

FOUSAE B0G58V89H4

FOUSAE 5-in-1 Foldable Treadmill User Manual

Model: B0G58V89H4

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your FOUSAE 5-in-1 Foldable Treadmill. Please read it thoroughly before operation and retain it for future reference. This treadmill is designed for home and office use, offering multiple exercise modes and smart features.



Image 1.1: The FOUSAE treadmill in a home environment, showcasing its design for personal fitness.

2. SAFETY INSTRUCTIONS

To ensure safe operation and prevent injury, observe the following safety precautions:

- Always consult a physician before starting any new exercise program.
- Place the treadmill on a flat, stable surface with adequate clearance around it (at least 2 meters behind and 0.6 meters on each side).
- Keep children and pets away from the treadmill during operation.

- Wear appropriate athletic footwear and clothing.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Use the safety key/clip at all times. Attach it to your clothing before starting your workout.
- Do not step on or off the treadmill while the belt is moving.
- Maximum user weight capacity is 150 kg (330 lbs). Do not exceed this limit.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- FOUSAE 5-in-1 Foldable Treadmill
- Power Cable
- Remote Control
- Tool Kit
- User Manual (this document)
- Lubricant

4. SETUP

The FOUSAE treadmill comes pre-assembled for convenience. Follow these steps for initial setup:

4.1 Unfolding the Treadmill

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a flat, stable surface.
3. To use in upright mode, lift the handlebar until it locks into position.
4. Ensure the central support bolt is adjusted to secure firm contact with the floor for stability during workouts.

4.2 Adjusting Incline

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

1. Ensure the treadmill is powered off and unplugged.
2. Locate the incline adjustment mechanism at the rear of the treadmill.
3. Manually adjust the support to achieve the desired 9% incline.
4. Confirm the incline is securely set before use.

5-en-1 Cinta de correr

Ajuste de velocidad de 1-12 KM/H



Image 4.1: Illustration of the two usage modes and how to adjust the handrail and incline.

5. OPERATING INSTRUCTIONS

5.1 Power On/Off

- Connect the power cable to the treadmill and a suitable power outlet.
- Press the power button, usually located near the front of the treadmill, to turn it on.
- To power off, press the power button again or unplug the unit.

5.2 Speed Adjustment and Modes

The treadmill offers a speed range of 1-12 km/h (0.6-7.5 mph) with various modes:

- **Work Mode**: 1-3 km/h (0.6-1.5 mph) - Suitable for light activity while working.
- **Walk Mode**: 3-5 km/h (1.5-3 mph) - For brisk walking.
- **Jog Mode**: 5-10 km/h (3-6.2 mph) - For light jogging.
- **Run Mode**: 10-12 km/h (6.2-7.5 mph) - For running workouts.

Adjust speed manually using the controls on the LED display or the remote control.



Image 5.1: Overview of the 5-in-1 treadmill modes and speed ranges.

5.3 LED Display and Remote Control

The treadmill features a large, bright LED display that shows real-time data such as time, speed, distance, and calories burned. The practical remote control allows for easy adjustment of settings during your workout.



Image 5.2: The dual LED display and magnetic remote control for convenient operation.

Remote Control Battery Replacement:

The remote control uses a button cell battery. To replace it:

1. Remove the deflector before first use.
2. With your right hand, press the battery cover to the left, pushing it upwards.
3. Remove the old battery and replace it with a new one, ensuring correct polarity.



Image 5.3: Step-by-step guide for remote control battery replacement.

5.4 App Connectivity

The treadmill can connect to fitness applications such as Fitshow, Kinomap, and Zwift for virtual workouts and tracking. To connect:

1. Download the desired app (e.g., Fitshow) from your device's app store.
2. Ensure Bluetooth is enabled on your device.
3. Open the app and follow the on-screen instructions to pair with your FOUSAE treadmill.

4. Monitor real-time data and access personalized training plans through the app.



Image 5.4: Treadmill compatible with fitness apps for an interactive workout experience.

5.5 Pre-set Programs and Countdown Modes

The treadmill includes 12 intelligent HIIT programs for varied workouts. Additionally, it offers three smart countdown modes:

- **Time Countdown:** Set a target workout duration.
- **Distance Countdown:** Set a target distance to cover.
- **Calories Countdown:** Set a target number of calories to burn.

These modes help you stay focused on your fitness goals. Select programs and modes via the display or connected app.



Image 5.5: The 12 HIIT programs and countdown modes for customized training.

6. MAINTENANCE

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

6.1 Cleaning

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

- Keep the area around the treadmill clean and free of debris.

6.2 Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubricant or a compatible silicone-based treadmill lubricant.

1. Unplug the treadmill from the power outlet.
2. Loosen the belt tension bolts slightly to lift the belt.
3. Apply a small amount of lubricant evenly under the center of the running belt.
4. Tighten the belt tension bolts to their original setting.
5. Run the treadmill at a low speed for a few minutes to distribute the lubricant.

6.3 General Care

- Inspect the running belt for wear and tear regularly.
- Check all bolts and connections for tightness periodically.
- Store the treadmill in a dry, cool place when not in use. The foldable design and transport wheels facilitate easy storage under furniture or against a wall.



Image 6.1: The treadmill's foldable design and transport wheels for easy movement and storage.

7. 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 cable not connected, power switch off, circuit breaker tripped.	Ensure power cable is securely plugged in. Check power switch. Reset circuit breaker if necessary.
Running belt slips or hesitates.	Belt tension too loose, belt requires lubrication.	Adjust belt tension (refer to manual for specific instructions). Lubricate the running belt as per maintenance section.
Unusual noise during operation.	Loose components, motor issue, belt friction.	Check all bolts and screws for tightness. Lubricate the belt. If noise persists, contact customer support.

Problem	Possible Cause	Solution
Remote control not responding.	Battery depleted, remote out of range.	Replace remote control battery (refer to section 5.3). Ensure remote is within operating range of the treadmill.

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

8. SPECIFICATIONS

Key technical specifications for the FOUSAE 5-in-1 Foldable Treadmill:

- **Model:** B0G58V89H4
- **Brand:** FOUSAE
- **Motor:** 2.75 HP (Peak Horsepower)
- **Speed Range:** 1-12 KM/H (0.6-7.5 MPH)
- **Incline:** 9% (Manual Adjustment)
- **Maximum User Weight:** 150 KG (330 lbs)
- **Running Belt Dimensions:** 100 x 39 cm (Approximately 39.4 x 15.4 inches)
- **Shock Absorption:** 5-layer running belt with 10 silicone shock absorbers
- **Noise Level:** < 40 dB
- **Product Dimensions (Unfolded):** Approximately 135 x 60 x 15 cm (53.1 x 23.6 x 5.9 inches)
- **Product Dimensions (Folded):** Approximately 127 x 57 x 10 cm (50 x 22.4 x 3.9 inches)
- **Product Weight:** 23 KG (50.7 lbs)
- **Material:** Acrylonitrile Butadiene Styrene (ABS), Steel Alloy
- **Special Features:** 5-in-1 functionality, App compatibility (Fitshow, Kinomap, Zwift), 12 HIIT programs, 3 Countdown modes, LED display, Magnetic remote control, Transport wheels.



Image 8.1: Illustration of the powerful and quiet 2.75 HP motor and 150 KG weight capacity.



Image 8.2: Details of the 5-layer running belt and 10 shock absorbers for impact reduction.

9. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation included with your purchase or contact FOUSAE customer service through the retailer where the product was purchased. Ensure you have your model number (B0G58V89H4) and purchase date available when contacting support.

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