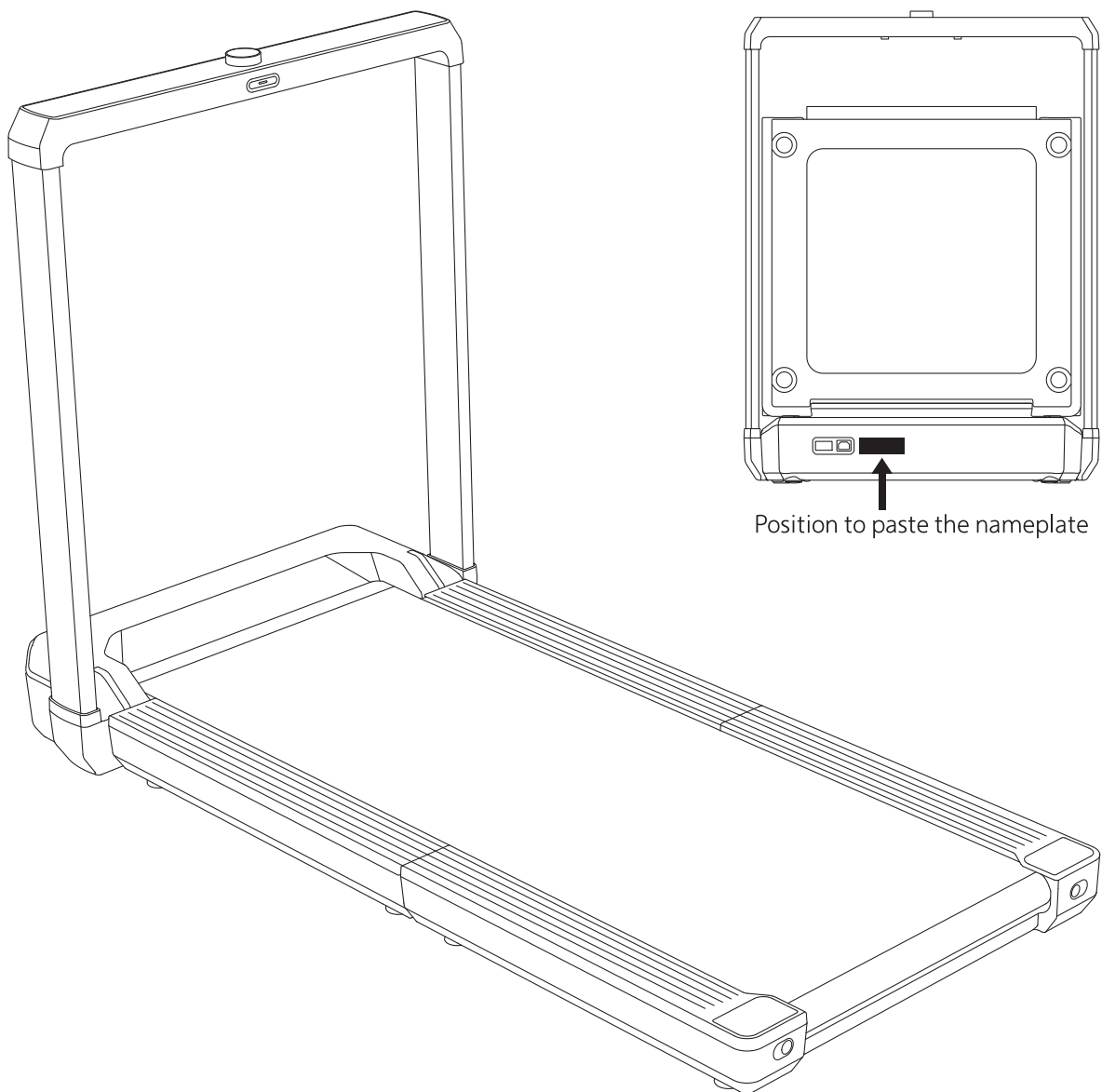


KINGSMITH WalkingPad Treadmill

TRX25F

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 refer to this manual or the cover when you encounter problems in the use of the equipment.



