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› [VANNECT 4-in-1 Walking Pad Treadmill with 9% Incline, Model UKX390AS](#)

VANNECT UKX390AS

VANNECT 4-in-1 Walking Pad Treadmill

Model: UKX390AS

1. IMPORTANT SAFETY INSTRUCTIONS

Before using the VANNECT Walking Pad Treadmill, please read and understand all instructions. Keep this manual for future reference.

- **Consult a Physician:** Before starting any exercise program, consult your physician, especially if you have pre-existing health conditions.
- **Proper Attire:** Wear appropriate athletic footwear and clothing. Avoid loose clothing that could get caught in the treadmill.
- **Clear Area:** Ensure a clear space of at least 2 meters (6.5 feet) behind the treadmill and 0.6 meters (2 feet) on each side.
- **Weight Limit:** Do not exceed the maximum user weight of 150 kg (330 lbs).
- **Children and Pets:** Keep children and pets away from the treadmill during operation.
- **Emergency Stop:** Familiarize yourself with the emergency stop procedure. In case of an emergency, press the stop button on the remote control.
- **Stable Surface:** Place the treadmill on a flat, stable surface.
- **Power Cord:** Ensure the power cord is not pinched or damaged. Do not use extension cords.

2. SETUP AND ASSEMBLY

The VANNECT Walking Pad Treadmill is designed for minimal setup, arriving 100% assembled and ready for use.

1. **Unpack the Box:** Carefully remove the walking pad from its packaging.
2. **Position the Treadmill:** Place the treadmill on a flat, stable surface in your desired exercise area, ensuring adequate clearance around it.
3. **Connect Power:** Plug the power cord into a grounded electrical outlet.
4. **Power On:** Locate the main power switch, usually at the front or rear of the unit, and turn it on. The LED display should illuminate.

Zero Assembly

Ready in 10 Seconds



1

Unpack the box

2

Get the treadmill ready



3

Hop on the treadmill and go

Figure 2.1: Simple 3-step setup process for the walking pad.

3. OPERATING INSTRUCTIONS

3.1. Powering On and Off

- To power on, ensure the main power switch is on, then use the remote control to start the treadmill.
- To power off, press the stop button on the remote control, then turn off the main power switch.

3.2. Remote Control and LED Display

The walking pad is controlled via a portable magnetic remote control. The integrated LED display shows key workout metrics.

Wireless Remote Control & LED Display

Portable remote control, adjust the speed without touching the walking board



Figure 3.1: Remote control and LED display showing workout metrics.

- **Speed Adjustment:** Use the remote control to increase or decrease the speed from 1 to 10 km/h.
- **LED Display:** The display clearly shows your current speed, distance covered, exercise time, and estimated calories burned.
- **Mute Function:** The remote control includes a mute button for convenient one-touch operation.
- **Magnetic Remote:** The remote control has a magnet on the back, allowing it to be attached to the treadmill to prevent loss.

3.3. Exercise Modes and Incline

The walking pad offers various modes and an adjustable incline to customize your workout.



Figure 3.2: Various exercise modes for different activities.

- **Work Mode:** 1 to 3 km/h, ideal for light activity while working.
- **Walking Mode:** 4 to 6 km/h, suitable for brisk walking.
- **Running Mode:** 7 to 10 km/h, for jogging or light running.
- **9% Manual Incline:** The treadmill features a manually adjustable 9% incline. To adjust, lift the front of the treadmill and rotate the incline support downwards. This feature enhances calorie burning and simulates outdoor climbing.
- **HIIT Programs:** The treadmill includes 12 pre-set HIIT (High-Intensity Interval Training) programs. Refer to the remote control or display for program selection and details.

4. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill surface with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Belt Lubrication:** Periodically check the running belt for proper lubrication. If the belt feels dry or sticky, apply silicone lubricant as per the instructions provided with the lubricant (not included).

- **Belt Tension and Alignment:** If the running belt slips or drifts to one side, adjust the tension and alignment screws located at the rear of the treadmill. Refer to the detailed instructions in the full user manual for precise adjustments.
- **Storage:** When not in use, the compact design allows for storage under a sofa, bed, or against a wall. Utilize the integrated wheels for easy movement.



Figure 4.1: Portable design with wheels for easy storage under furniture.

5. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not power on	Power cord not plugged in; Main power switch off; Circuit breaker tripped	Ensure cord is securely plugged in; Turn on main power switch; Reset circuit breaker
Running belt slips or stops	Belt tension too loose; Motor overload	Adjust belt tension (refer to full manual); Reduce user weight or speed

Problem	Possible Cause	Solution
Unusual noise during operation	Loose components; Lack of lubrication; Belt rubbing	Check and tighten all visible screws; Lubricate running belt; Adjust belt alignment
Remote control not responding	Dead batteries; Interference	Replace remote control batteries; Ensure no obstructions between remote and treadmill

If the problem persists, please contact VANNECT customer support.

6. SPECIFICATIONS

Model Number	UKX390AS
Motor Horsepower	2.75 HP
Speed Range	1 - 10 km/h
Maximum User Weight	150 kg (330 lbs)
Incline	9% (Manual Adjustment)
Running Surface Dimensions	100 cm x 40 cm
Overall Dimensions (L x W x H)	116 x 50.5 x 12.5 cm
Noise Level	< 30 dB
Material	Carbon Steel
Special Features	LED Display, Wireless Remote Control, 5-Layer Anti-slip Belt, 8 Silicone Shock Absorbers, 2 Shock-absorbing Pads, 12 HIIT Programs

Heavy-Duty Steel Frame

Holds Up to 330LBS

VANNECT		OTHER
✓ 2.75PS	Motor	✗ 2,0PS
✓ 330LBS	Capacity	✗ 220LBS
✓ 10 Km/h	Speed	✗ 6 Km/h
✓ Quiet	Noise	✗ Loud



Figure 6.1: Key performance specifications of the walking pad.

5-Layer Anti-slip Band

Reduces Stress on Knees
and Ankles



5-Layer



Non-slip



10 Integrated
Shock Absorption

Figure 6.2: Detail of the 5-layer anti-slip belt and shock absorption system.

7. WARRANTY AND SUPPORT

VANNECT is committed to providing quality products and customer satisfaction.

- **Warranty:** The VANNECT Walking Pad Treadmill comes with a 5-year free warranty service.
- **Technical Support:** Factory engineers are available to provide professional guidance, including video support, for any technical inquiries or issues.
- **Contact Us:** For warranty claims, technical assistance, or any other questions, please contact VANNECT customer support through the retailer's platform or the official VANNECT website.