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› Acezoe P11-S Walking Pad Treadmill User Manual

Acezoe P11-S

Acezoe P11-S Walking Pad Treadmill User Manual

Brand: Acezoe | Model: P11-S

INTRODUCTION

This manual provides essential information for the safe and effective use of your Acezoe P11-S 2-in-1 Foldable Walking Pad Treadmill. Please read all instructions carefully before assembly, operation, or maintenance. Keep this manual for future reference.

IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, always follow basic precautions when using this appliance, including the following:

- Read all instructions in this manual before using the treadmill.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with at least 2 feet of clear space behind it.
- Wear appropriate athletic footwear and clothing.
- Use the safety key at all times. In case of emergency, the safety key will stop the treadmill.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Consult a physician before starting any exercise program.



Figure 1: Knee and Ankle Protection Features. The treadmill features 8 silicone shock-absorbers and a 7-layer tough, non-slip running belt designed to provide effective cushioning and reduce impact on joints during exercise.

SETUP

The Acezoe P11-S treadmill requires no assembly and is ready to use out of the box. It features a compact, foldable design for easy storage and mobility.

Unfolding and Placement

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a level surface.
3. If using in running mode, lift the handlebar into the upright position until it locks securely.

4. Connect the power cord to the treadmill and then to a grounded electrical outlet.

Adjusting Incline

The treadmill features a manual 10% incline. To adjust the incline, locate the incline adjustment mechanism at the rear of the treadmill. Follow the instructions provided on the mechanism to set the desired incline level. No tools are required for this adjustment.



Figure 2: Compact Design for Space Saving. The treadmill is designed to be compact and lightweight (51.2"x22"x5.3", 51lbs) with wheels for easy mobility and storage under furniture or in small spaces.

OPERATING INSTRUCTIONS

Modes of Operation

The Acezoe P11-S operates in two primary modes:

- **Walking Pad Mode:** When the handlebar is folded down, the treadmill functions as a walking pad with a speed range of 0.6-4 mph.
- **Running Mode:** With the handlebar in the upright position, the treadmill supports speeds from 0.6-6.2 mph, suitable for jogging and light running.



Figure 3: 2-in-1 Under Desk Treadmill. The treadmill offers distinct walking and running modes, adapting to various fitness needs and environments.

Control Methods

You can control the treadmill using the following methods:

- **Control Panel:** The integrated LED display and buttons on the treadmill allow for quick start, speed

adjustment, and mode selection.

- **Remote Control:** Use the included remote control to start/stop the treadmill and adjust speed.
- **Smart APPs:** Connect your device to the treadmill via Bluetooth to access various workout programs, track data, and engage with fitness communities.

