



KingSmith Smart Foldable Treadmill User Manual

Before using this product, please read this User Manual carefully, and keep it well.



Manufacturer/Importer: Beijing Kingsmith Technology Co., Ltd.
Address: Floor 4, Building 25, Area 18, ABP Park, Fengtai, Beijing, China.

MADE IN CHINA

Model No. : TRF0FB



WARNING

1. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
2. Correct Disposal of this product. This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

WARNING: keep young children away from this machine at all times. Contact with the moving surface may result in severe friction burns.

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This device complies with Part 15 of the FCC Rules and Industry Canada licence-exempt RSS standard(s). 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.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

NOTE: 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.

FCC& IC Radiation Exposure Statement:

This equipment complies with FCC and Canada radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Déclaration d'IC sur l'exposition aux radiations:

Cet équipement est conforme aux limites d'exposition aux radiations définies par le Canada pour des environnements non contrôlés. Cet équipement doit être installé et utilisé à une distance minimum de 20 cm entre l'antenne et votre corps.

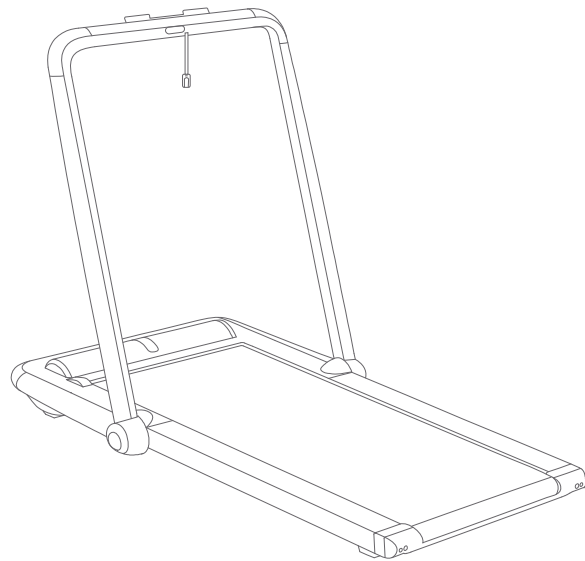
Cet émetteur ne doit pas être installé au même endroit ni utilisé avec une autre antenne ou un autre émetteur.

Content

01 Products and Accessories	02
02 Structural Plan	03
03 Novice Guide	07
04 Learn How to Use the Treadmill	09
05 Warm-up Exercises	13
06 Safety Instructions	14
07 Maintenance	17
08 Declaration on the Harmful Substances	18
09 Trademark and Legal Declaration	19
10 Exploded Drawing	20
11 Part List	23

Welcome to use

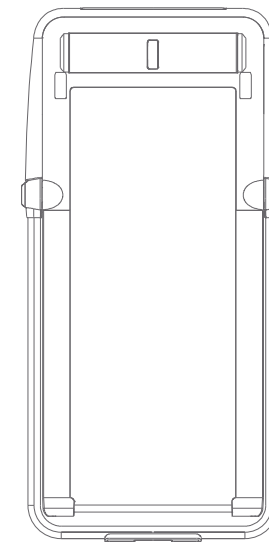
Thank you for selecting the 2 IN 1 TREADMILL, hereinafter referred to as the Treadmill. It has the ingenious, simple and innovative overall design, so that you can enjoy the quality life of healthy sports at home.



Specific Parameters	Detailed parameters
Working Dimension	1480×792×1060 mm
Folded Dimension	1530×792×139 mm
Walking Area	1210×480 mm
Net weight	34 kg
User Capacity	100 kg
Applicable Age	14 ~ 60 years old
Applicable Height	Unlimited
Minimum Speed	0.8 km/h
Maximum Speed	12 km/h
Rated Power	746 W
Frequency	50/60 Hz
Voltage	220-240 V ~ (EU) / 110-127V ~ (America and Canada)
Sport mode	Running Mode / Walking Mode

01 Products and Accessories

Please check carefully whether or not the treadmill is complete and intact. If there are any losses or damage, Please contact the seller.



