



## LSG M5 Under Desk Fold Down Treadmill User Manual

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### Pacer M5 Under Desk Fold Down Treadmill USER MANUAL



Product may vary slightly from the item pictured due to model upgrades.



Read all instructions carefully before using this product.

Retain this owner's manual for future reference.

**NOTE:**

This manual may be subject to updates or changes. Up to date manuals are available through our website at [www.lsgfitness.com.au](http://www.lsgfitness.com.au)

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## IMPORTANT SAFETY INSTRUCTIONS



**WARNING:** Read all instructions before using this treadmill.

It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.



**DANGER**

To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

**DO NOT USE AN EXTENSION CORD:**

DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

- Install the treadmill on a flat level surface with access to a 220-240 volt (50/60Hz), grounded outlet.
- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 1 metre clearance between the rear of the treadmill and any fixed object.
- Place your unit on a solid, level surface when in use.
- When running, make sure the plastic clip is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged power cord or plug. When damaged, these must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- The treadmill is intended for in-home use only and is not suitable for commercial environments.
- To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate

trends in general.

- Use the handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- Before undertaking any type of exercise program, it is recommended that you consult a doctor.
- Injuries to health may result from incorrect or excessive training.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- **WARNING:** Heart rate monitoring systems may be inaccurate. If you feel faint stop exercising immediately.
- Children should not be allowed on or around the equipment, even when not in use.
- Children should be supervised to ensure that they do not play with this machine.
- Loose-fitting clothing or jewellery that could become an entanglement hazard should not be worn.
- Training shoes should be worn when using the equipment.
- Equipment must be used on a level and stable surface.
- All fixings should be checked before the equipment is used.
- All literature relating to the use of the equipment should be retained for future reference.
- Recommended operating temperature: 5-40°C.



**Remove the safety key after use to prevent unauthorized treadmill operation.**

## **IMPORTANT ELECTRICAL INFORMATION**



### **WARNING!**

- Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- NEVER remove any cover without first disconnecting AC power.
- NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.
- This is a high-power item; please do not share the same outlet with other high-power machines such as, fridges, air conditioning etc. Please choose an outlet exclusively for the machine and make sure the fuse is 10A.

## **Battery Safety**



### **WARNING**

THIS PRODUCT CONTAINS A BUTTON BATTERY THAT IS HAZARDOUS AND IS TO BE KEPT AWAY FROM CHILDREN

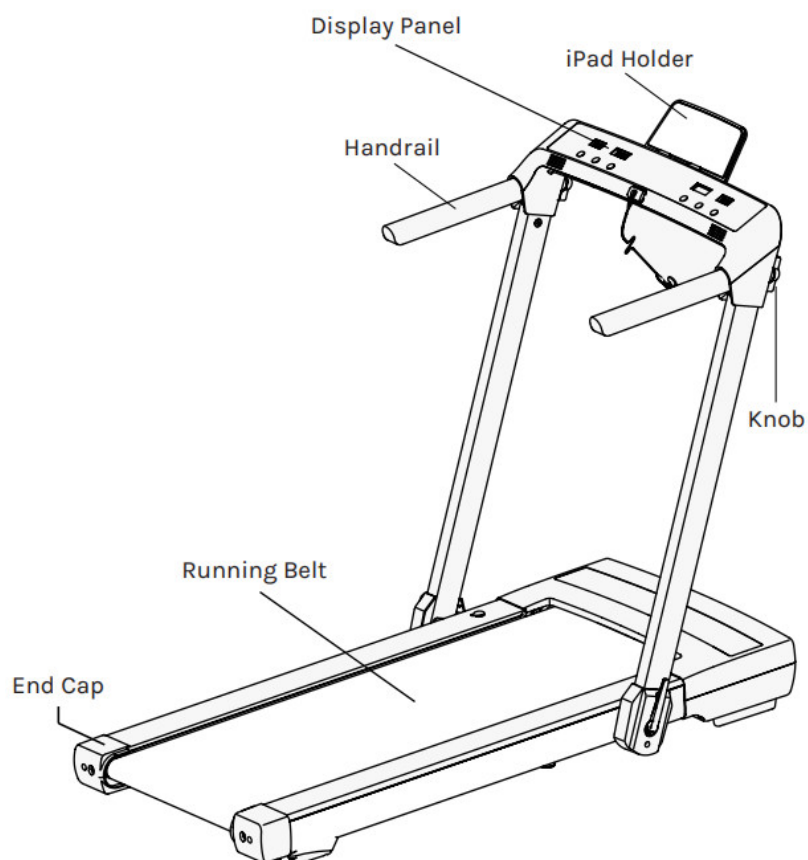
The battery can cause severe or fatal injuries in 2 hours or less if it is swallowed or placed inside any part of the body. Seek medical attention immediately if this occurs.

If suspected of swallowing the battery or otherwise placed inside any part of the body, please contact Australian Poison Centre immediately on 13 11 26.

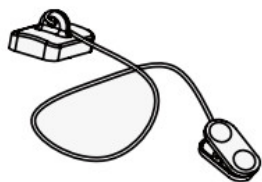
Hotline is open 24/7.

