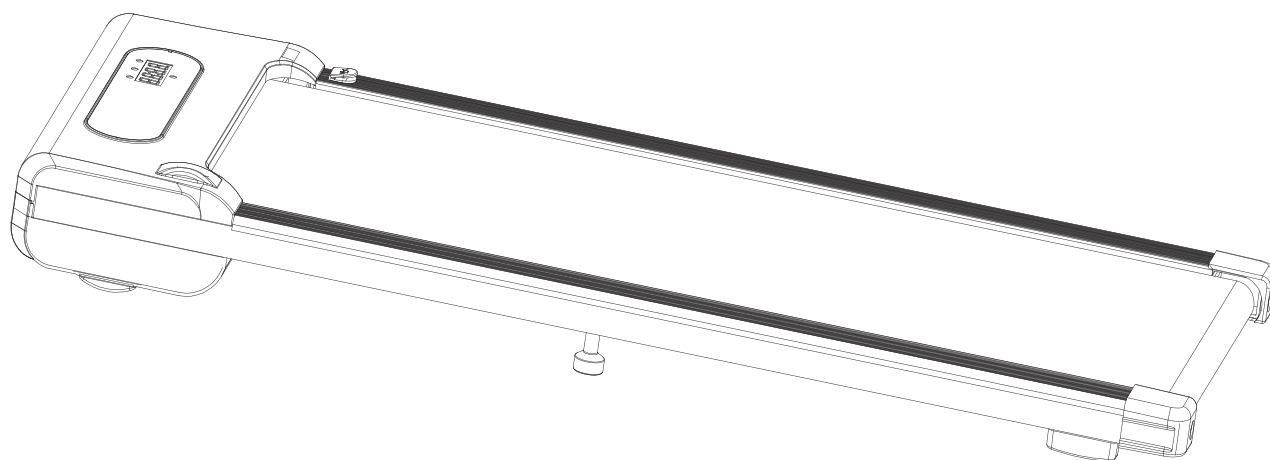


Soozier

IN241000657V01_US

A90-388V80

Treadmill



*The maximum user weight is 150 Kg.