Main Product

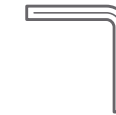
Accessories



Power Cord



Safety Clip



Wrench



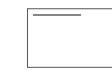
Silicone Oil



Remote Control



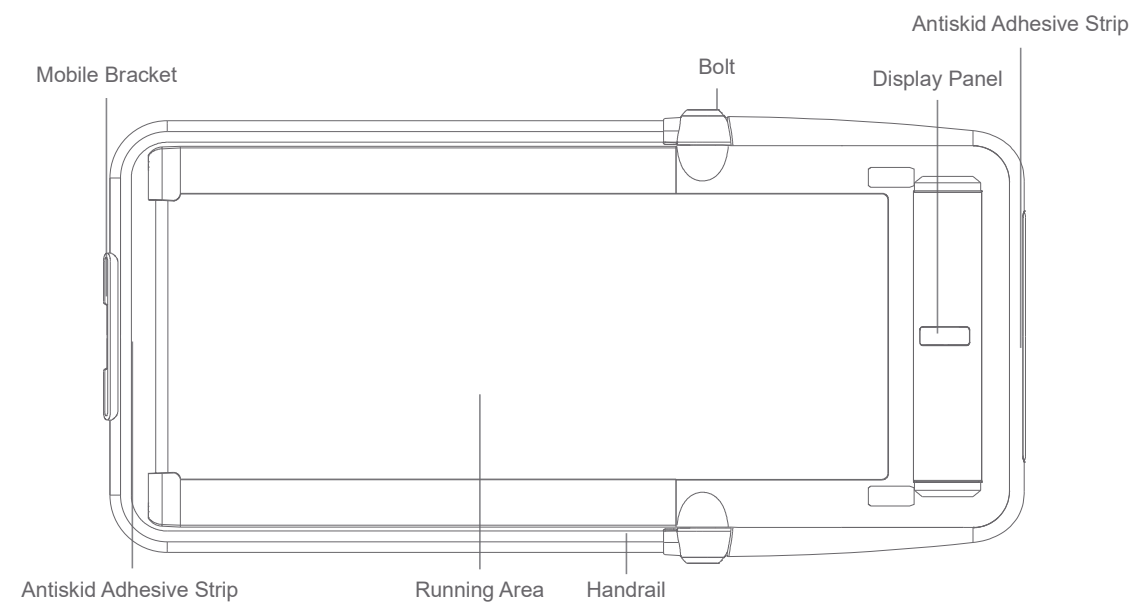
Bolt



User Manual

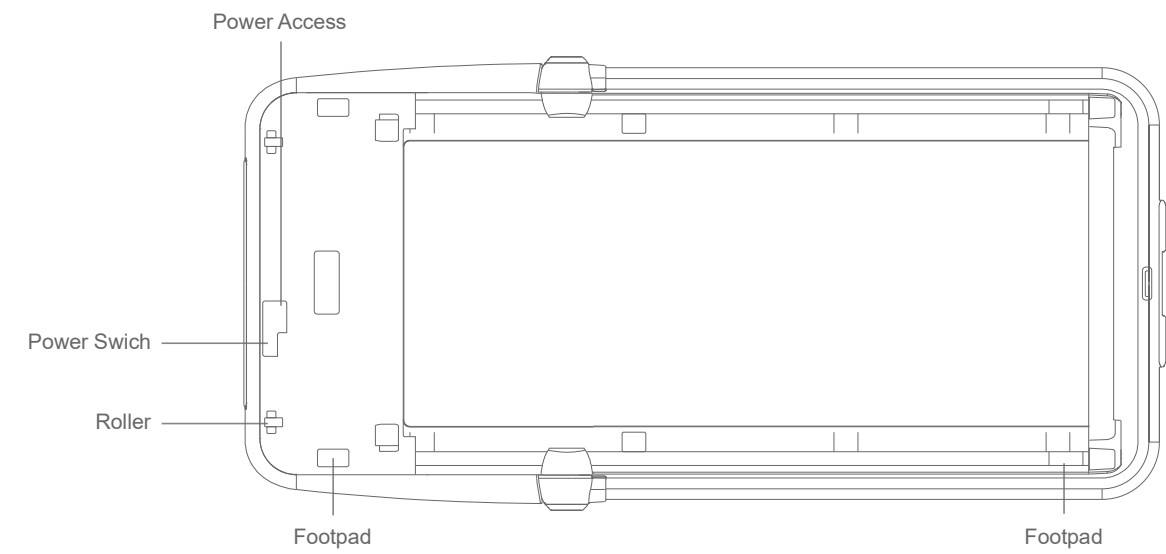
02 Structural Plan

1. Front Side



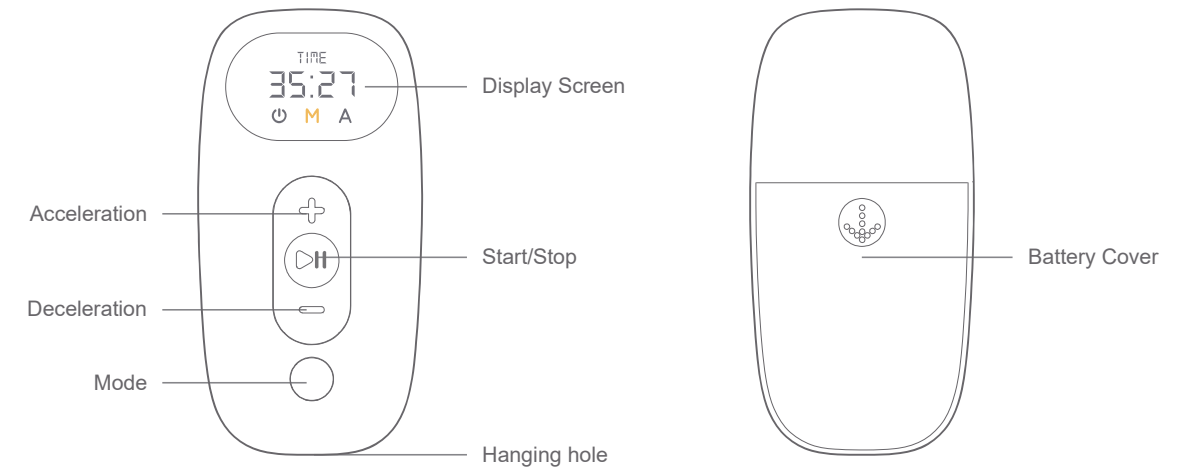
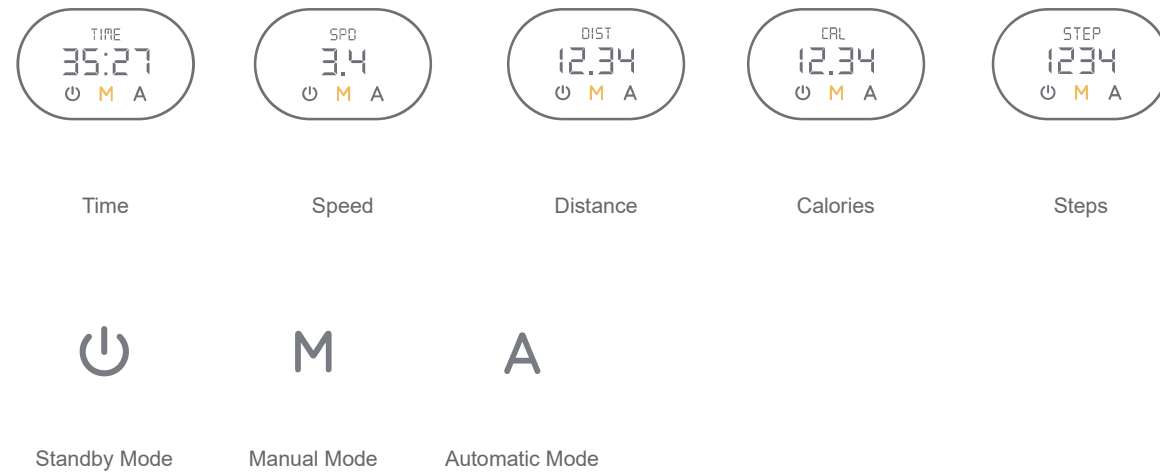
