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› FOUSAE Walking Pad with 9% Incline Treadmill User Manual

## FOUSAE B0FM23JLSL

# FOUSAE Walking Pad with 9% Incline Treadmill User Manual

Model: B0FM23JLSL

Brand: FOUSAE

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## 1. IMPORTANT SAFETY INFORMATION

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

- **Placement:** Place the walking pad on a flat, stable surface. Ensure adequate clear space (at least 2 meters behind and 0.6 meters on each side) for safe operation.
- **Power:** Connect the walking pad to a grounded electrical outlet. Do not use extension cords or adapters. Unplug the unit when not in use or before cleaning/maintenance.
- **User Weight:** Do not exceed the maximum user weight capacity of 330 LB (150 kg).
- **Children and Pets:** Keep children and pets away from the walking pad during operation. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.
- **Medical Conditions:** Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- **Footwear:** Always wear appropriate athletic footwear when using the walking pad.
- **Emergency Stop:** Familiarize yourself with the emergency stop function on the remote control.
- **Incline Adjustment:** Ensure the walking pad is stable and properly supported when adjusting the manual incline.

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## 2. PRODUCT OVERVIEW

The FOUSAE Walking Pad is a versatile fitness device designed for various activity levels, from light walking to jogging and incline training. It features a robust construction and user-friendly controls.

### Key Features:

- **4-in-1 Multifunctional Design:** Supports working (0.5-1.5 MPH), walking (1.5-3 MPH), jogging (3-6.2 MPH), and incline training.
- **Double Frame Construction:** Enhances durability and stability, supporting up to 330 LB (150 kg).
- **9% Manual Incline:** Easily adjustable incline to increase workout intensity.
- **Advanced Shock Absorption:** Features eight shock-absorbing columns and two 20cm shock-absorbing strips for joint protection.
- **12 Built-in HIIT Programs:** Pre-programmed high-intensity interval training routines for efficient fat burning.
- **Powerful & Quiet 2.5 HP Motor:** Operates below 40 dB, suitable for home or office use without disturbance.
- **Convenient LED Display:** Tracks speed, time, distance, and calories.
- **Magnetic Remote Control:** Allows for easy speed adjustment and program selection, with magnetic storage.
- **Space-Saving Design:** No assembly required, with transport wheels for easy mobility and compact storage.



Figure 2.1: FOUSAE Walking Pad in various usage scenarios.

This image illustrates the FOUSAE Walking Pad's compact design and its versatility for both active walking and use with a standing desk. A remote control is also visible, highlighting ease of use.



Figure 2.2: Internal structure highlighting the double frame and shock absorption system.

This diagram provides a visual representation of the walking pad's unique double frame and multiple shock-absorbing components, which contribute to its stability and user comfort.



Figure 2.3: The 2.5 HP brushless motor and its quiet operation.

This image details the powerful yet quiet 2.5 HP brushless motor, emphasizing its low noise output (under 40 dB) and the walking pad's 330 LB weight capacity.



Figure 2.4: The 5-layer running belt construction.

A cross-section view of the running belt illustrates its five layers, designed for durability, noise reduction, and enhanced shock absorption.



Figure 2.5: Dimensions of the wider running belt.

This image highlights the generous dimensions of the running belt (40" x 16"), providing ample space for comfortable and safe exercise.

### 3. SETUP AND ASSEMBLY

The FOUSAE Walking Pad is designed for immediate use with minimal setup.

1. **Unboxing:** Carefully remove the walking pad from its packaging.
2. **Placement:** Place the walking pad on a firm, level surface. Ensure there is sufficient clear space around the unit as described in the safety section.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet.
4. **Remote Control:** The remote control comes with batteries pre-installed. Remove any protective baffle from the battery compartment if present.

The walking pad is 100% pre-assembled and ready to use out of the box. It features built-in transport wheels for easy movement and storage.



Figure 3.1: Easy mobility and compact storage.

This image demonstrates how easily the walking pad can be moved using its transport wheels and stored in small spaces, such as under a sofa.

## 4. OPERATING INSTRUCTIONS

### 4.1 Remote Control Functions

The walking pad is operated primarily via the magnetic remote control. Ensure the remote control is within range and has working batteries.

