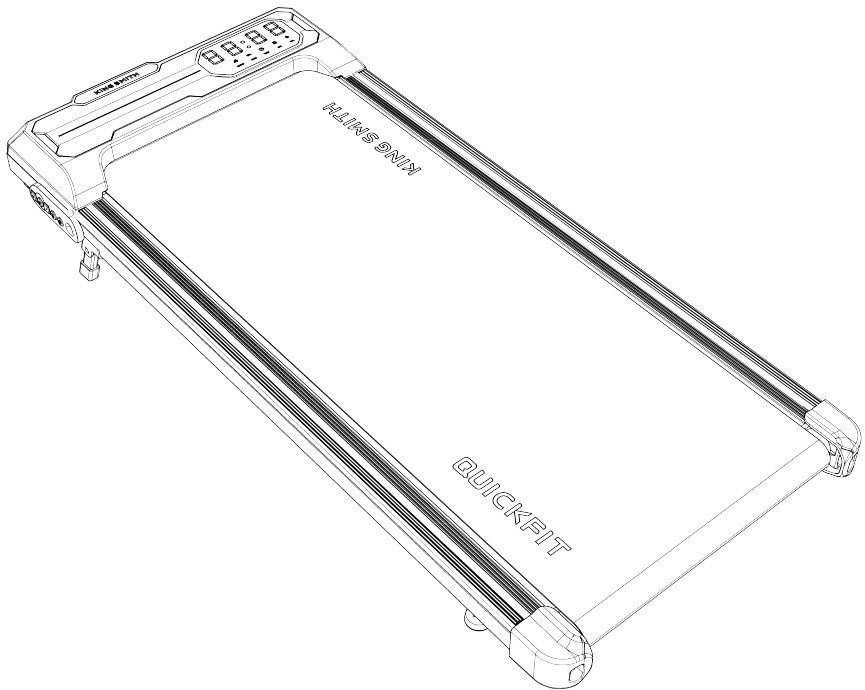


KING SMITH

W1 PLUS

USER MANUAL



WARNING

Please be careful to avoid slipping and injury when using. Don't let children approach or use this equipment. 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) Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- 3) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 4) Never use 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.
- 5) Do not carry this appliance by supply cord or use cord as a handle.
- 6) Keep the cord away from heated surfaces.
- 7) Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 8) Never drop or insert any object into any opening.
- 9) Do not use outdoors.
- 10) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 11) To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- 12) Connect this appliance to a properly grounded outlet only.
- 13) If you feel uncomfortable, please stop exercising immediately and consult a doctor to avoid damage to your health.
- 14) Ensure there is a distance of at least 2000mm (78.7in.) behind the appliance and a distance of at least 500mm (19.7in.) 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.
- 15) Wear a sports suit to use the appliance and exercise according to your own condition.
- 16) Ensure personal items are kept away from the appliance to avoid accidental entanglement. Otherwise, it may cause damage to the machine and personal injury.
- 17) Do not use this equipment on uneven ground to prevent accidents or damage to the appliance.
- 18) Do not stand or step on the head of the appliance to prevent any damage to the product.
- 19) Do not use this appliance with pets to avoid scaring them and causing other safety issues.
- 20) Do not walk on this appliance in a non-forward posture to prevent loss of balance, falling and injury.
- 21) The elderly, children, and pregnant women Must use this device with caution. Please consult a doctor and obtain relevant guidance before using this appliance.
- 22) Do not move 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.
- 23) Store the appliance according to the prescribed method in the manual for safety.
- 24) Do not get on or off this appliance when the appliance is running to prevent accidents.
- 25) Use this appliance within the specified weight range to ensure the normal operation of the machine and your personal safety.
- 26) Avoid exposing this appliance to direct sunlight to prevent damage to the machine. Please use this appliance in a cool and dry environment.
- 27) 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.
- 28) 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.
- 29) 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.



WARNING

INGESTION HAZARD: This product contains a button cell or coin battery.

DEATH or serious injury can occur if ingested.

A swallowed button cell or coin battery can cause **Internal Chemical Burns** in as little as **2 hours**.

KEEP new and used batteries **OUT OF REACH of CHILDREN**.

