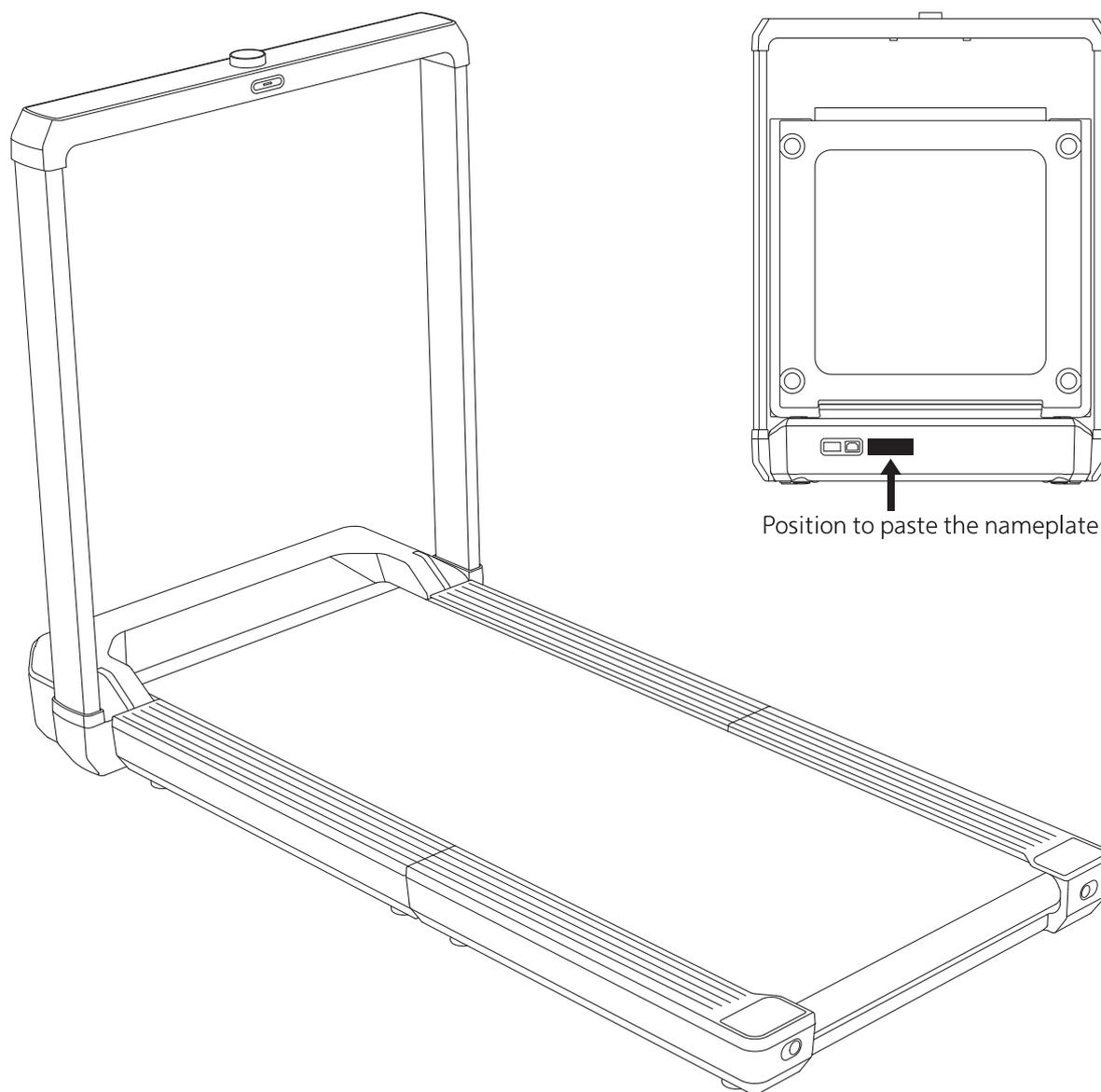


KINGSMITH WalkingPad Treadmill

TRMX16F

USER MANUAL



WARNING

Please be careful to avoid slipping and injury when using.
Don't let children approach or use this equipment.

The Treadmill has an innovative design with multiple folding. Mind your hands when folding/unfolding it.
Please read the user manual carefully before using the appliance to ensure safe and proper use. Save the user manual for future reference.



Scan the QR code
for APP download

Important Precautions

For your personal and property safety, please carefully read all the tips, instructions, and warning labels on the appliance before using this product. By using this appliance, you indicate that you fully understand, acknowledge, and accept all the contents in the manual and related labels, and you promise to take responsibility for your actions and any consequences arising thereafter.

Our company is not liable for any personal injuries or property losses caused by improper use of this product. We reserve the right to update, revise, or terminate this user manual and related instructions without prior notice.