Call triple zero (000) immediately if you or someone you know stops breathing, slips into a coma, or has a seizure or a severe allergic reaction to suspected poisoning.

### **PARTS LIST**



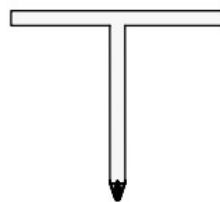
### **ACCESSORIES:**



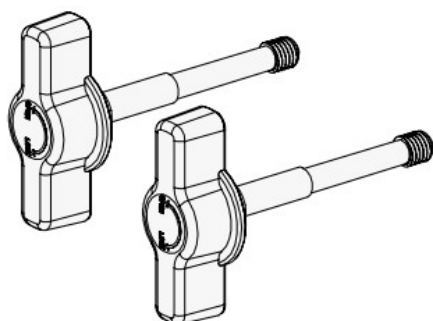
Safety Key



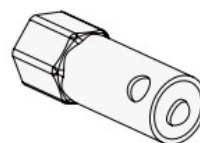
Screws



T-wrench

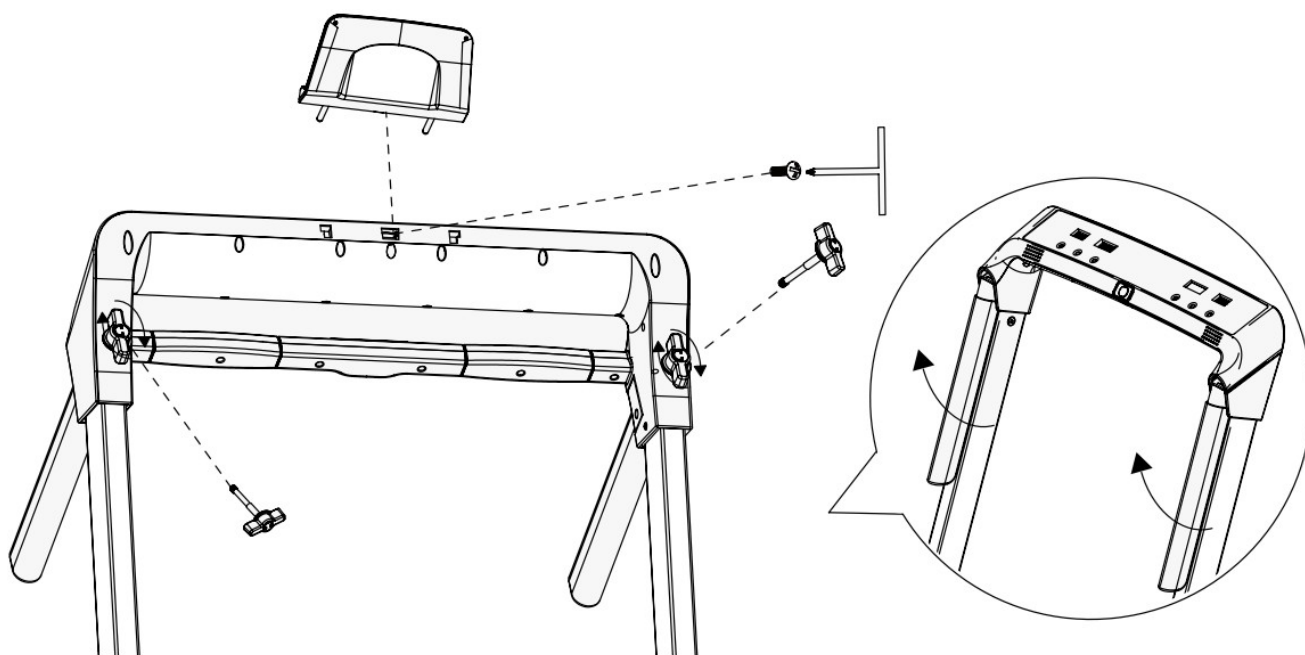


Knob  
(to fold and unfold)



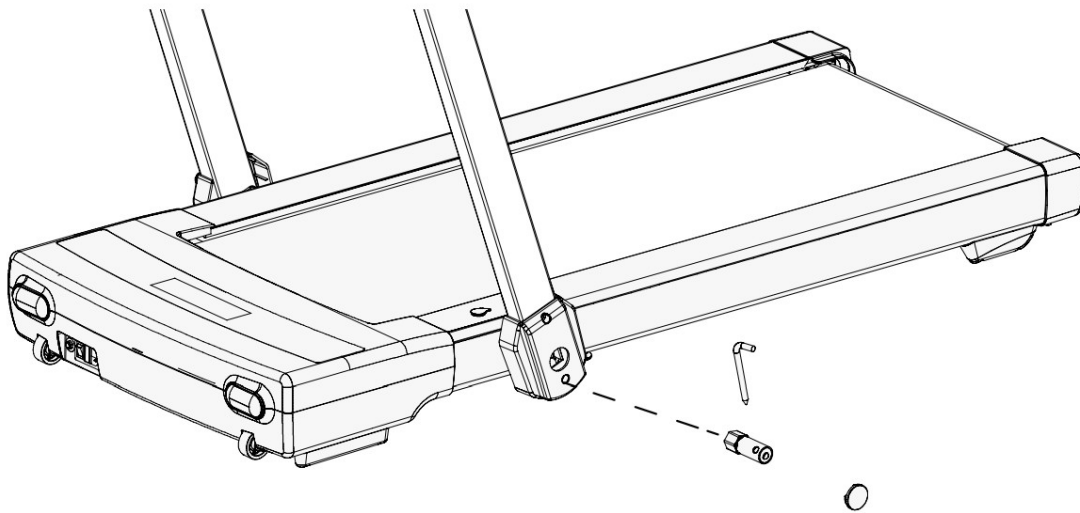
Socket Wrench  
(Maintain)

