

- After the safety key is attached correctly again, the treadmill will enter the standby mode.



Make sure the safety key clip on the clothes when exercising, to ensure the machine stops quickly in the event of an accident.

Start / Stop

Press the "START" button on the console/remote control, the treadmill will start after a 5s countdown.

During exercise, press the "STOP" button on the console/remote control, or directly unplug the safety key to stop running.

5.1 Treadmill Mode

The machine is activated in Manual Mode by default.

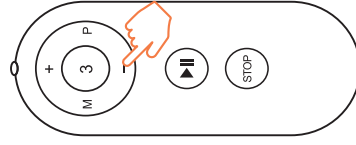
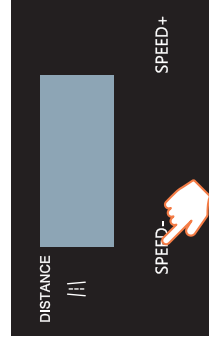
Manual Mode

The initial operating speed in manual mode is 0.6MPH, press "SPEED- / SPEED +" on the console or "+ / -" on the remote control to adjust the speed, distance, time and calorie data.

In treadmill mode, the speed can be set within the range: 0.6-10MPH

Tips:

After 99:59 minutes of exercise, the machine stops automatically, press START button to restart, the time starts counting from zero again.



Countdown Mode

In this mode, the value of time, distance, and calories can be set as target countdown value on demand.

- ① In standby mode, press the "MODE" key on the touch console or "M" key on the remote control to enter the countdown mode;
- ② Press the "MODE" key to cycle switch: "TIME" - "DISTANCE" - "CAL." - Manual mode.
 - "TIME" Countdown: The treadmill displays 30 minutes by default with flashes (The range that can be set is 8-99 Minutes)
 - "DISTANCE" Countdown: The treadmill displays 1 miles by default with flashes (The range that can be set is 1-99 Miles)
 - "CAL." Countdown: The treadmill displays 50 kcal by default with flashes (The range that can be set is 20-990 Kcal)
- ③ Press the "+ / -" key to add and decrease the value of the current window;
- ④ After setting, press the "START" key, the treadmill starts from the lowest speed (0.6MPH) after a 5s countdown. The speed also can be adjusted on demand.
- ⑤ When the value set by countdown mode on the window drops to "0", the treadmill will slow down and stop automatically. While exercising, press the "STOP" key or unplug the Safety Key can also stop the machine.

Built-in Program

There are 12 different programs built into the treadmill, each program varies in speed.

Each program is divided into 20 segments, and the running time of each segment is set time / 20.

- ① In standby mode, press the "PROG." key to select any built-in program from P1 to P12. At this time, the "TIME" window displays the default value (30mins) and flashes, so press the "+ / -" keys to adjust the required exercising time (The range allowed to be set is 8-99 minutes)
- ② Press the "START" keys, after a 5s countdown, the treadmill will start to run at the speed of the first segment of the selected program;
- ③ When first segment of the program is finished, the treadmill will automatically enter the next segment of the program and adjust the corresponding parameters synchronously.
- ④ While running, press the "+/-" key to adjust the speed, but when the next segment of the program begins, the treadmill will automatically adjust to the default value of the corresponding segment;
- ⑤ When all segments of the program are finished, the treadmill will slow down and stop automatically. While exercising, press the "STOP" key or unplug the Safety Key can also stop the machine.



NOTE:

Time Value set/20 segments=Running time of each segment.

