

Soozier

INapb006_US

A90-327V80

TREADMILL



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

USER'S MANUAL

1. CAUTION

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



- For safety purposes, never start the treadmill when you are standing on the running belt.
- If you feel faint, ill or nauseous, please stop using immediately.
- Please adjust the speed slowly.
- Do not adjust the belt during use.
- It is recommended to wear sports shoes when using this machine.
- Small children and pregnant women must not use this machine.
- This product is for domestic use only. Do not use in any commercial, rental or institutional setting.

2. SAFETY NOTICE

① This treadmill must be placed on a stable and level surface. Unsuitable locations include:

- ② Outdoors. (The machine is intended for indoor use only).
- ③ Slanted or sloped surfaces.
- ④ In direct sunlight or near sources of heat.
- ⑤ Noisy places.
- Do not plug this product into the same socket as other electrical appliances.
- It is recommended to wear sports attire when using this machine. Do not wear loose clothing or jewellery.
- Please increase or decrease the speed slowly.
- Keep this product in a clean dry location. Water and other liquids can damage the product.
- Damaged power cords must be replaced by the manufacturer, its service agent or similarly qualified persons.
- Keep the oil bottle out the reach of small children. If it is accidentally swallowed or gets into eyes, rinse with water and seek medical advice immediately.
- There should be at least 1m of space on both sides and at the front of the treadmill. There must be at least 2x1m of space at the back, so you can jump off in emergencies.

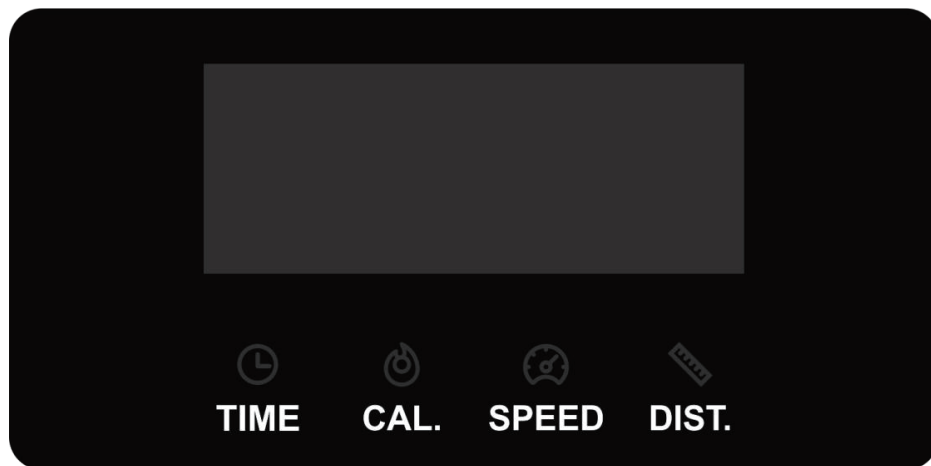
3. CAUTION DURING USE

- If you do not feel well before using, please seek medical advice.
- Our company assumes no responsibility for personal injury or property damage by or through the use of this product.
- Always unplug this product after use.
- When moving, cleaning or doing maintenance, ensure the product is unplugged.
- Small children and pregnant women must not use this machine.
- This treadmill must be placed on a stable and level surface. Do not place objects within 2m behind the machine.
- Keep water and other liquids away from the machine, especially the motor, power cord and plug.
- Do not wear loose or baggy clothing, as it may get caught in the machine.
- Do not use this product in enclosed places or places with poor air circulation. Do not use this product near flammable products – this is a fire and explosion hazard.
- Do not put any objects on the machine.
- Keep the plug away from heated sources.
- Switch off and unplug the product after use.
- Please do not stand directly on the belt while starting the machine.
- Do not disassemble the machine without a professional person present.
- Please make sure the running belt is fastened before use.
- Never jump while the machine is in use – you could fall and injure yourself.
- Ensure the machine is grounded. If the machine malfunctions, grounding will provide a path of least resistance for the current, reducing the risk of an electric shock.

4. Technical Specification

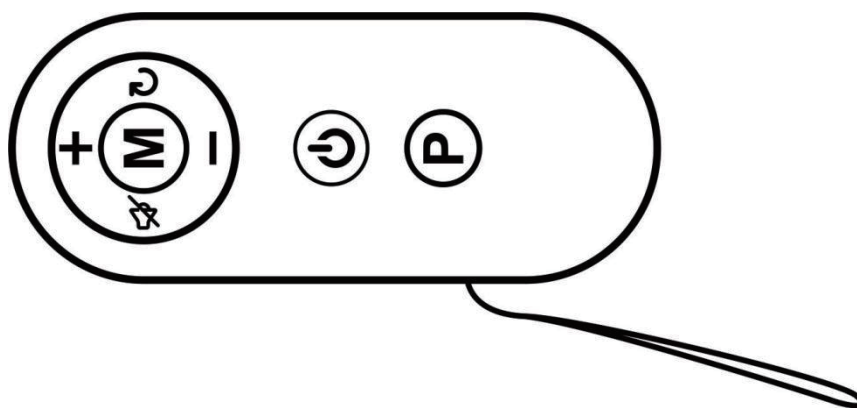
Product Name	Treadmill
Item No.	A90-327
Power	0.75HP
Voltage	100-110V
Frequency	50Hz
Speed	0.5-6KM/H
User Capacity	100KG