## ASSEMBLY INSTRUCTIONS



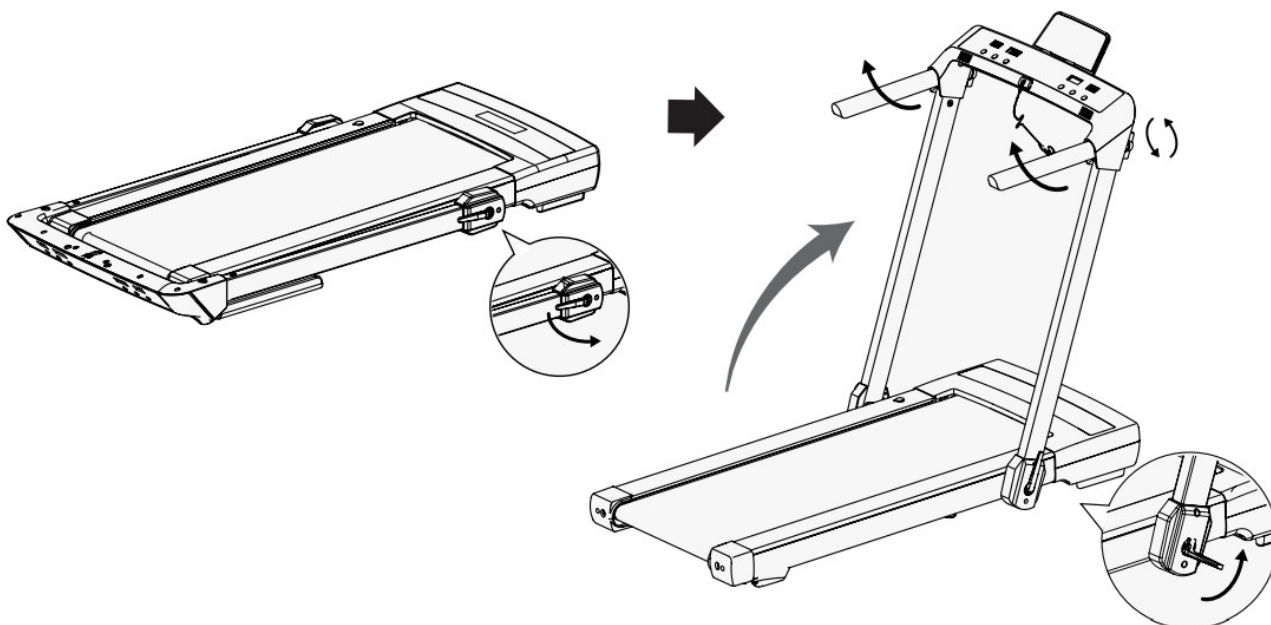
Take the knob out of the accessories bag, unfold the handlebars, and screw the knob into the fixing hole until it is tight. Tighten the bracket to the back of the main controller with screws and wrench.

## MAINTAIN



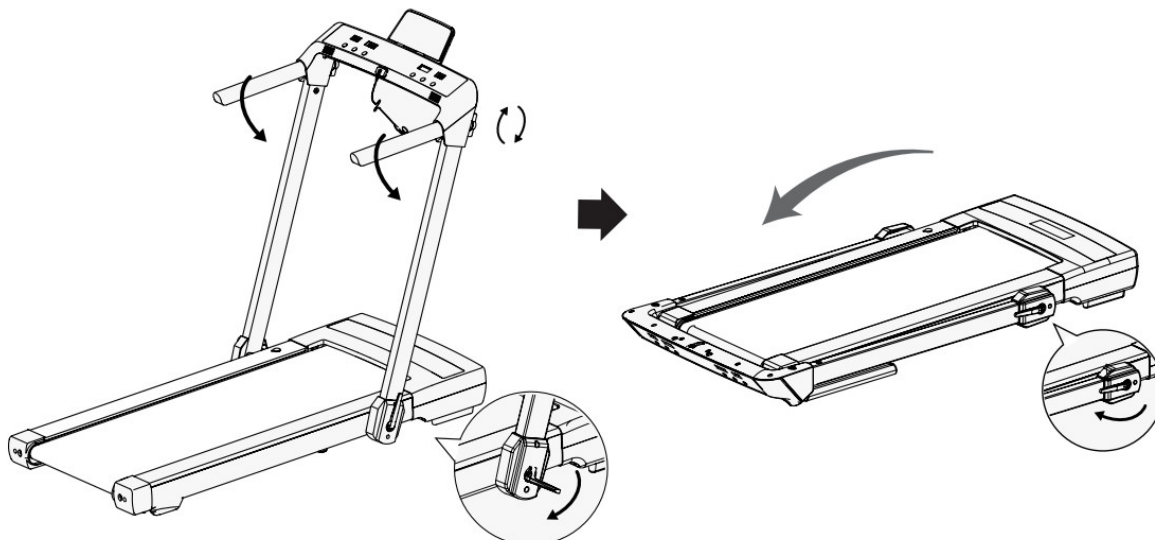
When the column shakes, we can remove the cap on one side of the upright arm. Insert the socket wrench into the corresponding hole of the column, then insert the Allen key into the hole of the tool. Rotate the wrench, remove the Allen key and socket wrench after tightening, and close the cap.

