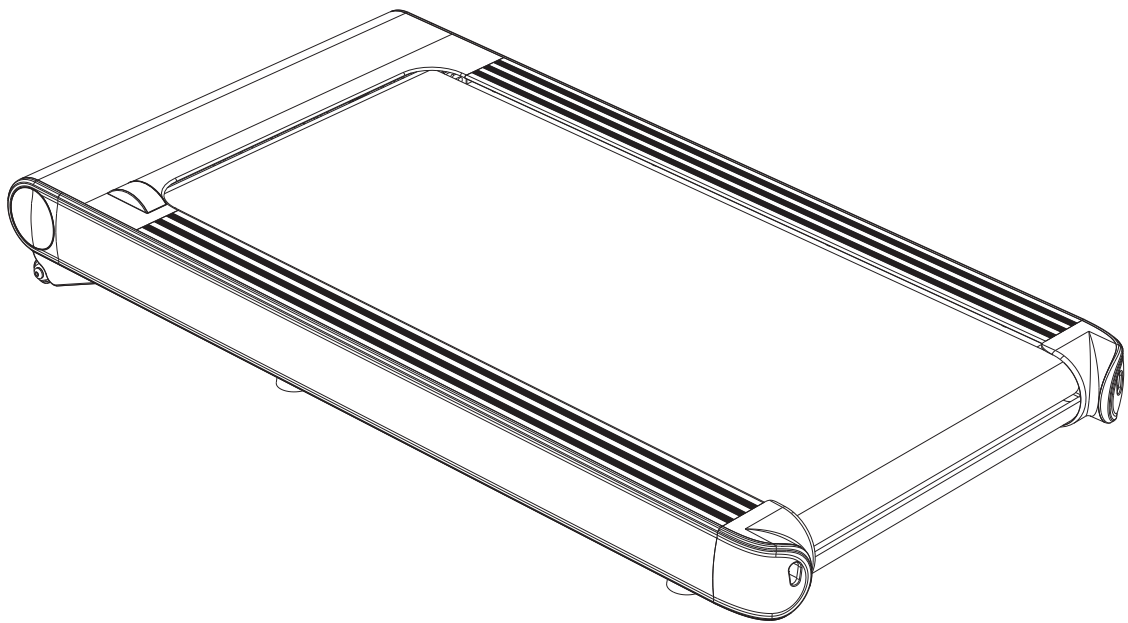


Soozier

IN230700416V01_US

A90-346V80



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

INSTRUCTION MANUAL

Catalogue

1. Safety Precautions and Warnings	02
2. Product Brief	04
3. Installation Steps	06
4. Exercise Suggestions and Tips	07
5. Operation Instructions	09
6. Trouble Shooting Guide	11
7. Product Maintenance	13

1. Safety Precautions & Warning Instructions

1. Pay attention

To avoid injury, please read this manual carefully before use.

▶ For safety

See you. Don't stand on the strip at the start.

▶ If you feel vomiting or jerky during use, please stop using immediately.

Please adjust your speed slowly.

Do not adjust the belt during use.

▶ Sports shoes are recommended when using the machine.

▶ Children, the elderly, pregnant women and patients are not allowed to use it.

▶ This product is suitable for home use, not suitable for professional training and testing, and cannot be used for medical purposes.

2. Safety precautions

▶ Please put the machine on the level ground. This machine should not be placed in the following places

① In the open air. (This machine is designed for indoor use)

② A sloping floor or place on a balcony.

③ Near sunny areas or heaters. A noisy place.

▶ Errors may occur if the power supply is unstable. Do not use the same socket as the computer or air conditioner.

▶ Sports shoes and sports clothes are recommended for use.

▶ Please increase and decrease the speed slowly.

▶ Do not place the machine near wet objects. The error may be caused by water droplets.

▶ If the power cord is damaged, it must be replaced by professionals from the manufacturer, its maintenance department or similar departments to avoid danger.