DANGER—TO REDUCE THE RISK OF ELECTRICAL SHOCK:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

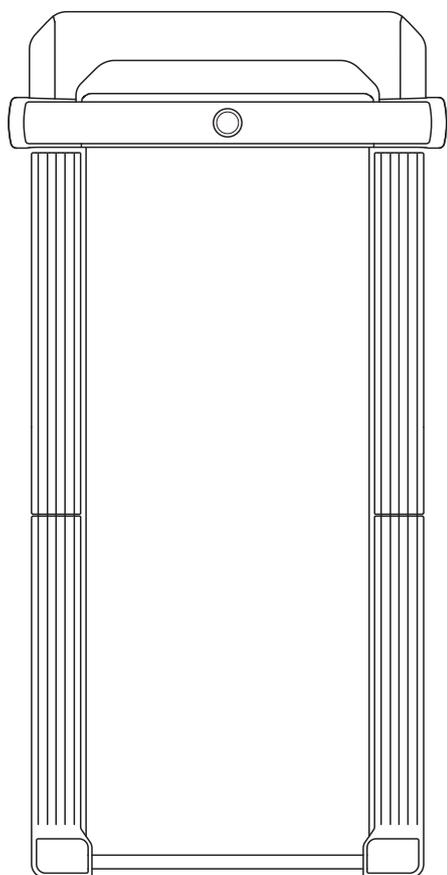
WARNING—TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- 1) An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- 2) Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 3) Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- 4) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 5) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- 6) Do not carry this appliance by supply cord or use cord as a handle.
- 7) Keep the cord away from heated surfaces.
- 8) Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 9) Never drop or insert any object into any opening.
- 10) Do not use outdoors.
- 11) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 12) To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- 13) Connect this appliance to a properly grounded outlet only.
- 14) If you feel uncomfortable, please stop exercising immediately and consult a doctor to avoid damage to your health.
- 15) Ensure there is a distance of at least 2000 mm (78.7 in.) behind the appliance and a distance of at least 500 mm (19.7 in.) on both sides. In case of emergency, you can quickly move away from the appliance to avoid personal injuries by colliding with surrounding objects or walls.
- 16) Wear a sports suit to use the appliance and exercise according to your own condition.
- 17) Ensure personal items are kept away from the appliance to avoid accidental entanglement. Otherwise, it may cause damage to the machine and personal injury.
- 18) Do not use this equipment on uneven ground to prevent accidents or damage to the appliance.
- 19) Do not stand or step on the head of the appliance to prevent any damage to the product.
- 20) Do not use this appliance with pets to avoid scaring them and causing other safety issues.
- 21) Do not walk on this appliance in a non-forward posture to prevent loss of balance, falling and injury.
- 22) The elderly, children, and pregnant women Must use this device with caution. Please consult a doctor and obtain relevant guidance before using this appliance.
- 23) Do not fold this appliance when the power is not turned off. Otherwise, the service life of the product may be affected, and it may lead to other safety hazards.
- 24) Store the appliance according to the prescribed method in the manual for safety.
- 25) Do not get on or off this appliance when the appliance is running to prevent accidents.
- 26) Use this appliance within the specified weight range to ensure the normal operation of the machine and your personal safety.
- 27) Avoid exposing this appliance to direct sunlight to prevent damage to the machine. Please use this appliance in a cool and dry environment.
- 28) Keep this appliance away from water to avoid damaging the machine and to reduce the risk of electric shock, because it is not water-resistant.
- 29) Never continuously use the appliance beyond the specified duration and take a 20-minute break before using it again to extend the lifespan of the appliance.
- 30) Do not place the appliance on an inclined surface or have anything placed underneath it. Otherwise, it may affect the stability and performance of the appliance, or even impair it.

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Before Starting	2
Operation and Adjustment	3
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Product Introduction



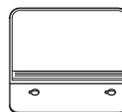
Specs

Speed Range	1-16 km/h 1-10 mph	Unfolded Size	1545 × 774 × 1024 mm 60.8 × 30.4 × 40.3 inch
Running Area	1320 × 500 mm 51.9 × 19.6 inch	Folded Size	259 × 774 × 1024 mm 10.1 × 30.4 × 40.3 inch
Max Load	136 kg / 300 lbs	Net Weight	47 kg / 104 lbs
Rated Voltage	100-125 V~	Age Range	14 years and above
Frequency	50-60 Hz	Input Power	1125 W
Class	For consumer use only		

