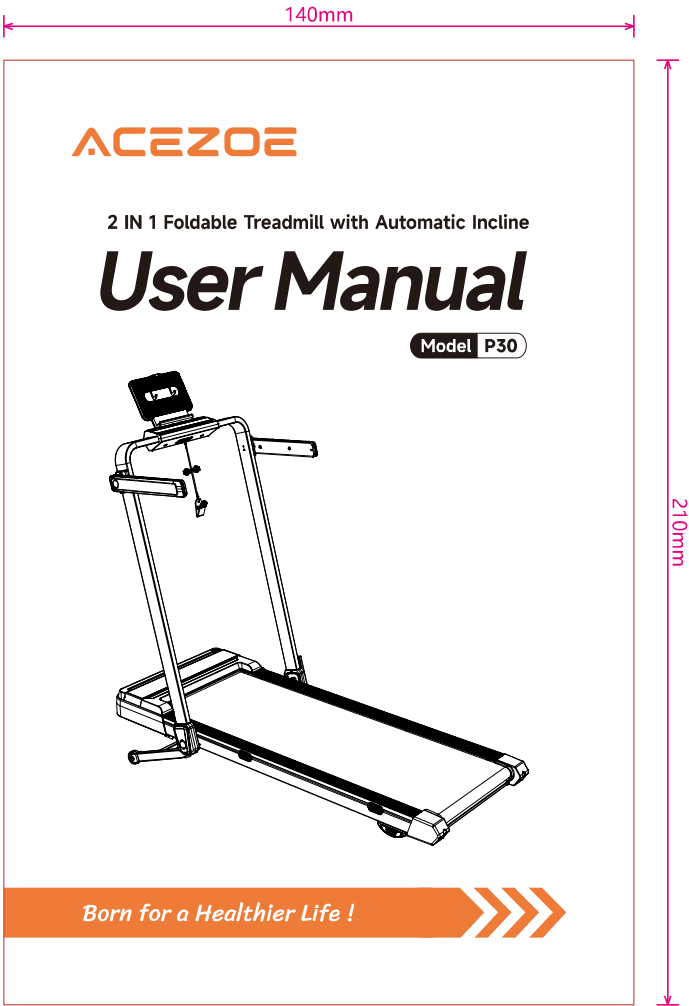


Project No.		Sales Rep.	Elodie	Engineer	Chai	ACEZOE
Project Name	Acezo_P30跑步机	Design View	Outside	Output Date	2025/11/22	

名称：P30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0.5 mm



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!

05	
04	
03	
02	
01	更换支架相关线稿图-- chai 2025.11.04
00	
Rev	Ver.1.1

GENERAL TOLERANCE TABLE (Unless otherwise specified) (mm)					Cut	Crease	V-groove	Partial cut	Annotation	Generic perf	Flute/Grain Direction (Unless otherwise specified)
	Rigid Box	Card board/ plastic sheet/film	Single wall board	Double wall board							
(0~100)											
(100~200)											
(200~300)											
(300~500)											
(500~800)											
(800~1000)											
>1000											

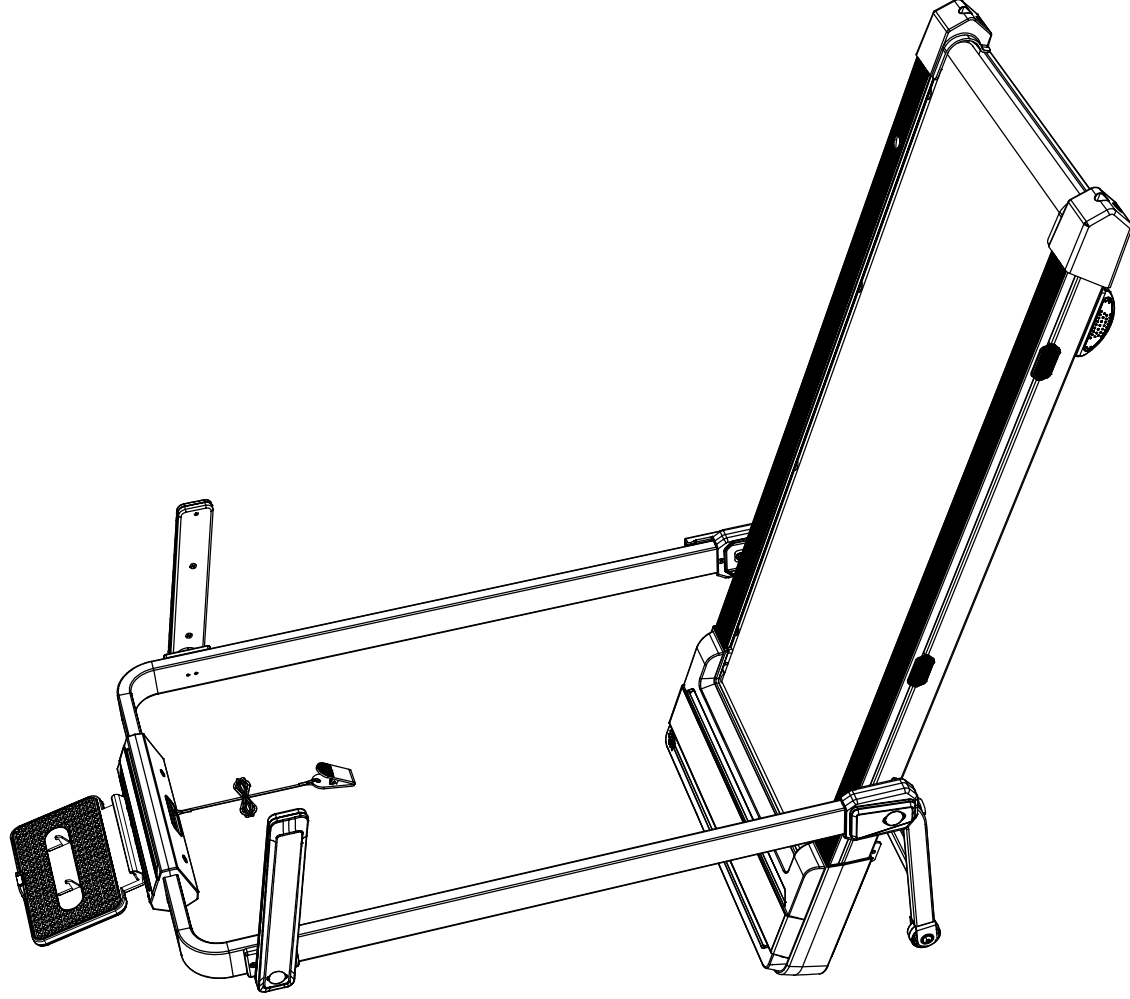
Drawing No.	
Pack Style	
Version	
Unit	mm
O.D Assem.	
Scale	1: 1

