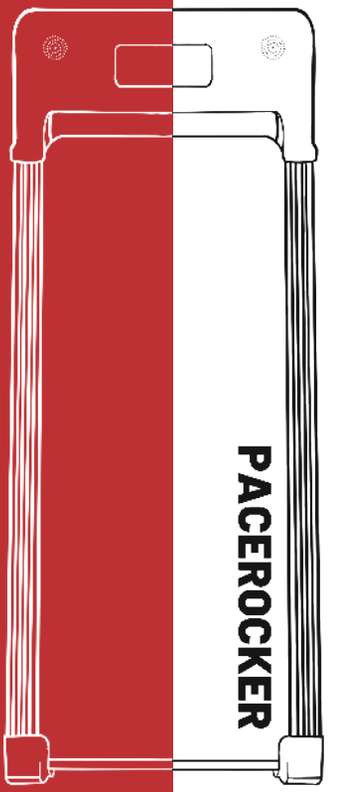
Fuel Your Passion
Ignite Your Fitness

User Manual

Treadmill With Auto Incline



CONTENT

Warnings and Safety Instructions ····· 02
Setting Up for Treadmill ····· 08
Plugging in and Powering on ····· 11
Maintenance and Care ····· 12
Package List ····· 13
Product Structure ····· 14
Product Specifications ····· 14
Introduction To Display ····· 16
Remote Control Instructions ····· 19
Operation Mode ····· 21
Bluetooth Speaker Connection ····· 23
FitYo APP Connection & Operation ····· 24
Running Belt Adjustment ····· 30
Oil Belt Lubricant ····· 31
Trouble Shooting ····· 33
Warranty Statement ····· 34



⚠ **WARNING:** For your safety, please read all precautions and instructions in this booklet before using the equipment. Keep this booklet for future reference. All users of this equipment must read and understand these safety instructions before operating the treadmill.

Warnings and Safety Instructions - Read Before Use

1.Set up and operate the treadmill on a solid, level surface and in an area not accessible to children, pets, or anyone else who should not have access to the treadmill.

2.People under the age of 16 and persons with reduced physical, sensory, or mental capabilities that impair the safe use of the equipment must not use the treadmill. People over the age of 16 and persons with a lack of experience and knowledge must be given supervision or instruction before using the treadmill.

3.Keep children, pets, and objects away from the treadmill at all times. Never allow children of an age to play with or on the treadmill.

4.Inspect the treadmill for loose, worn, damaged, or incorrect parts before using. Do not use before parts are replaced, repaired, or tightened.

5.Always keep the running surface clean and dry.

6.Never operate the treadmill if it isn't working properly, or if the power cord has been damaged. Keep power cord away from heated surfaces, sharp edges, and water.

7.To reduce the risk of burn, fire, electric shock, or injury to persons, connect this appliance only to a properly grounded outlet.

8.Users must not be over 450 lb/204 kg.

9.This product can only be used by one person at a time.

10.Make sure you have at least 78.7 in/2 m of clearance directly behind the treadmill, and 24 in/60 cm of clearance on each side of the treadmill. Keep the area around the treadmill clear of furniture, equipment, and accessories.

11.Exposed moving parts can cause serious injury. Keep hands away from moving parts. Never touch the moving belt or reach under the treadmill while it is powered on. Never put items under the deck.

12.Use only as described. Misuse of this equipment may result in serious injury or death. PACEROCKER is not responsible for damage or injury caused by inappropriate use.

13.Read and follow all warnings, instructions, and procedures before using the PACEROCKER walking pad. It is the owner's responsibility to ensure that all users are aware of all warnings and precautions.

14.Keep the area around the treadmill clear of furniture, exercise equipment or other objects, and abide by clearance requirements at all times. Do not place objects on the running belt.

15.Use caution when stepping on and off the PACEROCKER walking pad. Be careful when mounting and dismounting. Never mount or dismount while the belt is moving.

16.Consult a physician before beginning a new fitness plan. Incorrect or excessive training can result in serious injury.

17.If you experience faintness, chest pain, or shortness of breath, stop exercising immediately and consult a physician.

18.Metrics on the screen may be inaccurate. Use values for reference only.

19.Ensure that the power cable never passes under the PACEROCKER walking pad. Never operate the treadmill if it isn't working properly, or if the power cord has been damaged. Keep the power cord away from heated surfaces and sharp edges. Always keep the power cable clean and dry. Sweat, spills, and other damage to the power cable may result in property damage or bodily harm.

20.The treadmill is for indoor use only. Do not store or operate the treadmill outdoors, at high humidity levels, or in damp or wet locations.

21.The treadmill is designed for home use. Do not use in a commercial or rental setting.

22.To prevent personal injury, do not wear loose or dangling clothing while using the treadmill. Keep towels and loose clothing away from the belt. Make sure your shoelaces don't extend past the soles of your shoes.

23.Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

24.If an error occurs during operation, the treadmill belt may come to a gradual or sudden stop, depending on the error and your speed. Always remain alert while using the treadmill.

25.Use only original parts from PACEROCKER. Unauthorized changes or modifications to this equipment could damage the treadmill and impair its operation.

26.Do not attempt to service the treadmill yourself other than performing

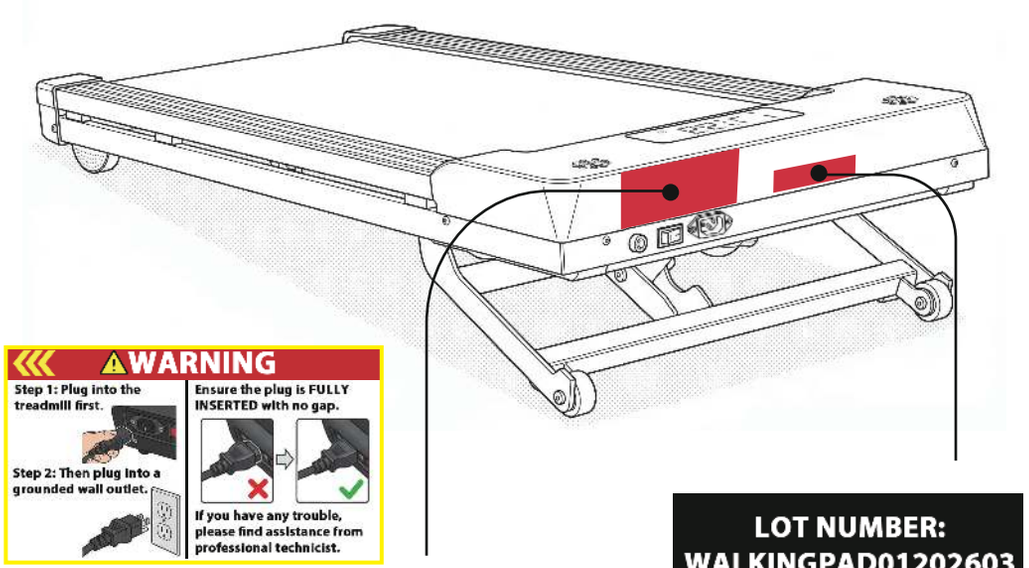
the basic maintenance described in this manual. Service other than basic maintenance should be performed by authorized personnel.

27.If the treadmill overheats or emits smoke or a burning odor, discontinue use immediately, unplug the unit, and contact customer service for replacement.

Cleaning:

- Always switch power off, unplug the treadmill when the treadmill is not in use.
- Do not soak or spray pad surfaces with liquid. Clean using a damp cloth.