Segment Program	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	1.2	1.8	1.8	2.4	3.1	1.8	2.4	3.1	3.1	1.8	2.4	3.1	2.4	2.4	2.4	1.2	1.8	1.8	3.1	1.8
P2	1.2	2.4	2.4	3.1	3.7	2.4	3.7	3.7	3.7	2.4	3.1	3.7	2.4	2.4	2.4	1.2	1.2	3.1	2.4	0.6
P3	1.2	2.4	2.4	3.7	3.7	2.4	4.3	4.3	4.3	2.4	4.3	4.3	2.4	2.4	2.4	1.2	2.4	3.1	1.8	1.2
P4	1.8	3.1	3.1	3.7	4.3	4.3	3.1	4.3	4.3	4.9	4.9	3.1	5.5	3.1	3.1	3.7	3.7	2.4	2.4	1.8
P5	1.2	2.4	2.4	3.1	3.7	4.3	4.3	3.1	3.7	4.3	4.9	4.9	3.1	2.4	1.8	1.8	3.7	3.1	2.4	1.2
P6	1.2	2.4	1.8	2.4	3.1	2.4	4.9	4.3	3.7	4.3	4.9	1.8	3.7	2.4	2.4	1.2	3.1	2.4	1.8	1.2
P7	1.2	1.8	1.8	1.8	2.4	3.1	1.8	2.4	3.1	1.8	2.4	3.1	1.8	1.8	1.8	3.7	3.7	3.1	1.8	1.8
P8	1.2	1.8	1.8	3.7	4.3	4.3	2.4	3.7	4.3	2.4	3.7	4.3	2.4	2.4	1.2	1.8	2.4	2.4	1.8	1.2
P9	1.2	2.4	2.4	4.3	4.3	2.4	4.3	4.9	2.4	4.9	5.5	5.5	2.4	2.4	3.1	3.7	1.8	1.8	1.8	1.2
P10	1.2	2.4	3.1	3.7	4.3	3.1	2.4	3.7	4.9	4.9	3.7	3.7	3.1	2.4	2.4	1.2	2.4	2.4	1.8	1.8
P11	1.8	2.4	3.1	5.5	3.1	5.5	3.1	3.1	3.1	5.5	3.1	3.1	3.1	3.1	5.5	5.5	4.9	4.3	3.7	1.8
P12	1.2	3.1	4.9	6.2	4.3	4.3	6.2	6.2	4.3	4.3	6.2	6.2	3.7	3.7	5.5	5.5	3.1	3.1	2.4	1.8

5.2 Walking Pad Mode

Before using this mode, please refer to section 4.2 of the manual to fold the machine into a Walking Pad.

In Walking Pad mode, the machine is activated in Manual mode by default.

Manual Mode

The initial operating speed in manual mode is 0.6MPH, press "+ / -" on the remote control to adjust the speed, distance, time and calorie data, which will count up from 0.

In Walking Pad mode, the speed can be set within the range: 0.6-5MPH

Countdown Mode

- In standby mode, press the "M" key on the remote control to enter the countdown mode;
- Press the "M" key to cycle switch: "TIME" - "DISTANCE" - "CAL." - Manual mode.

- "TIME" Countdown: The treadmill displays 30 minutes by default with flashes (The range that can be set is 8-99 Minutes)

- "DISTANCE" Countdown: The treadmill displays 1 miles by default with flashes (The range that can be set is 1-99 Miles)

- "CAL." Countdown: The treadmill displays 50 kcal by default with flashes (The range that can be set is 20-990 Kcal)

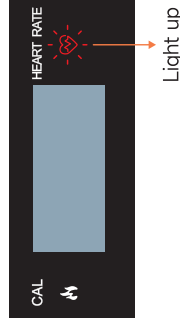
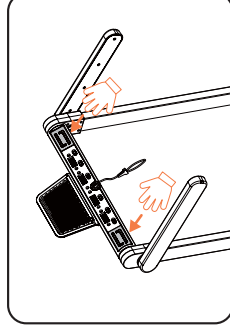
- Press the "+ / -" key to add and decrease the value of the current window;
- After setting, press the "START" key, the treadmill starts from the lowest speed (0.6MPH) after a 5s countdown. At this time, just like in manual mode, the speed can be adjusted through the keys;
- When the value set by countdown mode on the window drops to "0", the treadmill will slow down and stop automatically. While exercising, you can also press the "STOP" key to stop.