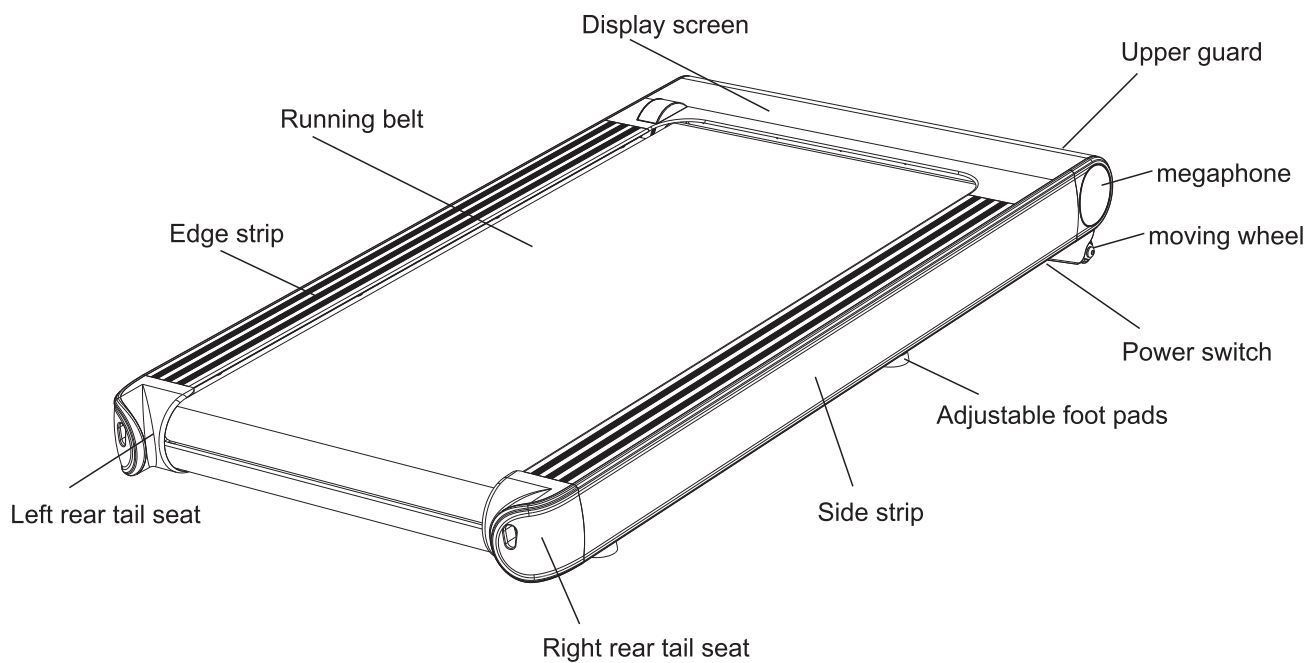
▶ Keep the oil bottle out of reach of children. If ingested or in eyes, rinse with water and seek medical attention.

▶ 1m(39.4 inch) space should be left on both sides and in front of the walking machine, and 2mx1m(78.7 inch*39.4 inch) space should be left behind for emergency jumping away.

3. Precautions when using

- ▶ If you feel uncomfortable before use, consult your doctor or instructor.
- ▶ The company does not assume any responsibility for physical injury caused by improper use of users.
- ▶ Please unplug after use.
- ▶ If the machine moves, please unplug or replace the parts. Children, the elderly, pregnant women are not allowed to use. Patients should consult their doctor before using it.
- ▶ Please put the machine on a flat place. Do not place anything 2M (78.7inch) behind the machine.
- ▶ Water droplets are strictly prohibited from entering the machine, especially the motor, power cord and plug.
- ▶ In the process of use, such as wearing long skirts or other inappropriate clothing, may cause danger. It is strictly prohibited to use in closed places, places with no air circulation and inflammable places.
- ▶ Don't put anything on the machine. Remove the plug from a heated area or stove seat.
- ▶ Please turn off the power switch and unplug it after use.
- ▶ Do not stand directly on the conveyor belt during startup. Do not disassemble the machine without professional operation.
- ▶ Be sure to tie the running belt before use.
- ▶ Don't jump up and down on the machine while exercising. Injuries may result from a fall.
- ▶ The machine must be grounded. In the event of a failure, grounding will provide a path of least resistance for the current to reduce the risk of shock.000mm) space should be left behind for emergency jumping away.

