

FOUSAE B0F9LDMS8K

FOUSAE Walking Pad Treadmill User Manual

Model: B0F9LDMS8K

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1. INTRODUCTION

Thank you for choosing the FOUSAE Walking Pad Treadmill. This manual provides essential information for the safe and efficient use, setup, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before first use and keep it for future reference.

Important Safety Instructions

- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Do not use the treadmill if you weigh more than 150 kg (330 lbs).
- Always wear appropriate athletic footwear.
- Consult a physician before starting any new exercise program.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.

2. PRODUCT OVERVIEW

The FOUSAE Walking Pad Treadmill is a versatile 3-in-1 fitness device designed for various activities including working, walking, and jogging. It features a powerful 2.5 HP brushless motor, manual 9% incline adjustment, and an advanced shock absorption system for a comfortable and quiet workout experience.

Key Features

- **3-in-1 Functionality:** Supports working (0.8-2.4 km/h), walking (2.4-5 km/h), and jogging (5-10 km/h).
- **9% Manual Incline:** Easily adjustable incline to increase workout intensity and calorie burn by up to 50%.

- **Powerful 2.5 HP Motor:** Brushless motor ensures quiet operation (below 40 dB) and smooth performance.
- **Exceptional Shock Absorption:** Features a multi-layered running belt, eight cushioning columns, and two 20 cm cushioning strips to protect joints.
- **LED Display & Remote Control:** Clear LED display shows real-time data (speed, time, distance, calories) controlled by a convenient magnetic remote.
- **12 HIIT Programs:** Pre-programmed High-Intensity Interval Training routines for effective fat burning.
- **Double Frame Design:** Enhances durability and supports a maximum user weight of 150 kg (330 lbs).
- **Compact & Portable:** Equipped with built-in transport wheels for easy movement and storage under furniture.

3-in-1 Tapis de marche

Régulation de vitesse de 0,6 à 6,2 MPH

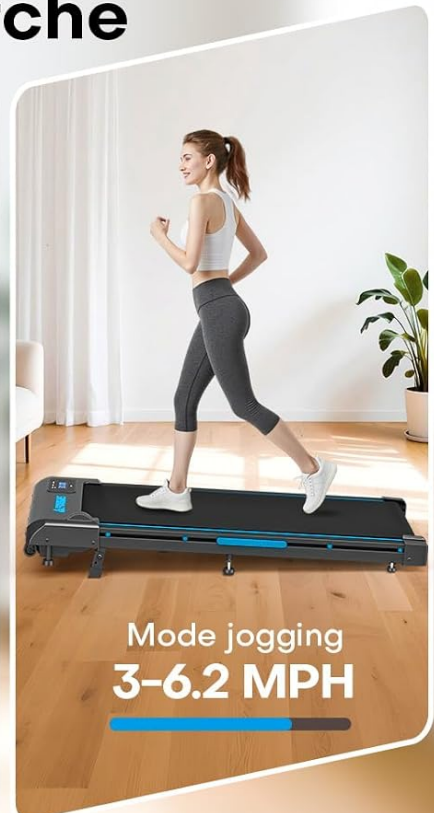
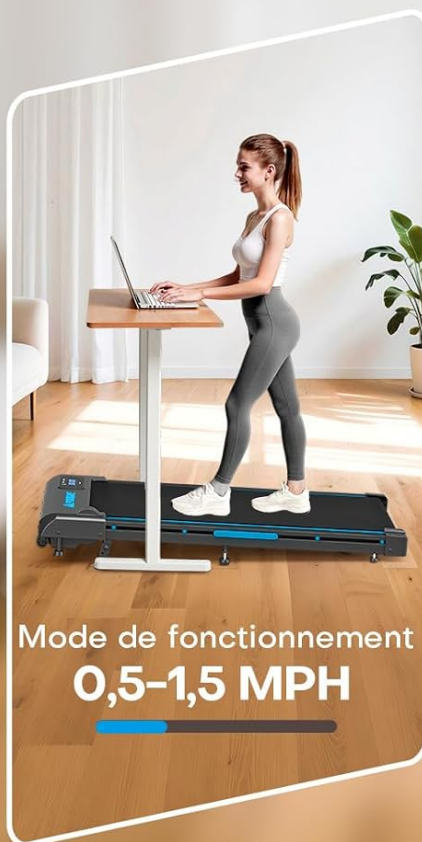


Figure 2.1: The FOUSAE Walking Pad illustrating its three operational modes: working, walking, and jogging, along with a visual representation of increasing workout intensity.

Affichage LED plus clair, Affichage en temps réel des données de mouvement

Mode manuel et mode compte à rebours



Télécommande magnétique pour un rangement facile

Figure 2.2: The LED display and magnetic remote control for the FOUSAE Walking Pad, showing real-time workout metrics.

3. SETUP

The FOUSAE Walking Pad Treadmill requires minimal assembly. Follow these steps to set up your device:

3.1 Unpacking and Placement

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a firm, level surface. Ensure there is at least 0.6 meters (2 feet) of clear space behind the treadmill and 0.3 meters (1 foot) on each side.
3. Inspect the treadmill for any signs of damage. If damaged, do not use and contact customer support.