Accessories



Power cord



Mobile phone holder



Safety key



Allen key



Silicone oil

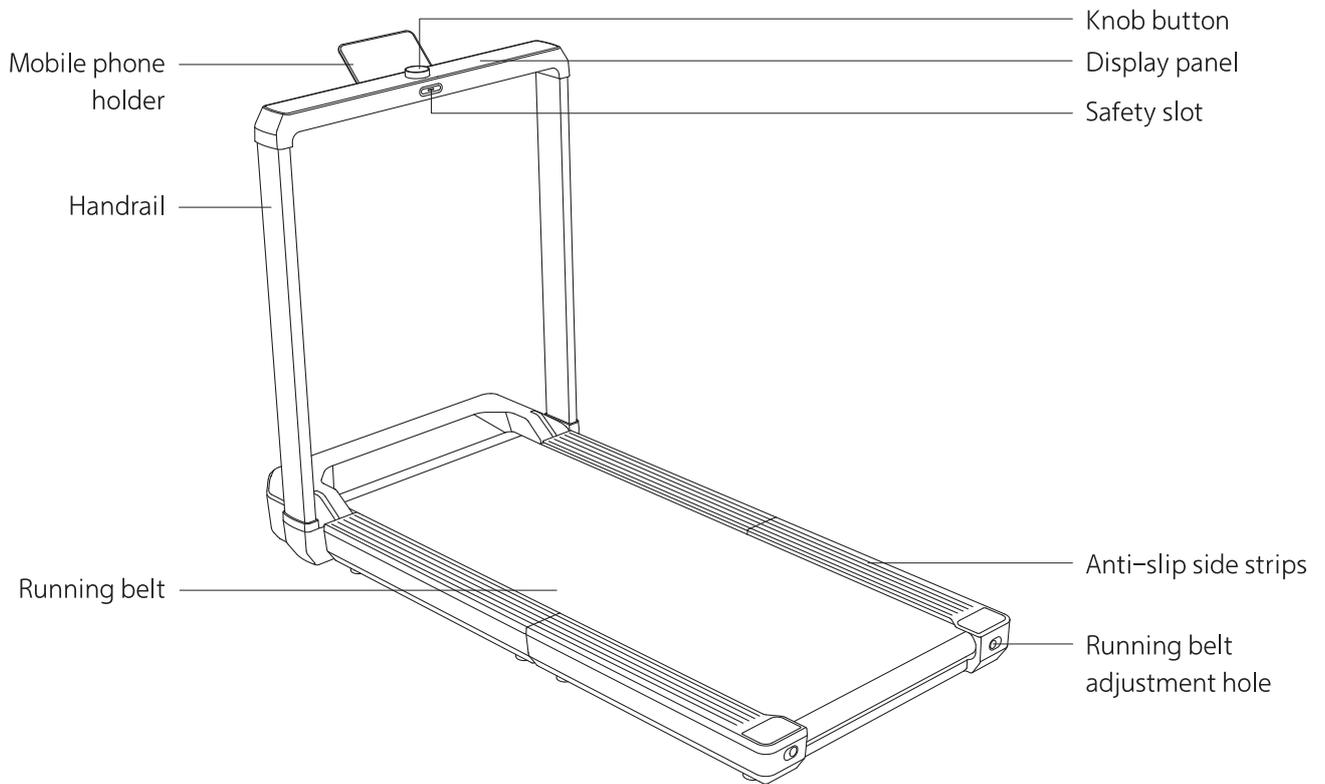


User manual

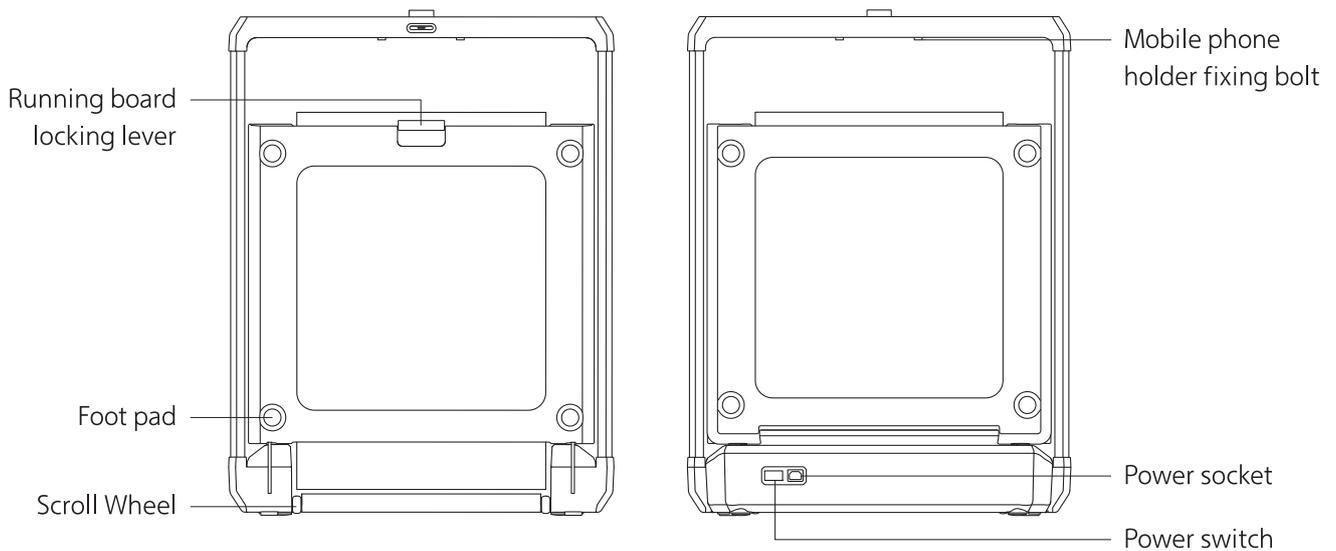
Before Starting

For your benefit, please read this manual carefully before using the treadmill. If you need our assistance while reading this manual, please write down the product model and serial number on the nameplate sticker at the front of the treadmill before contacting customer service.

