

Project No.		Sales Rep.	Skylar	Engineer	Samuel	ACEZOE
Project Name	Acezoe_P11 Pro跑步机	Design View	Outside	Output Date	2025/09/10	

名称：P11 Pro跑步机_说明书多语种

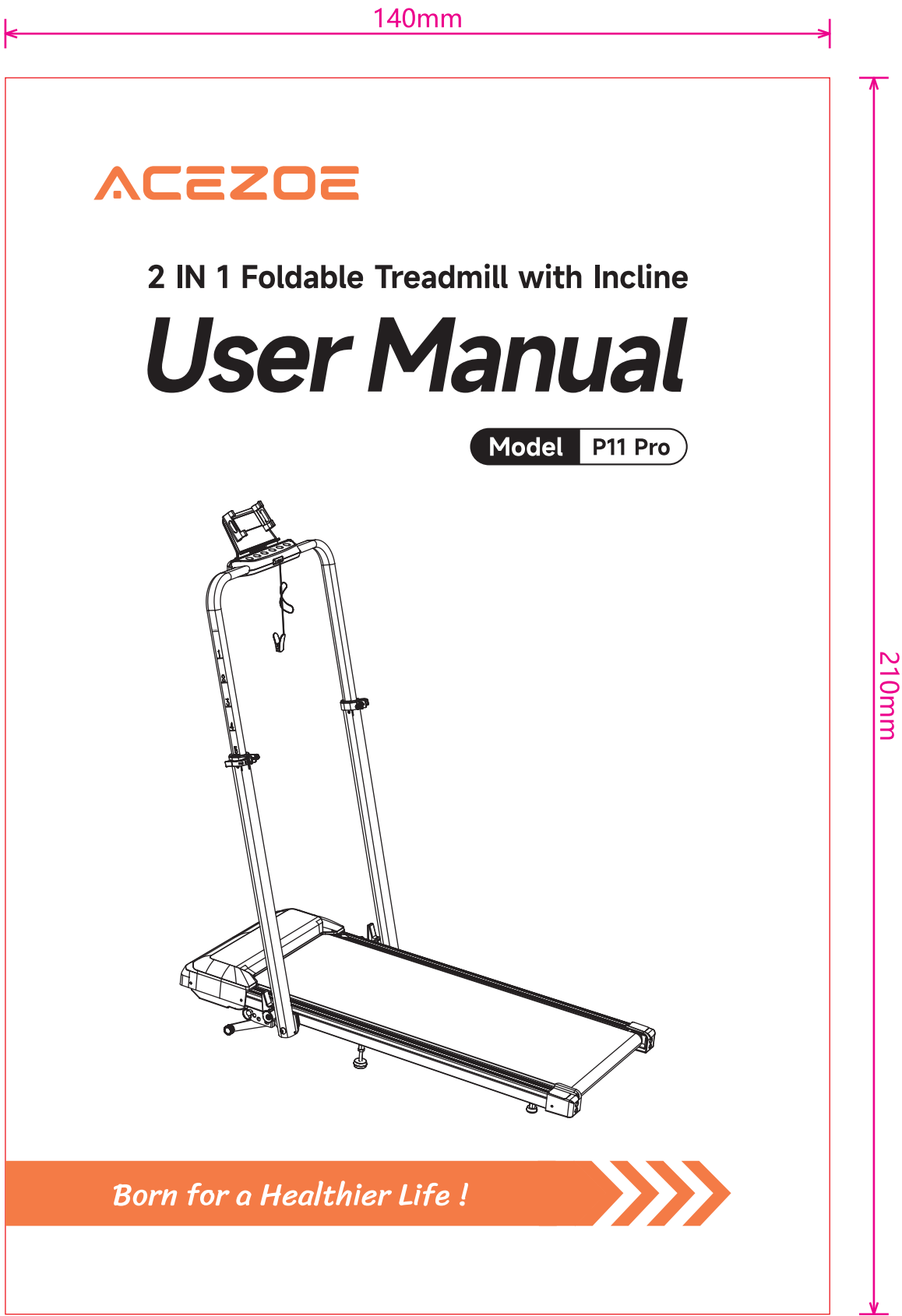
材质：封面封底200g铜版纸，内页85g双胶纸

印刷：四色印刷

工艺：胶装+覆哑膜

用量：1

公差：+/-公差 0.5mm



Note: The components with fit-relationship conform to the rules of finished-dimension tolerances and meet the tightness-requirements from customer between these parts simultaneously.										For Prototyping!										06	
																				05	
																				04	
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																				01	更正错误二维码——2025.09.10
																				Rev	Ver.1.1

