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FOUSAE ZX390

FOUSAE ZX390 Folding Electric Walking Pad User Manual

Model: ZX390

1. Important Safety Instructions

Please read this entire manual carefully before operating the FOUSAE ZX390 Walking Pad. Keep this manual for future reference.

General Safety

- Always place the walking pad on a flat, stable surface.
- Ensure adequate clear space (at least 2 meters) behind the walking pad and 0.5 meters on each side.
- Do not allow children or pets near the walking pad while it is in use.
- The maximum user weight for this device is 350 lbs (158 kg). Do not exceed this limit.
- Wear appropriate athletic footwear during use.
- If you feel faint, dizzy, or experience pain, stop exercising immediately.
- Always consult a physician before starting any new exercise program.

Electrical Safety

- Use only the provided power cord.
- Ensure the power outlet matches the voltage requirements of the walking pad.
- Do not use extension cords unless absolutely necessary, and ensure they are properly rated.
- Unplug the walking pad from the power outlet when not in use, before cleaning, or before performing any maintenance.
- Keep the power cord away from heated surfaces.

2. Package Contents

Please check the box for the following items:

- FOUSAE ZX390 Folding Electric Walking Pad
- Power Cord
- Remote Control
- User Manual (this document)
- Lubricant (may be included for initial maintenance)

3. Product Overview

The FOUSAE ZX390 is a versatile folding electric walking pad designed for home and office use, offering multiple exercise modes and convenient features.



Figure 3.1: Operational Modes. This image illustrates the three distinct operational modes of the walking pad: a low-speed running mode (0.5-1.5 MPH), a walking mode (1.5-3 MPH), and a jogging mode (3-6.2 MPH), allowing for varied workout intensities.



Figure 3.2: Manual Incline Adjustment. The walking pad features a manual 9% incline adjustment. This allows users to increase the intensity of their workout, promoting greater calorie expenditure and muscle engagement.



Figure 3.3: Motor and Capacity. This view emphasizes the powerful 2.5 HP motor, designed for smooth and quiet operation (below 40dB). It also highlights the robust construction supporting a maximum user weight of 350 lbs.



Figure 3.4: Running Belt and Cushioning. The image details the advanced construction of the walking pad, featuring a double frame, 10 silicone shock absorbers, and a 5-layer running belt. These components work together to provide superior cushioning and reduce impact on joints.



Figure 3.5: Display and Control. This image showcases the clear LED display that provides real-time workout data such as speed, time, distance, and calories burned. It also features the compact magnetic remote control, designed for convenient operation and easy storage.

4. Setup and Assembly

The FOUSAE ZX390 Walking Pad comes largely pre-assembled. Follow these steps for initial setup:

1. **Unpack:** Carefully remove the walking pad and all components from the packaging. Retain packaging for future storage or transport.
2. **Placement:** Place the walking pad on a firm, level surface. Ensure there is at least 2 meters of clear space behind the unit and 0.5 meters on each side for safe operation.
3. **Power Connection:** Insert the power cord into the designated port on the walking pad and then plug the other end into a grounded electrical outlet.

4. **Initial Inspection:** Before first use, check that all parts are secure and that the running belt is centered and free from obstructions.

5. Operating Instructions

Powering On/Off

- To power on, ensure the walking pad is plugged in and press the main power switch (usually located near the power cord input). The LED display will illuminate.
- To power off, press the main power switch again. For complete power disconnection, unplug the unit from the wall outlet.

Using the Remote Control

The remote control allows you to manage the walking pad's functions conveniently.

- **START/STOP:** Press to start or stop the running belt.
- **SPEED + / -:** Press to increase or decrease the speed of the running belt.
- **MODE:** Press to cycle through different display modes (e.g., time, distance, calories).
- **PROGRAMS (P):** If available, press to select from pre-set workout programs.

Understanding the LED Display

The LED display shows real-time workout data:

- **TIME:** Duration of your workout.
- **SPEED:** Current speed of the running belt (MPH or km/h).
- **DISTANCE:** Total distance covered during your workout.
- **CALORIES:** Estimated calories burned.

Adjusting Incline

The FOUSAE ZX390 features a manual 9% incline adjustment. To adjust the incline, you will need to physically lift and secure the rear of the walking pad to the desired incline level. Refer to the specific instructions in the manual for the exact mechanism, as this typically involves pins or levers at the base.

Pre-set Programs

Your walking pad includes 12 pre-set workout programs. To select a program, use the 'P' button on the remote control (if available) or follow the instructions on the display to cycle through and select your desired program. Each program has varying speed and duration profiles.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your walking pad.

Cleaning

- Always unplug the walking pad before cleaning.
- Wipe down the display and exterior surfaces with a soft, damp cloth. Avoid abrasive cleaners or solvents.

- Periodically vacuum under the walking pad to remove dust and debris.

Lubrication

The running belt requires periodic lubrication to reduce friction and wear. Refer to the specific instructions provided with your lubricant or consult the manufacturer's guidelines for frequency (typically every 3-6 months depending on usage).

Belt Adjustment

- **Belt Centering:** If the running belt drifts to one side, use the provided Allen wrench to adjust the rear rollers. Turn the bolt on the side the belt is drifting towards clockwise a quarter turn, then test. Repeat until centered.
- **Belt Tension:** If the belt slips during use, it may need tightening. Turn both rear roller bolts clockwise in small increments (quarter turns) until the slipping stops. Do not overtighten.

Storage



Figure 6.1: Easy Storage and Portability. This image demonstrates the walking pad's ability to fold for compact storage. It also highlights the integrated transport wheels, which allow for easy movement and repositioning of the unit.

The FOUSAE ZX390 is designed for easy storage. Simply fold the unit as shown in Figure 6.1. Use the integrated transport wheels to move the folded walking pad to a suitable storage location. Store in a dry, cool place away from direct sunlight.

7. Troubleshooting

If you encounter issues with your walking pad, try these common solutions:

Problem	Possible Cause	Solution
Walking pad does not power on	Not plugged in; Power switch off; Blown fuse/tripped breaker	Check power cord connection; Ensure power switch is ON; Check household circuit breaker.
Running belt slips	Belt too loose; Belt needs lubrication	Adjust belt tension (see Maintenance); Lubricate belt (see Maintenance).
Unusual noise during operation	Loose parts; Belt misalignment; Motor issue	Check all screws and bolts for tightness; Adjust belt alignment (see Maintenance); If noise persists, contact customer support.
Remote control not working	Dead battery; Obstruction; Not paired	Replace remote control battery; Ensure no obstructions between remote and display; Refer to manual for pairing instructions if applicable.

8. Specifications

Feature	Specification
Brand	FOUSAE
Model Name	ZX390
Product Dimensions (D x W x H)	50"D x 22.5"W x 5"H
Material	Acrylonitrile Butadiene Styrene (ABS)
Maximum Speed	7.5 miles per hour (12 km/h)
Maximum Horsepower	2.5 hp
Maximum Weight Recommendation	350 pounds (158 kg)
Number of Programs	12
Special Feature	Foldable
UPC	760754732359

9. Warranty and Support

Warranty Information

The FOUSAE ZX390 Folding Electric Walking Pad comes with a**1-Year Limited Warranty** from the date of purchase. This warranty covers manufacturing defects in materials and workmanship under normal use. It does not cover damage caused by misuse, accident, unauthorized modification, or improper maintenance.

Customer Support

For warranty claims, technical assistance, or any questions regarding your FOUSAE ZX390 Walking Pad, please contact the manufacturer's customer support. Refer to your purchase documentation or the manufacturer's official website for contact details.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

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