Soozier
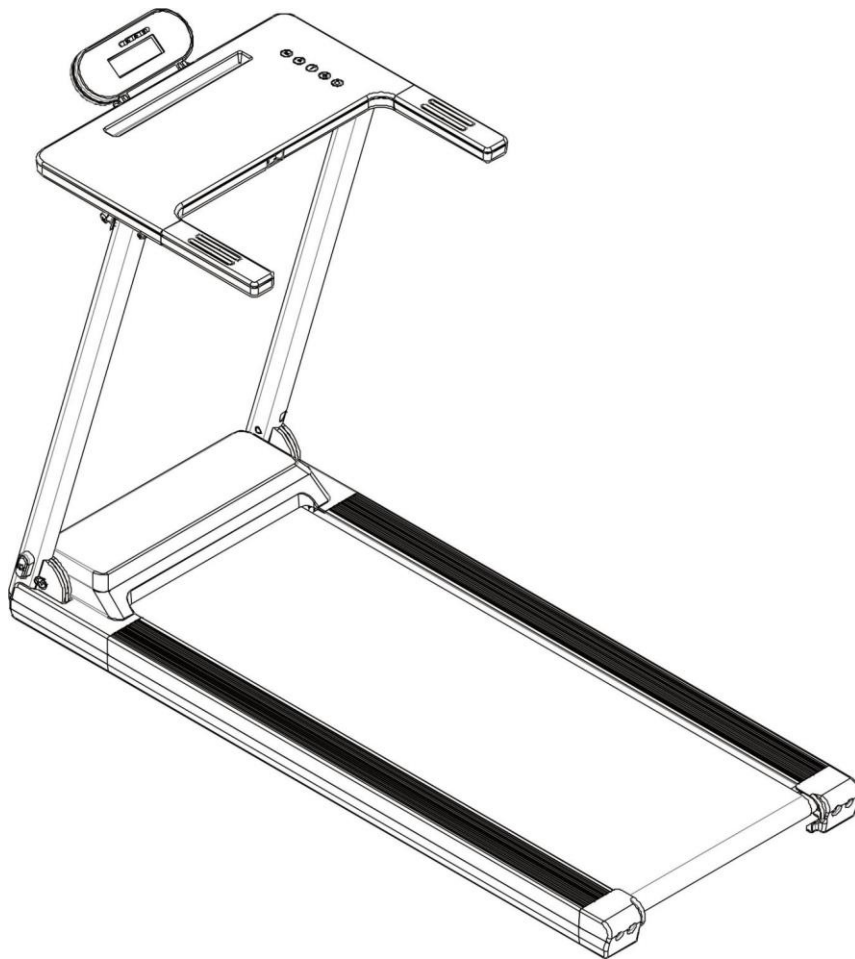
MOTORIZED TREADMILL

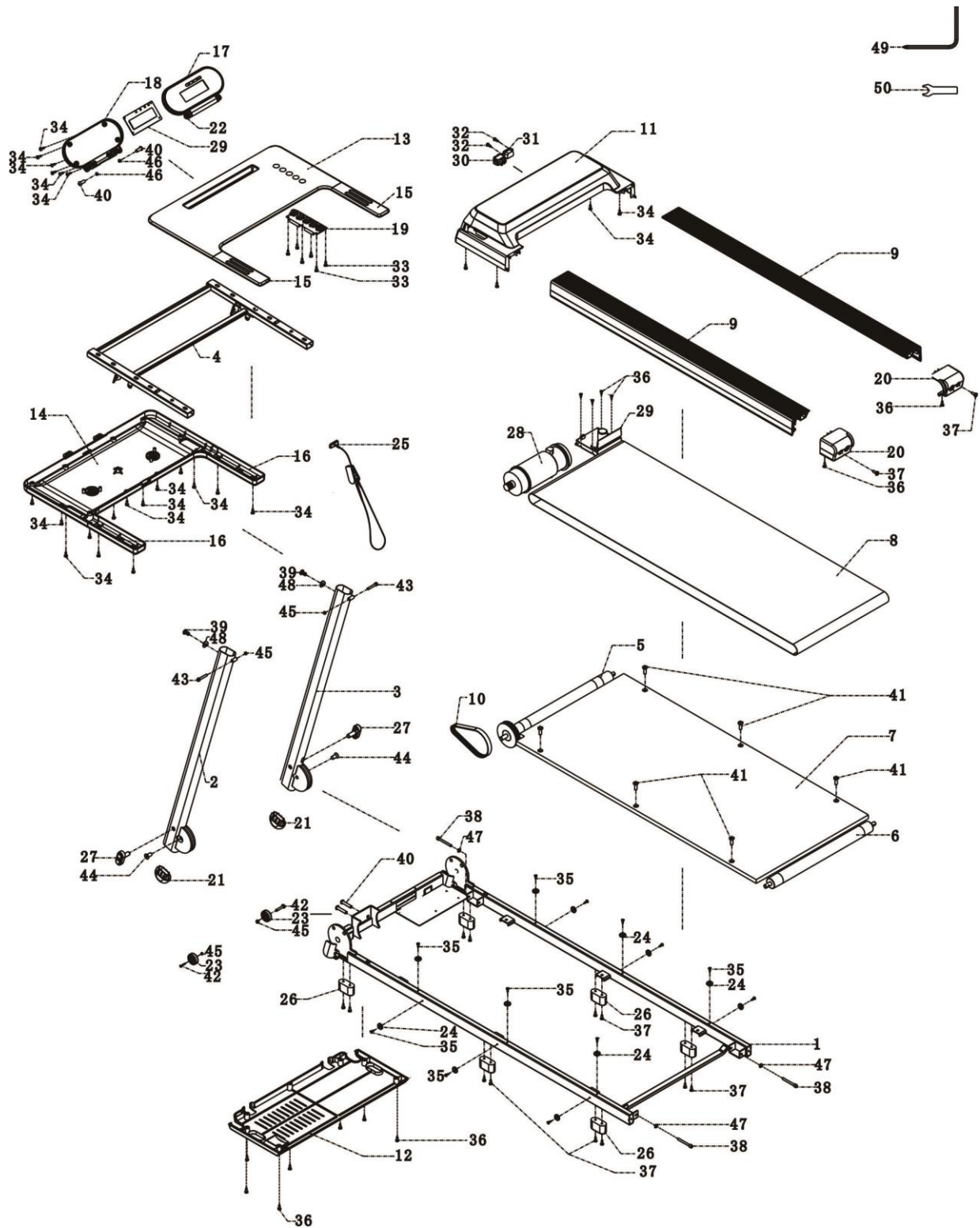**Thank you for purchasing the Motorized Treadmill**

Please read this manual carefully before using your machine and keep it in a safe place for easy referral.

ASSEMBLY INSTRUCTION

Contents Page

1. OVERVIEW DRAWING

2. PARTS LIST

Serial No.	Part Name	qty	Serial No.	Part Name	qty
1	Base frame	1	26	Oval foot pad	6
2	Left upright tube	1	27	T shape knob	2
3	Right upright tube	1	28	Motor	1
4	Table support	1	29	Control board	1
5	Front roll	1	30	Switch with lamp	1
6	Back roll	1	31	Power cord socket	1
7	Running board	1	32	ST3*8 cross head screw	2
8	Running belt	1	33	ST3*8 cross head screw	14
9	Side rail	2	34	ST4*12 cross head screw	26
10	strap	1	35	ST4*12 cross head screw	12
11	Motor up cover	1	36	ST4.2*16 cross head screw	15
12	Motor bottom cover	1	37	M5*16 cross head screw	14
13	Table up cover	1	38	M6*55 round head Hex screw	3
14	Table bottom cover	1	39	M8*16 semi-round head Hex screw	2
15	Armrest up cover	1	40	M8*40 semi-round head Hex screw	4
16	Armrest bottom cover	1	41	M8*30 Hex screw	6
17	Panel up cover	1	42	M6*40 round head Hex screw	2
18	Panel bottom cover	1	43	M6*30 round head Hex screw	2
19	Round head key	1	44	M12*20 round head Hex screw	2
20	Left and right end caps	2	45	M6 self-lock nut	4
21	Oval Pipe plug	2	46	M8 self-lock nut	2
22	Rubber round pad	4	47	$\varphi6*\varphi14*1$ pad	3
23	wheel	2	48	$\varphi8*\varphi19*1.5$ curved pad	2
24	Side rail fastener	12	49	L wrench	1
25	Safety key	1	50	Open end wrench	1

3. CAUTION

To avoid injury please read this manual carefully before operating this machine.

- NEVER attempt to mount the treadmill while the running belt is moving.

- NEVER step off the treadmill while the running belt is moving.

- NEVER operate the treadmill if it is damaged or is not working as it should be.

- DO NOT overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your doctor.

- DO NOT start the treadmill when it is in its folded position.

- DO NOT operate the treadmill in or around water / sources of heat & avoid placing the treadmill on thick carpet.

- DO NOT use outdoors. This product is to be used inside ONLY.

- DO NOT place any objects on the running belt or the treadmill itself.

- NEVER connect a live power cable to the treadmill. Please turn off the power supply and the On/Off switch on the back of this machine before connecting the power cable to the machine. Once safely connected you can switch on the power supply followed by the on/off switch on the back of the machine. Connecting a live cable directly into the back of the machine can damage the electrical components.