## UNFOLDING/FOLDING INSTRUCTIONS



### UNFOLDING THE MACHINE

Raise the wrench on the bottom of the machine frame to unfold the product. Unfold the armrest and tighten the locknut behind the control panel. The lock nut does not have to be completely unscrewed to prevent loss.



## FOLDING THE MACHINE

Loosen the lock nut behind the control panel and fold the armrest. Then loosen the wrench at the bottom of the product frame to fold the product. The lock nut does not have to be completely unscrewed to prevent loss.

## CONTROL PANEL



Before beginning a workout session ensure that the Safety Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing.



**NOTE:** Always stand on the side rails when you start the treadmill, never start the treadmill while you are standing on the running belt.

### FUNCTION BUTTONS

#### QUICK START:

Press the START button on the computer to begin exercising. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED + or SPEED – button on the computer console to increase or decrease the running speed during exercise.

During workout, you may press the STOP button on the computer console to end your workout at any time.

#### START:

Press the START button to begin exercising.

#### STOP:

Press the STOP button to end your workout.

#### MODE:

To select different function (TIME, DISTANCE, or CALORIES) for setting exercise goals in manual program mode before training.

#### PROG (PROGRAM):

To select your chosen workout (P1 to P12).

#### SPEED +:

To adjust the function value up. To increase running speed adjustments during all training periods on different training modes.

#### SPEED -:

To adjust the function value down. To decrease running speed adjustments during all training periods on different training modes.

### DISPLAY BUTTONS

#### TIME:

Displays your elapsed workout time in minutes and seconds.

You may also pre-set target time in STOP mode before training. To set TIME press the MODE button on the computer console until you see the split window of TIME begin blinking. Press the SPEED + or SPEED – button on the computer console to change the setting. The pre-set target time range is from 5:00 to 99:00 minutes. Once you pre-set target time, press the START button on the computer to begin exercising.

#### SPEED:

Displays the current speed from the minimum 1.0 KPH to the maximum 6.0 KHP or 12.0 KPH.

#### DIS (DISTANCE):

Displays the accumulative distance traveled during workout.

You may also pre-set target distance in STOP mode before training. To set DIS (DISTANCE) press the MODE button on the computer console until you see the split window of DIS (DISTANCE) begin blinking.

Press the SPEED + or SPEED – button on the computer console to change the setting. The pre-set target distance range is from 1.00 to 65.0 km. Once you pre-set target distance, press the START button on the computer to begin exercising.

#### CAL (CALORIES):

Displays the total calories burned during your workout.



You may also pre-set target calories in STOP mode before training. To set CAL (CALORIES) press the MODE button on the computer console until you see the split window of CAL (CALORIES) begin blinking. Press the SPEED + or SPEED – button on the computer console to change the setting. The pre-set target calories range is from 10 to 995 calories. Once you pre-set target calories, press the START button on the computer to begin exercising.

#### TRAINING IN PRE-SET PROGRAM MODE:

When in PROGRAM mode, press the PROG (PROGRAM) button to select your chosen workout (P01 to P12). Press the SPEED + or SPEED – button to change the setting. Press the START button to confirm and start your workout. This treadmill console has 2 kinds of Workout Programs to choose from.

#### UNFOLDED MODE:

PROGRAM				SPEED/PHASE SEQUENCE																
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P3	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	2	4	4	5	6	7	7	5	6	7	8	8	5	4	4	6	5	5	4	2
P6	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2
P7	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	2	3	3	6	7	7	4	6	7	4	4	4	6	7	4	4	4	2	3	2
P9	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	3	4	5	9	5	9	5	5	5	9	9	5	5	5	9	9	8	7	6	3
P12	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3