ACEZOE

2 IN 1 Foldable Treadmill with Automatic Incline

User Manual

Model P30



Born for a Healthier Life !

1. Important Safety Instructions and After-Sales Service

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances, basic precautions should always be followed, including the following: Read all instructions before using (this appliance).

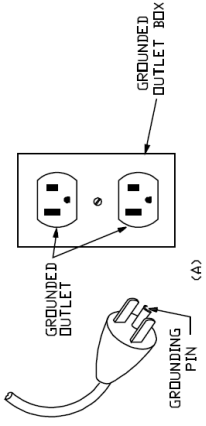
DANGER – To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
- WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons:
 1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
 2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
 3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
 4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
 5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
 6. Do not carry this appliance by supply cord or use cord as a handle.
 7. Keep the cord away from heated surfaces.
 8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
 9. Never drop or insert any object into any opening.
 10. Do not use outdoors.
 11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
 12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. **WARNING**—Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
14. 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.
15. Even used batteries may cause severe injury or death.
16. Call a local poison control center for treatment information.
17. The product contains a coin battery (CR2032).
18. Do not mix old and new batteries, different brands or types of batteries, such as alkaline, carbon-zinc, or rechargeable batteries.
19. Ensure the batteries are installed correctly according to polarity (+ and –).
20. Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.
21. 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.
22. Non-rechargeable batteries are not to be recharged.

▲ WARNING

- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause **Internal Chemical Burns** in as little as 2 hours.
- **KEEP** new and used batteries **OUT OF REACH of CHILDREN**
- **Seek immediate medical attention** if a battery is suspected to be swallowed or inserted inside any part of the body.





SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. **DANGER** – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-V circuit and has a grounding plug that looks like the plug illustrated in following Figure. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

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.**

- This product only works under 120V/60Hz (UK/EU: 220~240V, 50~60Hz) 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

- 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.
- Patients who are being treated by a doctor should be sure to use this product only after discussing with a specialized doctor, especially those who have suffered injuries to the legs, waist and neck; those who have deforming arthritis, rheumatism, gout; those who have osteoporosis; those who have heart disease, vascular disorders, high blood pressure, and so on; people with obvious poor health condition.
- 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.

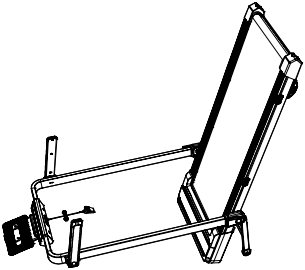
2.4 Precautions for Coin Cell Batteries

- 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 CR2025.
- 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 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.

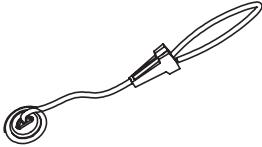
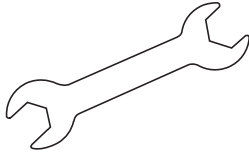
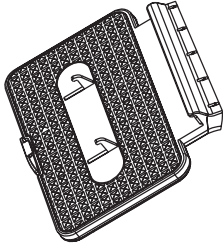
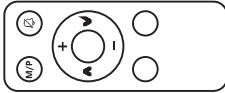
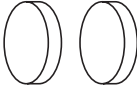
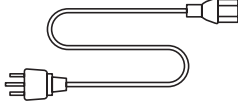
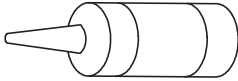
SAVE THESE INSTRUCTIONS

