

P10 说明书印刷要求：

尺寸：140*210mm

颜色：4C+1 专

材质：128g 铜版纸 PANTONE 1575 C 

装订要求：骑马钉

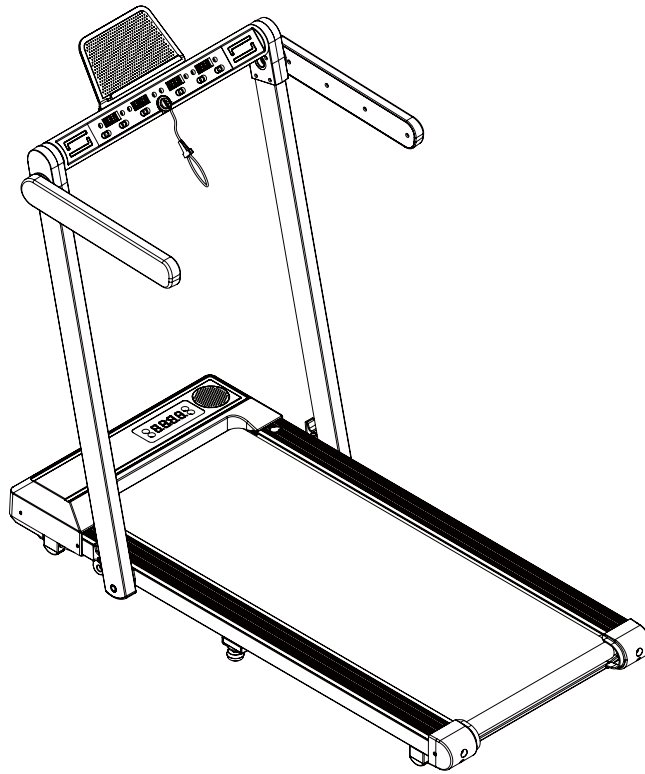
不可掉页、漏页，裁剪装订整齐

(此页不印刷)

ACEZOE

2 in 1 Foldable Treadmill

Model P10



USER MANUAL



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1. After-sales Service



Please do not disassemble, repair or return the machine before contacting ACEZOE Support Team.

For damaged or defective products, questions, replacement parts or any other service support, please feel free contact our customer service department as below.



Email our Customer Service to get more help: support01@acezoe.us



Acezoe is glad to serve you, we will get back to you within 1 business day.



Scan this QR code or browse ACEZOE official website to get more product Installation Guide:



www.acezoe.us

2. Important Safety Warning

⚠ ATTENTION: Before using this machine, please read all instructions in the manual and cautionary markings on the machine carefully.

2.1 Precautions Before Use

- This product only works under 100V~125VAC voltage. Be sure to use a power socket with safety ground. The grounding plug must be installed and grounded according to the parameters specified locally. If the plug does not match the socket, ask qualified electricians or after-sales staff to handle it.
- Be careful not to place the treadmill on items such as thick carpets, so as not to affect the air circulation under the treadmill. ⚠
- Keep the room well ventilated when using the treadmill.
- Do not use or store in places exposed to direct sunlight, high-temperature places such as around stoves, or heating appliances such as electric blankets, which may cause electric leakage or fire. ⚠
- Do not use with wet hands! Do not pull out or insert the power plug with wet hands to avoid electric shock or injury. ⚠
- Do not use the product in a state where the outside of the product is cracked, damaged, or peeled off (the internal structure is exposed), or when the welding part is peeled off.
- Do not use if the power cord or plug is damaged, or if the outlet jack is loose, which may result in electric shock, short circuit or fire. ⚠
- The maximum weight capacity of this unit is 265 pounds (120 KG).

2.2 Precautions While Using

- Please clip the Safety Key cable clip to your clothing liner during exercise, pull off it so as to stop the treadmill safely and quickly in an emergency.
- Barefoot exercise is strictly prohibited. Please do warm-up exercise before exercise to avoid body strain.
- Please stop exercising immediately and consult a doctor if you feel unwell or have abnormalities during use.
- If you are using the treadmill for the first time, please remember to hold the armrest with hands, and do not release the armrests until you feel comfortable.
- Do not jump up and down during exercise to avoid falling and getting injured.
- Do not let children approach treadmill in use to avoid accidents. Pay attention to the surrounding people not to get close during using.

