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> FOUSAE X390AC 3-in-1 Walking Pad Treadmill User Manual

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Model: X390AC

1. INTRODUCTION

Thank you for choosing the FOUSAE X390AC 3-in-1 Walking Pad Treadmill. This manual provides essential information for the safe and effective use, setup, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before operating the device and retain it for future reference.



Image 1: The FOUSAE Walking Pad Treadmill in a home environment.

2. IMPORTANT SAFETY INFORMATION

To reduce the risk of serious injury, read all instructions and warnings before using this treadmill. The manufacturer assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- **Weight Capacity:** Do not exceed the maximum user weight of **330 lbs (150 kg)**.

- **Supervision:** Keep children and pets away from the treadmill at all times. This equipment is not intended for use by persons with reduced physical, sensory, or mental capabilities unless supervised or instructed.
- **Placement:** Always place the treadmill on a flat, stable, and level surface. Ensure there is adequate clear space around the treadmill (at least 2 meters behind and 0.6 meters on each side).
- **Footwear:** Always wear appropriate athletic footwear while using the treadmill.
- **Emergency Stop:** Familiarize yourself with the location and function of the STOP button on the remote control for immediate cessation of operation.
- **Medical Advice:** Consult a physician before beginning any exercise program, especially if you have pre-existing health conditions.
- **Power:** Ensure the power cord is not damaged and is properly plugged into a grounded outlet. Do not use extension cords.
- **Maintenance:** Perform regular maintenance as described in this manual to ensure safe operation.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- FOUSAE X390AC Walking Pad Treadmill
- Magnetic Remote Control
- Power Cord
- Lubricant
- Tool Kit
- User Manual (this document)

4. SETUP INSTRUCTIONS

The FOUSAE X390AC Walking Pad Treadmill comes **100% pre-assembled** and is ready for use right out of the box. Follow these steps for initial setup:

1. **Unpack:** Carefully remove the treadmill from its packaging.
2. **Positioning:** Place the treadmill on a firm, level surface. The built-in transport wheels allow for easy movement.
3. **Adjust Foot Supports (for stability/incline):**



Image 2: Adjusting the foot supports for incline.

- Locate the foot supports on the underside of the treadmill.
 - To increase stability or achieve a 9% incline, turn the support along the thread direction until it touches the ground. Ensure both sides are adjusted evenly to maintain stability.
4. **Power Connection:** Plug the power cord into the treadmill's power port and then into a standard electrical outlet.
 5. **Remote Control Preparation:** The remote control contains batteries. Before first use, remove the protective baffle from the battery compartment.

Your browser does not support the video tag.

Video 1: This video demonstrates the initial setup, including unboxing, moving the treadmill using transport wheels, plugging it in, and using the magnetic remote control. It also shows the 9% incline adjustment and various exercise modes.

5. OPERATING INSTRUCTIONS

5.1 Remote Control Functions

The treadmill is operated using the magnetic remote control. The remote can be magnetically attached to the side of the treadmill for convenient storage.



Image 3: Remote control button layout and functions.

- **Power Button (Start/Pause):** Press to start or pause the treadmill.
- **Speed + / -:** Adjust the speed of the running belt.
- **M (Mode):** Select between manual speed adjustment mode and countdown modes (Time, Distance, Calories).
- **P (Program):** Select one of the 12 pre-set HIIT programs.
- **STOP:** Immediately stops the treadmill.

Your browser does not support the video tag.

Video 2: This video demonstrates the use of the remote control to adjust speed and switch between modes.

5.2 Exercise Modes

The FOUSAE Walking Pad offers three primary exercise modes:



Image 4: Visual representation of the three exercise modes.

- **Working Mode:** Speed range 0.5-1.5 MPH. Ideal for light activity while working or performing other tasks.
- **Walking Mode:** Speed range 1.5-3 MPH. Suitable for a steady pace walk.
- **Jogging Mode:** Speed range 3-6.2 MPH. For more intense cardiovascular exercise.

5.3 Countdown Modes

In addition to manual speed adjustment, the treadmill features three countdown modes:

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

Use the 'M' button on the remote to cycle through these modes and set your desired target values.

5.4 HIIT Programs

The treadmill includes **12 High-Intensity Interval Training (HIIT) programs**. These programs are designed to optimize fat burning and improve cardiovascular fitness. Use the 'P' button on the remote to select a program.



Image 5: The LED display indicating the selection of HIIT programs.

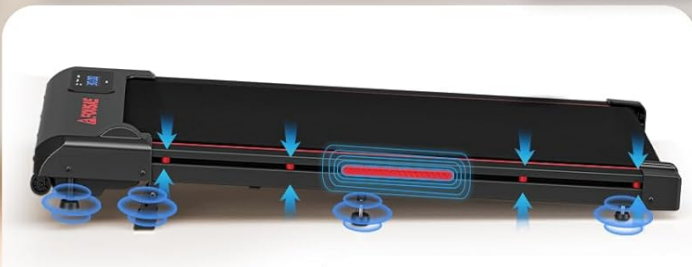
5.5 LED Display

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

Why Choose **FOUSAE**?



