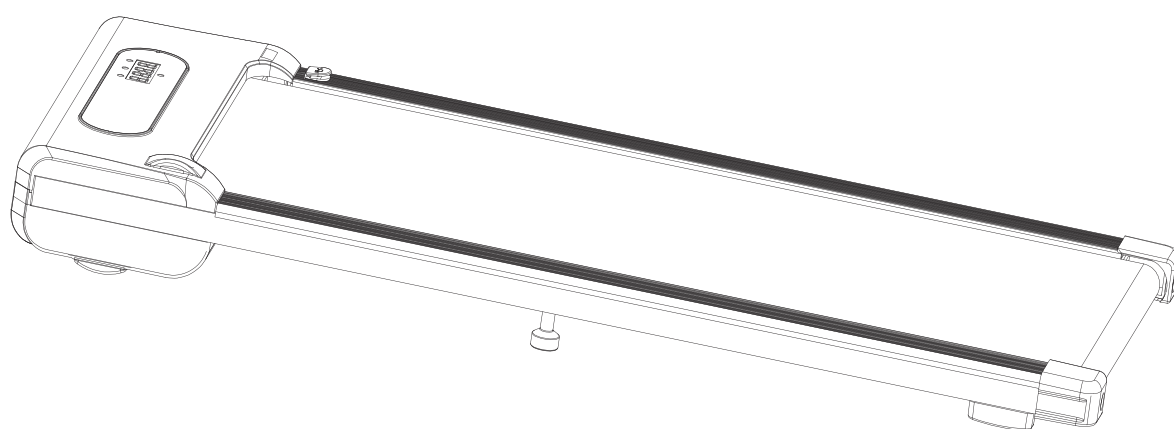


Soozier

IN241100076V01_US

A90-389V80

WALKING TREADMILL



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

INSTRUCTION MANUAL

CONTENT

Safety Information	3
Product Specifications	4
Packing List	5
Product Structure	6
Introduction to Display	7
Remote Control Instructions	8
Instructions for Use	10
How to use the Treadmill in Preset Mode	12
Product Maintenance	13
Daily Cleaning	15
Routine Maintenance	15
Running Belt Adjustment	16
Troubleshooting and Handling	16
Workout Guide	18
FCC Declaration	21

SAFETY INFORMATION

TO REDUCE THE RISK OF INJURY, PLEASE READ INSTRUCTIONS IN FULL BEFORE USE.