3. Overview & Accessories

3.1 Package List

		
Treadmill x 1	Quick Start Guide x 1	User Manual x 1

Tool Kit

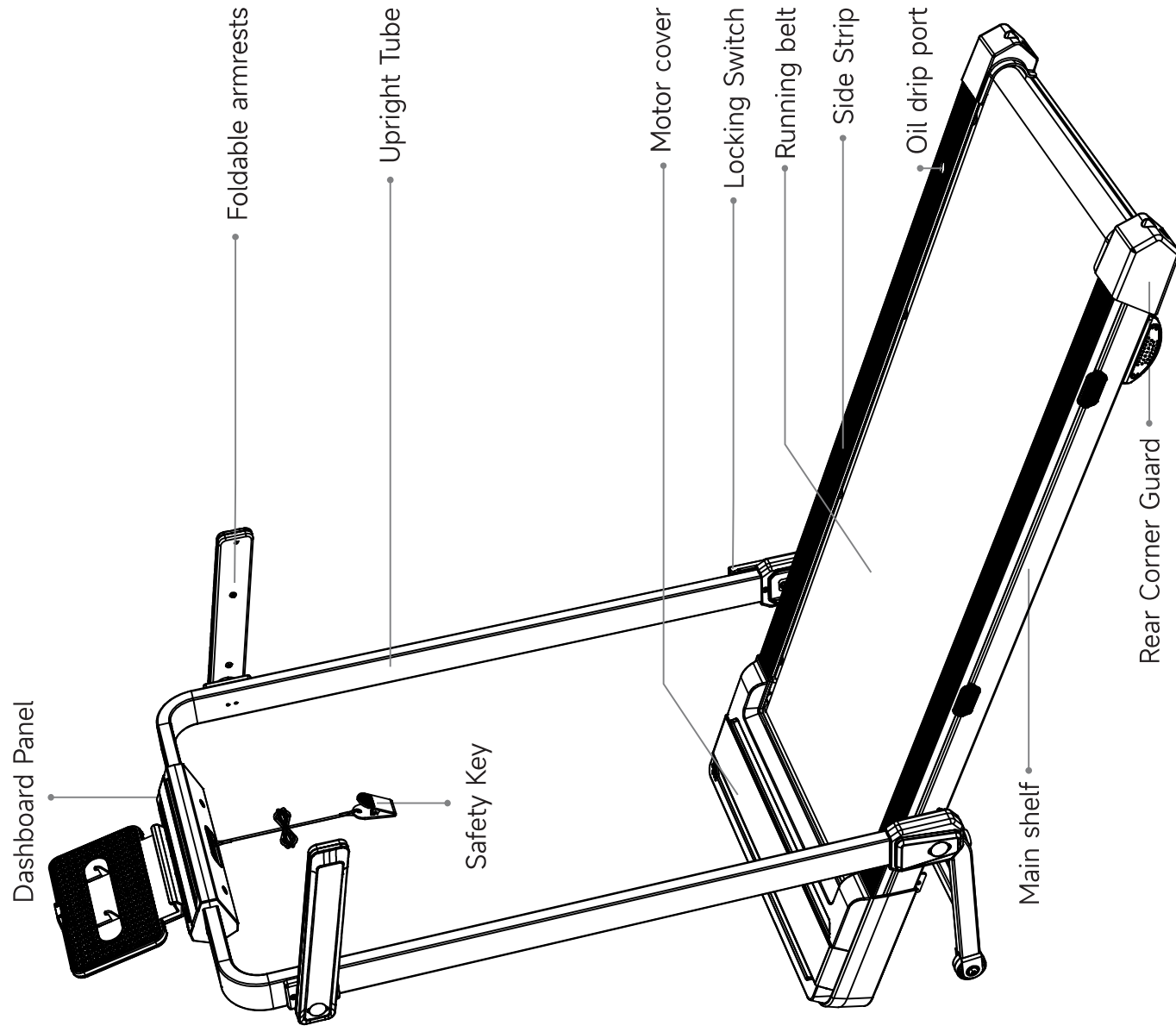
			
Safety Key x 1	6mm Hex Wrench x 1	5mm Hex Wrench x 1	13#-15# Open-end wrench x 1
			
PAD Holder x 1	Remote Control x 1	Remote Control Battery x 2	Power Cable x 1
			
			Lubricating oil x 1

Tips:

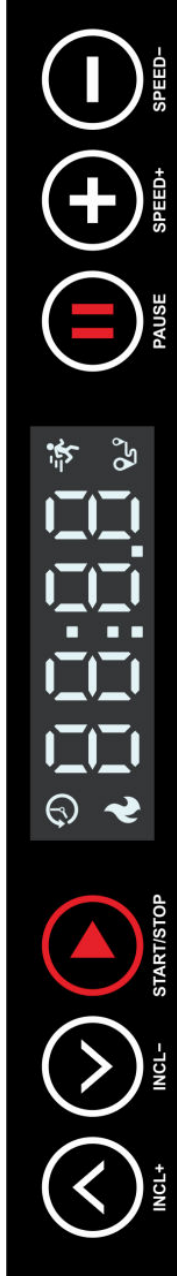
5mm hexagonal wrench: Used to adjust the tension of the travel wheel.

6mm hexagonal wrench: Used to adjust the running belt offset.

3.2 Product Overview



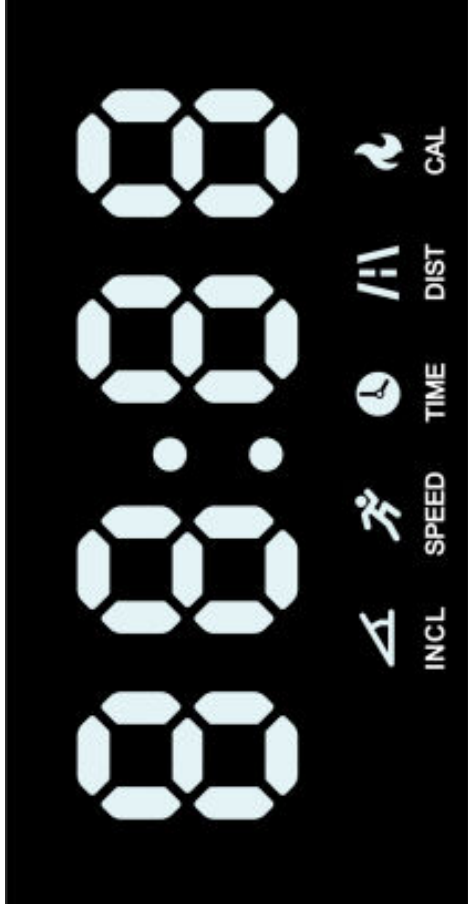
3.3 Button Console



Button Functions

 INCL+	Increase incline: While the treadmill is running, a short press of the button increases the incline in increments of one level per time.
 INCL-	Decrease incline: While the treadmill is running, a short press of the button decreases the incline in increments of one level per time.
 START/STOP	Start: In standby mode, press the remote control's "START/STOP" button. The treadmill will start counting down in 3 seconds and run at 1.0 km/h (0.6 mph). Continue: While the treadmill is paused, press the remote control's "START/STOP" button. The treadmill will start counting down in 3 seconds and run at 1.0 km/h (0.6 mph). Stop: While the treadmill is running, press the remote control's "START/STOP" button to stop the treadmill and enter standby mode. After 10 minutes of inactivity in standby mode, the electronic meter will enter sleep mode. You can wake the treadmill from sleep mode by pressing any button.
 PAUSE	Pause: While the treadmill is running, press the remote control's "PAUSE" button to pause the treadmill. The electronic meter will display "PAU."
 SPEED+	Speed Increase: While the treadmill is running, briefly press the remote control's "+" button for slow acceleration, and long press for faster acceleration. The speed increases continuously in increments of 0.5 km/time (0.2 mile/time).
 SPEED-	Speed Decrease: While the treadmill is running, briefly press the remote control's "-" button for slow acceleration, and long press for faster acceleration. The speed decreases continuously in increments of 0.5 km/time (0.2 mile/time).

