

FOUSAE ZX390

FOUSAE Treadmill Model ZX390 User Manual

Model: ZX390

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual carefully before operating the FOUSAE Treadmill. Retain this manual for future reference. Failure to follow these instructions can result in injury or damage to the product.

- **User Weight Limit:** Do not exceed the maximum user weight of 150 kg (330 lbs).
- **Placement:** Place the treadmill on a flat, stable surface. Ensure at least 0.6 meters (2 feet) of clear space around the treadmill, and 2 meters (6.5 feet) behind it for safety.
- **Children and Pets:** Keep children and pets away from the treadmill, especially during operation.
- **Footwear:** Always wear appropriate athletic footwear while using the treadmill.
- **Emergency Stop:** Familiarize yourself with the emergency stop function. In case of an emergency, press the stop button or pull the safety key.
- **Power Cord:** Ensure the power cord is not pinched or damaged. Do not use extension cords.
- **Medical Conditions:** Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions.

2. PACKAGE CONTENTS

Verify that all components are present in the package:

- FOUSAE Treadmill Main Unit
- Remote Control
- User Manual
- Power Cord

3. SETUP INSTRUCTIONS

The FOUSAE Treadmill is designed for minimal assembly and is ready for use out of the box. Follow these steps for initial setup:

1. **Unpacking:** Carefully remove the treadmill from its packaging.
2. **Placement:** Position the treadmill on a firm, level surface. Ensure adequate clearance around the unit as described in the Safety Information section.
3. **Unfolding (if applicable):** If the treadmill is in a folded position, gently lift the handrail until it locks into place. Refer to the image below for visual guidance.
4. **Power Connection:** Plug the power cord into the treadmill's power port and then into a grounded electrical outlet.
5. **Initial Check:** Before first use, ensure all parts are securely in place and there are no loose components.



Figure 3.1: Woman demonstrating how to fold and store the compact FOUSAE Treadmill. The treadmill is shown both unfolded and folded upright for storage, highlighting its space-saving design.

4. OPERATING INSTRUCTIONS

The FOUSAE Treadmill offers various features for a customized workout experience.

4.1 Power On/Off

- **Power On:** Press the power button located on the console or use the remote control to turn on the treadmill. The LED display will illuminate.
- **Power Off:** Press the power button again or use the remote control to turn off the treadmill. Always ensure the treadmill has come to a complete stop before powering off.

4.2 Speed Adjustment

The treadmill offers a speed range of 0.9 to 11 km/h (0.6 to 6.8 mph).

- **Console Controls:** Use the '+' and '-' buttons on the console to increase or decrease speed.
- **Remote Control:** Use the speed buttons on the remote control for convenient adjustments during your workout.

4.3 Incline Adjustment

The treadmill features a 9% manual incline to enhance your workout intensity.

- **Manual Adjustment:** The incline is adjusted manually. Ensure the treadmill is off and unplugged before adjusting the incline. Lift the rear of the treadmill and secure the incline mechanism to the desired level.

4.4 Pre-set Programs

The treadmill includes 12 pre-defined HIIT (High-Intensity Interval Training) programs. These programs automatically adjust speed and incline to provide varied workouts.

- **Selecting Programs:** Refer to the console instructions for navigating and selecting a pre-set program.

4.5 App Connectivity

Connect your treadmill to popular fitness applications like Fitshow, Kinomap, and Zwift for virtual workouts, races, and challenges.

- **Pairing:** Download the desired app to your smartphone or tablet. Enable Bluetooth on your device and follow the app's instructions to pair with the treadmill.
- **Data Tracking:** The app will track real-time metrics such as speed, distance, time, and calories burned.



Figure 4.1: Close-up of the FOUSAE Treadmill's LED display, showing workout data such as speed, distance, calories, and time.

Structure Plus **Robuste**, Qualité **Supérieure**

Châssis renforcé, Performances supérieures, Parfaitement stable.



Figure 4.2: The FOUSAE Treadmill's remote control, which can be magnetically attached, and the integrated device holder for phones or tablets.