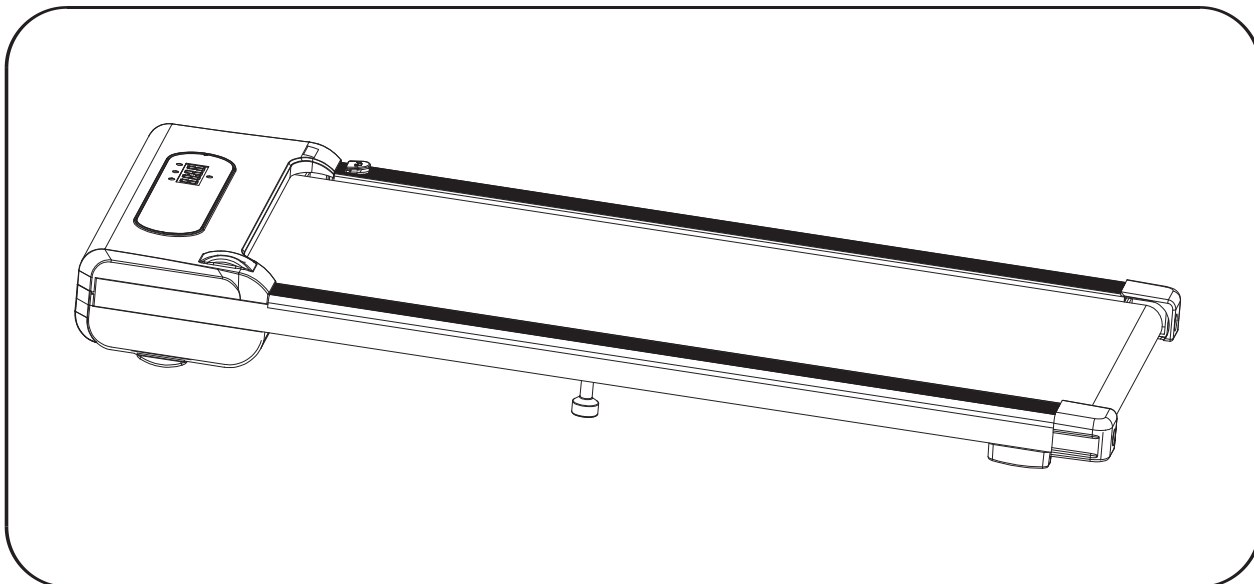


- Intended for at-home use only. Please only use in an area with 3 - 6 feet of free space around your device. Do not operate your device on a carpet more than 0.5 inches thick or near water.
- Treadmill is not intended for use by children or those with physical, sensory, or cognitive impairments.
- To avoid injury, do not disassemble this machine without guidance of manufacturer.
- This product only works with electrical outlets with a voltage between 100 and 120VAC. If your product's plug does not fit your home's outlets, do not attempt to use.
- Check all parts before use to ensure the screws and nuts are not loose.
- Keep fingers away from moving parts. Don't put your hands or feet in the space under the running belt. Keep children or pets away from the treadmill.
- Wear appropriate exercise clothes and athletic shoes while using the treadmill. Loose fitting or oversized clothing can get caught in machine.
- Unstable power supply may overload the circuit. Do not plug high-power devices such as a computer into an outlet on the same circuit.
- This product can only be used by one person at a time.
- Do not place any objects on the machine. Do not stand directly on the belt when the machine is turned on.
- Always unplug the power cord after use before cleaning and performing maintenance.
- Only use manufacturer's accessories. Never exceed product's maximum weight capacity of 265 lbs. (120kg)
- Moisture and overheating will affect the use of the product. Please keep the machine, motor, power cord and plug away from water and high temperatures.
- If the treadmill overheats, emits smoke or a burning smell during use, please stop using it immediately and contact customer service for replacement
- The company is not responsible for any harm caused by improper use

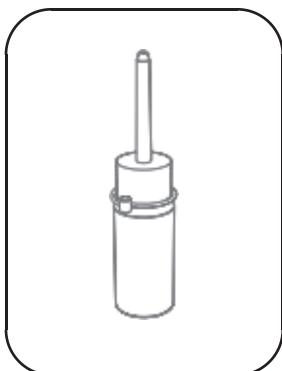
PRODUCT SPECIFICATIONS

Product configuration	Technical parameters
Input voltage	110V
Speed range	1-6km/h
Maximum load bearing	120 kg (264.5 lbs)
Operating area	39.4x15.7inches
Rated power	2.5HP