03

2. Back Side



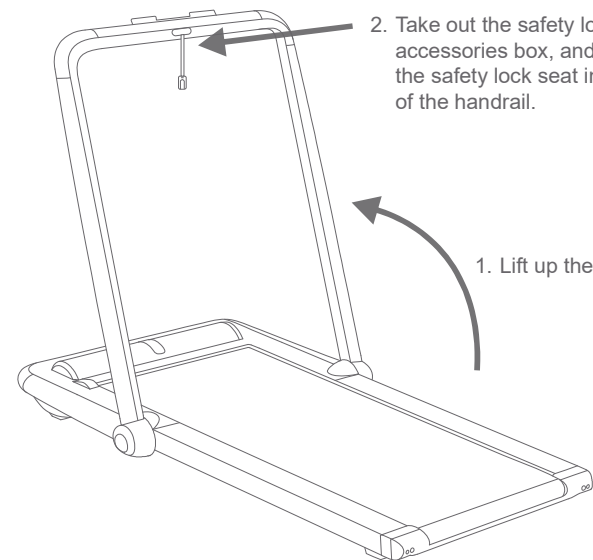
04

3.Remote Control



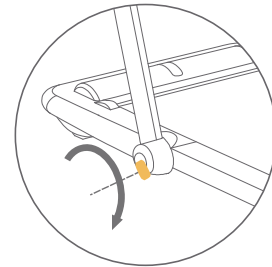
03 Novice Guide

Start to use this product for exercise according to your physical conditions, and do exercise properly and regularly so as to ensure you have sufficient physical strength. The wrong or excessive exercise will not be conducive to your health.