Important Precautions

DANGER—TO REDUCE THE RISK OF ELECTRICAL SHOCK:

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

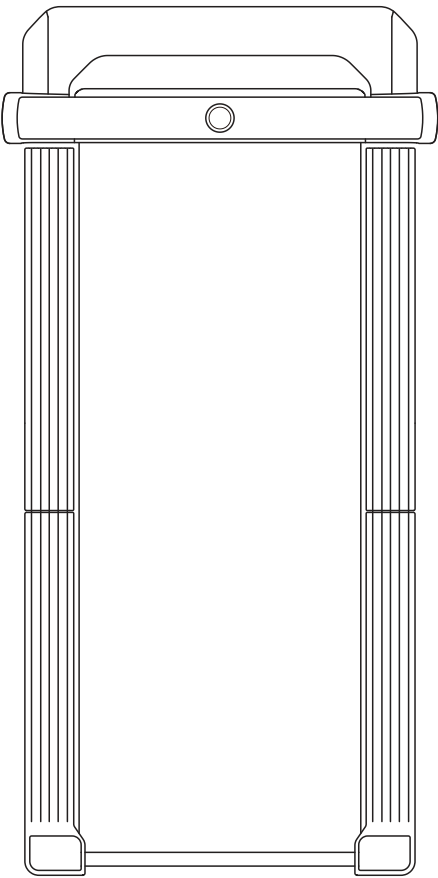
WARNING—TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- 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 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 plug from outlet.
- 13) Connect this appliance to a properly grounded outlet only.

Contents

Product Introduction	1
Before Starting	2
Operation and Adjustment	3
Troubleshooting	4
Practice Guide	9
Replacement and Disposal	10

Product Introduction



Tech Specs

Speed Range	1-16 km/h 1-10 mi/h	Unfolded Size	1545 × 774 × 1024 mm 60.8 × 30.4 × 40.3 in
Running Area	1320 × 500 mm 51.9 × 19.6 in	Folded Size	259 × 774 × 1024 mm 10.1 × 30.4 × 40.3 in
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	HC		