5. Control Panel



(1) Display

- 1.1 **TIME:** Two modes which display the running time. ① Time will count from 0:00 to 99:59 minutes. ② To set a countdown timer, the range is between 5:00-99:00 minutes. When it reaches '00:00', the machine will slowly stop and display 'end'. The machine will enter standby after five seconds.
- 1.2 **"DISTANCE:** Two modes which display distance covered. ① The number will keep increasing from 0.0 to 99.9km. Once it reaches the maximum number, it will reset and count again. ② To set a countdown, select a number between 1-99km. When the number reaches 0, the machine will slowly stop and display 'end'. The machine will enter standby after five seconds.
- 1.3 **"CALORIES:** Two modes which display calories burnt. ①The number will keep increasing from 0 to 9999 cal. Once it reaches the maximum number, it will reset and count again. ② To set a countdown, select a number between 20-9990 kcal. When the number reaches 0, the machine will slowly stop and display 'end'. The machine will enter standby after five seconds. **Note: The window will be switched from DISTANCE and CALORIES cyclically, you can press 'M' to switch between cyclic display mode and single display mode, while the machine is running.**
- 1.4 **"SPEED:** Displays the current running speed – the range is between 0.5-6km/h. The speed will increase/decrease by 0.1km each time you press '+' or '-'. P1-P12 are displayed under the setting for automatic selection.
- 1.5 Once the treadmill starts, each window will be displayed cyclically every five seconds. Press the 'M' button to switch between cyclic and single display mode.



(2) Using the remote control


2.1  Power button.


- (1) In standby or countdown mode: Press the power button to start the machine.
Note: The default speed is 0.5km/h.
- (2) Choosing the preset programme: Press the power button to start the machine – the speed will change according to the preset speed.
- (3) In its running state: Pressing the power button will slowly stop the treadmill – it will go back to standby.

2.2 '+' and '-' adjusts the speed. Keep pressing '+' / '-' over 0.5 seconds, the speed will keep increasing or decreasing by 0.1km.

2.3 M: ① In standby: It can switch between modes, including time, distance and Calories. ② In its running state: Pressing 'M' will switch the display mode between cyclic and single display mode.

2.4 P: The preset programmes range between P01-P12 – they can be chosen when the machine is in standby.

2.5 Press  once to mute the machine – press again to resume the 'beeping' sound.

2.6 After use, press  to slowly stop the treadmill – it will retain its data until powered off. It will resume the previous speed when turned back on.

Reset: Press  to reset the data. This will only work in standby.

(3) Functional Instructions

3.1 Sports mode: Press the 'start' key to begin – the SPEED display will count down from '3, 2, 1'. Machine starts in P00 mode and starts counting from 0:00 to 99:59 minutes. The number will reset to 0:00 when it reaches the maximum number. Note: The default speed is 0.5km/h. Press + or - to adjust the speed.

3.2 Countdown mode: when in standby, press 'M' to set a timer (5:00-99:00 minutes. The default is 30:00), distance (1-99 mi. The default is 1.0 mi) and calories (20-9990 kcal. The default is 50 kcal). Press + or - to select a desired number. After setting, press the power button to start the treadmill, it will count down from the set number. The

machine will stop automatically once it reaches 0.

- 3.3 Preset programme (P01-P12): Choose one programme first, then press + or - to set the running time (5:00-99:00 mins. The default time is 30:00 mins). Press the power button to start the machine, which will run according to the preset speed. The speed will change according to the time '(Time/20)'.