SAVE THESE INSTRUCTIONS.



Insert the power cord into the treadmill firmly first. • Make sure it is fully seated. • Then plug the other end of the power cord into a wall outlet. • This product must be grounded. • Improper connection of the equipment-grounding conductor can result in a risk of electric shock. • Do not modify the plug provided with the product. • If an error occurs during operation, the treadmill belt may come to a gradual or sudden stop, depending on the error and your speed. Always remain alert while using the treadmill.

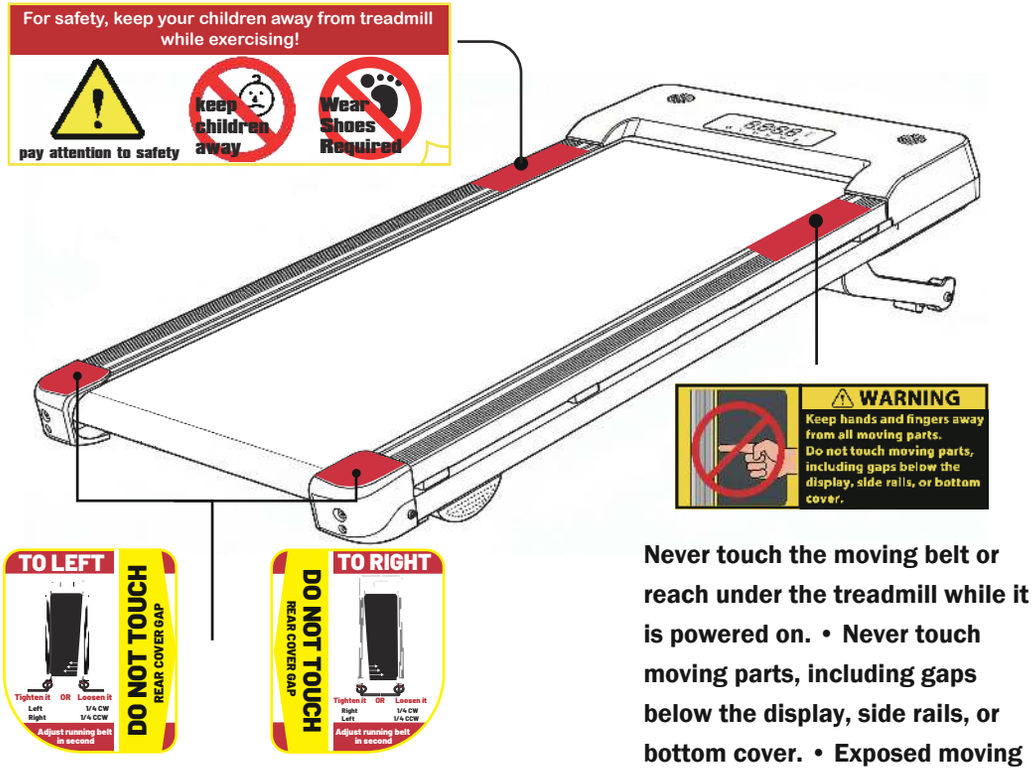
LOT NUMBER: WALKINGPAD01202603

Product Label here:

The lot number on the Product Label indicates the month and year of manufacture. For example, "WALKINGPAD01202603" means the unit was manufactured in March 2026.

Misuse of this equipment may result in serious injury or death. • Read and understand the user manual prior to use. • Follow all warnings and instructions in the manual and on the equipment. • Inspect the equipment before use. Do not use if it is worn or damaged. • Exposed moving parts can cause injury. Keep clear. • Use caution when stepping on and off the treadmill. • If you feel faint or dizzy, or experience pain while exercising, stop immediately. • Do not touch moving parts. Keep shoelaces, loose clothing, and accessories away from the running surface. • Metrics on the screen may be inaccurate. Use values for reference only. • For consumer use only.

Exposed moving parts can cause injury. • Keep the area around and behind the treadmill clear. • People under 16 may not use the treadmill. Keep children and pets away from the treadmill at all times. • Please wear sneakers when exercising. • Keep shoelaces, towels, and loose clothing away from the running surface. • Make sure your shoelaces don't extend past the soles of your shoes.



Do not touch any moving parts of the treadmill. • Keep children and pets away from this machine at all times. • Keep hands away from moving parts.

Never touch the moving belt or reach under the treadmill while it is powered on. • Never touch moving parts, including gaps below the display, side rails, or bottom cover. • Exposed moving parts can cause serious injury. • Contact with the moving surface may result in severe friction burns.

Safety Label Notice:

Safety labels may vary slightly by production batch, and the labels on your unit may differ in number or wording from those shown in this manual. Please use this manual as the primary reference for all safety label information. Be sure to read and understand all of the safety labels above before operating the treadmill.

Setting Up Your Treadmill

⚠ WARNINGS AND SAFETY INSTRUCTIONS:

1.Keep the area around the treadmill clear of furniture, exercise equipment or other objects, and abide by clearance requirements at all times. Never put anything under the treadmill or reach under the treadmill while it is powered on.

2.Comply with all local codes and ordinances for electrical installation when installing the treadmill. Consult an electrician if you are not sure whether your outlet can support the treadmill.

3.Do not use extension cords or adapters. Do not attach other appliances to the same circuit. If no suitable outlet is available, contact an electrician.

4.Changes or modifications to this unit not expressly approved by PACEROCKER could result in damage to the treadmill, or cause injury to the user.

5.Use a dedicated, grounded circuit capable of carrying 6A or more amps (US model), If the circuit is not properly grounded there is a risk of electric shock.

6.Never put anything under the treadmill or reach under the treadmill while it is powered on.

7.Keep the area around the treadmill free of obstructions.

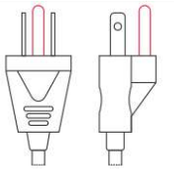
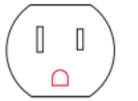
GROUNDING INSTRUCTIONS:

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The plug must be plugged into an appropriate

outlet that is properly installed and grounded in accordance with all local codes and ordinances.

⚠ DANGER:

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit in the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal 120-volt circuit in the US. Grounding plugs and sockets look like the ones pictured here.

COUNTRY	GROUNDED PLUG	GROUNDED SOCKET	TYPE RATING
US			TYPE B 100-120V/ 50-60HZ

LOCATION REQUIREMENTS

1.Make sure you have at least 78.7 in/2 m of clearance behind the treadmill and 24 in/60 cm of clearance on each side of the treadmill.

2.Install the treadmill in an area not accessible to children or pets.

3.Always keep the area around the treadmill clear of exercise equipment, furniture and other objects.