#### WALKPAD MODE:





#### FUNCTION BUTTONS:

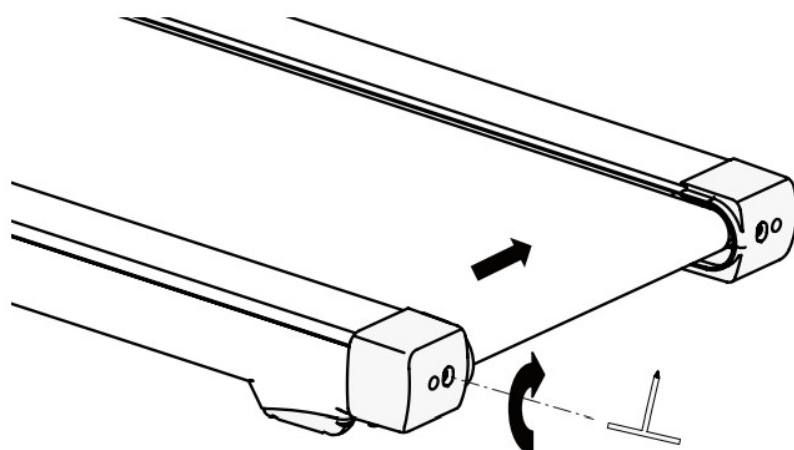
- Press the button to start/stop training on different training mode immediately.
- ⌚ Press the button to select the pre-set training program (P01-P04) mode before training. Hold the button for three seconds to switch on or off the light strips in two sides.
- ⊕ Press the button to make upward adjustments for the speed.
- ⊖ Press the button to make backward adjustments for the speed.



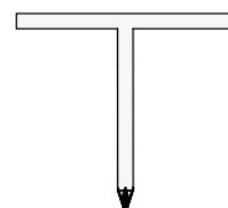
PRO GRA M	TIME SEGMENT																				
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPE ED	2	2	2	2	2.5	2.5	2.5	2.5	2	2	2	2	2.5	2.5	2.5	2.5	2	2	2	2
PO2	SPE ED	2	2	2	2	2.5	2.5	2.5	2.5	3	3	3	3	2.5	2.5	2.5	2.5	2	2	2	2
PO3	SPE ED	2.5	2.5	2.5	2.5	3	3	3	3	3	3	3	3	2.5	2.5	2.5	2.5	2	2	2	2
PO4	SPE ED	3	3	3	4	4	4	5	5	5	6	6	5	5	5	4	4	4	3	3	3

## MAINTENANCE INSTRUCTIONS

### BELT ADJUSTMENT



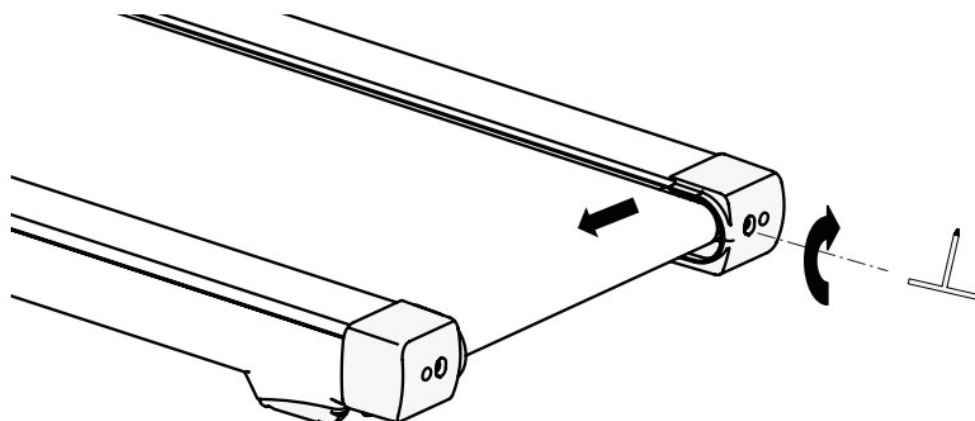
**TOOL:**



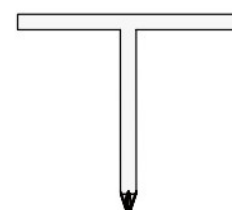
Wrench

The running belt is pre-adjusted to the running deck at the factory, but after prolonged use it can stretch and require readjustment. To adjust the belt, turn on the main power switch of the treadmill and let the belt run at a speed of 6-8 KPH. Use the Allen Wrench provided to turn the rear roller adjustment bolts in order to centre the belt.

If the running belt is shifting to the left, turn the left adjustment bolt 1/4 turn clockwise, and the running belt should start to correct itself.

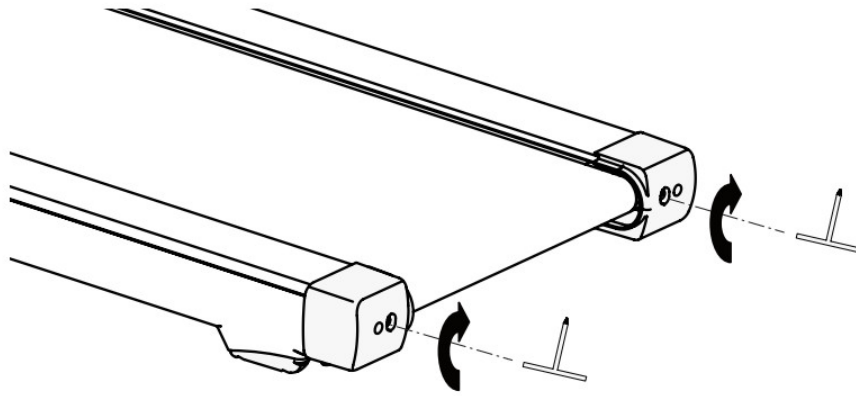


**TOOL:**

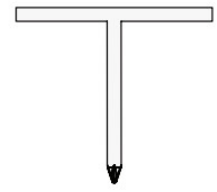


Wrench

If the running belt is shifting to the right, then turn the right adjustment bolt 1/4 turn clockwise, and the belt should start to correct itself. Keep turning the adjustment bolts until the running belt is properly centered.