Unfolded state



Folded state



Operation and Adjustment

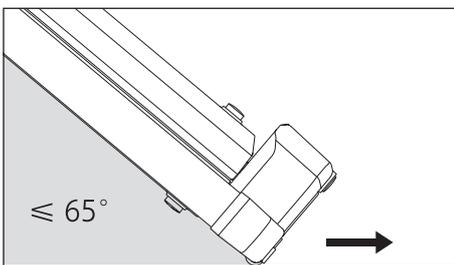
How to move the Treadmill

Before moving the treadmill, please make sure the running platform is in the locked state. It may be safer to move the treadmill with two people. When moving the treadmill, do not hold the running board with your hands and do not move it on uneven ground.



- ① Lift the treadmill by lifting it up from the area below the handrail display panel.

* Before lifting the treadmill, please unplug and store the power cord.

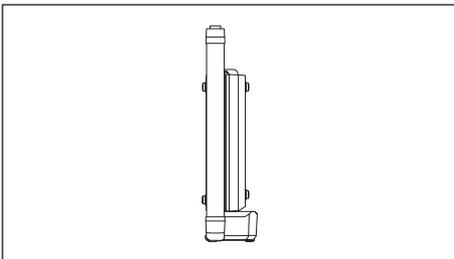


- ② Keep the front scroll wheels on the ground and move forward or backward.

* The angle between the treadmill and the ground should not exceed 65° .

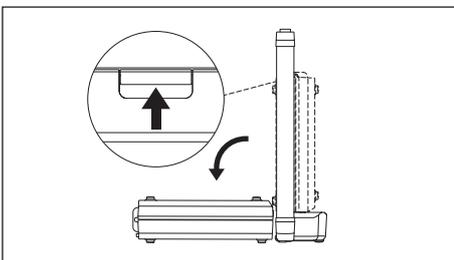
How to unfold the Treadmill

To avoid damaging the treadmill and causing serious injury, please make sure there is enough space before unfolding the treadmill.

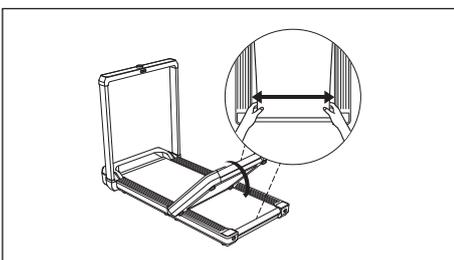


- ① Place the folded treadmill horizontally and check if it is placed on a flat surface.

* Do not place the treadmill on a thick carpet.



- ② Pull up the treadmill locking lever to unlock the treadmill and slowly lay it flat.

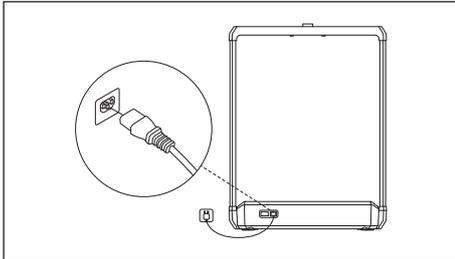


- ③ After unfolding the treadmill, **adjust the running belt manually to the center** and assist in pressing it down to make it completely flat. If the rear running board is not level with the ground, rotate the bottom foot pad to level it.

* The rear running board can be pressed down with strength without causing any to the appliance.

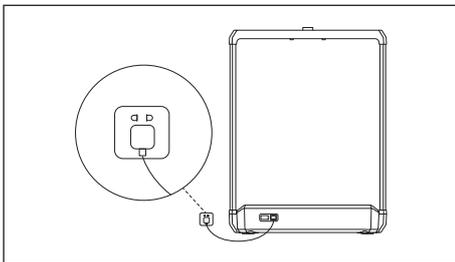
How to plug in the power cord

This product must be grounded when in use. If there is a malfunction or damage, grounding can provide a path with the least resistance for the electric current, reducing the risk of electric shock. The product's power source includes an equipment grounding wire and a grounding plug.



- ① Insert the power cord into the power socket at the front of the treadmill.

* Improper grounding wire connection may increase the risk of electric shock.



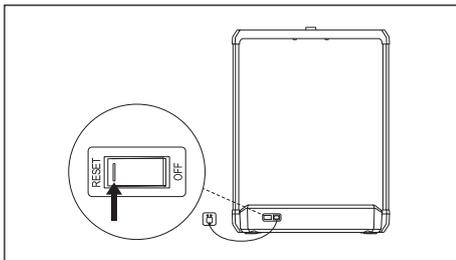
- ② Insert the other end of the power cord into a suitable outlet, which should be installed and grounded correctly according to local regulations and ordinances.

* Do not modify the plug provided with the product. If the plug is not suitable for the socket, have a qualified electrician install a suitable socket.

NOTE: If the power cord is damaged, it must be replaced with the power cord recommended by the manufacturer.