2. Product Brief



Packing list:

No.	Name	Qty.	Remark
1	Main body	1	
2	Spare parts package	1	See table

Technical Specifications

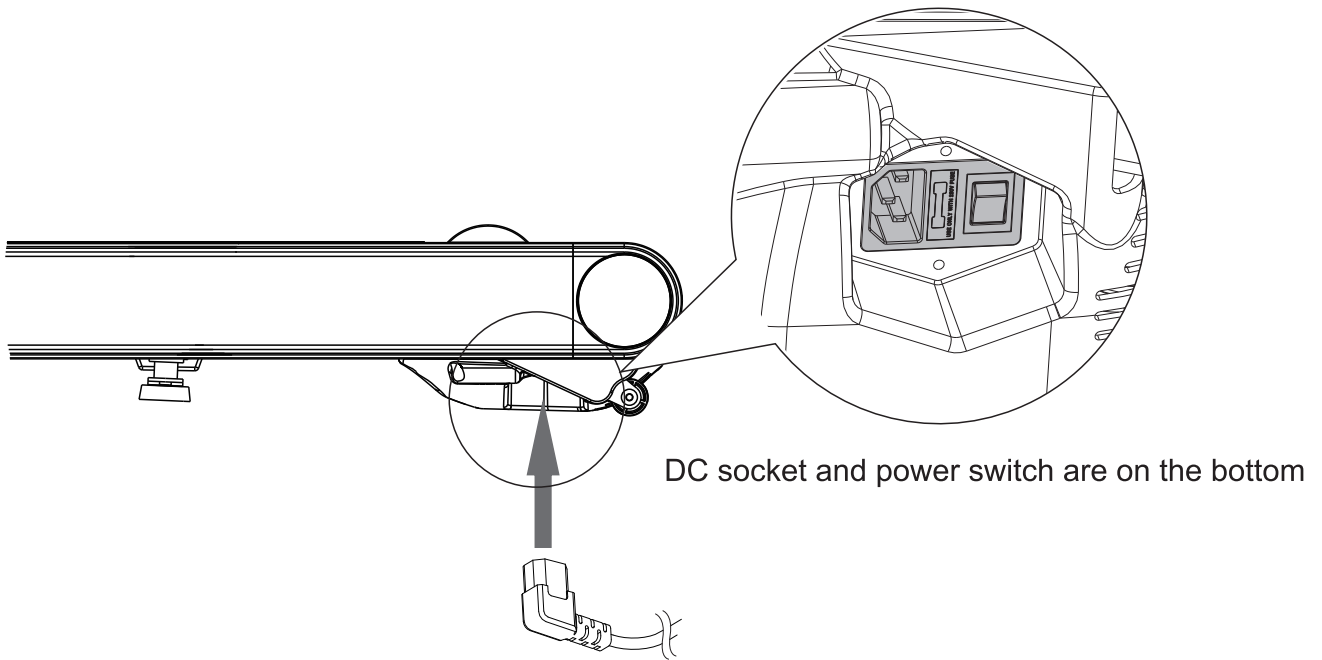
Operating voltage	AC 100-110V, 50Hz
Maximum load	265lbs
Product size	49.2*25.6*6.7 inch
Running area	17.7*43.3 inch
Peak power	2.5 HP
Display speed	0.6-3.8mph
Control mode	Remote control
Net Weight	

Attached table (list of accessories boxes)

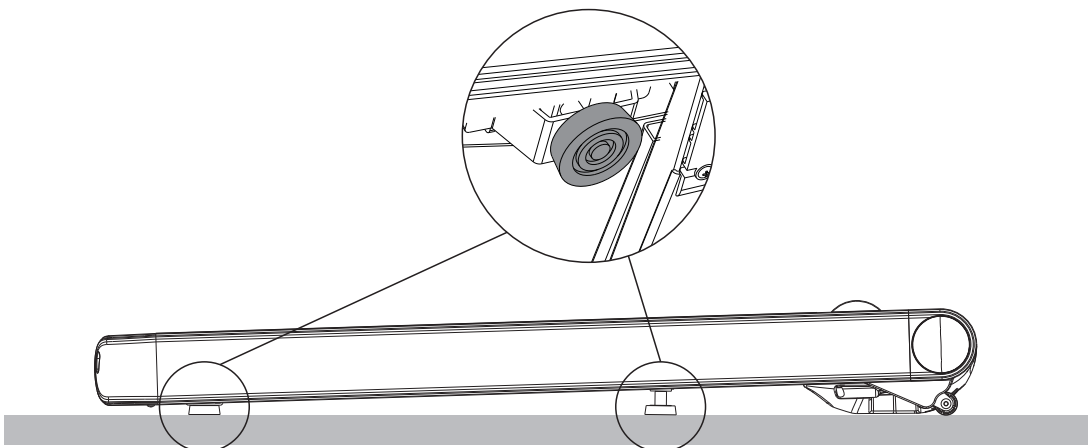
Serial Number	Name	Quantity	Remark
1	5mm hex wrench	1	Adjust the running belt
2	6mm hex wrench	1	
3	Dumb wrench	1	
4	Power cable	1	
5	Remote control	1	
6	Methyl silicone oil	2	
7	Instruction manual, certificate	1	

