

vannect X390AS

Vannect Foldable Treadmill Walking Pad User Manual

Model: X390AS

Brand: vannect

1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using this product. Keep this manual for future reference.

- Always place the treadmill on a flat, stable surface.
- Ensure there is adequate clear space (at least 2 meters) behind the treadmill for safety.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear and clothing when using the treadmill.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- If you experience any pain, dizziness, or shortness of breath, stop exercising immediately and consult your physician.
- Do not attempt to service the treadmill yourself. Contact qualified service personnel.

2. PRODUCT OVERVIEW

The Vannect Foldable Treadmill Walking Pad is designed for home fitness, offering a compact and versatile solution for walking and light running. It features a powerful motor, advanced shock absorption, and an intuitive display.

Key Features:

- **Powerful and Silent Motor:** Equipped with a 2.75 HP peak power motor, operating at less than 30 dB for quiet workouts.
- **Advanced Shock Absorption:** Features 10 silicone shock absorbers and a 5-layer anti-slip running belt for joint protection.
- **Smart LED Display:** Clearly shows speed, time, distance, and calories burned.
- **Wireless Remote Control:** Conveniently adjust speed and start/stop the treadmill.

- **Adjustable Incline:** Manual incline adjustment up to 9%.
- **Foldable and Portable Design:** Easy to store and move with built-in wheels.

Entraînement efficace, expérience confortable



Figure 2.1: Overview of the treadmill's main features, including the powerful motor, shock absorbers, smart display, and remote control.

Protection ultime des genoux

Profitez d'entraînements plus fluides et plus sûrs avec



 **10** amortisseurs en silicone avancés

 Bande de course antidérapante à **5** couches



Figure 2.2: Illustration of the 10 advanced silicone shock absorbers and the 5-layer anti-slip running belt, designed for ultimate knee protection and a smoother workout.

Moteur puissant et silencieux



2,75 CV
Puissance maximale

1-10 km/h
Plage de vitesse

150 kg
Charge maximale

<30 dB
Ultra silencieux

Figure 2.3: Close-up view of the powerful and silent motor, highlighting its 2.75 HP maximum power, 1-10 km/h speed range, 150 kg maximum load capacity, and ultra-quiet operation below 30 dB.

3. SETUP

The Vannect Treadmill Walking Pad comes pre-assembled, requiring minimal setup before first use.

Unpacking and Placement:

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a firm, level surface. Ensure there is sufficient space around the unit for safe operation and access.
3. Unfold the treadmill if it is in its folded storage position. Gently lift the rear of the treadmill until it locks into the flat position.

Power Connection:

1. Locate the power cord and plug it securely into the treadmill's power input.
2. Plug the other end of the power cord into a grounded electrical outlet.
3. Ensure the power switch (usually located near the power cord input) is in the 'ON' position.

Facile à déplacer et peu encombrant



Figure 3.1: The treadmill's compact dimensions (1160mm x 505mm) and integrated wheels make it easy to move and store under furniture or in small spaces.

4. OPERATING INSTRUCTIONS

Familiarize yourself with the display and remote control before starting your workout.

Using the Remote Control:

- **START/STOP Button:** Press to begin or end your workout.
- **Speed +/- Buttons:** Adjust the walking/running speed.
- **Mode Button (M):** Cycle through different display modes (Time, Distance, Calories).
- **Program Button (P):** Select pre-set workout programs (if available).

Starting a Workout:

1. Ensure the treadmill is plugged in and powered on.
2. Stand on the side rails of the treadmill.
3. Press the 'START' button on the remote control. The treadmill will typically start at a low speed.
4. Gradually increase the speed using the '+' button to your desired pace.

5. Step onto the running belt and begin your workout.

Adjusting Incline:

The incline of this treadmill is adjusted manually. To change the incline, you will need to stop the treadmill and physically adjust the support mechanism at the rear of the unit to the desired angle (0-9%).

Understanding the Display:

The LED display provides real-time feedback on your workout:

- **Speed:** Current speed in km/h.
- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.



Figure 4.1: A user demonstrating the operation of the Vannect treadmill, highlighting the remote control and the display showing workout metrics.



Figure 4.2: The 4-in-1 functionality of the Vannect treadmill, illustrating different usage modes: Work (1-3 km/h), Walk (4-6 km/h), Run (7-10 km/h), and Incline (0-9%).

