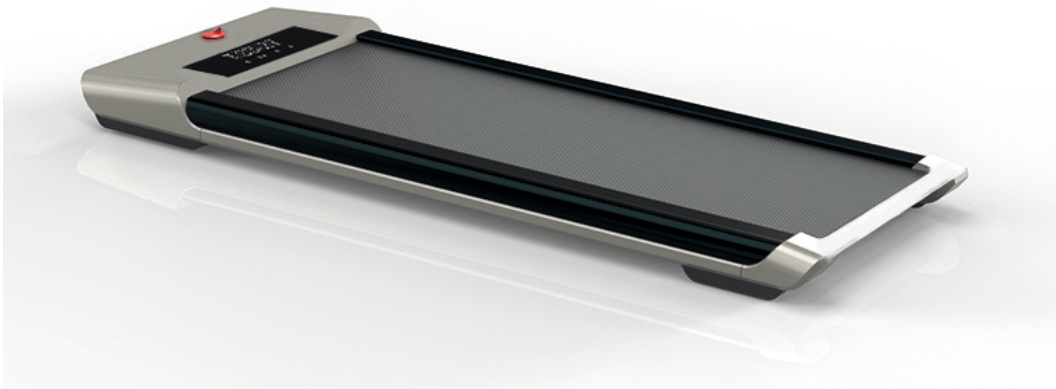


Soozier

INadd036_US

A90-220V80



**FLAT TREADMILL
HOME FITNESS**



READ AND SAVE THESE INSTRUCTIONS FOR FUTURE USE

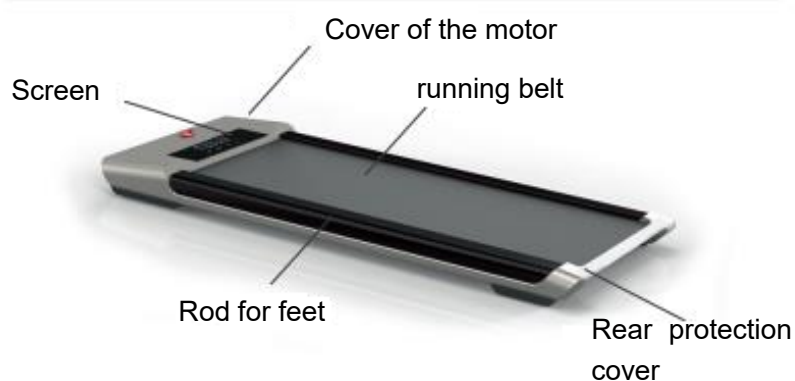
ASSEMBLY INSTRUCTION

Security Instructions

Before use the treadmill, please read the following instructions carefully:

1. Turn on the power only after confirming that the treadmill is installed according to the installation instructions. Always pay attention that don't to block the plug on the wall when placing the plug, and leave a space of 0.8m at least in front of the treadmill for a easy insertion.
2. Reserve a safety space of 0.8m on each side of the treadmill machine and a 2m (length) x1 meter (width) behind the treadmill machine.
3. Connect the power supply with safety grounding. If the power cord is worn, please buy a new power card from a distributor and let a professional person to replace it.
4. The walking machine is an appliance for indoor use. Don't use it outdoors. The place where use the machine must be clean and flat. Be sure that don't to place the walking machine on elements such as thick carpets, so as not to affect the air circulation under the machine. The electric treadmill is a special appliance, don't modify it or use it for other purposes.
5. Don't wear clothing which is large or loose during exercise to avoid to the cloth get stuck in the treadmill. It's recommended that wear running shoes or gym shoes with rubber soles.
6. Don't remove the protective cover. If you need to open the protective cover for maintenance, first unplug the power cord.
7. When you use the treadmill, keep the children away from it for avoiding accidents. This treadmill should not be used by children.
8. If the treadmill accelerates suddenly due to a problem about the electronic clock system or if the speed increases automatically and continuously, remove the electronic clock safety lock immediately, then the electric treadmill will stop immediately.
9. If the system can't stop, let your feet step on the side bars on both sides and turn off the power immediately.
10. When you don't use the treadmill any more, you must unplug the power cord.

Information about the Flat Treadmill



Contents in the Package

1. Treadmill
2. Remote control
3. Security key
4. User manual



Specification

Version	176TM
Voltage	100-120V/60HZ
Maximum weight of the user	90KG
Measurements of the product	140*58.5*11.5cm
Measurements of the package	149*65*17 cm
Measurements of the running belt	110*42 cm
Weight	Net:24.5 / Gross:27.5
Motor	500W
Speed	1.0-6.0km/h
Function	Walk and trot

Characteristics

1. You can use the treadmill for walking and trotting.
2. With motor of Industrial grade, low noise, high power. The maximum speed can be 6.0 km / h.
3. With high resistance anti-static belt.
4. With double layer footboard of high strength, high density and high elasticity; with shock absorber of rubber.
5. The front and rear rollers use 3.0 tubes of essential oil with a 1.5 degree cone at both ends, causing the treadmill to restart automatically.
6. With blue light LED display.
7. It's flat and ultra-thin.

