

TONY LITTLE'S
GAZELLE[®] PACER

For Maximum
Effectiveness & Safety,
Please Read This
Owner's Manual
Before Using
Your Gazelle[®] Pacer. ►

OWNER'S MANUAL

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BEFORE STARTING THIS OR ANY OTHER EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN, who can assist you in determining the target heart rate zone appropriate for your age & physical condition. Certain exercises, programs or types of equipment may not be appropriate for all people. This is especially important for persons over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments.

START OUT SLOWLY & PROGRESS SENSIBLY. Progress at a pace that is comfortable for you.

MONITOR YOUR HEART RATE WHILE YOU EXERCISE & KEEP YOUR ESTIMATED PULSE RATE WITHIN YOUR TARGET HEART RATE ZONE. Follow the instructions on page 11 in this manual regarding heart rate monitoring & determining your appropriate target heart rate zone.

DO NOT OVER EXERT YOURSELF WITH THIS OR ANY OTHER EXERCISE PROGRAM. Listen to your body & respond to any reactions you may be having. You must distinguish “good” pain, like fatigue, from “bad” pain, which hurts. If you experience any pain or tightness in your chest, an irregular heartbeat or shortness of breath, stop exercising immediately. Consult your physician before continuing.

USE CARE WHEN STEPPING ON & OFF EQUIPMENT. Set-up & use your Gazelle® Pacer on a solid, level, carpeted surface. Follow the instructions on page 12 in this manual for proper entry & exit techniques.

HAVE PLENTY OF CLEARANCE BEHIND & IN FRONT OF YOUR GAZELLE® PACER. It is important to keep children, pets, furniture & other objects out of the way of the swinging foot platforms. You should have a minimum of 3 feet of clearance both in front of & behind your Gazelle® Pacer.

WEAR APPROPRIATE CLOTHING WHEN EXERCISING. Workout clothing should be comfortable & lightweight. Wear athletic shoes, such as running or aerobic shoes. Do not use this product with bare feet.

GAZELLE® PACER IS NOT INTENDED FOR USE BY CHILDREN. Keep this & all fitness equipment out of the reach of children.

REMEMBER - REVIEW THIS OWNER'S MANUAL THOROUGHLY BEFORE STARTING YOUR WORKOUT!

IMPORTANT: SEE PAGE 5 FOR PLACEMENT OF THE FOLLOWING WARNING LABEL ON YOUR UNIT.