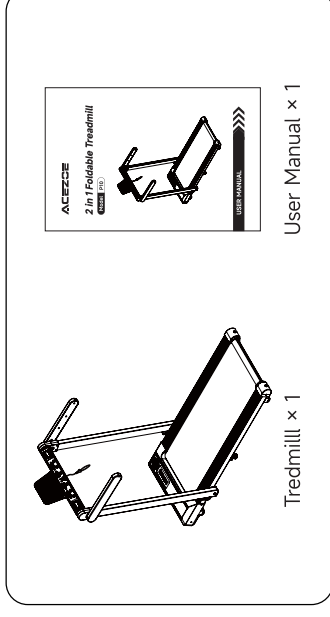
- Do not use this machine with two or more people at the same time, which may result in an accident or fall injury.
- Persons who are indisposed, mentally disabled or lack common sense are not allowed to use it, unless under the supervision and guidance of persons responsible for their safety.
- Minors must be accompanied by adults when using treadmill.
- Avoid long-term overload operation. It is recommended that turn off the power after 2 hours of continuous use and let the machine rest for 10 minutes before using it.
- Please turn off the power switch after exercise. Pull out the power plug from the socket when not in use to avoid the deterioration of the insulation due to dust and moisture, which may lead to electric leakage and fires. ⚠

2.3 Storage and Maintenance Precautions

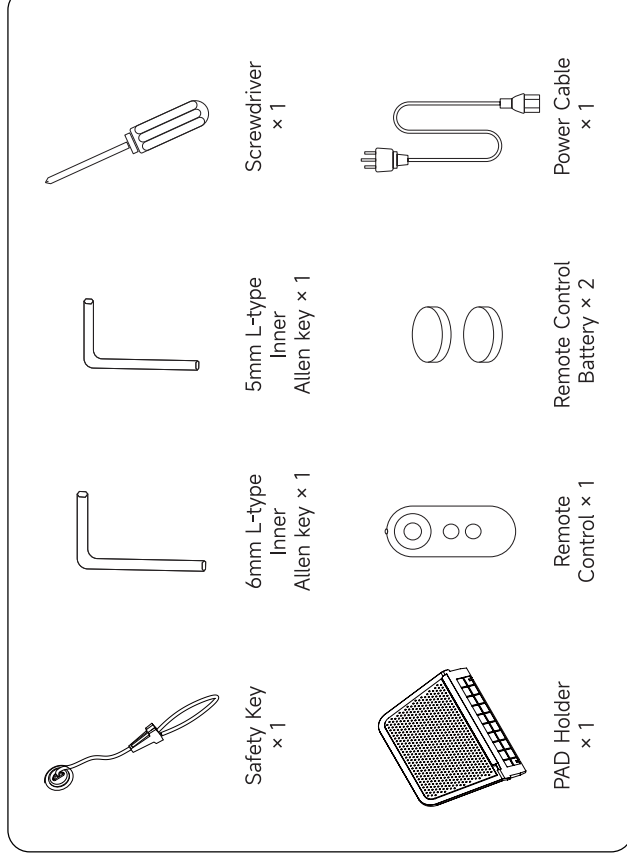
- Please be sure to unplug the power plug of the treadmill before cleaning, maintaining and moving the product. ⚠
- Open the motor protection cover at least once a year to vacuum and clean the motor.
- Add 10ml of lubricating oil every 3 months to maintain the machine. Silicone oil must be placed out of the reach of children to avoid serious consequences by accidental ingestion.
- Store the treadmill indoors to avoid moisture and do not place any foreign objects. Do not expose the motor or operating parts to water or liquids, to avoid electric shock or fire.
- If there is any problem with this machine, please contact ACEZOE Support Team. Non-professionals, please do not attempt to disassemble or repair it to avoid equipment damage.