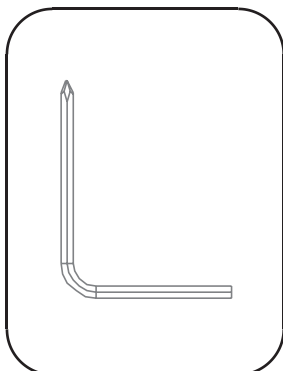
PACKING LIST



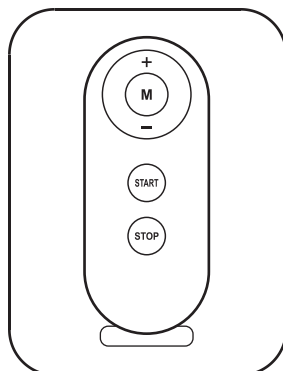
TREADMILL × 1



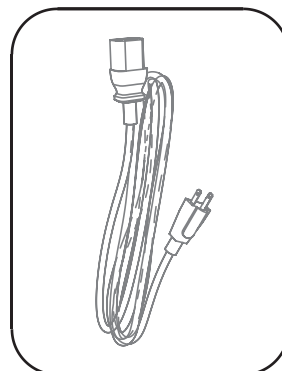
SILICONE LUBRICANT × 1



L STYLE WRENCH × 1



REMOTE CONTROL × 1

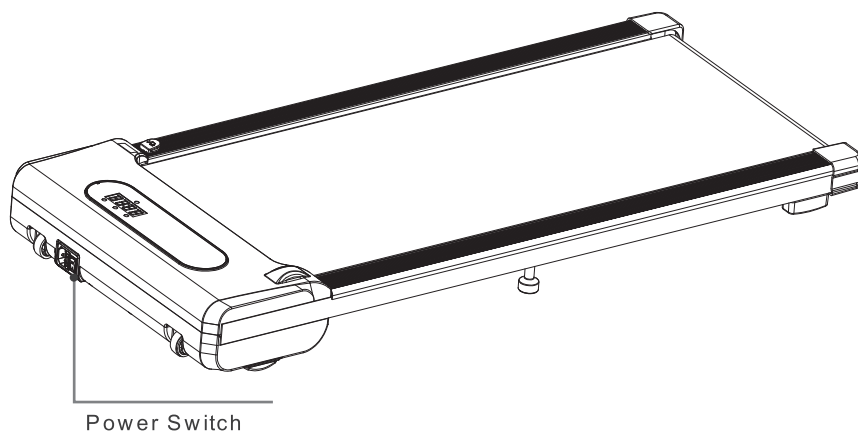
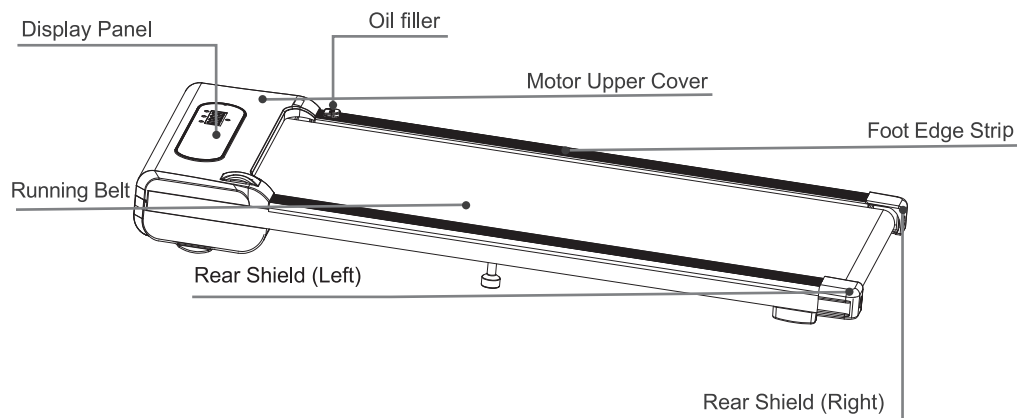


POWER CORD
(THREE-PINPLUG) × 1

SERIAL NO.	DESCRIPTION	QUANTITY	UNIT
1	TREADMILL	1	PC
2	POWER CORD (THREE-PINPLUG)	1	PC
3	SILICONE LUBRICANT	1	PC
4	L STYLE WRENCH	1	PC
5	REMOTE CONTROL	1	PC

PRODUCT STRUCTURE

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.



INTRODUCTION TO DISPLAY



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

- Standard mode counts from 00:00 ~ 99:00 and resets to 0 when it reaches 99:00.
- The preset/custom mode allows user to set a time for length of use. Select from 5 minutes to 99 minutes.

Once countdown has reached 0, your device will slowly stop and enter standby mode.



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

- Standard mode counts from 0 to 990.0, and resets to 0 when it reaches 990.0.
- The preset/custom mode allows user to set calorie value. Select from 20 to 990. Once countdown has reached 0, your device will slowly stop and enter standby mode.



3. The "**SPEED**" window displays the current running speed, and the speed range is 0.5mph~4.0mph. In preset mode, 12 preset schemes (P1 ~ P12) are displayed.