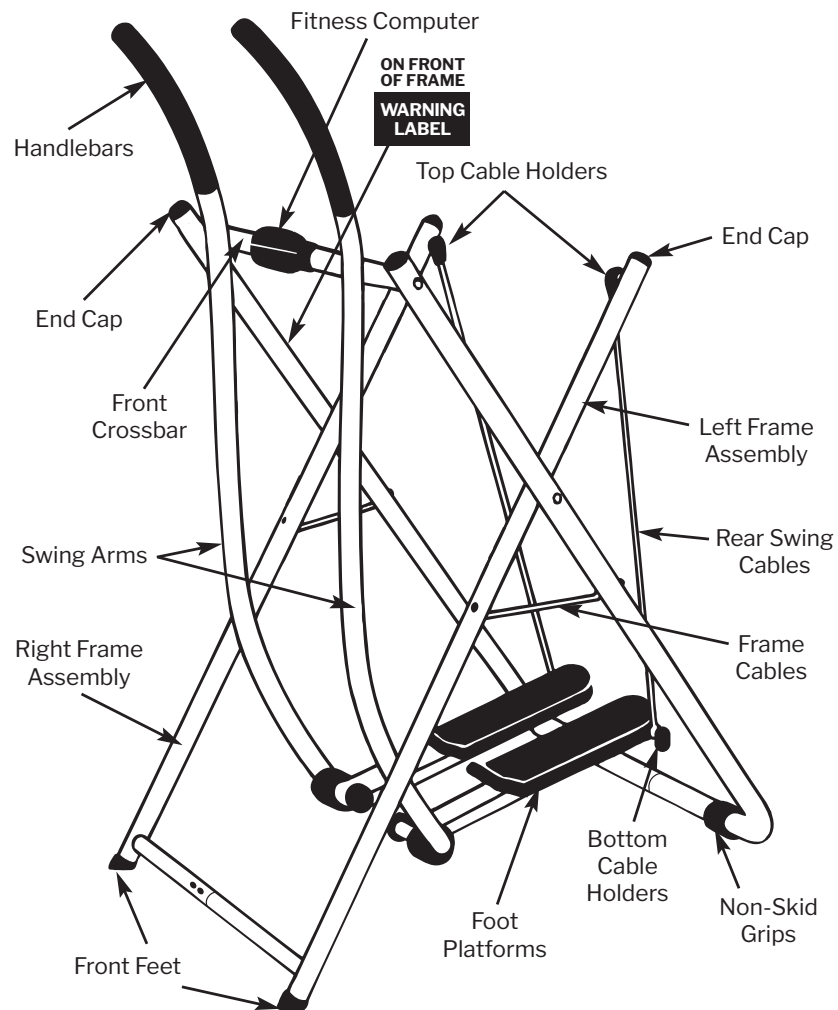
⚠ WARNING

FAILURE TO READ & FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE OWNER'S MANUAL MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. MAXIMUM USER WEIGHT 250 LBS. REPLACE THIS LABEL IF DAMAGED, ILLEGIBLE OR REMOVED. FOR HOUSEHOLD USE ONLY.

SPECIFICATIONS:

Product Weight: Approx. 40 lbs.
Max. User Weight: 250 lbs.
Length: 43"
Width: 28"
Height: 53.75"

ALSO INCLUDES:
• Nutrition Guide



Congratulations on your purchase of the Gazelle® Pacer! You've just taken an important step toward achieving your fitness goals. Whether that means strengthening your heart & lungs, toning muscles, or a combination of these, the Gazelle® Pacer will help you achieve those goals.

Working out on comfortable, efficient equipment that allows you to start & progress at the level that's appropriate for you is a vital element in sticking with a program of regular exercise. With your Gazelle® Pacer, you'll use the muscles of both your upper & lower body in a pleasant, easy gliding motion to burn calories, firm muscles, & improve your cardiovascular endurance. All of the exercises are easy to do & should feel good, not painful or exhausting. You'll be able to step onto your Gazelle® Pacer & begin your workout – just what you need to improve your fitness the healthy, easy way!

One hour a week – three fun 20 minute sessions – is all it takes to begin experiencing the health benefits of aerobic exercise. With regular use of your Gazelle® Pacer, you may soon notice some important changes in yourself, such as:

- More endurance & stamina.
- Less body fat & excess weight (if you also follow the Nutrition Guide).
- Improved muscle tone in both upper & lower body.
- Increased energy for daily tasks.
- Less stress & a more positive outlook.

If you increase your exercise program to just 20 minutes **each day**, you can accelerate these benefits dramatically. An impressive return on your investment!

Many studies show that a combination of low fat, sensible meals & exercise is the optimum weight loss plan.

We're so sure that you will be completely satisfied with your Gazelle® Pacer, that we encourage you to share with us your comments & suggestions. If, during the course of using your system, you have any questions about the program, please contact our Customer Service Specialists at the email address or phone number listed below. As always, you have our quality assurance that we want only your complete satisfaction. After all, your success is our success too!

Sincerely,

Customer Service

service@gazelleglider.com

1.800.519.8061

Monday–Thursday | 8:30 AM–5 PM EST

IMPORTANT: This owner's manual is the authoritative source of information about your Gazelle® Pacer. Please read it carefully & follow all the instructions.

If you are just starting an exercise program, choose a time of day that's good for you & then stick closely to it. Try to do your Gazelle® Pacer workout three times per week at first, & then gradually progress to four or five days a week. Choose a time when you feel energetic, when there are few interruptions, & when you have not eaten a heavy meal for approximately two hours.

MOTIVATIONAL TIPS

Keep your motivation & interest high by remembering these simple tips:

- **Set Goals For Yourself** that are challenging but realistic. Remember, it may take a few weeks to be able to complete the entire workout easily, or to see changes in your weight or fitness level. Just five minutes of exercise, done several times per day, can change your health. Break your overall goals down into small, measurable steps.
- **Record Your Progress** by using the charts provided at the end of this booklet.
- **Celebrate Your Successes** - even the small ones! Give yourself incentives for reaching each of your goals, & reward yourself often.
- **Take Setbacks In Stride.** If you miss a day on your schedule (or even a week), it's not too late to get back on track. If you are having trouble sticking to your goals, review them & make sure they are realistic. Make adjustments as you think they are needed.