3. Overview & Accessories

3.1 Package List

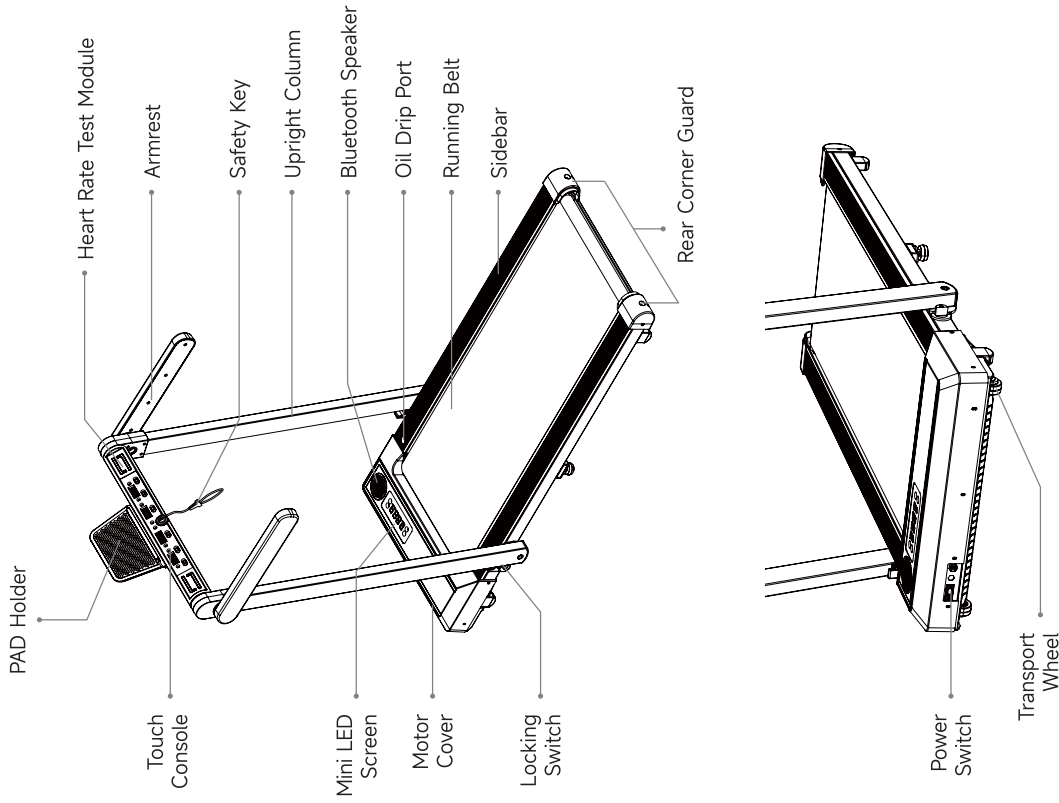


Tool Kit

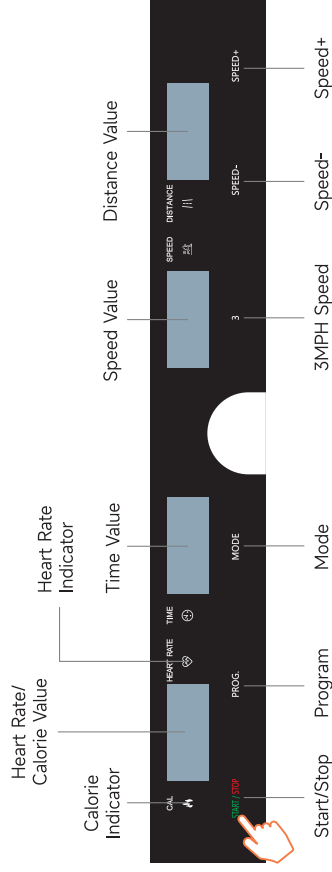


SAVE THESE INSTRUCTIONS

3.2 Product Overview



3.3 Touch Console



Touch Key Function

START	Press this key, the treadmill will start running after a 5s countdown.
STOP	In running mode, press this key to stop the treadmill. All values will be cleared.
PROG.	In standby mode, press this key to enter the built-in program mode setting. Select from P1 through P12, the speed changes differently for each program.
MODE	In standby mode, press this key to enter the countdown mode setting. The selection sequence is CAL-TIME-SPEED-DISTANCE, all values can be customized as countdown target values.
3	Press this key, and the treadmill will accelerate SPEED to 3MPH.
SPEED-	<ol style="list-style-type: none"> When the treadmill is running, press this key to decrease the speed. It can be used to set time, distance, and calorie values.
SPEED+	<ol style="list-style-type: none"> When the treadmill is running, press this key to increase the speed. It can be used to set time, distance, and calorie values.

