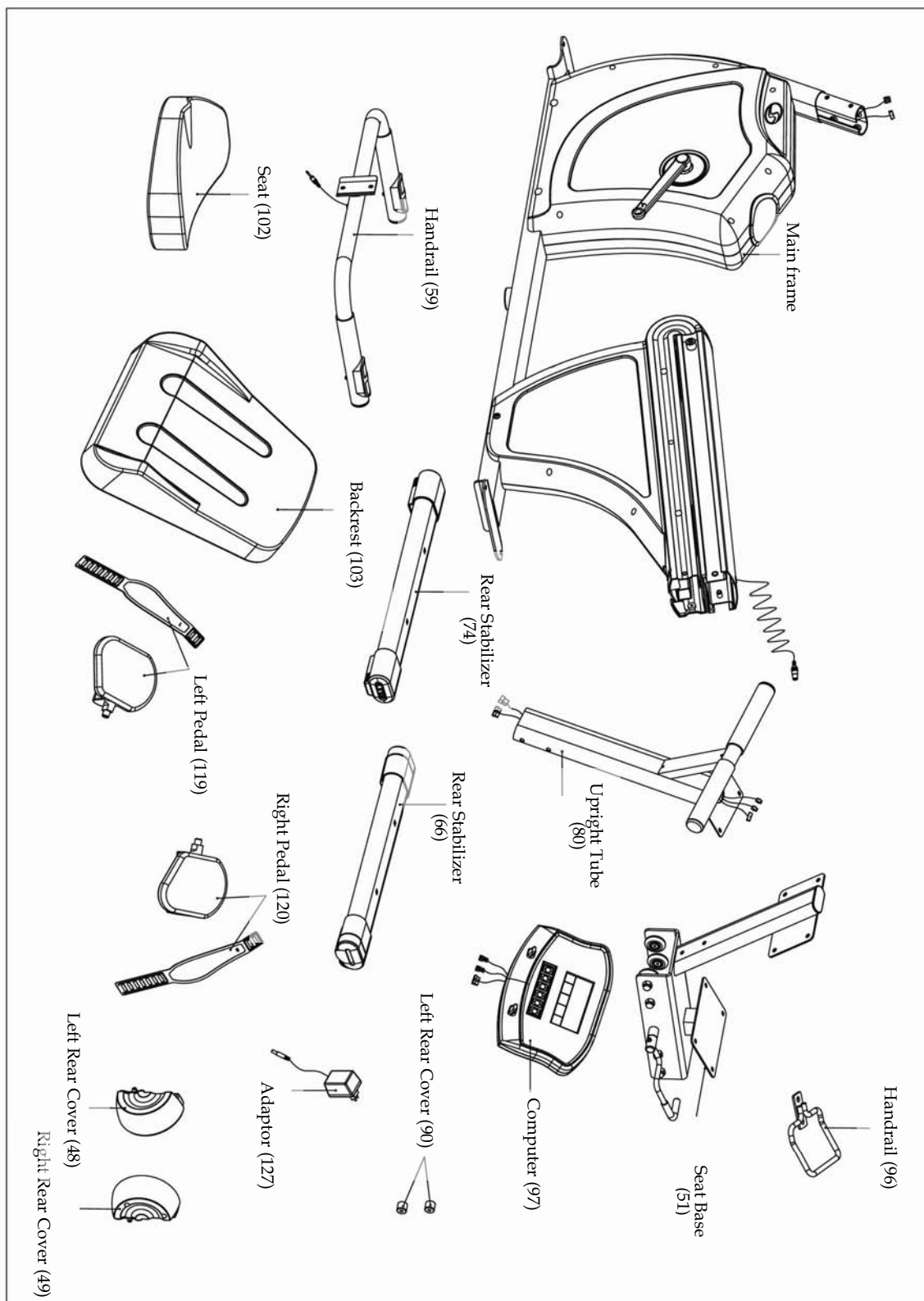
Unpacking Your Recumbent Exercise Bike

On the next page is a listing of all the parts included in the box. Open the box and confirm that you have received all of the parts indicated on page 6. If you are missing parts please contact your Authorized PaceMaster Dealer where you purchased your piece of equipment.

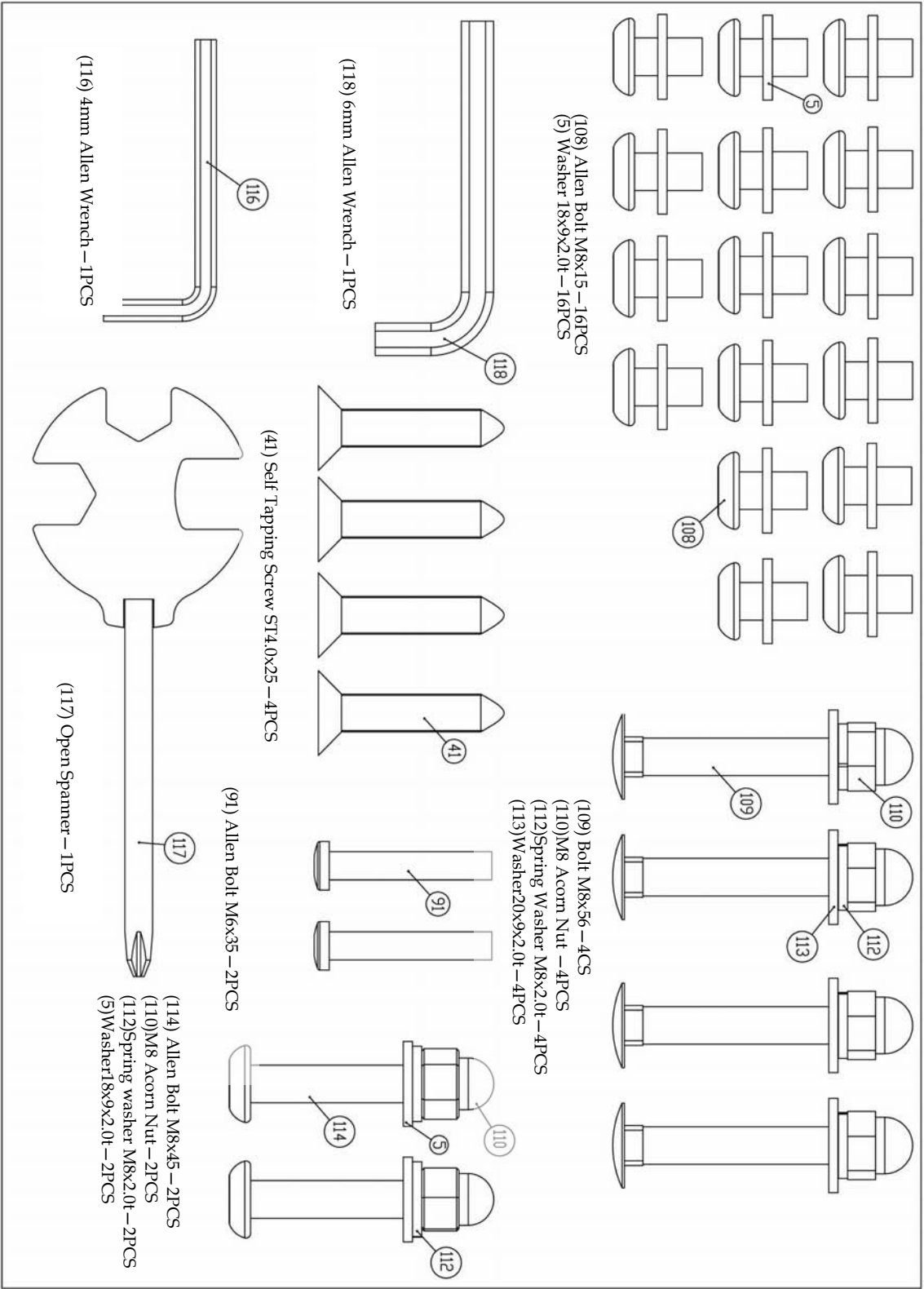
Tools Required for Assembly (included)

- Phillips head screwdriver
- 13 mm Wrench
- 15 mm Wrench
- 4 mm Allen Wrench
- 6 mm Allen Wrench

