

FOUSAE B0FBFB4J89

FOUSAE 5-in-1 Foldable Treadmill User Manual

Model: B0FBFB4J89 | Brand: FOUSAE

1. INTRODUCTION

This manual provides essential information for the safe and effective operation of your FOUSAE 5-in-1 Foldable Treadmill. Please read all instructions carefully before use and retain this manual for future reference.

2. IMPORTANT SAFETY INFORMATION

To reduce the risk of serious injury, always follow basic precautions when using this treadmill. Read all warnings and instructions before operating the equipment.

- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Always attach the safety key clip to your clothing before starting the treadmill.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate exercise clothing and footwear.
- Consult a physician before starting any exercise program.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- FOUSAE 5-in-1 Treadmill
- Power Cord
- Remote Control
- Safety Key
- Lubricant
- Tool Kit

- User Manual (this document)

4. PRODUCT FEATURES

The FOUSAE 5-in-1 Foldable Treadmill offers a versatile and efficient workout experience with the following key features:

- **5-in-1 Functionality:** Supports working, walking, jogging, running, and climbing modes.
- **Adjustable Speed:** Speed range from 0.6 to 7.5 MPH.
- **Manual Incline:** Features a 9% manual incline adjustment for varied intensity.
- **Powerful Motor:** Equipped with a 2.5 HP brushless motor for quiet and smooth operation (less than 40 dB).
- **App Compatibility:** Connects with fitness applications like Fitshow, Kinomap, and Zwift for virtual training and progress tracking.
- **12 HIIT Programs:** Includes 12 High-Intensity Interval Training programs for efficient fat burning.
- **LED Display:** Large display shows real-time data including speed, time, distance, and calories.
- **Dual Operation:** Control the treadmill via magnetic remote control or console buttons.
- **Magnetic Remote Control:** Can be magnetically attached to the treadmill for convenient storage.
- **Tablet Holder:** Integrated holder for mobile devices, allowing entertainment during workouts.
- **Enhanced Shock Absorption:** Features eight shock-absorbing columns and a 5-layer running belt for joint protection.
- **Space-Saving Design:** Foldable with built-in transport wheels for easy movement and storage.
- **High Weight Capacity:** Supports users up to 330 lbs.

5. SPECIFICATIONS

Specification	Detail
Product Dimensions	132 x 58 x 13 cm
Item Weight	27.7 kg
Packed Size	66 x 58 x 13 cm
Colour	Red
Display Type	LED
Frame Material	Alloy Steel
Running Belt Material	Acrylonitrile Butadiene Styrene (ABS)
Horsepower	2.5 HP
Maximum Speed	7.5 MPH
Maximum Incline Percentage	9% (Manual)
Number Of Programs	12 HIIT Programs
Power Source	Corded Electric

Specification	Detail
Maximum Weight Capacity	330 lbs
Noise Level	< 40 dB
Recommended Use	Indoor

6. SETUP AND ASSEMBLY

The FOUSAE treadmill is designed for minimal assembly and is ready to use out of the box. Follow these steps to prepare your treadmill:

1. **Unpacking:** Carefully remove the treadmill from its packaging.
2. **Placement:** Place the treadmill on a level surface, ensuring adequate space around it for safe operation.
3. **Unfolding:** If the handle is folded down, gently lift it into the upright position until it locks securely.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet.
5. **Safety Key:** Attach the safety key to the designated slot on the console and clip the other end to your clothing.

The treadmill features built-in transport wheels for easy movement. To move, lift the rear end of the treadmill and roll it to your desired location.

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

Built-in transport wheels and space saving



Image: The FOUSSAE treadmill is shown being easily moved using its transport wheels and stored upright to save space.

Video: This video demonstrates the unfolding and folding process of the treadmill, highlighting its portability and ease of storage. It also shows the magnetic remote control, tablet holder, speed control, low noise operation, motor, shock absorbers, incline adjustment, running belt dimensions, app connection, and safety key.

7. OPERATING INSTRUCTIONS

7.1 Power On/Off

- To power on, ensure the treadmill is plugged in and the safety key is in place. The LED display will illuminate.
- To power off, press the STOP button on the remote or console, then unplug the power cord.

7.2 Normal Operation Mode

In normal mode, you manually control the speed and can adjust the incline.

1. **Start:** Press the PLAY/PAUSE button on the remote control or console. The treadmill will begin with a 3-second countdown and then start at a low speed.
2. **Adjust Speed:** Use the "+" or "-" buttons on the remote control or console to increase or decrease the speed. The speed range is 0.6-7.5 MPH.
3. **Quick Speed Adjustment:** The remote control may feature quick speed buttons (e.g., "4" for 4.0 MPH).
4. **Stop:** Press the STOP button on the remote control or console. The treadmill will gradually slow down and stop.