3. Installation Steps

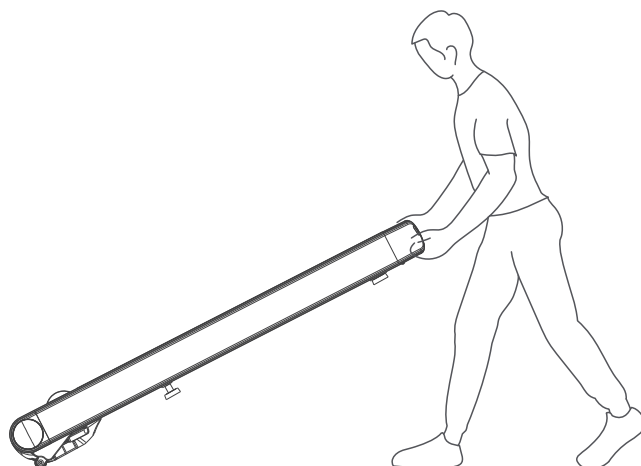
1. Power switch: Insert the power cable into the lower socket on the right side of the walking machine, turn on the power, turn on the power switch, and the treadmill enters the standby state.



2. Foot pad adjustment: If the ground is uneven or the walking machine is shaking, please adjust the four adjustable foot pads at the bottom of the walking machine to the appropriate position, and the foot pad must fit the ground. (as shown in the picture below)



3. To move the walking machine: You must unplug the power first, then lift the tail of the walking machine by hand, and the front moving wheel touches the ground to move the walking machine back and forth.



4. Exercise Suggestions and Tips

Warm-up

Warm up for 5-10 minutes before doing your exercise routine on the machine.

Respiration

Do not hold your breath whilst using a treadmill. Normally, when preparing to restore movement, inhale through your nose and exhale hard out your mouth. Breathing and movement should be coordinated. If your breathing is too short, stop exercising immediately.

Frequency

There should be a 48-hour break when training muscles in the same area, that is, every other day before you can train the same part again.

Load

The amount of training you ought to do is determined according to the individual's physical state. Once this has been determined, practice according to the principle of gradual load. Muscle soreness is a normal phenomenon during initial training. As long as you continue to practice, the soreness will diminish.

Relaxing

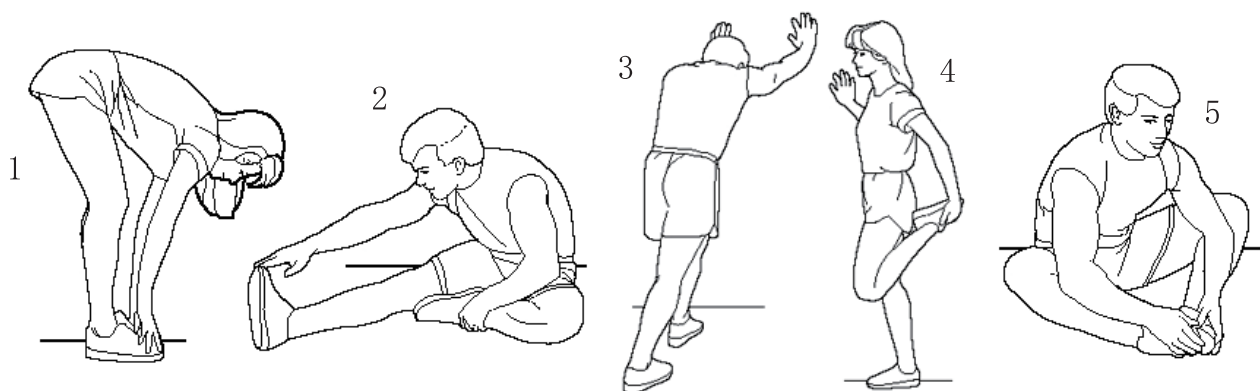
After each exercise, do 5 minutes of restoration exercises. Especially focus on stretching and relaxing foot muscles. This is so as not to condense the muscles for a long time and maintain muscle elasticity.