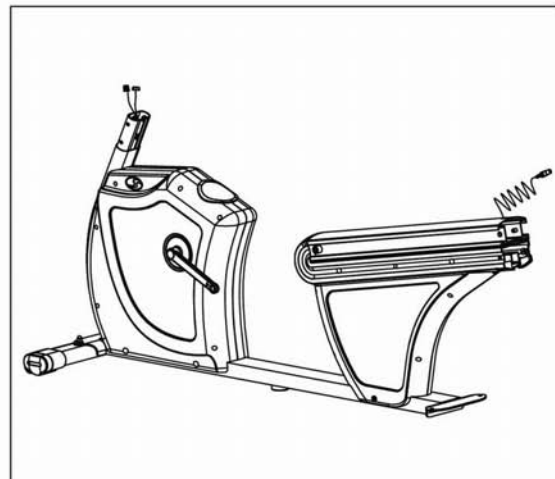
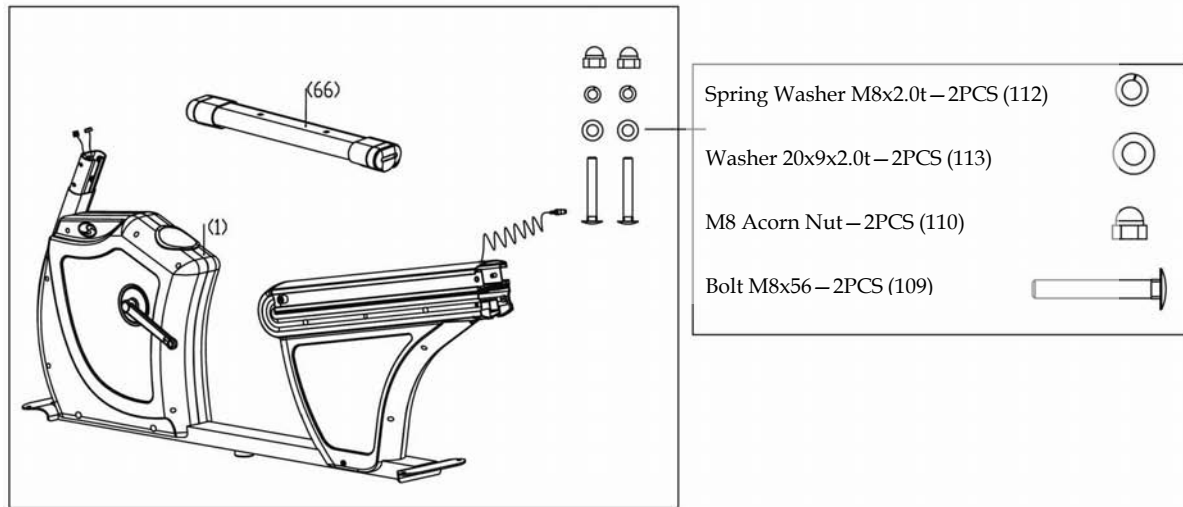
1. Box Contents



Hardware Package Contents

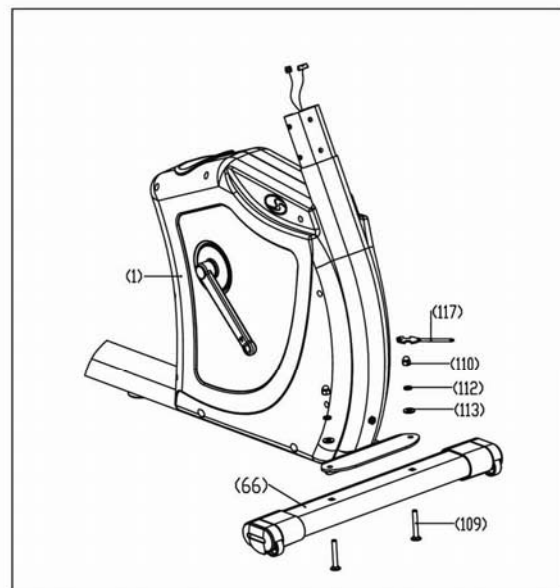


1. To assemble the Front Stabilizer

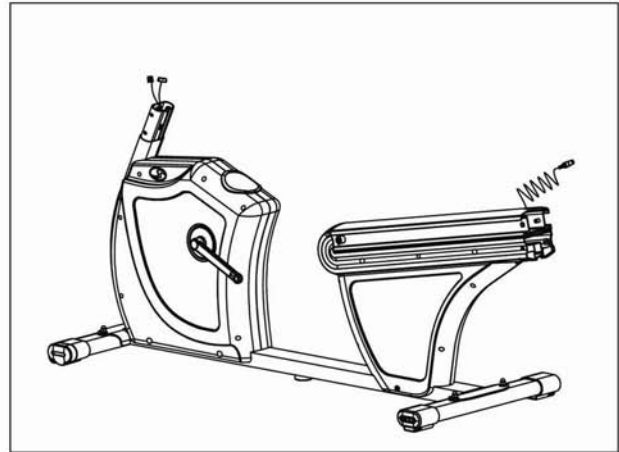
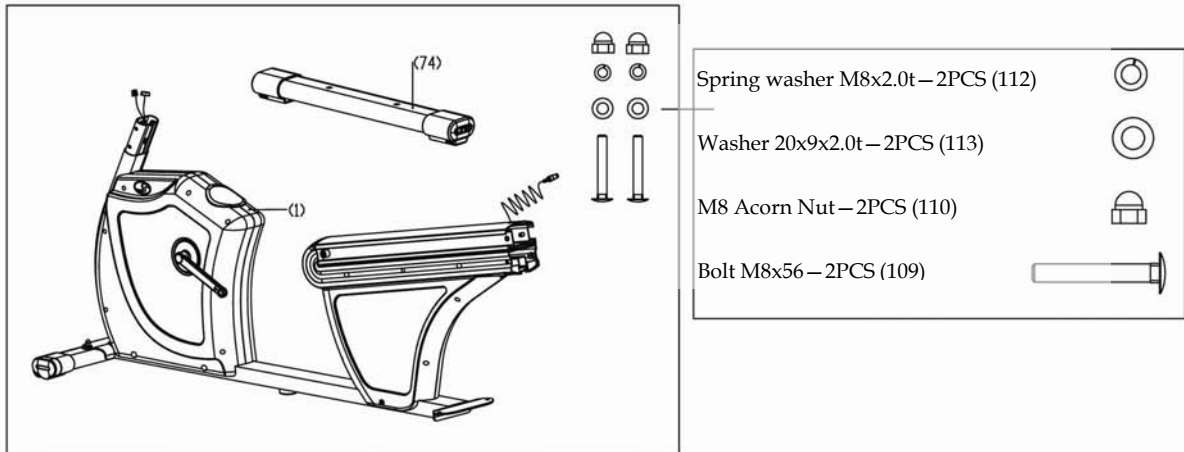


STEP 1A: As shown to the Right, attach the Front Stabilizer (66) to the Frame (1) with Bolts (109), Washers (113) (112) and Acorn Nuts (110), then tighten the nut with the included wrench (117) or a 13mm wrench or socket.

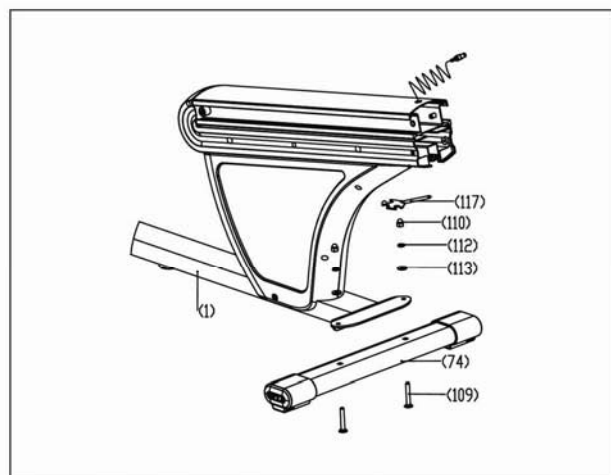
Note: The front Stabilizer (66) is the one that has the wheels on it, AND the wheels must be towards the front.



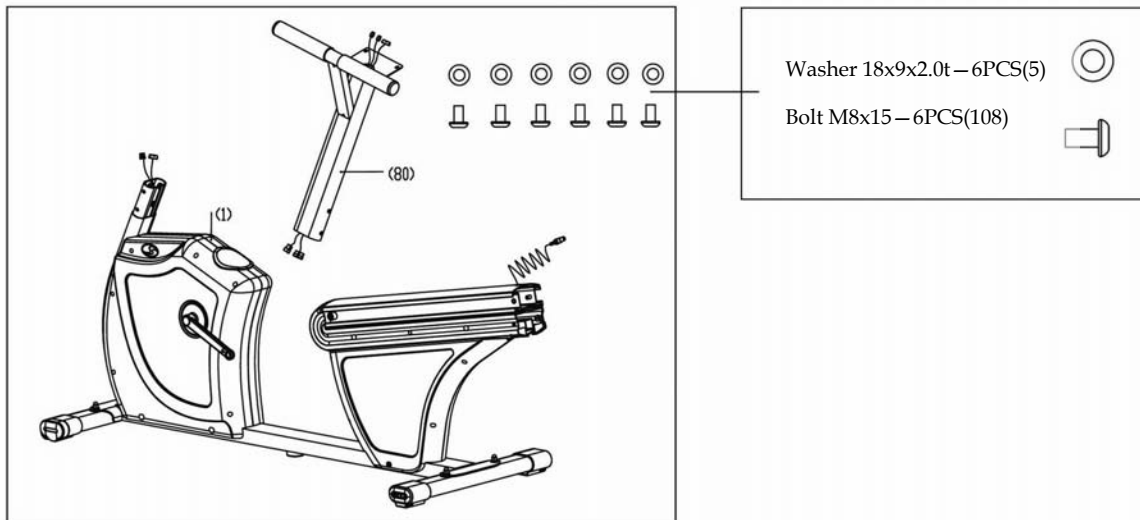
2. To assemble the Rear Stabilizer



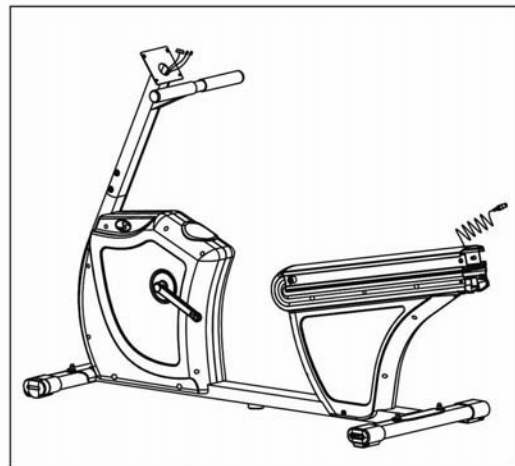
STEP 2A: As shown to the Right, attach the Rear Stabilizer (74) to the Frame (1) with Bolts (109), Washers (113) (112) and Acorn Nuts (110), then tighten with the included wrench (117) or a 13mm wrench or socket.



