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## Klarfit F60

# Capital Sports Pacemaker F60 Treadmill User Manual

Model: F60 | Brand: Klarfit

## 1. INTRODUCTION

Thank you for choosing the Capital Sports Pacemaker F60 Treadmill. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your new fitness equipment. Please read all instructions carefully before use and retain this manual for future reference.

The Pacemaker F60 is designed for home use, offering a convenient way to perform cardio workouts. It features a 1 PS motor, adjustable speed up to 10 km/h, a 3-level manual incline system, and an AutoLubrication System for smooth operation.

## 2. SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the treadmill. The manufacturer assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Always consult with a physician before starting any exercise program.
- Keep children and pets away from the treadmill at all times.
- Place the treadmill on a level surface with at least 2 meters of clear space behind it and 0.6 meters on each side.
- Ensure the safety key is properly attached to your clothing during operation. In case of emergency, the safety key will detach, stopping the treadmill.
- Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught in moving parts.
- Do not operate the treadmill if it is damaged or not functioning correctly.
- Unplug the treadmill from the power outlet when not in use, before cleaning, and before performing maintenance.

- The maximum user weight for this treadmill is 110 kg.

## **3. SETUP AND ASSEMBLY**

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The Capital Sports Pacemaker F60 Treadmill requires some assembly. Follow these steps carefully.

### **3.1 Unpacking**

Carefully remove all components from the packaging. Ensure all parts listed in the packing list are present. If any parts are missing or damaged, contact customer service.

### **3.2 Assembly**

Refer to the included assembly diagram for detailed instructions. Typically, this involves attaching the uprights, console, and handlebars to the main frame. Ensure all bolts and nuts are securely tightened.

### **3.3 Placement**

Position the treadmill on a firm, level surface. Ensure adequate clearance around the unit for safe operation and access.



Image: The Capital Sports Pacemaker F60 Treadmill showing its dimensions (120 cm length, 62 cm width, 120 cm height) and maximum weight capacity of 110 kg. This image helps in planning the placement of the treadmill.

### 3.4 Folding and Unfolding

The treadmill features a hydraulic folding system for space-saving storage.

- **To Fold:** Lift the running deck until it locks into an upright position.
- **To Unfold:** Gently push the running deck release mechanism and slowly lower the deck to the floor.

## SPACE-SAVING

Hydraulic, independent folding system for space-saving storage



## SELF-LUBRICATING

Shock-absorbing *AutoLubrication System* for particularly smooth, maintenance-free running of the treadmill



Image: The Capital Sports Pacemaker F60 Treadmill in a folded position, demonstrating its space-saving hydraulic folding system. An inset shows the self-lubrication port for maintenance.

## 4. OPERATING INSTRUCTIONS

Familiarize yourself with the control panel and functions before beginning your workout.

### 4.1 Control Panel Overview

The integrated training computer with an LCD display shows key performance data such as calories consumed, time, distance, speed, and heart rate. The console also includes a tablet holder.



Image: A woman running on the Capital Sports Pacemaker F60 Treadmill, demonstrating its use. The console features a tablet holder for entertainment or app integration during workouts.

## 4.2 Starting a Workout

1. Plug the treadmill into a grounded outlet (220-240 V~ / 50-60 Hz).
2. Attach the safety key to the console and clip the other end to your clothing.
3. Step onto the treadmill, placing your feet on the side rails.
4. Press the START button to begin. The belt will start moving at a low speed.

## 4.3 Adjusting Speed and Incline

- **Speed:** Use the speed adjustment buttons on the console to increase or decrease the belt speed from 1.0 to 10 km/h.
- **Incline:** The treadmill features a 3-Level Incline System with manual adjustment to 0.5°, 2.5°, or 4°. Adjust the incline before starting your workout by physically moving the incline mechanism at the rear of the treadmill.