5.3 Sleep Mode

When the treadmill stops running and there is no operation for more than 10 minutes, the system will automatically turn off all displays and enter the sleep mode. Pressing any key will wake it up.

5.4 Heart Rate Measurement Function

Hold the palms of both hands naturally on the Heart Rate Test Module on the both sides of the console. After about 5s, the Heart Rate Indicator lights up and display window will slowly change to display the data. Keep your hands still within 60s to get the current actual heartbeat value.



5.5 Bluetooth Speaker Function

- In standby mode, turn on Bluetooth in the phone settings, search and connect the "ACEZOE P10" device.
- After the connection is successful, play the songs in the phone, which can be played through the Bluetooth Audio that comes with the treadmill.

6. How to Use with APP

6.1 APP Download

Scan the QR Code or search the APP named "FITSHOW" in Google Play or APP Store ([Http://lifitshow.com/qr](http://lifitshow.com/qr))

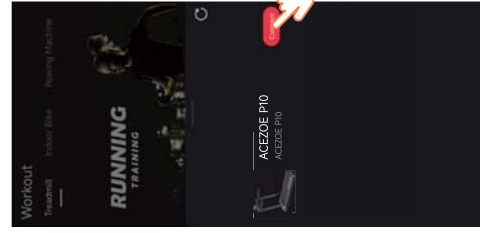
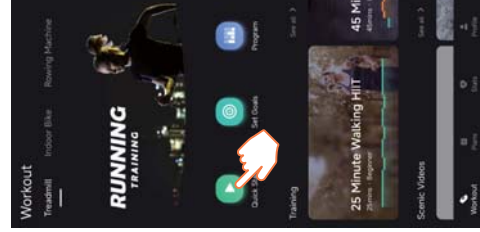


Tips:

Jump to the APP Store to download and install, to open the APP, allow permission based on the system prompt.

6.2 Connect & Control Device

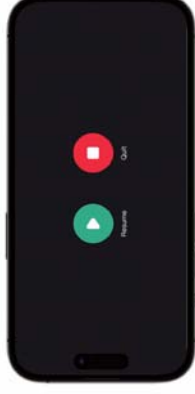
- ① Open the FITSHOW App and agree to the Privacy Policy and Terms of Service.
- ② Log in the APP, please use the mobile number or email to register for new user.
- ③ Fill in the basic user information likes height for more accurate exercise program recommendations.
- ④ On the APP homepage, click the "Workout" tab then press the "Quick Start" button.
- ⑤ Turn on Bluetooth on your phone to search for device "ACEZOE P10".



- ⑥ In the workout screen, swipe down for settings and swipe up for control.



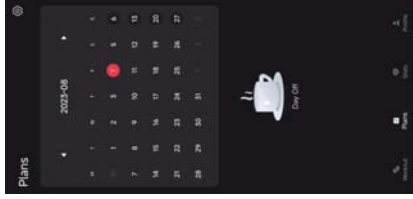
- ⑦ Tap the screen to end the workout.



6.3 Functions

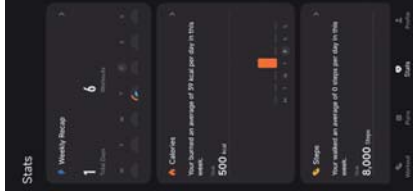
Workout Mode

Quick Start	Workout with others in real time. Speed settings can be adjusted on demand.
Set Goals	Customize distance, time and calorie value as goal.
Program/ Training	Jump into workouts to explore new places from beautiful forest to breathtaking mountains.
Scenic Videos	It is recommended to watch some experts tips before exercising to make a suitable exercise plan.



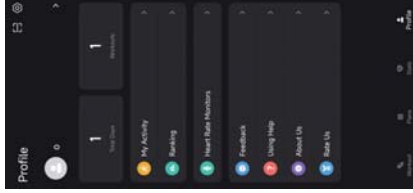
Plans

Quick overview of exercise date.



Stats

Quick overview of daily activity data.