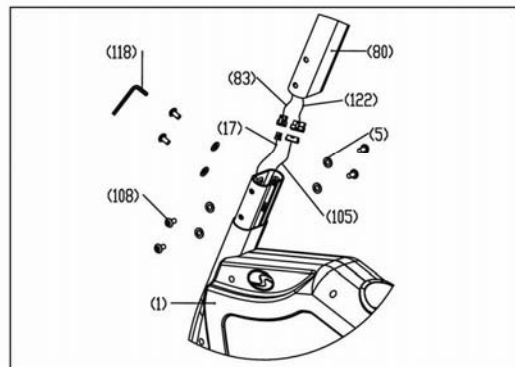
3. To assemble the upright tube



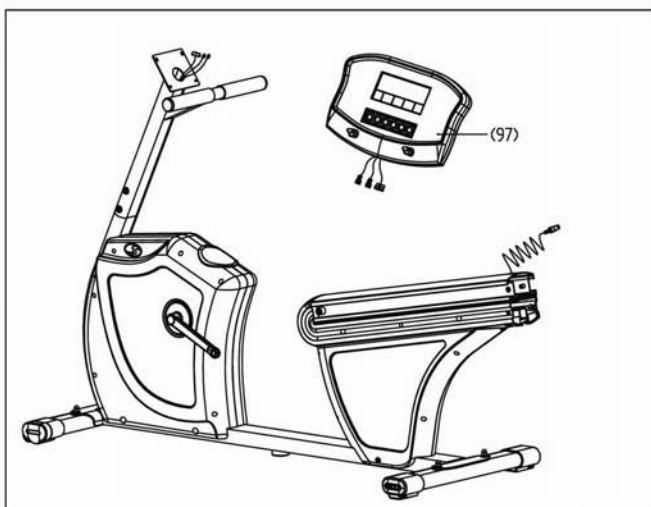
STEP 3A: Connect the Contact Heart Rate Wires (17) & (83) then connect Wires (105)(122).



STEP 3B: Slide the Upright (80) on to the main Frame (1), then secure the Upright to the Frame using 6 Bolts (108), 6 Washers (5) using a 6mm Allen wrench (151).



4. To assemble the Computer

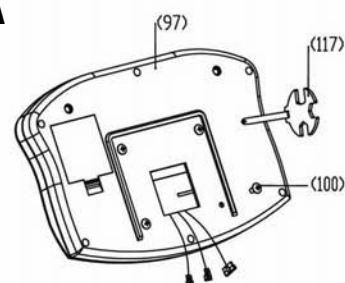


Step 4A:

Remove the 4 mounting screws (100) from the back of the Computer (97) with a Phillips head screw driver.



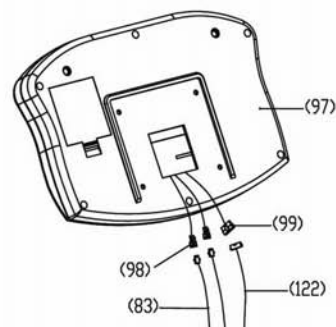
A



Step 4B:

Connect the 2 pairs of contact heart rate wires (98) to (83) and (99) to (122). Then connect the main power wires shown in the center of Fig B to the right.

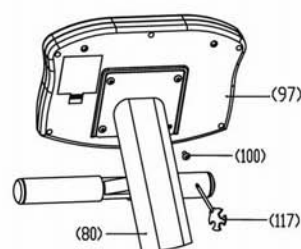
B



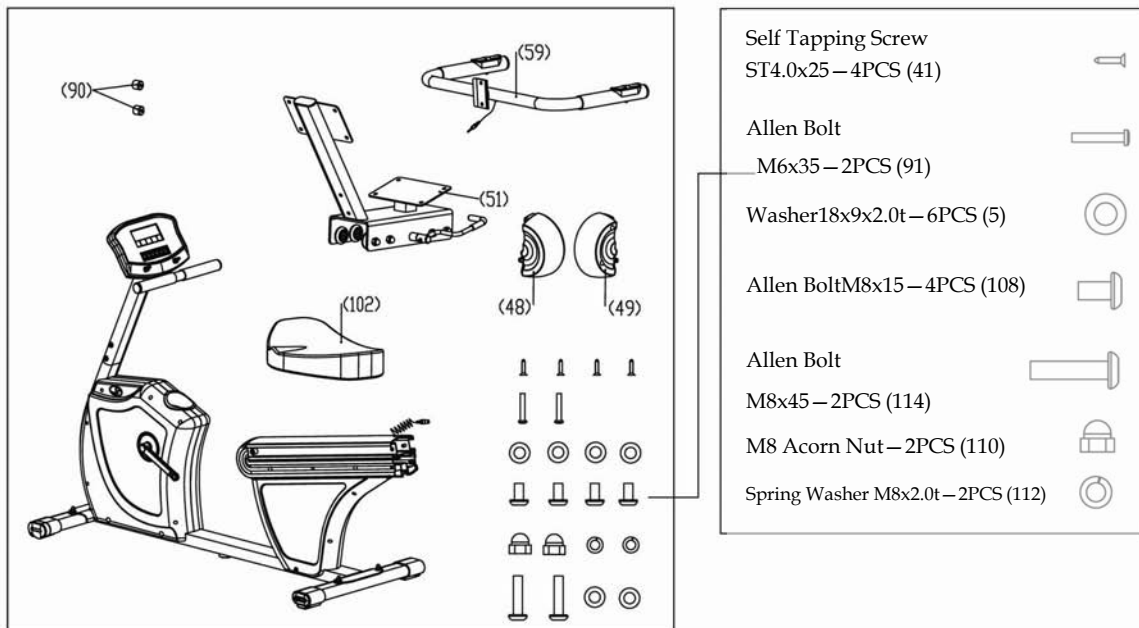
Step 4C:

Attach the Computer (97) to the Upright (80) with the 4 Phillips head screws (100) removed in Step A above. **DO NOT PINCH** the wires when securing the computer (97) to the mast (80).

C

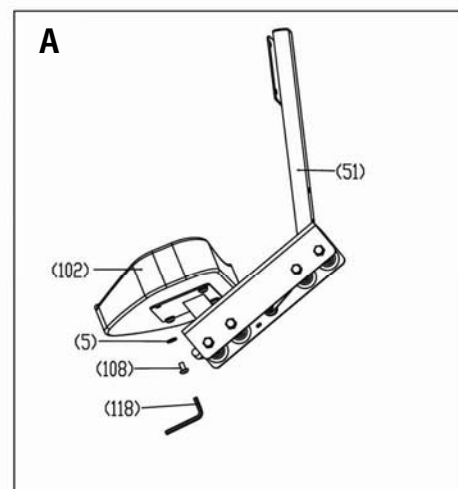


5. To assemble the Seat, Handrail, Seat Sliding Base, Plastic Cushion and Rear Covers



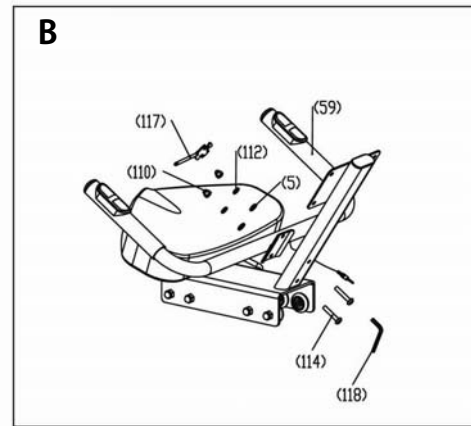
Step 5A:

Attach the Seat (102) to the Seat Base (51) with Bolts (108), Lock Washers (5) using the 6mm Allen Wrench (118).