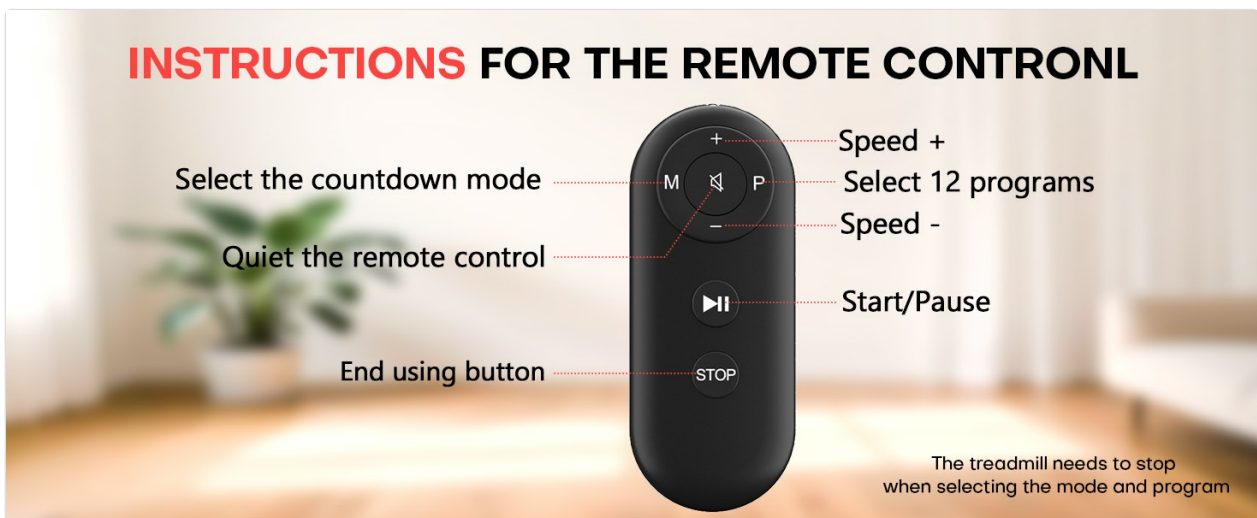


Figure 4.1: Remote Control Layout and Functions.

This diagram labels each button on the remote control, explaining its function for speed adjustment, mode selection, program selection, and start/stop operations.

- **Start/Pause Button (▶):** Press to start or pause the walking pad.
- **Stop Button (STOP):** Press to stop the walking pad.
- **Speed + / Speed - Buttons:** Adjust the speed of the running belt.
- **M (Mode) Button:** Selects between manual mode and countdown modes (Time, Distance, Calories).
- **P (Program) Button:** Selects one of the 12 built-in HIIT programs.
- **Quiet Button:** Mutes remote control sounds (if applicable).

**Note:** The treadmill needs to be stopped when selecting the mode and program.

## 4.2 Starting a Workout

1. Step onto the walking pad carefully.
2. Press the **Start/Pause** button on the remote control. The walking pad will typically start at a low speed.
3. Adjust the speed using the **Speed + / Speed -** buttons to your desired pace.

## 4.3 4-in-1 Multifunctional Modes

The FOUSAE Walking Pad offers distinct speed ranges for different activities:

- **Work Mode:** 0.5 - 1.5 MPH (for use with a standing desk)
- **Walking Mode:** 1.5 - 3 MPH
- **Jogging Mode:** 3 - 6.2 MPH
- **Climbing Mode:** Utilizes the 9% manual incline.



Figure 4.2: Overview of the 4-in-1 operational modes.

This image visually explains the four distinct modes of operation, each with its recommended speed range, demonstrating the product's versatility.

## 4.4 Manual Incline Adjustment

The walking pad features a 9% manual incline to intensify your workout. This adjustment is quick and requires no tools.

1. Ensure the walking pad is stopped and unplugged for safety.
2. Locate the incline adjustment mechanism at the rear of the walking pad.
3. Lift the rear of the walking pad and secure the incline support into the desired position.
4. Ensure all shock-absorbing columns are touching the ground for optimal stability and shock absorption.



Figure 4.3: Manual 9% Incline Adjustment.

This image illustrates the simple, one-second adjustment process for engaging the 9% manual incline, showing how it can increase calorie expenditure.

