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## vannect X390AS

# vannect X390AS Walking Pad Instruction Manual

Model: X390AS | Brand: vannect

### INTRODUCTION

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your vannect X390AS Walking Pad. Please read it thoroughly before initial use and retain it for future reference.

### SAFETY INFORMATION

To ensure safe operation, please observe the following precautions:

- Read all instructions in this manual before using the walking pad.
- Consult a physician before starting any new exercise program.
- Keep children and pets away from the walking pad during operation.
- Place the walking pad on a firm, level surface with adequate clear space around it.
- The maximum user weight capacity is 150 kg (330 lbs). Do not exceed this limit.
- Unplug the walking pad from the power outlet when not in use or before cleaning/maintenance.
- Do not operate the walking pad if it has a damaged cord or plug, or if it is not working properly.

**Important Note:** Recommended for use on hard floors to effectively prevent the risk of injury during exercise and to better dissipate heat to the motor, increasing the life of the motor. Avoid using on carpets or soft floors.

### PACKAGE CONTENTS

Please verify that all items are present in the package:

- vannect X390AS Walking Pad
- Magnetic Remote Control
- Power Cord

- User Manual (this document)
- Lubricant (may be included for belt maintenance)

## SETUP

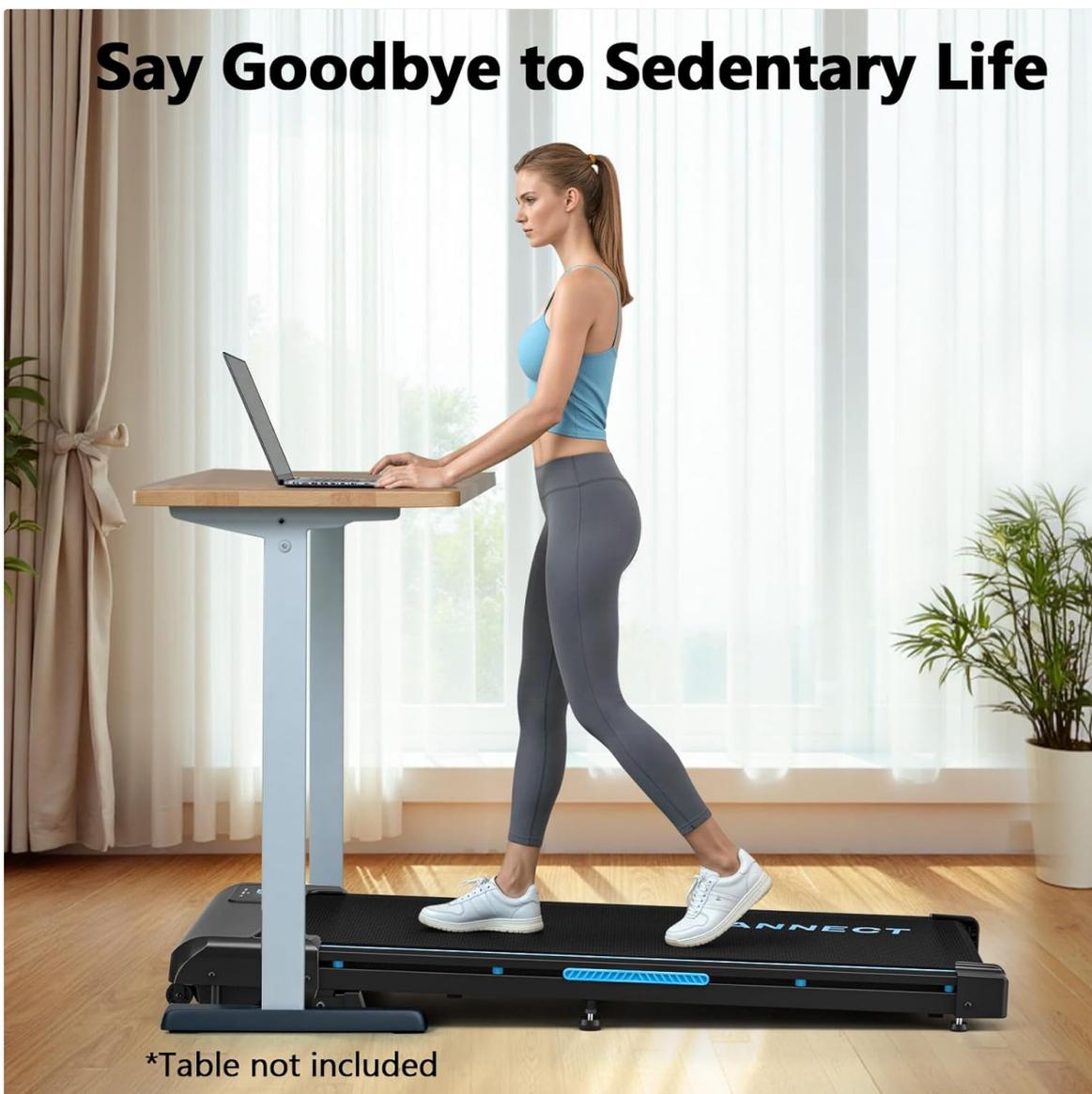
The vannect X390AS Walking Pad comes fully assembled. Follow these steps to prepare it for use:

1. **Unpacking:** Carefully remove the walking pad from its packaging.
2. **Placement:** Place the walking pad on a firm, level surface. Ensure there is adequate clear space around the unit for safe operation. As noted in the safety section, avoid carpets or soft floors for optimal performance and motor longevity.
3. **Power Connection:** Connect the power cord to the walking pad's power input, then plug the other end into a grounded electrical outlet.
4. **Incline Adjustment (Optional):** The walking pad features a 9% manual incline. To activate, locate the adjustable feet at the rear of the unit and position them to raise the walking surface. Ensure both sides are evenly adjusted for stability.



The main image of the vannect X390AS Walking Pad, illustrating its compact design, remote control, and the 9% incline capability. A user is shown walking on the pad, and another is using it with a standing desk.

# Say Goodbye to Sedentary Life



\*Table not included

This image shows a user exercising on the walking pad while working at a standing desk, highlighting its suitability for office or home office environments.

## OPERATING INSTRUCTIONS

### Remote Control Functions

The walking pad is primarily operated using the magnetic remote control. Ensure the remote has working batteries.

## Vannect Premium Tread Belt Technology

Engineered for comfort, support, and long-lasting performance



An image detailing the remote control for the walking pad, showing buttons for Mode, Speed+, Program, Speed-, Start/Pause, and Stop. It also illustrates the display tracking Speed, Time, Distance, and Calories.

- **Power On/Off:** Press the main power switch on the walking pad itself to turn it on. The remote control manages exercise functions once the unit is powered.
- **Start/Pause:** Press the 'Start/Pause' button to begin or temporarily stop your workout. Your workout data will be retained during a pause.
- **Speed Adjustment:** Use the 'Speed +' and 'Speed -' buttons to increase or decrease the walking belt speed. The speed range is 1-10 km/h.
- **Stop:** Press the 'Stop' button to end your workout completely.
- **Mode/Program:** Use the 'Mode' or 'P' button to cycle through different display modes or pre-set programs (if available).
- **Magnetic Feature:** The remote control has magnets on the back for convenient storage on the walking pad when not in use, preventing loss.

### LED Display

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

# Powerful & Quiet Motor



**2.75 HP**

Peak horsepower

**1-10 km/h**

Speed range

**330 LBS**

Max load-bearing

**<30 dB**

Ultra quiet

A detailed view of the walking pad's LED display, which tracks essential workout metrics such as time, speed, distance, and calories burned.

- **Time:** Displays the duration of your current workout session.
- **Speed:** Shows the current speed of the walking belt in kilometers per hour (km/h).
- **Distance:** Indicates the total distance covered during your workout.
- **Calories:** Provides an estimated number of calories burned.

## Workout Modes

The walking pad supports various exercise intensities to suit your fitness needs:



This image visually explains the four primary modes of the walking pad: working (1-3 km/h), walking (4-6 km/h), running (7-10 km/h), and the 9% incline mode, demonstrating its versatility.

- **Working Mode:** Speed range of 1-3 km/h, ideal for light activity while working or performing other tasks.
- **Walking Mode:** Speed range of 4-6 km/h, suitable for a brisk walk.
- **Running Mode:** Speed range of 7-10 km/h, for jogging or light running.
- **Incline Mode:** Utilize the 9% manual incline feature to increase calorie burning and engage leg muscles more effectively.

