

FOUSAE WALKING PAD

USER MANUAL



Model: USZX390C

After-Sales Email:

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Please read all details carefully before use and
keep this user manual for future reference.



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Instructions

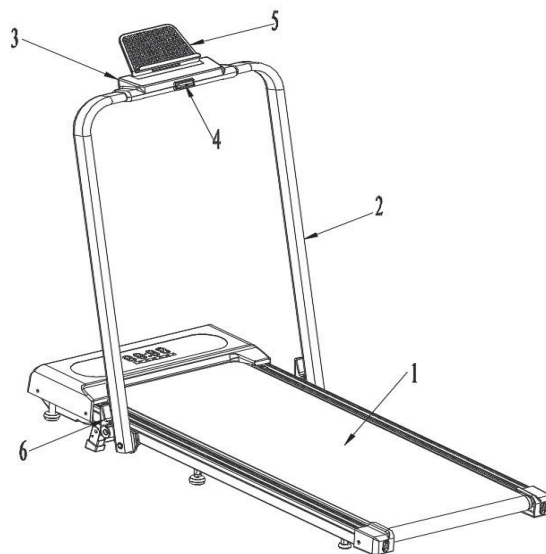
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Installation Instructions

List of installed parts

Number	Part name	Quantity
1	Running platform	1
2	Column	2
3	Electronic display	1
4	Security/Safety lock	1
5	Device holder	1
6	Quick-release handle	2

Structure Diagram of Installed Components

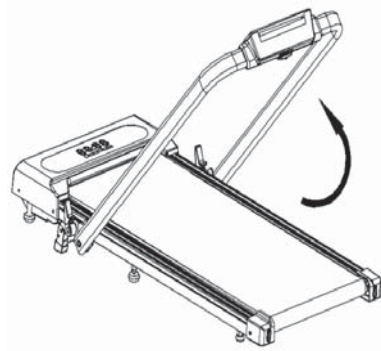


Installation Steps



1). Open the package, take out the assembly parts in the box, and place the main unit flat on the ground.

2). Push upwards in the direction of the arrow, as shown in the figure.



3). Secure the quick-release handle tightly against the column in the direction of the arrow.



4). Insert the device holder into the slot of the electronic display as indicated by the arrow.

5). Assembly and installation are now completed.



6) Place the safety switch on the yellow sticker of the electronic display, then turn on the power to operate the treadmill.

7) Slope Adjustment Instructions

1. As shown in Figure 1, lift the rear drum of the machine and gently kick off the slope adjustment with your feet.
2. As shown in Figure 2, lay the frame flat, then adjust ② downwards to touch the ground, and then screw the nut upwards and tighten it with the bolt on the frame.

Note: If no incline is required, reverse the operation.



Figure 1



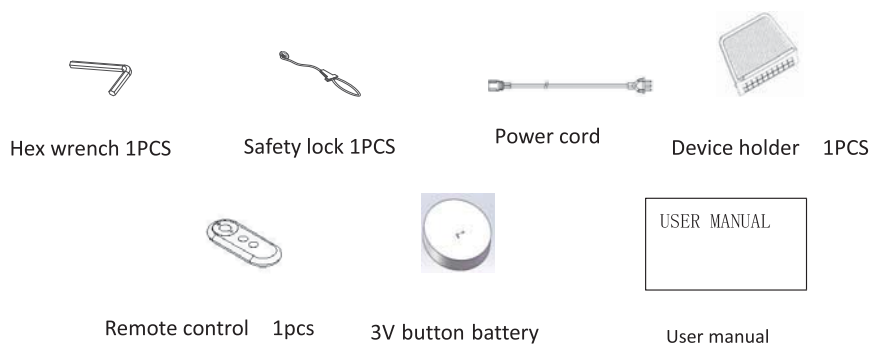
Figure 2

Product Profile

1. Packing list

Number	Name	Quantity	Notice
1	Main unit (running platform)	1	
2	Accessories kit	1	See the attached list
3	User manual	1	

2. Attached list (list of accessory packages)



3. Product specifications

Model	USZX390C
US Standard Voltage	100-125V 60Hz
EU Standard Voltage	220V - 240V 50Hz
Incline	Manual Two-Position Incline Adjustment
Expanding size	1208*560*1021mm
Folded Size	1300*560*135mm
Package size	1360*600*155mm
N/W.G.W	23.2/28kg
Manufacturer	Shenzhen Yaoshun Network Technology Co., Ltd.
Address	Room 302,3rd Floor, Building A, Concept Space, No. 85, Jianhui Road,Yucui Community, Longhua Street, Longhua District, Shenzhen

Attention:

- 1) Before using this product, please check if the treadmill is reliably grounded.
- 2) Check if the power is loaded before exercising; Check if the safety lock is effective.
- 3) If an abnormal situation occurs during exercise, the safety lock can be removed, and the treadmill will quickly slow down and stop.
- 4) If there are any problems with this device, please contact the dealer.

