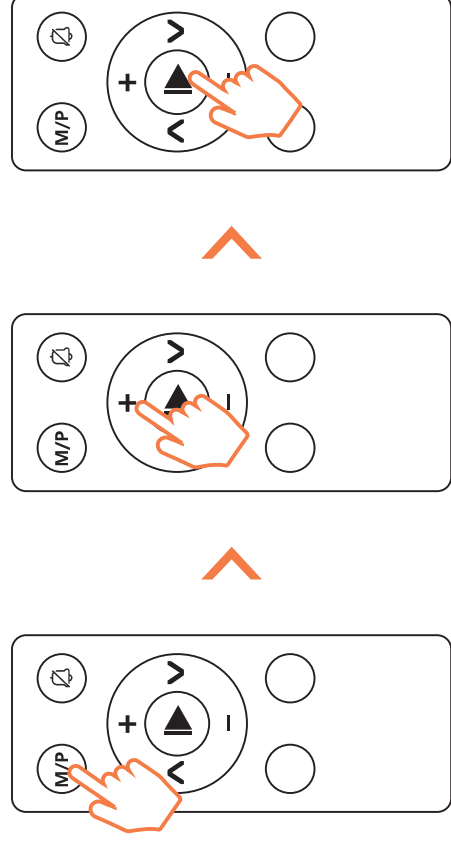


Countdown Mode

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 3 miles (3km) by default with flashes (The range that can be set is 1-99 Miles/km)
 - **"CAL."** Countdown: The treadmill displays 300kcal 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.

Return to Standby

After completing the mode function operation, continue to short-press the **"M/P"** button. The device will exit the function mode and return to standby mode, with **"00:00"** displayed.

Automatic Program P01-P12 Speed/Incline Table (Imperial)

Program	Function	Segment										Time
		1	2	3	4	5	6	7	8	9	10	
P01	Speed	0.6	1.8	3.2	3.2	3.2	4.4	4.4	3.2	1.8	1.2	15min
	Incline	2	2	8	6	6	4	4	6	2	2	
P02	Speed	1.8	2.4	5.0	5.6	6.2	6.2	6.2	4.4	2.4	1.8	15min
	Incline	2	2	8	6	6	6	6	6	1	1	
P03	Speed	1.8	2.4	3.8	4.4	4.4	4.4	5.6	6.2	3.2	1.8	20min
	Incline	1	8	8	7	7	7	7	5	3	1	
P04	Speed	1.8	3.2	5.6	6.2	3.8	3.8	5.6	3.8	6.8	1.8	20min
	Incline	2	7	5	5	8	8	8	8	4	4	
P05	Speed	2.4	3.2	6.8	5.6	3.8	5.0	5.6	6.8	3.8	3.2	25 min
	Incline	1	6	3	3	7	7	4	4	6	6	
P06	Speed	1.8	2.4	5.0	5.6	3.8	3.8	3.8	5.6	3.2	2.4	25 min
	Incline	2	3	6	8	8	5	5	7	3	3	
P07	Speed	1.8	1.8	3.8	5.6	5.6	5.6	5.6	3.8	2.4	1.8	30 min
	Incline	4	4	10	10	10	10	10	7	3	3	
P08	Speed	2.4	3.2	3.2	6.8	3.2	6.2	3.2	7.4	2.4	1.8	30 min
	Incline	2	2	7	7	7	9	9	11	7	3	
P09	Speed	2.4	3.8	5.0	6.2	2.4	3.8	5.0	3.8	7.4	3.8	30 min
	Incline	4	4	4	8	8	4	4	4	6	6	
P10	Speed	2.4	5.0	6.8	3.2	5.0	7.4	3.8	3.2	7.4	4.4	35 min
	Incline	4	7	8	4	9	9	4	9	5	5	
P11	Speed	3.2	4.4	6.8	6.8	6.8	5.0	5.0	6.8	4.4	3.8	35 min
	Incline	4	9	10	6	6	9	9	5	5	5	
P12	Speed	1.8	3.2	4.4	4.4	4.4	5.6	5.6	4.4	3.2	2.4	35 min
	Incline	4	4	10	8	8	6	6	8	4	4	