5. MAINTENANCE

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

Cleaning:

- Wipe down the treadmill after each use with a damp cloth to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as they may damage the surface.
- Keep the area around the treadmill clean and free of debris.

Belt Lubrication:

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific lubrication instructions provided with your treadmill's silicone oil.

Belt Tension and Alignment:

Check the running belt tension and alignment regularly. If the belt feels loose or is drifting to one side, consult

the troubleshooting section or contact customer support for adjustment instructions.

6. TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common problems and solutions.

| Problem | Possible Cause | Solution |
|--|--|--|
| Treadmill does not power on. | Power cord not connected; power switch off; circuit breaker tripped. | Ensure power cord is securely plugged in. Check power switch. Reset circuit breaker if necessary. |
| Running belt stops or hesitates during use. | Belt needs lubrication; belt tension is too loose; motor overload. | Lubricate the belt. Adjust belt tension (refer to manual or support). Reduce user weight or speed. |
| Remote control not responding. | Remote batteries are low or dead; remote not paired; interference. | Replace remote batteries. Re-pair the remote if applicable (consult full manual). Ensure no obstructions between remote and treadmill. |
| LED display flickering or not working correctly. | Loose connection; internal fault. | Check all visible connections. If issue persists, contact customer support. |
| Unusual noise from the treadmill. | Loose parts; belt rubbing; motor issue. | Inspect for loose screws. Check belt alignment. If noise persists, discontinue use and contact support. |

7. SPECIFICATIONS

| Specification | Detail |
|-----------------------|--------------------------------|
| Model Number | X390AS |
| Dimensions (Unfolded) | 116 x 50 x 12.5 cm (L x W x H) |
| Dimensions (Folded) | 116 x 50 x 12.5 cm (L x W x H) |
| Weight | 20 kg |
| Frame Material | High-carbon steel |
| Power Source | Electric Cable |
| Motor Power | 2.75 HP (Peak) |
| Speed Range | 1-10 km/h |
| Maximum Incline | 9% (Manual Adjustment) |
| Maximum User Weight | 150 kg |
| Noise Level | <30 dB |
| Assembly Required | No |

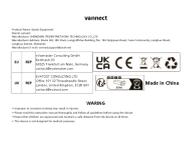
8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or contact Vannect customer service directly. Keep your proof of purchase for any warranty claims.

If you have any questions or require assistance with your Vannect Treadmill Walking Pad, please do not hesitate to reach out to our support team.

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Related Documents - X390AS

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|---|---|
|  | <p>VANNECT Exercise Bike 917B Instruction Manual and User Guide</p> <p>Comprehensive instruction manual for the VANNECT Exercise Bike Model 917B, covering assembly, safety, usage, exercise guide, and troubleshooting. Learn how to set up and use your exercise bike for effective workouts.</p> |
|  | <p>VANNECT Folding Exercise Bike: Assembly, Safety, and User Guide</p> <p>This comprehensive user manual provides detailed instructions for assembling, safely operating, and maintaining your VANNECT Folding Exercise Bike. Includes parts list, exercise guidance, and troubleshooting tips.</p> |
|  | <p>Vannect Sports Equipment - Product Information and Safety Warnings</p> <p>Official product information for Vannect Sports Equipment, including manufacturer details, EU and UK representative contacts, compliance marks, and essential safety warnings for users.</p> |
|  | <p>Vannect Sports Equipment - Product Information and Safety Warnings</p> <p>Comprehensive product information for Vannect Sports Equipment, including manufacturer details, EU/UK representative contacts, compliance marks, and essential safety warnings for users.</p> |

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|  | <p>VANNECT Exercise Bike 917B Instruction Manual and User Guide</p> <p>Comprehensive instruction manual for the VANNECT Exercise Bike Model 917B, covering assembly, safety, usage, exercise guide, and troubleshooting. Learn how to set up and use your exercise bike for effective workouts.</p> |
|  | <p>Stepper Fitness Machine Instruction Manual</p> <p>Comprehensive instruction manual for the Stepper fitness machine, covering safety guidelines, product features, usage notes, troubleshooting, maintenance, and exercise recommendations for effective home workouts.</p> |