3.4 LED Screen



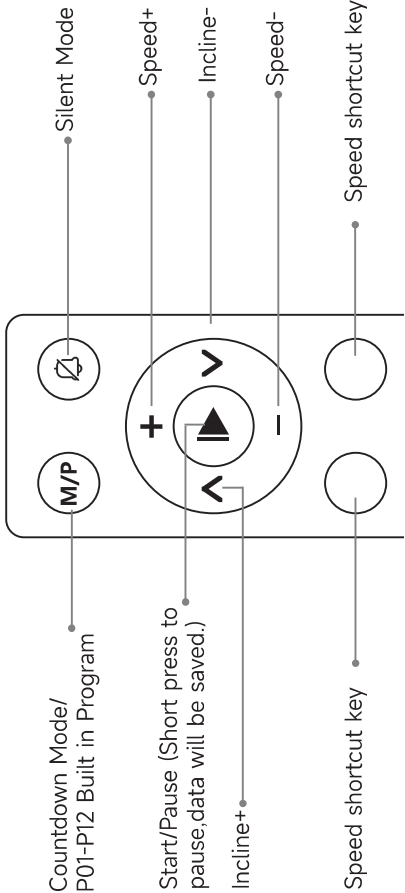
Display Value on the LED Screen

Automatically switches display every 5 seconds during operation

LNCLINE	The display shows the incline level , ranging from 0 to 9 .
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

5S before the safety lock comes off, long press the remote control "▶" to pair. When you hear the treadmill buzzer "beep", it means the pairing is successful and you can start using the remote control to control the treadmill. After pairing, there is no need to pair the treadmill again when the power is turned off.



TIPS:

For UK/EU, the speed shortcut button is 3km/h and 6km/h.

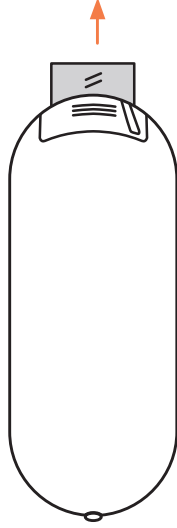
Button	Function
M/P	Press this key to set the countdown targets for time, distance and calorie, along with the P01-P12 programs. When P12 is displayed, press the button again to reset all values to zero. Press it once more to begin the cycle again. -Window Display "30:00" is "TIME" Countdown -Window Display "3.00" is "DISTANCE" Countdown --Window Display "300" is "CAL." Countdown
	Buzzer On/Off: In any state, briefly press this button on the remote control to mute the buzzer and the meter displays "OFF." Short press again to restore the buzzer and display "ON."

	Start: In standby mode, press the remote control's "START/STOP" button. The treadmill will start counting down in 3 seconds and run at 1.0 km/h (0.6 mph). Continue: While the treadmill is paused, press the remote control's "START/STOP" button. The treadmill will start counting down in 3 seconds and run at 1.0 km/h (0.6 mph). Stop: While the treadmill is running, press the remote control's "START/STOP" button to stop the treadmill and enter standby mode. After 10 minutes of inactivity in standby mode, the electronic meter will enter sleep mode. You can wake the treadmill from sleep mode by pressing any button.
+	Speed Increase: While the treadmill is running, briefly press the remote control's "+" button for slow acceleration. Press and hold for faster acceleration, and the speed will increase continuously in increments of 0.5 km/h (0.2 mph).
-	Speed Decrease: While the treadmill is running, briefly press the remote control's "-" button for slow acceleration. Press and hold for faster acceleration, and the speed will decrease continuously in increments of 0.5 km/h (0.2 mph) .
^	Increase incline: While the treadmill is running, briefly press the " ^ " key to increase the incline in increments of 1 level per time.
v	Decrease incline: While the treadmill is running, briefly press the " v " key to decrease the incline in increments of 1 level per time.
②	Speed Shortcut: 2 (For UK/EU, the speed shortcut button is 3km/h)
④	Speed Shortcut: 4 (For UK/EU, the speed shortcut button is 6km/h)



TIPS:

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



4. Assembly & Folding

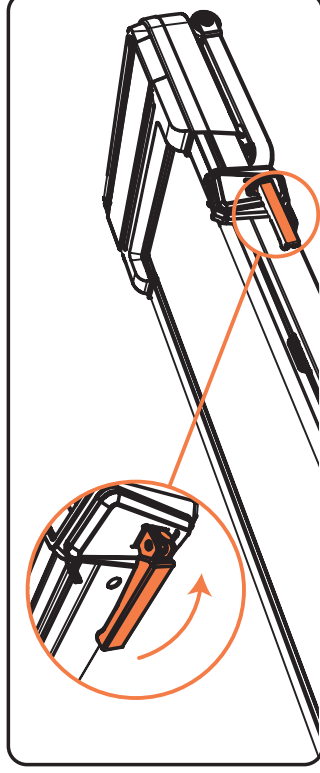
4.1 Assembly

Installation Preparation

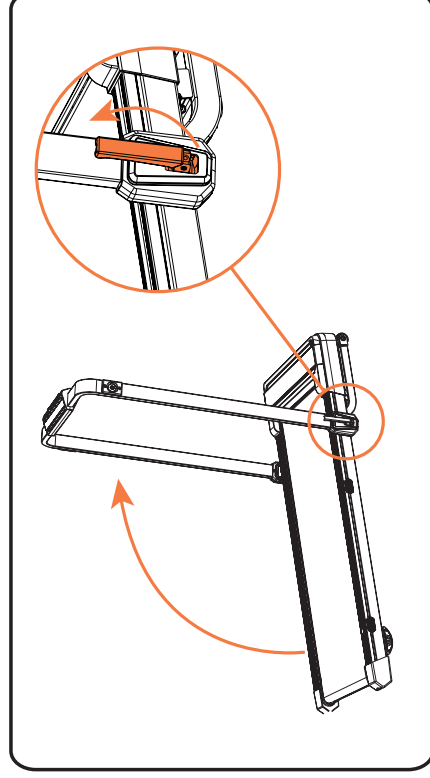
- For safety operation, please select a safe, dry, solid and spacious horizontal surface for installation.
- After receiving the product, remove all parts from the product package. Please carefully check whether the parts and tools are complete according to the packing list.
- Please ensure that two people participate in the assembly, and do not lift heavy parts alone to avoid product or personal damage.

How to Install

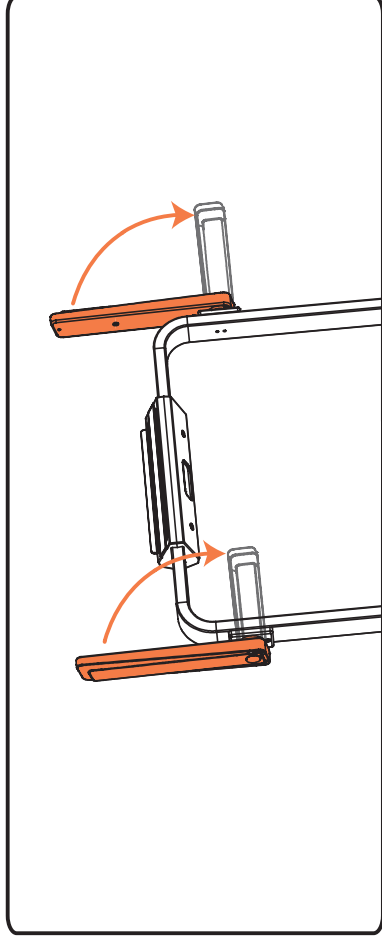
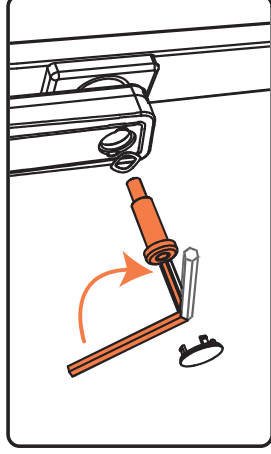
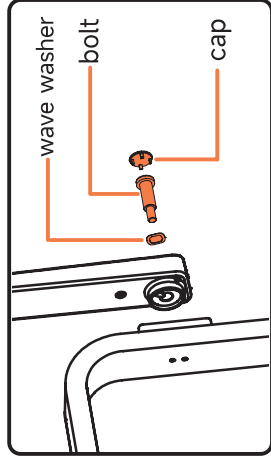
- ① Open the package, take out the assembly parts from the box, and place the main unit flat on the ground.
- ② Pull the locking switch on the right side. At this time, the lower end of the vertical pipe will naturally expand.



- ③ Lift and push the Upright Tube upwards until it stops moving. Then tighten the locking switch to lock the upright tube in place.

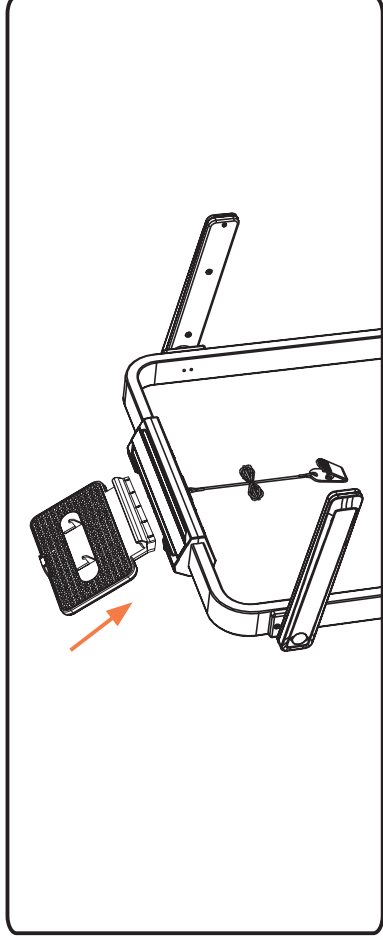


- ④ Align the handrail with the hole, tighten the bolt and corrugated gasket clockwise with a wrench, and cover the screw hole with the cap. (Repeat the process on the other side to ensure the bolt is tightened. Be careful to distinguish between the left and right handrails!)