3 Ways to Control the Treadmill

APP/Control Panel/Remote

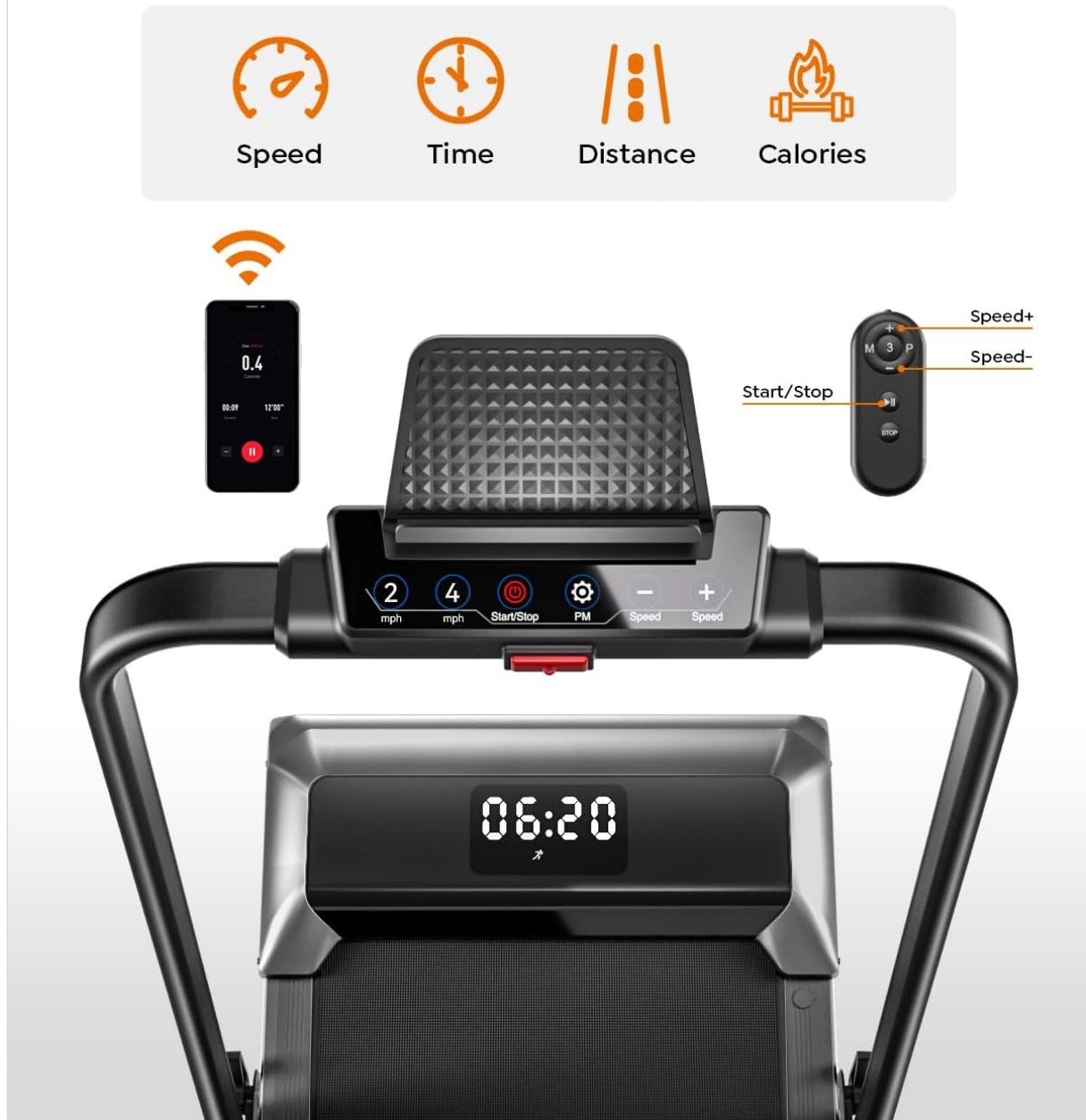


Figure 4: Three Control Methods. The treadmill can be operated conveniently using the integrated control panel, a remote control, or a connected smartphone application.

Workout Programs and Features

- **Free Running:** Quick start and manual speed adjustment.
- **Customized Training Plans:** Create and follow personalized workout routines.
- **12 HIIT Programs:** Pre-set High-Intensity Interval Training programs for efficient calorie burning.
- **APP Integration:** Connect to various fitness applications for diverse workout plays, real-time data synchronization, and competitive features.

Reject Boredom when Running

Start your Fitness Journey with Apps



Figure 5: Smart APP Integration. Enhance your fitness journey by connecting to compatible applications, offering interactive workouts and data tracking.

Incline Functionality

The manual 10% incline simulates climbing scenarios, which can increase calorie burn by up to 60% compared to flat walking. Adjust the incline before starting your workout for optimal results.

Adjustable 2%-10% Incline

Simulate Real Climbing, Boost Fat Burning by 50%

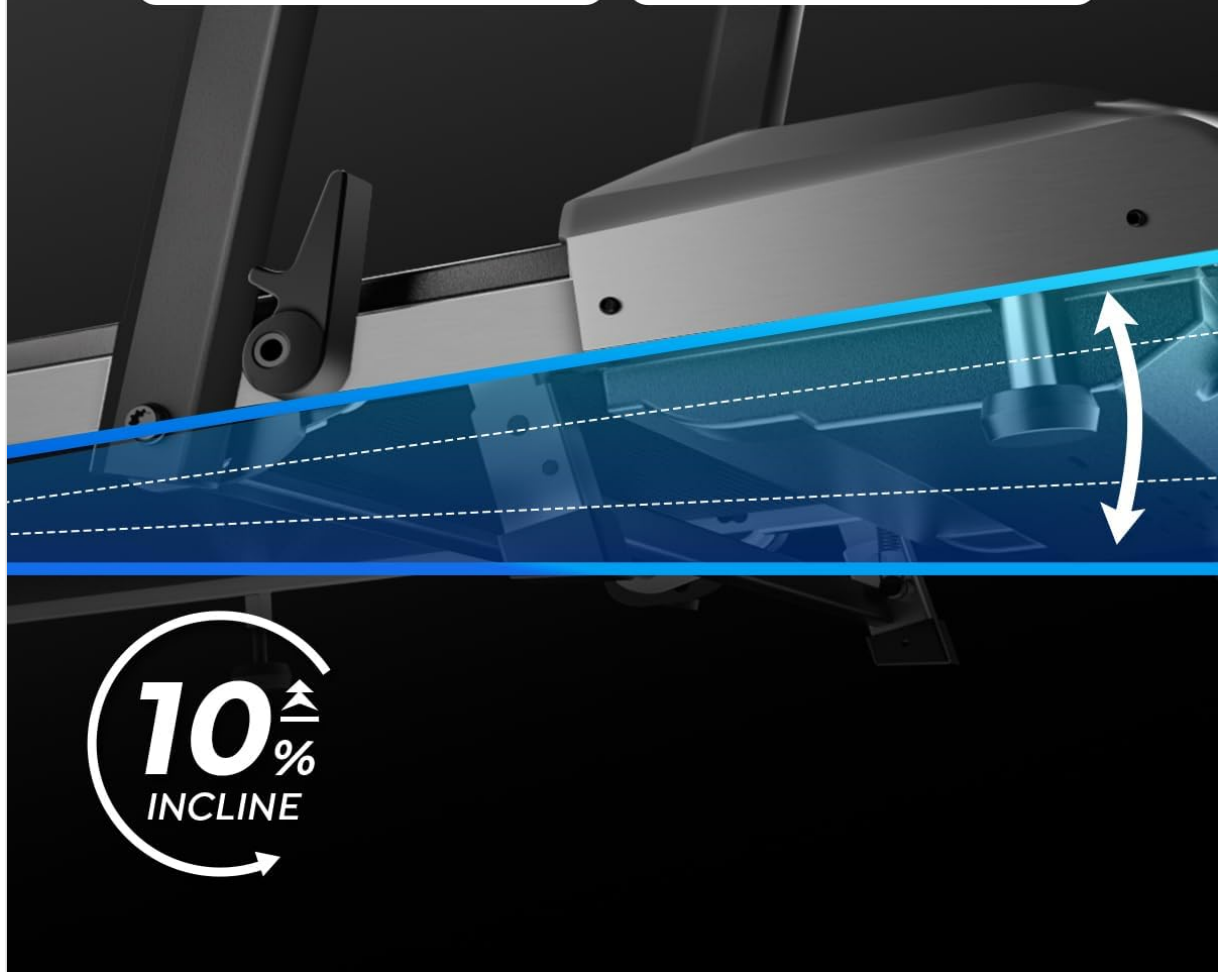
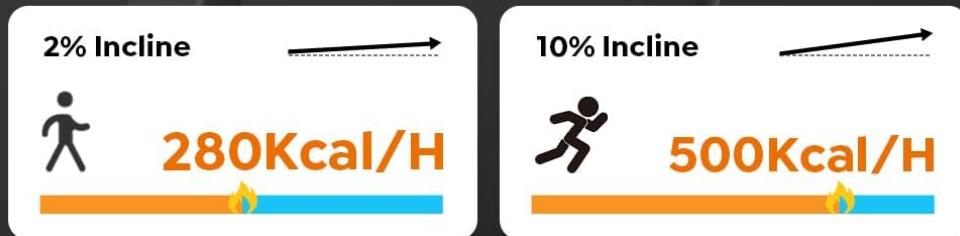