EU/UK

Automatic Program P01-P12 Speed/Incline Table (Metric)

Program	Function	Segment										Time
		1	2	3	4	5	6	7	8	9	10	
P01	Speed	1.0	3.0	5.0	5.0	7.0	7.0	5.0	3.0	2.0	15min	
	Incline	2	2	8	6	6	4	4	6	2	2	
P02	Speed	3.0	4.0	8.0	9.0	10.0	10.0	10.0	7.0	4.0	3.0	15min
	Incline	2	2	8	6	6	6	6	6	1	1	
P03	Speed	3.0	4.0	6.0	7.0	7.0	7.0	9.0	10.0	5.0	3.0	20min
	Incline	1	8	8	7	7	7	7	5	3	1	
P04	Speed	3.0	5.0	9.0	10.0	6.0	6.0	9.0	6.0	11.0	3.0	20min
	Incline	2	7	5	5	8	8	8	8	4	4	
P05	Speed	4.0	5.0	11.0	9.0	6.0	8.0	9.0	11.0	6.0	5.0	25 min
	Incline	1	6	3	3	7	7	4	4	6	6	
P06	Speed	3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0	25 min
	Incline	2	3	6	8	8	5	5	7	3	3	
P07	Speed	3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0	30 min
	Incline	4	4	10	10	10	10	10	7	3	3	
P08	Speed	4.0	5.0	5.0	11.0	5.0	10.0	5.0	12.0	4.0	3.0	30 min
	Incline	2	2	7	7	7	9	9	11	7	3	
P09	Speed	4.0	6.0	8.0	10.0	4.0	6.0	8.0	6.0	12.0	6.0	30 min
	Incline	4	4	4	8	8	4	4	4	6	6	
P10	Speed	4.0	8.0	11.0	5.0	8.0	12.0	6.0	5.0	12.0	7.0	35 min
	Incline	4	7	8	4	9	9	4	9	5	5	
P11	Speed	5.0	7.0	11.0	11.0	8.0	8.0	8.0	11.0	7.0	6.0	35 min
	Incline	4	9	10	6	6	9	9	5	5	5	
P12	Speed	3.0	5.0	7.0	7.0	7.0	9.0	9.0	7.0	5.0	4.0	35 min
	Incline	4	4	10	8	8	6	6	8	4	4	

5.3 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, there is no Built-in Program 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 Walking Pad mode, the speed can be set within the range: 0.6-3.8MPH (UK/EU: 1-6KM/H)

5.4 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.

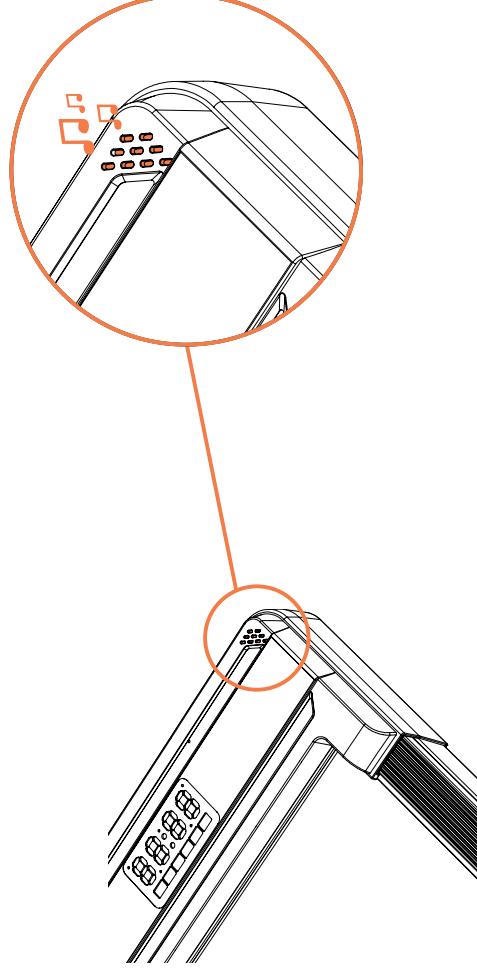
5.5 Bluetooth Instructions

Bluetooth App: Fit Show

Bluetooth Name: ACEZOE P30

Bluetooth Audio Connection: ACEZOE P30

Turn on the treadmill, enable Bluetooth on your phone, and search for the ACEZOE P30 Bluetooth name in the Bluetooth search box. A connection tone will sound on the Bluetooth speaker, indicating a successful Bluetooth audio connection between your phone and 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))