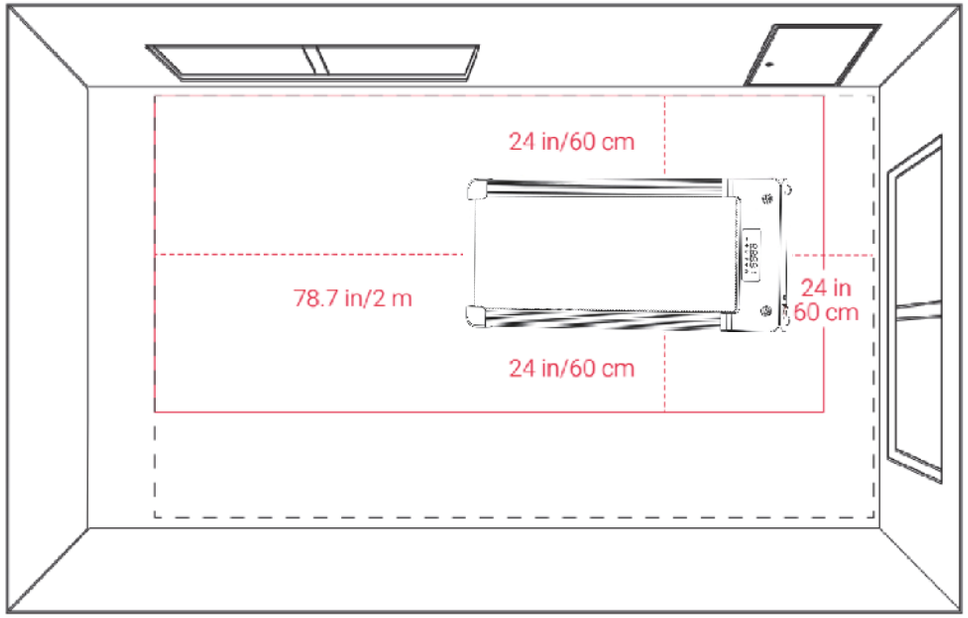
4.Store the treadmill in a dry, indoor area.

5.Install the treadmill on a hard, flat, stable surface. Avoid high pile carpets. If you put a mat under the treadmill, choose a hard, thick mat that won't curl up or interfere with the incline mechanism.

6.Make sure that you have adequate space to work out behind or alongside the treadmill.

7.The treadmill deck can incline to a height of 9.2 in/23.5 cm. Make sure that the area above your pad is free of obstructions and that the ceiling height is at least 20 in/51 cm greater than the height of your tallest pad user.

8.Make sure the treadmill is situated within 4 ft/120 cm of an outlet. The provided power cord must be able to reach the outlet at minimum and maximum incline, with some slack. The power cord must never pass under the treadmill.



Plugging in and Powering on

⚠ WARNING: Always turn off and unplug the treadmill when it is not in use.

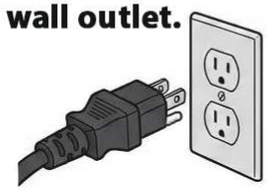
Power On Instructions:

1.Insert the power cord into the treadmill first. Make sure it is fully seated.
2.Then plug the other end of the power cord into a wall outlet.
3.Turn on the power switch.
4.Press the START button on the remote to wake the display pad.
5.Over time, the treadmill power connection may become loose. If this occurs, discontinue use immediately and contact PACEROCKER Customer Service for assistance.

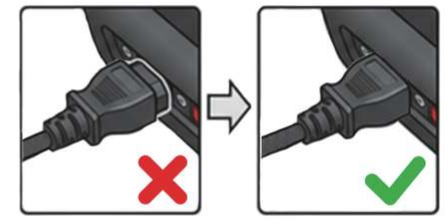
Step 1: Plug into the treadmill first.



Step 2: Then plug into a grounded wall outlet.



Ensure the plug is FULLY INSERTED with no gap.



If you have any trouble, please find assistance from professional technicist.

Maintenance and Care

WARNINGS AND SAFETY INSTRUCTIONS

1.Always power down and unplug the treadmill before cleaning or performing maintenance.

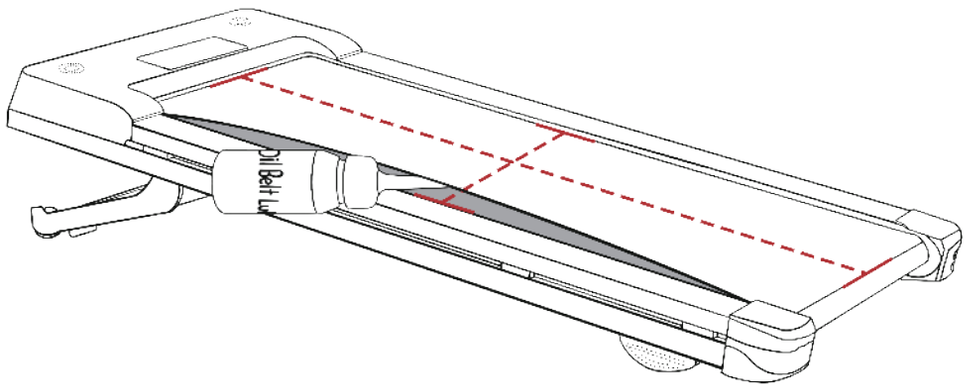
2.The safety and integrity of the treadmill can only be maintained when it is regularly examined for damage and repaired.

3.It is the owner's sole responsibility to ensure that regular maintenance is performed.

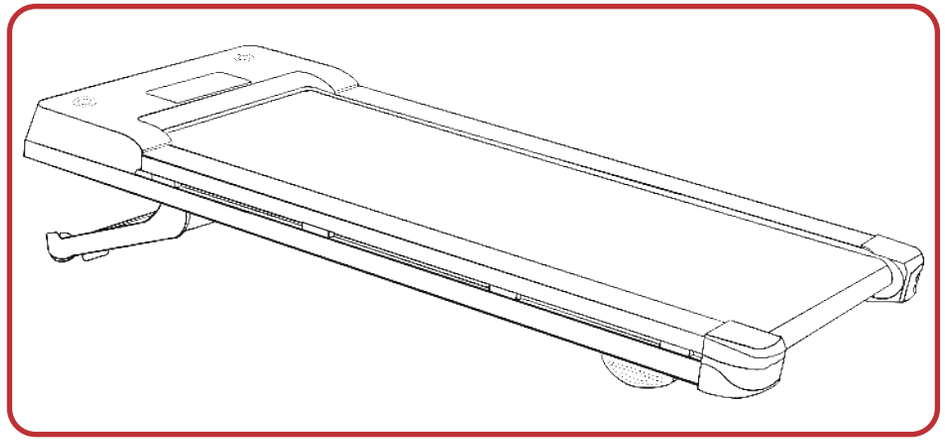
4.Replace worn or damaged parts immediately. Do not use the treadmill until repairs are made.

5.Use only original parts from PACEROCKER. Changes or modifications to this unit not expressly approved by PACEROCKER could result in damage to the treadmill, or cause injury to the user.

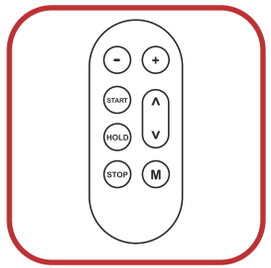
6.Service other than the procedures described here must be performed by an authorized technician.