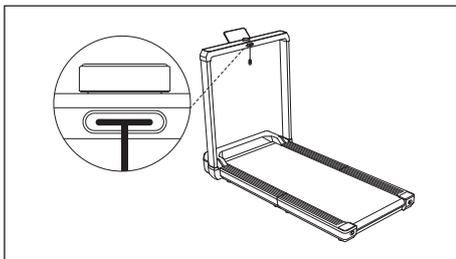
How to turn on the power

If the treadmill is exposed to cold environment, please let it return to room temperature before turning on the power. Otherwise, the treadmill panel or other components may be damaged. In an emergency, you can pull out the safety key to quickly decelerate the treadmill belt to a stop. Test several positions to ensure that the safety key can be smoothly pulled out from the safety slot in an emergency.



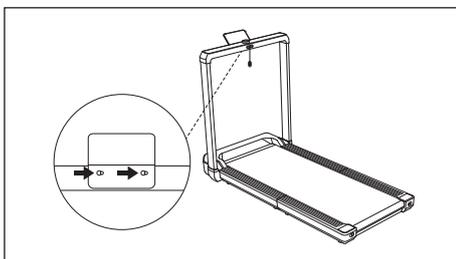
- ① Find the power switch at the front of the treadmill and turn it on.

* When you hear a "beep" and see the panel lights up, the power switch is in the "RESET" position.



- ② Take out the safety key from the accessory box and insert it into the safety slot in the middle of the handrail.

* The treadmill can only be started normally with the safety key inserted.

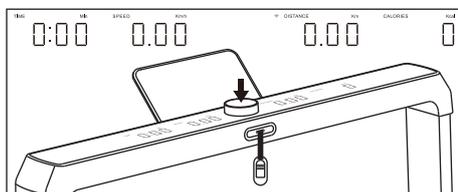
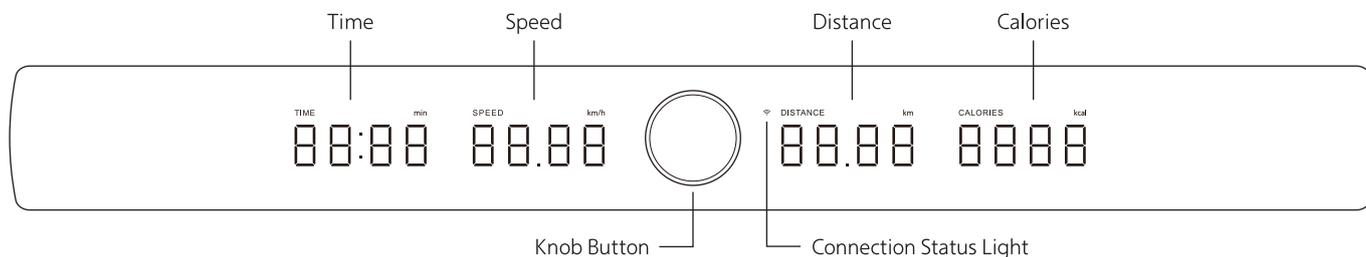


- ③ Take out the phone holder from the accessory box, insert the two large holes of the holder onto the fixed bolts on the underside of the handrail, push it towards the small hole direction and lock it in place.

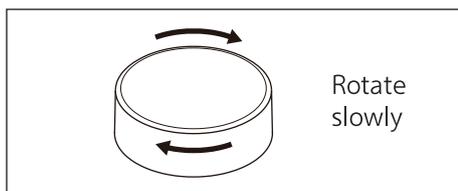
* To ensure the phone holder is installed securely, it is recommended to tighten the bolts with the Allen Key (supplied).

How to use the display panel

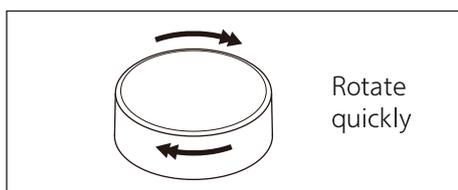
The display panel uses advanced LED display technology and has wireless network connectivity. The following information can help you quickly familiarize and master the panel operation methods.



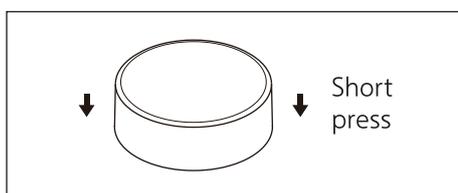
- ① After the power is on, the display panel lights up, all data are displayed as zero, and the treadmill goes into default mode. Short press the knob button, and after a 3-second countdown, the treadmill will slowly start running.



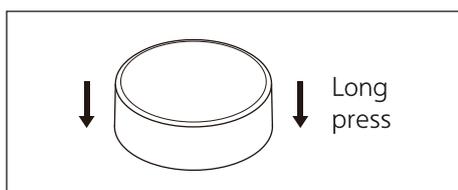
- ② During operation, rotate the knob slowly in the clockwise way to increase the speed. By rotating the counter clockwise way, you can decrease the speed.



- ③ During operation, rotate the button quickly clockwise to switch the speed value between 1/3/6/9/12/15/16 km/h (1/3/6/9/10 mph), and twist counter clockwise to switch the speed value between 16/15/12/9/6/3/1 km/h (10/9/6/3/1 mph).