YOUR WORKOUT WILL CONSIST OF THREE PHASES:

WARM-UP

To prevent injury & maximize performance, we recommend that you begin each workout with at least 5 to 10 minutes of exercise that gradually increases your heart rate & warms up your muscles. You can do this by practicing all of the basic Gazelle® Pacer movements at a slow tempo & easy range of motion.

Stretching exercises are always an important part of any exercise program. We suggest that you do stretching exercises for your calves, hamstrings, hip flexors, triceps, shoulders, quads & back.

AEROBIC & MUSCLE TONING WORKOUT

To gain the health & fitness benefits that you seek, the warm-up should be followed by 15 to 20 minutes of Gazelle® Pacer gliding exercises. Build up to this amount as your current fitness level allows, & progress at a rate that is comfortable to you. As your fitness level increases you may want to gradually increase the length of your workouts to a total of 30 minutes per day. Start with 2 or 3 workouts per week. If losing weight is one of your goals, you may want to gradually increase your workouts to 5 or 6 days per week. More frequent workouts & longer durations require the body to burn more calories & use stored fat for energy.

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Once the basic Gazelle® Pacer workout is comfortable for you, interval training offers the opportunity for greater workout variety, cardiovascular benefits & increased calorie burning. Interval training means alternating short periods of higher intensity gliding, with periods of lower intensity gliding. When you perform the high intensity exercises, you will work at a level that is at the high end of your Target Heart Rate Zone. The lower intensity exercises are at the low end of your Target Heart Rate.

Monitor your estimated heart rate throughout your workout. It can help you determine the level of exertion that may be most appropriate for you, & serve as a good measure of your progress toward improved fitness.

Beginners can use interval training to simply alternate periods of moderate gliding with rest periods of easy gliding. If you are having difficulty completing 20 minutes of non-stop gliding, work for 3 or 4 minutes then rest with a very small glide for 1 minute. Repeat this until your 15 to 20 minutes are complete.

There are three variables that will help you control the intensity of your Gazelle® Pacer workout & keep your heart rate at a safe & appropriate level:

- **The range of motion of your legs & arms.** A wider glide will be higher intensity than a small or narrow glide. Gliding with your knees in a neutral or straight position is easier than gliding with your knees bent in a low position.
- **Your hand position.** A high or low hand grip will allow your arms or legs to alternately work harder. A neutral or middle hand grip will be easier than a high grip because the legs & arms will share the workload evenly.
- **The speed at which you glide.** As you glide at faster tempos your effort will increase. Slowing down the tempo at any time will make your workout easier.

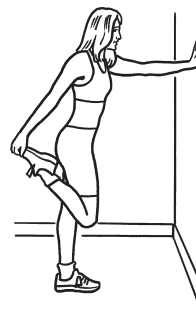
COOL DOWN & STRETCHING

Stretches can help improve flexibility & relieve the tightness in muscles that results from repetitive Pacer movements. 10 to 15 minutes of daily stretching is recommended. This should be done after warming up & cooling down. Finish your workout by doing the stretches that follow.

Stretches can help improve flexibility & relieve the tightness in muscles that results from repetitive Pacer movements. 10 to 12 minutes of daily stretching is recommended. This should be done when warming up & cooling down. When performing these stretches, your movements should be slow & smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle & hold the stretch for 20 to 30 seconds. Breathe slowly & rhythmically. Be sure not to hold your breath. Remember that all stretches must be done for both sides of your body.

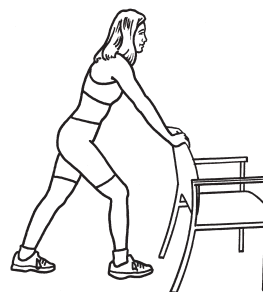
1. Quadriceps Stretch

Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend the opposite knee & lift your heel towards your buttocks. Reach back & grasp the top of your foot with the same side hand. Keeping your inner thighs close together, slowly pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. You do not have to touch your buttocks with your heel. Stop pulling when you feel the stretch. Keep your kneecap pointing straight down & keep your knees close together. (Do not let the lifted knee swing outward.) Hold the stretch for 20 to 30 seconds. Repeat for the other leg.