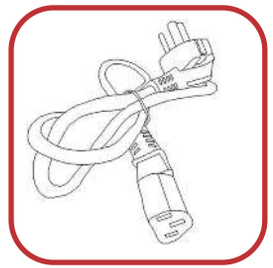
Package List



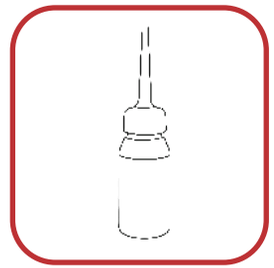
Treadmill



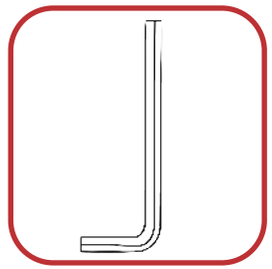
Remote Controller
x 2



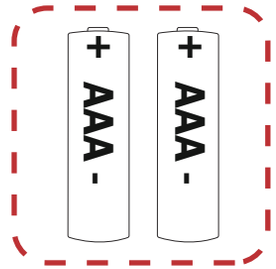
Power Line
x 1



Oil Belt Lubricant
x 1

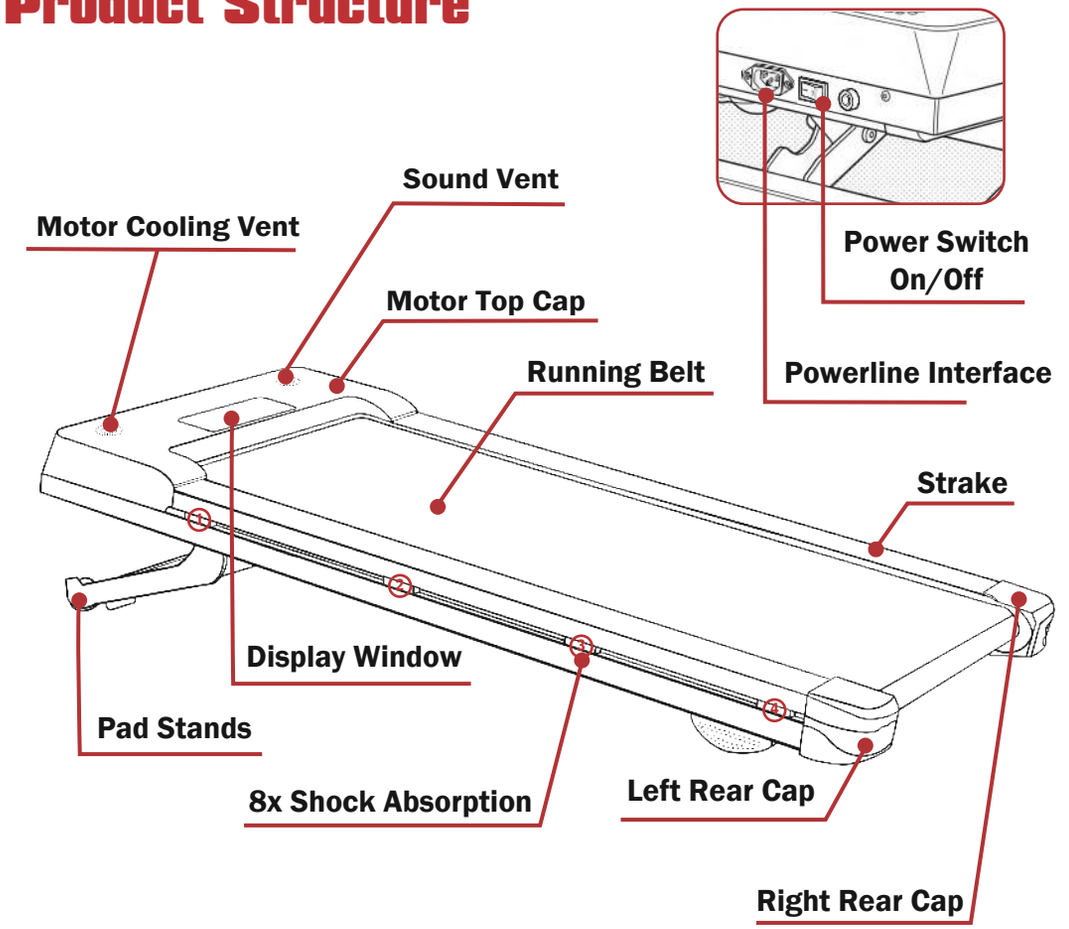


L-Shaped Wrench
x 1



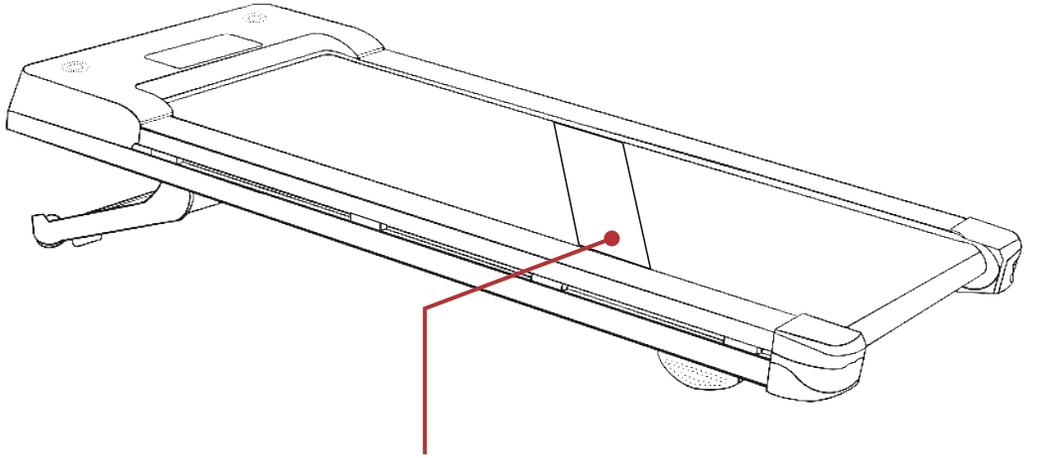
Triple-A
x 2
(No battery included for shipping safety, please prepare it first !)

Product Structure



Product Specifications

Product Configuration	Technical Parameters
Speed Range	0-5.0 mph
Maximum Load Bearing	450 lbs
Maximum Horsepower	2.5 hp
Incline	12% 9-level positions



About the Treadmill Belt Seam

You may notice a visible mark or textured line on the treadmill belt. This is not a defect — it's a normal result of the heat-welding process used during manufacturing.

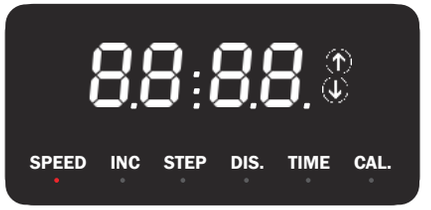
To create a continuous, durable belt, two ends are joined together using high-frequency heat welding technology. This method fuses the materials into a strong seam that matches the strength and performance of the rest of the belt.

Important Notes:

- The visible mark at the seam is purely cosmetic.
- It does not affect how flat, smooth, or stable the belt runs.
- The belt's performance, safety, and durability are fully maintained.

You can use your treadmill with confidence, knowing that this is part of the normal manufacturing process and does not impact function or lifespan in any way.

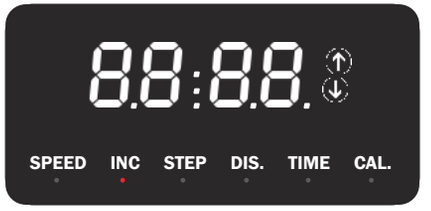
Introduction To Display



1. SPEED (SPEED Display)

The "SPEED" window displays the current speed, ranging from 0.6 to 5.0 mph. The user can adjust the speed in manual mode or after setting it in "M" mode (countdown setting for speed). Each press of the "+" or "−" button adjusts the speed by 0.2 mph.

Notice: When using the FitYo App, the speed can be adjusted more precisely in 0.1 mph increments, allowing smoother and more accurate control.