Profile

Quick overview of daily goals and activity data.

7. Maintenance



WARNING: Before cleaning or maintaining the product, be sure to unplug the power plug of the treadmill.

7.1 General Maintenance

Proper maintenance is helpful to prolong the service life of the treadmill.

- Please place the treadmill in a dry and shady environment. Don't place the treadmill outdoors in direct sunlight.
- After 2 hours of continuous use, it is recommended to turn off the power and let the machine rest for 10 minutes, which will effectively protect the machine motor and prolong the life of the machine.
- Make sure the shoes are clean when exercising, which avoid bringing foreign objects into the running belt to wear down the running desk/belt.
- Check and lock all parts of the treadmill regularly, and replace defective parts in time.
- Don't use the treadmill by force when it is damaged to avoid product and personal damage.

Contact ACEZOE Support Team by email support01@acezoe.us, the after sales team will assist you.

7.2 Running Belt Adjustment

The running belt of treadmill is adjusted before leaving the factory, during transportation, it may be stretched or have deviated from the center position. Please let the running belt run by itself when using it for the first time, and observe whether the running belt is in the center position, and there is no pause or slippage.

Adjust the tightness of Running Belt

If the running belt slips or does not run smoothly in use, or there is a rattling noise from the running belt, adjust the tightness of the running belt to improve it.

- ① Insert the Allen key in the adjustment screw socket on the left side of the running belt, then turn the wrench clockwise to tighten the running belt. It's recommended to rotate 1/2 circle first;
- ② Repeat step 1 to adjust the right screw, same rotate 1/2 circle;
- ③ Repeat steps 1 and 2 until the running belt doesn't slip. Be sure in adjusting the screw to rotate the same distance;
- ④ If you need to loosen the running belt, please turn the key counterclockwise, and note that the left and right sides should rotate the same distance.



NOTE:

The running belt should not be adjusted too tightly, otherwise it will damage the running belt, which increase the pressure of the front/rear rotary drum, damage the drum bearing, produce noise and other problems.

Adjustment of running belt position

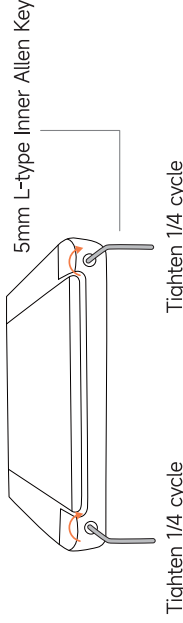
When using the treadmill, because of the possible force difference exerted by both feet and the unbalanced pressure exerted on the running belt, the running belt may deviate from the center, but this deviation phenomenon is normal.

- ① Place the treadmill on a level surface.
- ② Let the treadmill run at a speed of about 2.2MPH.
- ③ If the running belt is to the left, use a hex wrench to turn the adjustment bolt on the left side 1/4 turn clockwise, then let the treadmill run for 30s, the running belt will return to center.
- ④ If the running belt is to the right, use a hex wrench to turn the right adjustment bolt 1/4 turn clockwise, then let the treadmill run for 30s, the running belt will return to center.
- ⑤ If the running belt is still not in the middle position, repeat the above operation until it is adjusted to the center position.



NOTE:

Do not over-tighten the rotary drum as this will cause permanent damage to the bearing.



7.3 Running Belt Lubrication

When the treadmill leaves the factory, lubricant is added, but necessary inspection is helpful to keep the treadmill in the best condition for use.

Inspection steps

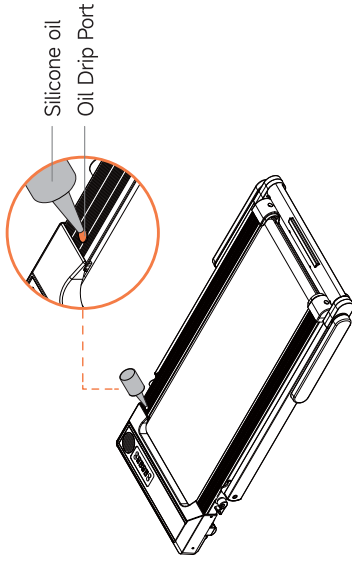
- ① Pull up the side running belt and reach out to touch the surface of the running deck as far as possible;
- ② If you feel there is silicone oil, you don't need to add lubricant for the time being;
- ③ If you touch the surface and it feels very dry, you need to add 10ml silicone oil.