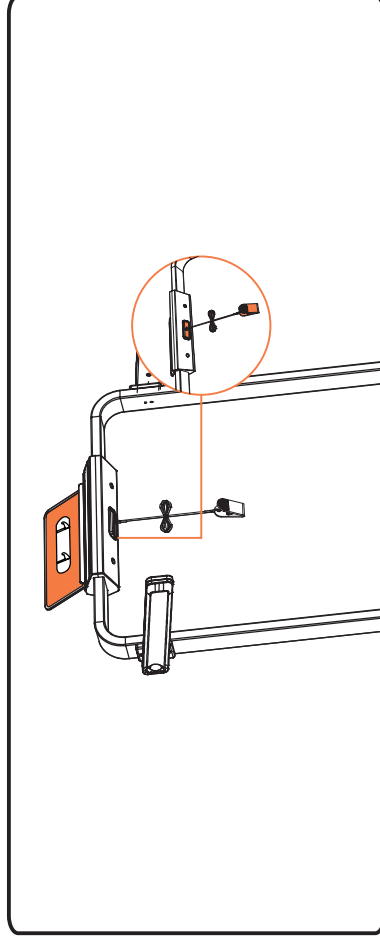


The armrest can be lowered after installation

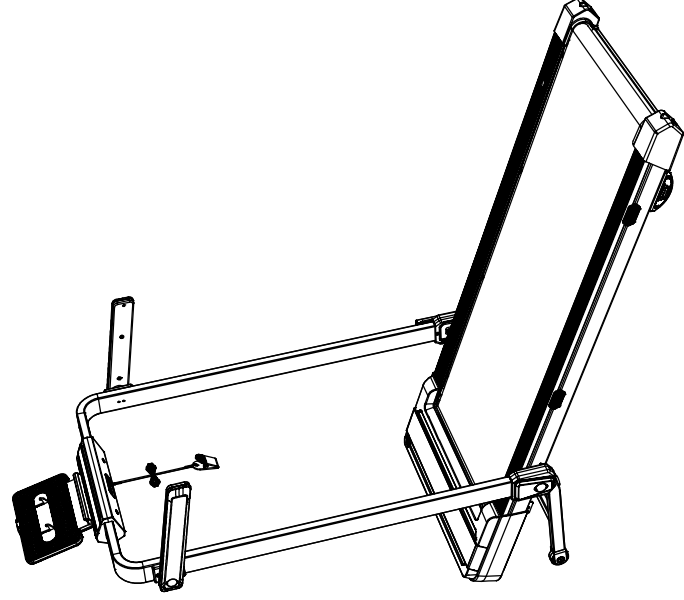
- ⑤ Insert the PAD Holder along the bracket slot.



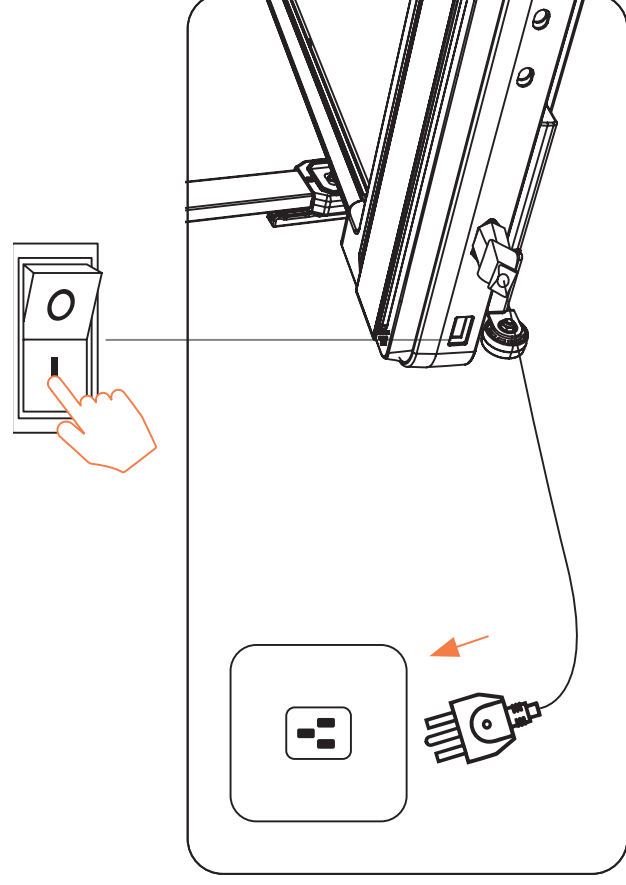
- ⑥ Place the Safety Key.



⑦ All set!

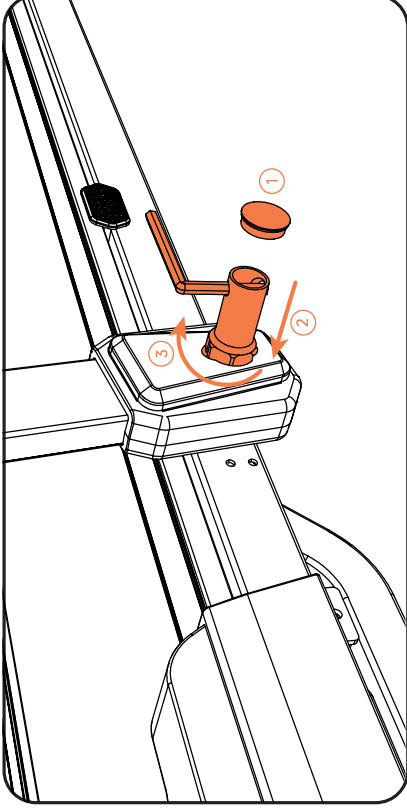


⑧ Connect the power cord to the machine, plug in the power cord and turn on the Power Switch.



Adjustment of the folding handle strength

This part of the machine is factory-adjusted to a slightly appropriate tension. However, due to individual wrist strength, the user can adjust the folding handle to their preference. Avoid loosening it too much, as this will cause a large gap between the riser and the main unit, resulting in wobble. As shown in Figure 1 below, remove the pipe plug at the lower end of the left riser. Combining the included hexagonal wrench and socket wrench into a lever, as shown in Figure 2 below, insert the hexagonal end of the socket wrench into the hole at the lower end of the left riser and fit it onto the hexagonal nut. Turn clockwise to tighten, and counterclockwise to loosen slightly