Diets

In order to protect the digestive system, you should only exercise at least one hour after a meal. You should eat at least half an hour after training. Drink less water during exercise. Especially avoid drinking a lot of water. This is so as not to increase the burden on the heart and kidneys.

Stretch and movement

No matter what speed you walk at, it's best to do stretching exercises first. Warm muscles stretch more easily. Start by walking for 5 to 10 minutes to warm up. Then stop and do the stretches as follows: do 5 times for 10 seconds or more on each leg. Repeat after the workout is over.



1. Stretch downwards

Bend your knees slightly, slowly bending your body forward. Relax your back and shoulders and touch your toes as much as possible with your hands. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 1).

2. Foot muscle stretching

Sit on a clean seat cushion and straighten one leg. Pull the other leg inward so that it is close to the inside of the straightened leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).

3. Calf and Achilles tendon stretches

Stand with two hands against a wall or tree, with one foot behind you. Keep your back leg straight and your heels on the ground. Lean in the direction of the wall or tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

4. Quadriceps stretch




Balance with your left hand against a wall or table, then stretch your right hand back and grab your right ankle and slowly pull it toward your hips until you feel the muscles in your front thigh are tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).

5. Stitch muscle (the muscle on the inside of the thigh) stretches

Sit with your feet opposite each other and your knees facing out. Pull your hands and your feet in the direction of your groin. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 5).

5.Operation Instructions

1. Remote control button distribution description

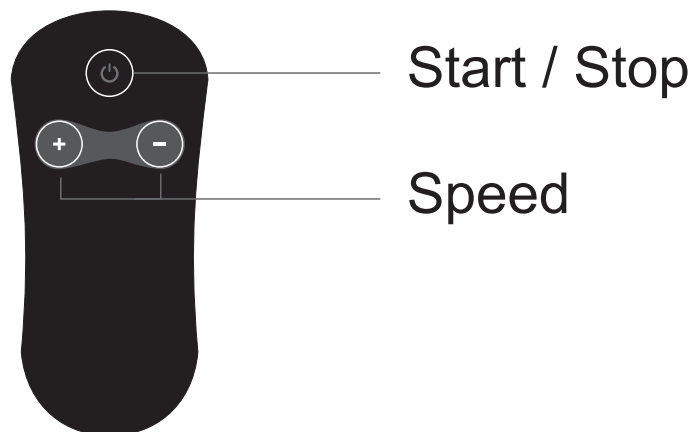
	<p>Start/stop: In the standby state, press the "start/pause" button of the remote control, the treadmill countdown 3 seconds to start running at a speed of 0.6mph, you can press the "start/stop" button of the remote control at any time during the movement to stop the motor</p>
	<p>When the treadmill is running, short press this key to accelerate slowly, long press this key to accelerate quickly, and the speed continues to increase;</p>
	<p>When the treadmill is running, short press this key to slow down, long press this key to slow down quickly, and the speed continues to drop;</p>

2. Remote control pairing method

1.10 seconds before the treadmill power, long press the remote control "⏻" button, hear the treadmill system" drip drip "continuous sound, indicating that the pair has been successful, you can start to use the remote control to control the running of the treadmill;

2.In standby mode, turn on the Bluetooth of the mobile phone, search for the Bluetooth audio name of the treadmill, press and hold the "⏻" button on the remote control, and hear the buzzer "beep ~", the mobile phone will display the Bluetooth name corresponding to the treadmill, click to connect ;

3.When the Bluetooth connection is in standby state, long press the "⏻" key of the remote control to forcibly disconnect the Bluetooth audio;



3. LED digital tube window display

(time, distance, speed, calories, 5 seconds in turn display):

Time display range: 0:00-99:59

Speed display range: 0.60-3.80

Distance display range: 0.00-99.9

Calorie display range: 0.00-999

4. The standby running lamp is fully lit



5. Power indicator light: always on when there is no sleep,
APP indicator light: always on when the APP is connected,
and off when it is disconnected;



Power indicator light

Bluetooth indicator

6. Trouble Shooting Guide

Please call our dealer or our after-sales service team if you have any other questions.