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

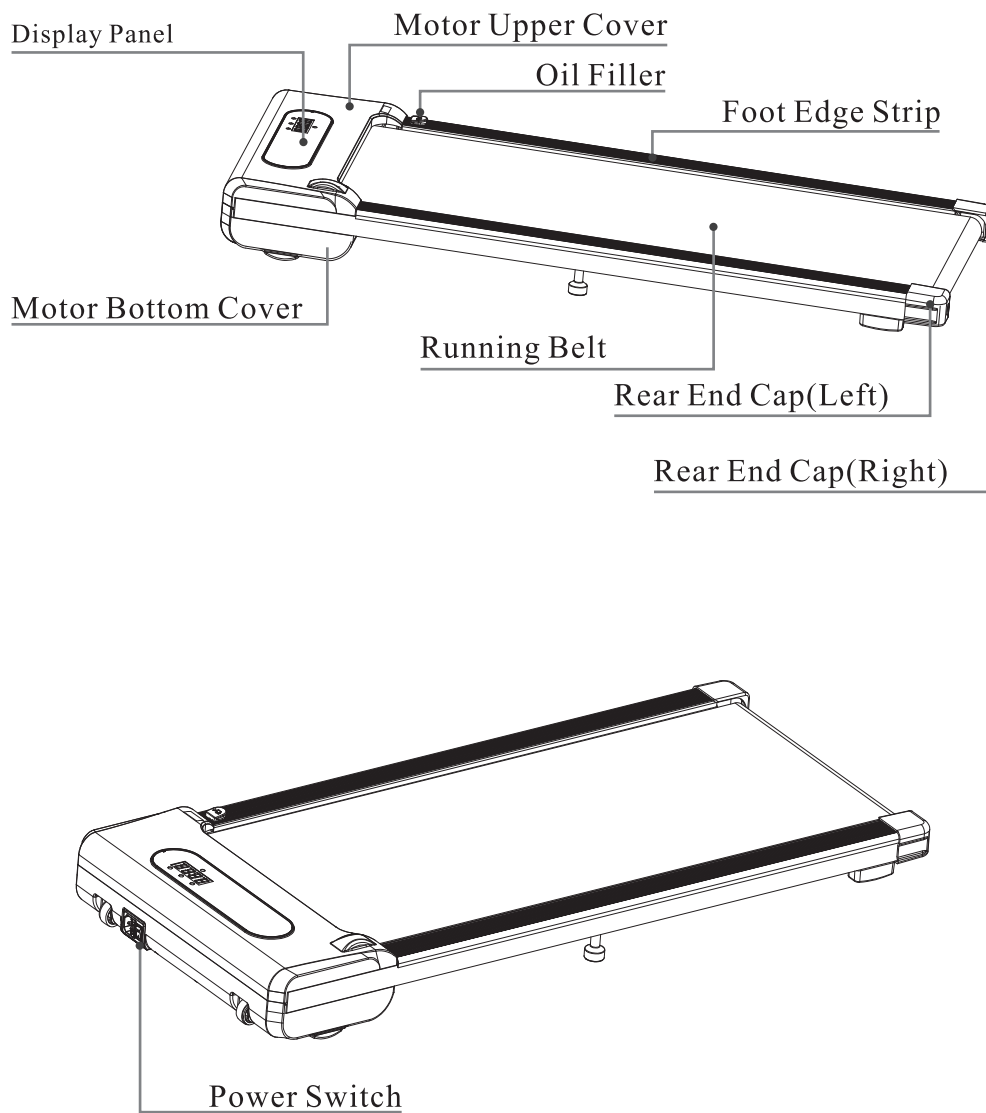
INSTRUCTION MANUAL

CONTENT

PRODUCT DIAGRAM	02
SAFETY PRECAUTIONS	03
TECHNICAL PARAMETERS	06
PARTS LIST	07
INTRODUCTION TO DISPLAY	08
REMOTE CONTROL FUNCTIONS	10
INSTRUCTIONS FOR USE	12
WARM UP INSTRUCTIONS.....	14
PRODUCT MAINTENANCE	15
TREADMILL BELT MISALIGNMENT ADJUSTMENT.....	16
TROUBLESHOOTING GUIDE	17
FCC STATEMENT	18

PRODUCT DIAGRAM

NOTE: THE RUNNING BELT IS MADE OF HEAD AND TAIL SPLICING, THERE ARE SEAM MARKS, IT IS NORMAL PROCESS PHENOMENON, AND DOES NOT AFFECT THE NORMAL USE OF THE TREADMILL.



SAFETY PRECAUTIONS

Caution! Please read the instruction manual carefully before use and take note of the following safety precautions:

1. The treadmill should be placed indoors, away from moisture, and should not be splashed with water or have any foreign objects placed on it.
2. Before exercising, wear suitable sports attire and athletic shoes. Never exercise barefoot on the treadmill and remember to warm up your body before starting.
3. The power plug must be securely grounded, and the socket should have a dedicated circuit to avoid sharing with other electrical devices.
4. Keep children away from the machine to prevent accidents.
5. Avoid prolonged and excessive usage as it can damage the motor, controller, and accelerate the aging of bearings, running belt, and deck. Regular maintenance is necessary.
6. Minimize indoor dust and maintain a certain level of humidity to avoid generating strong static electricity, which may interfere with the normal operation of the console and controller.
7. After finishing your workout, remember to turn off the treadmill's power.
8. Ensure proper ventilation in the room while using the treadmill.
9. Attach the safety key clip to your clothing to ensure a safe stop in case of emergencies.
10. If you experience any discomfort or unusual symptoms during use, stop exercising immediately and consult a doctor.
11. After using silicon oil, store it in a place inaccessible to children to prevent serious consequences if mistakenly ingested.

Warning! To prevent accidents and harm to others, please adhere to the following regulations:

12. Check that your clothing is securely fastened and zipped before using the treadmill.
13. Do not wear clothing that can easily get caught in the treadmill.
14. Keep the power cord away from hot objects.
15. Keep children away from the treadmill.
16. Do not use the treadmill outdoors.
17. Disconnect the power before moving the treadmill.
18. Non-professionals must not dismantle the machine, as it may lead to serious consequences.
19. Only one person is allowed on the treadmill when it is in operation.
20. If you feel dizzy, chest pain, nausea, or shortness of breath during exercise, stop immediately and consult a fitness trainer or doctor.

Warning

If you are currently receiving medical treatment or fall into any of the following categories, please consult with a specialized doctor before using this product:

1. Those currently experiencing lower back pain, or those who have had previous injuries to their legs, lower back, or neck. Also, individuals experiencing numbness in their legs, lower back, neck, or hands due to conditions such as herniated discs, slipped discs, or cervical disc protrusion.
2. Those with degenerative joint disease, rheumatism, or gout.
3. Those with osteoporosis or abnormal bone conditions.
4. Those with circulatory system disorders, such as heart disease, vascular disorders, or hypertension.
5. Those with respiratory organ disorders.
6. Those with implanted pacemakers or other medical electronic devices.
7. Those with malignant tumors.
8. Those with blood circulation disorders such as thrombosis or severe adipose angiolioma, or those with various skin infections.
9. Those with perceptual disorders caused by severe peripheral circulation disorders due to conditions such as diabetes.
10. Those with skin wounds.
11. Those with high fever (38°C or above) due to illness.
12. Those with abnormal spinal conditions or spinal curvature.
13. Pregnant or possibly pregnant individuals, or those currently menstruating.
14. Those feeling abnormal in their physical condition and requiring rest.
15. Those with significantly poor physical condition.
16. Those seeking rehabilitation.
17. Those who feel any abnormality in their body, apart from the aforementioned cases.