Adding Lubrication Frequency Suggestion

Condition	Action
First Use	Check the running deck, and add lubricant if the running deck is dry
Use less than 3 hours per week	Add lubricating oil every 1.5 months, 10ml each time
Use 3-5 hours per week	Add lubricating oil every 3 months, 10ml each time
Use more than 5 hours per week	Add lubricating oil every 6 months, 10ml each time
Reuse after one year of inactivity	Lubricating oil must be added once, 10ml

Adding lubricant Step

- ① Turn the treadmill to a low speed of 0.6MPH;
- ② Open the lid of the drip port and inject 10ml of lubricating oil;
- ③ Lightly step on the running belt on the front of the treadmill from left to right, then keep for about 8-10 minutes to make the silicone oil be completely absorbed by the running belt.



NOTE:

- Please use silicone oil not made of petroleum.
- Please do not over-lubricate to avoid insufficient friction between the running belt and the running platform.

7.4 Product Cleaning

- After using the product each time, please wipe the stains off the console, side strips and other parts with a clean cloth.
- If the product is used frequently, it can be wiped with a mild detergent.
- Open the motor protection cover at least once a year, vacuum the motor, and clean the running belt and lubricating silicone oil once to avoid dust accumulation affecting machine performance.



NOTE:

- When cleaning the treadmill, the power switch should be turned off and the power cord should be removed from the socket.
- Please do not use corrosive detergent to wipe.
- Please be careful not to splash water under the Bluetooth Speaker port and the running belt.

8. Specification

Brand	ACEZOE
Product	2 in 1 Foldable Treadmill
Model	P10
Rated Voltage	120V~, 60Hz
Range of Speed	Treadmill Mode: 0.6-10mph Walking Pad Mode: 0.6-5mph
Running Area	41*16.5 inches
Folding Size	52.4*28.3*5.1 inches
Package Size	54.9*29.5*6.3 inches
Maximum loading bearing	265 lbs
Net / Gross Weight	76 / 89 lbs

Parameter Display and Setting Range

	Display Range	Mode Default Value	Program Default Value	Setting Range
Speed	0.6-10 MPH	-	-	0.6-10 MPH
Time	0:00~99:59 Mins	30:00	30:00	8:00~99:00 Mins
Distance	0~99.9 MI	1	-	1~99.0 MI
Calories	0~999 kcal	50	-	20~990 kcal

9. Troubleshooting

Issue	Cause	Solution
No information is displayed on the screen	<ol style="list-style-type: none"> The power is not connected The switch is not turned on The safety key is not in the specified position 	<ol style="list-style-type: none"> Connect the power cord correctly and turn on the power switch Lock the safety key back into place
Power outage during use	<ol style="list-style-type: none"> The power is not connected Motor failure 	<ol style="list-style-type: none"> Check power cord is connected firmly Contact After-sales Team
Running belt is not centered	<ol style="list-style-type: none"> Uneven ground Due to the unbalanced force on the left and right, the running belt deviates 	<ol style="list-style-type: none"> Put the machine on a flat ground for use Refer to the adjustment of running belt, use the Allen Key to adjust the running belt
Running belt stuck or slipped	Running belt too loose	Adjust the running belt to fit refer to the adjustment of running belt