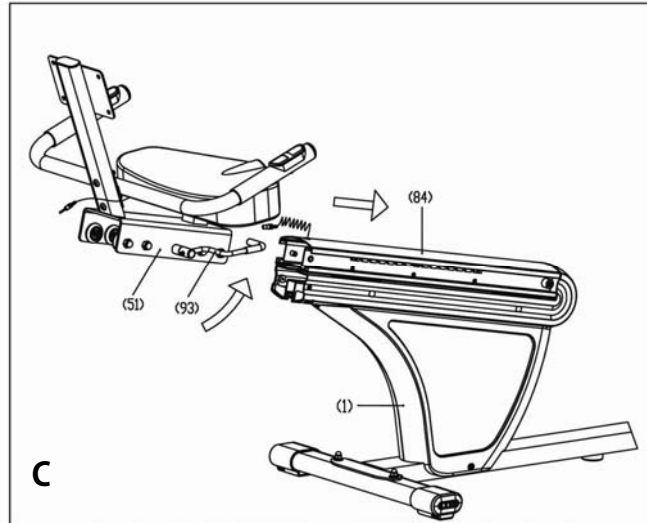


Step 5B:

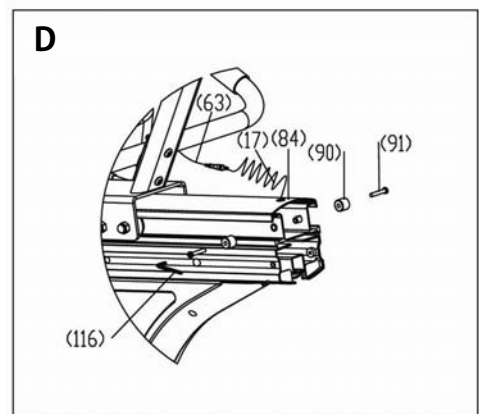
Attach the Handrail (59) to the Seat Base (51) with Bolts (114), Lock Washers (5), Flat Washers (112), and Acorn Nuts (110). Then tighten the bolts using the wrench (117) and the 6mm Allen Wrench (118)

**Step 5C:**

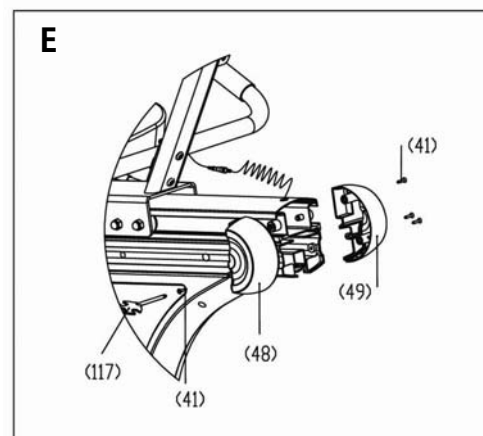
Rotate the Handle (93) of the Seat Base (51) upwards in the direction shown in Fig A then slide the Seat Sliding Base onto the Seat rail (84), and then release the Handle. **DO NOT PINCH the Contact heart rate wire when sliding the seat sliding base (51) on to the Seat rail (84).**

**Step 5D:**

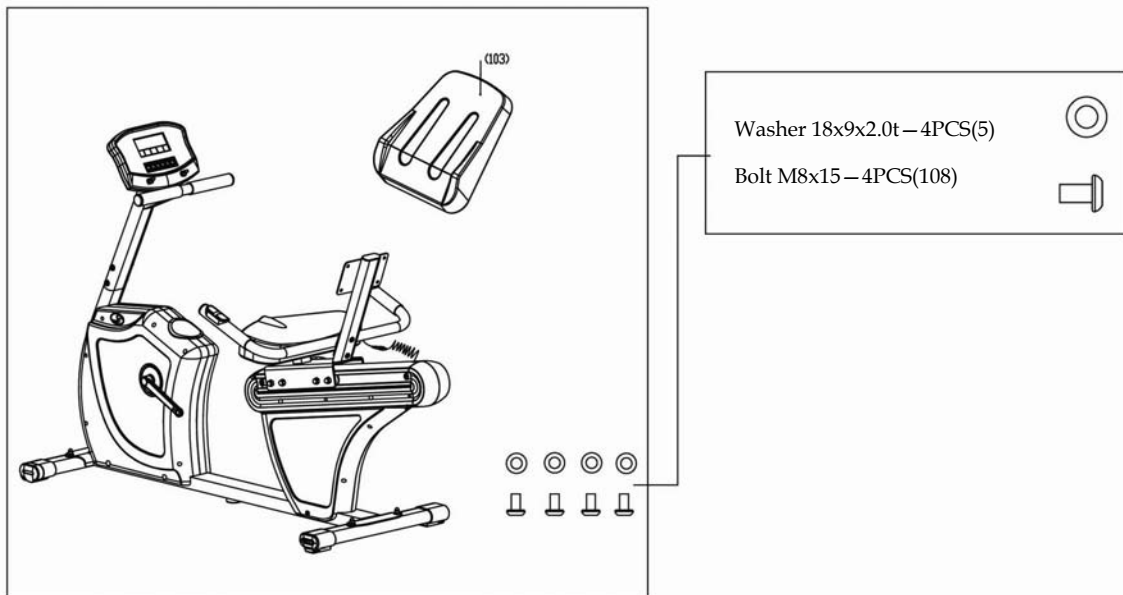
1. Install both Plastic Seat Stops (90) to the Seat rail (84), with Bolts (91), using the 4mm Allen Wrench (116) (one seat stop on each side).
2. Connect the contact heart rate Wires (17) & (63) as shown in fig B.

**Step 5E:**

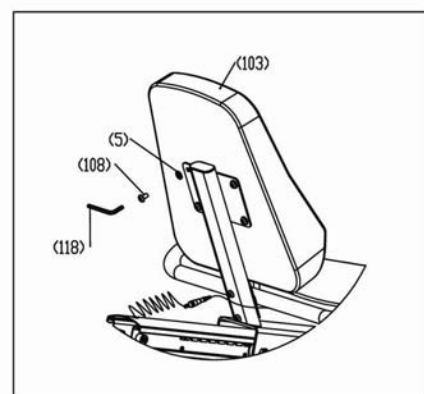
Install the seat rail covers (48) & (49) to the Seat rail (84), with Self Tapping Screw (41) using a Phillips head screw driver (117)



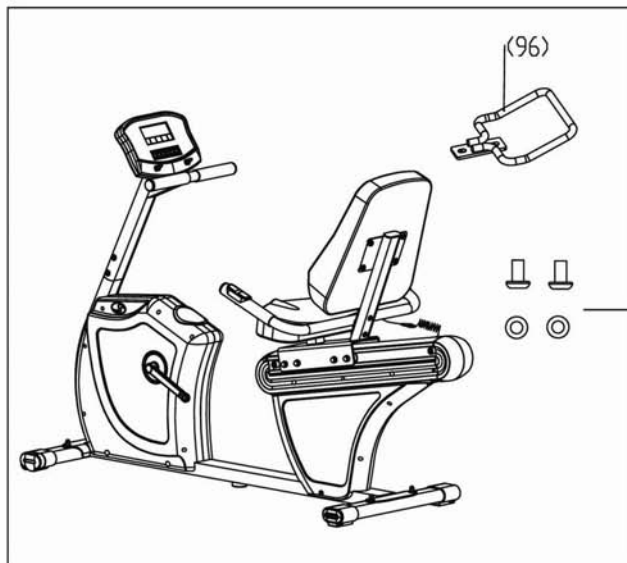
6. To assemble the Backrest



STEP 6A: Install the Seat Back (103) to the Seat Base using Bolts (108), and Flat Washers (5), then tighten using the 6mm Allen Wrench (118).



7. Install the Transport handle



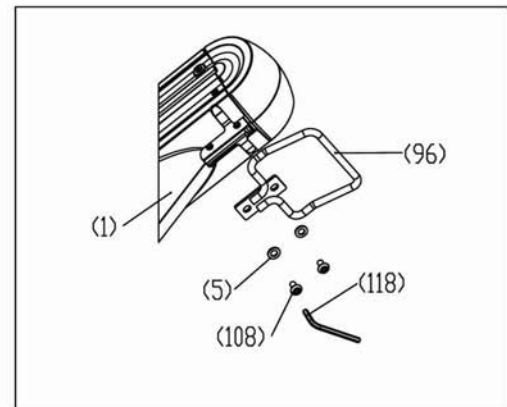
Washer 18x9x2.0t—2PCS(5)



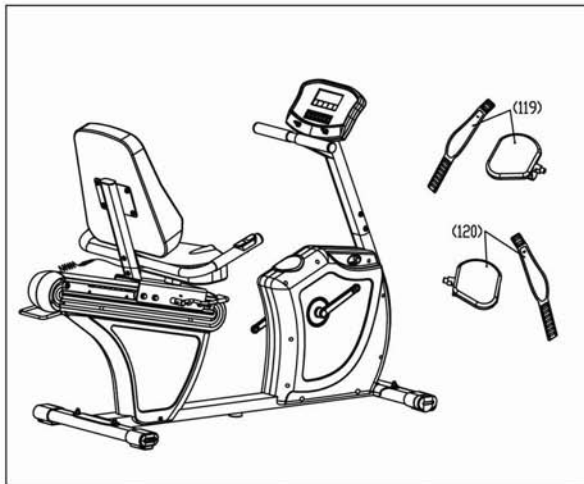
Bolt M8x15—2PCS(108)



STEP 7A: Install the transport handle (96) to the Frame (1) with Bolts (108), Washers (5) tighten bolts (108) using the 6mm Allen wrench (118).