GENERAL TOLERANCE TABLE (Unless otherwise specified) (mm)					Cut Crease V-groove Partial cut Annotation Generic perf	Glue on outside Glue on inside Tape on outside Tape on inside	Flute/Grain Direction (Unless otherwise specified)	Drawing No.				
Rigid Box	Card board/ plastic sheet/film	Single wall board	Double wall board	Pack Style								
(0~100]				Version						Scale	1: 1	
(100~200]				Unit				mm				
(200~300]				O.D Assem.								
(300~500]												
(500~600]												
(600~1000]												
>1000												

ACEZOE

2 IN 1 Foldable Treadmill with Incline

User Manual

Model P11 Pro



Born for a Healthier Life !

LANGUAGE



English ----- 004-033

Deutsche ----- 034-062

Français ----- 063-091

Espanol ----- 092-120

Italian ----- 121-149

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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 "US:100~125V ", "UK/EU:220~240V" 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. ⚠

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 5-10ml 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.

2.4 Precautions for Coin Cell Batteries

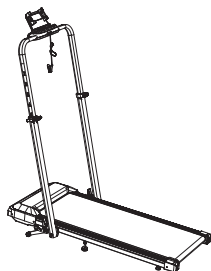
- Ensure the batteries are installed correctly according to polarity (+ and -).
- Do not mix old and new batteries, different brands or types of batteries, such as alkaline, carbon-zinc, or rechargeable batteries.
- The compatible battery type is CR2032.
- The nominal battery voltage is 3V.
- Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.
- Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.
- Non-rechargeable batteries are not to be recharged.
- Do not force discharge, recharge, disassemble, heat above (manufacturer's specified temperature rating) or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.
- Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.
- Even used batteries may cause severe injury or death.
- Call a local poison control center for treatment information.

SAVE THESE INSTRUCTIONS

3. Overview & Accessories

3.1 Package List

Product Accessories



Treadmill × 1

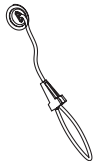


Quick Start Guide × 1

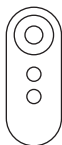


User Manual × 1

Tool Pack



Safety Key × 1



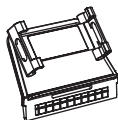
Remote Control



Remote Control
Battery × 2



5mm L-type Inner
Allen key × 1



PAD Holder × 1

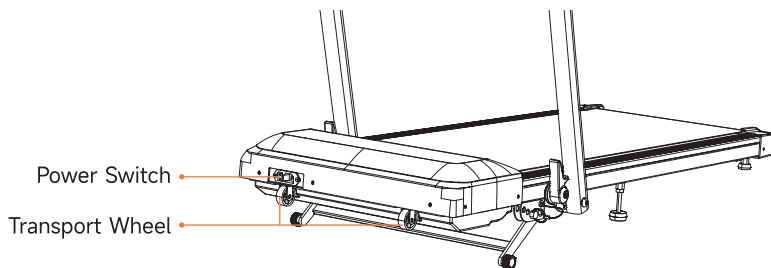
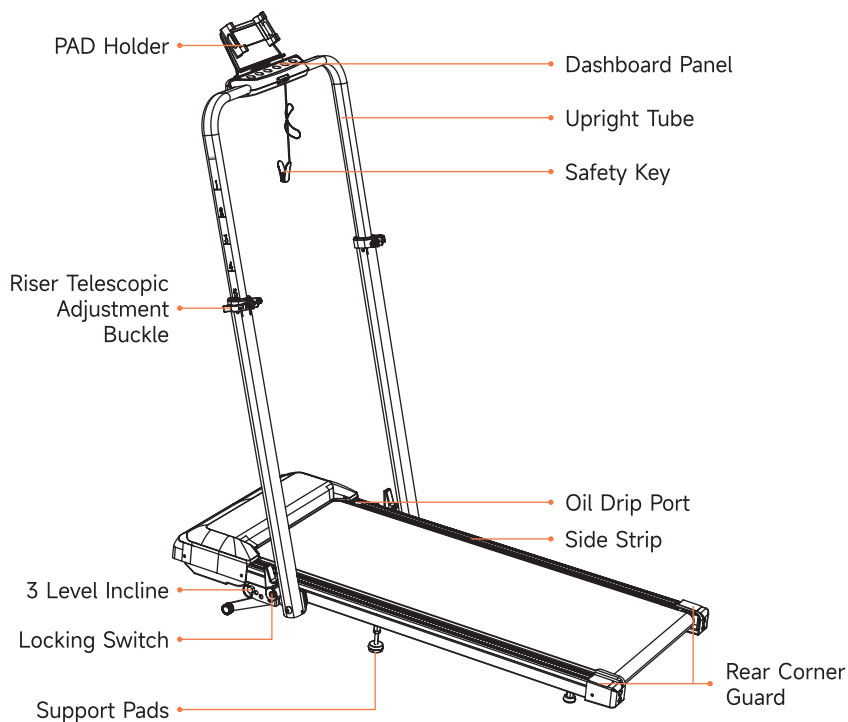