- Storing the treadmill in a cold damp room i.e. garage (with non-consistent temperature) will increase the risk of damage to electrical components. We recommend that you store the machine in a dry room with constant temperature.

4. SAFETY NOTICE

- This machine is not suitable for children under 16 years of age.

- Use the treadmill only for its intended use as described in this manual.

- Children, elderly users and pregnant women are advised NOT to use the treadmill.

- Assemble and operate the treadmill on a solid, level surface. Locate the treadmill a few feet from walls or furniture. Check the unit before each use and verify that all fasteners are secure. Always maintain the treadmill in good working condition.

- An error may occur due to unstable power. DO NOT share a power socket with other high-powered items such as computers or air conditioning units.

- It is suggested to wear suitable sports trainers and sensible gym clothing when using the treadmill.

- Take care when folding and unfolding the treadmill before and after use.

- DO NOT attempt to service the treadmill yourself except for the maintenance tasks which are described in this manual. The treadmill does not contain any user-serviceable parts so disassembling it yourself will not only void your warranty and could result in serious injury.

5. CAUTION DURING USE

- Keep both the machine and power cord away from heated surfaces.

- Make sure you are wearing proper exercise clothing and shoes during a workout—no loose clothing. Tie back long hair. Keep all loose towels away from the running surface.

The running belt will not stop immediately if an object becomes caught in the belt or rollers.

- If you begin to feel unwell during use, stop immediately and consult your doctor or personal trainer before continuing.

- Take care when adjusting the speed setting and increase or decrease steadily.

- The safety tether cord clip must be attached at waist level prior to starting a workout. The safety cord connects the security clip to the yellow button on the console. If you encounter any type of difficulty while using the treadmill, a strong tug on the safety key cord or a quick tap on the red ON/OFF button will stop the running belt.

- Please make sure the running belt is fastened before using.

- DO NOT adjust the belt while machine is turned on or being used.

- Please switch off all functions and disconnect from mains power supply after use.
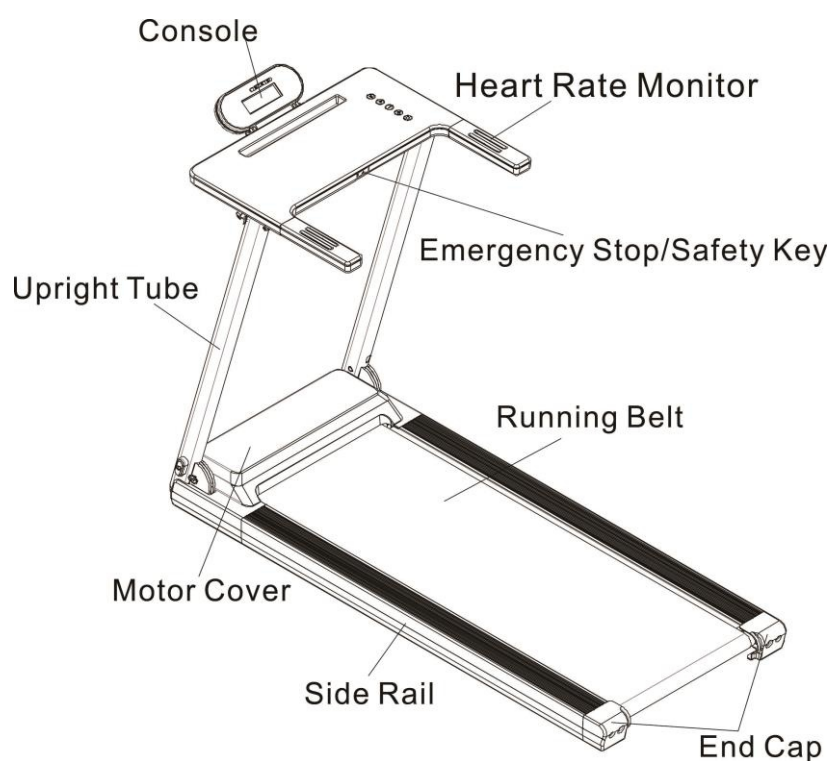
6. TECHNICAL SPECIFICATION

Product name	Treadmill
Voltage	100-120V
Frequency	60Hz
Power	0.75HP
Speed	1-12MPH
Net weight	32KG
Max Loading Weight	120KG