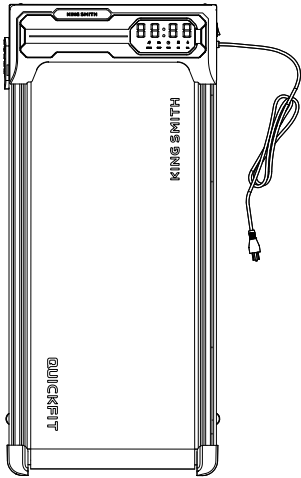
Seek immediate medical attention if a battery is suspected to be swallowed or inserted inside any part of the body.

1. Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children.
Do NOT dispose of batteries in household trash or incinerate.
2. Even used batteries may cause severe injury or death.
3. Call a local poison control center for treatment information.
4. The compatible battery type is CR2032.
5. The nominal battery voltage is 3V.
6. Non-rechargeable batteries are not to be recharged.
7. Do not force discharge, recharge, disassemble, heat above 104°F (40°C) or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.
8. Ensure the batteries are installed correctly according to polarity (+ and -).
9. Do not mix old and new batteries, different brands or types of batteries, such as alkaline, carbon-zinc, or rechargeable batteries.
10. Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.
11. Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.

Contents

Product Introduction	1
Before Starting	2
Operation and Adjustment	3
Care and Maintenance	6
Troubleshooting	7
Practice Guide	8
Trademark and Legal Declaration	9
Replacement and Disposal	9
Compliance Statement	10

Product Introduction



F3

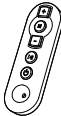
Specs

Product Name	W1 plus	Net Weight	38 lbs / 17.2 kg
Model	F3	Product Size	42.9 x 18.9 x 4.2 inch 109*48*10.6 CM
Speed Range	0.6-4.0 mph	Class	For consumer use only
Walking Area	15 x 36.6 in 380x 930 mm	Age Range	14 years and above
Max Load	265 lbs / 120 kg	Rated Power	500 W
Rated Voltage	100-120 V		
Rated Frequency	60 Hz		

Accessories



1 x Allen Key



1 x Remote Controller



1 x CR2032 Coin Battery



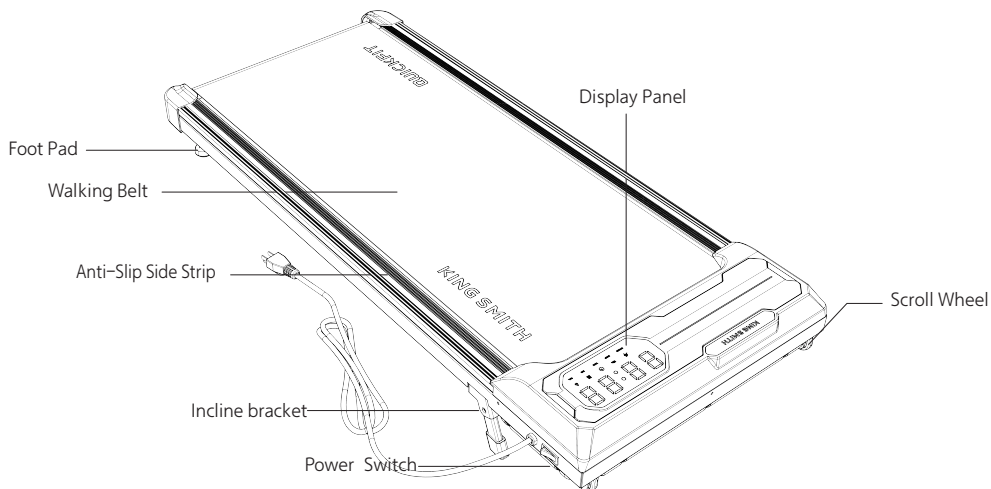
1 x Silicone Oil



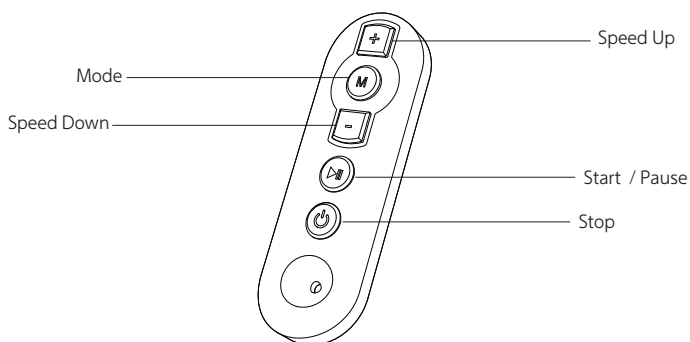
1 x User Manual

Before Starting

For your benefit, please read this manual carefully before using the equipment. 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 equipment before contacting customer service.