All of the above-mentioned scenarios may lead to accidents or cause harm to the body. If you experience unusual pain, numbness in the legs or feet, dizziness, or palpitations during exercise, immediately stop using the product and consult a doctor.

Do not allow children to use this product or let them play around it. Failure to comply may result in the risk of injury.

When inserting or removing the product, or during its use or sliding motion, please ensure that there are no people or pets within the vicinity (rear, bottom, front of the product)

Forbidden

- Do not use when the casing is cracked, damaged, or detached (revealing internal structures) or when the welding parts are detached to avoid accidents or injuries.
- Do not jump up and down during exercise, as it may cause falls and result in injury.
- Do not use or store in damp places such as outdoors or near bathrooms, or places where water droplets may splash.
- Do not use or store in places exposed to direct sunlight, high-temperature areas such as around stoves, or on heating appliances such as electric blankets. Otherwise, it may cause electric leakage or fire.

- Do not use if the power cord or plug is damaged or if the socket is loose. Otherwise, it may cause electric shock, short-circuit, or fire
- Do not damage, forcefully bend, or twist the power cord. Also, do not place heavy objects on it or clamp it to avoid fire or electric shock.
- Do not use with two or more people simultaneously, and be cautious not to let others approach during use. Otherwise, accidents or injuries may occur due to falls.
- Do not use if you are unable to express consciousness or operate it by yourself to prevent accidents or injuries.
- Avoid contact with water and liquids! Do not allow water or liquid to come into contact with the main body or operating parts. Otherwise, it may cause electric shock or fire.
- Those who are not accustomed to regular exercise should avoid sudden intense movements.
- Do not use after meals, when feeling tired, immediately after exercise, or when not in normal physical condition to avoid health damage.
- This product is suitable for home use and is not intended for use in crowded public places such as schools or gyms. Otherwise, there is a risk of injury.
- Do not use while eating or engaging in other activities.
- Do not use when feeling sluggish due to alcohol consumption. This may lead to accidents or injuries.
- Do not put hard objects in pockets. Before use, remove valuable items such as watches, bracelets, mobile phones, keys, and sharp objects like knives to prevent damage to belongings or bodily harm.
- Before use, check if there are any foreign objects such as pins, garbage, or moisture attached to the power plug to avoid electric shock, short-circuit, or fire.
- Do not use with wet hands! Do not insert or remove the power plug with wet hands to prevent electric shock or injury.
- Unplug the power plug! When not in use, unplug the power plug from the socket to prevent electric leakage and fire caused by dust and moisture.

Grounding Instructions

1. The product must be grounded. If the unit malfunctions, grounding provides a path of least resistance for the current to reduce the risk of electric shock.
2. The product is equipped with a power supply that has an equipment grounding conductor and a grounding plug that must be connected to a grounded receptacle that has been properly installed in full compliance with local codes or ordinances.

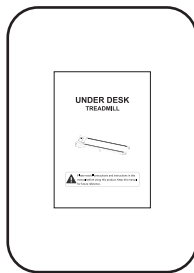
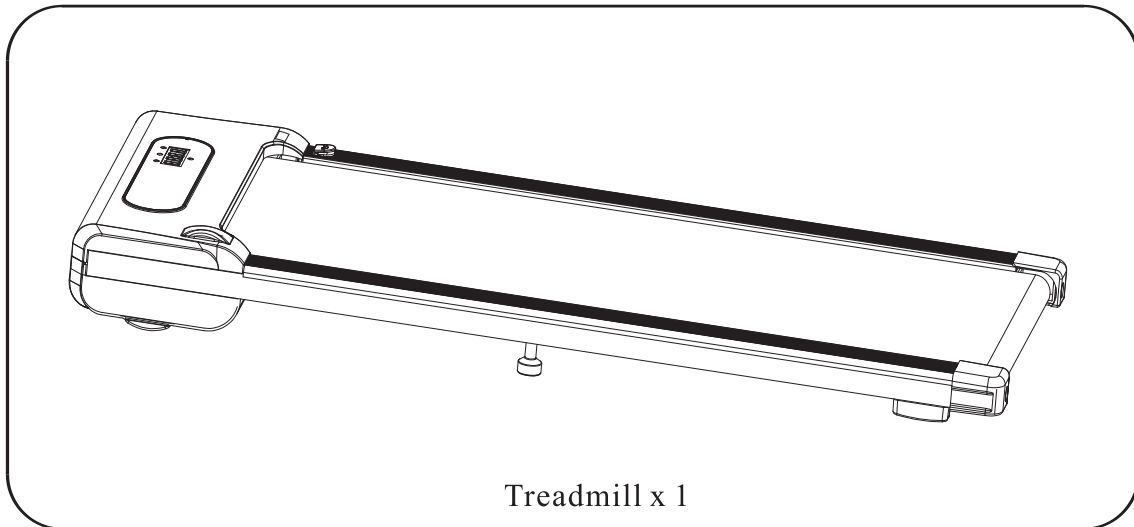
Danger