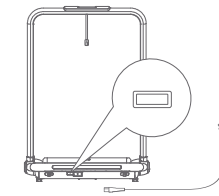


1. Lift up the handrail.

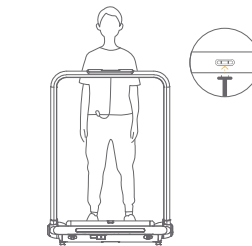
2. Take out the safety lock from the accessories box, and insert it into the safety lock seat in the middle of the handrail.



3. Take out the Bolts from the accessory box, insert it into the hole of handrail shaft, and rotate clockwise to lock the handrails on both sides.



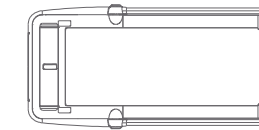
4. Connect the power cord, and turn on the switch.



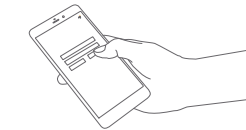
7. Insert safe key into the safety socket and clip the other end to your clothes.



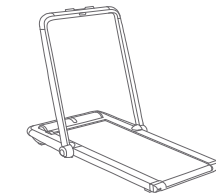
5. Download APP "KS Fit" and complete the installation. If you would like to use the remote control directly, you can choose to skip the Step 5 and 6.



8. When pull down the handrail, user can start the treadmill without inserting in safety lock . Speed automatically will adjust to 0.8-6km/h, which is suitable for walking.



6. Open the APP and complete the registration. Connect the APP with the equipment step by step.



9. When lifting up the handrail, user can start the treadmill only after inserting in safety lock. Speed automatically adjusts to 0.8-12km/h, which is suitable for running.

04 Learn to Use the Treadmill

1. Mode Introduction

- ⏻** Standby Mode
When the light is on, electric motor and sensor stop functioning.
- M** Manual Mode
When the light is on, control the speed by the remote control or APP.
- A** Automatic Mode
Light of the automatic mode is on;
Speed is controlled automatically by intelligent algorithm. It follows the speed of walking.

2. Standby Mode



Standby Mode

In this mode, the treadmill stops functioning to prevent the non-users from triggering the Treadmill.



Mode
Single Click: Return to the last mode.

3. Introduction to the control of the fixed speed mode (beginner mode)



Manual Control

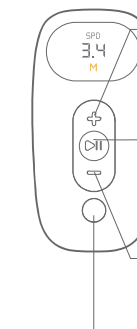
Control the speed by using the remote control. We suggest beginner to walk under this mode firstly, only start walking under automatic mode after proficiently using the Treadmill.

In this mode, if the user leaves the Treadmill for more than 15 seconds, the Treadmill will stop automatically!

- Lift up the handrail, maximum speed is 12km/h, which is suitable for running. User can only use the machine after inserting safety key in the safety lock.
- Pull down the handrail, maximum speed is 6km/h, which is suitable for walking. User can use the treadmill without inserting safety key in the safety lock.
- If user stop using the treadmill more than 10 minutes, it will be in Standby Mode automatically.

When the machine stops, user can lock the machine by pressing & holding the mode button for more than 2 seconds.

To restart the treadmill, press and hold Start or Mode button for more than 2 seconds for unlocking.



- Acceleration**
Single Click: accelerate by 0.5km/h;
Press and Hold: continuously accelerate.
- Start/Stop**
Single Click: Start or stop the Treadmill;
Press and Hold: For more than 2 seconds: unlock the treadmill.
- Deceleration**
Single Click: decelerate by 0.5km/h;
Press And Hold: continuously decelerate.

Mode key

Single Press: Switch to the automatic mode;
Press And Hold for more than 2 seconds: unlock the Treadmill.

