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vannect X309AS

vannect X309AS Electric Treadmill with Incline User Manual

Model: X309AS

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual carefully before operating the treadmill. Keep this manual for future reference. Failure to follow these instructions may result in injury or damage to the product.

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clear space around the treadmill (at least 0.6 meters on all sides).
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear and clothing.
- Consult a physician before starting any exercise program.
- Do not use the treadmill in wet or damp conditions.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

2. PRODUCT OVERVIEW

The vannect X309AS Electric Treadmill is designed for home and office use, offering a versatile workout experience with adjustable speed and incline.

Package Contents

- vannect X309AS Electric Treadmill
- Remote Control
- User Manual (this document)
- Tool Kit
- Lubricant

Specifications

Feature	Specification
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Brand	vannect
Model Number	X309AS
Motor	2.75 HP Brushless Motor
Speed Range	1-10 km/h
Incline	Manual 9% Adjustable
Running Surface (L x W)	116 cm x 50.5 cm
Weight Capacity	150 kg
Noise Level	<30 dB
Dimensions (L x W x H)	116 x 50.5 x 12.5 cm
Item Weight	18 kg
Running Belt	5-layer anti-slip
Shock Absorption	10 silicone shock absorbers
Display	LED (Time, Speed, Distance, Calories)
Control	Magnetic Remote Control
Power Source	Corded Electric



Image: The vannect X309AS Electric Treadmill, showcasing its compact design and under-desk usage.

3. SETUP

The vannect X309AS treadmill is designed for zero assembly, allowing you to start your workout quickly.

Initial Setup

1. **Unpack the Box:** Carefully remove the treadmill and all accessories from the packaging.
2. **Position the Treadmill:** Place the treadmill on a firm, level surface. Ensure there is sufficient space around the unit for safe operation and movement.
3. **Connect Power:** Plug the power cord into a grounded electrical outlet.

Exercise While Working

Multiple Settings for Different Environments



Image: Visual guide demonstrating the simple 3-step zero assembly process: unpack, get ready, and hop on.

Storage and Portability

The treadmill features integrated transport wheels and a compact design for easy storage.

- To move: Tilt the treadmill and roll it using the built-in wheels.
- To store: The low-profile design allows it to be stored under a bed or sofa, saving space.

Zero Assembly

Ready in 10 Seconds



1

Unpack the box

2

Get the treadmill ready



3

Hop on the treadmill and go

Image: A person easily moving the treadmill using its wheels and examples of storing it under a sofa and bed.

4. OPERATING INSTRUCTIONS

Familiarize yourself with the controls and display before beginning your workout.

Power On/Off

- To power on: Ensure the treadmill is plugged in and the main power switch (usually located near the power cord) is in the 'ON' position. The LED display will illuminate.
- To power off: Switch the main power switch to 'OFF' and unplug the unit.

Using the Remote Control

The magnetic remote control allows for convenient adjustment of settings during your workout.

- **Start/Stop Button:** Press to start or stop the treadmill belt.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the speed in increments.
- **Pause Function:** The remote control includes a pause button to temporarily stop your workout while retaining your current data. Press again to resume.
- **Magnetic Attachment:** The remote control can be magnetically attached to the treadmill for easy access and to prevent loss.

Portable, Easy to Carry & Store

Ideal for users who need to optimize their home workout area



Image: Close-up of the treadmill's LED display showing workout data and the wireless remote control.

LED Display

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

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

Adjusting Incline

The treadmill features a manual 9% incline adjustment to intensify your workout and simulate climbing.

- To adjust the incline, ensure the treadmill is off and unplugged.
- Locate the manual incline adjustment mechanism (refer to the product diagram if available).
- Adjust the support feet to achieve the desired 9% incline. Ensure both sides are evenly set.



Image: Illustration showing the manual incline adjustment and its effect on calorie burn compared to a flat surface.

Speed Modes and Workout Suggestions

The treadmill supports various speeds for different workout intensities:

- **Walking Mode (1-3 km/h):** Ideal for a relaxed walk or warm-up.
- **Brisk Walking Mode (4-6 km/h):** Suitable for a steady, brisk walk.
- **Running Mode (7-10 km/h):** For more intense running sessions.