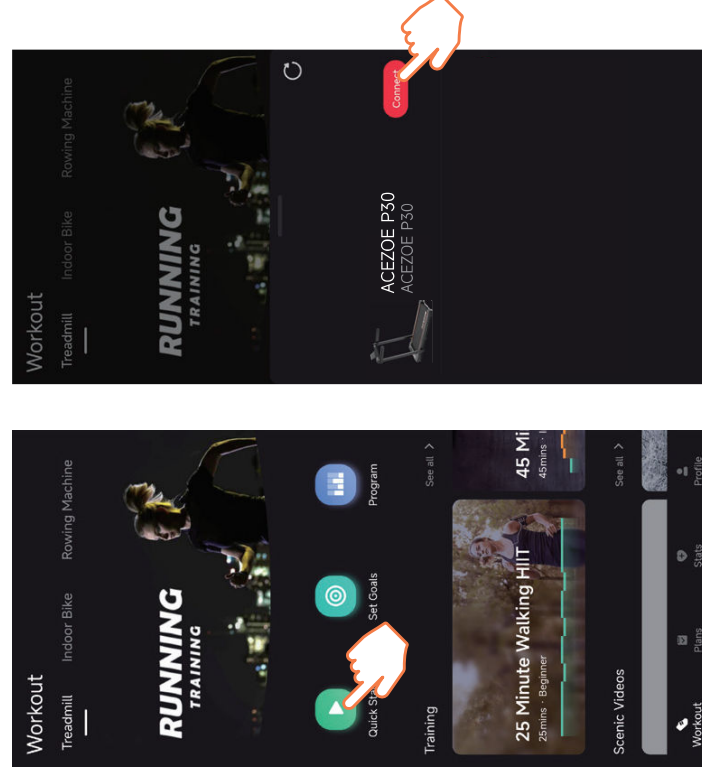


Tips:

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

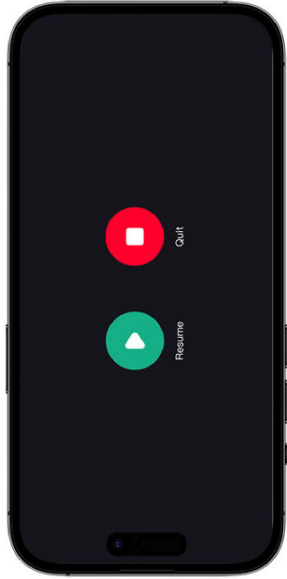
- ① Open the FITSHOW App and agree to the Privacy Policy and Terms of Service.
- ② Log in the APP, please use the mobile number or email to register for new user.
- ③ Fill in the basic user information likes height for more accurate exercise program recommendations.
- ④ On the APP homepage, click the "Workout" tab then press the "Quick Start" button.
- ⑤ Turn on Bluetooth on your phone to search for device "Acezoe P30".



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



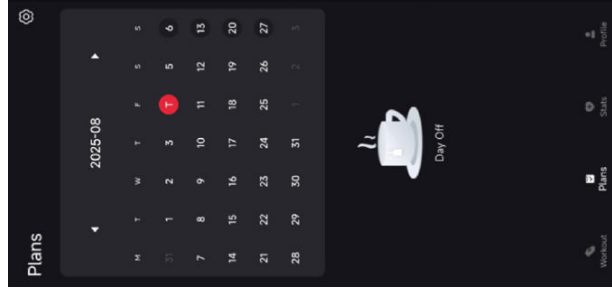
⑦ Tap the screen to end the workout.



6.3 Functions

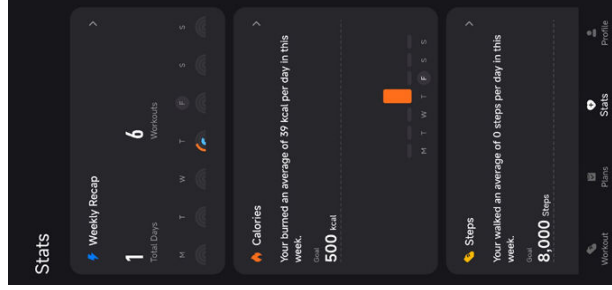
Workout Mode

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.