#### TOOL:

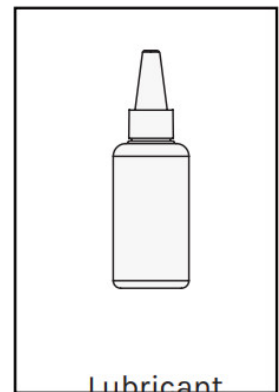
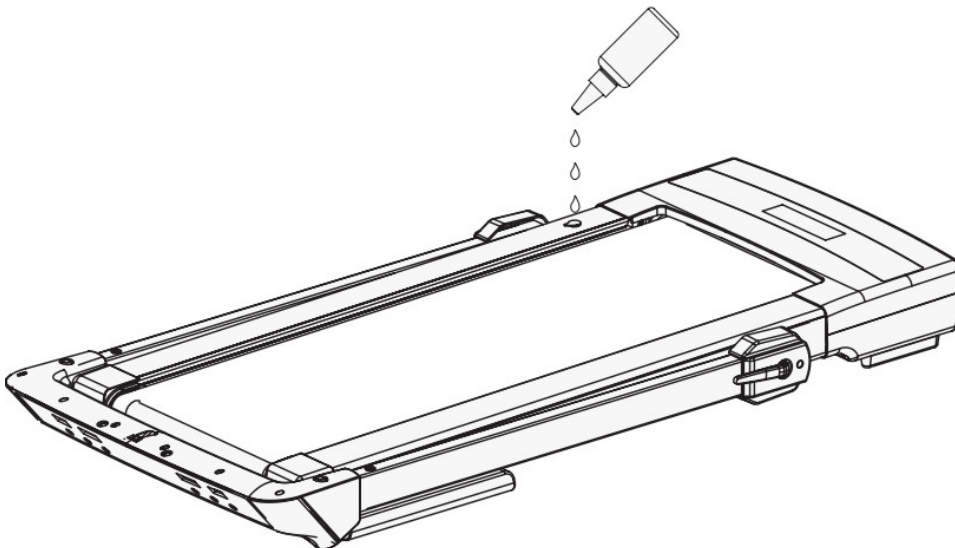


Wrench

If the running belt is slipping during use, turn off and unplug the treadmill. Using the Allen Wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn clockwise, then turn the main power switch back on and run the treadmill at a speed of 6-8 KPH. Run on to the running belt to determine if the belt is still slipping. Repeat this procedure until the belt no longer slips.

#### LUBRICATION

Lubricating your treadmill running belt will ensure superior performance and extend its life expectancy. When you receive your treadmill please apply some lubricant into each oil cap. After the first 25 hours of use (or 2-3 months) apply some lubricant and repeat for every following 50 hours of use ( or 5-8 months).Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.



Lubricant

#### HOW TO CHECK RUNNING BELT FOR PROPER LUBRICATION

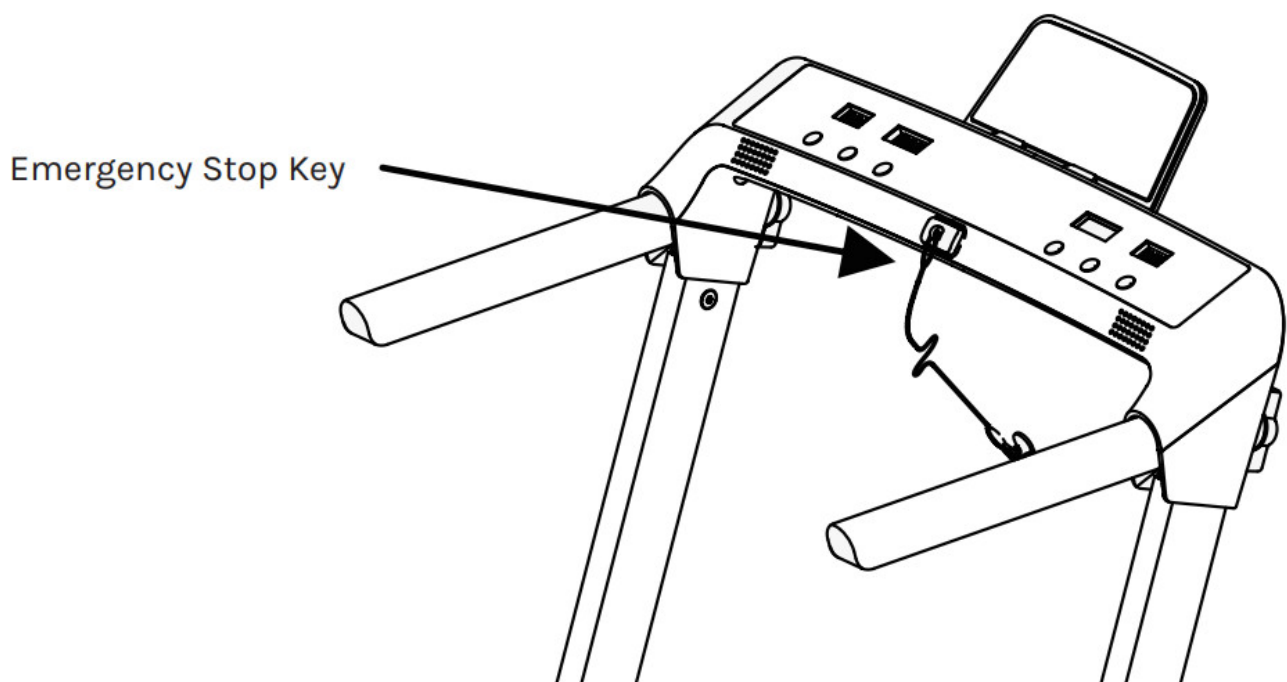
Remove the cap on the lubrication system,squeeze few drops of lubricant inside.