#### 4.5 LED Display and Data Tracking

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

- **Speed:** Current speed in MPH.
- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.



Figure 4.4: LED Display and Remote Control.

This image highlights the clear LED display, showing real-time workout data, and the magnetic remote control for convenient operation and storage.

#### 4.6 Built-in HIIT Programs and Countdown Modes

The walking pad includes 12 High-Intensity Interval Training (HIIT) programs and various countdown modes to diversify your workouts.

- **12 HIIT Programs:** Use the 'P' button on the remote to cycle through these pre-set programs. Each program varies speed and intensity over time.
- **Countdown Modes:** Use the 'M' button to select countdown for Time, Distance, or Calories. Set your

target, and the walking pad will count down during your workout.



Figure 4.5: HIIT Programs and Countdown Modes.

This image provides an overview of the manual and countdown modes, along with a visual representation of the 12 HIIT programs available for varied workouts.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your FOUSAE Walking Pad.

### 5.1 Cleaning

- **General Cleaning:** Wipe down the walking pad with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Deck and Belt:** Periodically clean the area under the running belt to prevent dust and debris buildup. Unplug the unit before cleaning this area.

### 5.2 Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the manufacturer's recommendations for lubrication frequency (typically every 3-6 months depending on usage).

1. Unplug the walking pad.
2. Loosen the belt tension if necessary to lift the belt slightly.
3. Apply a small amount of silicone-based treadmill lubricant (not included) to the center of the deck, underneath the belt.
4. Run the walking pad at a low speed for a few minutes to distribute the lubricant evenly.

### 5.3 Belt Tension and Alignment

The running belt tension and alignment may need adjustment over time. If the belt slips or drifts to one side, consult the troubleshooting section or contact customer support.

### 5.4 Remote Control Battery Replacement

If the remote control becomes unresponsive, the batteries may need replacement.

1. Locate the battery cover on the back of the remote control.
2. Squeeze the battery cover to the left with your right hand while pushing it upwards with your left hand to

open.

3. Remove the old battery and insert a new CR2032 button cell battery, ensuring correct polarity.
4. Replace the battery cover.



Figure 5.1: Remote Control Battery Replacement.

This visual guide provides clear steps for replacing the remote control battery, including how to open the compartment and insert the new battery.

## 6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Walking pad does not power on.	Power cord not plugged in. Power outlet not working. Remote control battery low/dead.	Ensure power cord is securely plugged into a grounded outlet. Test the outlet with another appliance. Replace remote control battery (refer to Section 5.4).
Running belt slips or hesitates.	Belt tension too loose. Lack of lubrication.	Adjust belt tension (refer to manual for specific instructions or contact support). Lubricate the running belt (refer to Section 5.2).
Running belt drifts to one side.	Belt alignment issue.	Adjust belt alignment using the rear roller bolts (refer to manual for specific instructions or contact support).
Unusual noise during operation.	Loose components. Motor issue. Belt friction.	Check for and tighten any loose screws or bolts. Lubricate the running belt (Section 5.2). If noise persists, discontinue use and contact customer support.

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

## 7. SPECIFICATIONS

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Feature	Detail
Brand	FOUSAE
Model	B0FM23JLSL
Product Dimensions	120 x 55 x 11 cm
Item Weight	21.5 kg
Material	Alloy Steel
Colour	Red
Display Type	LED
Horsepower	2.5 HP (Brushless Motor)
Maximum Speed	6.2 MPH (10 km/h)
Maximum Incline Percentage	9% (Manual)
Number Of Programs	12 (HIIT Programs)
Power Source	Corded Electric
Weight Capacity	330 LB (150 kg)
Noise Level	< 40 dB
Running Belt Dimensions	38" x 15" (approx. 96.5 cm x 38 cm)
Assembly Required	No (100% Pre-assembled)
Included Components	Remote Control

## 8. WARRANTY AND SUPPORT

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FOUSAE is committed to customer satisfaction. The company has 16 years of expertise in manufacturing high-quality fitness equipment.

For any inquiries, technical assistance, or warranty claims, please contact FOUSAE customer support. Our professional after-sales team aims to provide quick responses, typically within 18 hours.

Please refer to your purchase documentation for specific warranty terms and contact information.