Power Cable × 1



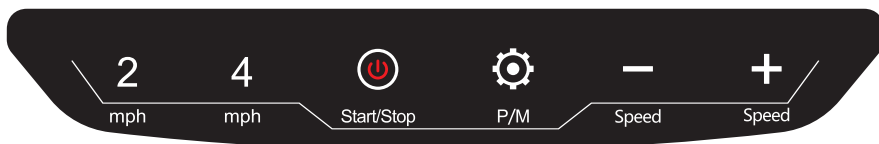
Lubricating × 1

3.2 Product Overview



3.3 Button Console

USA Display Screen

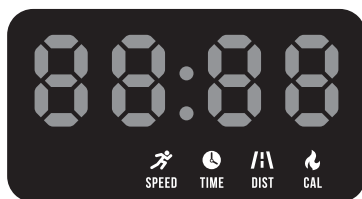


UK/EUR Display Screen



Button Functions	
—	1. When the treadmill is running, press this key to decrease the speed. 2. It can be used to set time, distance, and calorie values.
	Press this key to set the P01-P12 programs, countdown targets for time, distance and calorie. When Calorie "50" is displayed, press the button again to reset all values to zero. Press it once more to begin the cycle again. --Window Display "30:00" is "TIME" Countdown -Window Display "1.00" is "DISTANCE" Countdown --Window Display "50" is "CAL." Countdown
	• Start: In standby mode, press this key, the treadmill will start running after a 3s countdown. • Stop: Long press this key to stop the treadmill. All value will be cleared to zero.
2PMH	Press this key, and the treadmill will accelerate SPEED to 2mph. (UK/EU: 3km/h)
4PMH	Press this key, and the treadmill will accelerate SPEED to 4mph. (UK/EU: 6km/h)
+	1. When the treadmill is running, press this key to increase the speed. 2. It can be used to set time, distance, and calorie values.

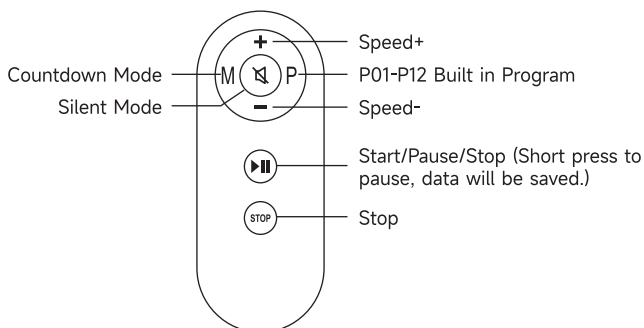
3.4 Mini LED Screen



Display Value on the LED Screen

Display Value on the LED Screen	
SPEED	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.
TIME	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 "3" - "2"- "1" in turn during startup.
DIS.	1.Displays the exercising distance during exercise. 2.When adjusting the value in the countdown mode, it displays the set distance value.
CAL.	1.Displays the value of calories burned during exercise. 2.When adjusting the value in the countdown mode, it displays the set calorie value.