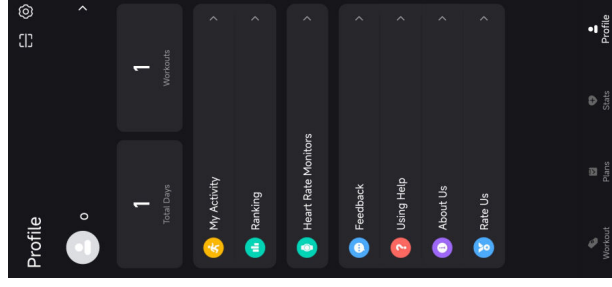
Plans

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

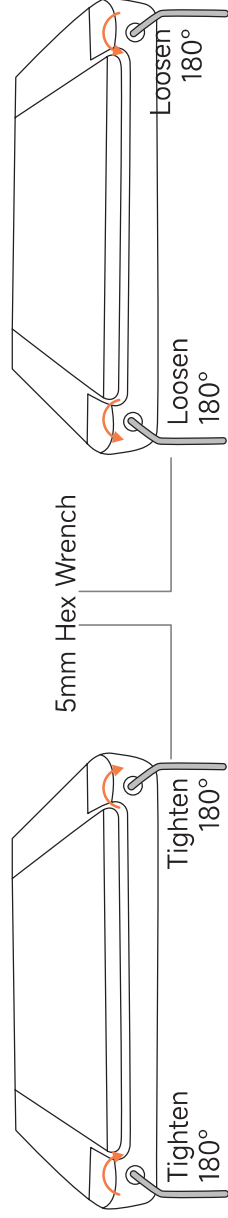
If the running belt slips or does not run smoothly in use, or there is a rattling noise from the running belt, adjust the tightness of the running belt to improve it.

① How to adjust the running belt for tighten? (Issue: Slipping)

Set the speed to 2mph (UK/EU: 3KM/H), use a 5mm hex wrench to adjust bolt both of the sides 180° clockwise, then let it run 1 min for tighten. If still too loose, please repeat 1-3 times.

② How to adjust the running belt for loosen? (Issue: Noise/Stuck)

Set the speed to 2mph (UK/EU: 3KM/H), use a 5mm hex wrench to adjust bolt both of the sides 180° counterclockwise, then let it run 1 min for loosen. If still too tighten, please repeat 1-3 times.



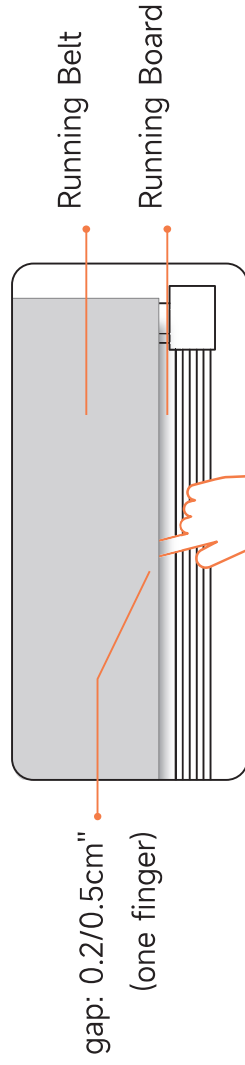
Tighten the Running Belt

Loosen the Running Belt



Tips: How to judge whether the running belt is at the appropriate tightness?

