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FOUSAE X390

FOUSAE Walking Pad Model X390 User Manual

Your Guide to Setup, Operation, and Maintenance

1. INTRODUCTION AND WELCOME

Thank you for choosing the FOUSAE Walking Pad Model X390. This manual provides essential information for the safe and efficient use of your new fitness equipment. Please read this manual thoroughly before initial use and retain it for future reference. This walking pad is designed for home use, offering versatile exercise options including working, walking, and jogging.

2. SAFETY INSTRUCTIONS

To ensure your safety and prolong the life of your FOUSAE Walking Pad, please observe the following precautions:

- Always consult with a physician before starting any new exercise program.
- Place the walking pad on a flat, stable surface, ensuring adequate clearance around the unit.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum user weight capacity of 150 kg.
- Ensure the power cord is not damaged and is properly connected to a grounded outlet.
- Wear appropriate athletic footwear during use.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Unplug the walking pad from the power source when not in use or before cleaning and maintenance.
- Do not attempt to service the unit beyond the instructions in this manual. Contact customer support for assistance.

3. PACKAGE CONTENTS

Upon unpacking, please verify that all the following components are included:

- FOUSAE Walking Pad Model X390
- Power Cord
- Remote Control
- Tool Kit

- Lubricant
- User Manual (this document)

4. SETUP GUIDE

The FOUSAE Walking Pad Model X390 requires no assembly and is ready for use directly out of the box. Follow these steps for initial setup:

1. **Unpack:** Carefully remove the walking pad from its packaging.
2. **Position:** Place the walking pad on a firm, level surface. Ensure there is at least 0.5 meters of clear space around the unit.
3. **Connect Power:** Plug the power cord into the walking pad and then into a standard grounded electrical outlet.
4. **Remote Control:** Ensure the remote control has batteries (not included) and is ready for use. The remote control is magnetically attached to the side of the walking pad for convenient storage.



Figure 4.1: The FOUSAE Walking Pad is designed for easy movement and storage, featuring integrated transport wheels and a compact profile for placement under furniture or behind doors.

5. OPERATING INSTRUCTIONS

5.1. Modes of Operation

The FOUSAE Walking Pad offers three primary modes of operation to suit various fitness needs:

- **Working Mode:** 1-3 km/h, ideal for light activity while working or engaging in other tasks.
- **Walking Mode:** 4-6 km/h, suitable for brisk walking and moderate exercise.
- **Jogging Mode:** 7-10 km/h, for more intense cardiovascular workouts.



Figure 5.1: The FOUSAE Walking Pad supports various activities, including working at low speeds, walking, jogging, and incline training, with a speed range of 1-10 km/h.

5.2. Speed Control

Adjust the speed using the remote control. The LED display will show the current speed. Start at a low speed and gradually increase to your desired pace.

5.3. Manual Incline Adjustment

The walking pad features a manual 9% incline adjustment. This can significantly increase the intensity of your workout and calorie expenditure. To adjust the incline, simply lift the rear of the walking pad and secure the support legs into the incline position. This adjustment takes only a second and does not require tools.

Laufband mit Manueller 9% Steigung

0% Steigung (210Kcal/h) 9% Steigung (340Kcal/h)

Für **50%** mehr Kalorienverbrauch

9%

Figure 5.2: Engaging the manual 9% incline feature on the FOUSAE Walking Pad can boost calorie consumption by up to 50% compared to a flat surface, enhancing workout effectiveness.

5.4. LED Display and Remote Control

The integrated LED display provides real-time workout data, including speed, time, distance, and calories burned. The remote control allows for convenient adjustment of speed and program selection during your exercise. The remote control is designed to magnetically attach to the side of the walking pad to prevent loss.

Klareres LED-Display Echtzeit-Anzeige der Trainingsdaten

Manueller Modus und Countdown-Modus



Figure 5.3: The clear LED display on the FOUSAE Walking Pad provides essential real-time data, while the magnetic remote control offers easy access to speed adjustments and mode selections.

5.5. Smart Programs (HIIT & Countdown)

The FOUSAE Walking Pad comes with 12 intelligent HIIT (High-Intensity Interval Training) programs, optimized for efficient fat burning. Additionally, it offers three countdown modes:

- **Time Countdown:** Set a target workout duration.
- **Distance Countdown:** Set a target distance to cover.
- **Calorie Countdown:** Set a target number of calories to burn.

These modes allow you to preset your workout goals for a focused and uninterrupted exercise experience.

Zwei Betriebsmodi

Manueller Modus und Countdown-Modus



Figure 5.4: The FOUSSAE Walking Pad features 12 HIIT programs and versatile countdown modes for time, distance, and calories, allowing users to customize their workouts effectively.

6. MAINTENANCE

Regular maintenance ensures 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. Do not use abrasive cleaners.
- **Lubrication:** The running belt requires periodic lubrication to reduce friction and wear. Refer to the included lubricant and apply as directed in the separate lubrication guide (if provided) or every 3-6 months depending on usage.
- **Belt Adjustment:** If the running belt starts to shift to one side or slips, it may need adjustment. Use the included tool kit to adjust the belt tension according to the instructions in the separate adjustment guide (if provided).
- **Storage:** When not in use, store the walking pad in a dry, cool place. Its compact design allows for easy storage under a sofa or behind a door.

7. TROUBLESHOOTING

If you encounter any issues with your FOUSAE Walking Pad, please refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution
Walking pad does not power on	Power cord not connected; Outlet not working; Power switch off	Ensure power cord is securely plugged in; Test outlet with another device; Turn on the power switch.
Running belt slips or hesitates	Belt too loose; Insufficient lubrication	Adjust belt tension (refer to maintenance section); Apply lubricant to the running belt.
Unusual noise during operation	Loose components; Belt misalignment; Motor issue	Check for and tighten any loose screws; Adjust belt alignment; If noise persists, contact customer support.
Remote control not responding	Dead batteries; Remote not paired	Replace batteries; Refer to the remote control pairing instructions (if applicable).

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

8. TECHNICAL SPECIFICATIONS

Feature	Specification
Model Number	X390
Brand	FOUSAE
Color	Black
Frame Material	Alloy Steel
Motor Horsepower	2.5 HP
Speed Range	1-10 km/h
Maximum Incline	9% (Manual)
Running Belt Dimensions	100 x 40 cm (approx.)
Max User Weight	150 kg
Noise Level	< 40 dB
Product Dimensions (L x W x H)	120 x 55 x 11 cm
Item Weight	22 Kilograms
Programs	12 HIIT Programs, Countdown Modes (Time, Distance, Calories)
Display	LED (Speed, Time, Distance, Calories)

Feature	Specification
Special Features	3-in-1 functionality, Double Shock Absorption, Compact Design, No Assembly Required, Portable with Wheels

9. WARRANTY INFORMATION

FOUSAE products are manufactured to high-quality standards and are backed by a manufacturer's warranty. Specific warranty terms and conditions may vary by region and retailer. Please retain your proof of purchase for warranty claims. For detailed warranty information, refer to the documentation provided with your purchase or contact FOUSAE customer support.

10. CUSTOMER SUPPORT

Should you have any questions, require assistance with setup or operation, or need to report a problem, please do not hesitate to contact FOUSAE customer support. Our professional service team is available to assist you within 18 hours. Please visit the official FOUSAE website or refer to your purchase documentation for contact details.