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› SUOUER 380TM Pro Max Walking Pad Treadmill with Incline and Handle Bar User Manual

SUOUER 380TM Pro Max

SUOUER 380TM Pro Max Walking Pad Treadmill User Manual

Model: 380TM Pro Max | Brand: SUOUER

1. INTRODUCTION

Thank you for choosing the SUOUER 380TM Pro Max Walking Pad Treadmill. This manual provides essential information for the safe and efficient operation, assembly, and maintenance of your new fitness equipment. Please read this manual thoroughly before initial use and retain it for future reference.



Image: The SUOUER Walking Pad Treadmill with Handle Bar, showcasing its design and functionality.

2. IMPORTANT SAFETY INFORMATION

To ensure safe operation, please observe the following precautions:

- Always remove the safety key when the unit is not in use to prevent accidental activation.
- Stand on the side rails before starting the unit to avoid injury.
- Keep children and pets away from the treadmill during operation.
- Read the owner's manual carefully before using the product.
- Ensure the treadmill is placed on a flat, stable surface.
- Do not use the treadmill if it is damaged or malfunctioning.
- Consult a physician before starting any new exercise program.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- Treadmill Unit x1
- User Manual x1
- L-shaped Wrench x2
- Safety Clip x1
- Wrench x1
- Screws (various sizes) x1 set

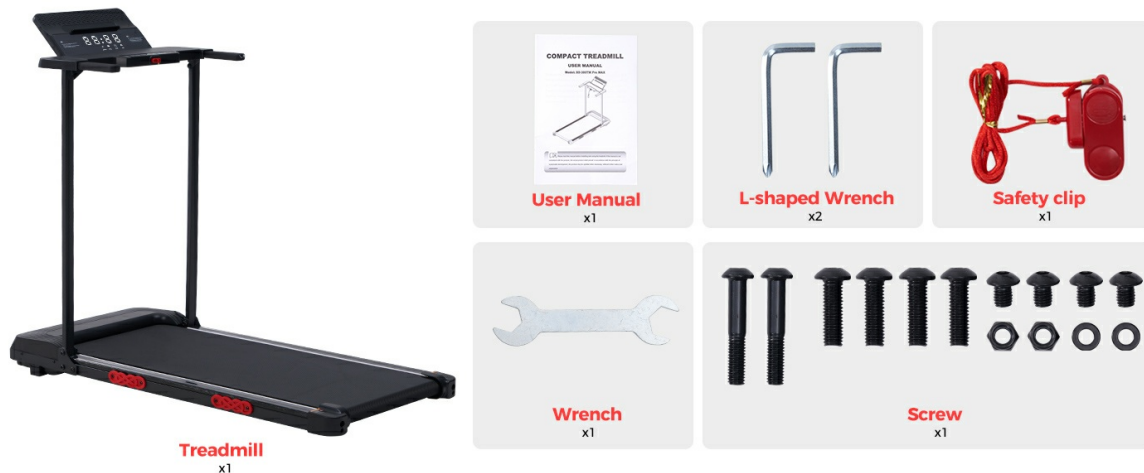


Image: All components included in the package, such as the treadmill, user manual, wrenches, safety clip, and screws.

4. SETUP AND ASSEMBLY

The SUOUEER 380TM Pro Max treadmill requires minimal assembly. Follow these steps:

1. Unpack the treadmill and all components from the box.
2. Carefully lift the handlebar assembly to its upright position.
3. Secure the handlebar assembly using the provided screws and wrenches. Ensure all connections are tight and stable.
4. Place the safety clip in its designated slot on the console. The treadmill will not operate without the safety clip in place.
5. Plug the power cord into a grounded electrical outlet.

5. OPERATING INSTRUCTIONS

5.1 Basic Operation

1. Ensure the safety clip is correctly inserted into the console.
2. Step onto the side rails of the treadmill.
3. Press the 'START' button on the console. The treadmill will begin a countdown before the belt starts moving at a low speed.
4. Gradually increase the speed using the '+' button or select a preset speed (2km, 4km, 8km) as desired.
5. To stop, press the 'STOP' button or pull the safety clip.