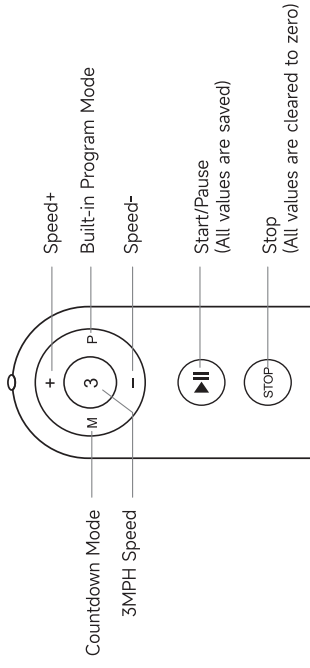
Display Value on Console

CAL.	<ol style="list-style-type: none"> 1. Displays the value of calories burned during exercise. 2. When adjusting the value in the countdown mode, it displays the set calorie value.
HEART RATE	<ol style="list-style-type: none"> 1. Displays the exercising time during exercise. 2. When adjusting the value in the countdown mode, it displays the set time value. 3. Displays the countdowns of "5"- "4"- "3"- "2"- "1" in turn during startup.
SPEED	<ol style="list-style-type: none"> 1. Displays the exercising speed during exercise. 2. Displays "E07" when the Safety Key is disconnected. 3. The lower left corner displays the program number when a built-in program is selected.
DIS.	<ol style="list-style-type: none"> 1. Displays the exercising distance during exercise. 2. When adjusting the value in the countdown mode, it displays the set distance value.

3.4 Mini LED Screen



3.5 Remote Control



	Start/Pause Key. Press this key, and the treadmill will start running after a 5s countdown. Press again to pause the treadmill and retain the current distance, time, and calorie value.
STOP	In running mode, press this key to stop the treadmill will stop running. All value will be cleared.
M	In standby mode, press this key to enter the countdown mode setting. The selection sequence is CAL-TIME-SPEED-DISTANCE, all values can be customized as countdown target values.
P	Built-in Program selection: P1 ~ P12 programs, the speed changes differently for each program.
+	It can be used to increase speed, time, distance, and calorie values.
3	Press this key, and the treadmill will accelerate SPEED to 3 MPH.
-	It can be used to decrease speed, time, distance, and calorie values.



TIPS:

Please remove the insulating tabs from the battery when using the remote control for the first time.



4. Assembly & Folding

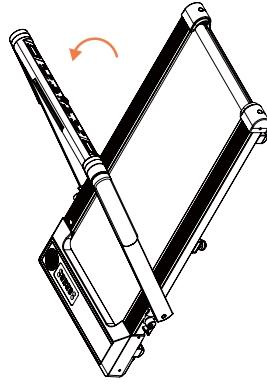
4.1 Assembly

Installation Preparation

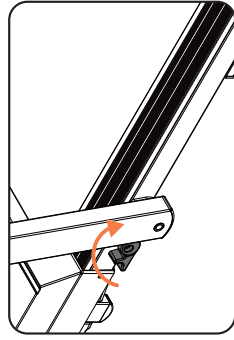
- For safety operation, please select a safe, dry, solid and spacious horizontal surface for installation.
- After receiving the product, remove all parts from the product package. Please carefully check whether the parts and tools are complete according to the packing list.
- Please use the Allen Key in the tool kit. If there are no special instructions, tighten the bolt and nut to the right (clockwise) and loosen the bolt and nut to the left (counterclockwise).
- Please ensure that two people participate in the assembly, and do not lift heavy parts alone to avoid product or personal damage.

How to Install

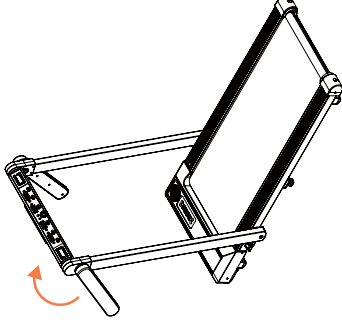
- ① Open the package, take out the assembly parts from the box, and place the main unit flat on the ground.
- ② Lift and push the column tube upwards until it stops moving.



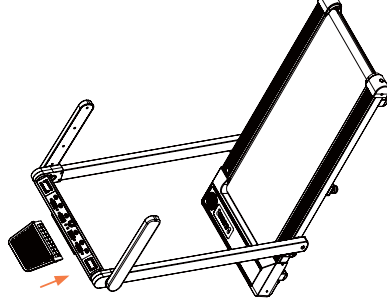
- ③ Tighten the left Locking Switch clockwise until the upright column is fully secured. (Same operation on the other side.)