2. Calf & Achilles Stretch

Stand approximately one arms length away from a wall or chair with your feet hip width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair & keeping the other leg straight, place your hands on the chair. Keep the heel of the back leg on the ground & move your hips forward. Slowly lean forward from the ankle, keeping your back leg straight until you feel a stretch in your calf muscles. Hold for 20 to 30 seconds. Repeat for the opposite leg.



3. Overhead/Triceps Stretch

Stand with your feet shoulder width apart & your knees slightly bent. Lift one arm overhead & bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand & grasp your flexed elbow. Gently assist the stretch by pulling on the elbow. Hold for 20 to 30 seconds. Repeat for the opposite arm.



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4. Back Stretch

Stand with your legs shoulder width apart & your knees slightly bent. Bend forward from your waist with your arms extending loosely in front of your body. Gently bend from the waist flexing your body as far forward as it will go. Hold for 20 to 30 seconds. Straighten up & repeat.



5. Standing Hamstrings Stretch

Stand with your legs hip width apart. Extend one leg out in front of you & keep that foot flat against the ground. With your hands resting lightly on your thighs, bend your back leg & lean forward slightly from your hips until you feel a stretch in the back of your thigh. Be sure to lean forward from the hip joint rather than bending at your waist. Hold for 20 to 30 seconds. Repeat for the opposite leg.



6. Buttocks, Hips & Abdominal Stretch

Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands & pull it over your body & towards the ground. You should feel a stretch in your hips, abdominals & lower back. Hold for 20 to 30 seconds & release. Repeat for opposite side.



7. Inner Thigh Stretch

Sit on the floor & bend your legs so that the soles of your feet are together. Place your hands on your ankles. Lean forward from the waist & press down lightly on the inside of your knees. You should feel a stretch in the muscles of your inside thigh. Hold for 20 to 30 seconds & release.



8. Arm Pullback

Stand with your feet shoulder width apart & toes pointing forward & with your knees slightly bent. Let your arms hang relaxed on either side of your body. Expand your chest & pull your shoulders back. Bend your elbows slightly & clasp your hands behind your back. Slowly straighten your arms as you lift your hands upward. Raise your hands upward until you feel mild tension in your shoulder & chest region. Hold for 20 to 30 seconds. Lower your arms to their original position & bend your elbows. Release your hands & return them to your sides.

BEFORE STARTING THIS OR ANY OTHER EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN, who can assist you in determining the target heart rate zone appropriate for your age & physical condition. Certain exercises, programs or types of equipment may not be appropriate for all people. This is especially important for persons over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments.

MONITOR YOUR HEART RATE WHILE YOU EXERCISE & KEEP YOUR ESTIMATED PULSE RATE WITHIN YOUR TARGET HEART RATE ZONE.

Follow the instructions below regarding heart rate monitoring & determining your appropriate target heart rate zone.

Effective aerobic training to improve your fitness & health requires working out at an exercise intensity that raises your pulse to a level that safely challenges your heart & lungs. This level can range between 50% - 80% of your maximum heart rate & is called your Target Heart Rate Zone. If you are new to exercise or out of shape, 50% - 60% may be adequate to promote good cardiovascular conditioning. A well conditioned athlete may prefer to work up to an 80% - 85% rate.

Using your estimated heart rate as an indicator of your fitness level provides a built-in work intensifier. If you're untrained, you'll require less effort to reach your target heart rate zone. As your cardiovascular fitness improves & you become stronger, it will require more effort for you to reach your target heart rate zone.

The chart illustrates the predicted minimum & maximum target heart rate zones for cardiovascular fitness for the average individual in good health. To use the chart, find your age & the corresponding minimum & maximum target heart rate zones.

DETERMINING YOUR ESTIMATED HEART RATE

To determine your heart rate:

- ♥ Pause just long enough from your exercise to take your pulse at your wrist. Take a ten second reading & multiply it by six. Check the chart to see if you are within your range according to your age.
- ♥ Use an electronic heart rate monitor. You can purchase an electronic heart rate monitor at a local fitness store.

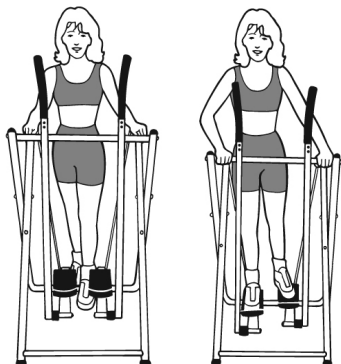
Remember that target heart rate zones are predictions & based on averages. Regardless of your estimated heart rate readout, you should slow down if you are breathless & cannot carry on a short conversation.