Non-professionals should not attempt disassembly or repair to avoid causing damage the equipment.

Product Instructions

1、Brief Description

The electronic display features include:

- Remote control function
- FITSHOUW App Features

The terms used in this manual are defined as follows:

- Treadmill parameters: "speed" value
- Sports parameters: "Distance" value, "Calories" value, "Time" value.
- Sports mode: manual, mode, program
- Full manual sport mode: a sport mode without a set amount of movement.
- Countdown mode motion mode: a motion mode with a specific amount of motion.
- Automatic program exercise mode: The treadmill has 12 preset exercise plans.

2、Bluetooth APP Function Description

After the treadmill is powered on and in standby mode, you can control the speed via the Sports Show app by downloading and opening it. After entering the APP interface, click Search and find the Bluetooth name (FS -----). After clicking Connect Device, you can operate the treadmill through the APP.

FITSHOW Installation Procedure:

1. Please search for "FITSHOW" in the Apple App Store or Google Play Store and download.
2. Use the link or scan QR code to download: <http://fitshow.com/qr>



- Jump to the app store to download and open the FITSHOW app, and set the permissions according to the system prompts;
- Log in to the app and register as a new user using your mobile number or email address;
- Select your type of equipment (e.g. treadmill), Make sure that the device type of the home page navigation is the same as your device;
- On the "Sports" page, click the "Quick Start" button;
- Turn on Bluetooth and the device will appear in the list, connect to FS-xxxxxx(6 random numbers + letters);
- Start using FITSHOW.

The treadmill is also compatible with the "Kinomap" and "Zwift" sports apps.

3、Parameter Description

- The lowest display speed is 1 km/h (0.6 mph)
- Maximum display speed of 12 km/h (7.5 mph)
- Maximum exercise time in time mode: 99 minutes
- Minimum exercise time in time mode: 8 minutes
- Maximum motion distance in distance mode: 99 km (99 mile)
- Minimum motion distance in distance mode: 1 mile
- Maximum number of calories consumed in calorie mode: 990 calories
- Minimum number of calories consumed in calorie mode: 20 calories
- (P01-P12) Minimum time for automatic program to run: 8 minutes
- (P01-P12) Maximum time for automatic program to run: 99 minutes

4、Panel Button Functions and Description

- Start/Stop Button - Function Description: Start/Stop Motor Operation
- Mode key(P/M) - Function description: Selection of countdown mode

Operating instructions:

1. When the electronic display is in full manual operation mode, pressing this key will enter the countdown mode setting.

2. Operation process in standby mode: time countdown - distance countdown - calorie countdown.

- Program Key(P/M) - Function Description: Automatic Program Selection
- Speed+/- key - Function description: Adjust the speed value during

operation and adjust the parameter value during parameter setting

- Speed Shortcut Key - Function Description: Directly select the speed Value

5、 Remote Control Button Function Description

Remote control



- Start pause button:  Start/pause motor operation
- Stop button: Press this key to stop the motor from running in any mode of operation
- Mode key: Selection of countdown mode
- Program Key: Automatic Program Selection
- Speed+/- key - Function description: Adjust the speed value during operation and adjust the parameter value during parameter setting
- Speed Shortcut Key - Function Description: Directly select the speed value during runtime

6、 Mode Description

A、 Manual mode function

Operating instructions: After the treadmill is turned on, press the start button to enter manual mode. The initial running speed is 1.0KM/H (0.6MPH), and the time, distance, and calorie windows start counting from 0. Press the speed button to adjust the speed.

B、 Countdown mode function

1. Time countdown mode: The treadmill automatically enters the manual mode after starting, press the mode selection key to enter the time countdown mode, and the time can be set by speed +/- key. The time range is 8-99 minutes, press the Start button to run the treadmill.
2. Distance countdown mode: The treadmill automatically enters the manual mode after starting, press the mode selection key to enter the distance countdown mode. Use the speed +/- key to set the distance, the distance setting range is 1-99 km/h, press the Start key to run the treadmill.
3. Calorie countdown mode: The treadmill automatically enters the manual mode after starting, press the mode selection key to enter the calorie countdown mode. Use the speed +/- key to set the calories, the calories setting range is 20-990, press the Start key to run the treadmill.