4. Automatic Mode (advanced mode)

A

Automatic Mode

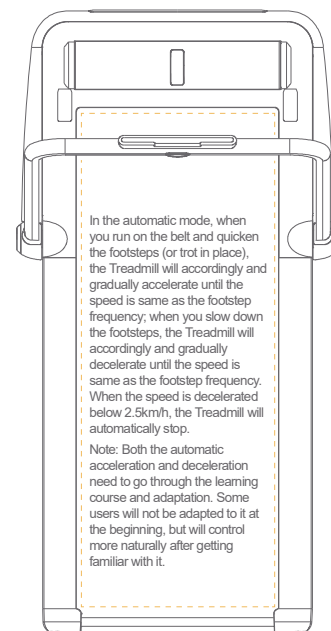
This mode is the advanced mode with higher difficulty. After starting, user can control the speed completely without the remote control. We only recommend those who have good sports skills or running experience to take the challenge.

Lifting up Handrail, Maximum speed is 9km/h, which is suitable for running
Pulling down the handrail, maximum speed is 6km/h, which is suitable for walking.



Start/Stop
Single Click: Start or stop the Treadmill;
Press and Hold: For more than 2 seconds: unlock the treadmill.

Mode key
Single Press: Switch to the automatic mode;
Press And Hold for more than 2 seconds: unlock the Treadmill.



5. Remote Control Notice

If the remote control has no response or you change the remote control, you need to pair it again.

Pairing mode:

Restart the power, press and hold mode key on the remote control for 5 seconds, don't release until you hear the "click--" sound, which indicates pairing is successful.

6. Introduction to the status display

Manual Mode



KS symbol flashing: APP not connected.
KS symbol normally on: APP connected.

Automatic Mode



7. Error Warning Light

Error Warning Light on the display panel is off when "Walkingpad" works well. When error occurs, Error Warning Light turns on and shows its error code.

- | | |
|-----------------------------------|-------------------------------------|
| E01: Software overcurrent. | E07: Motor locked-rotor protection. |
| E02: Hardware overcurrent. | E08: Motor start failure. |
| E03: IPM module overheat. | E09: Motor overcurrent protection. |
| E04: Undervoltage protection. | E10: Overload protection. |
| E05: Overvoltage protection. | E11: HALL signal loss. |
| E06: Motor phase loss protection. | E12: Communication problem. |

8. Networking and firmware upgrading

OTA firmware upgrading: in the "KS Fit APP" you may receive the updating prompt. Please view the updating introduction, and operate on your mobile phone according to the prompt to automatically complete the firmware upgrading.

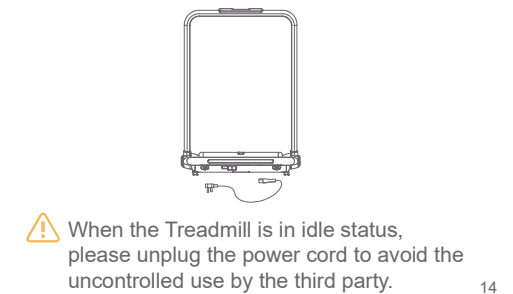
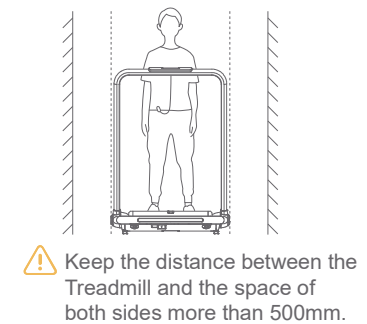
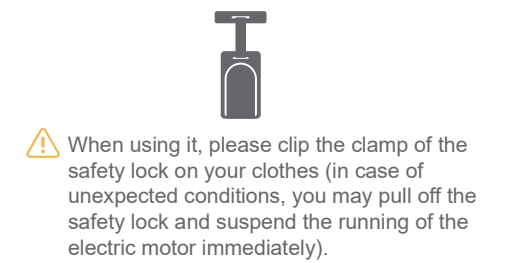
05 Warm-up Exercises

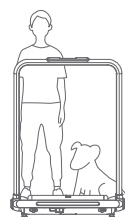
The warm muscles can be stretched more easily and prevent the sports injury, so you can warm up for 5~10 minutes before having sports. We recommend you to do the stretching exercises according to the following methods, and repeat after completing the sports.