PROGRAMA	TIME	SET TIME/1.2=RUNNING TIME FOR EACH SECTION																			
		SPEED	1	1	2	2	3	3	3	3	3	3	3	3	3	3	3	2	2	1	1
P01	SPEED	1	1	2	2	3	3	3	3	3	3	3	3	3	3	3	3	2	2	1	1
P02	SPEED	1	2	3	4	4	4	4	3	2	1	1	2	3	4	4	4	4	3	2	1
P03	SPEED	1	1	1	2	2	2	3	3	3	4	4	4	5	5	4	4	3	3	2	1
P04	SPEED	1	2.5	4	5	4	2.5	1	1	2.5	4	5	4	2.5	1	1	2.5	4	5	4	2
P05	SPEED	1	2	3	4	5	3	3	4	5	3	3	4	5	3	3	4.5	5	3	2	1
P06	SPEED	1	3	3	3.5	4	5	5	5	5	5	5	4	4	3	3	2.5	2.5	3	3	1
P07	SPEED	1	3	4	3	5	4.5	5	5	3.5	5	5	5	5	3	5	4	5	5	3	1
P08	SPEED	1	2	3	4	3.5	5	3	5	3.5	5	5	3.5	5	3.5	5	3.5	4.5	3	2	1
P09	SPEED	1	3	2	5	3	5	3	5	4	5	5	4	5	3	5	2.5	5	2	3	1
P10	SPEED	1	3	2	5	5	3.5	5	5	5	3.5	5	5	5	5	4	2.5	4	2	3	1
P11	SPEED	1	2	5	5	5	5	3	5	5	5	5	5	5	3	5	5	5	5	3	1
P12	SPEED	1	1	3	5	3	3.5	5	2.5	5	3	5	4	5	5	5	3	4	2.5	3	1

6. Bluetooth Speaker Instructions

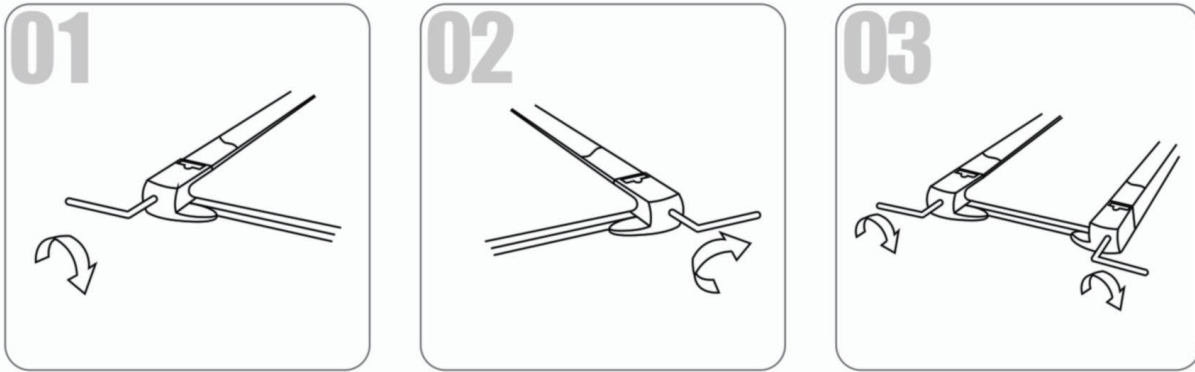
Ensure the Bluetooth on your mobile device is on, then find available Bluetooth devices that are ready for connection. Select and connect to the relevant device.

7. Using SILICONE OIL



Pull up the running belt, then put silicone oil onto the running board. Start the machine and let it run for three minutes without loading. It is best to do this after every 30 hours of use, ensuring parts are maintained.

8. Run belt Adjustment



(1) Deviating the running belt to the left

Start the machine at 2-3KM/h without loading. Use a die nut to screw a 1/4 circle (Fig 1). Let the machine run without getting on for 1-2 minutes. Use these same instructions, so the belt goes back into the middle.

(2) Deviating the running belt to the right

Start the machine at 2-3 km/h without loading. Use a die nut to screw a 1/4 circle (Fig 2). Let the machine run without loading for 1-2 minutes. Use these same instructions, so the belt goes back into the middle.

(3) Running belt logjam

If there is something blocking the running belt, use the die nut to screw a 1/2 circle, both left and right until the issue is resolved.

9. DAILY MAINTAINANCE

1. Always unplug the machine before checking or cleaning.
2. Clean belt and dial plate after use, or at least once a week.
3. Check and tighten screws where necessary.
4. Do not hang clothes or other objects on the machine.

10.Troubleshooting

Error Code	Meaning	Problem	Solution
E2	Control Board Error.	Control board or wires are damaged.	Replace control board.
E4	Control Board Error.	Control board is broken.	Replace control board.
E5	Overcurrent Protection.	Control board has a short circuit or the motor is blocked.	1. Open the motor cover and check whether the motor is blocked. Remove anything blocking the motor. 2. If it is not blocked or the error still shows, replace the control board.
E6	Motor Error.	The motor is broken or the wire is loose.	1. Open the motor cover and check whether the motor is broken. Check whether the motor wire is connected to control board properly. Reconnect the wire if necessary. 2. Replace the control board if the error still shows.
E7	Communication Failure.	Wires from the control board to panel board are broken or loose.	1. Make sure the wires from the control board and panel board are connected securely and not damaged. 2. Replace the control board if the error still shows.
E8	Overload Protection	Excess of electricity or user exceeded the maximum load.	1. Ensure you do not go over the maximum load. 2. Reconnect power and restart the machine. 3. Replace the control board if the error code still shows.