TARGET HEART RATE ZONE

Age	Minimum (50%)	Maximum (80%)
20	100	160
22	99	158
24	98	157
26	97	155
28	96	154
30	95	152
32	94	150
34	93	149
36	92	147
38	91	146
40	90	144
45	87	140
50	85	136
55	83	132
60	80	128
65+	77	124

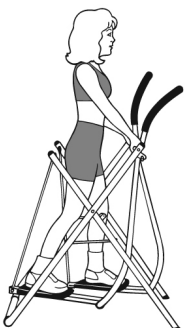
Age adjusted heart rate (beats per minute).

Once your Gazelle® Pacer is assembled, make sure it is on a solid, level, carpeted surface with plenty of clearance space behind & in front of the swinging foot platforms. Practice getting on & off your unit a few times until you are comfortable with this movement.



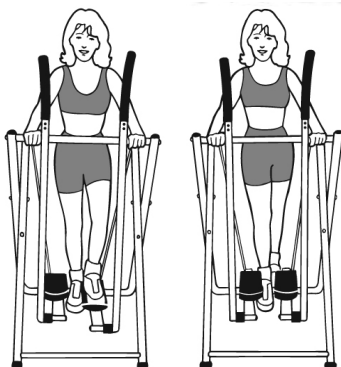
GETTING ON

Stand behind your unit facing the front crossbar. Place one hand on each back bar & place your left foot centered behind the two foot platforms. Transfer your hands, one at a time, to the front crossbar. Keep your hands on the front crossbar until you are completely on the unit. Carefully place your right foot on the right foot platform & step on. Next, bring your left foot up to the left foot platform & step on. Keep your hands in place until you feel completely comfortable & balanced. Now you are ready to start gliding.



LEARNING TO GLIDE

Stand upright, with good posture, on the foot platforms. Hold onto the front crossbar with your hands placed just inside the handlebars. Begin to move your feet back & forth in a very small, controlled glide. When you are comfortable with this leg motion & feel balanced, increase your stride width slightly. Keep your knees “soft” or slightly flexed & your posture upright throughout the motion. This movement is called the “Basic Glide”. Use this “Basic Glide” with your hands on the front crossbar to get started, or if you want to decrease your effort at any point during your workout. Be sure to read the exercises explained in this manual before doing any further gliding.



GETTING OFF

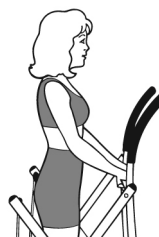
Bring your unit to a complete stop & make sure that you feel balanced on both foot platforms. Place both of your hands on the front crossbar. Keep them in place until you have completely dismounted. Carefully bring your right foot down & place it centered behind the two platforms. Then, carefully bring your left foot down behind the back bar & place it securely on the floor. Let go of the front crossbar, straighten up & lift your right foot out & away from the machine.

FOOT PLACEMENT

You will notice that your feet shift a little bit when using your Gazelle® Pacer. It is recommended that beginners keep their toes against the toe plate until they feel comfortable with their balance.

HAND POSITIONS

The position of your hands on the handlebar grips will allow you to vary the intensity of your workouts & change the emphasis from lower body to upper body. There are four positions that are used throughout your Gazelle® Pacer workout.



Front Bar Grip

Place your hands on the front crossbar, just to the inside of the handlebars. Use a firm grip without “white knuckles”. Be sure to keep your wrists straight & avoid leaning hard on the arms or bending at your wrists. This grip may be used during any “Basic Glide” exercise. Use this grip when learning to glide, or during your warm-up & cool down.



Low Grip

Place your hands at the bottom of the handlebars. Be sure to keep your hands on the black handlebar grips, not on the front crossbar. This grip will decrease the work in your upper body.



Neutral Grip

Place your hands midway between the bottom & top of the handlebars. Use a firm grip, but try to avoid “white knuckles”. This grip will help you attain more equal work for both the upper & lower body.



High Grip

Place your hands at the top of the handlebars. Use a firm grip, but try to avoid “white knuckles”. This grip will increase the work in your upper body.