1. Stretch downward: Bend your knees slightly, bend your body forward slowly, relax your back and shoulder, your hands touch your toes as much as possible, keep this gesture for 10~15 seconds, then relax. Repeat this process for 3 times.
2. Stretch your hamstrings: Sit on the clean cushion, straighten one leg, and recover the other leg inward so as to make it cling to the inner side of the straightened leg. Your hands touch your toes as much as possible, keep this gesture for 10~15 seconds, then relax. Repeat this process on each leg for 3 times.
3. Stretch your calves and foot tendons: Stand with hands on the wall, put one foot backward, keep the hind leg upright and the heel on the ground, lean to the wall direction, keep this gesture for 10~15 seconds, then relax. Repeat this process on each leg for 3 times.
4. Stretch your quadriceps muscles: Put the left hand on the wall or table to balance yourself, extend your right hand backward, catch the right heel and pull it to your buttock slowly until you feel the front muscles of the thighs are tense, keep this gesture for 10~15 seconds, then relax. Repeat this process on each leg for 3 times.
5. Stretch your sartorius muscles (muscles at inner thighs): Sit down with the soles opposite one to the other and the knees being outward. Use your hands to catch the feet and pull to the groin direction, keep this gesture for 10~15 seconds, then relax. Repeat this process for 3 times.

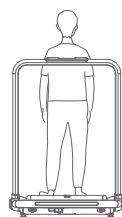
*If there is any abnormal condition during the course of using the Treadmill, you may put your hands on the handrail and do pull-ups with feet leaving the Treadmill belt, then jump outside the Treadmill.

06 Safety Instructions





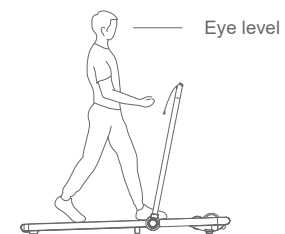
⊗ It is strictly forbidden to use the Treadmill with the pets.



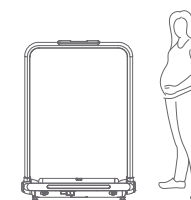
⊗ It is strictly forbidden to walk backward.



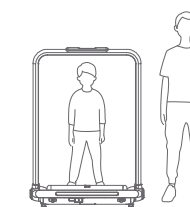
⊗ It is strictly forbidden to walk sideways.



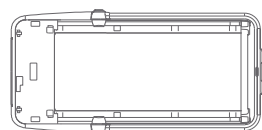
⚠ Keep the eyesight horizontal to avoid the visual dizziness.



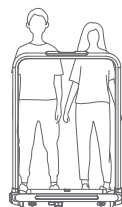
⚠ The elderly and the pregnant should use the Treadmill discreetly.



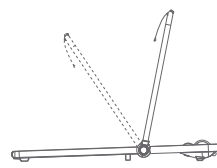
⚠ The juveniles should be accompanied and guided by the adult when using the Treadmill.



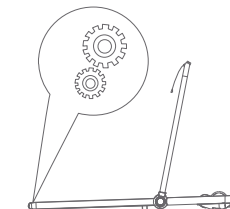
⊗ Prohibition of lateral placement.



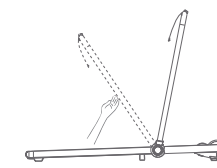
⊗ It is strictly forbidden to have more than one person use the Treadmill simultaneously.



⊗ It is strictly forbidden to fold the Treadmill during the course of doing sports.



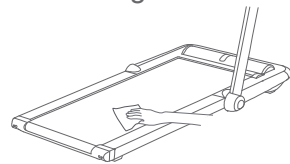
⚠ In order to prevent being caught in, please do not tread on the Treadmill.



⊗ It is strictly forbidden to put the hands on both sides of the handrail when folding up so as to avoid hands pinching.

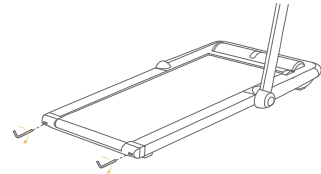
07 Maintenance

1. Cleaning



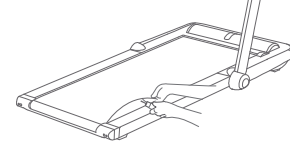
- Turn off the machine and unplug the power cord.
- Add several drops of detergent on cotton rag or towel. Don't pour the detergent on the belt directly, and don't use acid or corrosive cleaners.
- Wipe off dust and stains on the frame, front panel and belt. Do not wipe back-side of the belt.
- After using for a period, dust and stains may appear on the back part, that is normal situation, and just clean them up.