7. PRODUCT SPARE PARTS
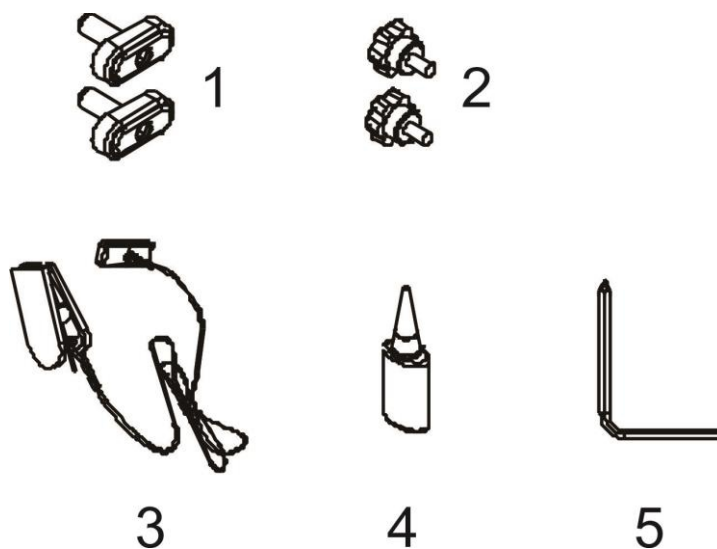
Serial NO.	Part Name	Spec	Qty
1	T shape knob	M12*30	2
2	Flower shape knob	M8*20	2
3	Safety Key		1
4	Silicone Oil Bottle		1
5	T wrench		1

8. PRODUCT MAIN PARTS

Console

Heart Rate Monitor

Emergency Stop/Safety Key

Upright Tube

Running Belt

Motor Cover

Side Rail

End Cap

9. ASSEMBLY
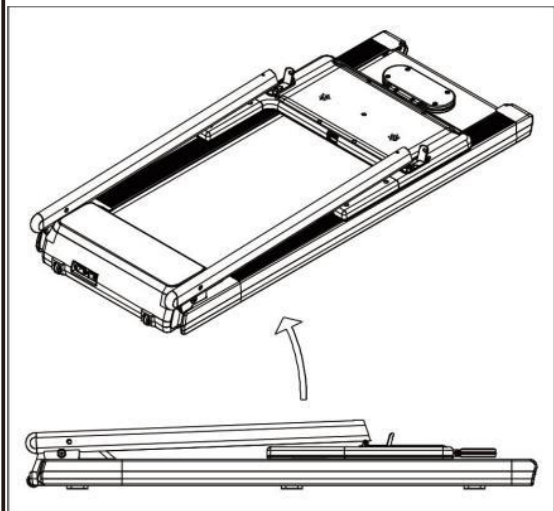
Step One: Put the machine on flat ground, then pull up upright tube.
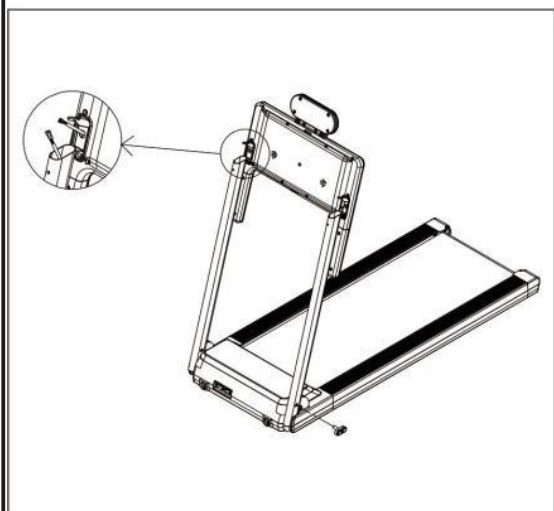
Step Two: After pulling up upright tubes to up position, use T shape knob to fix tubes to base frame. Connect the wire at right side upright tube, then pull the panel up to horizon level.

Step Three: Use flower shape knob to fix panel to upright tubes. Then turn the small panel to suit your position.

All assembly is complete.

10. CONSOLE DISPLAY INSTRUCTIONS

1. Display

1.1 SCAN indicator：after the machine starts, and the indicator lights up, it will show the data between Speed, Time and Calories every 5 seconds.

1.2 TIME indicator：This indicator shows time elapsed. The time indicator displays from 00 to 99:59 minutes；If countdown time is set, the time will show from the set time to 0:00 (set time range is 5:00~99:00). When countdown reaches 0:00, the machine will stop slowly and will go into standby mode after 30 seconds.

1.3 DISTANCE：Shows the distance the user is running in miles. Distance ranges from 0.000~99 miles, if over 99 miles, the distance counter will restart from 0 again. If user sets distance to run, the machine will run from the set value to 0.0 mile. When distance counts down to 0, the machine will stop slowly and will go into standby status after 30 seconds.

1.4 CALORIES indicator：Calories count value is 0~990，if over this value, it will count from 0 again. If user sets calories to run, the machine will run from the set value to 0. When calories count down to 0, the machine will stop slowly and will go into standby status after 30 seconds.