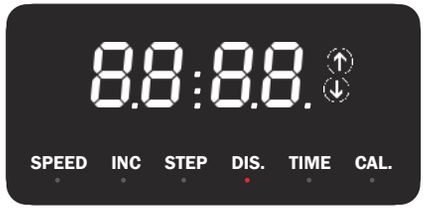
2. INC Incline (Incline Description)

The "INC" window displays the current incline level, ranging from 0 to 9 levels (0% to 12%). In manual mode, the user can use the incline increase or decrease buttons to adjust the incline across 9 levels. Each time the incline button is pressed, the corresponding up or down arrow icon will light up.



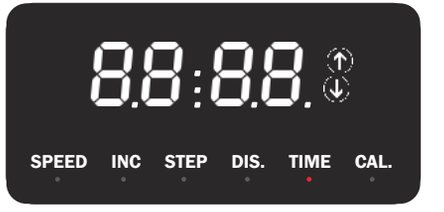
3. STEP (Step Display)

The "STEP" window displays the current step count, ranging from 0 to 9999.



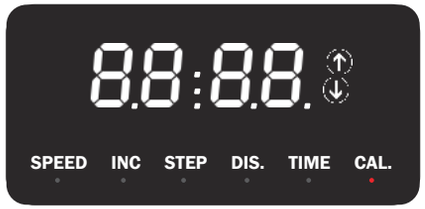
4. DISTANCE (Distance Display)

The "DISTANCE" window displays the current walking distance from 0 to 99.99 miles in both manual and "M" (countdown) modes. In standby mode, press the "M" button to select distance as the countdown unit. By default, it counts down from 1.0 mile, but you can set it within the range of 1.0 to 99.9 miles. Each press of the "+", "-", "∧", or "∨" button adjusts the distance countdown by 0.1 mile.



5. TIME (Time Display)

The "TIME" window displays the current walking time from 0 to 99:59 minutes in both manual and "M" (countdown) mode. In standby mode, press the "M" button to select time as the countdown unit. The default setting is 30 minutes, adjustable within 5–99 minutes. Each press of the "+", "-", "∧", or "∨" button adjusts the time countdown by 1 minute.

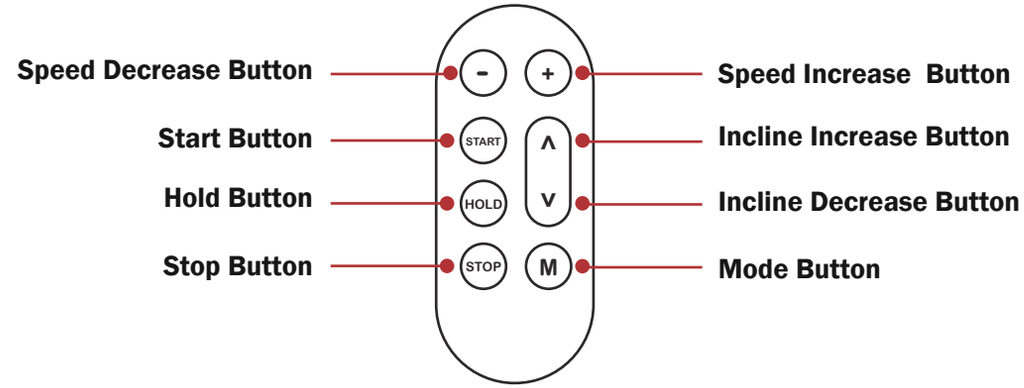


6. Calories Burned (Calorie Consumption Display)

The "CAL" window displays the current calories burned during exercise, ranging from 0 to 999.9 calories, in both manual mode and "M" mode (countdown setting for calories). While the machine is in standby mode, you can use the "M" button to select calories as the unit of measurement for the countdown. By default, it counts down from 50.0 calories, but you can set it within the range of 10 to 990 calories. Each press of the "+", "-", "∧", or "∨" button adjusts the calorie countdown by 10 calories.

Please note that calorie burn, steps, and distance are estimates based on general profiles and sensor data. These values are for reference only and may not reflect individual results. For more accurate tracking, use a fitness app or device that includes personal data such as weight and heart rate.

Remote Control Instructions



(+) (-) Speed Increase & Decrease Buttons

Adjust the speed using the provided buttons in manual mode. In "M" mode (Countdown Setting), you can also use the "+" or "-" buttons to adjust the time, distance, or calorie countdown targets for your exercise.

(∧) (∨) Incline Increase & Decrease Button

Adjust the incline using the provided buttons. In manual mode, you can select from 1 to 9 incline levels. Each time you adjust the incline level, the corresponding up or down arrow lights will illuminate to help you clearly see the changes. In "M" mode (Countdown Setting), you can also use the "∧" or "∨" buttons to adjust the time, distance, or calorie countdown targets for your exercise.

(M) M Button

When the machine is in standby mode, press the "M" button to switch between countdown targets: calories burned, time, or distance. Use the "+", "-", "∧", or "∨" buttons to set the desired countdown value for the selected target. Once set, press the "START" button to begin running according to the countdown target. The treadmill will automatically stop once the target is reached.

Start Button

Press the "START" button to begin exercise. You can set the speed and incline you want when you walking or jogging. The default speed is 0.6mph, and the maximum speed is 5.0 mph. The treadmill will stop automatically after 99:59 minutes of operation.
When the machine enters a paused state, press the "Start" button to resume operation with the same parameters as before the pause, and the slope will return to its pre-pause value.

Hold Button

When the machine is running, press the "Hold" button to pause it. The machine will enter a paused state and display "PAU". It will save all current motion parameters (speed, incline level, steps, distance, time, and calories burned). For safety, the incline level and speed will gradually decrease to 0. When you press the start button again, the speed and incline level will slowly return to their previous settings, while the step count, calories burned, time, and distance will continue to accumulate.
After the Hold function is activated, you can restart the system by pressing the start button within a maximum of 1 hour by default, and continue walking or jogging, during which data will resume and continue accumulating calculations. If the hold status persists for over 1 hour, historical records in the system will automatically reset to zero, and numerical accumulation calculations will become irrecoverable.

Stop Button

Press the "Stop" button, and the machine will stop running no matter what state it's in. All motion parameters will be reset to zero.

Operation Mode

1 - Manual/Free Mode

1. Manual/Free Mode
Start: After turning on the power switch, the machine enters standby mode. Press "START" to begin using the treadmill directly. The screen will display a 3-2-1 countdown with sound prompts, and the speed will default to 0.6 mph. The step count, calories burned, time, and distance will start counting from 0, and the incline will default to level 0.

During operation, you can adjust the speed and incline at any time:

1. Speed Setting:The speed ranges from 0.6 to 5.0 mph. Each press of the speed increase or decrease button adjusts the speed by 0.2 mph.
When using the FitYo App, the speed can be adjusted more precisely in 0.1 mph increments, allowing for finer control during your workout.

2. Incline Setting: The incline ranges from 0 to 9 levels. Each press of the incline increase or decrease button adjusts the incline by 1 level.
During exercise, you can view the current speed, incline, step count, distance, time, and calories burned, with the corresponding indicators lighting up in sequence.

Hold: Press "HOLD" to pause the treadmill at any time. The speed and incline level will gradually decrease to 0, and the calories burned, time, steps, and distance will stop counting. When you press the start button again, the speed and incline level will slowly return to their previous settings, while the step count, calories burned, time, and distance will continue to accumulate.

Stop: Press "STOP" to pause the treadmill at any time. The speed and incline level will gradually decrease to 0, and the calories burned, time, steps, and distance will reset to 0. When you press the start button again, the speed and incline level will not return to their previous settings, and the step count, calories burned, time, and distance will start counting from 0.