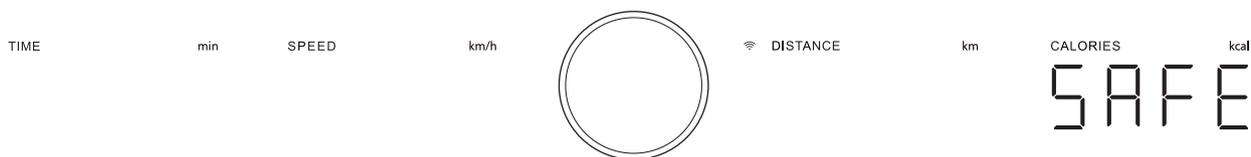


- ④ During operation, short press the knob button to enter the pause mode. All data will be retained in the same time.

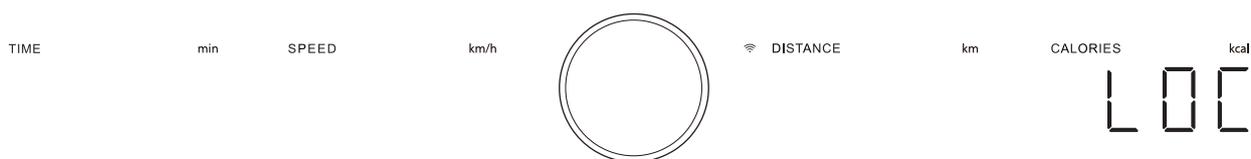


- ⑤ During the pause mode, long press the knob button for 2 seconds, or if there is no operation for 10 minutes, the display panel data will be reset. The machine will enter the sleeping mode.

If the safety key is not inserted, the LED display panel will show "SAFE", entering a safety state where the treadmill cannot be started. In this case, the safety key must be inserted before using the treadmill, as described in P4 of "How to turn on the power".

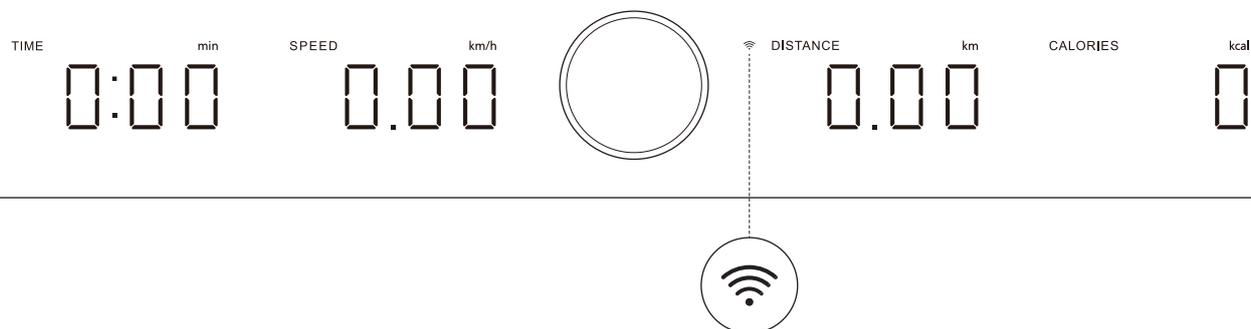


The child lock can be turned on/off in the app. If the child lock is turned on, the treadmill will not start, and the LED display panel will show "LOC". It is possible to operate in the app to remove the child lock setting, or to reset the child lock by pressing and holding the knob button for 5 seconds.



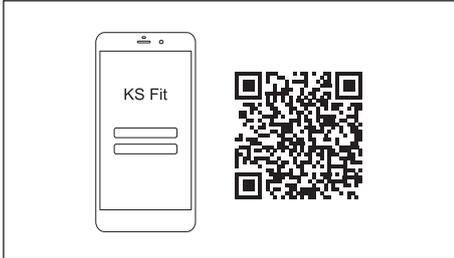
When the treadmill is not connected to the software, the indicator light flashes; when the treadmill is connected to the software, the indicator light stays on.

* When the treadmill is not connected, the wireless is always in a connectable state, and can be connected by searching for it using the APP.

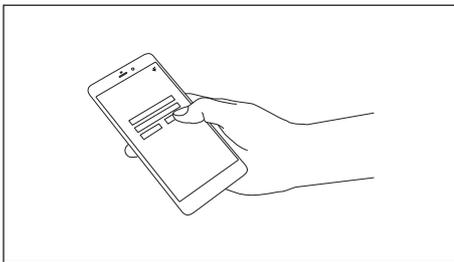


How to connect the APP

The treadmill can be used with a connected app to make your training more professional and enhance your running experience.



- ① Scan the QR code or search the Apple Store or Google Play for "KS Fit" and complete the installation and registration.



- ② Bring the mobile phone close to the Treadmill.
- ③ Turn on Bluetooth on your mobile phone.
- ④ Turn on the Treadmill.
- ⑤ Open the KS Fit app and Add the equipment.