Steps of Installation

1. Open the cardboard box and take the contents out, put the treadmill on the ground in a horizontal position.
2. Connect the treadmill to the power supply and operate the remote control to start the exercise.



IMPORTANT

Before use the treadmill, please read this manual entirety.

Information on the Screen

- Distance
- Time
- Calories



Remote control



Remote control functions

“On / Off” Button: When the electronic screen is in standby state, press this key to turn off it, when the electronic screen is in sleep mode, press this key to turn on the it.

“Start” Button: When the electronic clock is in standby mode, press this key to countdown for 5 seconds to start the motor.

“Stop” Button: When the electronic clock is operating, press this key to stop the operating motor.

“Speed” Buttons: When the electronic clock is operating, press these buttons to increase or decrease the speed.

Recommendations and Sports Guidelines

If this is your first time using an electric running machine, you should read the following:

Prepare

Before exercising, you have to understand your health condition and make an exercise plan that suits you. It's recommended that you consult a doctor or professional, perhaps you can get better results with less effort.

Before using the treadmill for the first time, wait and learn how to control it: start, stop, adjust the speed, etc., until you are familiar with it, then you can use it. Then stand on the plastic roller on either side of the belt, turn on the machine at a low speed of 1.6-3.2km / h, look forward, try to relax. Then stand on the treadmill and run with the running belt, and increase your speed to 3 to 5km / h slowly after feeling comfortable. Keep this speed for about 10 minutes, and then stop the machine slowly. For avoiding that you fall from the belt, don't run at high speed the first time.

Exercise

Walk at a fixed rhythm for about a kilometer and record the time that you need. This can take 15 to 25 minutes. When you walk at a speed of 4.8 km / h, you need approximately 20 minutes for complete the 1 km trip. After you do this several times and feel it easier, you can increase your speed gradually and try to do exercise for 30 minutes.

Exercise frequency

The goal is 3-5 times / weeks, 15-60 minutes each time. It's better to make a exercise schedule according to your physical condition, instead of exercise schedule according to your preferences. You can adjust the speed and exercise time to understand the intensity of the exercise.

Quantity of exercise

15-20 minutes of exercise is a great way to save time. Warm up for 5 minutes at a speed of 4-4.8 km / h, then increase to 0.3 km / h per minute, until you feel it will be a challenge to continue doing the exercise for 45 minutes at a specified speed.

The above content is only for reference, please consult a doctor or a professional.

Stretching exercise

No matter how fast you run, it's best to do stretching exercise first. The warmed up muscles are easier to stretch, so walk for 5-10 minutes to warm up. Then stop and do stretching exercises as follows: five times, each leg for 10 seconds or more, and do stretching exercises again after training.

1. Stretch downwards:

Bend your knees slightly and bend your body slowly forward to relax your back and shoulders. Touch your toes with your hands, keep for 10-15 seconds, and then relax. Repeat the exercise 3 times.

2. Hamstring Stretch

Sit on a clean cushion. Straighten one leg and pull the other leg inward so that it's close to the inside of the straight leg. Try to touch your toes with your hands, keep for 10-15 seconds, and then relax. Repeat 3 times for each leg.

3. Achilles tendon stretch:

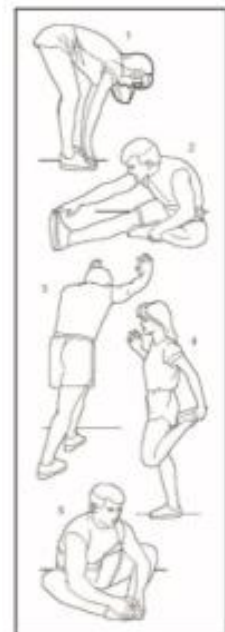
Stand in front of a wall supporting by both arms, keep one leg behind the other in a vertical position, flex the other leg for 10-15 seconds, repeat 3 times for each leg.

4. Quadriceps Stretch

Use your left hand to support against the wall and flex your right leg, holding your foot with your right hand, keep that position for 10-15 seconds, and repeat 3 times for each leg.

5. Sartorius muscle stretch:

Sit on the floor and put the soles of your feet together, hold both feet with both hands and pull them in the direction of your groin. Keep that position for 10-15 seconds, and repeat 3 times.



WARNING

Before you do exercise, consult a professional or a doctor who can recommend the frequency, intensity and time of exercise that matches your age and physical condition. When you do exercise, if you feel tightness or pain in the chest, irregular heartbeat; or you feel difficult to breath, dizziness or other discomfort. Stop doing exercise immediately! Consult with a professional before continuing to do exercise.