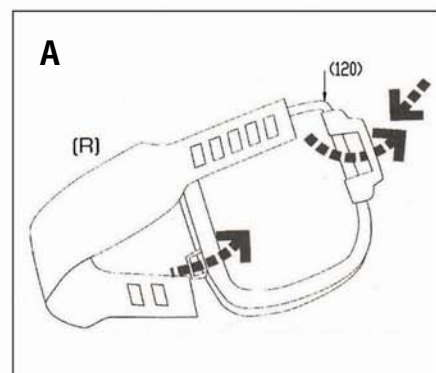
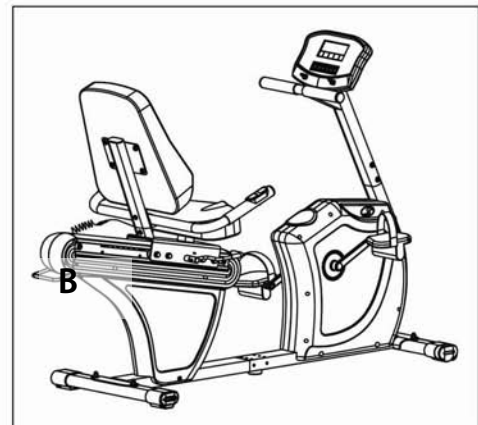


8. Assemble and Install the Pedals



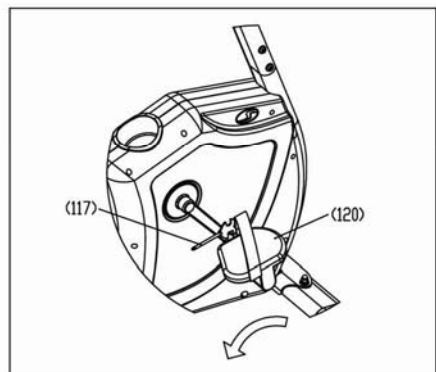
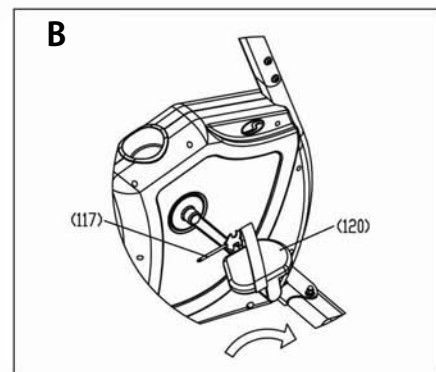
Step 8A:

Install the toe straps on the pedals as shown in Fig A to the right.



Step 8B:

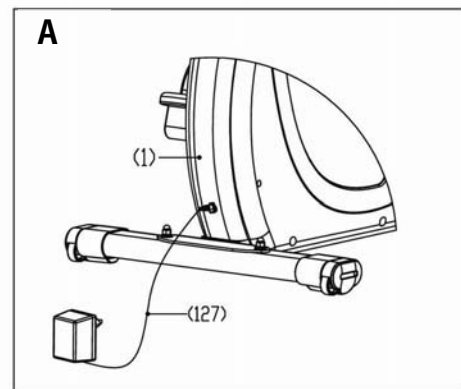
The pedals are stamped on the threaded end of the axle with the letter "R" and "L" for Right and Left respectively. Right and Left sides are determined as seated on the recumbent bike. Install the Right pedal on the Right crank arm using the included wrench (117) or a 15 mm wrench. Install the Left pedal on the Left crank arm using the included wrench (117) or a 15 mm wrench. **NOTE: The Left pedal is reverse thread (you must turn it counter-clockwise to tighten it).**



9. Connecting the AC Adapter

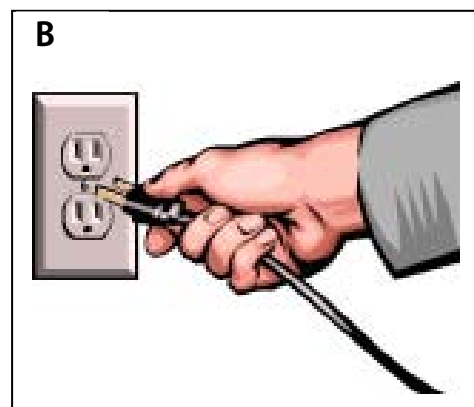
Step 9A:

Plug the AC-AC Adapter (127) into the Power Jack (1) in the front of the recumbent as shown in Figure A to the right.



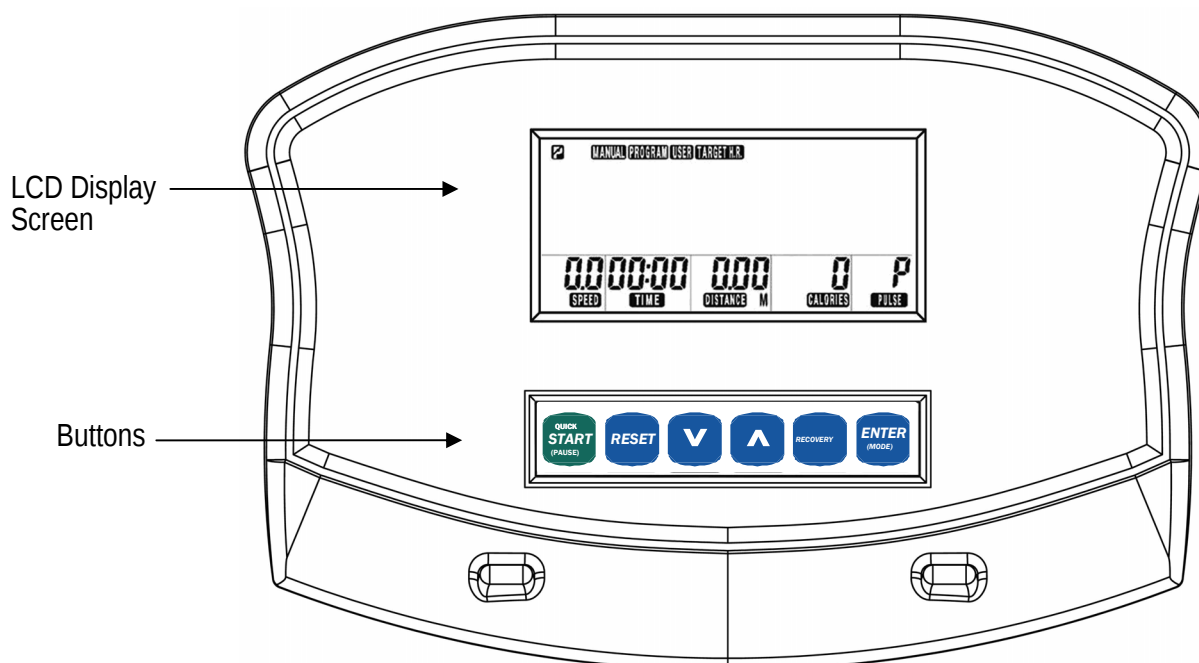
Step 9B:

Plug the other end of the AC Adapter (127) into a 120 volt wall outlet then your Gold XRC is ready for use.



Operation Instructions

Silver XRC Control Panel



Basic Operation

Power On

Plug in the AC Adapter to your Silver XRC, then plug the AC adapter into a wall outlet (See step 11, page 18). If your Silver XRC is already plugged in, press any button to turn on the display. After 5 min. of inactivity the display will enter sleep mode (shut off). To wake the display, press any key.

Monitoring Heart Rate:

Contact Heart Rate – Your PaceMaster Silver XRC comes equipped with contact heart rate monitoring capability through contact heart rate grips. Your Heart Rate will be shown in the Pulse display.

Wireless Heart Rate – Your PaceMaster Silver XRC equipped with a built in wireless heart rate receiver. If you have a Polar or Cardio Sport wireless chest strap and wear it according to the instruction that came with it while using your Silver XRC your heart rate will be displayed in the respective area on the display. **A Wireless Chest Strap is NOT included with this product.**

Quick Start

Quick Start may be used at power-up and with all workout modes. Quick Start when used at power up will default manual mode.

Note: Quick start will set work out parameters such as time, distance, calories to default values.

Pause

Your workout can be paused by pressing . A flashing "P" will be displayed in upper left corner of panel indicating workout is paused. Workout will resume when  is pressed again.

Pulse recovery

Press  to enter Pulse recovery program. Hold the hand pulse and in first 10 seconds, the computer will detect user heart rate. Then computer will count down 60 seconds automatically and display score by A+,A-,B+,B-,C+,C-. A+ is the best and C- is the worst. If the computer cannot detect user heart rate in first 10 seconds, the computer will return to Pause mode. Press  to enter workout mode. Press  again and , the system will be reset. You can follow above steps to test Pulse recovery again.

Workout Selection

There are 4 basic workout modes:

Manual, Pre-program, User, Target HR

-- After power up press  or  to scroll flashing prompt to desired workout mode.

