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Model: US6623

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual before assembling or operating your FOUSAE Elliptical Exercise Machine. Keep this manual for future reference.

- **Maximum User Weight:** This machine is designed to support a maximum user weight of 350 pounds (158 kg). Exceeding this limit may result in injury or damage to the equipment.
- **Placement:** Always place the elliptical machine on a clear, level surface. Ensure adequate space around the machine for safe operation and movement.
- **Children and Pets:** Keep children and pets away from the machine during operation.
- **Medical Conditions:** Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions.
- **Proper Attire:** Wear appropriate exercise clothing and athletic shoes during use. Avoid loose clothing that could get caught in moving parts.
- **Inspection:** Before each use, inspect the machine for loose parts, wear, or damage. Do not use if any components are compromised.

2. WHAT'S IN THE BOX

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

- Main Body (with flywheel and resistance mechanism)
- Front Stabilizer Bar
- Rear Stabilizer Bar
- Left and Right Pedal Arms

- Left and Right Handlebars
- Console (LCD Monitor)
- Water Bottle Holder
- Hardware Kit (bolts, washers, nuts, wrenches, Allen keys)

If any parts are missing or damaged, please contact customer support.

3. SETUP AND ASSEMBLY

Follow these steps to assemble your FOUSAE Elliptical Exercise Machine. It is recommended to have two people for assembly.

Assembly Video Guide

Your browser does not support the video tag.

This video provides a visual guide for the complete assembly process of the elliptical machine. It demonstrates each step from unpacking to final setup, including attaching stabilizers, pedal arms, handlebars, and the console.

Step-by-Step Assembly Instructions

1. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main body using the provided bolts and wrenches. Ensure they are tightly fastened for stability.
2. **Connect Resistance Cable:** Carefully connect the resistance control cable from the main body to the upright post. This cable controls the magnetic resistance levels.
3. **Install Upright Post:** Attach the upright post to the main body, securing it with the appropriate bolts.
4. **Attach Pedal Arms:** Connect the left and right pedal arms to the main body's crank mechanism. Ensure the pedals are correctly oriented and secured with the provided hardware.
5. **Install Handlebars:** Attach the moving handlebars to the upright post. Connect any sensor wires if applicable.
6. **Install Console:** Mount the console onto the bracket at the top of the upright post. Connect the sensor wires from the handlebars and the main body to the console. Insert batteries into the console.
7. **Attach Water Bottle Holder:** Secure the water bottle holder to the designated area on the upright post using the provided screws.
8. **Final Check:** Review all connections and ensure all bolts are tightened. Test the machine's movement and resistance adjustment before first use.

4. OPERATING INSTRUCTIONS

4.1 Resistance Adjustment

Your FOUSAE Elliptical features 16 levels of magnetic resistance, allowing you to customize your workout intensity. The resistance is adjusted via a tension control knob, typically located on the upright post or main body. Turn the knob clockwise to increase resistance (higher intensity) and counter-clockwise to decrease resistance (lower intensity).



Image: Visual representation of the 16 customizable resistance levels and their suggested uses.

4.2 LCD Monitor Functions

The integrated LCD monitor tracks essential workout metrics to help you monitor your progress. The display typically shows:

- **Time:** Duration of your workout.
- **Speed:** Current speed in km/h or mph.
- **Distance:** Total distance covered during the workout.
- **Calories:** Estimated calories burned.
- **Heart Rate (Pulse):** Your current heart rate, measured via sensors on the handlebars.
- **ODO (Odometer):** Total accumulated distance from all workouts.

Use the buttons (MODE, SET, RESET) on the console to navigate through display modes, set targets, or reset values.



Image: The 6-type data display on the LCD monitor for visualizing exercise effects.

4.3 App Connectivity

Enhance your workout experience by connecting your elliptical machine to popular fitness applications via Bluetooth. Supported apps include FITSHOW, KINOMAP, Zwift, and EXR.

- **Pairing:** Ensure Bluetooth is enabled on your mobile device. Open the desired fitness app and follow its instructions to connect to your elliptical machine.
- **Data Visualization:** These apps transform raw workout data into actionable insights, allowing you to

track progress, set new targets, and engage with virtual training environments.



Image: Diversified app data visualization through Bluetooth connectivity.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your elliptical machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically apply lubricant to moving joints and pivot points as indicated in the assembly instructions or if squeaking occurs. This helps maintain smooth operation.
- **Hardware Check:** Regularly inspect all bolts, nuts, and screws to ensure they are tight. Tighten any loose fasteners to prevent noise and ensure stability.
- **Pedal Inspection:** Check pedals for wear or damage. Ensure they are securely attached.

6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Machine is noisy or squeaks	Loose hardware, lack of lubrication, worn parts.	Tighten all bolts and nuts. Apply lubricant to moving joints. Inspect for worn components.
Resistance is not changing	Resistance cable disconnected or damaged, mechanism malfunction.	Check the resistance cable connection. Ensure the tension knob is functioning correctly.
LCD monitor not displaying data	Batteries low or incorrectly installed, sensor wires disconnected.	Replace batteries. Check all sensor wire connections to the console and main body.
Unstable during use	Uneven floor, loose stabilizer bars.	Ensure the machine is on a level surface. Adjust the floor stabilizers if present. Tighten stabilizer bar bolts.

7. SPECIFICATIONS

Feature	Detail
Model Name	US6623
Brand	FOUSAE
Color	black+blue
Product Dimensions (D x W x H)	48.4" x 23.2" x 60.2"
Material	Acrylonitrile Butadiene Styrene (ABS)
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	360 Pounds
Maximum Stride Length	15.5 Inches
Number of Resistance Levels	16
UPC	723884454515
Item Package Dimensions (L x W x H)	40.5 x 20.5 x 11.5 inches
Package Weight	31.3 Kilograms

8. WARRANTY

The FOUSAE Elliptical Exercise Machine comes with a **12-month warranty** from the date of purchase. This warranty covers manufacturing defects and ensures the quality and performance of your product. Please retain your proof of purchase for warranty claims.

9. SUPPORT

Your satisfaction is our priority. If you have any questions, concerns, or require assistance with your FOUSAE Elliptical Exercise Machine, our dedicated support team is ready to help.

- **Technical Support:** We provide lifetime technical support on Amazon for a superior customer experience.
- **Contact:** For prompt and effective assistance, please refer to the contact information provided on the product packaging or your purchase platform.