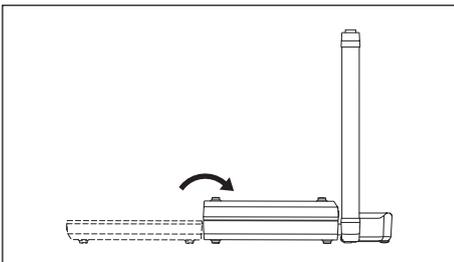
* Add the equipment through the APP instead of selecting the equipment from the Bluetooth list. If it is already selected, remove the equipment from the Bluetooth list, and pair again through the APP.

* Repeat Step ③-⑤, if it fails to pair with the equipment.

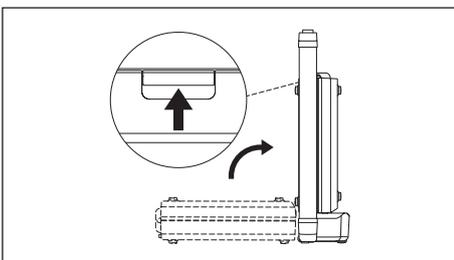
* For safety, do not connect a second mobile phone to the Treadmill while exercising, if a phone has been paired with the equipment.

How to fold the Treadmill

To avoid damaging the treadmill and causing serious injury, please make sure the power cord is unplugged before folding the treadmill.



- ① Fold the rear running board to the top of the front running board and make sure it is in the designated position.

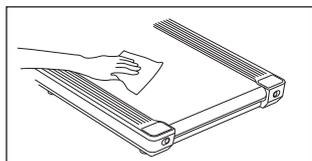


- ② Pull the treadmill locking lever to unlock the treadmill, being careful not to pinch your fingers. Then slowly lift it up parallel to the handrail and gently shake to check if the treadmill is locked.

* Place the folded equipment flat on the ground for safe storage.

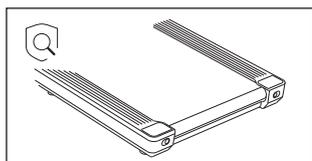
Care and Maintenance

To make your treadmill work properly and prolong its lifespan, it is recommended to perform regular maintenance from the following aspects. If any damage and wear is found, stop using the treadmill immediately until the problem is solved.



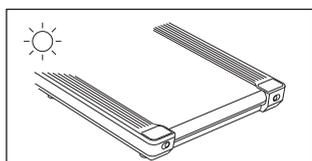
① Clean the treadmill

- Power off the treadmill and unplug the power cord.
- Add a small quantity of mild cleaner to a 100% cotton cloth, and wipe down the display panel, handrail, mobile phone holder, running belt, etc.
- * Do not spray the cleaner directly on the display panel or running belt.
- * Do not use acidic and corrosive cleaner.
- * Do not wipe under the running belt.
- * After a period of exercise, dust and stains may appear on the rear floor. This is normal and can be simply wiped.



② Check the treadmill

- Check the screws and bolts. If they are loose, tighten them to ensure safe use.
- Check the power cord. If any damage and wear appears, stop using it and replace the power cord immediately.
- Check the running belt. If it is not centered, too tight or too loose, adjust the running belt by referring to the "Running belt deviating/slipping and correction" section in Troubleshooting.
- * If any replacement is needed, use the components designated by the manufacturer.

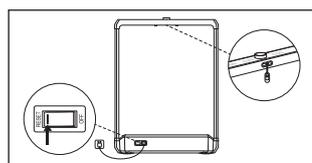


③ Keep cool and dry

- Keep the treadmill in a cool and dry condition.
- * Do not use the treadmill outdoors or in areas of high humidity or extreme temperature changes.
- * Take a 20-minute break after every two hours of use to help the treadmill with heat dissipation.
- * Do not use the treadmill continuously for more than 2 hours.

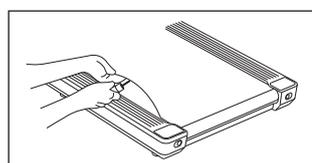
Troubleshooting

Most treadmill malfunctions can be solved by following these simple steps to identify the problem and perform the necessary actions.



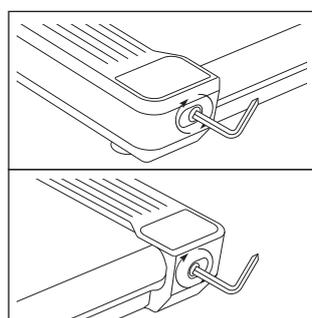
① Power cannot be turned on / Power off during use

- Ensure both ends of the power cord are plugged in.
- After plugging in the power cord, make sure the safety key is inserted into the safety slot.
- Make sure the power switch is turned on.



② Running belt lubrication

- Power off the treadmill and unplug the power cord.
- Lift the rear running board, raise the running belt, and apply silicone oil in a "Z" shape on the inner surface of the running board at the center position.
- Power on the treadmill and try again.
- * It is not necessary to apply the entire running board, as the oil will naturally spread during use.
- * 5-10 ml of silicone oil is required for each lubrication. Excessive silicone oil may cause slipping and affect normal use.