3.5 Remote Control



Button	Function
	• Start: In standby mode, press this key, the treadmill will start running after a 3s countdown. • Pause: Short press this key again to pause the treadmill, the LED window will display "PAU". All values will be saved.
	Long press this key to stop the treadmill. All value will be cleared to zero.
P	Press this key to set P01-P12 programs.
M	Press this key to set the countdown targets for time, distance and calorie.
	Press this key to mute the buzzer.
+	Increase speed, time, distance, and calorie values.
-	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

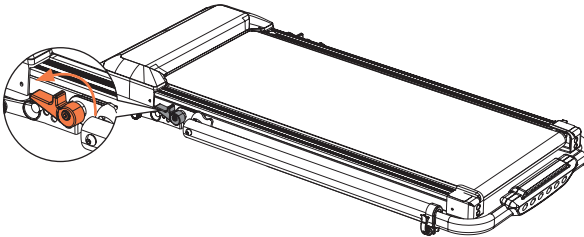
4.1 Assembly

Installation Preparation

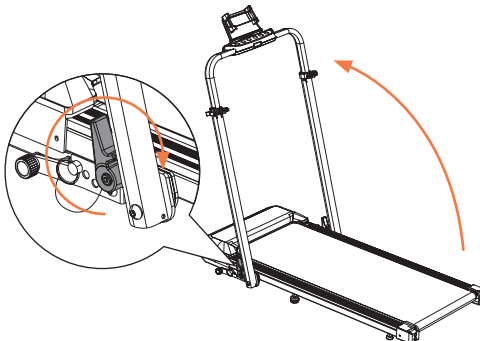
- For safety operation, please select a safe, dry, solid and spacious horizontal surface for installation.
- After receiving the product, remove all parts from the product package. Please carefully check whether the parts and tools are complete according to the packing list.
- Please use the Allen Key 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

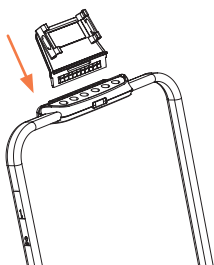
- ① Open the package, take out the assembly parts from the box, and place the main unit flat on the ground.
- ② Turn Loosen the Locking Switch counterclockwise on both sides.



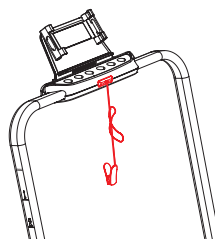
- ③ Lift and push the Upright Tube upwards until it stops moving. Then tighten the Locking Switch clockwise on both sides to secure.



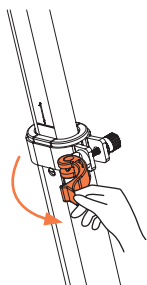
- ④ Insert the PAD Holder along the bracket slot.



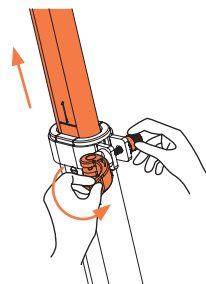
- ⑤ Place the Safety Key.



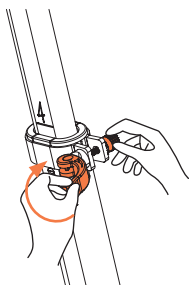
- ⑥ Loosen the both wrenches outward.



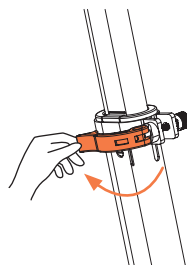
- ⑦ Hold the right nut, loosen left buckle counterclockwise, then pull up both upright tubes to adjust the height. Hold the left buckle, tighten right nut clockwise.



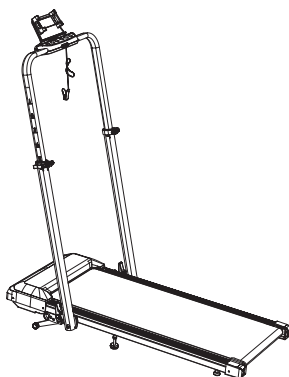
- ⑧ Hold the right nut, tighten left buckle clockwise.



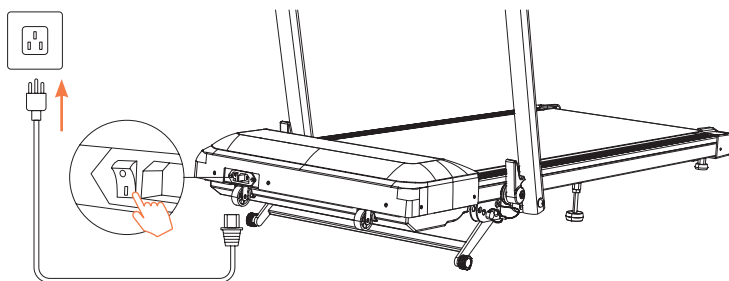
- ⑨ Lock the both wrenches inward.