Figure 6: Adjustable Incline. The manual 10% incline feature allows users to simulate uphill walking, significantly boosting calorie expenditure during workouts.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill.

- **Cleaning:** Wipe down the treadmill surface and display with a damp cloth after each use. Avoid abrasive cleaners.
- **Belt Lubrication:** Periodically check the running belt for proper lubrication. Refer to the included user manual for specific lubrication instructions and recommended lubricants.
- **Belt Tension and Alignment:** Ensure the running belt is properly tensioned and centered. Adjust as needed according to the detailed instructions in the full user manual.

- **Motor Area:** Keep the area around the motor clean and free of dust to ensure proper ventilation.

TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common solutions:

- **Treadmill does not power on:** Ensure the power cord is securely plugged into both the treadmill and a working electrical outlet. Check the main power switch on the treadmill.
- **Belt stops or slips:** Check the safety key is properly inserted. The running belt may require tension adjustment or lubrication.
- **Unusual noises:** Inspect the treadmill for any loose parts. Ensure the belt is properly aligned and lubricated.
- **Remote control not working:** Replace the batteries in the remote control. Ensure there are no obstructions between the remote and the treadmill's receiver.

For persistent issues or problems not listed here, please contact Acezoe customer support.

SPECIFICATIONS

Feature	Detail
Model Number	P11-S
Product Dimensions	130.05 x 55.88 x 13.46 cm (51.2 x 22 x 5.3 inches)
Item Weight	23.5 kg (51.8 lbs)
Material	Alloy Steel
Horsepower	2.5 HP
Speed Range	0.6 - 6.2 MPH
Weight Capacity	300 lbs
Incline	Manual 10%
Display Type	LED (Calories Burned, Distance, Speed, Time)
Number of Programs	12 (HIIT Programs)
Power Source	Corded Electric
Special Features	Foldable, App Control, Remote Control, Shock-Absorbing
Included Components	Power Cord, Remote Control, Safety Key, User Manual

2.5HP Powerful & Quiet Motor



Low Noise
45db



Speed Range
0.6-6.2mph



Weight Capacity
300lbs



Figure 7: Powerful and Quiet Motor. The treadmill is equipped with a 2.5HP motor, designed for stable performance, a wide speed range, and quiet operation at approximately 45dB.

WARRANTY AND SUPPORT

Acezo provides comprehensive customer support for your P11-S treadmill.

- **Warranty:** The product comes with a 2-year protection plan.
- **Technical Support:** Lifetime technical support is available.
- **Customer Service:** 24/7 service is offered for any inquiries or issues.

For assistance, please refer to the contact information provided in your product packaging or on the official Acezo website.