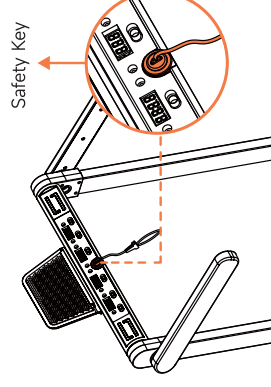
- ④ Rotate the left armrest clockwise until the armrest is parallel to the floor. (Same operation for the right armrest.)



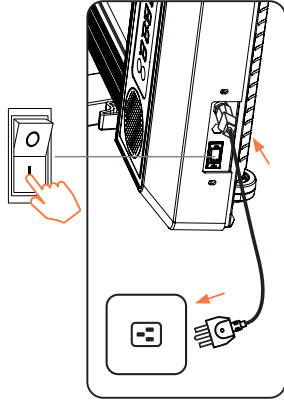
- ⑤ Insert the PAD Rack along the bracket slot.



- ⑥ Put the Safety Key on the yellow slot of the touch console.



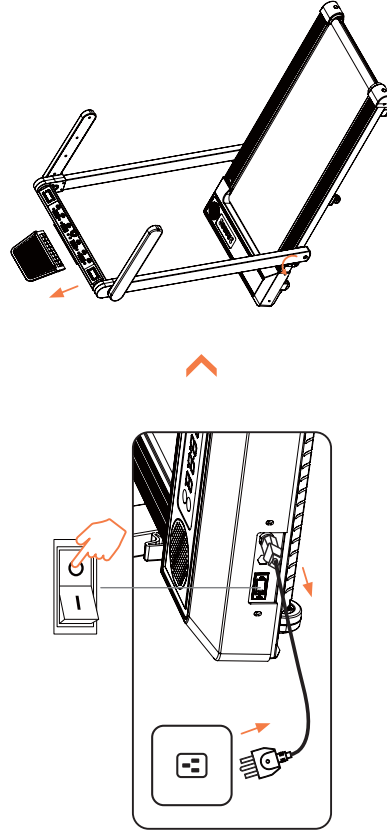
- Connect the power cord to the machine, plug in the power cord and turn on the Power Switch.



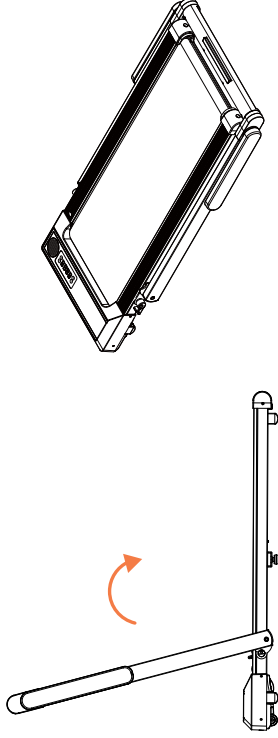
4.2 Folding

Make sure that

- The power is turned off and the power plug is removed from the socket before folding.
- Be careful not to pinch your hands when folding.



- Rotate the armrest counterclockwise until it fits snugly against the upright column. (Right armrest rotated clockwise)
- Release the Locking Switch on the left side counterclockwise, then repeat on the right side.
- Hold and lower the upright column until it is placed flat.



5. How to Use

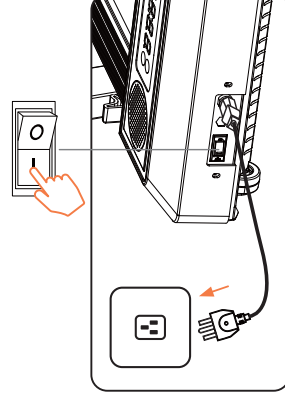
Before use, make sure that:

- Wear appropriate athletic shoes and keep the laces fastened. Barefoot exercise is strictly prohibited.
- Don't place the treadmill on a thick blanket to avoid affecting the heat dissipation of the machine.



Power On

Plug in, turn on the power switch, you will hear a "beep" sound, and the treadmill will be standby.



Connect Safety Key

- The treadmill will only work if the safety key is properly placed on the console slot. Please clip the safety key to your clothing.
- In any situation, unplug the safety key, the treadmill will stop in an emergency, each window displays "----" with a "beep" sound. Don't perform any other operation on the treadmill except shutting it down.