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› FOUSAE Walking Pad with 9% Incline (Model B0FBFB1J19) User Manual

FOUSAE B0FBFB1J19

FOUSAE Walking Pad with 9% Incline (Model B0FBFB1J19) User Manual

Model: B0FBFB1J19 | Brand: FOUSAE

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the FOUSAE Walking Pad. Retain this manual for future reference.

- Always place the walking pad on a flat, stable surface.
- Ensure adequate clear space around the walking pad (at least 2 meters behind and 0.6 meters on each side).
- Keep children and pets away from the equipment during operation.
- Do not operate the walking pad if it is damaged or malfunctioning.
- Wear appropriate athletic footwear during use.
- Consult a physician before starting any new exercise program.
- The maximum user weight capacity for this device is 330 lbs (approximately 150 kg).
- Always use the safety key during operation. In case of emergency, the safety key will immediately stop the machine.
- Unplug the walking pad from the power outlet when not in use or before cleaning/maintenance.

2. PACKAGE CONTENTS

Verify that all items are present in the package:

- FOUSAE 5-in-1 Walking Pad (Model B0FBFB1J19)
- Power Cord
- Magnetic Remote Control
- Safety Key
- Lubricant
- Tool Kit
- User Manual (this document)

3. PRODUCT OVERVIEW

The FOUSAE Walking Pad is a versatile fitness machine designed for home use, offering multiple exercise modes and smart features.

3.1 Key Features

- **5-in-1 Functionality:** Supports working, walking, jogging, running, and climbing modes with a speed range of 0.6-7.5 MPH.
- **9% Incline:** Manual incline adjustment to enhance workout intensity.
- **Powerful 2.5 HP Motor:** Provides quiet operation (less than 40 dB) and smooth performance.
- **High Weight Capacity:** Supports users up to 330 lbs.
- **12 HIIT Programs:** Pre-programmed High-Intensity Interval Training routines for efficient workouts.
- **App Compatibility:** Connects with fitness apps like Fitshow, Kinomap, and Zwift for virtual training and progress tracking.
- **Advanced Running Belt:** Features a 5-layer running belt and 10 silicone shock absorbers for joint protection.
- **LED Display & Magnetic Remote Control:** Clear display for real-time data and convenient remote operation with magnetic storage.
- **Space-Saving Design:** Foldable with built-in transport wheels for easy storage and movement.

3.2 Product Components



Figure 3.2.1: Overview of the FOUSAE Walking Pad. This image displays the treadmill in its operational state, highlighting its sleek design and integrated display panel.