1.5 SPEED indicator：shows the speed users run at present. The speed ranges from 1-12MPH. Press "+" or "-" key to speed up or speed down. The step of pressing the "+" or "-" key is 0.1MPH.

1.6 Pull off safety key, display will show "Err." The display will show OFF on standby status.

(M) (P) (—) (+) (⏻)
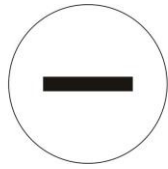
2. Function key on table.

2.1 ⏻ key：connect machine to power, then switch on the machine. When pressing this key, the machine will start with a speed of 1 MPH after 3 seconds.

2.2 ⏻ key： When machine is running, press this key and the machine will stop slowly. Machine is in PAUSE status at this stage. If this key is pressed again within 30 seconds, the machine will run again at previous speed. If over 30 seconds, the machine will go into standby status.

2.3 + 、— key: Press the two keys to speed up or speed down. When user needs to set time, distance or calories, pressing the keys can increase or decrease the set value.

2.4 M key: When machine is in standby status, press this key to select user required time, distance or calories, then press "+" or "-" key to set required value. Time set range 5:00~99:00, Distance set range 0.5~99 miles. Calories set range 50~990.

2.5 P key: When machine is in standby status, press this key to select P1~P12. Then press ⏻ key: the machine will run at the selected program. When program is selected. the default time value is 30 minutes. User can press "+" or "-" key to increase or decrease the time. The formula of time and speed change is TIME/20*60s.

PRE-SET PROGRAMS x 12
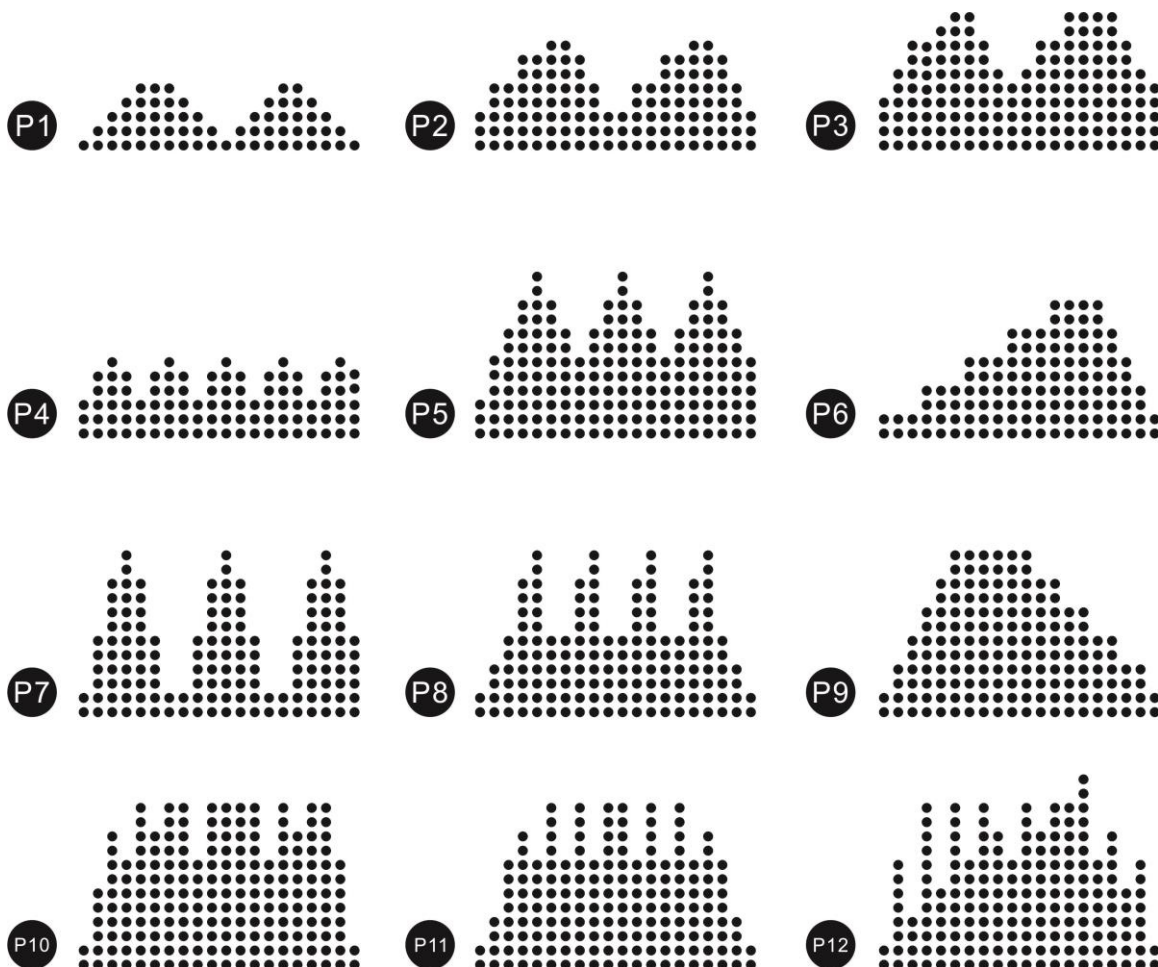
If any error codes appear on the screen, then please check below:

Err Without safety key - Please make sure the safety key is put on.