5.2 Display and Controls

The LED display shows real-time exercise data:

- **SPEED:** Current speed in MPH.

- **TIME:** Duration of your workout.
- **DIST:** Distance covered.
- **CAL:** Estimated calories burned.

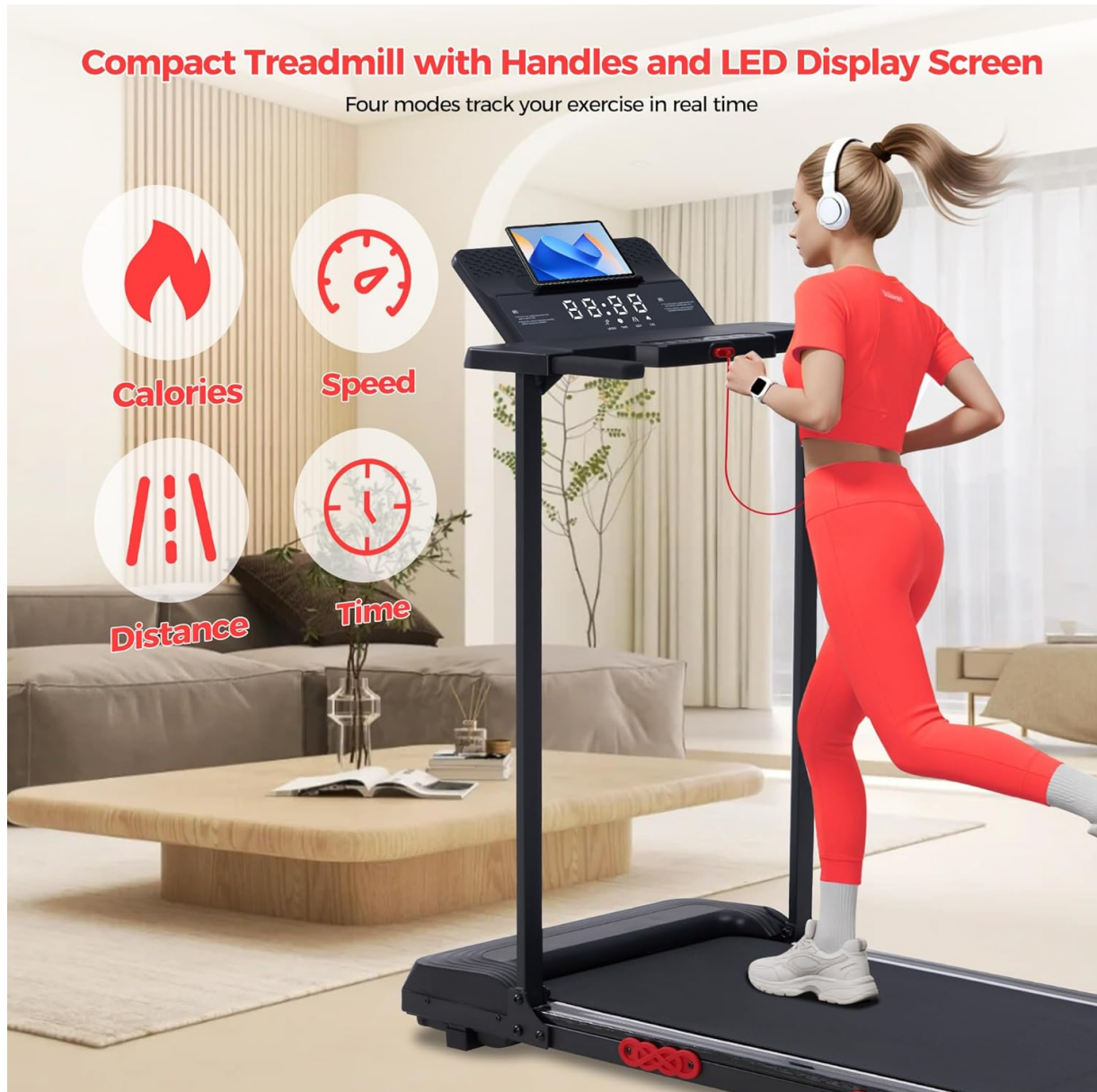


Image: Close-up of the LED display screen, illustrating the various metrics tracked during a workout.