Image: The LED display shows current speed, time, distance, and calories. The magnetic remote control is also visible, indicating dual operation options.

7.3 Manual Incline Adjustment

The treadmill offers a 9% manual incline to increase workout intensity.

1. Ensure the treadmill is stopped and powered off.
2. Locate the incline adjustment mechanism at the rear of the treadmill.
3. Adjust the support leg to achieve the desired 9% incline. Ensure it is securely locked in place before resuming

operation.



Image: A user is shown running on the treadmill, with a visual indicator of the 9% incline feature.

7.4 Preset Modes (12 HIIT Programs)

The treadmill includes 12 pre-programmed HIIT workouts (P1-P12) that automatically adjust speed. You can also set target time, distance, or calories.

1. **Select Mode:** Press the "M" button on the remote control to cycle through Time Mode (H-1), Distance Mode (H-2), and Calories Mode (H-3). Use "+" or "-" to adjust the target value.
2. **Select Program:** Press the "P" button on the remote control to cycle through programs P1-P12. Each program has a unique speed profile.
3. **Start Program:** After selecting a mode or program, press the PLAY/PAUSE button to begin.

Compatible with **Apps** and **12 HIIT Programs**



Image: The treadmill console displays information related to app compatibility and the availability of 12 HIIT programs.

Video: This video provides detailed instructions on how to use the normal mode, including adjusting speed and stopping the treadmill. It also demonstrates how to select and operate the 3 preset modes (Time, Distance, Calories) and the 12 HIIT programs (P1-P12).

7.5 App Connectivity

Enhance your workout experience by connecting your treadmill to compatible fitness apps.

1. Download a compatible app (e.g., Fitshow, Kinomap, Zwift) from your device's app store.
2. Enable Bluetooth on your mobile device.
3. Open the app and follow the on-screen instructions to connect to your FOUSAE treadmill.
4. Track your progress, participate in virtual training, and engage in challenges.

Highly Competitive Treadmill



Image: A user is shown interacting with a fitness app on a tablet, which is connected to the treadmill, demonstrating the app-compatible training plans.

7.6 Remote Control Usage

The magnetic remote control provides convenient access to treadmill functions.

- **Speed Adjustment:** Use "+" and "-" buttons.
- **Start/Pause:** Use the PLAY/PAUSE button.
- **Stop:** Use the STOP button for a gradual stop.
- **Mode Selection:** Press "M" to select Time, Distance, or Calories modes.
- **Program Selection:** Press "P" to select HIIT programs P1-P12.
- The remote can be magnetically absorbed and placed on the side of the treadmill to prevent loss.



Image: A detailed diagram illustrating the buttons on the remote control and their corresponding functions for operating the treadmill.

7.7 Tablet Holder

The integrated tablet holder allows you to place your mobile phone or tablet, enabling you to enjoy music or videos while exercising.

8. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill.

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Lubrication:** Periodically lubricate the running belt as instructed in the included lubricant guide to ensure smooth operation and prevent wear.
- **Belt Tension:** Check the running belt tension regularly. If the belt slips or feels loose, refer to the troubleshooting section or contact customer support for adjustment instructions.
- **Storage:** When not in use, fold the treadmill and store it in a dry, safe place away from direct sunlight and extreme temperatures.



Image: Step-by-step instructions for replacing the battery in the remote control, including removing the baffle and inserting a new battery.

9. TROUBLESHOOTING

If you encounter any issues with your treadmill, refer to the common problems and solutions below. If the problem persists, contact customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not properly connected; Safety key not in place.	Ensure power cord is securely plugged in. Verify safety key is fully inserted.
Running belt slips or stops.	Belt tension too loose; Lack of lubrication.	Adjust belt tension according to instructions (if applicable) or apply lubricant.
Unusual noise during operation.	Loose components; Lack of lubrication.	Check for and tighten any loose parts. Lubricate the running belt.
Remote control not responding.	Low or dead battery; Obstruction between remote and console.	Replace remote control battery. Ensure clear line of sight to the console.

10. WARRANTY AND SUPPORT

FOUSAE is committed to customer satisfaction. If you have any questions or require assistance with your treadmill, our professional after-sales team is available to help.

- **Customer Support:** Expect a response within 18 hours for any inquiries.
- **Warranty Information:** Refer to the product packaging or contact customer service for specific warranty 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.

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