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FOUSAE X

FOUSAE Walking Pad with Incline User Manual

Model: X

1. Important Safety Instructions

Please read all instructions carefully before using the FOUSAE Walking Pad. Keep this manual for future reference.

- **Placement:** Place the walking pad on a flat, stable surface. Ensure there is clear space around the unit for safe operation.
- **Power:** Connect the power cord to a properly grounded outlet. Do not use extension cords or adapters.
- **User Weight:** The maximum user weight capacity for this walking pad is**350 lbs (158 kg)**. Do not exceed this limit.
- **Children and Pets:** Keep children and pets away from the walking pad during operation.
- **Medical Conditions:** Consult your physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- **Emergency Stop:** Familiarize yourself with the STOP button on the remote control for immediate shutdown.
- **Maintenance:** Unplug the walking pad before cleaning or performing any maintenance.

2. What's in the Box

Carefully unpack all components and ensure you have received the following items:

- FOUSAE Walking Pad
- Remote Control
- Power Cord
- User Manual (this document)
- Tool Kit

3. Setup and Assembly

The FOUSAE Walking Pad comes largely pre-assembled. Follow these steps to prepare it for use:

1. **Unpack:** Remove the walking pad and all accessories from the packaging.
2. **Placement:** Place the walking pad on a firm, level surface. Ensure there is at least 2 feet of clear space behind the unit and 1 foot on each side.
3. **Power Connection:** Insert the power cord into the power port on the walking pad and then plug the other end into a standard grounded electrical outlet.
4. **Initial Check:** Ensure the running belt is centered and free of any obstructions.



Image: Easy storage and smooth mobility of the FOUSAE Walking Pad. The unit features built-in transport wheels for convenient movement and can be stored upright to save space.

4. Operating Instructions

4.1 Power On/Off

- **Power On:** Plug in the walking pad. The LED display will illuminate.
- **Power Off:** Press the 'STOP' button on the remote control. Unplug the unit from the power outlet for complete shutdown.

4.2 Remote Control Functions

The walking pad is operated via the included remote control. Ensure the remote has working batteries.



Image: Instructions for the remote control. Key buttons include Speed +, Speed -, M (Mode selection), P (Program selection), Mute, Start/Pause, and Stop.

- **Start/Pause (►▮▮):** Press to start or pause the walking pad.
- **Speed + (▲):** Increases the speed.
- **Speed - (▼):** Decreases the speed.
- **M (Mode):** Selects between Manual Speed Mode and Countdown Modes (Time, Distance, Calories).
- **P (Program):** Selects one of the 12 pre-set HIIT programs.

- **Mute (Speaker Icon):** Mutes remote control beeps for quiet operation.
- **STOP:** Immediately stops the walking pad.

4.3 Speed Adjustment

The walking pad offers a speed range from **0.6 MPH to 6.2 MPH**.

- Use **Speed +** to increase speed in increments.
- Use **Speed -** to decrease speed in increments.

4.4 Incline Adjustment

The FOUSAE Walking Pad features a **10% manual incline**. To adjust the incline:

1. Ensure the walking pad is stopped and unplugged for safety.
2. Locate the incline adjustment mechanism at the rear of the walking pad.
3. Manually lift or lower the rear of the walking pad to engage the incline support. This is a one-second adjustment without tools.
4. Ensure the incline support is securely locked in place before use.



Image: 10% Manual Incline. The walking pad allows for a quick, one-second manual adjustment to simulate uphill walking, increasing calorie burn.

4.5 Operating Modes

Press the **'M' (Mode)** button on the remote to cycle through available modes:

- **Manual Speed Mode:** Allows you to manually control the speed using the Speed + and Speed - buttons.
- **Countdown Mode:** Offers three options to set a target for your workout:
  - **Time Countdown:** Set a desired workout duration.
  - **Distance Countdown:** Set a target distance to walk.
  - **Calories Countdown:** Set a target number of calories to burn.



Image: Multiple Modes and Programs. The walking pad offers 3 countdown modes (time, distance, calories) and 12 professional HIIT programs for varied workouts.

4.6 Pre-set Programs (HIIT)

The walking pad includes **12 professional HIIT programs**. Press the **'P' (Program)** button on the remote to select a program. Each program has varying speed and intensity intervals designed for different fitness goals.

4.7 LED Display

The full-screen LED display shows real-time workout data:

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



Image: Full-Screen Data Display. The large LED screen clearly shows real-time metrics like speed, time, distance, and calories. The remote control is magnetic for easy storage.

4.8 Product Demonstration Video

Your browser does not support the video tag.

Video: FOUSAE 4-in-1 Walking Pad with Incline. This official video demonstrates the various modes and features of the walking pad, including its use for working, walking, jogging, and incline training.

5. Maintenance

Regular maintenance ensures the longevity and optimal performance of your walking pad.

- **Cleaning:** Wipe down the walking pad with a damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Belt Lubrication:** The running belt may require lubrication periodically (every 3-6 months depending on usage). Refer to the tool kit for lubricant and instructions.
- **Belt Adjustment:** If the running belt shifts to one side or slips, it may need adjustment. Use the provided Allen wrench to turn the rear roller bolts in small increments until the belt is centered and taut.
- **Storage:** When not in use, store the walking pad in a dry, cool place. It can be stored upright to save space.



Image: 7-Layer Running Belt. The multi-layered belt is designed for durability, wear resistance, noise reduction, and shock absorption, contributing to a comfortable workout and requiring minimal maintenance.

6. Troubleshooting

If you encounter issues, try these common solutions:

Problem	Possible Cause	Solution
Walking pad does not power on	Power cord not connected; outlet not working	Check power cord connection; test outlet with another device
Running belt slips or stops	Belt too loose; motor overload	Adjust belt tension; ensure user weight is within limits
Running belt shifts to one side	Belt misaligned	Adjust belt alignment using rear roller bolts
Remote control not responding	Low batteries; remote out of range	Replace batteries; ensure remote is pointed at the walking pad
Unusual noise during operation	Loose parts; lack of lubrication	Check for loose screws; lubricate running belt if needed

7. Specifications

Feature	Specification

Feature	Specification
Brand	FOUSAE
Model Number	X
Product Dimensions (D x W x H)	45.67"D x 19.09"W x 4.53"H
Item Weight	36 pounds
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel
Motor Horsepower	2.75 HP (Brushless)
Speed Range	0.6 - 6.2 MPH
Maximum Incline Percentage	10% (Manual)
Maximum Weight Recommendation	350 pounds
Running Area	40" x 16"
Display Type	Full-Screen LED
Number of Programs	12 HIIT Programs
Noise Level	< 40 dB



Image: 2.75 HP Powerful and Quiet Brushless Motor. This motor provides a higher load-bearing capacity (up to 350 lbs), operates quietly (below 40 dB), and offers enhanced durability.



Image: Wider Running Belt. The walking pad features a spacious 40-inch by 16-inch running area, accommodating users up to 350 lbs for a comfortable and secure workout.

8. Warranty and Support

8.1 Warranty Information

The FOUSAE Walking Pad comes with a**1-Year Warranty** from the date of purchase. This warranty covers manufacturing defects under normal use. Please retain your proof of purchase for warranty claims.

8.2 Customer Support

If you have any questions, concerns, or require assistance with your FOUSAE Walking Pad, please contact our customer service team. We are committed to providing prompt support and will respond to inquiries within 18 hours.

For the most up-to-date contact information, please refer to the product packaging or the official FOUSAE website.

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