# MOUNTAIN RUNNING

3-Level Incline System for manually adjustable incline of 0.5°, 2.5° or 4°



Image: A side view of the Capital Sports Pacemaker F60 Treadmill illustrating its 3-Level Incline System, which allows for manual adjustment to 0.5°, 2.5°, or 4° to simulate uphill running.

## 4.4 Workout Programs

The treadmill offers 12 pre-set workout programs. Select a program using the 'Program' button on the console. Each program varies speed and duration to provide diverse training experiences.

## 4.5 Pulse Monitoring

Integrated pulse sensors in the handlebars allow you to monitor your heart rate during your workout. Grip the sensors firmly with both hands for an accurate reading.

## 4.6 Bluetooth and iFitShow App

The Pacemaker F60 can connect via Bluetooth to the iFitShow app on your smartphone or tablet. This allows for enhanced control and tracking of your workout data.



## APP-CONTROL

Complete iFitShow app integration via bluetooth connection with smartphone or tablet



Image: The console of the Capital Sports Pacemaker F60 Treadmill with a tablet mounted, displaying the iFitShow app interface. This highlights the Bluetooth connectivity and app control feature.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill.

### 5.1 AutoLubrication System

The treadmill features an AutoLubrication System for smooth and quiet operation. Periodically check the lubricant level and refill as needed. Lubricant can be purchased separately (Article 10032930).

### 5.2 Cleaning

Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Do not use abrasive cleaners or solvents.

### 5.3 Belt Adjustment

If the running belt becomes misaligned or too loose/tight, refer to the detailed instructions in the full product manual

for adjustment procedures. Incorrect adjustment can damage the treadmill.

## 6. TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common problems and solutions.

- **Treadmill does not power on:** Ensure the power cord is securely plugged into a working outlet and the safety key is correctly inserted. Check the circuit breaker.
- **Running belt stops unexpectedly:** Check if the safety key has been dislodged. Re-insert it firmly.
- **Unusual noise during operation:** Check for any loose parts. Ensure the running belt is properly lubricated and aligned.
- **Inaccurate pulse readings:** Ensure your hands are firmly gripping both pulse sensors. Avoid excessive movement during measurement.

For issues not covered here, please consult the full product manual or contact customer support.

## 7. SPECIFICATIONS

Detailed technical specifications for the Capital Sports Pacemaker F60 Treadmill.

Feature	Specification
Model	Pacemaker F60
Motor Power	1 PS (1.08 HP max)
Speed Range	1.0 - 10 km/h
Incline System	3-Level Manual (0.5°, 2.5°, 4°)
Running Surface (W x L)	360 x 1000 mm
Max User Weight	110 kg
Workout Programs	12
Display Functions	Calories, Time, Distance, Speed, Pulse
Connectivity	Bluetooth (iFitShow App compatible)
Assembled Dimensions (W x H x D)	62 x 120 x 120 cm
Folded Dimensions (W x H x D)	63 x 120 x 55 cm
Product Weight	23.5 kg
Material	Alloy Steel
Power Supply	220-240 V~ / 50-60 Hz
Special Features	AutoLubrication System, LowNoise-FX Drive, Hydraulic Folding System, Shock Absorption, Transport Wheels



**AutoLubrication  
System**



**Smart Cardio  
Studio**



**Max.  
1,0  
HP**



**1000  
X  
360**

**tread**



**10  
km/h**



**6-Level-Antishock  
Protection**



Image: An overview of the Capital Sports Pacemaker F60 Treadmill highlighting its key features through icons: AutoLubrication System, Smart Cardio Studio, Max 1.0 HP motor, 1000x360 tread surface, 10 km/h max speed, and 6-Level Antishock Protection.



LowNoise  
FX Drive



## POWERFUL TECHNOLOGY

1 HP, *LowNoise-FX* drive motor  
for up to 10 km/h

Image: A detailed view of the Capital Sports Pacemaker F60 Treadmill's internal components, specifically highlighting the 1 HP LowNoise-FX Drive motor, designed for quiet and powerful operation up to 10 km/h.