F3

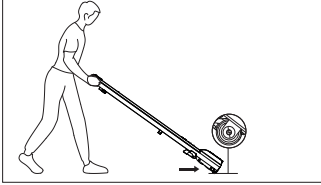


Remote controller

Operation and Adjustment

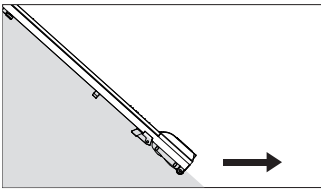
How to move the walking pad

When moving the equipment, do not touch the walking board. Place the equipment on a flat floor and move it forward or backward.



- ① Lift the equipment from the left and right sides of the rear end of the walking pad as shown.

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

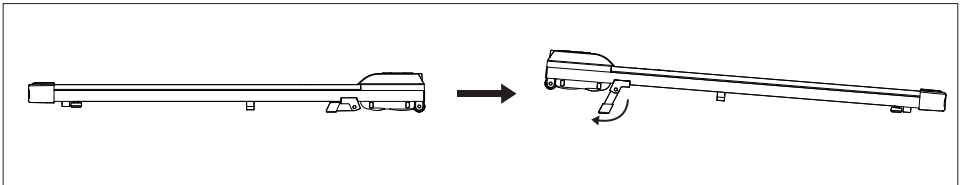


- ② Keep the scroll wheels on the ground and move the walking pad forward or backward.

* When moving the walking pad, make sure to maintain a certain angle between the appliance and the ground to avoid friction.

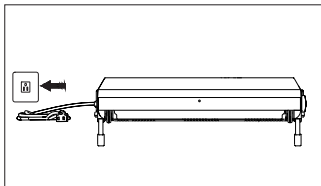
How to use the incline function

Lift the head of the treadmill, and then unfold the incline brackets on the left and right sides.



How to plug in the power cord

This product must be grounded when in use and our equipment meets the grounding requirement. 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.

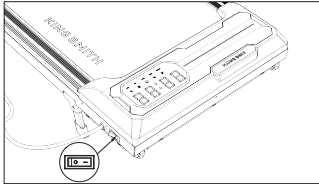


- ② Insert the other end of the power cord into a suitable outlet, which should be installed and grounded correctly according to local regulations and ordinances.

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

How to turn on the power






If the walking pad is exposed to cold environment, please let it return to room temperature before turning on the power. Otherwise, the walking pad components may be damaged.



Find the power switch at the side front of the walking pad and turn it on.

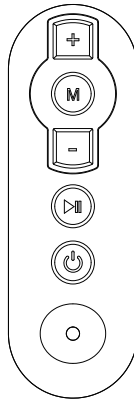
* When you hear a "beep" sound and see the panel lights up, the power switch is in the "—" position.

Display Panel Instructions

				
SPEED	STEP	TIME	DIS	CAL
Display Speed 0.6-4 mph	Display Step 0 - 9999	Display Time 0-99:59	Display Distance 0-99.00 mile	Display Calories 0-999

Tips: The workout datas (Calorie; Time; Distance; Speed;Step) will be alternated display Per 5 seconds.

Walking Pad Remote Control Instructions



Buttons	Operation	Note
+	Short press	Adjust the speed during exercise, increase the speed after the treadmill starts, the adjustment range is 0.1 MPH, when it is pressed for more than 1 second, the speed continues to increase; In the mode selection, you can set the time, distance, calories number;
M	Short press	Treadmill preset exercise mode, program selection: press this button to cycle through "0:00", "10:00", "1.0", "50.0" ("0:00" is manual mode, "10:00" is time countdown mode, "1.0" is distance countdown mode, "50.0" is calorie countdown mode.) When selecting various modes, you can use the speed up key and speed down key to set the relevant countdown value. After setting, press the "Start" button to start the treadmill.
-	Short press	Adjust the speed during exercise, and reduce the speed after the treadmill starts. The adjustment range is 0.1 MPH. When it is pressed for more than 1 second, it will continue to decrease; in mode selection, you can set time, distance, calories number;
▶	Short press	When the power is on, press this key at any time to start the treadmill. During exercise, you can use this button to pause the treadmill. Press this button again during pause to restart the treadmill.
⏻	Short press	Stop running