1. Failure to ground the equipment properly may result in electric shock. If you are in any doubt about the correct grounding of the product, have it checked by a qualified electrician. Even if the plug supplied with the product does not match the socket, it must not be modified. Please ask a professional electrician to install a suitable socket.
2. Make sure the treadmill is connected to a power outlet with the same configuration as the plug. An adapter should not be used with this treadmill.

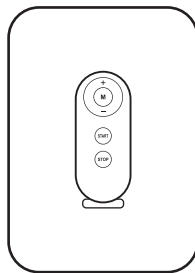
TECHNICAL PARAMETERS

Technical Parameters		
NO.	Parameter Name	Descriptions
1	Input Power Voltage	AC 100-110V , 50Hz
2	Motor Power	2.5 HP
3	Speed	0.5 - 4 MPH
4	Running Belt Size	16.93x43.31 Inches (430x1100mm)
5	Control Mode	Remote Control
6	Unfolded Dimensions	52.36x23.31x4.72 Inches (L1330*W592*H120 mm)
7	Functions	Speed, Time, Distance, Calorie

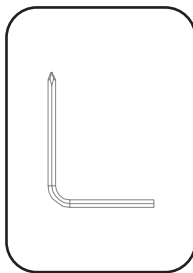
PARTS LIST



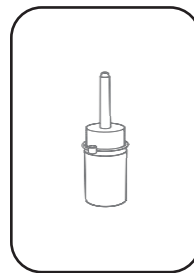
User Manual x 1



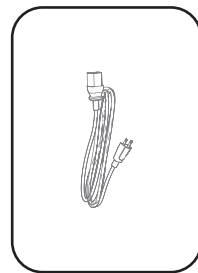
Remote Control x 1



L-Type Wrench x 1



Silicone Lubricant x 1



Power Cord x 1

Parts List					
NO.	Item	Quantity	NO.	Item	Quantity
1	Treadmill	1PC	2	Assembly Kit	1PC

Assembly Kit		
NO.	Name	Quantity
1	User Manual	1
2	Remote Control	1
3	L-Type Wrench (6#)	1
4	Silicone Lubricant	1
5	Power cord	1

INTRODUCTION TO DISPLAY



1. The "TIME" window has two display modes.

- Standard mode counts from 00:00~99:00 and resets to 0:00 when it reaches 99:00.
- The preset/custom mode allows user to set a time for length of use. Select from 5:00 minutes to 99:00 minutes. Once countdown has reached 0:00, your device will slowly stop and enter standby mode.



2. The "CALORIES" window has two display modes.

- Standard mode counts from 0.00 to 990.0 , and resets to 0.00 when it reaches 990.0.
- The preset/custom mode allows user to set calorie value. Select from 20.00 to 990.0. Once countdown has reached .000, your device will slowly stop and enter standby mode.



3. The "SPEED" window displays the current running speed, and the speed range is 0.5 mph~4.0 mph In preset mode, 12 preset schemes (P01 ~P12) are displayed.

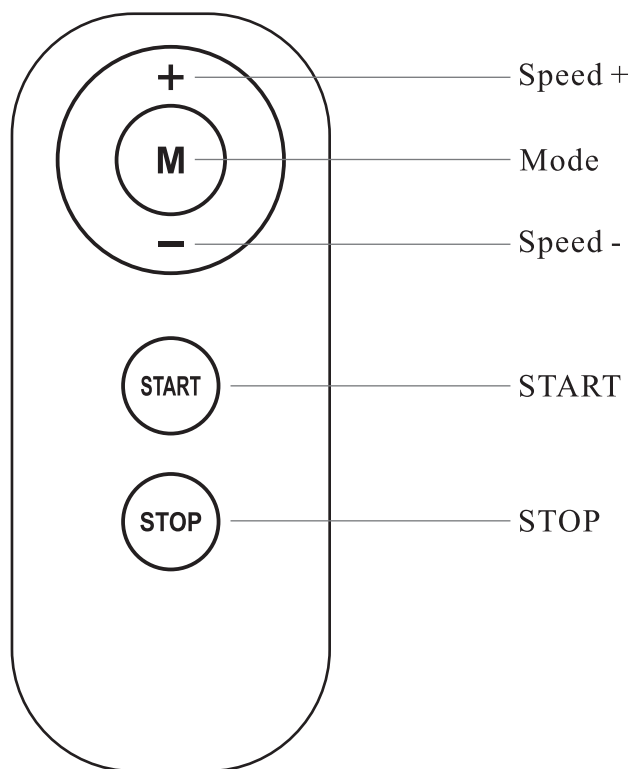


4. The "DISTANCE" window has two display modes.

- In standard mode, the distance will increase from 0.00 to 99 .00 miles, and the count will reset to 0:00 when it reaches 99.00.
- In preset/custom mode, the distance will be reduced from the inputted data (setting range: 1.00~99.00 miles) to 0 When the display is 0, your device will slowly stop and enter the standby state.

