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› [FOUSAE Walking Pad Treadmill with 9% Incline - User Manual](#)

FOUSAE B0FRRGQKFC

FOUSAE Walking Pad Treadmill with 9% Incline

Model: B0FRRGQKFC

1. SAFETY INFORMATION

Please read and understand all instructions before operating this treadmill. Retain this manual for future reference.

- Always place the treadmill on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear and clothing while using the treadmill.
- Attach the safety key clip to your clothing before starting any workout. In case of emergency, pulling the safety key will immediately stop the treadmill.
- Consult a physician before starting any new exercise program, especially if you have pre-existing health conditions.
- Do not use the treadmill if it is damaged or malfunctioning.
- Ensure the power cord is not pinched or damaged and is connected to a grounded outlet.

2. PACKAGE CONTENTS

Verify that all items are present in the package:

- FOUSAE 5-in-1 Treadmill
- Power Cord
- Remote Control
- Safety Key
- Lubricant
- Tool Kit
- User Manual (this document)

3. PRODUCT OVERVIEW

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

- **Versatile Design:** Functions as a walking pad, walking treadmill, jogging treadmill, running treadmill, and climbing treadmill with incline.
- **Motor:** Equipped with a 2.75 HP brushless motor for quiet operation (below 40 dB) and smooth performance.
- **Weight Capacity:** Supports users up to 330 lbs (approximately 150 kg).
- **Display:** Features a full-screen LED display that shows essential workout data such as speed, distance, time, and calories burned.
- **Control:** Can be operated using touch buttons on the console or the included magnetic remote control.
- **Shock Absorption:** Incorporates 8 silicone shock-absorbing columns and a 6-layer running belt to reduce impact on joints and knees.
- **Portability:** Designed to be foldable with built-in transport wheels for easy movement and compact storage under furniture or behind doors.
- **Running Belt Dimensions:** The running belt measures 40 inches in length and 16 inches in width.



Image: The treadmill's robust construction supports up to 330 lbs, ensuring stability for various users.

Want a **Smoother, Quieter** Run at Home?

2.75HP brushless motor ensures a smooth, quiet run and is built to last



Higher
load-bearing
capacity



Quieter



More
durable



Image: The 2.75 HP brushless motor ensures a smooth and quiet workout experience, ideal for home use without disturbance.

More Cushioning, Less Impact Friendly to joints and ankles



Image: Advanced shock absorption technology with 10 silicone absorbers and a multi-layer belt protects your joints during exercise.

4. SETUP INSTRUCTIONS

The FOUSAE Walking Pad Treadmill requires no assembly, making setup quick and easy.

1. **Unpacking:** Carefully remove the treadmill from its packaging. Ensure all packing materials are discarded responsibly.
2. **Placement:** Position the treadmill on a firm, level surface. Ensure there is at least 2 feet (60 cm) of clear space on all sides and 6 feet (180 cm) behind the treadmill for safe operation and emergency dismount.
3. **Power Connection:** Plug the power cord into the treadmill's power input, then connect it to a standard, grounded electrical outlet.
4. **Handlebar Adjustment (if applicable):** If you intend to use the treadmill with the handlebar, raise it to the upright position and ensure it is securely locked into place.
5. **Incline Adjustment:** If you wish to use the incline feature, manually adjust the incline level to your desired setting (up to 10%) before starting your workout. Refer to the specific mechanism shown in the manual for adjustment.



Image: The treadmill features built-in transport wheels for easy relocation and a foldable design for compact storage.

5. OPERATING INSTRUCTIONS

5.1 Basic Operation

1. **Power On:** Press the power button on the treadmill console or the remote control to turn on the device.
2. **Safety Key:** Attach the safety key clip to your clothing and insert the safety key into its designated slot on the console. The treadmill will not operate without the safety key properly inserted.
3. **Starting a Workout:**
 - **Manual Mode:** Press the **Start/Pause** button on the remote or console. The running belt will begin moving at a low default speed.
 - **Speed Adjustment:** Use the **Speed +** or **Speed -** buttons on the remote or console to increase or decrease the belt speed.
 - **Stopping a Workout:** Press the **Start/Pause** button to temporarily pause your workout. Press the **STOP** button on the remote or console, or pull the safety key, for an immediate emergency stop.

5.2 Exercise Modes and Speed Ranges

The treadmill offers various speed ranges to accommodate different exercise intensities:

- **Working Mode:** 0.6 - 1.5 MPH (for light activity while working)
- **Walking Mode:** 1.5 - 3 MPH (for brisk walking)
- **Jogging Mode:** 3 - 6.2 MPH (for light jogging)
- **Running Mode:** 6.2 - 7.5 MPH (for higher intensity running)
- **Climbing Mode:** Utilizes the 10% manual incline for increased calorie burn and muscle engagement.

Make the Smart Choice: Discover the FOUSAE 5-in-1 Treadmill

Smart speed (0.6-7.5 MPH) and 10% incline



The image is a promotional graphic for the FOUSAE 5-in-1 Treadmill. It features a central title and a subtitle, followed by five circular inset images arranged in a grid. Each inset shows a woman using the treadmill in a specific mode, with text labels indicating the mode and its corresponding speed range or incline. The modes are: Working mode (0.6-1.5 MPH), Walking mode (1.5-3 MPH), Climbing mode (10% incline), Jogging mode (3-6.2 MPH), and Running mode (6.2-7.5 MPH). The treadmill is shown in a bright, modern living room setting.