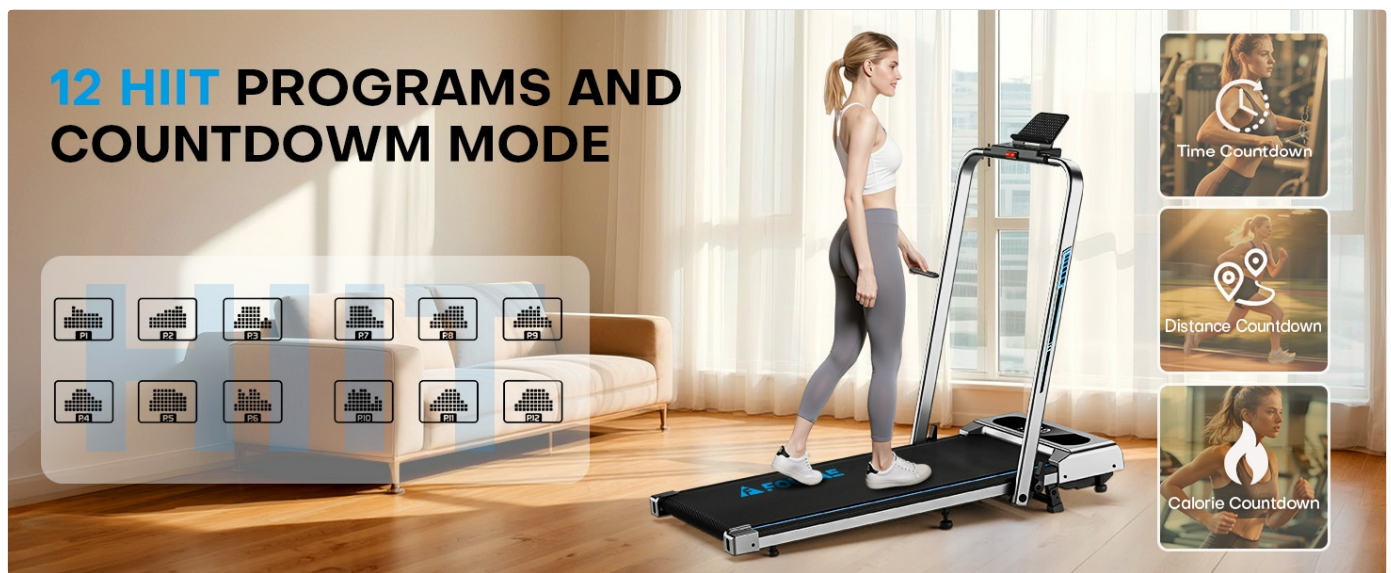


Figure 3.2.2: Close-up of the LED display and magnetic remote control. The display shows speed, time, distance, and calories, while the remote control offers flexible operation.

4. SETUP INSTRUCTIONS

The FOUSAE Walking Pad requires no assembly and is ready to use out of the box. Follow these steps to prepare your device:

1. **Unpack:** Carefully remove the walking pad from its packaging.
2. **Positioning:** Place the walking pad on a firm, level surface. Ensure there is sufficient space around the unit for safe operation.
3. **Unfolding the Handle:**



Figure 4.1: The walking pad can be used with the handle folded down for under-desk use or unfolded for traditional treadmill operation. The image shows both configurations.

If you wish to use the handle, gently lift it into the upright position until it locks securely. Ensure the fixed handrail pole is properly engaged.

4. **Power Connection:** Connect the power cord to the walking pad and then to a grounded electrical outlet.
5. **Safety Key:** Attach the safety key to your clothing before starting any exercise.

Your browser does not support the video tag.

Video 4.1: This video demonstrates the quick setup and folding process of the FOCUSAE Walking Pad, including how to deploy the handle and prepare for use. It also highlights the transport wheels for easy mobility.

5. OPERATING INSTRUCTIONS

The FOCUSAE Walking Pad offers various modes and controls for a customized workout experience.

5.1 Power On/Off

- To power on, plug in the device and press the power button (if available, otherwise it powers on when plugged in). The LED display will illuminate.
- To power off, unplug the device or use the designated power button.

5.2 Normal Operation Mode

1. **Start:** Press the **Play/Pause** button on the remote control to start the walking pad. A countdown will appear on the display before the belt begins to move.
2. **Adjust Speed:** Use the "+" or "-" buttons on the remote to increase or decrease the speed. The walking pad supports speeds from 0.6 MPH to 7.5 MPH. For quick adjustments, press the "4" button for one-touch speed adjustment to 4.0 MPH.
3. **Stop:** Press the **"STOP"** button on the remote control to gradually bring the walking pad to a complete stop.

Your browser does not support the video tag.

Video 5.2.1: This video provides detailed instructions on how to operate the FOUSAE Walking Pad, including starting and stopping, adjusting speed in normal mode, and navigating through preset time, distance, and calorie modes.

5.3 Preset Modes (Time, Distance, Calories)

The walking pad includes three preset modes to help you achieve specific workout goals:

- **Time Mode (H-1):** Set a target workout duration.
 - **Distance Mode (H-2):** Set a target distance to cover.
 - **Calories Mode (H-3):** Set a target number of calories to burn.
1. **Select Mode:** After stopping the walking pad, press the **"M"** button on the remote control to cycle through H-1 (Time), H-2 (Distance), and H-3 (Calories) modes.
 2. **Adjust Value:** Once a mode is selected, use the "+" or "-" buttons to adjust the target time, distance, or calories.
 3. **Start Workout:** Press the **Play/Pause** button to begin the workout. The display will count down from your set target.

5.4 12 HIIT Programs (P1-P12)

The walking pad features 12 High-Intensity Interval Training programs that automatically adjust speed for varied workouts. You can set the total time for these programs (8-99 minutes).

