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vannect X390AS

Vannect X390AS Treadmill with Incline: User Manual

Model: X390AS | Brand: Vannect

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Vannect X390AS Treadmill. Please read all instructions carefully before operation and retain this manual for future reference. The Vannect X390AS is a versatile walking pad and treadmill designed for home fitness, featuring a 2.75HP motor, adjustable incline, LED display, and a magnetic remote control. It is designed for ease of use with no assembly required.

2. SAFETY INFORMATION

Important Safety Precautions:

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure the treadmill is placed on a flat, stable surface with adequate clear space around it (at least 2 meters behind and 0.6 meters on each side).
- Do not allow children or pets near the treadmill during operation.
- Wear appropriate athletic footwear and clothing.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Keep hands and feet clear of all moving parts.
- Use the safety key/clip if available (consult product for specific safety features).
- The maximum user weight capacity for this treadmill is 150 kg. Do not exceed this limit.
- The running belt features a 5-layer anti-slip design and 10 silicone shock absorbers to reduce impact on joints.

Bastidor de acero resistente

Soporta hasta 150 kg

VANNECT

✓ 2,75 CV

✓ 150 kg

✓ 10 km/h

✓ Silencioso

Motor

Capacidad

Velocidad

Ruido

OTROS

✗ 2,0 CV

✗ 100 kg

✗ 6 km/h

✗ Ruidoso



Image: Comparison of Vannect treadmill features (2.75 HP, 150 kg capacity, 10 km/h, silent) against other models, highlighting the robust steel frame.

Programa de lubricación

Frecuencia de uso

<3 horas/semana

4-7 horas/semana

≥8 horas/semana

Frecuencia de mantenimiento

2 meses

1 mes

2 semanas



Image: Illustration of the treadmill's 150 kg weight capacity and 10 shock absorbers for joint protection.

3. PRODUCT COMPONENTS

The Vannect X390AS treadmill includes the following main components:

- **Treadmill Unit:** Main body with running belt, motor, and frame.
- **LED Display:** Integrated into the front panel, showing time, speed, distance, and calories burned.
- **Magnetic Remote Control:** For adjusting speed and pausing the workout. It can be magnetically attached to the treadmill to prevent loss.
- **Power Cable:** For connecting the treadmill to an electrical outlet.
- **Adjustment Tool:** For belt tension adjustments.



Image: The wireless remote control and LED display, showing metrics like distance, speed, time, and calories.



Image: The magnetic remote control storage feature, allowing it to be securely attached to the treadmill.

4. SETUP INSTRUCTIONS

The Vannect X390AS treadmill requires no assembly and is ready to use in seconds.

1. **Unpack the Box:** Carefully remove the treadmill from its packaging.
2. **Position the Treadmill:** Place the treadmill on a flat, stable surface. Ensure there is sufficient space around the unit for safe operation.
3. **Plug In:** Connect the power cable to the treadmill and then to a suitable electrical outlet.
4. **Start Walking:** The treadmill is now ready for use.

Sin ensamble

Listo en 10 segundos



1

Desempaqueta la caja

2

Prepara la cinta de correr



3

Súbete a la cinta
y ¡a correr!



Image: Simple 3-step setup process: Unpack the box, prepare the treadmill, and begin exercising.

Storage

This treadmill is designed for compact storage. It features integrated transport wheels for easy movement. When not in use, it can be stored flat under a sofa or bed, or upright against a wall.

Capacidad de 150 kg & 10 amortiguadores

Protección de rodillas y articulaciones para una carrera saludable



150kg
Capacidad de



5-layer Non
Cinturón de



10 shock
Amortiguadores de



Image: Demonstrates the ease of moving the treadmill using transport wheels and its compact storage capabilities under a sofa or bed.

Portátil, fácil de transportar y guardar

Ideal para quienes necesitan optimizar su espacio de entrenamiento en casa



Image: Illustrates the treadmill's portability and ease of storage, fitting under furniture and featuring a pulley design for transport.

5. OPERATING INSTRUCTIONS

The Vannect X390AS treadmill offers various modes and adjustable settings for your workout.

Power On/Off

- To power on, ensure the treadmill is plugged in and press the power button on the unit or remote control.
- To power off, press the power button again.

Using the Remote Control

The magnetic remote control allows for easy adjustment of speed and pausing your workout.

