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## Vannect X390AS

# Vannect X390AS Walking Pad Treadmill User Manual

Model: X390AS



## 1. INTRODUCTION

Thank you for choosing the Vannect X390AS Walking Pad Treadmill. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before using the treadmill and retain it for future reference.

## 2. IMPORTANT SAFETY INSTRUCTIONS

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

- Read all instructions before using the treadmill.
- Keep children and pets away from the equipment.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Ensure the emergency stop key is properly attached before starting.
- Wear appropriate athletic footwear.
- Do not use the treadmill if you feel dizzy, faint, or experience any pain. Consult a physician.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- The maximum user weight for this treadmill is 150 kg (330 lbs).

## 3. PACKAGE CONTENTS

Upon opening the package, please verify that all components are present and undamaged:

- Vannect X390AS Walking Pad Treadmill
- Remote Control
- Power Cord
- User Manual (this document)

- Lubricant (small bottle, if included)
- Tools for minor assembly/adjustment (if required)

## 4. PRODUCT OVERVIEW

The Vannect X390AS is a compact walking pad treadmill designed for home use, offering a convenient way to incorporate physical activity into your daily routine. Its slim profile allows for easy storage, and it can be used under a standing desk for active work sessions.



This image illustrates the Vannect X390AS Walking Pad Treadmill in operation. It highlights its compact design suitable for home use, including under a standing desk. The integrated display provides real-time data such as speed, time, distance, and calories burned. The treadmill also features a manual incline capability, shown here at 9%.

### Key Features:

- Compact and foldable design for easy storage.
- Integrated LED display for tracking workout metrics.
- Remote control for convenient speed adjustment.

- Manual incline adjustment up to 9%.
- Multi-layer running belt with shock absorption.

## 5. SETUP

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1. **Unpacking:** Carefully remove the treadmill from its packaging.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure there is at least 0.6 meters (2 feet) of clear space behind the treadmill and 0.3 meters (1 foot) on each side.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet.
4. **Emergency Stop Key:** Ensure the emergency stop key is securely placed on the console. The treadmill will not operate without it.
5. **Incline Adjustment (Optional):** If you wish to use the incline feature, manually adjust the incline mechanism located at the rear of the treadmill to your desired level (up to 9%).

## 6. OPERATING INSTRUCTIONS

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### 6.1. Powering On/Off

- **To Power On:** Connect the power cord and ensure the emergency stop key is in place. The display will illuminate.
- **To Power Off:** Press the power button on the remote control or unplug the unit. Always remove the emergency stop key when not in use.

### 6.2. Using the Remote Control

The remote control allows you to start, stop, and adjust the speed of the treadmill.

- **Start/Stop:** Press the **START/STOP** button to begin or end your workout.
- **Speed Adjustment:** Use the **+** and **-** buttons to increase or decrease the walking speed.
- **Mode/Display:** Some remotes may have a mode button to cycle through display metrics.

### 6.3. Display Information

The integrated LED display shows various workout metrics:

- **Speed:** Current walking speed (e.g., km/h or mph).
- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.

### 6.4. Incline Adjustment

The Vannect X390AS features a manual incline adjustment. To change the incline:

1. Ensure the treadmill is powered off and unplugged.
2. Locate the incline adjustment mechanism at the rear of the treadmill.
3. Carefully lift or lower the rear of the treadmill to engage the desired incline level. Refer to the markings for specific percentages (e.g., 9%).
4. Ensure the mechanism is securely locked in place before resuming use.

## 7. MAINTENANCE

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

### 7.1. Cleaning

- Wipe down the treadmill surfaces with a damp cloth after each use.
- Do not use abrasive cleaners or solvents.
- Keep the area around the treadmill clean and free of dust.

### 7.2. Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific instructions provided with your lubricant or contact customer support for guidance on frequency and application.

### 7.3. Belt Tension and Alignment

If the running belt slips or drifts to one side, it may need adjustment. Consult the detailed instructions in the full product manual or contact customer support for assistance. Incorrect adjustment can damage the treadmill.

## 8. TROUBLESHOOTING

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If you encounter issues with your Vannect X390AS Walking Pad Treadmill, refer to the following common problems and solutions:

- **Treadmill does not power on:**
  - Check if the power cord is securely plugged into a working outlet.
  - Ensure the emergency stop key is correctly inserted.
  - Verify the power switch (if present) is in the "ON" position.
- **Remote control not working:**
  - Replace the batteries in the remote control.
  - Ensure there are no obstructions between the remote and the treadmill's receiver.
  - If the issue persists, contact customer support.
- **Running belt slips or stops:**
  - The belt may require tension adjustment. Refer to maintenance section or contact support.
  - Ensure the treadmill is not overloaded (check maximum user weight).
- **Unusual noise during operation:**
  - Check for loose parts or foreign objects under the belt.
  - The belt may need lubrication.
  - If the noise persists, discontinue use and contact customer support.

## 9. SPECIFICATIONS

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<b>Brand</b>	Vannect
<b>Model Number</b>	X390AS
<b>Product Dimensions (L x W x H)</b>	116 x 50.5 x 12.5 cm (45.7 x 19.9 x 4.9 inches)

<b>Product Weight</b>	22 kg (48.5 lbs)
<b>Maximum Weight Recommendation</b>	150 kg (330 lbs)
<b>Incline</b>	Manual, up to 9%
<b>Motor Power</b>	2.75 horsepower

## 10. WARRANTY AND SUPPORT

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The Vannect X390AS Walking Pad Treadmill comes with a standard manufacturer's warranty. Please refer to the warranty card included in your package for specific terms and conditions, including coverage duration and claim procedures.

For technical support, spare parts, or warranty claims, please contact Vannect customer service through the retailer where you purchased the product or visit the official Vannect website for contact information.