-- Press  to select desired mode.

--Quick Start can be initiated once mode is entered.

Setting Workout Parameters

After selecting desired workout mode: Manual, Program, User & Target HR, you may pre-set several workout parameters for desired results.

WORKOUT PARAMETERS:

RPM, SPEED, TIME, DISTANCE, WATTS, CALORIES, and PULSE

Note: Some parameters are not adjustable in certain programs.

Once a program has been selected, pressing  , will make "**Time**" parameter flash.

Using   you may select desired time value. Press  to input value.

Flashing prompt will move to the next parameter. Continue use   then  until desired values are set.

Press  to begin workout.

On The Fly Changes

Parameters: Time, Distance, etc. maybe reset after program begins by pressing  . When in pause mode,"

Time" will flash and   can be used to adjust time.  can be used to clear value. Press

 to move flashing prompt to next value. Repeat sequence for other parameters. Press  to resume workout.

Button Functions

Button	Button Function
	This is a dual function Button used to start & pause workout. Note: Quick start is initiated when start button is selected prior to selecting a program or workout parameters: TIME, DISTANCE, etc.
	When your workout is paused pressing this button for 3 seconds will reset recumbent display. Note:  symbol must be blinking for this to work.
	Decrease value of selected workout parameter: TIME, DISTANCE, etc.
	Increases value of selected workout parameter: TIME, DISTANCE, etc.
	This program will evaluate your fitness condition based on change in heart rate over a period of one minute after exercising.
	Enter button is used to confirm (enter) the information currently displayed.

Display Workout Parameters

Field	Display Range	Store Information	Zeroing	Description
TIME	0: 00-99	Yes	Yes	1. When display is 0:00, TIME will count up. 2. When TIME is 01:00-99:00, it will count down to 0.
DISTANCE	0.00 – 99.90	Yes	Yes	1. When display is 0:00, DISTANCE will count up. 2. When DISTANCE is 0.10-99.90, it will count down to 0.
PULSE	30-240 BPM	Yes	Yes	When Heart Rate exceeds set range, user will be alerted. (設置範圍70-240)
CALORIES	00-990 CAL	Yes	Yes	1. When display is 0:00, CALORIES will count up. 2. When CALORIES is 10 - 990, it will count down to 0.
WATT	30-450 VARIES BY MODEL	Yes	Yes	1. When display is 0:00, WATTS will count up.
RPM	0-250	No	No	During workout, the WATT / CALORIES / RPM SPEED fields Scroll on display every 6 seconds.

Manual Workout “Manual”

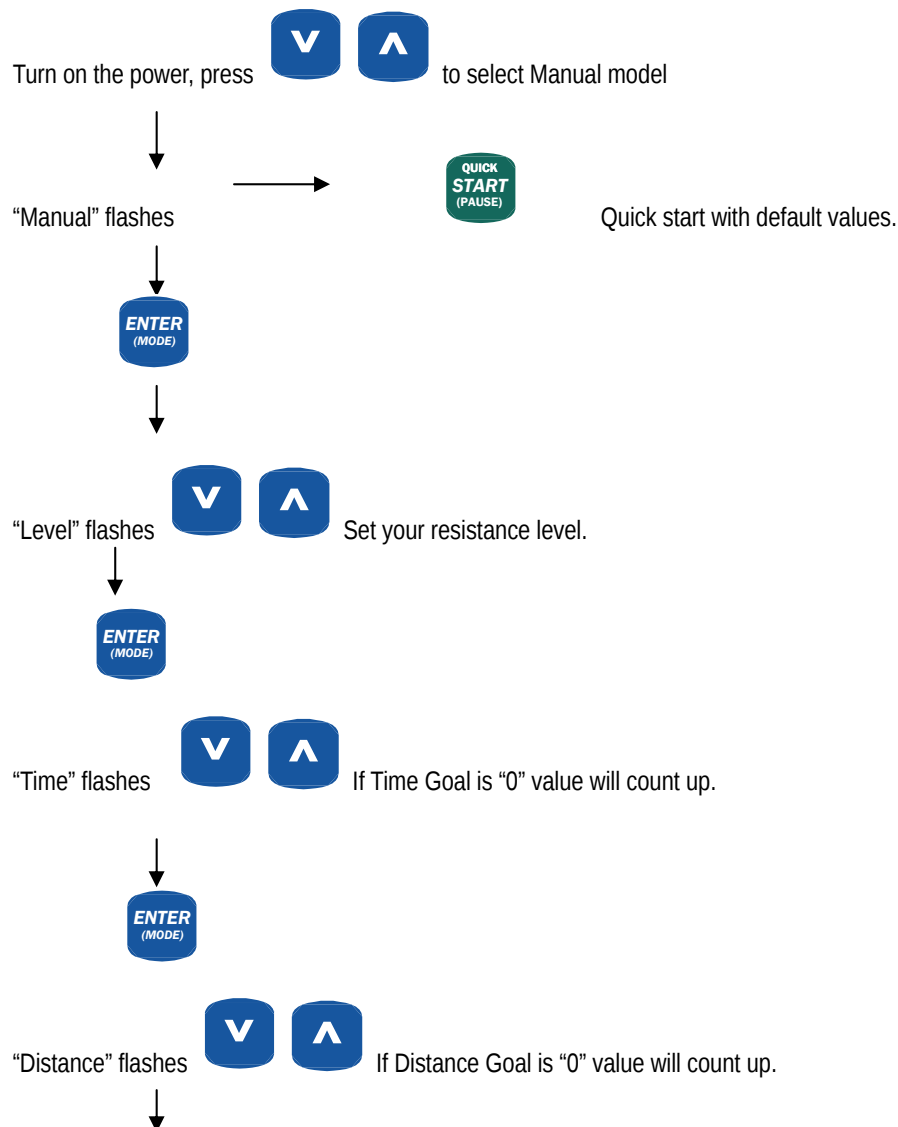
Manual is the default program at power-up. Press   to adjust resistance levels.

Setting Parameters for Manual

Turn on the power, press   to select Manual model and press . “Time” will flash, and can be adjusted using   buttons. Press  to save value & move to next parameter to be adjusted. Continue through all desired parameters, press  to begin workout.

Notes: 1. Parameters can be reset at any time during workout, on the fly.
2. Some parameters are not adjustable in certain workout modes. See “Setting Workout Parameters” for further details.

“Manual” Operating Instructions




"Calorie" flashes   If Calorie Goal is "0" value will count up.



"Pulse" flashes   (Set your desired maximum heart rate for an alarm to sound once reached).

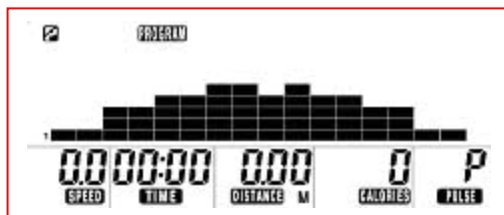


Begin Workout!

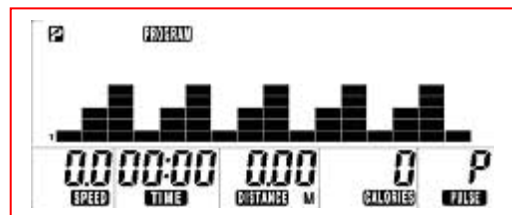
Note: Use   buttons to adjust resistance levels, at any time during workout.

Program Workouts” Program”

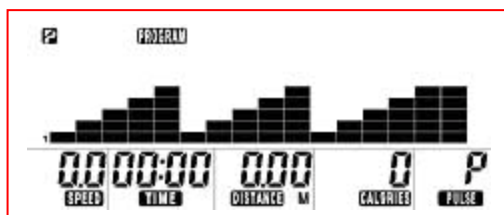
There are 12 program profiles ready for use. All program profiles have 16 levels of resistance that can be user adjusted.