Questions	Possible Causes	Maintenance Methods
Treadmill does not work.	Not connected.	Insert plug into socket.
	Power is not turned on.	Put the power switch in position "ON".
	Safety lock dropped.	Put the safety lock in the correct position.
	Circuit signal system broken.	Check the controller input terminal and signal circuit.
	Fuse blew out.	Replace the fuse.
The running belt doesn't run smoothly.	Insufficient lubrication.	Add silicone oil lubricant.
	Belt is too tight.	Adjust belt tightness.
Running belt slipped.	Running belt too loose.	Adjust running belt tightness.
	Running belt too tight.	Adjust running belt tightness.

Error messages on electronic meter and elimination methods.

Questions	Possible Causes	Maintenance Methods
E01	Poor connection.	The signal line is not plugged it. Plug it in again.
E02	The motor wire is loose or falling off, or the carbon brush is worn out.	Check whether the motor cable is loose or falling off. If it does not fall off, check whether the carbon brush of the motor is worn out. If it is worn out, replace the motor. If it is not worn out, the electric controller is damaged. Replace the electric controller.
E05	Overload protect activated.	Overload. Replace controller.
E06	System self-check failed.	System failure. Replace controller.
Abnormal display	External disturbance.	Turn off power switch,turn on it after one minute.

7. Product Maintenance

1. Lubrication

When the running belt is used for a period of time, it must be lubricated with special methy silicone oil.

Advice:

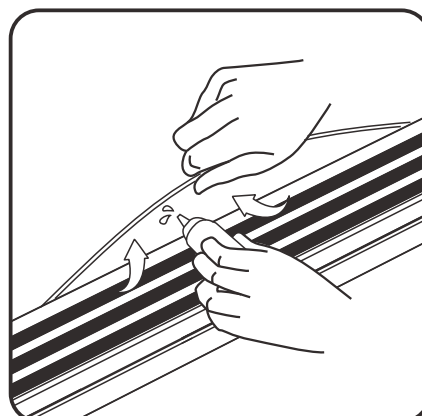
- | | |
|------------------------------|-------------------------------|
| ★ 1 hour or less per week | lubricate once every 6 months |
| ★ Less than 3 hours per week | lubricate once every 3 months |
| ★ 3-6 hours per week | lubricate once every 2 months |
| ★ More than 6 hours per week | lubricate once a month |

Do not lubricate too much. It is not the more lubricants, the better. Suggest around 10ml each time. Remember: Proper lubrication is an important factor in improving the life of the treadmill.

2. The method to check if you need to add lubricant.

Grab the running belt and touch the middle of the running belt back with your hands as much as possible. You don't need to add lubricant if you have silicone on your hand (a little damp). You have to add lubricant if the pad is dry and there is no silicone on your hand.

- ★ The step of lubricating on the running plate (as shown in the right picture).
- ★ Turn off the power switch and unplug the treadmill.
- ★ Lift the running belt from the middle of one side. Point the silicon oil bottle nozzle as far as you can to the center of the belt. Then apply 10 ml silicon oil onto the surface of the deck.
- ★ You can keep the treadmill running in speed of 0.6 mph to evenly lubricate then step on the running belt from left to right. After a few minutes, the methyl silicone oil can be completely absorbed by the running belt.



3. Adjust tightness of running belt. All treadmills shall be adjusted for tightness before delivery and after installation. However, the running belt may be loosened after a period of use.

For example, the treadmill would have stopping and slipping problem during exercise. Adjust bolts of running belt with the left and right synchronous as per clockwise direction to half a circle as the unit when this phenomenon occurs. The user might slip if the running belt is too loose.