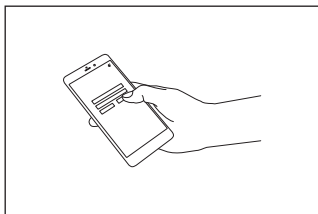
Tip: ① Before using the remote control, please remove the battery protective film; when the key is pressed normally, the LED on top indicator will light up

How to connect the APP

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



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

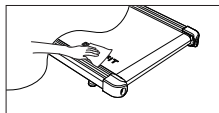


- ② Bring the mobile phone close to the Treadmill.
- ③ Turn on Bluetooth on your mobile phone.
- ④ Turn on the power switch of the treadmill.
- ⑤ Open the KS Fit app and Add the equipment.

- * Please give permission to the APP, so it could search for devices nearby.
- * 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 equipment while exercising, if a phone has been paired with the equipment.

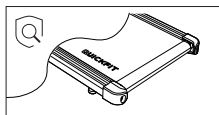
Care and Maintenance

To make your equipment 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 equipment immediately until the problem is solved.



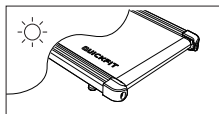
① Clean the walking belt

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



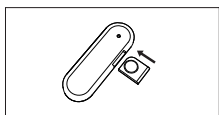
② Check the walking pad

- Check the power cord. If any damage and wear appears, stop using it and replace the power cord immediately.
- Check the walking belt. If it is not centered, too tight or too loose, adjust the walking belt (refer to Page 7 "Walking It deviating/slipping and correction" part).
- * If any replacement is needed, use the components designated by the manufacturer.



③ Keep cool and dry

- Keep the in a cool and dry condition.
- * Do not use the walking pad outdoors or in areas of high humidity or extreme temperature changes.
- * Take a 20-minute break after every one hour of use to help the walkingpad with heat dissipation.
- * Do not use the walking pad continuously for more than 1 hour.

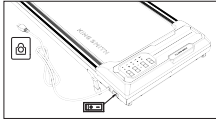


④ Battery replacement

- If the remote controller runs out of power or has not been used for a long time, please replace the battery (model: CR2032) by opening the back cover of the remote controller. Make sure the polarity (+ / -) is aligned correctly.

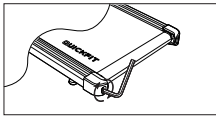
Troubleshooting

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



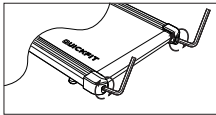
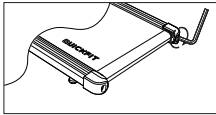
① Power cannot be turned on / Power off during use

- Ensure the power cord are plugged in.
- Make sure the power switch is turned on.
- To prevent any injury, don't place any debris around appliance before maintenance process.
- **MUST** use associated hex tool.
- Take care at maintenance process. Do not pinch fingers



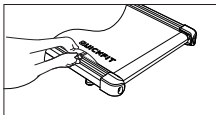
② Centering walk belt process as follow

- Power off appliance and unplug the power cord.
- Manual centering process as follow:
If the walk belt has shifted to left, use the hex tool to turn the left idler rollerscrew clockwise 1/4 of a turn (refer to figure 1).
- If the walk belt has shifted to right, use the hex tool to turn the right idler roller screw clockwise 1/4 of turn (refer to figure 2).
- Appliance **MUST** work 1-2 minutes. Repeat manual centering process until the walk belt is centered.



③ Belt slip correcting process as follow:

- Power off appliance before operation.
- Using the hex tool, turn both idler roller screws clockwise 1/2 of turn.
- After corrected, please attempts to walking 1-2 minutes under 1.0 mph speed setting. Repeat until the walk belt is properly tightened.



④ Belt lubrication process, follow instruction below to lubricate belt.