5. When your device started, the display between each option in 3 second intervals.


REMOTE CONTROL FUNCTIONS




M Mode key : This M button can use H-1 time countdown, H-2 distance countdown, H-3 calorie countdown function, P01-P12 auto mode in standby mode.

+ Press this key to increase the speed.

- Press this key to reduce the speed.

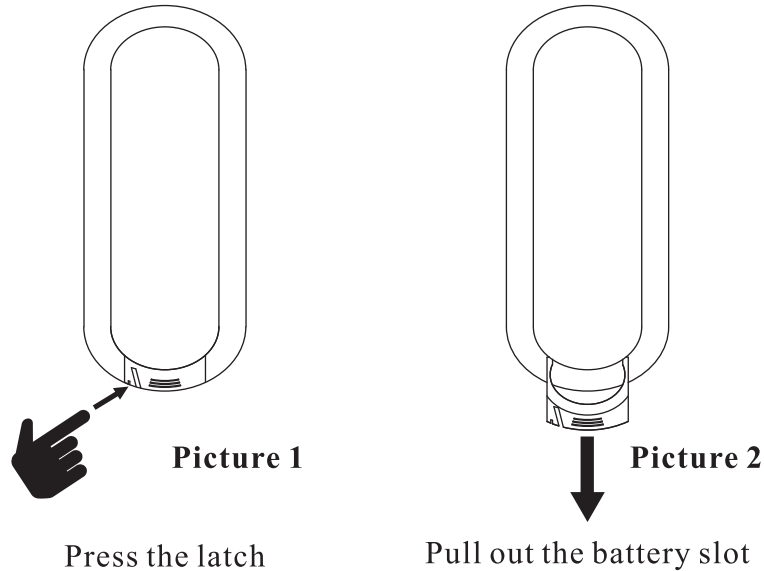
 Power on/start button : Press this key and the machine starts from speed 0.5.

 Power of f button: Press this key, the speed slowly decreases to stop all data from zeroing.

Note: The effective range of the controller to receive the control signal is 2-5 meters.

REMOTE CONTROL FUNCTIONS

When the remote control need to instal or change battery, you can press the latch as picture 1 and then pull out the battery slot as picture 2 to change the battery. The battery model is CR2025.



The 12 preset programs have the following speeds:

Speed Time Program	1	2	3	4	5	6	7	8	9	10
P01	1	2	2	1	1	2	2	3	4	1
P02	1	2	1	2	1	2	3	4	1	2
P03	1	2	1	2	3	2	4	2	1	2
P04	2	1	2	1	2	3	3	1	2	1
P05	2	1	1	2	2	1	2	3	2	2
P06	2	2	1	2	3	2	3	2	3	1
P07	2	1	2	2	1	2	1	2	3	1
P08	1	2	3	2	1	2	2	1	2	3
P09	2	2	4	2	4	2	2	3	2	1
P10	1	2	2	1	2	2	3	2	3	2
P11	2	3	4	4	3	3	2	3	3	1
P12	2	2	1	2	2	3	2	3	2	3

INSTRUCTIONS FOR USE

Note: All modes of the treadmill must be started while the machine is in standby. Keep treadmill in standby before switching to a different mode.

Note: in order to extend the life of treadmill, the maximum time for one workout has been set to 99:00 minutes. The treadmill will stop running should you hit this time and the display screen will read END.

HOW TO USE THE TREADMILL IN STANDARD MODE

1. How to turn on the treadmill

In standby mode, press the Start button on the remote control and the running belt will begin moving at 0.5 mph in 3 seconds.

2. How to adjust the treadmill speed

To change the speed of the running belt, press the +/- buttons on the remote control; the speed will be adjusted by 0.1 mph when you press the button. Hold for 0.5 seconds or longer and the speed will increase or decrease continuously.

3. How to select the desired display mode

The screen displays four modes: Time, Calorie, Speed and Distance. The display between each option in 3 second intervals.

4. How to turn off the treadmill

Press Stop button on the remote control while running belt is in motion and the treadmill will slow down slowly and stop.

HOW TO USE THE TREADMILL IN PRESET MODE

1. How to choose a program

In standby mode, you can select from 15 preset automatic programs (H-1-H-3-P01-P12) by pressing the M button on the remote control.