3.2 Incline Adjustment

The treadmill features a manual 9% incline adjustment. To adjust the incline:

- Locate the incline adjustment mechanism at the rear of the treadmill.
- Manually lift or lower the rear of the treadmill to engage the desired incline level. This adjustment is designed to be quick and does not require tools.
- Ensure all cushioning columns are properly seated on the floor after adjustment to maximize shock absorption.



Figure 3.1: Demonstrating the manual 9% incline adjustment feature of the walking pad.

4. OPERATION

Your FOUSAE Walking Pad Treadmill is designed for intuitive use. Familiarize yourself with the controls and modes before starting your workout.

4.1 Powering On/Off

- Plug the power cord into a grounded electrical outlet.
- Locate the power switch (usually at the front base of the treadmill) and turn it to the 'ON' position.

- The LED display will illuminate.
- To turn off, switch the power to 'OFF' and unplug the unit.

4.2 Using the Remote Control

The treadmill is operated via a magnetic remote control. Ensure the remote has working batteries.

- **Start/Stop:** Press the 'START' button to begin or pause your workout. Press 'STOP' to end the workout.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the speed.
- **Mode Selection:** The 'M' button cycles through different workout modes (e.g., manual, countdown modes).
- **Program Selection:** The 'P' button allows you to select from the 12 pre-set HIIT programs.

4.3 Understanding the LED Display

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

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

4.4 Workout Modes

- **Working Mode:** Speeds from 0.8 to 2.4 km/h (0.5 to 1.5 MPH), ideal for light activity while working.
- **Walking Mode:** Speeds from 2.4 to 5 km/h (1.5 to 3 MPH), suitable for brisk walking.
- **Jogging Mode:** Speeds from 5 to 10 km/h (3 to 6.2 MPH), for moderate jogging.
- **Countdown Modes:** Set targets for time, distance, or calories. The treadmill will count down from your set goal.
- **12 HIIT Programs:** Select a pre-programmed High-Intensity Interval Training routine for varied and effective workouts. Refer to the display for program details.

5. MAINTENANCE

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

5.1 Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the display and exterior surfaces with a soft, damp cloth. Avoid abrasive cleaners.
- Periodically vacuum under the treadmill to prevent dust and debris buildup.
- Clean the running belt with a damp cloth after each use to remove sweat and dirt.

5.2 Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. *(Note: Specific lubrication instructions and frequency may vary. Refer to the included user manual for precise details.)*

- Unplug the treadmill.
- Lift the edge of the running belt and apply a small amount of silicone lubricant (not included, typically) to the center of the deck.
- Run the treadmill at a low speed for a few minutes to distribute the lubricant evenly.

6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; power switch off; circuit breaker tripped.	Ensure power cord is securely plugged in. Turn power switch ON. Check household circuit breaker.
Running belt stops or slows down during use.	Overload (user weight exceeds limit); belt needs lubrication; motor overheating.	Ensure user weight is within 150 kg. Lubricate the running belt. Allow motor to cool down.
Unusual noise from the treadmill.	Loose components; belt misalignment; motor issue.	Check for and tighten any loose screws. Adjust belt alignment (refer to specific instructions in the physical manual). If noise persists, contact support.
Remote control not responding.	Dead batteries; remote out of range; interference.	Replace remote control batteries. Ensure you are within range. Remove any potential interference sources.

For issues not listed here or if problems persist, please contact FOUSAE customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	FOUSAE
Model	B0F9LDMS8K
Color	Black Blue
Frame Material	Alloy Steel
Motor Power	2.5 HP (Brushless) / 800 Watts
Max Speed	10 km/h (6.2 MPH)
Max Incline	9% (Manual)
Running Belt Dimensions	97 cm x 40 cm (approx. 38.2 x 15.7 inches)
Product Dimensions (L x W x H)	116 x 50 x 12 cm (approx. 45.7 x 19.7 x 4.7 inches)
Product Weight	22 kg (approx. 48.5 lbs)
Max User Weight	150 kg (330 lbs)
Number of Programs	12 (HIIT)
Power Source	Electric Cord
Assembly Required	No

Feature	Detail
Included Components	User Manual

8. STORAGE

The FOUSAE Walking Pad is designed for convenient storage due to its foldable and compact nature.

- Ensure the treadmill is powered off and unplugged.
- The treadmill can be easily lifted and moved using its built-in transport wheels.
- Store the treadmill in a dry, safe place, such as under a bed or sofa, or upright against a wall.



Figure 8.1: The FOUSAE Walking Pad demonstrating its easy portability with integrated wheels and compact storage under furniture.

9. WARRANTY AND SUPPORT

For warranty information, technical support, or service inquiries, please refer to the warranty card included with your product or contact FOUSAE customer service directly. Keep your purchase receipt as proof of purchase. Contact information can typically be found on the product packaging or the official FOUSAE website.

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