- Power off appliance and unplug cord.
- Using the hex tool, turn both idler roller screws counterclockwise till belt loosen and lifting easily.
Tips: please markdown hex tool rotating cycles when loosen belt, which use for adapting belt tension after lubrication process.
- Lifting edges of belt and spraying lubrication oil at center of walk platform evenly. Not necessary to apply spray lubrication oil on entire walk platform.
- Lubrication oil volume Per time of maintenance: 5-10mL. Attention: it would causes of belt slip if spray too much.
- Using the hex tool, turn the both idler screws clockwise as previous markdown number of turns until walk belt tighten properly.
- Power on appliance and workout for a few minutes, in order to spread lubrication oil to whole belt surface evenly.
Attention: After lubrication No-loading work at 1.0mph speed setting for 10 minutes. Lubrication frequency: High recommend 125 miles Per time.

④ Fault code description

* When a malfunction occurs, the display screen will show an error code. If the error code below appears, please turn off and restart the walking pad. 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 walking pad, and contact the dealer or customer service department for repair until the problem is resolved.

Error Code	Fault	Fault Analysis	Resolutions
E02	Motor overvoltage protection	1. The user's power grid voltage is unstable and the peak voltage is very high; 2. The controller is damaged;	1. Need to add an external filter regulator; 2. Replace the controller;
E03	Overcurrent protection	1. The load is too heavy; 2. The motor or roller is stuck with foreign objects; 3. The roller is not lubricated enough, and the resistance increases; 4. The controller is damaged; 5. The motor is damaged and the resistance increases;	1. Reduce the load, try not to exceed the rated load; 2. Remove stuck foreign matter; 3. Add lubricant; 4. Replace the controller; 5. Replace the motor;
E04	Main motor open circuit	1. The main motor line is not connected or loose; 2. The main motor is open and damaged; 3. The controller is open and damaged;	1. Re-reinforce the main motor connection line; 2. Replace the motor; 3. Replace the controller;
E06	Communication error	1. The main motor line is not connected or loose; 2. The main motor is open and damaged; 3. The controller is open and damaged;	1. Re-reinforce the connection line interface; 2. Replace the upper and lower control main connection lines; 3. Replace the electronic meter; 4. Replace the controller;
EOC	Power tube breakdown Explosion-proof protection	1. The power transistor is broken down and the controller is damaged;	1. Replace the controller;




⑤ Troubleshooting

Problem	Fault Analysis	Resolutions
No working	1. Power rock switch dysfunction 2. Power supply interrupted. 3. Power cord damaged.	1. Replace new power rock switch if it doesn't light on. 2. Make sure that power cord is plugged into properly grounded outlet. 3. Replace new power cable.
Walking belt slips	Walking belt loosen	Tighten walking belt tension with hex tool.
Remote control does not work	1. Incorrect use of default 2. Battery power shortage. 3. Remote control malfunction	1. Replace new battery cells. 2. Replace new remote control.
Friction noise	Walking belt off center.	Centering walk belt

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.

Trademark and Legal Declaration

KINGSMITH holds the patents of walking pad treadmill series products. KINGSMITH edits and owns the copyright of this manual book.

Without KINGSMITH's written permission, any form of unauthorized distribution, reproduction, publication, release or quotation by any institution or individual is prohibited. This manual contains as many as possible of all the functions and instructions for use. However, due to product imperfections, design changes, etc, the description may still have discrepancies with what you have purchased. In view of product updates, description in this manual book may differ from what you have purchased in color, appearance, etc. Actual supplies prevail. This appliance is not intended for 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. Children aged from 8 years and above and persons can use this appliance 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 understood the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

Replacement and Disposal



The battery contained in this appliance must be removed for disposal.

When replacing the battery, use only original battery, available from the parts shop.

The battery can be replaced by opening the back cover. Be aware of the polar mark while inserting a new battery.

Never dispose of old battery in domestic garbage, but only through the proper public collection points. This also applies to the battery of defective appliances.

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.



(Contains) FCC ID: 2AZYO-TPL3135
(Contains) IC: 25276-F3



Manufacturer: Jinhua Fanchen Health Technology Co., Ltd
Address: No. 198, Wulian Street, Dongxiao Street, Jindong District, Jinhua City, Zhejiang Province, China