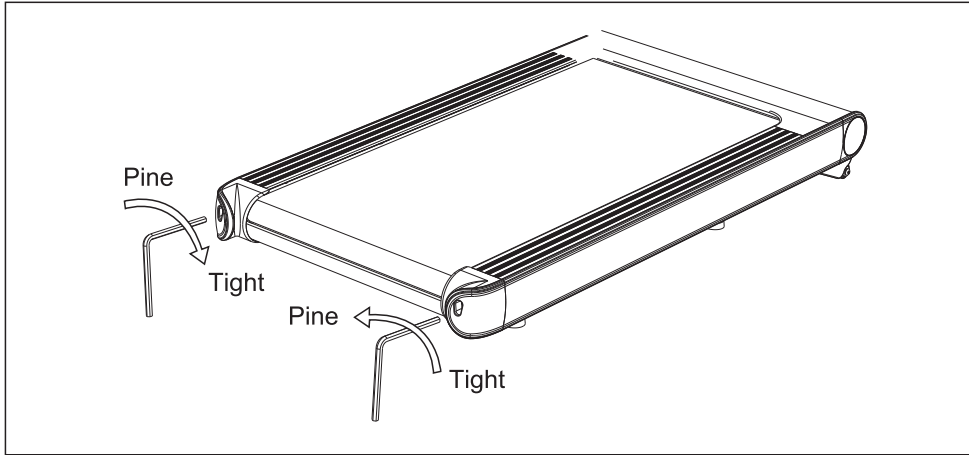
But it is not good to be too tight. It is easy to increase the load of the motor therefore damage the motor, running belt and roller, etc.

4. Running Belt Deviation Adjustment

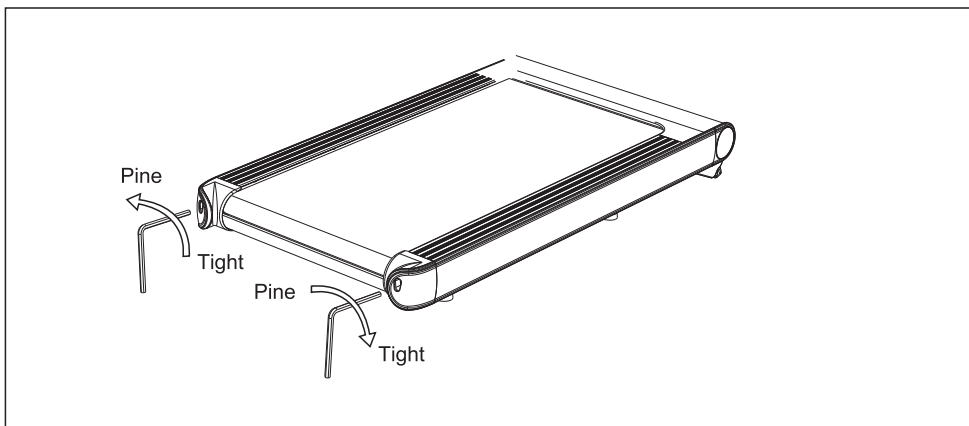
All treadmills need to be adjusted with the running belt before delivery and after installation. But the running belt may be deviated after a period of use which may be caused by the following reasons.

- ① The treadmill is not placed horizontally.
- ② The feet of users are not in the center of the running belt.
- ③ The user runs with uneven force between the feet.

It will return to normal after a few minutes of no-load rotation if the deviation is caused due to the wrong usage. It should be adjusted with a 6mm wrench at a half circle as the unit for deviation of non recover automatically.



Please adjust the left bolt clockwise or right bolt counterclockwise if the running belt is left deviation.




Please adjust the right bolt clockwise or left bolt counterclockwise if the running belt is right deviation.

Note: The running belt deviation is not within the scope of the warranty. And it is mainly maintained by the user according to the manual. Running belt deviation will seriously damage the running belt. The mistake must be detected in time and corrected.

US

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

 001-877-644-9366


 customerservice@aosom.com

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27150 SW Kinsman Rd Wilsonville, OR 97070 USA
MADE IN CHINA

CA

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

Si vous avez la moindre question, veuillez contacter notre centre d'assistance à la clientèle.
Nos coordonnées sont les suivantes:

 416-792-6088

 customerservice@aosom.ca

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