If the surface is slick to the touch, then no further lubrication is required.

If the surface is dry to the touch, apply some lubricant.

Avoid over oiling the running deck.

#### EMERGENCY STOP



Before beginning a workout session ensure that the EMERGENCY STOP KEY is placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing. If you fall the clip will pull out the EMERGENCY STOP KEY from the Computer Console and the running belt will stop immediately for emergency stop, helping to prevent injury.

## CARE, MAINTENANCE & TROUBLESHOOTING GUIDE



### **WARNING:**

To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance.



### **WARNING:**

Always check the wear and tear components like foot lock latch tube and running belt to prevent injury.

### **CLEANING**

After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit.

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this might damage the unit and create an electrical hazard.

Please keep the treadmill, especially the computer console, out of direct sunlight to prevent damage to the screen.

### **STORAGE**

Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

### **TROUBLESHOOTING GUIDE**

PROBLEM	POTENTIAL CAUSES	CORRECTIONS
Treadmill will not start.	<ol style="list-style-type: none"> <li>1. Treadmill not plugged in.</li> <li>2. Safety Tether Key is not correctly installed.</li> <li>3. Circuit breaker in the house has been tripped.</li> <li>4. Treadmill circuit breaker has been tripped.</li> </ol>	<ol style="list-style-type: none"> <li>1. Plug the power cord into a wall outlet.</li> <li>2. Reinstall the Safety Tether Key.</li> <li>3. Reset the circuit breaker, or call an electrician to replace the circuit breaker.</li> <li>4. Wait 5 minutes and then try to restart the treadmill.</li> </ol>
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates when stepped on.	<ol style="list-style-type: none"> <li>1. Not enough lubrication applied onto the running deck.</li> <li>2. Belt is too tight.</li> </ol>	<ol style="list-style-type: none"> <li>1. Apply lubricant.</li> <li>2. Adjust belt tension.</li> </ol>
Belt is not centered.	Running belt tension not even across the rear roller.	Centre the belt.

## EXERCISE GUIDE



### PLEASE NOTE:

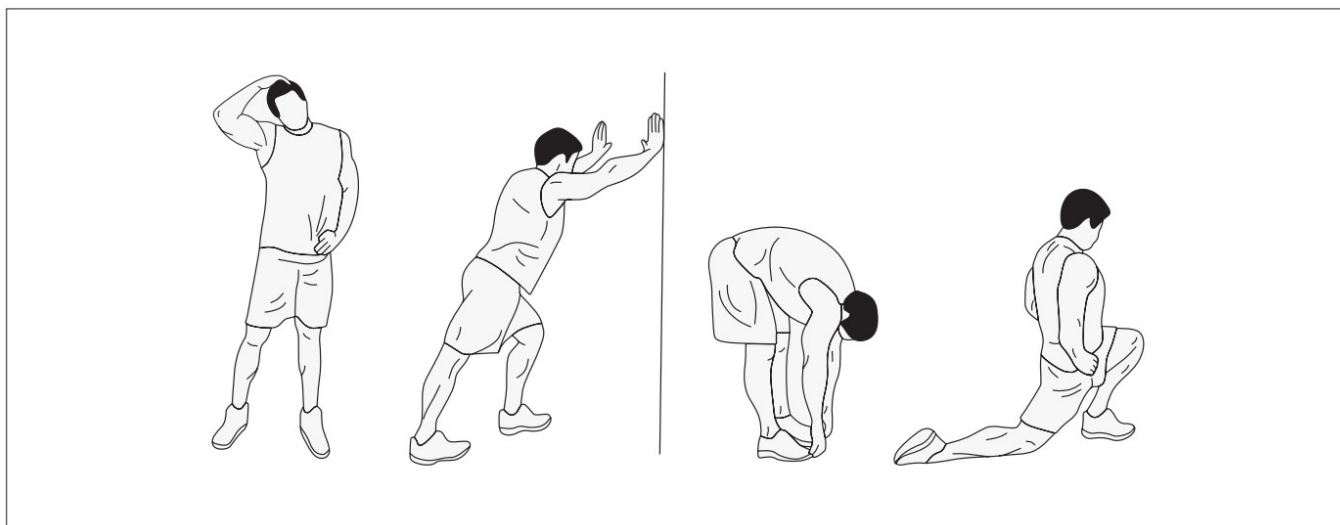
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