1. **Select Program:** After stopping the walking pad, press the **"P"** button on the remote control to cycle through programs P1 to P12.
2. **Adjust Time:** Use the "+" or "-" buttons to set the desired workout duration for the selected program.
3. **Start Program:** Press the **Play/Pause** button to start the selected HIIT program. The speed will automatically change according to the program's design.
4. **Note:** Each adjustment to a program (P1-P12) requires re-selection from P1 if you wish to change to a different program or re-adjust the time.

5.5 Remote Control Functions



Figure 5.5.1: Diagram illustrating the functions of each button on the magnetic remote control. Buttons include Speed +/-, Mode (M), Program (P), Play/Pause, and Stop.

- **Speed + / -:** Adjusts the speed of the running belt.
- **M (Mode):** Cycles through preset modes (Time, Distance, Calories).
- **P (Program):** Cycles through the 12 HIIT programs (P1-P12).
- **Play/Pause:** Starts or pauses the workout.
- **STOP:** Stops the running belt.
- The remote control can be magnetically attached to the treadmill for convenient storage.

5.6 Remote Control Battery Replacement



Figure 5.6.1: Step-by-step guide for replacing the battery in the remote control. This includes removing the baffle, sliding the cover, and inserting a new battery.

To replace the remote control battery:

1. Remove the baffle from the remote control.
2. Squeeze the battery cover to the left with your right hand while pushing it upwards with your left hand.
3. Remove the old battery and replace it with a new one (CR2032 coin cell battery).
4. Reattach the battery cover and baffle.

5.7 App Connectivity

The FOUSAE Walking Pad can connect to various fitness applications via Bluetooth for an enhanced training experience.

- Download compatible apps such as Fitshow, Kinomap, or Zwift from your device's app store.
- Enable Bluetooth on your smartphone or tablet.
- Open the chosen fitness app and follow the in-app instructions to connect to your FOUSAE Walking Pad.
- Once connected, you can track real-time metrics (speed, distance, time, calories) and participate in virtual training, races, and challenges.

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. Avoid abrasive cleaners.
- **Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the included lubricant and instructions for proper application. Typically, lubrication is needed every 3-6 months depending on usage.
- **Belt Adjustment:** If the running belt starts to slip or move off-center, consult the detailed instructions in the full user manual (if provided separately) or contact customer support for guidance on belt tension and alignment.
- **Storage:** When not in use, fold the walking pad and store it in a dry, cool place. Utilize the transport wheels for easy movement.



Figure 6.1: The walking pad features built-in transport wheels and a compact design, allowing for easy movement and storage under furniture or against a wall.

7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Walking pad does not power on.	Power cord not properly connected; power outlet issue; safety key not in place.	Check power cord connection; test outlet with another device; ensure safety key is correctly inserted.
Running belt stops unexpectedly.	Safety key dislodged; motor overload; loose connection.	Re-attach safety key; reduce load; check power connections.
Unusual noise during operation.	Lack of lubrication; loose components; belt misalignment.	Apply lubricant to the running belt; check for loose screws; adjust belt tension/alignment (refer to full manual or support).
Remote control not responding.	Low battery; remote out of range; interference.	Replace remote control battery; ensure remote is within operating range; minimize electronic interference.

If the problem persists, please contact customer support.

8. SPECIFICATIONS

Feature	Detail
Product Dimensions	132 x 58 x 13 cm (51.97 x 22.83 x 5.12 inches)
Item Weight	27.5 kg (60.6 lbs)
Colour	Blue
Display Type	LED
Frame Material	Alloy Steel
Running Belt Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel
Horsepower	2.5 HP
Number Of Programs	12 HIIT Programs
Power Source	Corded Electric
Maximum Speed	7.5 Miles per Hour (12 km/h)
Maximum Incline Percentage	9% (Manual Adjustment)
Noise Level	< 40 dB
Weight Capacity	330 LB (150 kg)
Assembly Required	No

9. WARRANTY AND SUPPORT

FOUSAE is committed to customer satisfaction. If you have any questions or require assistance with your walking pad, please contact our professional after-sales team. We aim to respond within 18 hours.

For warranty information, please refer to the documentation included with your purchase or contact FOUSAE customer service directly.

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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.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

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

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question