Image: Illustrates the various exercise modes and corresponding speed ranges available on the treadmill.

5.3 Incline Adjustment

The treadmill features a manual incline adjustment of up to 10%. To adjust the incline:

1. Ensure the treadmill is stopped and powered off for safety.
2. Locate the incline adjustment mechanism at the rear of the treadmill.

3. Follow the instructions in the detailed user manual to raise or lower the treadmill deck to the desired incline level. Ensure it is securely locked in place before resuming use.



Image: The treadmill can be used in two ways: as a walking pad or as a full treadmill with adjustable incline.

5.4 HIIT Programs and Countdown Modes

- **12 HIIT Programs:** The treadmill includes 12 pre-set High-Intensity Interval Training programs. To select a program, ensure the treadmill is stopped, then press the **P** button on the remote control to cycle through the available programs.
- **3 Countdown Modes:** You can set countdown goals for time, distance, or calories. With the treadmill stopped, press the **M** button on the remote control to select your desired countdown mode.

5.5 App Connectivity

Enhance your workout experience by connecting the treadmill to compatible fitness applications:

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 chosen app and follow its instructions to search for and connect to your FOUSAE treadmill.
4. Once connected, you can track real-time metrics, access virtual training routes, and participate in challenges.



Image: The treadmill offers app connectivity, multiple countdown modes, and 12 HIIT programs for varied workouts.

5.6 Remote Control Functions

The magnetic remote control provides convenient access to key functions:

- **Speed + / Speed -**: Adjusts the running belt speed.
- **M (Mode)**: Selects between 3 countdown modes (time, distance, calories).
- **P (Program)**: Cycles through the 12 HIIT programs.
- **Start/Pause**: Starts or pauses the treadmill.
- **STOP**: Immediately stops the treadmill.
- **Mute**: Quiets remote control sounds.

INSTRUCTIONS FOR THE REMOTE CONTROL



Image: Detailed instructions for using the remote control to manage treadmill functions.

6. MAINTENANCE

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

- **Cleaning:** After each use, wipe down the treadmill's surfaces with a damp cloth. Avoid using abrasive cleaners or solvents that could damage the finish.
- **Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubricant and follow the specific instructions in the detailed user manual for the correct application frequency and method. Typically, this is every few months depending on usage.
- **Belt Adjustment:** Periodically check the running belt for proper tension and alignment. If the belt feels loose, slips, or drifts to one side, refer to the detailed user manual for instructions on how to adjust the belt tension and centering.
- **Storage:** When not in use, fold the treadmill and store it in a dry, clean area away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

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

- **Treadmill Not Starting:**
 - Ensure the power cord is securely plugged into both the treadmill and a grounded electrical outlet.
 - Verify that the safety key is correctly inserted into its slot on the console.
 - Check if the main power switch (usually located near the power cord input) is in the 'ON' position.
- **Running Belt Slipping or Sticking:**
 - The running belt may require lubrication. Refer to the 'Maintenance' section and your detailed user manual for lubrication instructions.
 - The belt tension might need adjustment. Consult your user manual for specific belt tensioning procedures.
- **Unusual Noise During Operation:**
 - Check for any loose parts or foreign objects that may have fallen under the running belt.
 - Ensure the treadmill is placed on a completely level and stable surface.
 - If the noise persists, it may indicate an internal issue. Contact customer support for assistance.

• **Display Not Working or Showing Incorrect Data:**

- Check all power connections.
- Ensure all cables connecting the console to the main unit are securely attached.
- If the issue continues, contact customer support.

8. SPECIFICATIONS

Feature	Specification
Brand	FOUSAE
Model	B0FRRGQKFC
Product Dimensions (L x W x H)	130 x 60 x 12 cm (51.2 x 23.6 x 4.7 inches)
Item Weight	24.5 kg (54 lbs)
Maximum Speed	7.5 MPH
Maximum Incline	10% (Manual Adjustment)
Motor Horsepower	2.75 HP (Brushless)
Weight Capacity	330 lbs
Running Belt Area	40" x 16"
Noise Level	<40 dB
Programs	12 HIIT Programs
Display Metrics	Speed, Distance, Time, Calories Burned
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel
Power Source	Corded Electric
Assembly Required	No



Image: The treadmill features a spacious running belt measuring 40 inches by 16 inches.

9. WARRANTY AND SUPPORT

FOUSAE is committed to providing quality products and customer satisfaction.

- **Return Policy:** This product is eligible for return, refund, or replacement within 30 days of receipt. Please refer to your purchase platform's specific return policy for detailed instructions.
- **Customer Support:** For any questions, technical assistance, or concerns regarding your FOUSAE treadmill, please contact our professional after-sales team. We aim to respond to all inquiries within 18 hours. Refer to the contact information provided in your original product packaging or on the official FOUSAE website for the most direct support channels.