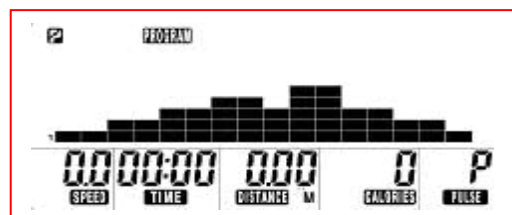
Profile #1



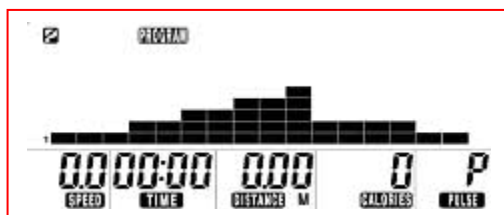
Profile #2



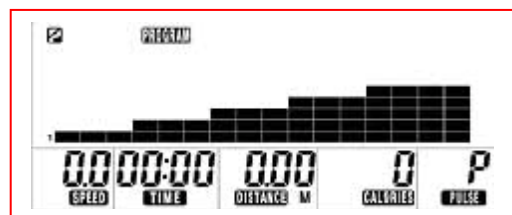
Profile #3



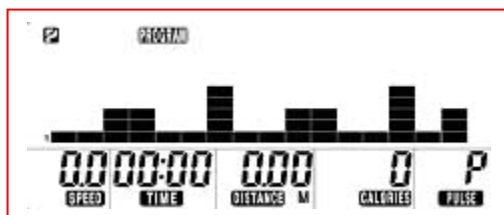
Profile #4



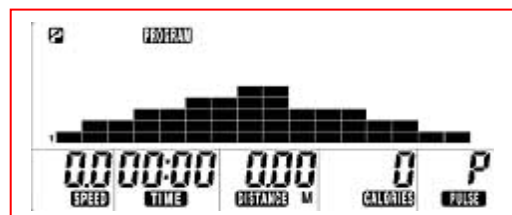
Profile #5



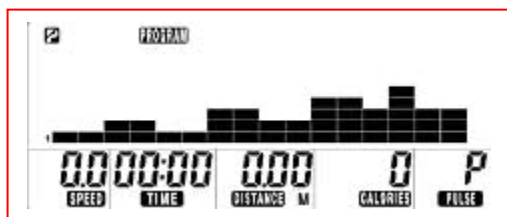
Profile #6



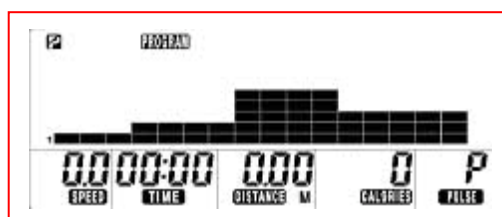
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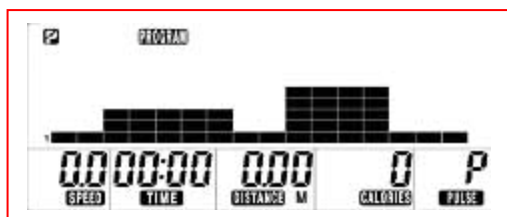
Profile #8



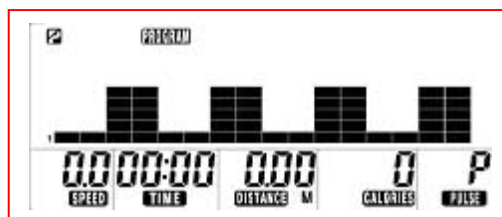
Profile #9



Profile #10



Profile #11



Profile #12

Selecting a Program

Turn on the power, press   to select program then press . Press   to select one of above 12 profile then press .



can be pressed to start workout if parameters will not be user set.

Setting Parameters For Program Profile.

Select required program (P1-P12) then press . 1st parameter "Time" will flash so value can be adjusted

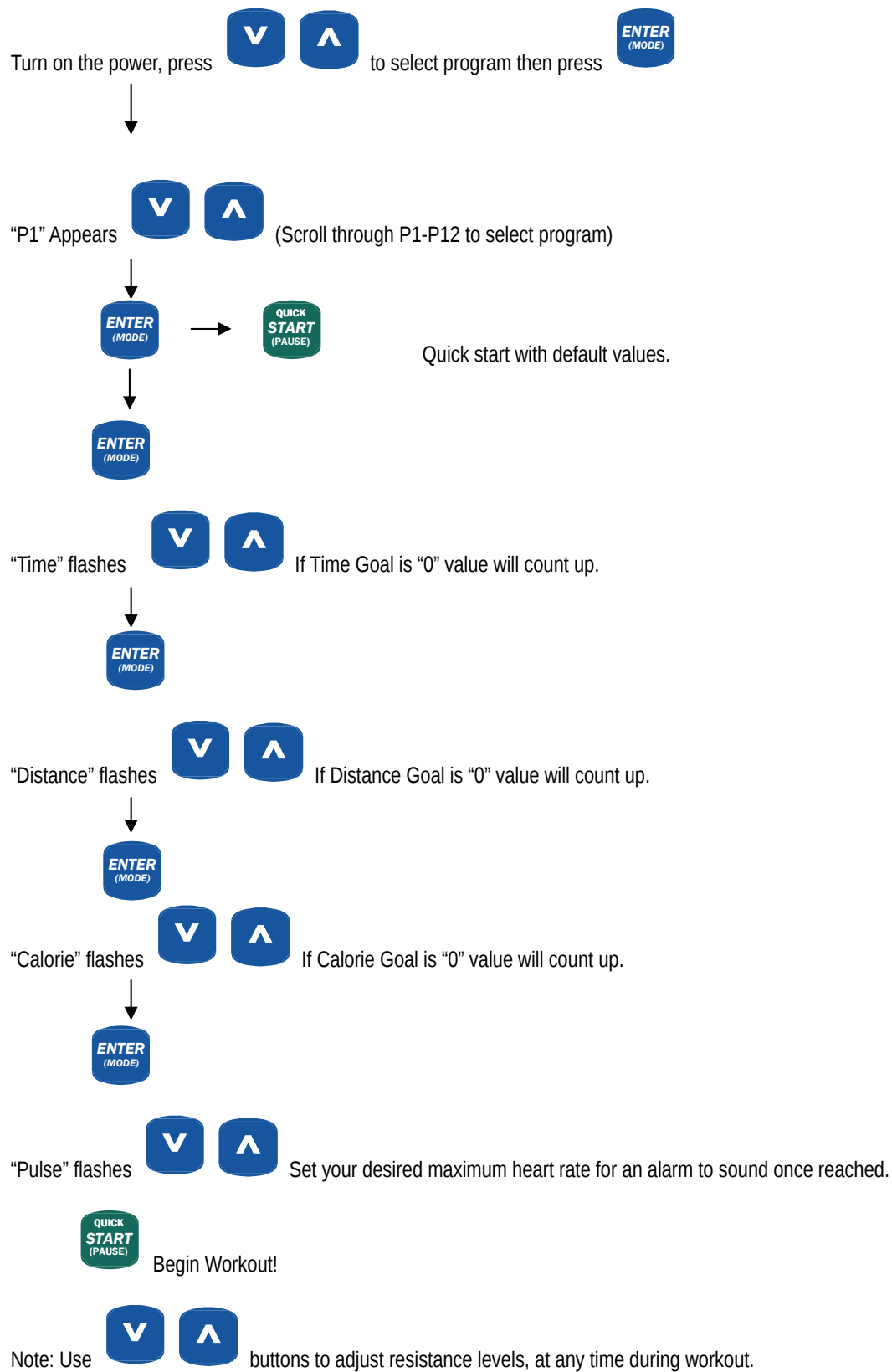
using  

Press  to save value & move to next parameter to be adjusted. Continue through all desired parameters,

press  to begin workout.

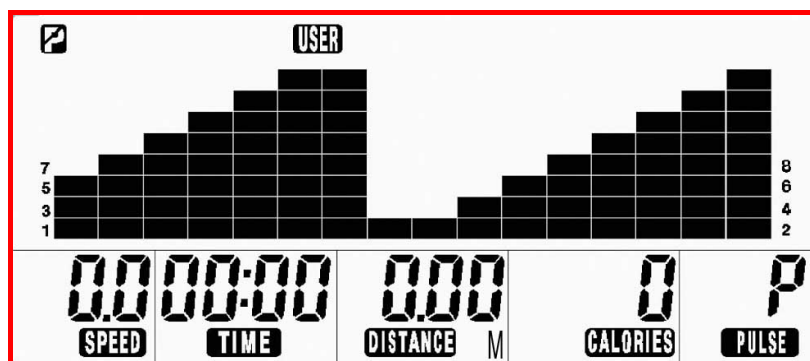
Note: Use   buttons to adjust resistance levels, at any time during workout.

“Program” Operating Instructions (cont’d)



User Workout “User”

The User program allows you to set the individual level of intensity for 16 workout segments (columns). Each segment (column) will be 1/16 of the total workout time. This program can be used immediately and is stored for future workouts.



Create User Profile

Turn on the power, press   to select “User” then press .

Segment 1 will flash. Adjust   to set desired resistance level. Press  to move to next segment and continue this procedure for all 16 segments. Press  to begin 16 minute workout; 16 minutes is the default time. Workout time may be adjusted by pressing . “Time” flashes set total workout time using



“User” Operating Instruction

Turn on the power, press   to select “User” then press .

↓

“User” flashes →  Quick start with default values

↓

Segment (column) 1 flashes Use   buttons to set resistance for this segment.





Segment (column) 2 flashes Use



buttons to set resistance for this segment.

Repeat this procedure for all 16 segments 16 segment.



Begin 16 minute workout!

Adjusting Workout time (0-99 minutes.)



"Time" flashes



If Time Goal is "0" value will count up.



"Distance" flashes



If Distance Goal is "0" value will count up.



"Calorie" flashes



If Calorie Goal is "0" value will count up.



"Pulse" flashes



(Set your desired maximum heart rate for an alarm to sound once reached).



Begin Workout!

Note: Use



buttons to adjust resistance levels, at any time during workout.

Target Heart Rate Workout “Target HR”

The Target Heart Rate workout allows user to maintain a specified heart rate throughout their workout. The Computer will adjust resistance to maintain target HR. User cannot adjust resistance levels manually.