- Use the speed buttons to increase or decrease the belt speed.
- Press the pause button to temporarily stop your workout. All data will be saved, allowing you to resume from where you left off.

Speed Modes

The treadmill supports speeds from 1 km/h to 10 km/h, accommodating various exercise intensities:

- **Relaxing Walk:** 1 to 3 km/h
- **Brisk Walk:** 4 to 6 km/h
- **Running:** 7 to 10 km/h

Ejercicio en el trabajo

Múltiples configuraciones para diferentes entornos



Image: Various exercise scenarios and speed ranges, including climbing mode (3-6 km/h), exercise at work (1-3 km/h), walking mode (4-6 km/h), and running mode (7-10 km/h).

Adjustable Incline

The treadmill features an adjustable incline of up to 9%, simulating uphill walking or running to intensify your workout and increase calorie expenditure. Refer to the product's physical adjustment mechanism for changing the incline level.



Image: Illustrates the manual adjustable incline feature, showing increased calorie burn (from 200 kcal/h to 360 kcal/h) when using a 9% incline compared to 0%.

LED Display

The integrated LED panel displays real-time workout data:

- Time
- Speed
- Distance
- Calories Burned

6. MAINTENANCE

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

Belt Adjustment

The running belt may require occasional adjustment to ensure it remains centered and properly tensioned. Use the included tool to adjust the belt as needed. Refer to the specific adjustment points on your treadmill for correct procedure.



Image: Demonstrates how to adjust the treadmill belt using the provided tool to maintain proper tension and alignment.

Lubrication Program

Regular lubrication of the running deck is crucial for smooth operation and to prevent wear. The frequency of lubrication depends on your usage:

Frequency of Use	Maintenance Frequency (Lubrication)
Less than 3 hours/week	Every 2 months
4-7 hours/week	Every 1 month
8 hours/week or more	Every 2 weeks



Image: Visual guide for the lubrication program, showing how to apply lubricant under the running belt.

Cleaning

Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.

7. TROUBLESHOOTING

If you encounter any issues with your Vannect X390AS treadmill, refer to the following common troubleshooting steps:

- **Treadmill does not power on:**

- Ensure the power cable is securely plugged into both the treadmill and a working electrical outlet.
- Check the main power switch on the treadmill (if present).
- Verify the outlet is functional by plugging in another device.

- **Running belt slips or stops:**

- The belt may need tensioning. Refer to the "Belt Adjustment" section in Maintenance.
- The belt may need lubrication. Refer to the "Lubrication Program" section in Maintenance.
- Ensure the user's weight does not exceed the maximum capacity of 150 kg.

- **Unusual noise during operation:**

- Check for any loose parts or foreign objects under the belt.
- Ensure the treadmill is on a level surface.
- Lubricate the belt if it has not been done recently.

- **Remote control not responding:**

- Check the battery in the remote control and replace if necessary.
- Ensure there are no obstructions between the remote and the treadmill's receiver.

If the issue persists after attempting these steps, please contact customer support.

8. SPECIFICATIONS

Feature	Specification
Model Number	X390AS
Brand	Vannect
Motor Horsepower	2.75 HP (Brushless)
Speed Range	1 - 10 km/h
Maximum Incline	9% (Adjustable)
Maximum User Weight	150 kg
Running Belt Layers	5-layer anti-slip
Shock Absorption	10 silicone shock absorbers
Noise Level	Below 30 dB
Display Type	LED (Time, Speed, Distance, Calories)

Feature	Specification
Control Method	Magnetic Remote Control
Assembly Required	No
Power Source	Electric Cable
Product Dimensions (Approx. unfolded)	116 cm (Length) x 50 cm (Width)
Product Height (Approx. folded)	12.5 cm
Product Weight	21 kg



Image: Dimensions of the flat running surface, showing a length of 116 cm and a width of 50 cm.

Almacenamiento del control remoto

El control remoto se puede fijar al lateral de la plataforma de andar. No tiene que preocuparse por perderlo



Image: Highlights the 2.75 HP silent brushless motor, indicating a speed range of 0.6-4 MPH (approx. 1-6.4 km/h) and noise level below 30dB for quiet operation.

9. WARRANTY AND SUPPORT

The Vannect X390AS treadmill comes with a **5-year warranty for free spare parts**.

For any inquiries, technical assistance, or warranty claims, please contact Vannect customer support. Customer support is available 24/7.

Please refer to your purchase documentation or the official Vannect website for specific contact details.