

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

- › [vannect](#) /
- › [Vannect 6-in-1 Foldable Treadmill User Manual](#)

vannect X390S

Vannect 6-in-1 Foldable Treadmill User Manual

Model: X390S | Brand: Vannect

1. INTRODUCTION

Thank you for choosing the Vannect 6-in-1 Foldable Treadmill. This manual provides essential information for the safe and efficient operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before use and keep it for future reference.



Image: The Vannect 6-in-1 Foldable Treadmill, demonstrating its versatility for both running and walking with a standing desk setup.

2. SAFETY INSTRUCTIONS

To ensure your safety and prolong the life of your treadmill, please adhere to the following safety guidelines:

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clear space around the treadmill (at least 2 meters behind and 0.6 meters on each side).
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear and clothing.
- Use the safety key at all times. Attach the clip to your clothing before starting your workout.
- Consult a physician before starting any new exercise program.
- Do not attempt to lubricate the running belt while the treadmill is in motion.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

3. WHAT'S IN THE BOX

Upon unpacking, please verify that all components are present:

- Treadmill Base
- Motor Casing
- Power Cable
- User Manual

4. SETUP

The Vannect 6-in-1 Foldable Treadmill comes 100% pre-installed, requiring no complex assembly. Follow these simple steps to get started:

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a firm, level surface.
3. Lift the handlebar into its upright position until it locks securely.
4. Connect the power cable to the treadmill and then to a grounded electrical outlet.
5. Attach the safety key to the designated slot on the console. The treadmill will not operate without the safety key in place.



Image: The treadmill demonstrating its foldable design, showing how it can be easily moved and stored under furniture.

5. OPERATING INSTRUCTIONS

5.1 Power On/Off

- To power on, ensure the safety key is in place, then press the 'Start' button on the console or remote control.
- To power off, press the 'Stop' button or remove the safety key.

5.2 Speed Adjustment

- The treadmill offers a speed range of 1 to 12 km/h.
- Use the '+' and '-' buttons on the console or remote control to increase or decrease speed.

5.3 Incline Adjustment

- This model features a manual 9% incline.
- To adjust the incline, you will need to manually lift the rear of the treadmill and secure the support legs into the desired incline position. Ensure the treadmill is off and unplugged before adjusting the incline.

5.4 Using the Magnetic Remote Control

- The magnetic remote control can be conveniently attached to the handlebar for easy access during your workout.
- It allows you to start/stop the treadmill and adjust the speed.

5.5 App Connectivity (Fitshow App)

- Download the Fitshow App from your device's app store.
- Enable Bluetooth on your mobile device and open the Fitshow App.

- Follow the in-app instructions to connect to your treadmill.
- The app allows you to track your workout data (speed, calories, distance, time), participate in challenges, and access diversified fitness courses.



Image: The treadmill's console with a large LED display, illustrating the various metrics displayed and the magnetic remote control for convenient operation.

Ejercicio Inteligente y Personalizado - Control de Aplicaciones



Image: A user engaging with the Fitshow application on a tablet, showcasing the intelligent and personalized exercise tracking features of the treadmill.

6. FEATURES

The Vannect 6-in-1 Foldable Treadmill is designed with advanced features for an optimal home workout experience:

- **9% Manual Incline:** Simulates real uphill running, enhancing fat burning by up to 60% and providing a more challenging workout.
- **Dual LED Display:** Clearly shows essential workout data including speed (1-12 km/h), time, distance, calories, and steps.
- **Magnetic Remote Control:** Easy to grasp and store, ensuring convenient speed adjustments without interrupting your exercise.
- **Smart App Compatibility:** Connects to the Fitshow App via Bluetooth for real-time data visualization, challenges, and diversified fitness programs.
- **Advanced Shock Absorption System:** Features a 5-layer anti-slip running surface and 8 silicone shock absorbers to protect your joints during exercise.
- **Powerful and Quiet Motor:** Equipped with a 2.75 HP motor, operating at less than 30dB, allowing for quiet workouts at any time.
- **High Weight Capacity:** Supports users up to 150 kg (330 lbs), suitable for various body types.
- **Compact and Foldable Design:** Ultra-slim (13.5 cm when folded) with transport wheels, making it easy to store under a sofa or bed. No assembly required.