If the safety key is already on, but there ERR still shows or there is no function, then change the computer screen/display monitor.

E2   Error for the motherboard, please change it.

E4   Error for the motherboard, please change it.

E5   Over current protection, please change motherboard.

E6   Motor error-Please make sure the motor line have connected, if all the line connected, please change the motherboard if necessary.

E7 Communication interruption, please make sure all of the connection lines have been connected correctly.

E8 Over load error- User may have exceeded max weight.

11. FOLDING UP AND SETTING DOWN

NOTE: Ensure the Power Switch is in 'OFF' status and the power cord is unplugged from the electrical outlet.
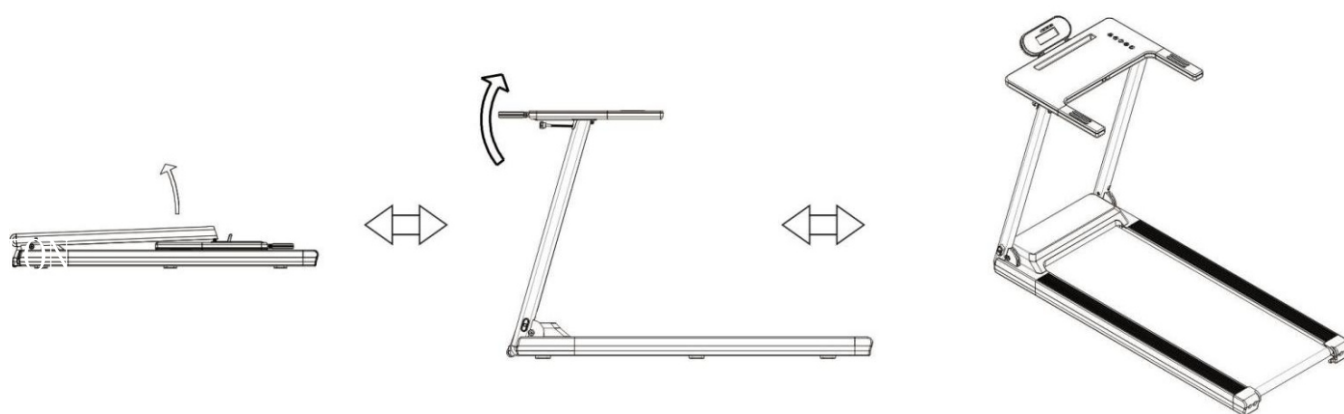

Screw off T shape and flower shape knob to fold the machine. Fix the two kinds of knobs to set up machine.

12. APPLICATION OF LUBRICATION/SILICONE OIL

Pull the running belt up tightly. Apply the silicone oil to the running board. Start the machine and allow the belt to run for 3 minutes without loading. To ensure the longevity of machine parts, please maintain this every 30 hours of working the machine.

13. RUNNING BELT ADJUSTMENT
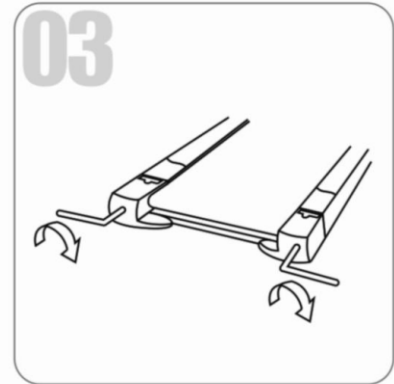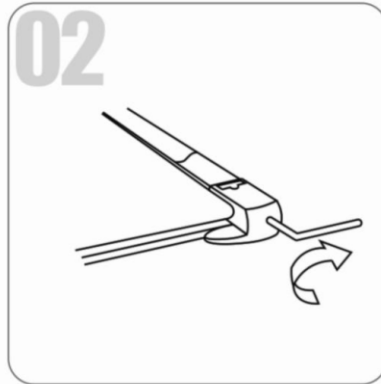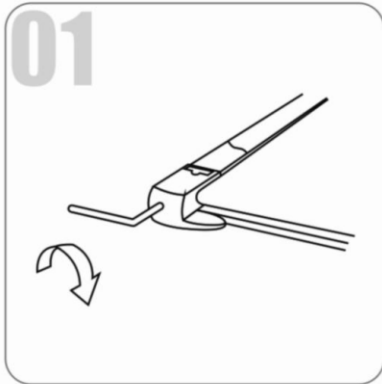
(1) Running belt deviates to left

Start the machine at speed 1-1.5 mph (don't stand on machine). Use the Allen Key to turn the screw clockwise until desired fit (see fig1). Then let the machine run without loading for 1-2 minutes. Please adjust like this until the belt is in the middle.