Always Active Redesign Your Home Office with Walking

at the desk for a healthy working day



Ideal for home office



With 9% incline



Up to 10 km/h



Very quiet



Image: Visual representation of climbing, exercise at work, walking, and running modes with corresponding speed ranges.

Energy Saving Feature

If the treadmill is not used for more than 10 minutes, it will automatically enter sleep mode, turning off the display to conserve energy.

5. MAINTENANCE

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

Lubrication Schedule

Proper lubrication of the running belt is crucial. Use the provided lubricant according to the following schedule:

Usage Frequency	Maintenance Frequency
<3 Hours/Week	Every 2 Months
4-7 Hours/Week	Every 1 Month
≥8 Hours/Week	Every 2 Weeks



Image: A hand applying lubricant to the treadmill belt, illustrating the lubrication process and schedule.

Belt Adjustment

If the running belt feels loose, slips, or is off-center, it may need adjustment. Use the included tool to adjust the belt tension or alignment screws located at the rear of the treadmill.

- **For tension:** Turn both screws clockwise a quarter turn at a time until the belt feels appropriately taut.
- **For alignment:** If the belt drifts to the left, turn the left screw clockwise a quarter turn. If it drifts to the right, turn the right screw clockwise a quarter turn. Run the treadmill for a minute and re-check.

150kg Capacity & 10 Shock Absorbers

Knees and Joints Protection for Healthy Running



Image: A hand using a tool to adjust the treadmill belt, demonstrating the adjustment process.

Cleaning

Regularly wipe down the treadmill with a damp cloth to remove dust and sweat. Do not use abrasive cleaners or solvents.

6. TROUBLESHOOTING

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

- **Treadmill not starting:**
 - Ensure the power cord is securely plugged into a working outlet.
 - Check that the main power switch is in the 'ON' position.
 - Verify the remote control battery is not depleted.
- **Running belt slipping or hesitating:**
 - The belt may require lubrication (refer to Section 5: Maintenance).
 - The belt tension may need adjustment (refer to Section 5: Maintenance).
- **Unusual noise during operation:**
 - Check for any loose components and tighten them.
 - Ensure the treadmill is on a level surface.
 - Lubricate the running belt if it has not been done recently.
- **LED display not working:**
 - Check the power connection and main power switch.
 - Ensure the remote control battery is functional, as it controls the display.

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

7. WARRANTY AND SUPPORT

Your vannect X309AS Electric Treadmill comes with a **24-month free warranty** from the date of purchase.

This warranty covers manufacturing defects and ensures the quality of your product. It does not cover damage caused by misuse, accident, unauthorized modification, or normal wear and tear.

Customer Support

Should you encounter any issues or have questions regarding your treadmill, please contact our customer service team. For the quickest resolution, we recommend reaching out via your Amazon order page.

Our professional technicians aim to respond to your inquiries within 16 hours.

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Related Documents - X309AS

	<p>VANNECT Exercise Bike 917B Instruction Manual and User Guide</p> <p>Comprehensive instruction manual for the VANNECT Exercise Bike Model 917B, covering assembly, safety, usage, exercise guide, and troubleshooting. Learn how to set up and use your exercise bike for effective workouts.</p>
	<p>VANNECT Folding Exercise Bike: Assembly, Safety, and User Guide</p> <p>This comprehensive user manual provides detailed instructions for assembling, safely operating, and maintaining your VANNECT Folding Exercise Bike. Includes parts list, exercise guidance, and troubleshooting tips.</p>
	<p>Vannect Sports Equipment - Product Information and Safety Warnings</p> <p>Official product information for Vannect Sports Equipment, including manufacturer details, EU and UK representative contacts, compliance marks, and essential safety warnings for users.</p>
	<p>Vannect Sports Equipment - Product Information and Safety Warnings</p> <p>Comprehensive product information for Vannect Sports Equipment, including manufacturer details, EU/UK representative contacts, compliance marks, and essential safety warnings for users.</p>
	<p>Stepper Fitness Machine Instruction Manual</p> <p>Comprehensive instruction manual for the Stepper fitness machine, covering safety guidelines, product features, usage notes, troubleshooting, maintenance, and exercise recommendations for effective home workouts.</p>