2. How to adjust the time of the preset program

After you have selected a preset program, press the +/- buttons on the remote control to adjust its duration in 1 minute increments. Hold for over 0.5 seconds for timer to roll quickly. The selectable time range is 5:00-99:00 minutes.

Time setting:

In standby mode, press the M button on the remote control to display H-1, default 30:00 minutes, minimum 5:00 minutes time backdown count and adjust time by pressing the +/- buttons to adjust its duration in 1 minute increments. Hold for over 0.5 seconds for timer to roll quickly. The selectable time range is 5:00-99:00 minutes.

**Distance setting:**

In standby mode, press the M button on the remote control twice to display H-2, default 1.00 mile distance back down count and then adjust the distance by pressing the +/- buttons on the remote control. Hold for more than 0.5 seconds for counter to roll quickly. The selectable distance range is 1.00-99.00 miles.

**Calorie setting:**

In standby mode, press the M button on the remote control 3 times to display H-3, default 50.00 calorie backdown count and then adjust the number of calories you wish to burn by pressing the +/- buttons. Adjustments made in units of 10 calories. Hold for more than 0.5 seconds for the value to increase or decrease continuously. The selectable calorie burn range is 20.00-990.0 calories.



WARM UP INSTRUCTIONS

- 1. WARM-UP:** A warm-up session of 5 to 10 minutes is required before each use of the machine.
- 2. BREATHING:** Do not hold your breath during exercise, but normally inhale through your nose and exhale through your mouth when preparing for a return movement. Breathing in and out should be coordinated, and if you feel you are breathing too fast, stop exercising immediately.
- 3. INTENSITY:** The intensity of training is determined by the individual's fitness level. Train with progressive loads to avoid soreness.
- 4. DIET:** To protect your digestive system, do not exercise until at least one hour after a meal and do not eat until at least half an hour after exercise. Drink less water during exercise and avoid drinking large amounts of water to avoid increasing the workload on your heart and kidneys.

Down the Stretch

Curl your knees slightly, bend your body forward, relax your back and shoulders, and touch your toes with your hands. Repeat it 3 times (see Figure1).

Hamstring Stretch

Sit on a clean seat cushion and stretch one leg straight. Put the other leg inward and keep it close to the inside of the stretched leg. Try to touch your toes with your hands. Hold it for 10 to 15 seconds, and then relax. Repeat each leg three times (see Figure 2).

Legs and Feet Tendon Stretch

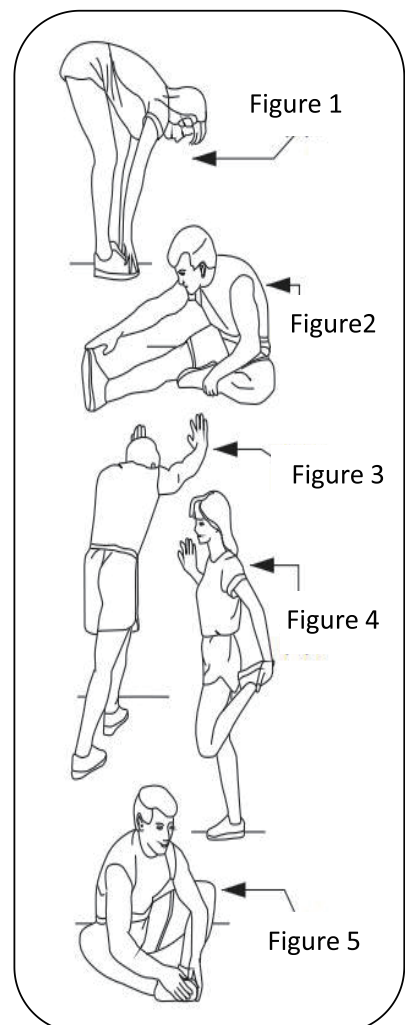
Two hands to stand on the wall or tree, one foot behind. Keep your hind legs straight and your heel on the ground, and tilt toward the wall or tree. Hold it for 10 to 15 seconds, and then relax. Repeat each leg three times (see Figure 3).

Ankle Stretch

Keep your right hand on a firm surface for balance, then reach back with your left hand and grasp your left ankle and slowly pull it up towards your hip until you feel the muscles in the front of your thigh tighten, about 10-15 seconds, then relax and repeat 3 times for each leg (see Figure 4).

Sartorius muscle (inner thigh muscles) stretch

The soles of the feet are opposite and the knees sit out. Hold both feet with both hands and pull in the groin. Hold it for 10 to 15 seconds, and then relax. Repeat it 3 times (see Figure 5).



PRODUCT MAINTENANCE

Lubrication

After a certain period of use, the running belt should be lubricated with a specially formulated methyl silicone oil.