Error Code

Code	Causes	Resolutions
E01	<ol style="list-style-type: none"> Poor contact of the communication line of the touch console No signal output from the touch console or main control 	Contact the after-sales team to rewire or replace the touch console
E02	<ol style="list-style-type: none"> Loose motor cable or defective motor The voltage between the motor and the main control is abnormal 	<ol style="list-style-type: none"> Open the motor cover and check whether the wiring is firm Contact the after-sales team to replace the motor or main control
E03	The main control detects abnormal speed, and the PMW drive circuit failed	Contact the after-sales team to replace the main control

E04	<ol style="list-style-type: none"> The machine is overloaded, exceeding the rated voltage Abnormal motor Over-voltage function failure of main control 	<ol style="list-style-type: none"> Use within the rated voltage range of 110-125V Contact the after-sales team to replace the motor or main control
E05	<ol style="list-style-type: none"> Motor over-current protection Abnormal motor assembly Failure of current limiting system of main control 	<ol style="list-style-type: none"> Use within the rated operating current of 9.8A Open the motor cover and check the abnormal assembly of the treadmill motor Replace main control
E06	<ol style="list-style-type: none"> The power supply voltage is too low Poor contact of main control 	<ol style="list-style-type: none"> Please check whether the power cord is normal Contact the after-sales team to replace the main control
E07/---	<ol style="list-style-type: none"> The safety key is not put in place Touch console safety key system failed 	<ol style="list-style-type: none"> Check whether the safety key has magnetic force. Place the safety key in the designated position. Check whether the socket of safety key on console is loose. If yes, contact the after-sales team to replace the console.



NOTE:

If the problem in your treadmill is not included in the above, while you are not sure how to solve it, please contact us (Email: support01@acezoe.us) timely and do not handle it by yourself.

10. Warranty

The 2-Year Limited Warranty

- Your ACEZOE machine has a 2-year warranty against original defects in material and workmanship, when used for private household purposes in accordance with the ACEZOE Instruction Manual.
- This warranty provides all labor and parts necessary to ensure your machine is in proper operating condition during the warranty period for free.

WHAT IS COVERED?

- According to the requirements outlined in this instruction manual, subject to the following conditions and exclusions.
- Only applies to purchases made from authorized retailers of ACEZOE.
- This warranty will only be valid if the machine is used in the country in which it was sold.
- Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

WHAT IS COVERED?

ACEZOE shall not be liable for costs, damages or repairs incurred as a result of:

- Machines purchased from an unauthorized dealer.
- Careless operation or handling, misuse, abuse and/or lack of maintenance or use not in accordance with the ACEZOE Instruction Manual.
- The machines are used for commercial or rental purposes in addition to normal domestic use.
- Use of parts not in accordance with the ACEZOE Instruction Manual.
- Use of parts and accessories other than those produced or recommended by ACEZOE.
- External factors unrelated to product quality and use, like accidental water damage.
- Repairs or alterations carried out by unauthorized parties or agents.
- Damage caused by normal wear and tear, vandalism, accidents or by animals.
- Any act of Nature (such as fire, flooding, snow, ice, hurricanes, earthquakes, lightning or other natural disasters), environmental conditions (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.).
- Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to among other things, flake, chalk, accumulate dirt or stains.
- Improper operation, alteration, handling, storage, abuse or neglect of the products.

HOW TO CLAIM?

Please keep your proof of purchase.

To make a claim under our Limited Warranty, or if there are any problems or malfunctions during use, or you still have any questions after reading this manual carefully, please feel free to contact us through email: ✉ support01@acezoe.us, we will try our best to provide you with a satisfactory solution.

You need to provide the following information:

1. **Model**
2. **Order Number**
3. **Purchase Date**
4. **Description of Issues (Adding photos or videos would be helpful)**

All work will be carried out by ACEZOE or its authorized agency. Any replaced defective parts will become the property of ACEZOE.

FCC ID: 2A2PN-P10

FCC STATEMENT :

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

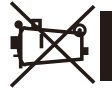
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Correct Disposal of this product



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.



Contact us - We will get back to you within 1 business day.



 support01@acezoe.us  www.acezoe.us



MADE IN CHINA

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

P10-2023-08