### WARM UP

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

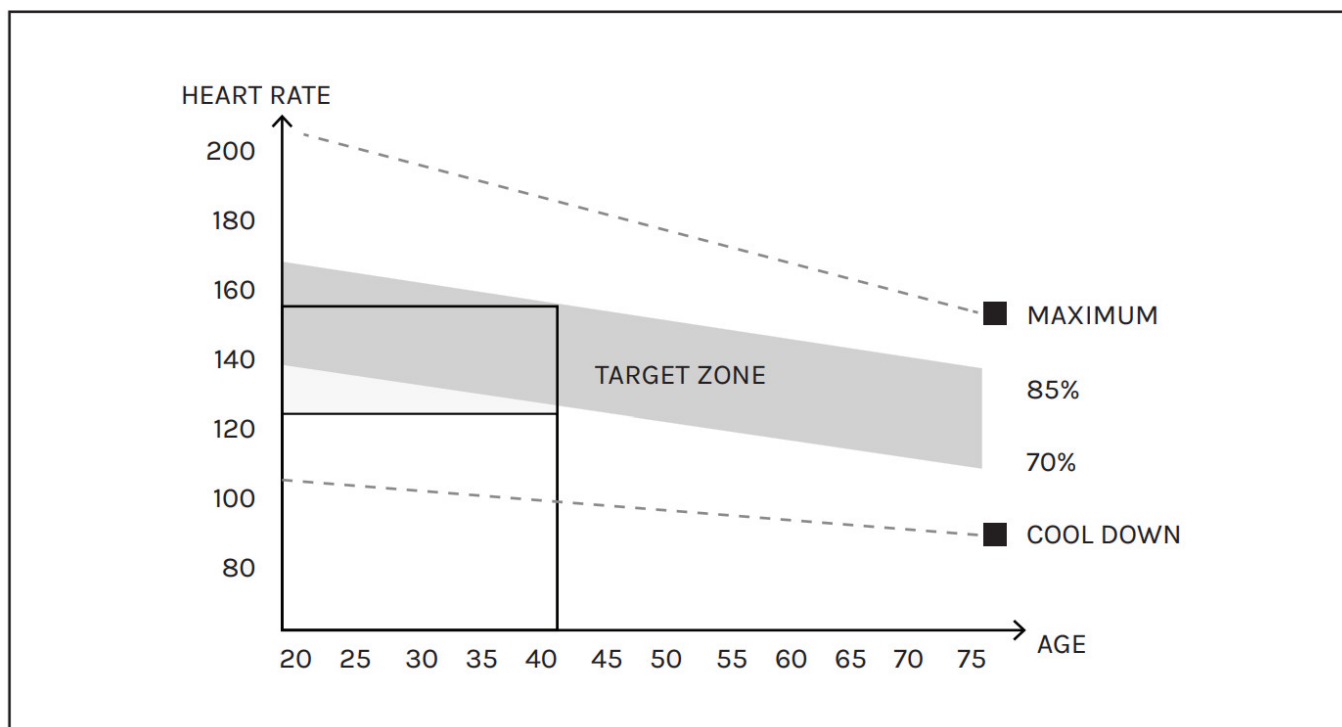
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

### COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to

cool down. This will increase the flexibility of your muscles and will help prevent postexercise problems.

## WORKOUT GUIDELINES



This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.

## WARRANTY

### AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at [www.consumerlaw.gov.au](http://www.consumerlaw.gov.au).


Please visit our website to view our full warranty terms and conditions: <https://www.lsgfitness.com.au/pages/warranty>

### WARRANTY AND SUPPORT



Please email us at [support@lsgfitness.com.au](mailto:support@lsgfitness.com.au) for all warranty or support issues.

For all warranty or support related enquiries, please lodge a support ticket first by sending us an email.



 <p>LSG Pacer M5 Under Desk Fold Down Treadmill 1500W MAXIMUM</p> <p>Product may be subject to recall from the date of manufacture to recall completion. Check all instructions carefully and follow the following steps to ensure safety. Always use the correct fit and use the correct fit for safety.</p>	<p><a href="#">LSG M5 Under Desk Fold Down Treadmill</a> [pdf] User Manual</p> <p>M5 Under Desk Fold Down Treadmill, M5, Under Desk Fold Down Treadmill, Desk Fold Down Treadmill, Fold Down Treadmill, Down Treadmill, Treadmill</p>
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References

-  [Home | Consumer Law](#)
-  [LSG Fitness Australia | Official Store](#)
-  [Warranty – LSG Fitness](#)
- [User Manual](#)