Sleep Mode: When the walking pad is powered on, if no remote control commands are issued (excluding the hold/pause function), the machine will automatically enter a screen-off state after 5 minutes and switch to sleep mode to conserve power. You can reactivate the walking pad and resume usage by performing any remote control operation.

Note: In Manual/Free Mode, the treadmill will automatically stop after running for a maximum of 99 minutes and 59 seconds.

2 - Countdown Setting Mode

While the machine is in standby mode, press the "M" button to switch between calories, time, and distance as your countdown target.

1. Calories: Press the "M" button to select calories as the countdown unit. By default, it counts down from 50 calories, but you can set it within the range of 10 to 990 calories, adjusting by 10 calories each time.

2. Time: Press the "M" button to select time as the countdown unit. By default, it counts down from 30 minutes, but you can set it within the range of 5 to 99 minutes, adjusting by 1 minute each time.

3. Distance: Press the "M" button to select distance as the countdown unit. By default, it counts down from 1.0 mile, but you can set it within the range of 1.0 to 99.9 miles, adjusting by 0.1 mile each time.

Once you've selected and set a specific target, press "START" to begin using the treadmill. You can adjust the speed and incline as needed during operation. During exercise, you can view the current speed, incline, step count, distance, time, and calories burned, with the corresponding indicators lighting up in sequence.

Bluetooth Speaker Connection

We have a high-quality Hi-Res Audio Bluetooth speaker built so you can enjoy great music while working out.

1- Connect Bluetooth Speaker:

After the walking machine is powered on, you can connect the Bluetooth speaker of the walking machine through devices such as mobile phones or Pad.

IOS & Android device: Enter "Settings - Bluetooth", turn on Bluetooth, search, and select the device that matches the format: "FS-" followed by six random letters or numbers, and ending with one letter (e.g., FS-XXXXXX-A). Once successfully connected, you will hear an audible prompt.

2- Play Music:

You can directly adjust the music volume through your mobile phone /Pad device and select and switch your favorite music.

3- Disconnect the Bluetooth Speaker:

To disconnect your device from the treadmill's Bluetooth speaker, simply turn off Bluetooth on your phone or tablet, or disconnect the device from your Bluetooth settings. Once the connection is successfully disconnected, the treadmill will emit a confirmation sound.

4- Replace the Player Device:

When a new device is waiting to be connected, the currently connected player device needs to disconnect/turn off the Bluetooth function first, disconnect the connection with the Bluetooth speaker of the walking machine, and the new device can be connected.

FitYo APP Connection & Operation

Download on the App Store

GET IT ON Google Play

FitYo APP Scan to Download

FitYo is an interactive indoor training application

App Control for Effortless Walking

Track Performance & Sync Automatically

Link your PACEROCKER treadmill with the FitYo app and jumpstart your fitness

- **Treadmill Control:** When controlling the treadmill, you can not only use the remote control but also directly operate the treadmill's auto incline and speed through FitYo APP, or select programs (preset or custom) within the APP to execute.
  (Remote Control Priority & Safe Use Guidelines:The remote control has priority over all commands and will override inputs from the FitYo App. For safety, always keep the remote control within reach during operation. When using the App to control the treadmill, place your phone or tablet on a stable surface—such as a desk or table positioned alongside the unit—or use the treadmill under a desk to ensure the device remains secure and easily accessible.)
- **Performance Tracking:** Monitor all your key metrics and sync seamlessly with your watch or other health apps. (Please note that all

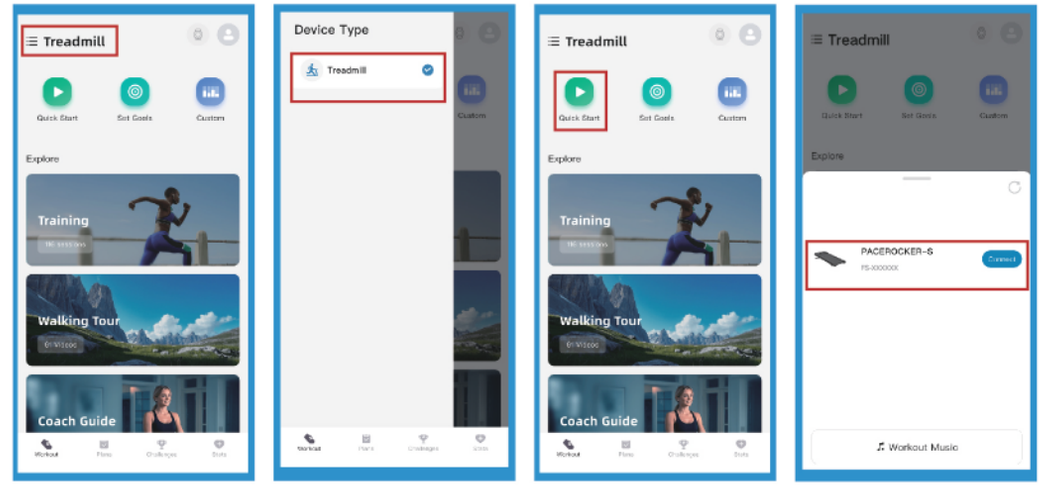
data displayed within the app,including calories, steps, and distance, are estimates provided for general reference only and are not intended to represent precise or individualized measurements.)

If you encounter any connection failures or other issues when using the FitYo APP to control the treadmill, please feel free to contact us at any time.

1 - First-Time Setup

To connect your treadmill to the app:

1. Download the FitYo App from the App Store (iOS) or Google Pla (Android).
2. Open the app and create your user profile by entering your personal details.
3. When prompted to select your equipment, choose "Treadmill."
4. Follow the in-app instructions to search for and connect to your treadmill via Bluetooth.



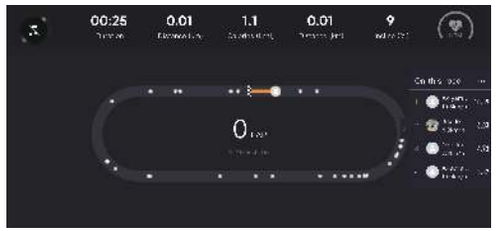
2 - Operation Modes

The FitYo app offers several modes to control your workout.

Manual Mode

This mode gives you full control over your session.

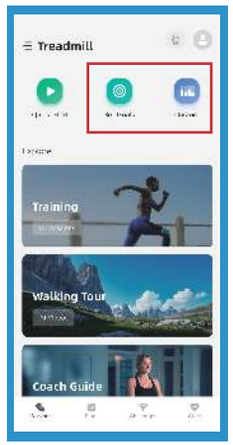
- Quick Start: For an immediate start. Tap "Quick Start" to begin your workout. You can adjust the speed and incline from the app or the remote control.





- Set Goals: For targeted training. Before starting, you can set a target based on Distance, Time, or Calories. The treadmill will automatically stop once the target is reached.

- Custom Program: Create and save your own personalized workout routines. You can design a sequence of different segments (e.g., Warm Up, Run, Cool Down), each with a specific duration, speed, and incline.







3 - Smart Device Integration

Bluetooth Speaker Connection

Your treadmill can function as a high-quality Bluetooth speaker.

-On your phone or tablet, go to Settings - Bluetooth.