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Hands Free (Advanced Position)

Stand in an upright position on the foot platforms with your hands on the front crossbar. When you feel balanced, release your hands from the crossbar & bring them into a bent elbow position at your sides as if you were running or power walking. Practice this position with your feet stationary, then progress to a "Basic Glide".

Note: Exercising without holding onto the handlebars poses a risk of losing your balance & falling, resulting in possible serious injury, & should be done with care.

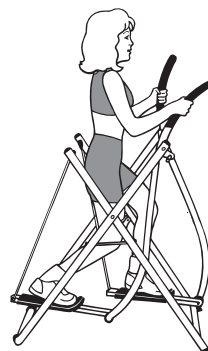
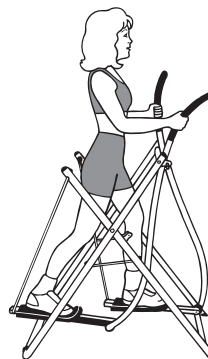
GENERAL WORKOUT RECOMMENDATIONS

On the following pages are eight exercises that will comprise your basic Gazelle® Pacer workout. Before performing any of the exercises, first read through these instructions for correct exercise execution.

When you are ready to begin your workout, be sure your equipment is set-up correctly & you've warmed up adequately. Begin with the first exercise & continue through all of the exercises in one continuous cycle, unless you need to take a break. We recommend that you perform 20 to 40 gliding repetitions of each exercise. A single repetition is counted when both legs have glided forward & back (R + L = 1 repetition). Take time to cool down & stretch at the end of your workout.

Remember, you will notice that your feet shift a little bit when using your unit. It is recommended that beginners keep their toes against the toe plate until they feel comfortable with their balance.

BE SURE TO DRINK PLENTY OF WATER BEFORE, DURING & AFTER YOUR WORKOUT.



1) BASIC GLIDE

Stand upright on the foot platforms with your hands in the neutral position. Your knees should be "soft", not locked. Glide your feet back & forth in a controlled manner. The front of each foot platform should glide slightly past the base of the unit frame. Push & pull gently with your arms to assist the leg motion. Maintain good, upright posture throughout this exercise, with your shoulders aligned directly over your hips. This exercise can be performed with the neutral, low or high hand grip positions.

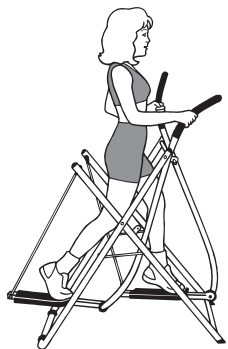
2) WIDE GLIDE

Start with a Basic Glide movement. Gradually increase the length of your stride as far as you comfortably can. Your heels will naturally lift slightly as each leg moves to the back. Do not attempt to keep your heel pressed to the foot platform, but allow this lifting motion to occur. Maintain good, upright posture throughout this exercise, & a "soft" knee position. Glide only as wide as you can while maintaining good balance & posture. This exercise can be performed with the neutral or low hand grip positions.

3) LOW GLIDE

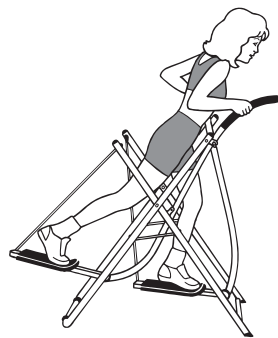
Start with a Basic Glide movement. Gradually bend your knees deeper & increase the length of your glide. Let your heels naturally lift as each leg moves to the back. Maintain upright posture throughout this exercise, with your shoulders aligned over your hips. Avoid bending your knees so deeply that they bump against the front swing arms. This exercise can be performed with the neutral or low hand grip positions. You will feel additional emphasis in your thighs during this exercise.

(continued on next page)



4) HIGH GLIDE

Start with a Basic Glide movement. Lift your heels (rise up on your toes) as you glide, maintaining upright posture. Avoid letting your ankles roll outward as your heels lift. Concentrate on lifting up through the entire body, & pulling your abdominals in to help maintain balance. Your heels should remain lifted throughout the exercise. This exercise can be performed with the neutral or low hand grip positions. You will feel additional emphasis in your calf muscles during this exercise.