Just enough to put one finger in the gap between the Running belt and Running board. (Approx. 0.2"/0.5cm)



Adjustment of Running Belt Position

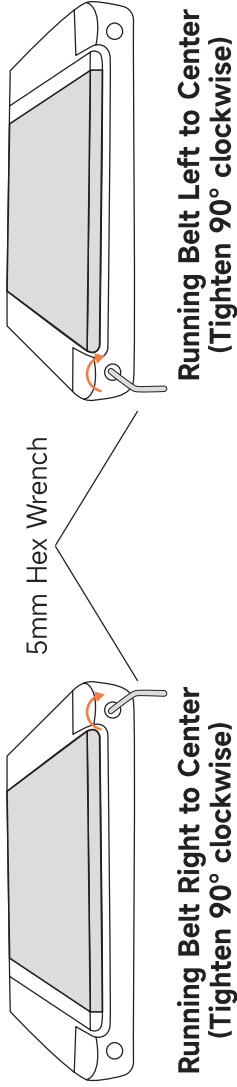
When using the treadmill, because of the possible force difference exerted by both feet and the unbalanced pressure exerted on the running belt, the running belt may deviate from the center, but this deviation phenomenon is normal.

① **How to adjust the running belt if leaning to the left? (Issue: Noise)**

Set the speed to 2mph (UK/EU: 3KM/H), use a 5mm hex wrench to adjust bolt on the left side 90° clockwise, then let it run 1 min for centering. (If it still not centered, repeat 1-3 times for centering.)

② **How to adjust the running belt if leaning to the right? (Issue: Noise)**

Set the speed to 2mph (UK/EU: 3KM/H), use a 5mm hex wrench to adjust bolt on the right side 90° clockwise, then let it run 1 min for centering. (If it still not centered, repeat 1-3 times for centering.)



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

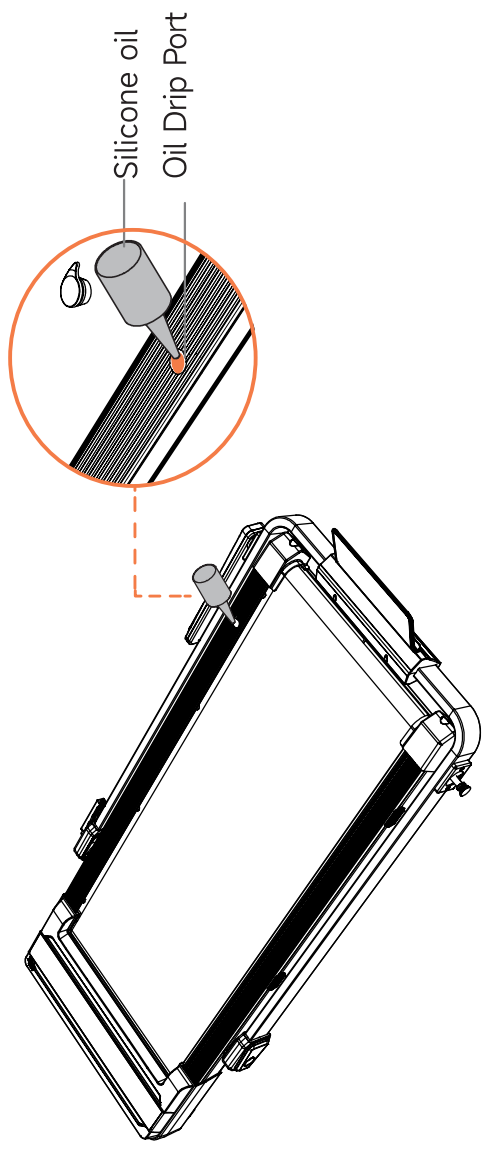
- ① Pull up the side running belt and reach out to touch the surface of the running deck as far as possible;
- ② If you feel there is silicone oil, you don't need to add lubricant for the time being;
- ③ If you touch the surface and it feels very dry, you need to add 10ml silicone oil.

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 6 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 1.5 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 1KM/H;
- 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 Parameters

Brand	Acezoe
Product	2 IN 1 Foldable Treadmill with Automatic Incline
Model	P30
Rated Voltage	US: 110V~120V 60Hz UK/EU: 220~240V, 50/60Hz
Range of Speed	1.Treadmill Mode: 0.6~7.6MPH (UK/EU: 1-12KM/H) 2.Walking Pad Mode: 0.6-3.8MPH(UK/EU: 1~6KM/H)
Expanded size	52.13 *27.36* 45.67inches 132.4*69.5*116cm
Package Size	57.5*28*7 inches 146*71*17.7cm
Net / Gross Weight	N.W.: 35.4 KGS 78 LBS G.W.: 39.4 KGS 86.9 LBS
Control Method	Remote Control, APP Control, Panel Control
Running Mode	Free Run, Countdown Mode, P01-P12 Program
Incline Mode	Yes
Usage	Indoor