③ Running belt deviating/slipping and correction

- If the running belt is not centered:
 - lift the rear running board and adjust the running belt manually (as shown in Step 3 of "How to unfold the Treadmill").
- If the running belt still deviates, adjust it with the Allen Key supplied by the following steps:
 - Running belt goes to the left: turn the left adjusting hole screw clockwise by 1/4 turn.
 - Running belt goes to the right: turn the right adjusting hole screw clockwise by 1/4 turn.
 - Running belt is slipping: turn the left and right adjusting screws clockwise for 1/2 turn at the same time.
 - After each adjustment, run the appliance at a speed of 3-4 km/h (1.95-2.5 mph) for 1-2 minutes to observe the calibration. If necessary, adjust again.
- * If the running belt is too tight or too loose, it will affect the performance of Treadmill and damage the running belt.

④ Fault code description

* When a malfunction occurs, the display panel will show an error code. If the error code below appears, please turn off and restart the treadmill. If the error code still appears, please stop using it, write down the product model and serial number on the nameplate sticker at the front of the treadmill, and contact the dealer or customer service department for repair until the problem is resolved.

- | | |
|------------------------------------|--|
| E01: Software overcurrent | E09: Motor unable to start |
| E02: Hardware overcurrent | E12: Motor overcurrent protection |
| E03: IPM module overheating | E13: Overload protection |
| E04: Low-voltage protection | * Solution: Add silicone oil. The machine will resume automatically after countdown. |
| E05: High-voltage protection | E14: Hall signal missing |
| E06: Motor phase loss protection | E15: Communication fault |
| E07: Motor locked-rotor protection | |

Practice Guide

Exercise Intensity

Whether your goal is to burn fat or improve cardiovascular fitness, exercising at the appropriate intensity is key to achieving results. You can use your heart rate as a guide to find the right intensity level. The table below shows recommended heart rate zones for fat burning and cardiovascular fitness, for reference purposes only.

165	155	145	140	130	125	115	
145	138	130	125	118	110	103	
125	120	115	110	105	95	90	
20	30	40	50	60	70	80	

To find the appropriate intensity level, locate your age at the bottom of the chart (rounding to the nearest ten). The lowest number is the fat-burning heart rate, the middle number is the maximum fat-burning heart rate, and the highest number is the heart rate for improving cardiovascular fitness (it is recommended to wear a heart rate monitor during exercise to ensure efficiency, which requires additional purchase).

Burning Fat – To effectively use fat as an energy source, you must engage in low-intensity exercise for a sustained period of time. During the first few minutes of exercise, your body will use glycogen as energy. Only after the initial few minutes of exercise does your body begin to use stored fat as energy. If your goal is to burn fat, adjust your exercise intensity until your heart rate is close to the lowest value in your training zone.

Sports Guide

Warm-up: It is recommended to warm up for 5–10 minutes before exercising, fully mobilizing joints and stretching before starting low-intensity exercise.

Exercise: It is recommended to exercise for 20–30 minutes, maintaining exercise intensity within the training range (during the first few weeks of training, exercise time should be kept within 20 minutes), and breathing should be kept even during exercise.

Cool-down: It is recommended to stretch for 5–10 minutes after exercising, which can improve joint flexibility and muscle extensibility, and prevent exercise injuries.

Exercise Frequency

To maintain or improve your physical condition, complete three training sessions per week with at least one day of rest between each session. After several months of regular exercise, if necessary, you can complete up to five sessions per week. Remember, the key to success is to make exercise a frequent and enjoyable part of your daily life.

Replacement and Disposal



Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials that can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.

Compliance Statement

FCC Compliance Statement: This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The antenna(s) used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be collocated or operating in conjunction with any other antenna or transmitter, End-Users must be provided with transmitter operation conditions for satisfying RF exposure compliance.

IC Compliance Statement:

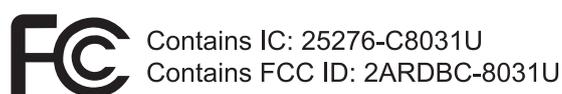
English: This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

This device may not cause interference.

This device must accept any interference, including interference that may cause undesired operation of the device.

French: Cet appareil contient des émetteurs/récepteurs exemptés de licence qui sont conformes aux flux RSS exemptés de licence de l'Innovation, Science et Développement économique Canada. L'exploitation est soumise aux deux conditions suivantes: Cet appareil ne doit pas causer d'interférences. Ce dispositif doit accepter toute interférence, y compris toute interférence pouvant causer un fonctionnement indésirable du dispositif.

Les antennes utilisées pour cet émetteur doivent être installées pour assurer une distance de séparation d'au moins 20 cm par rapport à toutes les personnes et ne doivent pas être localisées ou fonctionner conjointement avec d'autres antennes ou émetteurs. Les utilisateurs doivent avoir des conditions de fonctionnement de l'émetteur pour satisfaire à la conformité à l'exposition RF.



E115674
CONFORMS TO UL STD.1647
CERTIFIED TO CSA STD.C22.2 NO.68-18



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