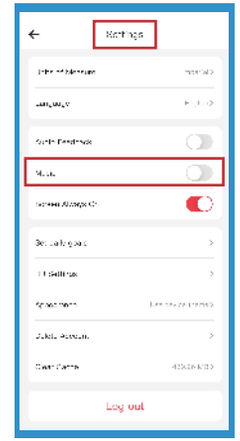
- Search for and select the device named like "FS-XXXXXX-A" to pair. A sound prompt will confirm the connection.

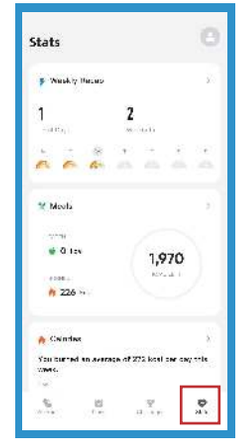
-Any audio played from your mobile device will now come through the treadmill's speakers.

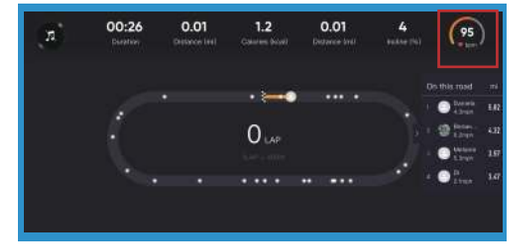
***Pro-Tip: To use other music apps like Spotify, you may need to disable the default background music in the FitYo app's settings menu.**

Smartwatch Connection (e.g., Apple Watch)

- **Before using the FitYo App, please make sure your smartwatch is already paired with your mobile device to enable quick data synchronization.**
- **Pair your smartwatch with the FitYo App to sync real-time data such as heart rate and steps.**
- **The synced data will appear in the “Stats” tab of the app and can also be shared with your phone’s native health application (e.g., Apple Health).**







4 - Important Information & Tips

Remote Control Priority

- The Golden Rule: The remote control always has the highest priority and will override any command from the FitYo app. For safety, always keep the remote control within reach.
- To Use App Control: After turning the treadmill on, initiate your workout directly from the FitYo app.
- To Regain App Control: If the remote control is used first, the FitYo App will temporarily lose control until the treadmill is stopped. To switch back, you must press the [STOP] button on the remote. Once the treadmill belt has completely stopped, you can begin a new session from the app.

Hardware Limits

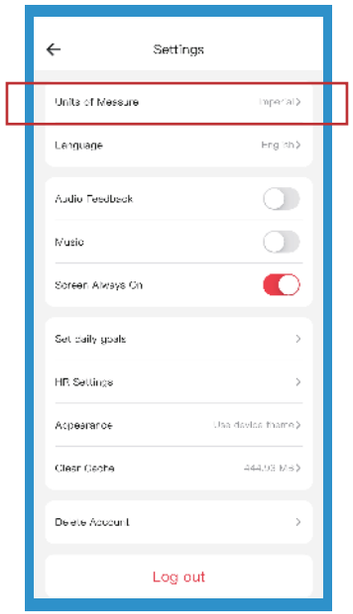
- Your treadmill has maximum hardware limits (e.g., Speed: 5.0 mph, Incline: Level 9). If a program in the FitYo app calls for a setting that exceeds these limits, the treadmill will safely operate at its physical maximum.

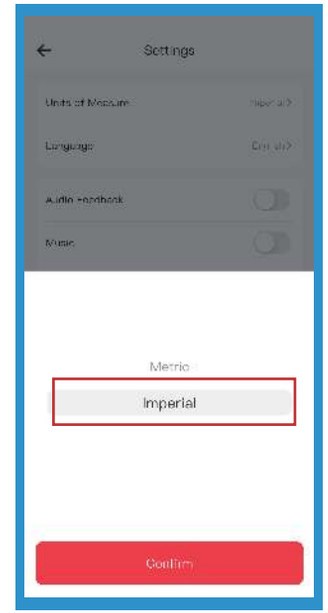
App Background Activity

- The FitYo app must remain running in your phone's background to maintain connection. Do not force-close ("swipe away") the app during your workout, as this will sever the connection and stop app control.

Unit Setting (for U.S. Users)

- To match the treadmill's display, ensure the app's unit of measurement is set to Imperial (Miles).
- Path: In the FitYo app, go to Profile Avatar - Settings - Unit - Select "Imperial."





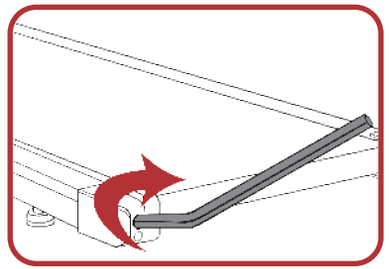
Running Belt Adjustment

All treadmills have their running belt adjusted at the factory, but after a while, the running belt may become loose or misaligned. If you notice that the running belt is slipping, it means that it is loose. You can use an L-Wrench to adjust.

To adjust the running belt:

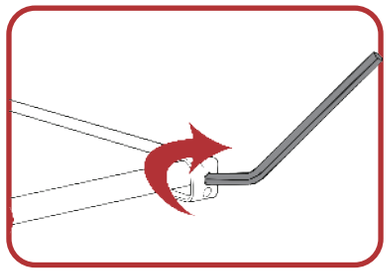
1. Running belt shifted to the left:

- Use the L-Wrench wrench to turn the left rear roller bolt clockwise 1/4 of a turn to tighten the running belt. Then plug in the power cord, and run the treadmill for 3 minutes. Repeat until the running belt is centered.



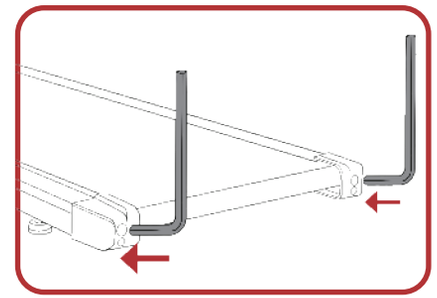
2.Running belt shifted to the right:

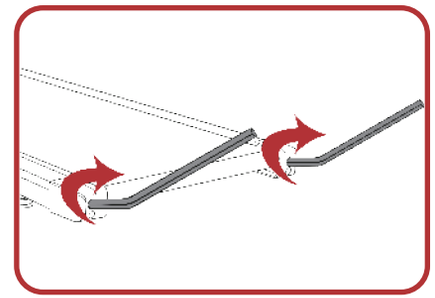
- Use the L-Wrench to turn the right rear roller bolt clockwise 1/4 of a turn to tighten the running belt. Then plug in the power cord, and run the treadmill for 3 minutes. Repeat until the running belt is centered.



3. Running belt is loose:

- Use the L-Wrench turn both rear idler bolts clockwise 1/4 of a turn to tighten the running belt. Then plug in the power cord, run the treadmill for several minutes. Repeat until the running belt is not slipping.