**More solid structure
Double Frame**



**Stronger shock absorption:
More shock-absorbing columns and strips**



**More powerful functions:
Two modes and 12 HIIT programs**



Image 6: The LED display showing workout metrics.

- **Speed:** Current speed in MPH.
- **Time:** Elapsed workout time.
- **Distance:** Distance covered.
- **Calories:** Estimated calories burned.

6. FEATURES OVERVIEW

- **3-in-1 Functionality:** Designed for working (0.5-1.5 MPH), walking (1.5-3 MPH), and jogging (3-6.2 MPH) to accommodate various fitness levels and activities.
- **9% Manual Incline Adjustment:** Manually adjust the incline to a 9% gradient to increase workout intensity and calorie burn by up to 50%. Adjustment is quick and tool-free.

9% Manual Incline Adjustment

Adjust freely according to the exercise plan



Image 7: Demonstrating the 9% manual incline adjustment.

- **Double Frame & Superior Shock Absorption:** Features a double frame design with eight shock-absorbing columns and two 20-centimeter shock-absorbing strips. This construction enhances durability, stability, and effectively absorbs impact to protect joints and knees.

Powerful 2.5 HP Motor – Quiet, Smooth, Safe

Excellent experience, no need to worry about disturbing others

× < 40db



Image 8: Illustration of the double frame and shock absorption system.

- **Wider Running Belt:** Equipped with a 38" x 15" (approx. 96.5 cm x 38 cm) running belt, providing a comfortable and safe exercise surface.
- **Powerful 2.5 HP Motor:** A robust 2.5 HP brushless motor ensures quiet (under 40 dB), smooth, and reliable operation, supporting users up to 330 lbs.

Easy to **Move** and Easy to **Store**

Built-in transport wheels and space saving



Image 9: Internal view of the powerful 2.5 HP motor.

- **12 HIIT Programs:** Offers a variety of pre-programmed High-Intensity Interval Training routines for efficient and varied workouts.
- **LED Display & Magnetic Remote Control:** A clear LED display shows real-time data (speed, time, distance, calories). The remote control allows for easy adjustments and can be magnetically stored on the treadmill.
- **Space-Saving & No Assembly Required:** The compact design and built-in transport wheels allow for easy storage under furniture or behind doors. The treadmill arrives fully assembled.

7. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your treadmill.

- **Lubrication:** The running belt requires periodic lubrication to reduce friction and wear. Use the provided lubricant and follow the instructions in the separate lubrication guide (if included) or apply a small amount under the belt every 3-6 months, depending on usage.

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Belt Tension & Alignment:** Periodically check the running belt for proper tension and alignment. If the belt feels loose or drifts to one side, refer to the troubleshooting section or contact customer support for adjustment instructions.
- **Storage:** When not in use, store the treadmill in a dry, cool place away from direct sunlight. Utilize the transport wheels for easy relocation.



Image 10: The treadmill's compact design and transport wheels facilitate easy storage.

8. TROUBLESHOOTING

If you encounter any issues with your FOUSAE Walking Pad Treadmill, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not properly connected; Remote control battery low or baffle not removed.	Ensure power cord is securely plugged in. Check remote control battery and remove protective baffle if it's the first use.
Running belt slips or hesitates.	Belt tension too loose; Lack of lubrication.	Adjust belt tension (refer to specific instructions if available, or contact support). Apply lubricant as per maintenance guidelines.
Unusual noise during operation.	Loose components; Lack of lubrication; Belt misalignment.	Check for and tighten any loose screws. Lubricate the running belt. Adjust belt alignment if necessary.
Display not working.	Power issue; Loose connection.	Ensure the treadmill is powered on and the power cord is secure. If the issue persists, contact customer support.

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

9. SPECIFICATIONS

Feature	Specification
Model Name	X390AC
Product Dimensions (L x W x H)	120D x 55W x 11H Centimetres
Item Weight	22 Kilograms
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel
Maximum Speed	6.2 Miles per Hour
Minimum Speed	0.6 Miles per Hour
Maximum Incline Percentage	9% (Manual Adjustment)
Maximum Horsepower	2.5 HP
Maximum Weight Recommendation	330 Pounds
Number of Programs	12 HIIT Programs
Noise Level	< 40 dB
Assembly Required	No (Pre-assembled)
Metrics Measured	Speed, Time, Distance, Calories Burned
Included Components	Lubricant, Power Cord, Remote Control, Tool Kit, User Manual

Feature	Specification
UPC / GTIN	795973242723

10. WARRANTY AND CUSTOMER SUPPORT

FOUSAE is committed to customer satisfaction. Your FOUSAE Walking Pad Treadmill comes with a "**Customer First**" warranty.

If you have any questions, concerns, or require assistance with your product, please do not hesitate to contact our professional after-sales team. We aim to respond to all inquiries within **18 hours**.

Contact information can typically be found on the product packaging or the official FOUSAE website.