1. Suggestions

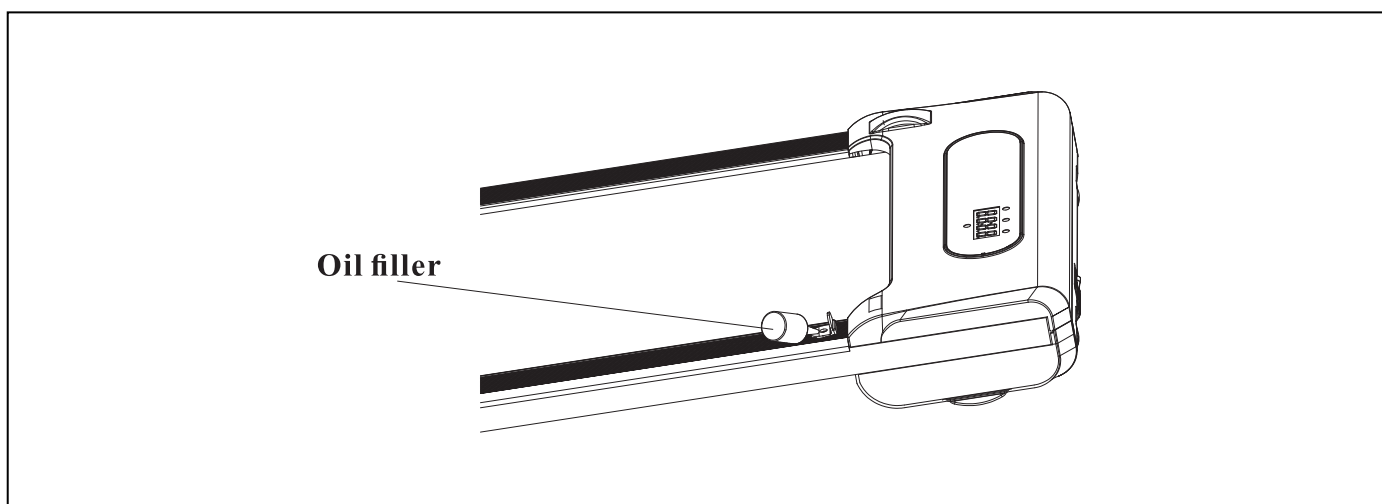
For usage less than 3 hours per week	Lubricate every 5 months.
For usage between 4 and 7 hours per week	Lubricate every 2 months.
For usage exceeding 7 hours per week	Lubricate every month.

Avoid excessive lubrication. More lubricant doesn't always mean better results; proper lubrication is an essential element in prolonging the lifespan of your treadmill.

2. Lubrication Method

To determine if additional lubricant is needed, lift up the running belt and touch the central part of the underside of the belt. If you can feel the presence of silicone oil, you do not need to add lubricant. If the running board is dry and you don't feel any silicone on the underside surface of the belt, it is necessary to add lubricant.

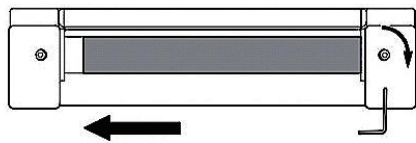
- (1) Stop the running belt and lay the machine flat on the floor.
- (2) Open the oil cap, point the oil bottle nozzle at the oil inlet, and squeeze the silicone oil bottle to add half a bottle (15 ml) or a full bottle (30 ml) of silicone oil to the oil inlet. Then close the cap. While the treadmill is running, the silicone oil will drip evenly onto the running belt for automatic lubrication.



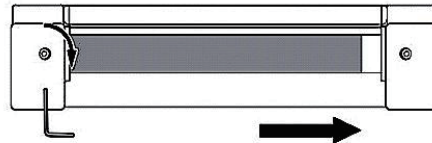
TREADMILL BELT MISALIGNMENT ADJUSTMENT

Each treadmill is belt adjusted before leaving the factory. However, after a period of use, the running belt may deviate. This can be caused by the following:

1. Uneven placement of the treadmill
2. The user's feet not being centered on the running belt during exercise
3. Uneven force exerted by the user's feet. For minor deviations, allowing the belt to run on its own for a few minutes will probably solve the issue. For persistent deviations, use the provided 6mm Allen wrench to gradually rotate the adjustment bolts in 1/4 turn increments.



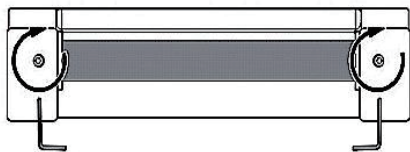
If the running belt is biased to the right, power off the treadmill and turn the right adjustment bolt 1/4 turn clockwise. Then turn on the power to start the treadmill and observe the belt deviation. Repeat the steps above until the belt is centred.