There are 4 selections for target **PULSE**:

55% = 55% of (220-AGE)
 75% = 75 % (220-AGE)
 90% = 90% of (220-AGE)
 THR = Set by user

(See Examples below)



When target heart rate is achieved the computer will vary resistance to maintain the selected heart rate.

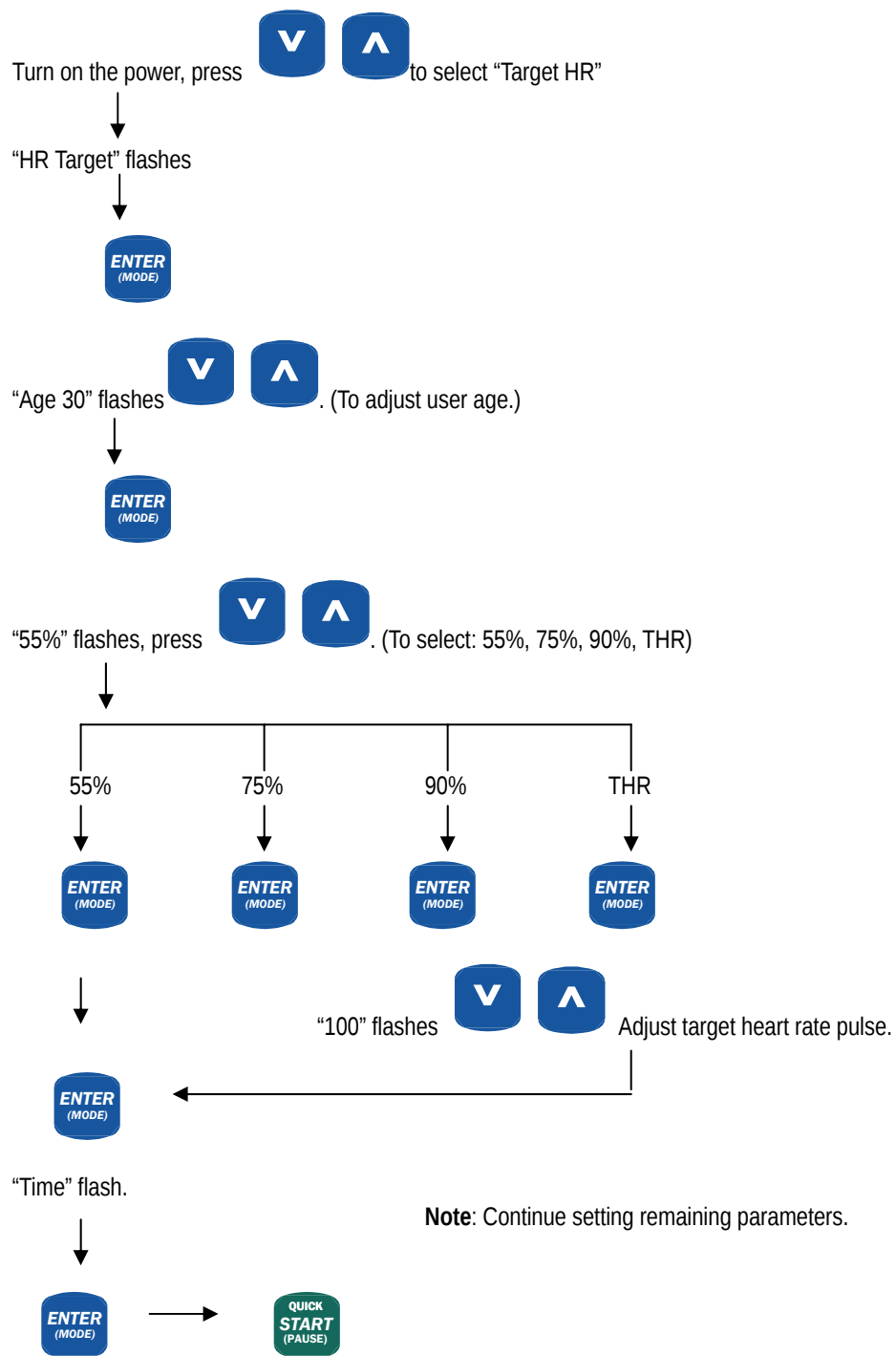
Setting parameter for “Target HR”

Turn on the power, press to select “Target HR” then press . “Age 30” will flash, press to change age. (Range from 5 to 99). Press , 55% flashes and pressing allows selection of 55%, 75%, 90% and THR”. Press .

Note: 55%- 90%, sets target HR pulse based on age and % of max HR selected. “THR” allows user to set target heart rate.

If choosing “55%-90%” mode. Press to adjust “Time” using . Continue setting desired parameters. Press to begin workout. When choosing “THR” mode “Pulse” will flashes “100”. Press to adjust pulse. Press then “Time” will flash use to enter value then press to continue with other parameters. Press to begin workout.

“Target HR” Operating Instructions



Note: Continue setting remaining parameters.

Note: Resistance levels cannot be adjusted by user in target HR

Heart Rate Recovery

This feature will evaluate your fitness condition based on change in heart rate over a period of one minute. At the completion of this test a value (A+, A-, B+, B-, C+, C-) will be displayed (A+ is Best)

Press  to enter the recovery program, or press  then  when flashing "P" is displayed, or stop your workout to enter the recovery program. In the first 10 seconds, the computer will detect your heart rate (fig 1). Then computer will count down 60 seconds automatically (fig 2) and display your score (fig 3) (A+, A-, B+, B-, C+, C-), A+ is the best. If the computer cannot detect user heart rate in first 10 seconds, the computer will default to stand by mode.

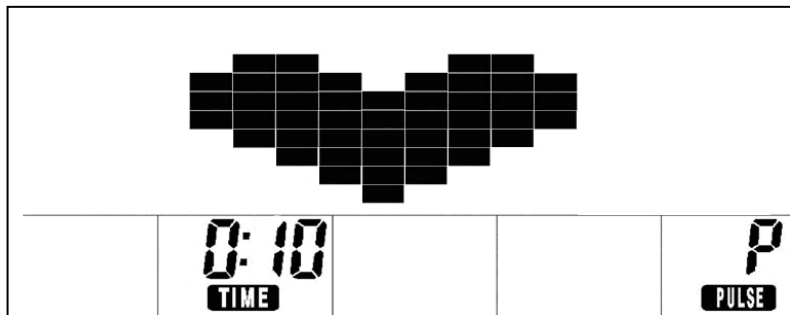


Fig 1

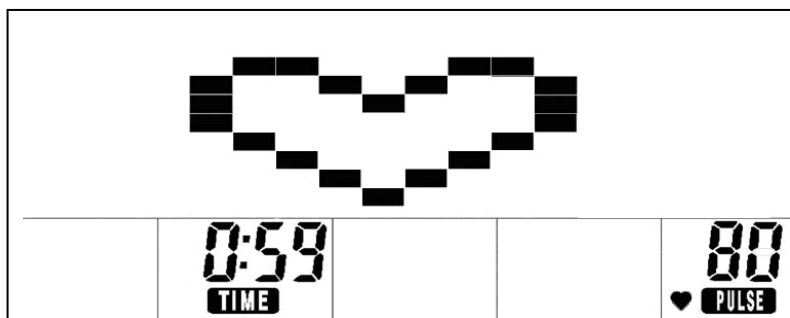


Fig 2

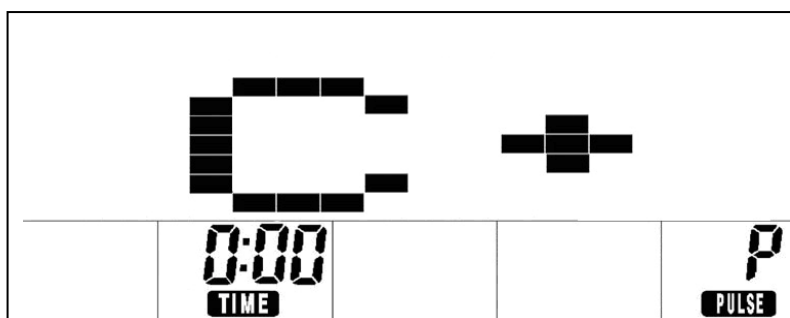
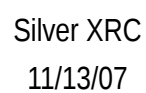


Fig 3



PaceMaster Silver XRC Technical Specifications

Boxed Dimensions:	65"L x 30"W x 15"H
Assembled Dimensions:	68"L x 29" W x 49"H
Boxed Weight:	132 lbs.
Assembled Weight:	110 lbs.
Frame:	High Tensile Steel
RPM Range:	0 to 255 rpm, adjustable in increments of 1
Resistance Range:	0 to 32 levels, adjustable in increments of 1
Workout Programs:	Quick Start, Manual, Program (12 choices), User, Target HRC and, Recovery.
Weight Limit:	275 lbs
Warranty:	Lifetime Frame, 2 Years Parts, 1 Year Labor
Operating Temperature Range:	50° F to 100° F

Manufacturer reserves the right to change the products specifications without notice.

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