Parameter Display and Setting Range

	Display Range	Setting Range	Mode Default Value	Program Default Value
Speed	0.6-7.6 MPH (UK/ EU: 1-12KM/H)	0.6-7.6 MPH (UK/ EU: 1-12KM/H)	-	-
Time	0:00~99:99 Mins	8:00~99:00 Mins	30:00	30:00
Distance	0~99.9 MI/km	1 ~99.0 MI/km	3.00	-
Calories	0~999 kcal	20~990 kcal	300	-

9. Troubleshooting

Issue	Cause	Solution
No information is displayed on the screen	1. The power is not connected 2. The switch is not turned on 3. The safety key is not in the specified position	1. Connect the power cord correctly and turn on the power switch 2. Lock the safety key back into place
Power outage during use	1. The power is not connected 2. Motor failure	1. Check power cord is connected firmly 2. Contact After-sales Team
Running belt is not centered	1. Uneven ground 2. Due to the unbalanced force on the left and right, the running belt deviates	1. Put the machine on a flat ground for use 2. 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	1. Poor contact of the communication line of the touch console 2. No signal output from the touch console or main control	Contact the after-sales team to rewire or replace the touch console
E02	1. Loose motor cable or defective motor 2. The voltage between the motor and the main control is abnormal	1. Open the motor cover and check whether the wiring is firm 2. 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	1. The machine is overloaded, exceeding the rated voltage 2. Abnormal motor 3. Over-voltage function failure of main control	1. Use within the rated voltage range of 100-125V UK/EU: 220~240V,50/60Hz 2. Contact the after-sales team to replace the motor or main control
E05	1. Motor over-current protection 2. Abnormal motor assembly 3. Failure of current limiting system of main control	1. Open the motor cover and check the abnormal assembly of the treadmill motor 2. Replace main control
E06	1. The power supply voltage is too low 2. Poor contact of main control	1. Please check whether the power cord is normal 2. Contact the after-sales team to replace the main control
E07/---	1. The safety key is not put in place 2. Touch console safety key system failed	1. Check whether the safety key has magnetic force. Place the safety key in the designated position. 2. 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 1-Year Limited Warranty

- Your Acezoe machine has a 1-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 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, lightnings 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.

Caution: The user is cautioned that 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.

NOTE: 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.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

FCC ID: 2A4NH-A013

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:

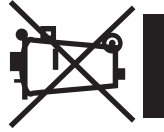
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help

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- (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.

Declaration of Conformity

We (EU based importer is responsible for this declaration)

GAVIMOSA CONSULTORIA, SOCIEDAD LIMITADA

(Company name)

CASTELLANA 9144, 28046 Madrid

(Company address)

declare under our sole responsibility that the product

Trade name: Acezoe

Equipment: TREADMILL

Model No. : P30

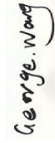
to which this declaration relates is in conformity with the essential requirement set out in the Council Directive on the Approximation of the laws of the Member States relating to RED Directive(2014/53/EU) & RoHS(2011/65/EU) product is responsible to affix **CE** marking, the following standards were applied:

ETSI EN 301 489-1 V2.2.3 (2019-11)
EN 50665:2017/EN IEC 62311:2020
EN IEC 60335-1:2023 +A11:2023
ETSI EN 301 489-17 V3.2.6 (2023-06)
ETSI EN 300 328 V2.2.2 (2019-07)
IEC62321-3-1:2013
IEC62321-4:2013
IEC62321-5:2013
IEC62321-6:2015
IEC62321-7-1:2015
IEC62321-7-2:2017
IEC62321-8:2017

We hereby declare that the equipment named above has been designed to comply with the relevant sections of the above referenced requirements. The model complies with all applicable Essential Requirements of the Directives stated above.

Full Name: George.wang

Position: Approval Manager

Signature: 

Place/Date: Shenzhen, China/Oct.15-2025



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



Made in China

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