2. The Treadmill belt slipping and calibrating



- If belt deviates to the left : rotate the left adjustment screw clockwise for 1/4 circle.
- If belt deviates to the right : rotate the right adjustment screw clockwise for 1/4 circle.
- The Treadmill belt slipping: simultaneously rotate the left and right adjustment screws together clockwise for half circle.
- Keep the machine running for 1-2 minutes and check whether it needs to readjust.

3. The Treadmill band lubricating



- Shut down and unplug the Treadmill power cord.
- Raise the Treadmill band edge and apply the silicone oil on the inner surface.
- Reconnect the Treadmill power.
- Let the Treadmill belt run for 10-20 seconds at the speed of 4km/h for use.
- One lubricating operation needs 5-10 ml silicone oil. Excessive applying will cause the slipping phenomenon and affect the normal use.
- Add the silicone oil once for every three months.


08 Declaration on the Harmful Substances

Component name	Harmful substances					
	Lead (Pb)	Mercury (Hg)	Cadmium (Cd)	Hexavalent Chromium (Cr(VI))	Polybrominated biphenyl (PBB)	Polybrominated diphenyl ether (PBDE)
Electronic devices	x	○	○	○	○	○
Metal parts	○	○	○	○	○	○
Casing	○	○	○	○	○	○
Battery	○	○	○	○	○	○
Other components	○	○	○	○	○	○

This table is prepared in accordance with the provisions of the SJ/T 11364.

○: indicating the content of this harmful substance in all the homogeneous materials of this component is below the limit requirements stipulated by the GB /T 26572.

x: indicating the content of this harmful substance in some homogeneous material of this component exceeds the limit requirements stipulated by the GB /T 26572.

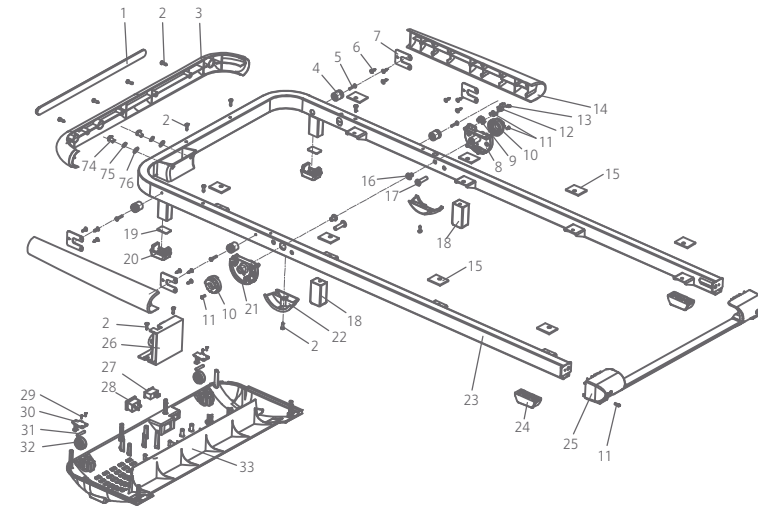


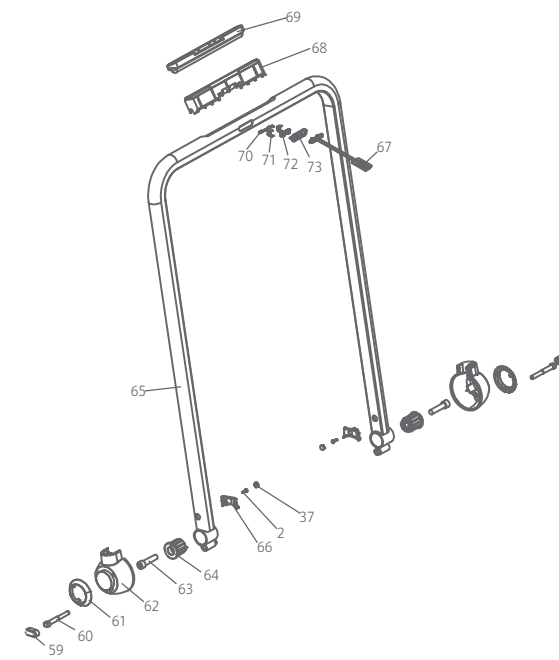
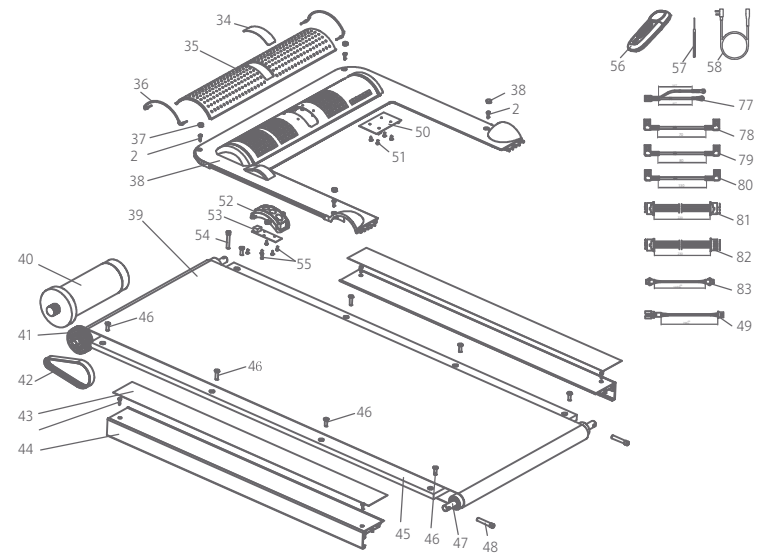
09 Trademark and Legal Declaration