Accessories



Power cord



Mobile phone holder



Safety lock



Allen key



Silicone oil

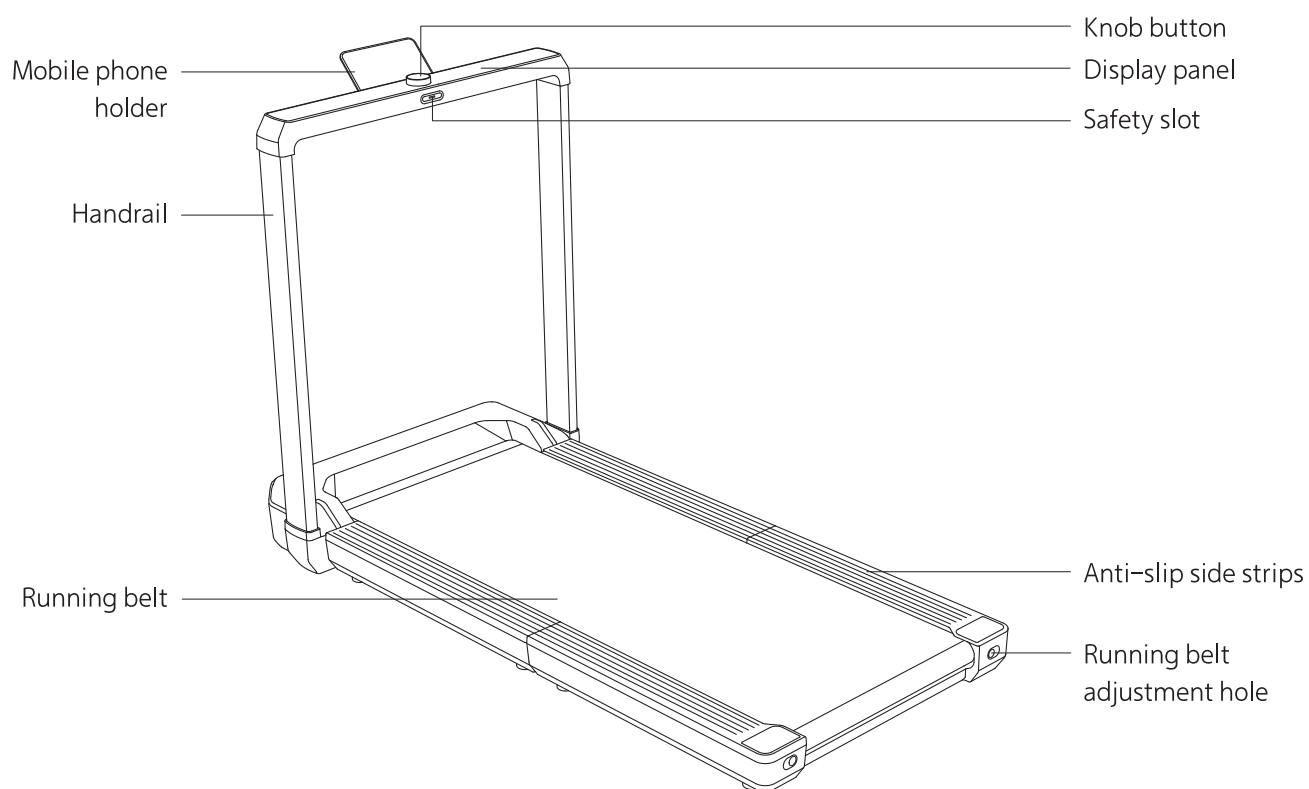


User manual

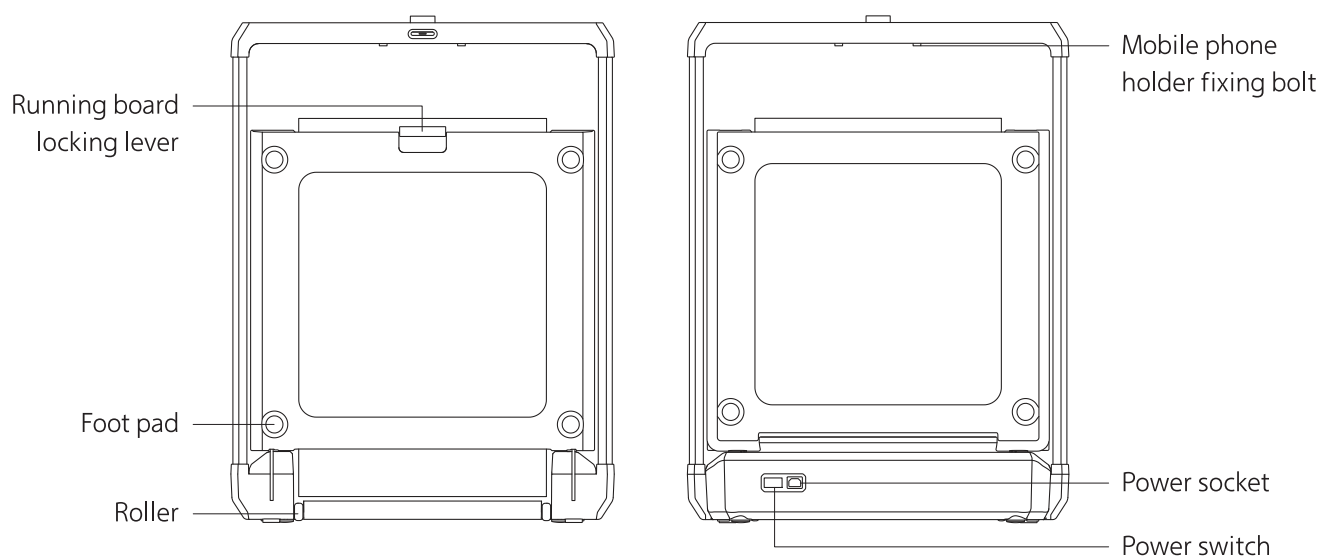
Before Starting

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



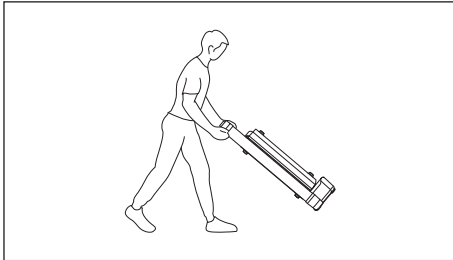
Folded state



Operation and Adjustment

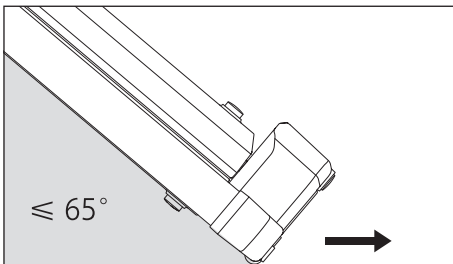
How to move the Treadmill

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 store the power cord.