4.6 Usage Modes

The treadmill supports various exercise intensities:

- **Walking:** 0.8 to 2.4 km/h (0.5 to 1.5 mph)
- **Brisk Walking:** 2.4 to 5 km/h (1.5 to 3.1 mph)
- **Jogging:** 5 to 10 km/h (3.1 to 6.2 mph)
- **Running:** 10 to 11 km/h (6.2 to 6.8 mph)

Faites le choix intelligent : découvrez le tapis de course **5-en-1** FOUSAE

Vitesse réglable (**0,6-7,5 MPH**) et inclinaison de **10 %**



Figure 4.3: Visual representation of different exercise modes on the FOUSAE Treadmill, including walking, jogging, running, and incline training.

Deux façons d'utilisation

Contrôle à commande simple



Figure 4.4: The treadmill can be used in two configurations: with the handrail fixed for running at higher speeds, or with the handrail folded down for walking at lower speeds.

5. MAINTENANCE

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

5.1 Cleaning

- **Frame:** Wipe down the treadmill frame with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Running Belt:** Periodically clean the running belt with a slightly damp cloth. Ensure the treadmill is unplugged before cleaning.

5.2 Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific instructions provided with your treadmill's lubrication kit, or consult the manufacturer's guidelines for frequency and type of lubricant.

5.3 Belt Tension and Alignment

If the running belt feels loose or starts to drift to one side, it may need adjustment. Consult the detailed instructions in the full user manual or contact customer support for guidance on adjusting belt tension and alignment.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your treadmill.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not properly connected; circuit breaker tripped; power button not pressed.	Ensure power cord is securely plugged in. Check household circuit breaker. Press the power button firmly.
Running belt slips or hesitates.	Belt tension too loose; belt requires lubrication.	Adjust belt tension (refer to full manual or support). Lubricate the running belt as per maintenance instructions.
Unusual noises during operation.	Loose parts; motor issue; belt friction.	Check for and tighten any loose screws. Ensure the treadmill is on a level surface. If noise persists, contact customer support.
Remote control not responding.	Dead batteries; obstruction between remote and treadmill.	Replace remote control batteries. Ensure a clear line of sight to the treadmill's receiver.

If you encounter an issue not listed here, or if the problem persists after attempting the suggested solutions, please contact FOUSAE customer support.

7. SPECIFICATIONS

Key technical specifications for the FOUSAE Treadmill Model ZX390:

Feature	Specification
Brand	FOUSAE
Model Number	ZX390
Material	Alloy Steel
Product Dimensions (L x W x H)	Approx. 136 cm x 60 cm x 16 cm (folded) / 136 cm x 60 cm x 127 cm (unfolded handrail height)
Maximum Speed	12 km/h (7.5 mph)

Feature	Specification
Maximum Incline Percentage	9% (Manual)
Motor Power	2.75 Horsepower (CV)
Maximum Recommended Load	150 kg (330 lbs)
Number of Programs	12 HIIT Programs
Special Features	APP & Remote Control & LED Display, Foldable, Silent Motor

Meilleur amortissement, moindre impact

Préserve les articulations et les chevilles

**Structure**
solide

**10** Amortisseurs
en silicone

**6** Bande de course
multicouche



Figure 7.1: The powerful 2.75 HP brushless motor of the FOUSAE Treadmill, designed for quiet and smooth operation with a noise level below 40 dB.



Figure 7.2: The advanced shock absorption system of the FOCUSAE Treadmill, featuring eight columns and two damping bands to protect joints during exercise.

8. WARRANTY AND SUPPORT

8.1 Warranty Information

For specific warranty details, please refer to the warranty card included with your purchase or the terms and conditions provided by your retailer. The manufacturer typically offers a limited warranty covering defects in materials and workmanship.

8.2 Customer Support

Should you have any questions, require assistance with setup, operation, or troubleshooting, or need to report a defect, please contact FOCUSAE customer support. Our professional after-sales team aims to respond to inquiries within 18 hours.

Contact Information: Please refer to your purchase documentation or the official FOCUSAE website for the most current customer

support contact details.

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