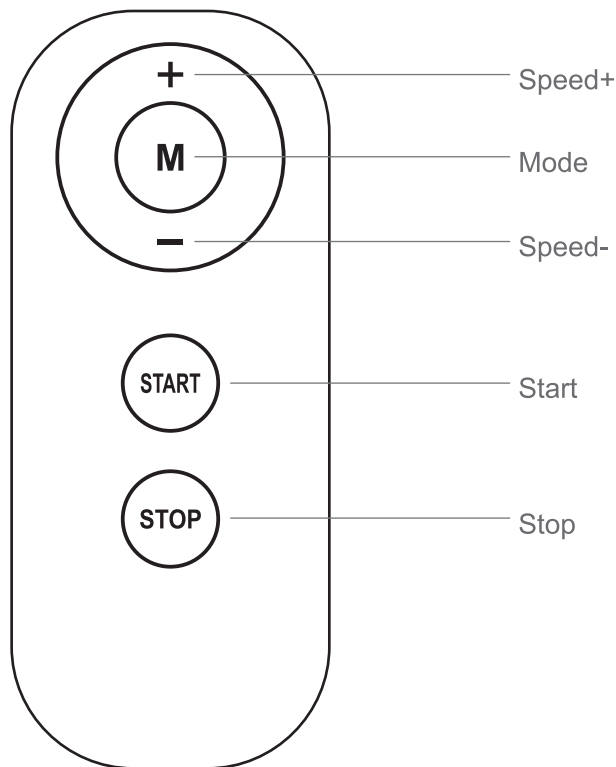


4. The "**DISTANCE**" window has two display modes.

- In standard mode, the distance will increase from 0.0 to 99.0 miles, and the count will reset to 0 when it reaches 99
- In preset/custom mode, the distance will be reduced from the inputted data (setting range: 1~99.0 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 5 second intervals.

REMOTE CONTROL



M Mode key: This M button can use H-1 time countdown, H-2 distance countdown, H-3 calorie countdown function, P1-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.

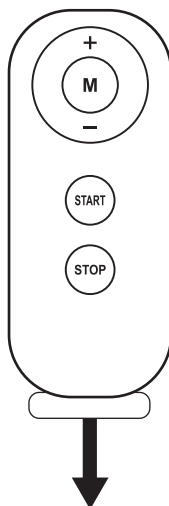
 Power off button: Press this key, the speed slowly decreases to stop all data from zeroing.

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

HOW TO USE REMOTE CONTROL

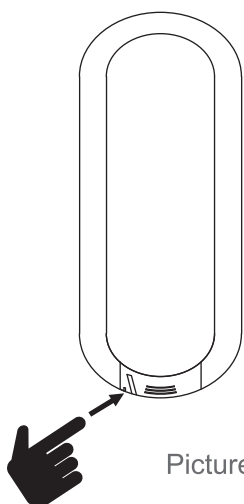
The first time use the remote control

1.Take the insulator out of the remote control as picture show, the remote control is ready to use.



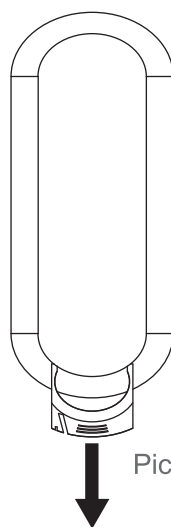
Take out the insulator

2.When the remove control need to 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 mode is CR2032.



Picture 1

Press the latch



Picture 2

Pull out the battery slot

The 12 preset programs have the following speeds:

Speed Time Program	1	2	3	4	5	6	7	8	9	10
P1	1	2	2	1	1	2	2	3	4	1
P2	1	2	1	2	1	2	3	4	1	2
P3	1	2	1	2	3	2	4	2	1	2
P4	2	1	2	1	2	3	3	1	2	1
P5	2	1	1	2	2	1	2	3	2	2
P6	2	2	1	2	3	2	3	2	3	1
P7	2	1	2	2	1	2	1	2	3	1
P8	1	2	3	2	1	2	2	1	2	3
P9	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 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 0.5mph 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 0.1mph 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 5 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 (H1-H3-P1-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 5-99 minutes.

Time setting:

In standby mode, press the M button on the remote control to display H-1, default 30 minutes, minimum 5 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 5-99 minutes.



Distance setting:

In standby mode, press the M button on the remote control twice to display H-2, default 1.00 mile distance backdown 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 1-99 miles.



Calorie setting:

In standby mode, press the M button on the remote control 3 times to display H-3, default 50 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 20-990 calories.



PRODUCT MAINTENANCE

REGULAR MAINTENANCE IS IMPORTANT FOR YOUR SAFETY AND TO EXTEND THE LIFE OF YOUR PRODUCT. PLEASE CHECK AND TIGHTEN ALL PARTS BEFORE YOUR FIRST USE AND REPLACE WORN PARTS OVER TIME AS NEEDED.

DAILY CLEANING

Clean your treadmill regularly. The running belt and console must be clean and dry for long term safe use. Power off and unplug your treadmill. Wipe the exterior with a damp cloth and a small amount of mild soap. The display console must be kept dry, however; wipe it with a dry, soft towel. Dry the treadmill thoroughly with a soft towel.

