

*Soozier*  
**MANUAL  
TREADMILL  
A90-134**



Before using this unit for the first time, be sure to read these safety instructions carefully, then use the unit accordingly. These precautions are listed to prevent damage to the equipment and injury to users.

 **WARNING To reduce the risk of injury to persons:**

1. Consult a doctor before starting any exercise program in order to determine whether you have any physical or medical conditions that could pose a risk to your health and safety.
2. Stop exercising if you experience any of the following symptoms: pain, tightness in the chest, irregular heartbeat, extreme shortness of breath, dizziness, nausea, or any other discomfort. Consult a doctor immediately.
3. Do not allow children or handicapped individuals to use this unit without close supervision. Keep all pets away from the unit.
4. Place the unit on a clean, flat surface, on top of a protective mat to shield your floor or carpeting. Allow at least one foot of open space on all sides
5. Before using this unit, check to make sure that all of its nuts and bolts are securely fastened. In order to keep the unit in top condition, examine it regularly for signs of damage or wear-and-tear.
6. If any defective parts are found, replace them immediately. Do not use the unit again until it is perfect working order.
7. If you hear any unusual noises from the unit during use, stop using immediately. Do not use the unit again until the problem has been rectified.
8. Wear suitable clothing while using the unit. Avoid loose flaps that may get caught in the unit's wheels or other parts. Also avoid excessively tight clothing that may restrict or prevent movement.
9. During use, grip the handlebars securely.
10. This unit is designed for home use ONLY. It is suitable neither for therapeutic use, nor for use in gyms in gyms and other public exercise facilities.










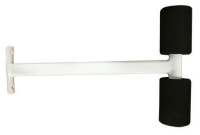
 **CAUTION**

1. this unit is designed for personal and indoor use, not commercial use. Do not operate the unit outdoors.
2. Do not place this unit close to a heat source or an open flame.
3. To reduce the chances of injury, warm up and stretch prior to exercise. This will prepare muscles and joints for exertion.
4. Always increase exercise speed, intensity, and duration at a gradual pace.
5. This unit is to be used by one person at a time.
6. Immediately discontinue use if you experience dizziness or other discomfort. Consult your doctor at once.

# FUNCTION PARTS



## PARTS

			
Special oil*1 bottles	Base cover *1	LCD Computer *1 pc	Extension Tube*2
			
Screw*2	Tool *2	Plum screw*1	Manual*1
			
Foot pads*2	Sit-ups Stand*1		

## ASSEMBLY METHOD

1. First, install the two foot pads on the base as shown in the figure.



2. Installed 2 treadmill extension tube with two short screws .



3. Fixed the armrest with two long screws.



4. Pack the battery into the LCD computer&insert the LCD computer to the arm rest.Connect the LCD computer line. as follow.



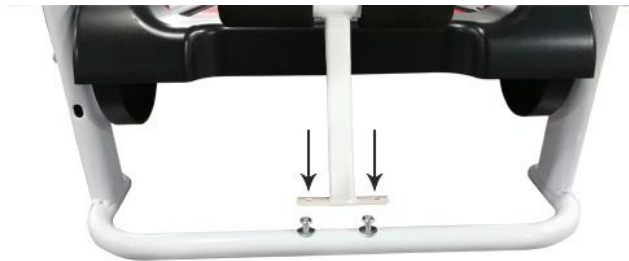
5.Insert the Plum screw.



6.Unscrew the screw below the position shown, then install the rear tailstock and tighten the screw.



7.First, unscrew the screw in the position shown, install the sit-ups stand and tighten the screw.



## INCLINE

If you want change the degree of the incline, please adjust this part



## LCD COMPUTER

- **Function: SCAN**

Take turns every 6 seconds to display the data.

- **TIME**

Display current time of motion up to 99:59.

- **SPEED**

Show the current movement speed, Maximum speed of 99.9 km/h.

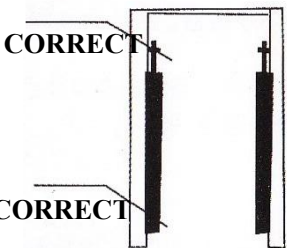
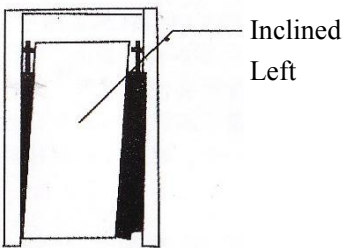
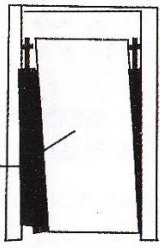

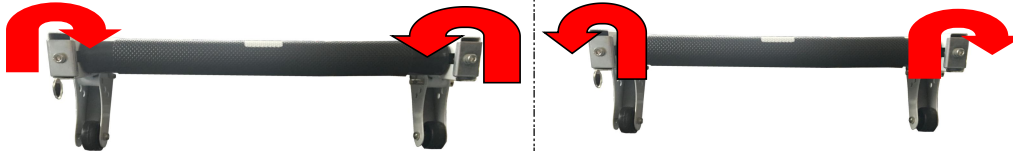


- **DISTANCE**

Display current total mileage, up to 99.9km.

- **CALORIES**

Total consumption of heat, up to 9999.(Note that this data is for reference only, not for medical purposes.)

## RUN WITH ADJUSTMENT METHOD

		
<p><b>Normal state</b></p>	<p><b>Inclined Left</b></p>	<p><b>Inclined Right</b></p>
		
	<p><b>Adjust both regulating screw, as the arrow in the picture.</b></p>	<p><b>Adjust both regulating screw, as the arrow in the picture.</b></p>

## TROUBLE MAINTENANCE

- **NOISE**

1. Please check whether the running belt has been partial; the specific method and adjustment procedures, please follow the instructions to run the adjustment method.
2. Please check the lubricant as appropriate to add the appropriate amount of treadmill special lubricant.

- **LCD Computer can not display normal**

1. Check whether the battery is installed correctly.

## REGULAR MAINTENANCE

1. Check the running belt every 3-4 weeks, depending on the situation to add an appropriate amount of treadmill special lubricant.
2. Regularly check whether the product components are <be careful>
3. When cleaning, hand in hand with soap and water. Please do not use water directly Washing and volatile nature of detergent wipe.
4. Long time without the use of this product, please remove the battery, so as to avoid leakage of battery.