## MAINTENANCE

Regular maintenance is crucial for ensuring the longevity and optimal performance of your walking pad.

### Cleaning

- Wipe down the walking pad with a damp cloth after each use to remove sweat and dust.
- Avoid using abrasive cleaners or solvents, as these can damage the surface.
- Keep the area around the walking pad clean and free of dust, pet hair, and debris to prevent

interference with moving parts.

## Lubrication

The running belt requires periodic lubrication to reduce friction between the belt and the deck, which extends the lifespan of both the belt and the motor. Refer to the included lubricant instructions or contact customer support for guidance on proper application frequency and method.

## Belt Adjustment

If the running belt becomes misaligned (drifts to one side) or feels loose (slips during use), it may need adjustment. Consult the detailed instructions in the full user manual or contact customer support for assistance with belt centering and tensioning.

## TROUBLESHOOTING

If you encounter any issues with your walking pad, refer to the following common problems and their potential solutions:

Problem	Possible Cause	Solution
Walking pad does not power on.	Power cord not securely connected; Electrical outlet not working; Main power switch is off.	Ensure the power cord is securely plugged into both the walking pad and a grounded electrical outlet; Test the outlet with another device; Turn on the main power switch on the walking pad.
Running belt stops or slips during use.	Running belt is too loose; Motor overload due to excessive weight or speed; Lack of lubrication.	Adjust the running belt tension (refer to full manual); Ensure user weight is within the specified limit (150 kg / 330 lbs); Lubricate the running belt as per maintenance instructions.
Remote control not responding.	Remote control battery is low or dead; Obstruction between the remote and the walking pad's sensor.	Replace the remote control battery; Ensure there is a clear line of sight between the remote and the walking pad's display/sensor.
Unusual noise during operation.	Loose parts; Lack of running belt lubrication; Running belt misalignment.	Check for any loose screws or components and tighten them; Lubricate the running belt; Adjust the running belt alignment (refer to full manual).

## SPECIFICATIONS

Key technical specifications for the vannect X390AS Walking Pad:

Feature	Detail
Model Number	X390AS
Brand	vannect

Feature	Detail
Motor Power	2.75 HP (Peak)
Speed Range	1-10 km/h
Incline	9% (Manual Adjustment)
Maximum Weight Capacity	150 kg (330 lbs)
Running Belt Dimensions	100 cm x 40 cm (approximate)
Product Dimensions (L x W x H)	116 x 50.5 x 12.5 cm
Material	Carbon Steel
Noise Level	<30 dB
Special Features	LED Display, Remote Control, Anti-slip Running Belt, Shock Absorption System

## Efficient Training, Comfortable Experience



This collage illustrates key features such as the powerful silent motor, smart screen display, 10 shock absorbers, wireless remote control, high-quality materials, and adjustable angle.

# Ultimate Knee Protection

Experience a smoother, safer workout



 **10** Advanced Silicone Shock Absorbers

 **5** Layer Anti-Slip Running Belt



This image highlights the advanced shock absorption system, featuring 10 silicone shock absorbers and a 5-layer anti-slip running belt designed for knee protection and a smoother workout.

# Easy to Move & Space Saving



This image demonstrates the walking pad's portability with built-in transport wheels and its compact design for easy storage under furniture.

## WARRANTY AND SUPPORT

For warranty information, technical assistance, or customer support, please refer to the contact details provided with your purchase documentation or visit the official vannect website.

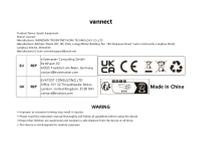
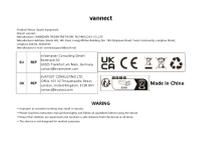
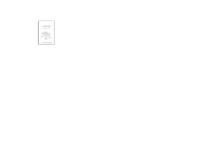
The manufacturer, vannect, offers lifetime technical support on Amazon for a superior customer experience.

**Manufacturer:** vannect

**Date First Available:** 21 March 2025

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Related Documents - X390AS

	<p><a href="#">VANNECT Exercise Bike 917B Instruction Manual and User Guide</a></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>
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