Note: Do not spray liquid directly on the treadmill. To avoid damaging the console, keep it dry at all times.

ROUTINE MAINTENANCE

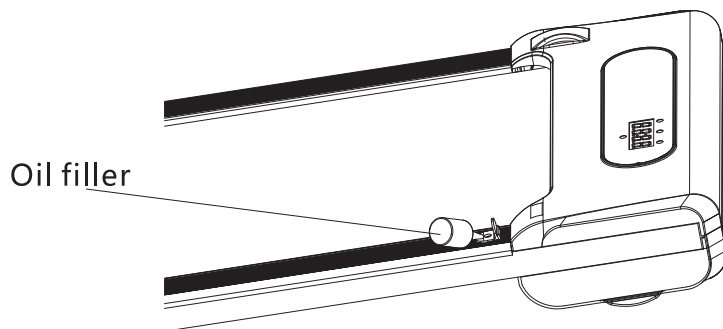
Use of Silicone Lubricant

After the running belt has been used for a period of time, the lubrication needs to be checked regularly. The way to determine if lubrication is required is to touch the center of the back of the running belt. Wet means no lubrication, dry means no lubrication. Wet means no lubrication, dry means no lubrication.

The lubrication steps are as follows:

1. Stop the running belt,
2. Open the refueling cap,
3. Squeeze the silicone oil bottle to add 15-30ml of silicone oil to the filler and close the lid.

In this way, the running belt can be guaranteed to operate normally.



RUNNING BELT ADJUSTMENT

Every treadmill must set the elastic tendency before it leaves factory and after assembly, but it will become loose after using a period. Just like it will stuck or slide sometimes, you can turn the adjusting bolt in clockwise direction, semi-circle a time (left and right at the same time) to adjust the running belt. Don't make it too loose or too tight, or the running belt will slide or make motor over load.

Running belt deviating.

There are some factors will cause this situation :

- The treadmill is not set flat,
- User does not step on the centre of the running belt,
- Caused by 1 or 2 is easy to be solved, just set the treadmill flat and let it idle for several minutes can solved the problem.

If the deviating still exist, you can use the 6mm Allen wrench adjust it in a quarter turn.

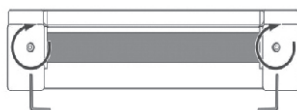
Deviating is not in the warranty scale, user can maintain it follow the instructions. But please fix it as soon as you find the problem or it will break the running belt



If deviating turns to right, then turn the left screw in counterclockwise direction,
Turn the right screw in clockwise direction



If deviating turns to left, then turn the left screw in clockwise direction,
turn the right screw in counterclockwise direction



Turn the left and right screw in clockwise or anticlockwise direction with L-shaped wrench



Turn the left and right screw in clockwise or anticlockwise direction with L-shaped wrench

1. Running belt with slipping: user running with slipping or momentary pauses during running;
2. Adjustment the running belt: Tighten the running belt screws on both sides clockwise by 1/4 turns, and then follow the running direction adjust the deviation direction. If it is to the right, adjust the right screw, and then slowly and sequentially adjust the running belt until the running belt is centered.

TROUBLESHOOTING AND HANDLING

IF YOU ARE EXPERIENCING ISSUES THAT YOU CAN NOT FIND A SOLUTION
FOR BELOW, PLEASE CONTACT CUSTOMER SERVICE.

Issue 1: your home's electricity is affected by the treadmill being powered on.

- Please check whether the treadmill is plugged into the same circuit as other high-power electrical appliances. If so, please plug into separate circuit.

Issue 2: The treadmill does not turn on or turns off automatically.

- Please check whether the outlet you are using is working properly and whether the power cord is damaged.
- Please check whether the power cord of the treadmill is plugged in tightly, and whether the red switch light next to the socket is on.
- Please open the front cover when the power is off, and check that the metal connectors of the connecting wires from the external power supply to the switch, and from the switch to the lower control board (beside the motor) are inserted firmly.

Issue 3: The power switch light is on, but the screen displays nothing.