In the above three modes, the initial running speed is 1.0 km/h(0.6 mph). The time/distance/calorie window starts counting down according to the set time/distance/calories, and the unset display values (time/distance/calories) count from 0. Press the speed button to adjust the speed.

C、Automatic program function

Entering the automatic program: In the fully manual operation mode or mode setting state, press the program key to enter the automatic program selection. At this time, the time window displays 30:00 minutes and flashes (the required running time can be set through the speed+/- key, with a setting range of 8:00~99 minutes). Press the start key to enter the automatic program operation.

- Running instructions: The automatic program is divided into 20 sections, and the speed value of each section runs according to the predetermined value in the automatic program. The running time of each section is 1/20 of the set time. The time window starts counting down according to the set running time, and the distance and calorie windows start counting up from zero. Press the speed adjustment button to adjust the size of the running speed value. When the program reaches the next section, the speed automatically adjusts to the predetermined

value in the next section. When the set time counts down to zero, the electronic watch starts to slowly stop running.

P1-P12 program motion diagram (This diagram is a kilometer program diagram for high-speed mode. If entering low-speed mode, the speed exceeding 6KM/H in the diagram will automatically run at 6KM/H)

Time Program		Set the time/20 time periods=the running time of the upper and lower time periods																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	Speed	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	Speed	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
P3	Speed	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	Speed	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	Speed	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P6	Speed	2	4	3	4	5	4	8	7	6	7	8	3	6	4	4	2	5	4	3	2
P7	Speed	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	Speed	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P9	Speed	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	Speed	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	Speed	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
P12	Speed	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3

7、 Sleep Mode Description

When the treadmill stops running and there is no activity for more than 10 minutes, it enters sleep mode, and the electronic display automatically shuts off. Pressing any key can wake it up. The electronic display will enter the initial standby mode again.

8、 Safety Lock Function Description

During use, the safety lock should be placed in the designated position before operation. Removing the safety lock will display "E07" on various display windows of the electronic display, accompanied by a warning sound. If the safety lock is removed during operation, the system will stop immediately. After reattaching the safety lock, all motion data will be reset to 0.

DC System Error Message Prompt

E01 Common Problem Solutions	The communication cable of the electronic display is not connected, broken, or has poor connectivity	Please reconnect to the communication cable
	The electronic display has no signal output	Replace the electronic meter and be repaired
	The lower control unit has no signal output	Replace the lower control, to be repaired
E02 Common Problem Solutions	The motor wire is disconnected	Check that the motor wire is correctly connected
	The lower control unit does not supply voltage or abnormal voltage to the motor	Replace the lower control, to be repaired
	The motor is faulty	Replace the motor
E03 Common Problem Solutions	The PWM drive line on the lower control board is faulty	Replace the lower control, to be repaired
E04 Common Problem Solutions	The treadmill load is beyond the motor's rated operating voltage	It is recommended to use it within the rated operating voltage range of the motor
	The treadmill motor is faulty	Replace the motor
	The motor overvoltage test line on the lower control board has is faulty	Replace the lower control, to be repaired
E05 Common problem solutions	The treadmill load is beyond the motor's rated operating current	It is recommended to be within the rated operating current range of the motor
	Issues with the treadmill and motor assembly structure may cause motor resistance or blockage	Check whether the treadmill structure is normal
	The current limiting system in the lower control unit is faulty	Replace the lower control, to be repaired
E06 Common problem solutions	The power supply voltage is insufficient	Please check whether the power supply line is normal
	The test circuit on the lower control board is faulty	Replace the lower control, to be repaired
E07 or - Common problem solutions	The safety magnet has been detached	Please place the safety lock in the designated position on the electronic watch
	The safety lock system on the display has malfunctioned	Replace electronic display, awaiting repair

E01: indicates the abnormal phenomenon between electronic watch and electronic control communication.

E02: indicates the abnormal voltage detection between the lower control and the motor.

E03: It indicates the abnormal detection speed

E04: indicates the motor over voltage protection information

E05: Indicates the motor over current protection information

E06: indicates the abnormal phenomenon of low voltage

E07 or-: Electronic watch safety lock not properly placed prompt