5.3 Preset Programs

The treadmill features 12 preset programs (P1-P12) designed for varied fitness goals. Press the 'P/M' button to cycle through the programs. Each program offers different speed and duration profiles.



Image: The treadmill console displaying the 12 preset workout programs.

6. KEY FEATURES

- **High-Powered Motor:** Equipped with a 3.5HP quiet motor, offering speeds from 0.6 to 10.0 MPH.
- **Compact Folding Design:** The handlebar folds vertically, reducing the treadmill's dimensions to a sleek 5.7" depth for easy storage under beds or in closets.
- **Joint-Safe Walking Experience:** Features a 6-layer anti-slip belt with reinforced traction and ergonomic handles. Advanced shock absorption reduces knee impact by up to 40%.
- **Integrated LED Display:** Tracks speed, distance, time, and calories burned.
- **Durable Construction:** Reinforced carbon steel frame supports up to 400 lbs, certified by over 100,000 impact tests.

Portable Walking Pad Treadmills with Handles for Home

Multi-Functional walking pad with adjustable speed

Working

0.6-2.0MPH



Jogging

2.0-4.0MPH



Running

4.0-10MPH



Image: Illustration of the treadmill's versatile usage modes, including working, jogging, and running.

Electric Walking Pad Treadmills with Handle Bar for Home Small

3.5HP Powerful Brushless and Quiet Motor



Image: The treadmill in its folded state, highlighting its compact dimensions for storage.

3.5HP Electric Walking Pad Treadmill with Handles



Image: Diagram illustrating the powerful 3.5HP motor of the electric walking pad treadmill.

7. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use. Avoid abrasive cleaners.

- **Lubrication:** The running belt requires periodic lubrication. Refer to the specific instructions in the included user manual for the correct procedure and frequency.
- **Belt Adjustment:** If the running belt becomes misaligned or too loose/tight, adjust it according to the instructions in the full user manual.
- **Storage:** When not in use, store the treadmill in a dry, clean area. Its foldable design allows for convenient storage.

8. TROUBLESHOOTING

If you encounter issues, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not start	Safety key not inserted; Power cord unplugged; Power switch off	Insert safety key; Plug in power cord; Turn on power switch
Running belt slips	Belt too loose; Belt needs lubrication	Adjust belt tension; Lubricate the belt
Unusual noise during operation	Loose components; Lack of lubrication	Check and tighten all screws; Lubricate the belt
Display not working	Loose connection; Power issue	Check all cable connections; Ensure power supply is stable

For issues not listed here, please contact customer support.

9. SPECIFICATIONS

Feature	Detail
Brand	SUOUER
Model Name	380TM Pro Max
Product Dimensions	42"D x 21"W x 36"H
Folded Size	45.08"x19.69"x5.71"
Item Weight	40 Pounds
Maximum Weight Recommendation	400 Pounds
Maximum Horsepower	3.5 Horsepower
Speed Range	0.6 - 10 Miles per Hour
Material	Carbon Steel, Plastic
Display Type	LED
Metrics Measured	Calories Burned, Distance, Speed, Time

10. WARRANTY AND SUPPORT

This SUOUER treadmill comes with a **12-month warranty**. For any issues, including software glitches or hardware fixes, 24/7 expert support is available. Our team is dedicated to providing rapid solutions to ensure your home treadmill runs smoothly.

For assistance, please refer to the contact information provided in your purchase documentation or visit the official SUOUER website.