Maintenance Guide

ATTENTION!

Before you clean the product or realize maintenance for the product, disconnect the plug from the machine.

Cleaning

The integral cleaning will greatly extend the life of the treadmill. Eliminate the dust regularly can keep the parts clean. Be sure to clean the exposed parts of both sides of the treadmill, which will reduce accumulation of loads under the treadmill. Make sure the sport shoes are clean and avoid using foreign objects under the treadmill. The surface of the running belt should be cleaned with a cloth moistened with soap. Be careful not to splash water on the electrical components and under the belt.

Lubrication:

The lubricating silicone oil has been previously coated between the footboard and the belt of this treadmill. The friction between the belt and footboard has a major impact on treadmill life and performance, so you have to apply lubricant regularly. Please put lubricating oil in an appropriate quantity.

We recommend that you apply silicone lubricating oil to the treadmill and to the footboard of the electric treadmill according to the following schedule:

- If you use the treadmill less than 3 hours per week: every 6 months
- If you use the treadmill 3 to 5 hours per week: every 3 months
- If you use the treadmill more than 5 hours per week: every 45 days

How to know whether the machine needs lubrication:

Put your hand in the center of the back of the treadmill to check, if the footboard is dry, it means that you must add lubricating silicone oil.

Steps for applying lubricating oil to the footboard:

- A) Adjust the treadmill to the low speed operation of 1km / h.
- b) Lift the treadmill on the back of the treadmill: put the oil container in the middle of the treadmill, spray the silicone oil in the inner part of the running belt, apply oil to both sides of the running belt and run the treadmill at a speed of 1km / h. The silicone oil will be fully absorbed by the treadmill in approximately 8-10 minutes.

NOTE

To extend the useful life of the machine, it's recommended that you turn off the power after using it 2 hours continuously and let the machine to have a rest for 10 minutes before using it again.

Adjustment of the running belt

If the belt is too loose, it will slip when you run on it. If it is too tight, it can reduce engine performance and cause the abrasion on roller.

All treadmills have to be adjusted the running belt before leaving the factory and after installation. However, it may still be loose after using it for a period.

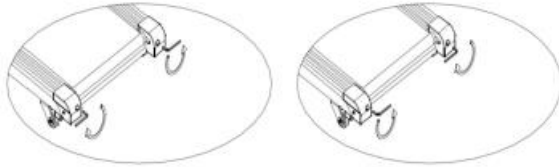
When the treadmill is out of adjustment, a slip phenomenon occurs while exercising. When this phenomenon occurs, adjust the adjustment bolts of the running belt to left and to right.



If you want to tighten the belt, go backwards and operate counterclockwise. If the belt is too loose and you put your foot on it, the belt and roller will slip, this will cause damage to the motor, running belt and roller.

Center the Treadmill

1. Place the machine on a flat surface.
2. Use the machine to run at a speed of 3.5km / h approximately.



3. If the treadmill is twisted counterclockwise, adjust the left screw clockwise or adjust the right screw counterclockwise.
4. If the treadmill is twisted clockwise, adjust the right screw clockwise or the left screw counterclockwise.

Note: Clean the groove of the belt of the treadmill and the pulley regularly.

Description of Error Message

- E01** Indicates that the electronic panel and the electronic control directions notebook are abnormal.
- E02** Indicates that an abnormality between the controller and the motor has been detected.
- E03** Indicates that the control detection rate is abnormal.
- E04** Indicates that the control detects the protection information message against the over-voltage of the motor.
- E05** Indicates that the control detects the request of protection information against the over-current of the motor.
- E06** Indicates that the control detects the abnormally low voltage of the power supply of conduction.
- E07** The security key the the clock is not inserted in it place.

Solutions for Common Problems

Problem	Solution
The treadmill can't be turned on.	Check if the cable of the motor is connected correctly. Use the remote control to turn on the treadmill.
The communication line of the electronic clock doesn't work or the contact is deficient.	Please disconnect and reconnect the communication line.
The treadmill load exceeds the rated operating voltage of the motor.	Use a voltage which is within the rated operating voltage range of the motor.
The voltage is too low.	Check if the power supply cable is normal.
The security key falls off.	Place the security key in the designated position on the electronic clock.

US



001-877-644-9366
customerservice@aosom.com

CA



001-855-537-6088
customerservice@aosom.ca

UK



0044-800-240-4004
enquiries@mhstar.co.uk

DE



0049-(0)40-88307530
service@aosom.de

FR



0033-1-84166106
contact@aosom.fr

ES



0034-931294512
atencioncliente@aosom.es

IT



0039-0249471447
clienti@aosom.it