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› [FOUSAE](#) /

› FOUSAE Elliptical Exercise Machine (Model B0GJSLTCB4) User Manual

FOUSAE B0GJSLTCB4

FOUSAE Elliptical Exercise Machine User Manual

Model: B0GJSLTCB4 | Brand: FOUSAE

INTRODUCTION

This manual provides essential information for the safe and effective use of your FOUSAE Elliptical Exercise Machine. Please read this manual thoroughly before assembly or operation and retain it for future reference. This elliptical machine is designed for home use, offering a full-body cardio workout with adjustable magnetic resistance.

SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Ensure all parts are securely fastened before each use.
- Keep children and pets away from the machine during operation.
- Place the machine on a flat, stable surface with adequate clearance around it.
- Do not exceed the maximum user weight capacity of 350 lbs.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

SETUP AND ASSEMBLY

Unpack all components and ensure all parts are present. Follow the step-by-step instructions provided in the separate assembly guide (if applicable) or the included hardware kit. Typically, assembly involves attaching the base stabilizers, upright post, handlebars, foot pedals, and console.



This image displays the FOUSAE Elliptical Exercise Machine, showcasing its compact design and key components like the handlebars, console, and foot pedals.

Once assembled, ensure all bolts and nuts are tightened. Check for any wobbling or instability before first use.

OPERATING INSTRUCTIONS

1. Adjusting Resistance

The elliptical features 16 levels of magnetic resistance. Locate the resistance adjustment knob, usually found below the console. Turn the knob clockwise to increase resistance and counter-clockwise to decrease it. Start with a lower resistance level and gradually increase as your fitness improves.

2. Using the LCD Monitor

The integrated LCD monitor displays key workout metrics such as time, speed, distance, calories burned, and pulse (if equipped with heart rate sensors). Press the 'MODE' button to cycle through different display functions. The 'RESET' button can be used to clear current workout data.

3. App Support

This machine supports connectivity with a fitness app. Download the recommended app from your device's app store. Follow the in-app instructions to pair your elliptical machine via Bluetooth. The app may offer additional workout programs, progress tracking, and data synchronization.

4. Starting Your Workout

Step onto the foot pedals one at a time, ensuring your feet are centered. Grip the handlebars firmly. Begin pedaling in a smooth, elliptical motion. Maintain an upright posture and engage your core muscles. The 15.5-inch stride is designed for a natural and comfortable movement.

MAINTENANCE

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check moving parts for friction. Apply a silicone-based lubricant to joints and pivot points as needed, following manufacturer recommendations.
- **Inspection:** Regularly inspect all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners. Replace worn components immediately.
- **Storage:** Store the elliptical in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Squeaking or Noise	Loose bolts, lack of lubrication, worn parts.	Tighten all visible bolts. Apply lubricant to moving joints. Inspect for worn components.

Problem	Possible Cause	Solution
Inaccurate Monitor Readings	Loose sensor connection, low battery.	Check all cable connections to the monitor. Replace monitor batteries.
Resistance Not Changing	Resistance cable disconnected or damaged.	Inspect the resistance cable connection to the flywheel and adjustment knob.

If you encounter issues not listed here, please contact customer support.

SPECIFICATIONS

Brand: FOUSAE

Model: B0GJSLTCB4

Resistance System: 16-Level Magnetic Resistance

Drive System: Hyper-Quiet Drive

Stride Length: 15.5 inches

Display: LCD Monitor

Connectivity: App Support (Bluetooth)

Weight Capacity: 350 lbs

Date First Available: February 8, 2026

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the warranty card included with your product or visit the official FOUSAE website. Keep your purchase receipt as proof of purchase for warranty claims. For technical assistance or replacement parts, contact FOUSAE customer service directly.