⑩ All set!



⑪ Turn on the power.



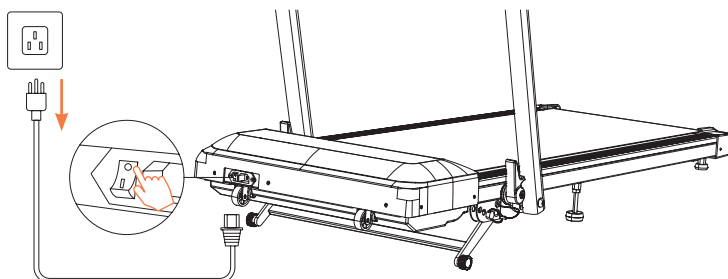
4.2 Folding

Make sure that

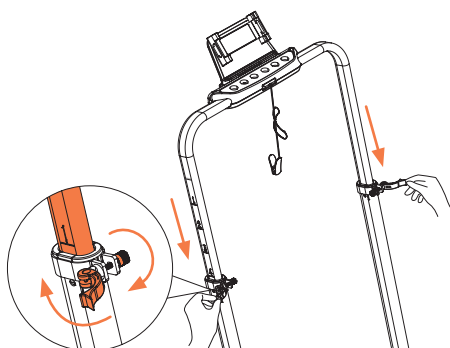


- The power is turned off and the power plug is removed from the socket before folding.
- Be careful not to pinch your hands when folding.

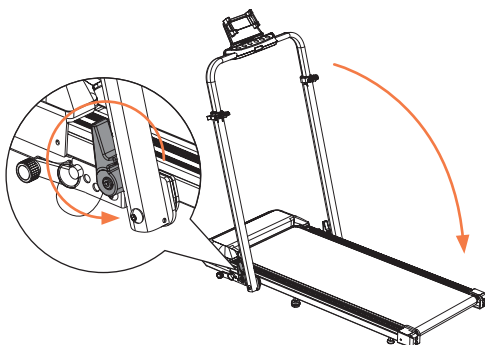
- ① Turned off the power and removed the power plug from the socket.



- ② Adjust the height to "Folded" scale line before folding. Hold and lower the Upright Tube until it is placed flat.



- ③ Loosen the Locking Switch counterclockwise on both sides, until the Upright Tube can be put downward.



5. How to Use

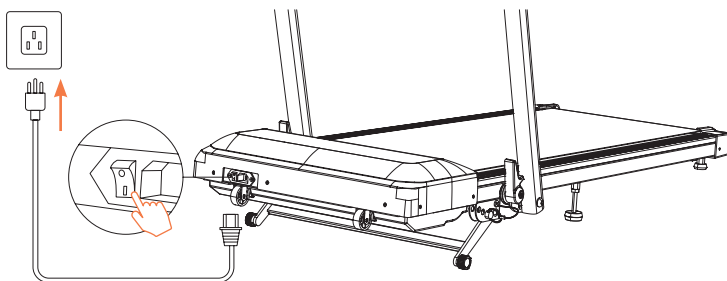
Before use, make sure that:



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



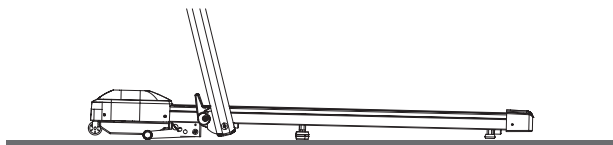
Make sure the safety key clip on the clothes when exercising, to ensure the machine stops quickly in the event of an accident.

Start / Stop

- Press the "Start" button on the console/ "▶||" remote control, the treadmill will start after a 3s countdown.
- During exercise, press the "Stop" button on the console/remote control, or directly unplug the safety key to stop running.