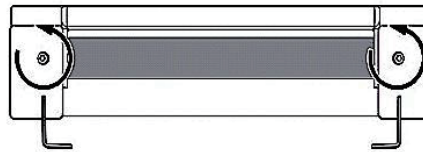
If the running belt is biased to the left, power off the treadmill and turn the left adjustment bolt 1/4 turn clockwise. Then turn on the power to start the treadmill and observe the belt deviation. Repeat the steps above until the belt is centred.

Treadmill Belt Tension Adjustment

Each treadmill is belt adjusted before leaving the factory. However, the running belt may become slack after a period of use. For instance, users may notice an interruption or slip while running. Should this occur, adjust the treadmill belt by synchronously rotating the adjustment bolts 1/4 turn at a time in a clockwise direction. If the belt is too loose, the user's footstep on the belt may cause slippage between the belt and the roller. Conversely, an overly tight belt is also undesirable as it could increase motor load, potentially damaging the motor, running belt, and rollers.



If the running belt is too loose, power off the treadmill and turn the adjustment bolts on the left and right sides 1/4 turn clockwise. Then turn on the power to start the treadmill and stand on the running belt to confirm the tightness. Repeat the steps until the tightness of belt is moderate.



If the running belt is too tight, power off the treadmill and turn the adjustment bolts on the left and right sides 1/4 turn counter-clockwise. Then turn on the power to start the treadmill and stand on the running belt to confirm the tightness. Repeat the steps until the tightness of belt is moderate.

TROUBLESHOOTING GUIDE

CODE	FAULT	FAULT DIAGNOSIS	SOLUTION
E01	Control Communication Error	<ol style="list-style-type: none"> 1. The communication wire of the electronic display is not properly connected, is broken, or has poor contact. 2. No signal output from the electronic display 3. No signal output from the lower control 	<ol style="list-style-type: none"> 1. Please reconnect the communication wire. 2. Replace the electronic display, wait for repairs. 3. Replace the lower control.
E02	Voltage Abnormality between Lower Control and Motor	<ol style="list-style-type: none"> 1. The motor wire is not properly connected 2. No voltage output or abnormal voltage output from the lower control to the motor 3. The motor is defective. 	<ol style="list-style-type: none"> 1. Check if the motor wire is connected correctly. 2. Replace the lower control and wait for repairs. 3. Replace the motor.
E03	Lower Control Speed Detection Anomaly	The PWM drive circuit of the lower control board fails.	Replace the lower control.
E04	Motor Overvoltage Protection	<ol style="list-style-type: none"> 1. The treadmill load exceeds the rated working voltage of the motor. 2. Abnormal treadmill motor 3. The overvoltage detection circuit of the motor on the lower control board fails. 	<ol style="list-style-type: none"> 1. Recommend using within the rated working voltage range of the motor. 2. Replace the motor. 3. Replace the lower control.
E05	Motor Overcurrent Protection	<ol style="list-style-type: none"> 1. The treadmill load exceeds the rated working current of the motor. 2. There are issues with the treadmill and motor assembly structure, causing motor resistance or jamming. 3. Lower control current limits system failure. 	<ol style="list-style-type: none"> 1. Recommend using within the rated working current range of the motor. 2. Check if the treadmill structure is normal. 3. Replace the lower control.
E06	Low Voltage Abnormality	<ol style="list-style-type: none"> 1. The supply voltage is too low. 2. The detection circuit of the lower control board fails. 	<ol style="list-style-type: none"> 1. Please check if the power supply circuit is normal. 2. Replace the lower control.
E07	Unable to Power On	<ol style="list-style-type: none"> 1. Safety key disengaged 2. Malfunction of the electronic watch's safety lock system 	<ol style="list-style-type: none"> 1. Please securely place the safety lock in the designated position on the electronic watch 2. Replace the electronic watch.

WARNING

- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause **Internal Chemical Burns** in as little as **2** hours.
- **KEEP** new and used batteries **OUT OF REACH of CHILDREN**
- **Seek immediate medical attention** if a battery is suspected to be swallowed or inserted inside any part of the body.



1.) Battery type: CR2025

2.) Nominal Voltage 3V

Battery

- Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.
- Even used batteries may cause severe injury or death.
- Call a local poison control center for treatment information.
- A statement indicating the compatible battery type CR2025
- A statement indicating the nominal battery voltage.
- Non-rechargeable batteries are not to be recharged.
- Do not force discharge, recharge, disassemble, heat above (manufacturer's specified temperature rating) or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.
- Ensure the batteries are installed correctly according to polarity (+ and -).
- The statement "Do not mix old and new batteries, different brands or types of batteries, such as alkaline, carbon-zinc, or rechargeable batteries."
- The statement "Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations."
- The statement "Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children."

If you have any questions, please contact our customer care center.
Our contact details are below:



001-877-644-9366



customerservice@aosom.com

Imported by Aosom LLC
27150 SW Kinsman Rd Wilsonville, OR 97070 USA
MADE IN CHINA

Aosom