When printing, this Manual has contained various function introduction and use instructions as possible. However, because of continuous improvement of product functions, design changes, etc., there will still have some inconsistency with the product you purchased. Due to the product updating, this Manual will possibly have deviation with the actual product in aspects such as color, appearance, etc. The actual product shall prevail.

Product implementation standards:
GB17498.1-2008
GB17498.6-2008

10 Exploded Drawing





11 Part List

No.	Description	QTY	No.	Description	QTY
1	Front trim cover rubber pad	1	22	Rear foot pad	2
2	Cross recessed pan head tapping screws	23	23	Rear end cover	1
3	Front decorative cover	1	24	Controller	2
4	Side decorative cover holder	4	25	Ship type switch (overload protection switch)	1
5	Cross recessed pan head screws	4	26	T-shaped Socket	1
6	Cross recessed countersunk head tapping screws	12	27	Cross recessed pan head tapping screws	1
7	Side decorative cover stator	4	28	Roller pressing plate	1
8	Right column aluminum joint	1	29	5.1 cylindrical pin	4
9	Fixed seat of speed regulating switch	1	30	Moving wheel	2
10	Swivel base	2	31	Motor lower cover	2
11	Cross recessed pan head bolt	6	32	Display PC chip	2
12	Side decorative cover	1	33	Speaker mesh	1
13	EVA foam pad	2	34	Speaker mesh decorative rope (red)	1
14	Hexagon socket flat head screw	2	35	Chain cover screw hole plug	1
15	Hexagon socket flat head screw	8	36	Motor upper cover	2
16	Running board support column	2	37	Running belt	6
17	Front bottom pipe gasket	2	38	Electric machinery	1
18	Front foot pad	2	39	Front roller	1
19	Left column aluminum joint	2	40	Multi groove belt	1
20	Shaft trim cover	2	41	Edge PC chip	1
21	Main frame components	1	42	Edgings	1

No.	Description	QTY	No.	Description	QTY
43	Running board	1	64	Column interior cover	2
44	Hexagon socket countersunk head screw	2	65	Safety switch set	1
45	Rear roller	1	66	Mobile phone seat	2
46	Hexagon socket head bolts	8	67	Mobile phone holder	1
47	Lower end of safety lock	1	68	Cross slotted pan head screw	1
48	Upper control circuit board	2	69	Safety lock base fixing seat	1
49	Cross slotted countersunk head tapping screw	1	70	Inserting reed	6
50	Display base	1	71	Safety lock base	2
51	Display panel	4	72	Hexagon socket flat round head screw	2
52	Hexagon socket head bolts	1	73	Standard spring washer	1
53	Cross recessed pan head flange tapping screws	1	74	Plain washer grade C	2
54	Remote control	1	75	Ground wire	2
55	Remote control hanging rope	6	76	Current lead	2
56	Power supply cord	1	77	Current lead	1
57	T-type knob cover	1	78	Current lead	1
58	T-type knob shaft	1	79	Current lead	1
59	Column side cover	2	80	Current lead	1
60	Column exterior trim cover	2	81	Current lead	1
61	Hexagon socket head bolts	2	82	Current lead	1
62	Shaft bushing	2	83	Current lead	1
63	Handrail assembly	2			