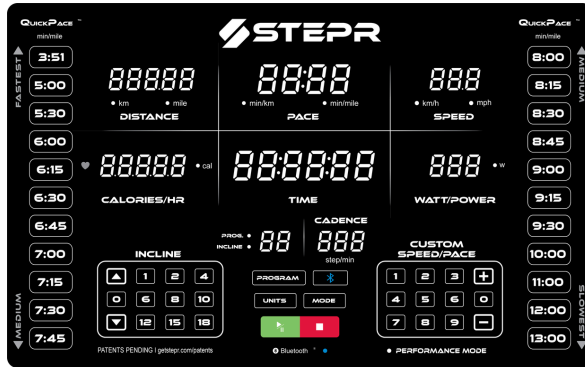




# QUICKPACE CONSOLE MANUAL



# QuickPace Console Instructions



## PACE SELECTION:

### A. QuickPace:

To quickly jump between running paces, use the QuickPace buttons located on both sides of the console.

- Left column: Faster paces
- Right column: Slower paces

Press the button with your desired pace and the treadmill will automatically adjust the speed to match it. The selected pace will appear in the PACE display, and the corresponding speed will be shown in the SPEED display.

### B. Manual Pace Entry:

Manually set a specific pace using the CUSTOM SPEED/PACE keypad in the bottom right corner of the console.

1. Enter your desired pace using 4 digits on the keypad.
2. Format the pace as minutes and seconds.

# QuickPace Console Instructions

Example:

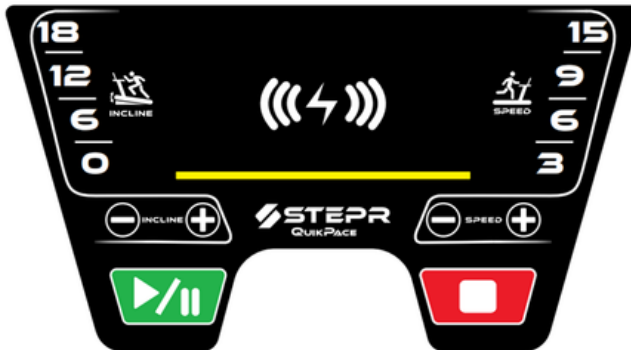
- 0530 = 5 minutes 30 seconds (05:30) per km or mile
- 0630 = 6 minutes 30 seconds (06:30) per km or mile

3. After entering the 4 digits, wait for 3 seconds.
4. The treadmill will automatically adjust the speed to match the pace.
5. The selected pace will appear in the PACE display, and the corresponding speed will appear in the SPEED display.

## SPEED SELECTION:

### A. Quick Speed Keys:

Use the buttons on the Incline and Speed selection Panel. Press the numbered buttons to jump directly to a preset speed level, or use the +/- buttons for 0.1 increments.



### B. Manual Speed Entry:

You can manually set a specific running speed using the Custom Speed/Pace keypad.

1. Enter the desired speed using up to 3 digits on the

## QuickPace Console Instructions

2. The console will interpret the numbers as speed.

Examples:

- 135 = 13.5 km/h or mph
- 105 = 10.5 km/h or mph
- 90 = 9.0 km/h or mph
- 85 = 8.5 km/h or mph
- 5 = 0.5 km/h or mph

3. Wait for 3 seconds after entering the digits.

4. The treadmill will automatically adjust to the introduced speed.

5. The selected speed will appear in the SPEED display, and the equivalent pace will be shown in the PACE display.

### PROGRAM SELECTION:

1. In standby mode, press the PROGRAM key.
2. The INCLINE/PROG window begins flashing.
3. Press the PROGRAM key or the Incline "Up" or "Down" arrows to scroll through programs P1 to P36.
4. Press the MODE key to confirm the selected program.

### Set Workout Time

After selecting the program:

1. The TIME window flashes the preset time (00:16:00 - hh:mm:ss).
2. Use the Speed/Pace "+" or "-" keys or the Incline "Up" or "Down" keys to adjust the workout time.
3. The adjustable time range is 00:05:00 to 99:59:59.
4. **TEST ON THE TREADMILL HOW TO ADJUST WORKOUT TIME AND DISTANCE**

## *QuickPace Console Instructions*

### Start the Program

1. Press START / PAUSE.
2. The console shows a 3-2-1-GO countdown.
3. The workout begins after the countdown.

### **COUNTDOWN WORKOUTS (TIME, DISTANCE, CALORIES)**

You can set a workout goal based on time, distance, or calories.

1. In standby mode, press MODE to select the desired countdown type: Time, Distance, or Calories.
2. The selected value will flash on the display.
3. Use the Speed + / - buttons to adjust the target value.
4. Press START to begin the workout.

During the workout, the console will count down from the selected target until it reaches zero.

# QuickPace Console Instructions

## ⚠️ HEART RATE PROGRAMS TEST ⚠️

1. In standby mode, press MODE until H1, H2, or H3 appears in the PACE display.
2. The TIME display will show the preset time, the CALORIES/HR display will show the target heart rate, and the WATT/POWER display will flash the age.
3. Use Speed/Pace + or - to adjust the workout time.
4. Press UNITS to move to the age setting, then use Speed/Pace + or - to adjust your age.
5. Press UNITS again to move to the target heart rate setting. This can only be adjusted in H1. Use Speed/Pace "+" or "-" keys to change the target heart rate.
6. Press START/PAUSE to begin the workout.

### IMPORTANT:

- H1 uses a manually adjustable target heart rate.
- H2 automatically sets target heart rate to 70% of (220 - age).
- H3 automatically sets target heart rate to 80% of (220 - age).
- During the workout, the treadmill automatically adjusts speed and incline to keep you close to the selected target heart rate.
- In Heart Rate mode, speed and incline cannot be adjusted manually during exercise.



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