Oil Belt Lubricant

Lubrication:

After using the running belt for a certain period, it is necessary to lubricate it with a special lubricant. The recommended lubrication frequency depends on the usage time:

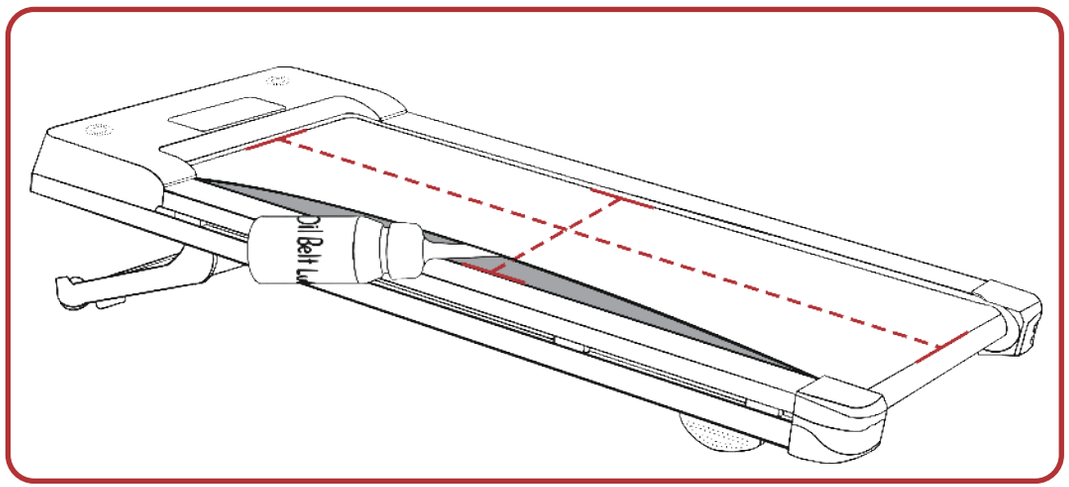
- For less than 3 hours per week, lubricate every 5 months.
- For 4-7 hours per week, lubricate every 2 months.
- For more than 7 hours per week, lubricate once a month.

Note: Do not add too much lubricant at once.

Check for lubrication:

To check if the running belt needs lubrication, grasp it and touch the center area at the rear as closely as possible. If there is silicone oil on the belt or if it feels slightly slick, it means that lubrication is not needed. If the running belt feels dry and there is no silicone oil on your hand, you need to add lubricant.

To lubricate the running belt, locate the both side of the belt and spray silicone oil on each side of it. Then, run the treadmill at a speed of 0.6mph, spreading the silicone oil evenly and letting the belt from left to right. After about a minute, the silicone oil will be absorbed into the running belt.



Trouble Shooting

When there is a problem with the treadmill's lift and it cannot lift normally:

1-Within 10 seconds of turning on the treadmill's power switch, press and hold the "∨" Incline Reduce Button on the remote for about 5 seconds. The lift motor will automatically rise and then lower.

2-The incline value will dynamically display as a scrolling "0" during this process. Once the calibration is successful, this scrolling display will stop.

3- If the scrolling display continues or the lift motor completes its movement but shows an "E09" error code, it means the calibration failed. In this case, repeat step 1 to retry the calibration.

If you find that the Walking Treadmill isn't available due to error codes that begins with E, or if you're facing any issues that disrupt its normal function, please email us immediately!

-If you encounter any connection failures or other issues when using the FitYo APP to control the treadmill, please feel free to contact us at any time.

We're here to help and will swiftly send you a replacement walking treadmill and any necessary accessories. And there is no need to return the faulty treadmill for your convenience.

To ensure we can provide you with the best assistance possible, it would be wonderful if you could prepare the following information when contacting us:

1-Your order number.

2-A description and a picture or video of the issue you're experiencing, attach an error code if it appears on screen.

3-Recipient's full address and phone number.

Warranty Statement

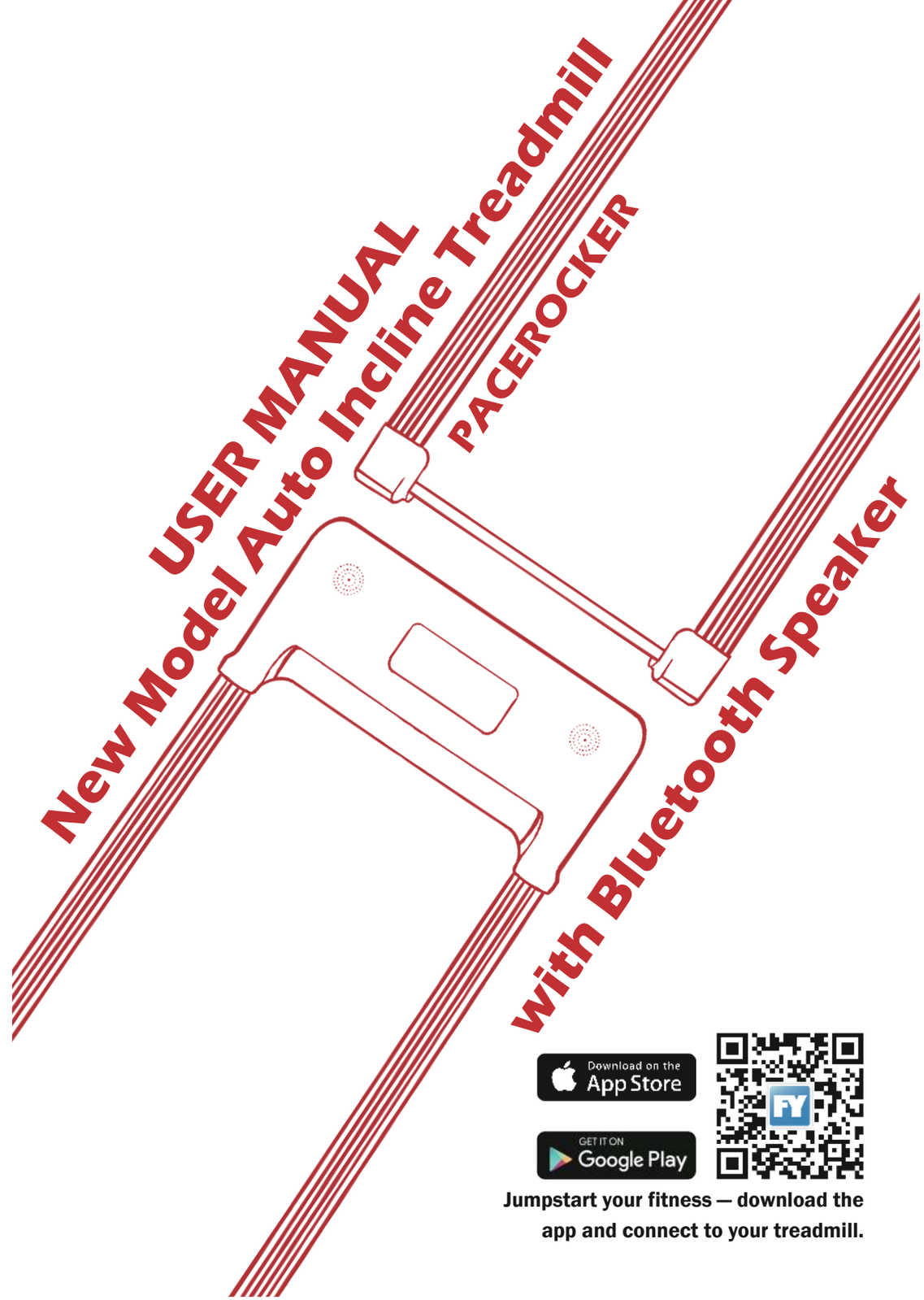
The PACEROCKER warranty includes the following contents:

1-Free refund or exchange the walking machine within 90 days from the date of purchase.

2-Free replacement of accessories within 1 year from the date of purchase.

3-Access to the FitYo APP, allowing you to connect, control your PACEROCKER treadmill, and track your fitness data.

USER MANUAL
New Model Auto Incline Treadmill
PACEROCKER
with Bluetooth Speaker



Download on the App Store

GET IT ON Google Play

Jumpstart your fitness — download the app and connect to your treadmill.