- Please open the front cover when the power is off (do not touch the control board or any line when the power is on). Plug in the power cord and observe whether the power indicator on the lower control board (beside the motor) lights up when the power is turned on.
- If the power indicator of the lower control board is on, please re-insert the connecting wire between the lower control board and the display board when the power is off (the glue on the terminal can be removed by rubbing with an alcohol soaked cotton swab and leaving for 3 minutes before scraping it off.) Check whether the metal contact pins in the terminal are neatly arranged. There are buckles at the terminals and these buckles should not be able to be pulled out of place if you pull lightly. If they move, please insert firmly.

Issue 4: "----" is displayed and the treadmill doesn't work.

- If the power indicator of the lower control board is on, please re-insert the connecting wire between the lower control board and the display board when the power is off (the glue on the terminal can be removed by rubbing with an alcohol soaked cotton swab and leaving for 3 minutes before scraping it off.) Check whether the metal contact pins in the terminal are neatly arranged. There are buckles at the terminals and these buckles should not be able to be pulled out of place if you pull lightly. If they move, please insert firmly.
- If the problem persists, please contact customer service.

Issue 5: The buttons on screen display are unresponsive.

- Please check whether any button on the console is stuck after being pressed. This can affect other buttons.

Issue 6: The remote control can't be connected to the treadmill.

- Your battery may need to be replaced. Please refer to the section on battery replacement.
- After replacing the battery in the remote control (or the remote control itself), it is necessary to pair the remote control with the treadmill. Please refer to the section on pairing your devices.

Issue 7: The remote control loses connection during use.

- Replace the battery and pair your devices. If the problem is not solved, please contact customer service with any photographic or video proof of the issue.

Issue 8: The treadmill shakes or has poor stability.

- Please ensure all accessories have been included with your purchase and are secured in place.
- Please ensure all accessories you needed to install are secured in place.

Issue 9: Wear on the side of the running belt.

- Wear and tear is often caused by an out of place running belt. Please refer to section on realigning your running belt.

Issue 10: The running belt obviously slows down or stops working when in use.

- Check whether the speed of the roller is normal. If so, refer to the section on loose running belt. If it does not work normally, please contact customer service.

Issue 11: Abnormal noise from the running board.

- Please check whether the running board is damaged
- Please turn the treadmill upside down, and observe whether there is contact between the bottom running board and the square tube on both sides of the fixed metal frame

Issue 12: Abnormal noise under the upper cover of the treadmill.

- Please confirm whether the product is placed on a carpet of more than 0.5inches thick. If so, please move it to the floor or use a treadmill pad.
- Please open the upper cover of the treadmill (make sure it is powered off first), check whether there are foreign objects inside or if there are cables touching the motor runner. If so, please remove the objects or rearrange the cables (for best results, fasten with cable ties)
- Please check whether the motor fixing bolts are tightened. If they are loose, tighten with a tool.
- The motor is damaged if there is a sudden abnormal sound from the motor.

Issue 13: Abnormal noise at the front and rear rollers of the treadmill.

- There may be abnormal sound when it is used for the first time. After running for 20 hours, check whether the abnormal sound disappears.
- The roller is damaged if there is a sudden abnormal sound from the roller.

Issue 14: Fault code on display.

Malfunction code	Malfunction	Cause	Solution
E01	Electronic control communication failure	1. Wire of the control panel is not connected correctly, or there is broken, poor contact on the control panel. 2.No signal output from the control panel. 3.No signal output from the under control.	Contact customer service for maintenance
E02	Abnormal voltage between under control and motor	1.Wire of the motor is not connected correctly 2.Voltage to motor is abnormal. 3.Bad motor	Contact customer service for maintenance
E03	Abnormal speed	PWM drive failure on under control	Contact customer service for maintenance
E04	Over voltage protection on motor	1.The treadmill is overloaded and voltage is over the rate voltage 2.The failure on motor 3.Under control fail to detect the over voltage on motor	1. Please check whether the input voltage is too high and cause abnormalities 2. If the voltage is too high and the machine is abnormal, please suspend the use
E05	Over current protection on motor	1. The treadmill is overloaded and current is over the rate current 2.Failure on motor structure, something jams the motor 3.Failure on under control current protect system	1. Check whether you are overweight and run the treadmill 2. Check whether there is any foreign object stuck in the running
E06	Abnormal low voltage	1.Low voltage from power source 2.Failure on under control detecting system.	1. Please check whether the input voltage is too low abnormal 2. If the voltage is too low and the machine is abnormal, please Suspended 3. Contact customer service for maintenance

WORKOUT GUIDE

THE CORRECT FORM FOR SEVERAL BASIC STRETCHES IS SHOWN AT THE RIGHT.
MOVE SLOWLY AS YOU STRETCH — NEVER BOUNCE.