5) FORWARD PUSH (Advanced Exercise)

Begin with a Basic Glide or Wide Glide. Move your hands to a high grip position. As you glide, slowly lean forward until you feel more weight in your arms. Keeping your wrists straight, press forward firmly with alternating arms. Try to fully extend each arm as you push. If you are not able to fully extend each arm, adjust your body position so that you have less forward lean. Make sure you are leaning forward from your ankles, a full body lean, rather than rounding your back. Allow your heels to lift naturally as

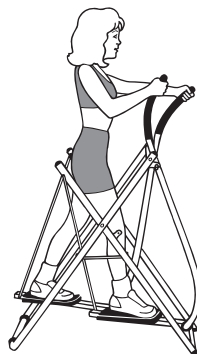
each leg glides back. This exercise can be performed with the high or neutral hand grip position. You will feel additional emphasis in the chest, front shoulder, & the back of the upper arm during this exercise. ***This is an advanced exercise that should be performed only after proficiency is attained on the first four basic exercises. Note: Exercising while leaning forward poses a risk of losing your balance & falling, resulting in possible serious injury, & should be done with care.***



6) BACKWARD LEAN (Advanced Exercise)

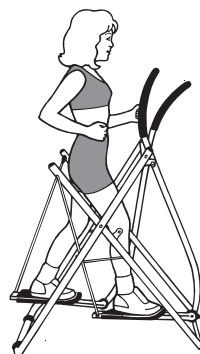
Begin with a Basic Glide. Move your hands to a high grip position. As you glide, slowly lean back until you feel more weight in your arms. Your legs will glide in front of your body. Keeping your wrists straight, pull back firmly with alternating arms. Make sure you are leaning back from your ankles, a full body lean, rather than rounding your back or "sitting". This exercise can be performed with the high or neutral hand grip position. You will feel additional emphasis in the upper back, back shoulders, & the biceps during this

exercise. ***This is an advanced exercise that should be performed only after proficiency is attained on the first four basic exercises. Note: Exercising while leaning forward poses a risk of losing your balance & falling, resulting in possible serious injury, & should be done with care.***



7) POWER GLIDE (Advanced Exercise)

Begin with a Wide Glide. Adjust your hands to a neutral or high grip hand position. Gradually increase the length of your stride as far as you comfortably can. Your heels will naturally lift slightly as each leg moves to the back. As you glide, allow your shoulders & torso to rotate slightly side to side, pressing & pulling firmly with your arms. Maintain good, upright posture throughout this exercise, & a "soft" knee position. Avoid over rotating your torso which could effect balance. This exercise can be performed with the neutral or high hand grip positions. Glide only as wide as you can while maintaining good balance & posture. ***This is an advanced exercise that should be performed only after proficiency is attained on the first four basic exercises.***



8) POWER JOG (Advanced Exercise)

Begin with a Basic Glide. When you feel comfortable & balanced, slowly release your hands & bring them into your sides in a "jog" position. Allow your arms to pump naturally as if you were jogging. Maintain good, upright posture throughout this exercise, & a "soft" knee position. Glide only as wide as you can while maintaining good balance & posture. Be careful not to get your head or shoulders in the way of the swinging handlebars. Upright posture will prevent this from happening.

This is an advanced exercise that should be performed only after proficiency is attained on the first four basic exercises. Note: Exercising while leaning forward poses a risk of losing your balance & falling, resulting in possible serious injury, & should be done with care.

**WATCH TONY LITTLE'S
GAZELLE® GLIDER WORKOUT VIDEOS
ON OUR YOUTUBE CHANNEL! ▶▶▶▶**

Scan the QR code with your smart device camera to launch channel. Be sure to click subscribe & stay up-to-date on new releases.



CARING FOR YOUR GAZELLE® PACER

Your unit has been carefully designed to require minimum maintenance. To ensure this, we recommend that you do the following:

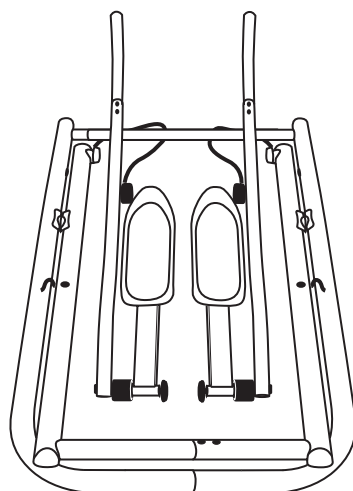
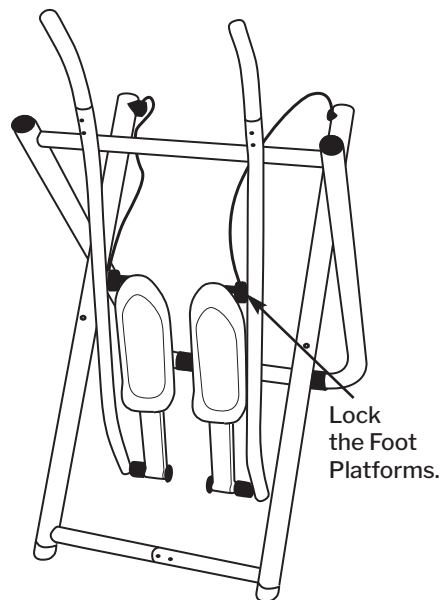
- Keep your unit clean by wiping sweat, dust or other residue off with a soft, clean cloth after each use.
- Wipe your handlebar grips down with a soft, damp cloth frequently to prevent accumulation of sweat & dirt.
- If squeaks or other noises develop over time, we recommend the following:
 - a) Lubricate all moving parts. For best results we recommend using white lithium grease. You may also apply clear household grease (i.e. petroleum jelly) to axle tube.
 - b) Spray cable holders (top & bottom) with WD-40® or equivalent.
 - c) Check to be sure that the screws on the bottom of the foot platforms are tight.

STORING YOUR GAZELLE® PACER

Your unit conveniently folds down for easy storage. To fold your unit:

- a) Fold foot platforms & lock into place by snapping lower cable holders onto swing arms.
- b) Place foot on rear frame tube (to hold in place) & slide front frame tube towards you by grabbing front swing arms.

Store your equipment in an area away from children & high traffic areas.



Unit is ready for storage.

A Total Fitness Program is more than exercise & more than eating right. It is a “fitness for life” plan that goes hand in hand with an overall healthy lifestyle. This includes regular check-ups & exercise, now & for the rest of your life.

Your total fitness program consists of three parts:

- Aerobic exercise to burn calories.
- Strength conditioning exercises to tone & shape your muscles, increase your metabolic rate, & strengthen your bones.
- A diet that is safe, sensible & healthy.

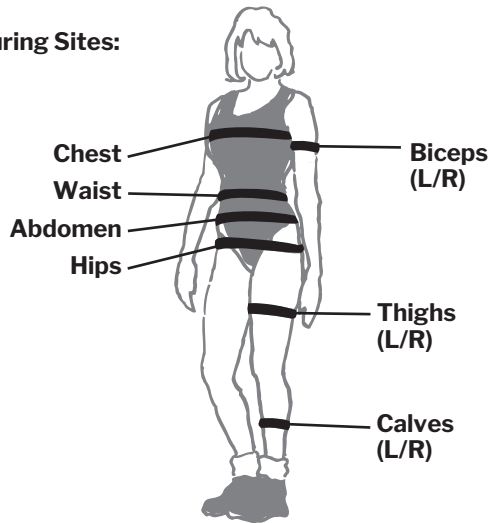
Today, all fitness research recommends both aerobic exercise & strength conditioning to achieve balanced fitness. By improving your aerobic fitness you will strengthen your heart & lungs, increase your stamina & endurance & help with weight loss. Strength conditioning adds lean muscle to your body, increasing your body's metabolism. In this process, your body burns more calories, even while you rest. When you combine aerobic workouts with strength conditioning, you can burn more fat & calories than with just aerobic exercise alone.

The Gazelle® Pacer workout will help with the first two parts of your Total Fitness Program, but you need to make healthy, low-fat eating a big priority as well. If you need help making healthy eating a part of your life, then please refer to the Nutrition Guide that is included.

Consult with your physician about an eating plan that's right for you. Healthy eating habits & exercise will help you reach your goal. We recommend that you follow dietary guidelines approved by the U.S. Department of Agriculture & the U.S. Department of Health & Human Services.

Use the chart below & the charts on the following pages to keep track of your progress over time. Before writing on them, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative & motivational to look back at what you've done, & this data will help you to chart future fitness goals as you progress. Every two weeks, measure yourself to rechart your progress.

Measuring Sites:

[illegible][illegible][illegible]

Update once a week

[illegible]**GAZELLE HOME, LLC | Limited Warranty**

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Save your sales receipt. You may wish to staple it into this manual.



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