(2) Running belt deviates to right

Start the machine at speed 1-1.5 mph (don't stand on machine). Use the Allen Key to turn the screw counterclockwise until desired fit (see fig2). Then let the machine run without loading for 1-2 minutes. Please adjust like this until the belt is in the middle.

(3) Running belt stuck

If the running belt is not moving, use the Allen Key to turn the screws 180 degrees on both left and right sides until this is solved.

14. WARRANTY

This treadmill comes with a one-year manufacturer's warranty.

You should show our products series no. and relative pictures or

videos or concern information before availing the warranty.

This machine is only for home use, if problems occur as treadmill has been used for

commercial purposes, our company takes no responsibility.

For any customer service-related queries, please contact us at:

15. EXERCISE GUIDE

PLEASE NOTE: Before beginning any exercise program, consult your physician. This is

important especially if you are over the age of 45 or individuals with pre-existing health

problems.

The pulse sensors are not medical devices. Various factors, including the user's movement,

may affect the accuracy of heart rate readings. The pulse sensors are intended only as an

exercise aid in determining heart rate trends in general.

Exercising is a great way to control your weight, improving your fitness and reduce the

effect of aging and stress. The key to success is to make exercise a regular and enjoyable

part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called ae robic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.

Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.
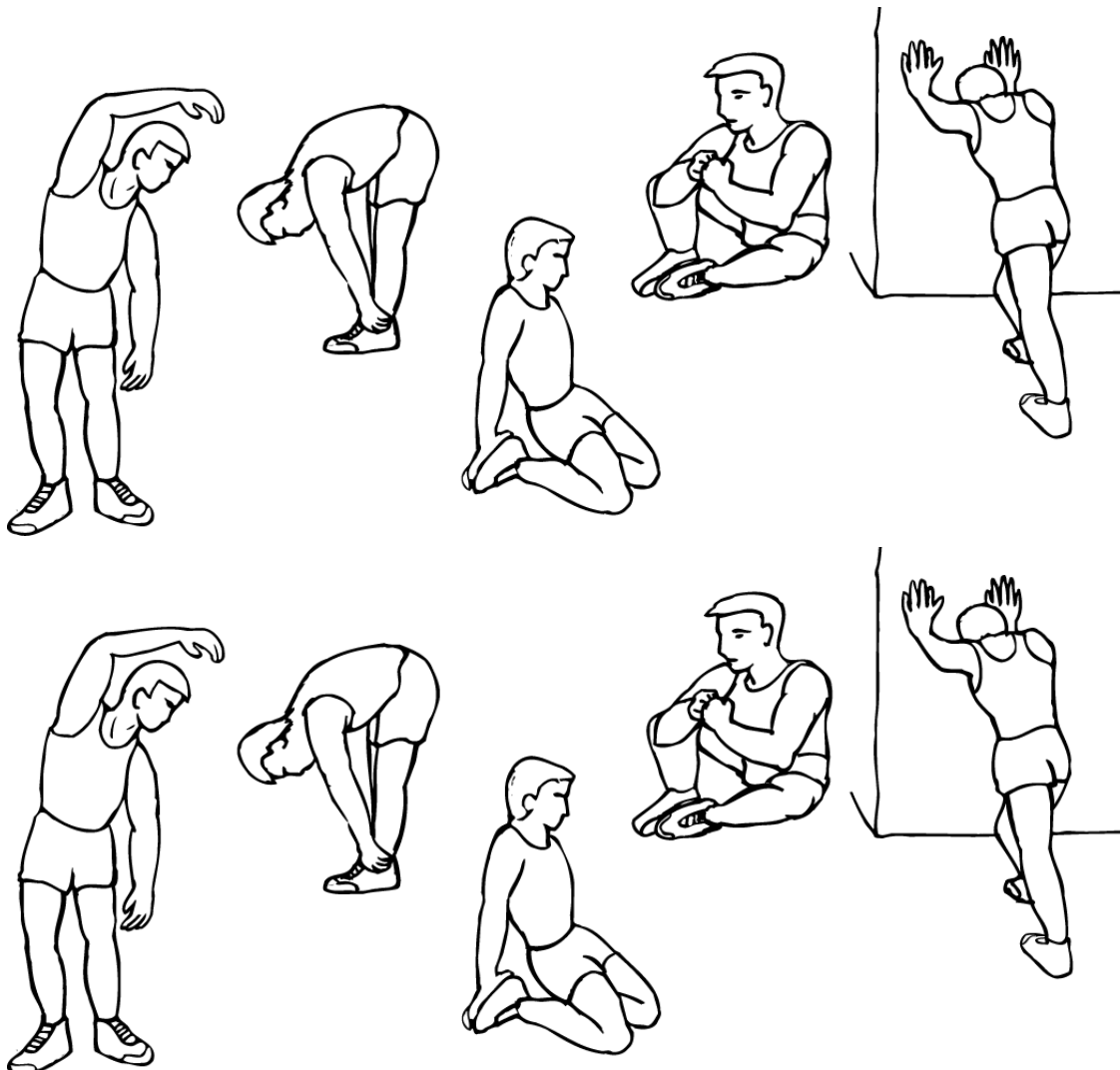
Training zone Exercise