1. Toe touch stretch

Stand with your knees bent slightly and slowly bend forward from the hips. Relax your back and shoulders and allow your hands to reach your toes as far as possible. Hold for 15 seconds, then relax. Repeat 3 times.

Stretched parts: Hamstrings, back of knees and the back.

2. Hamstring stretch

Sit with one leg extended. Bring the sole of the other foot toward you, resting against the inner thigh of your extended leg. Reach for your toes as far as comfortable. Hold for 15 seconds, then relax. Repeat 3 times with each leg.

Stretched parts: Hamstrings, lower back and groin.

3. Calf/ tendon stretch

With one leg in front of the other, reach forward and place your hands against the wall. Straighten your back leg, keeping the foot flat on the floor. Bend your front leg, lean forward, and move your hips toward the wall. Hold for 15 seconds, then relax. Repeat 3 times with each leg. To stretch the tendon further, bend your back leg as well.

Stretched parts: Calf, achilles tendon and ankle.

4. Quadriceps stretch

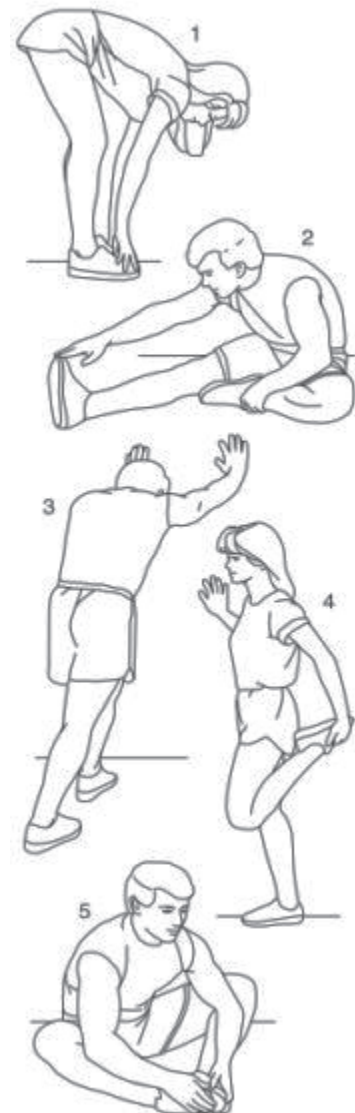
With one hand against the wall for balance, reach back and grab one foot with the other hand. Bring your heels as close to your hips as possible. Hold for 15 seconds, then relax. Repeat 3 times with each leg.

Stretched parts: Quadriceps and glutes.

5. Inner thigh extension

Sit with the soles of your feet together and knees facing out. Pull your feet as far as possible toward your groin. Hold for 15 seconds, then relax. Repeat 3 times.

Stretched parts: Quadriceps and glutes.



FCC Declaration

1. This device complies with Part 15 of the FCC Rules. The operation must comply with the following two conditions:

This device must not interfere with the normal use of other equipment;

This device must accept incoming interference, including interference that may affect normal operation.

2. Unauthorized changes or modifications may result in users losing the authority to operate the device.

This device has passed testing and complies with the B-level restrictions for digital devices in Part 15 of the FCC Rules. These restrictions aim to provide reasonable anti-interference protection for residential installations.

This device generates, uses, and may radiate radio frequency energy. If not installed and used according to the instructions, it may cause interference to radio communication. However, there is no guarantee that interference will not occur in specific installation situations.

If this device does cause interference to radio or television reception, one or more of the following measures can be taken to correct the interference problems:

Reposition the receiving antenna.

Increase the distance between the device and receiver.

Connect the device to a socket in a circuit different from the one connected to the receiver.

Please consult your dealer or experienced radio/television technician for assistance.

FCC radiation exposure statement:

This device complies with the FCC's radiation exposure limits for uncontrolled environments. To avoid the possibility of exceeding the FCC radio frequency radiation exposure limit, personnel should not be more than 20cm (8 inches) away from the antenna during normal operation.

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: CR2032

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 CR2032.
- 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