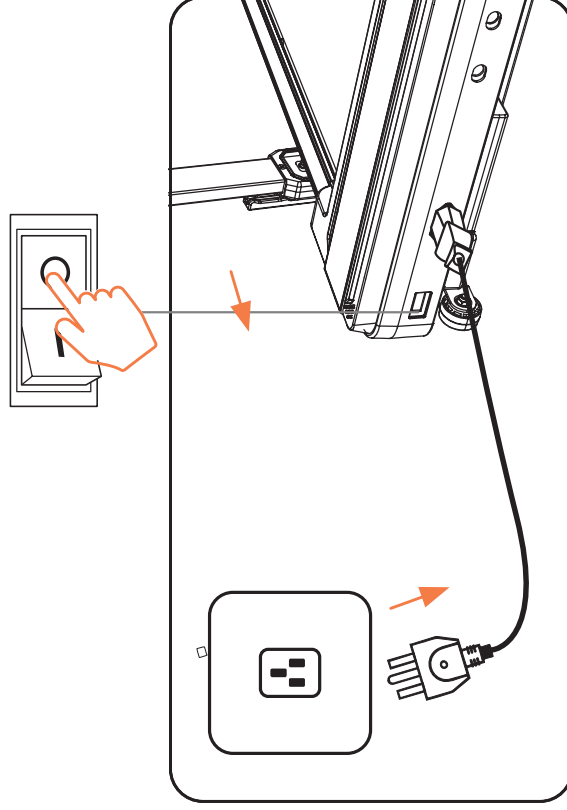
4.2 Folding

Make sure that

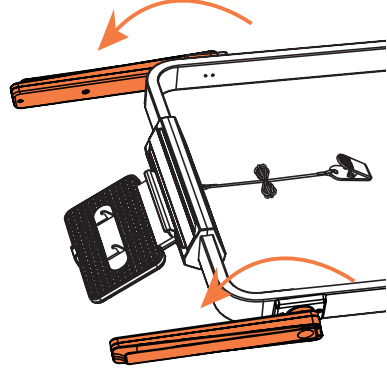


- The power is turned off and the power plug is removed from the socket before folding.
- Be careful not to pinch your hands when folding.

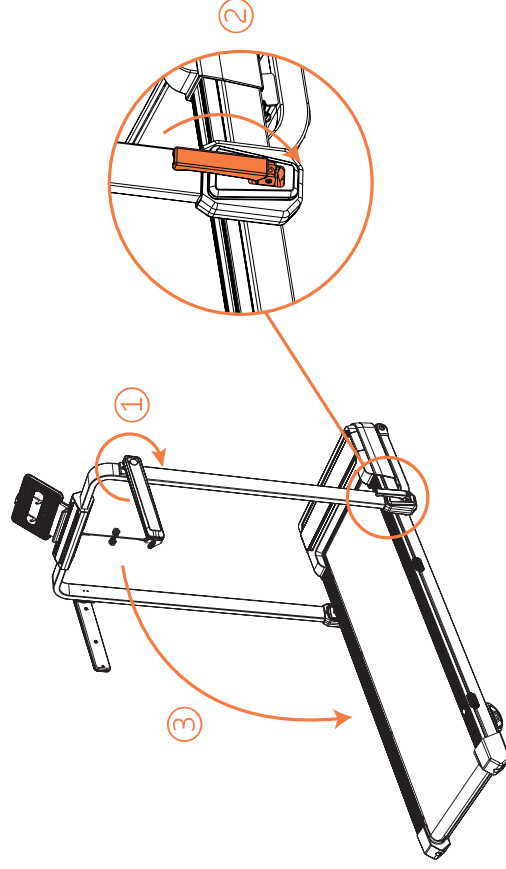
① Turned off the power and removed the power plug from the socket.



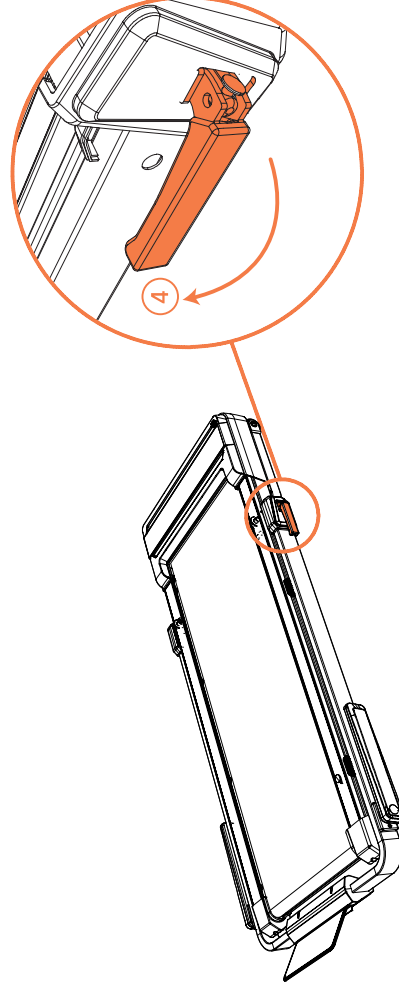
- ② Pull up the armrests on both sides until they are perpendicular to the ground.



- ③ Open the "locking switch" in the direction shown in the figure. The lower end of the riser will naturally expand to both sides. Lower the riser to the lower limit position.



- ④ After lowering the riser, press the "locking switch" to lock the riser.



- ⑤ To move the treadmill, fold the risers according to the above steps. Unplug the treadmill power cord before moving it. Lift the rear of the treadmill by hand so that the moving wheels touch the ground and the two front foot pads are off the ground before you can move the treadmill forward or backward.