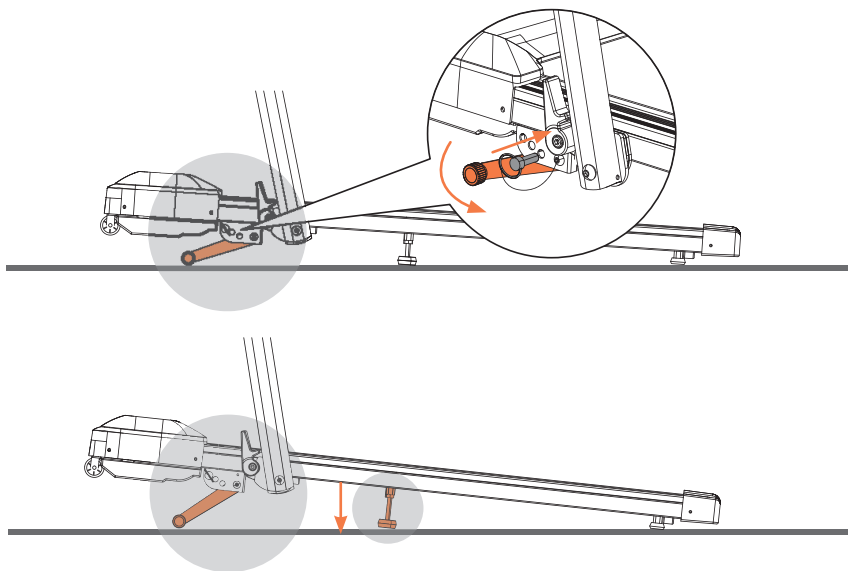
5.1 Incline Adjusting

No Incline



With Incline

- 1.Remove the Fixing Pins.
- 2.Align the holes of the adjustable Foot Pad to the holes.
- 3.Once Located your desired incline level and insert the Fixing Pins back to the holes.



Tips: Please ensure the foot pads touch the ground after the incline is adjusted by rotating the incline foot clockwise or counterclockwise, otherwise the treadmill may be damaged.

5.2 Treadmill Mode

The machine is activated in Manual Mode by default.

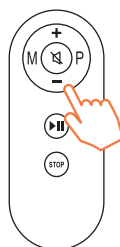
Manual Mode

- The initial operating speed in manual mode is 0.6MPH (UK/EU: 1KM/H), press "- / +" on the control panel or remote control to adjust the speed, distance, time and calorie data.
- In treadmill mode, the speed can be set within the range: 0.6-6.2mph (UK/EU: 1-10KM/H)

Tips: After 99:00 minutes of exercise, the machine stops automatically, press "Start/Stop" key on the control panel or "▶||" on the remote control to restart, the time starts counting from zero again.



USA Display Screen

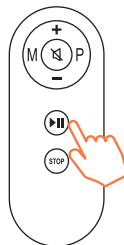
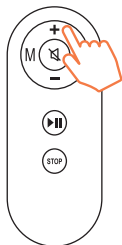
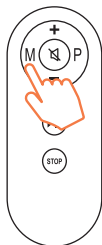


UK/EUR Display Screen



Countdown Mode

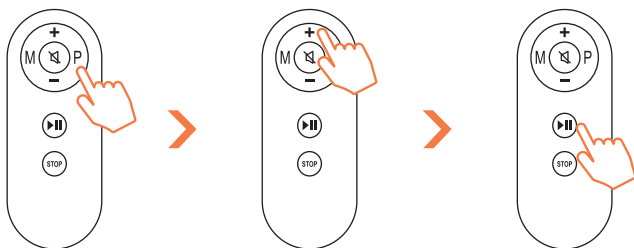
In this mode, the value of time, distance, and calories can be set as target countdown value on demand.



- ① In standby mode, press the "P/M" key on the control panel or "M" key on the remote control to enter the countdown mode;
- ② Press the "P/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 (1km) by default with flashes (The range that can be set is 1-99 Miles/km)
 - "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 on the control panel or remote control to add and decrease the value of the current window;
- ④ After setting, press the "Start/Stop" key on the control panel or "▶||" key on the remote control, the treadmill starts from the lowest speed (0.6MPH/1KM/H) after a 3s 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 "Start/Stop" key on the control panel or "STOP" key on the remote control 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 / 10.



- ① In standby mode, press the "P/M" key on the control panel or "P" key on the remote control 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 "+ / -" key on the control panel or remote control to adjust the required exercising time (The range allowed to be set is 8-99 minutes)
- ② Press the "Start/Stop" key on the control panel or the "▶||" key on the remote control, after a 3s 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;