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

Cool Down

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

Workout Guidelines

TARGET ZONE
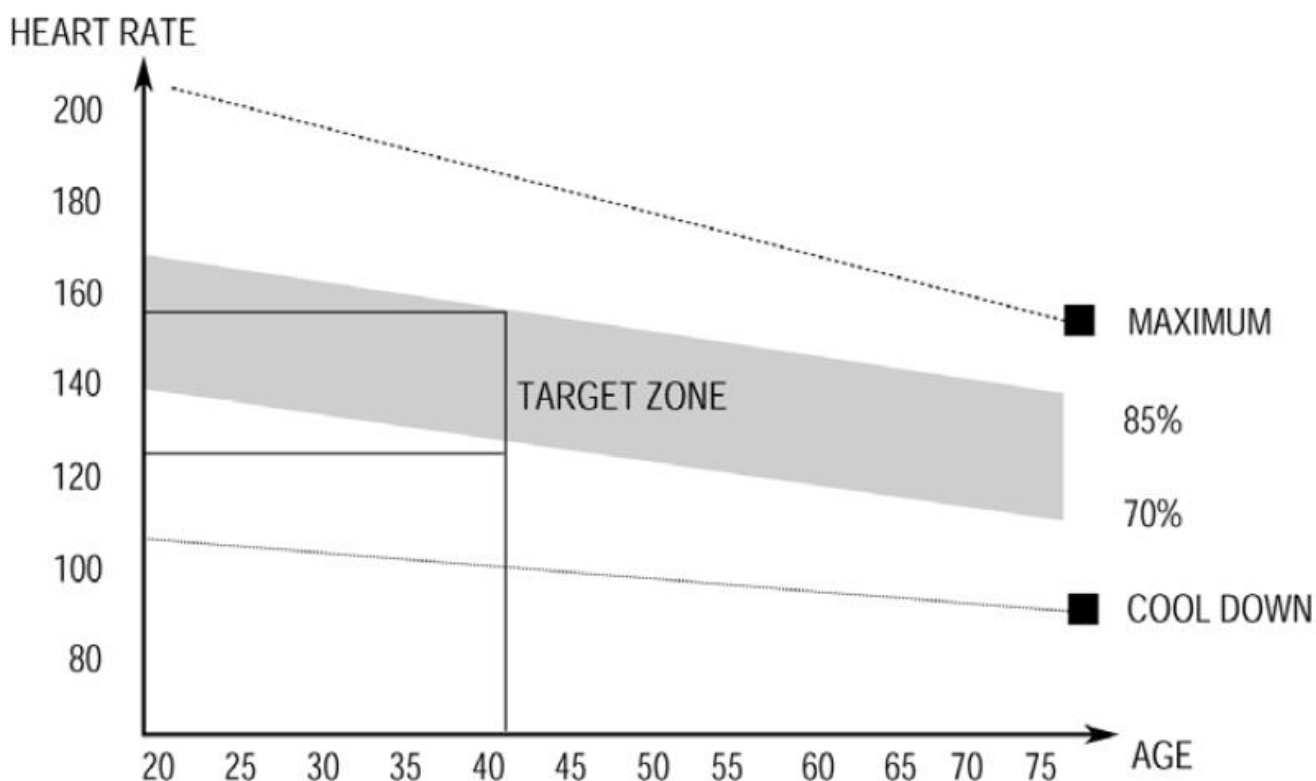
THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS

EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

The most important factor here is the amount of effort you put in. The harder and longer

you work the more calories you will burn. Effectively this is the same as if you were

training to improve your fitness, the difference is the goal.

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