5. How to Use

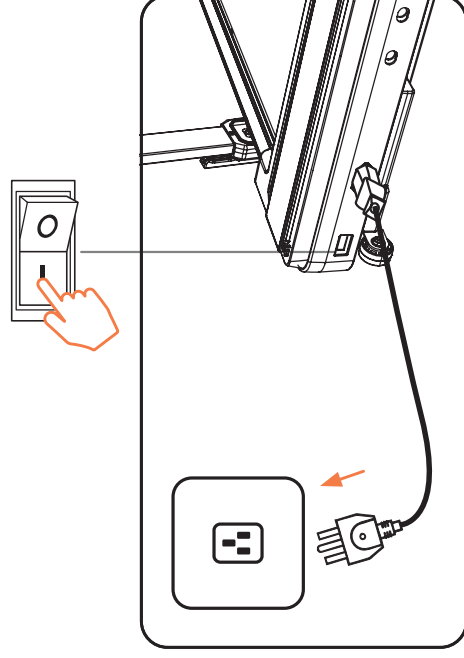
Before use, make sure that:



- 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

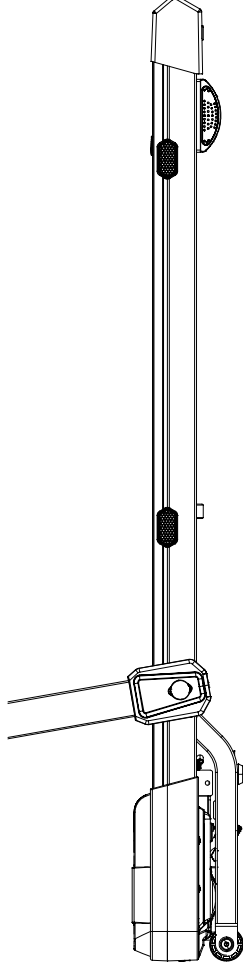
Press the "START" button on the console/remote control, the treadmill will start after a 3s countdown.

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

5.1 Incline Adjusting

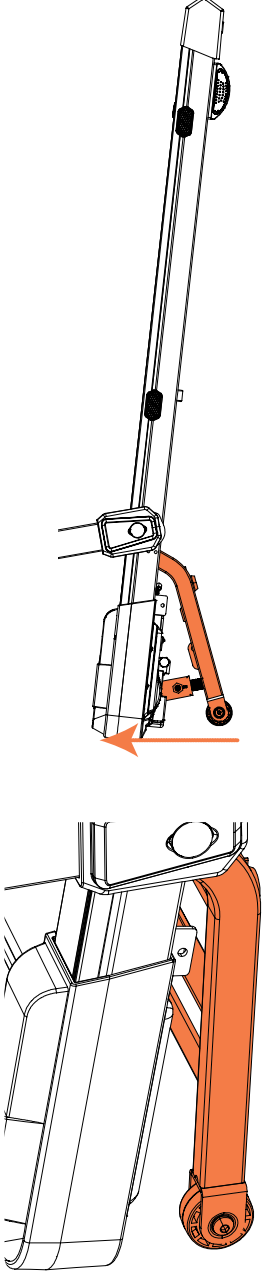
- After powering on, the treadmill will automatically reset to the **initial incline angle**.
- In case of an emergency, pulling the safety lock will keep the **incline** in its current position. Closing the safety lock will cause the treadmill to automatically reset to the **initial incline angle**.
- Frequent back-and-forth movement of the **incline motor** may trigger the motor's overheat protection, causing the **incline function** to stop. After overheat protection is activated, wait approximately **10 minutes** for normal operation to resume.

No Incline



Adjustable levels: 1-9

Control methods: display buttons, remote control, or mobile app via Bluetooth.



5.2 Treadmill Mode

Before using this mode, please refer to section 4.1 of the manual to open the machine into a Treadmill.

In Treadmill mode, the initial operating speed in manual mode is 0.6MPH (UK/EU: 1KM/H), press "+" / "-" on the remote control to adjust the speed, distance, time and calorie data, which will count up from 0.

In Treadmill mode, the speed can be set within the range: 0.6-7.6MPH (UK/EU: 1-12KM/H)
The machine is activated in Manual Mode by default.

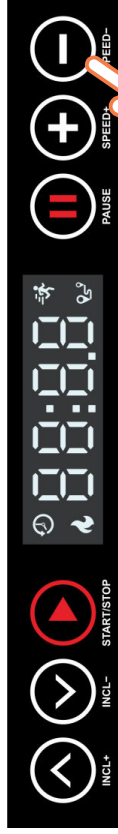
Manual Mode

① 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.

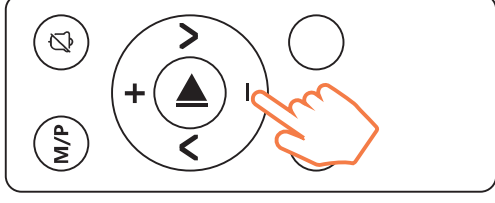
In treadmill mode, the speed can be set within the range: 0.6-7.6mph (UK/EU: 1-12KM/H)



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.



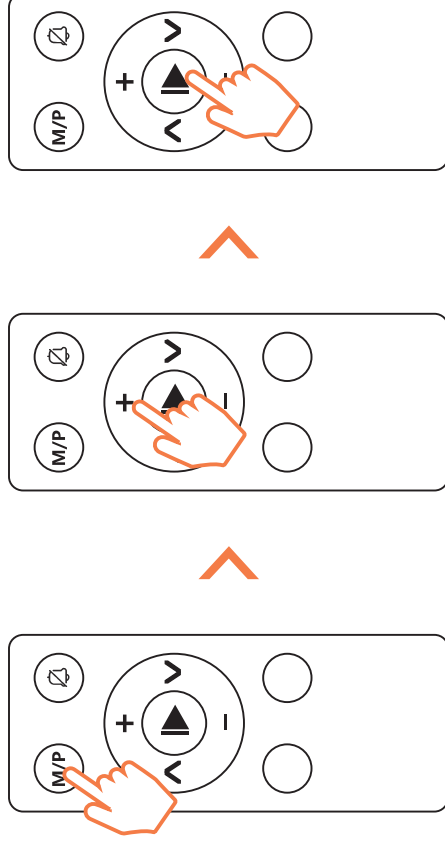
Display Screen



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 **"M/P"** 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;
- ④ When all segments of the program are finished, 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.