Image: The treadmill highlighting its 6-in-1 versatility, suitable for various activities from walking to office use and even pet training.



Image: A detailed view of the treadmill's high-tech running belt, emphasizing its 7 anti-slip layers and 8 silicone shock absorbers designed

to protect knee joints.



Image: The walking pad with incline, illustrating how a 9% incline significantly increases calorie expenditure compared to a flat surface.

VANNECT Actualizar Motores de Alta Potencia y Otros Motores

VANNECT	Otros
✓ Motor: 2.75HP	✗ Motor: 2 HP
✓ Carga máxima: 350LBS	✗ Carga máxima: 265 LBS
✓ Velocidad: 1-12km/h	✗ Velocidad: 1 - 6km / h
✓ Bajo ruido: <30dB	✗ Bajo ruido: <70dB
✓ Vida útil: larga vida	✗ Vida útil: fácil de tener fiebre, corta vida
✓ Consumo de energía: Menor Consumo de energía	✗ Consumo de energía: mayores Costos de mantenimiento

The advertisement features a comparison table between VANNECT and other brands. The VANNECT side lists benefits like a 2.75HP motor, 350LBS capacity, 1-12km/h speed, low noise (<30dB), long life, and lower energy consumption. The 'Otros' side lists drawbacks such as a 2HP motor, 265LBS capacity, 1-6km/h speed, higher noise (<70dB), shorter life, and higher maintenance costs. The background shows a treadmill with its motor components highlighted in blue.

Image: A comparison chart detailing the superior specifications of Vannect's updated high-power motor, including 2.75 HP, 150kg max load, 1-12km/h speed, and low noise.

7. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Do not use abrasive cleaners.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction. Refer to the specific instructions for lubrication frequency and type of lubricant (usually silicone oil).
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. Adjust if necessary according to the instructions provided in the full manual (if applicable).
- **Motor Area:** Keep the motor area clean and free of dust and debris.

8. TROUBLESHOOTING

If you encounter any issues with your treadmill, refer to the following common troubleshooting steps:

Problem	Possible Cause	Solution
Treadmill does not power on	Power cable not connected; Safety key not in place; Power switch off	Ensure power cable is securely plugged in; Insert safety key fully; Turn on power switch
Running belt slips or hesitates	Belt too loose; Insufficient lubrication	Adjust belt tension; Lubricate the running belt
Unusual noise during operation	Loose parts; Motor issue; Belt friction	Check for loose screws and tighten; Contact customer support if motor noise persists; Lubricate belt
Display not working correctly	Loose connection; Software glitch	Check all cable connections; Power cycle the treadmill (unplug and plug back in)

If the problem persists after attempting these solutions, please contact Vannect customer support.

9. SPECIFICATIONS

Key technical specifications for the Vannect 6-in-1 Foldable Treadmill:

Specification	Value
Model Number	X390S
Brand	Vannect
Dimensions (L x W x H)	120.8 x 102.1 x 56 cm
Product Weight	28 kg
Maximum Horsepower	2.75 HP
Speed Range	1 - 12 km/h
Maximum Incline Percentage	9% (Manual)

Specification	Value
Maximum User Weight Capacity	150 kg
Material	Metal
Assembly Required	No

10. WARRANTY AND SUPPORT

Vannect is committed to providing high-quality products and excellent customer service. Your Vannect 6-in-1 Foldable Treadmill comes with:

- **5-Year Free Spare Parts Warranty:** Enjoy peace of mind with free replacement parts for 5 years from the date of purchase.
- **24/7 Customer Support:** Our dedicated customer service team is available around the clock to assist you with any questions or concerns.

For warranty claims or technical assistance, please contact Vannect customer support through the contact information provided on our official website or your purchase platform.

© 2025 Vannect. All rights reserved.

Related Documents - X390S

	<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 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 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>



[VANNECT Folding Exercise Bike: Assembly, Safety, and User Guide](#)

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.