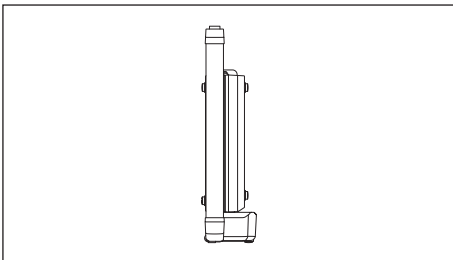


- ② Keep the front rollers on the ground and push forward.

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

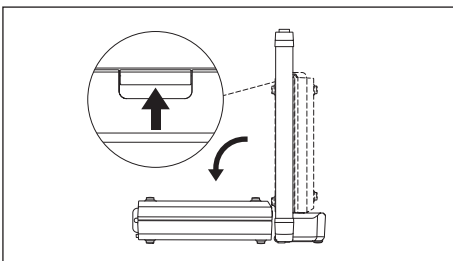
How to unfold the Treadmill

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

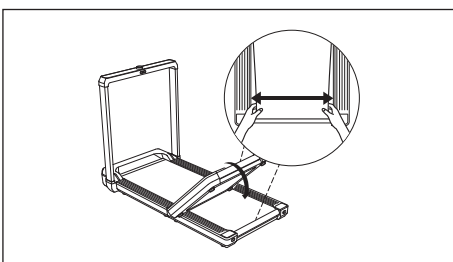


- ① Place the folded treadmill horizontally and check if it is placed on a flat surface.

* Do not place the treadmill on a thick carpet.



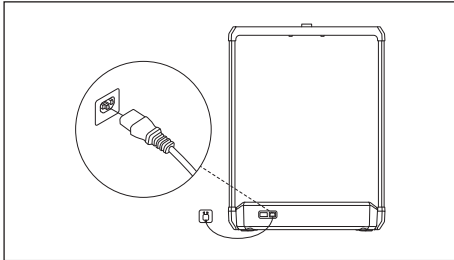
- ② Pull up the treadmill locking lever to unlock the treadmill and slowly lay it flat.



- 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.

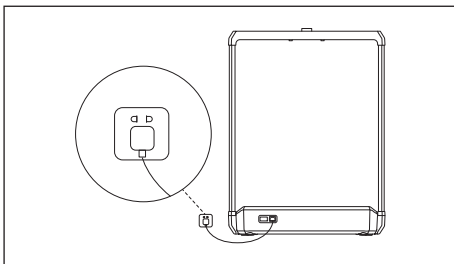
How to plug in the power cord

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 specified end of the power cord into the power socket at the bottom of the front end of the treadmill.

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



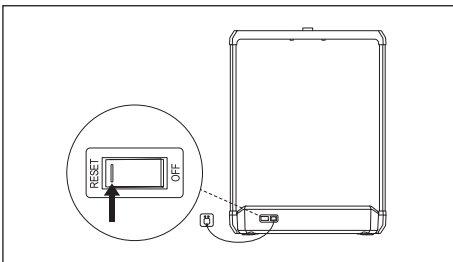
- ② Insert the other end of the power cord into a suitable outlet, which should be installed and grounded correctly according to local regulations and ordinances.

* 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.

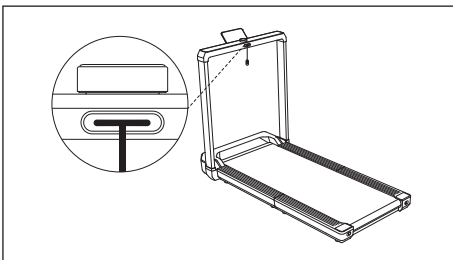
How to turn on the power

If the treadmill is exposed to cold environments, 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 lock to quickly decelerate the treadmill belt to a stop. Test several positions to ensure that the safety lock can be smoothly pulled out from the safety slot in an emergency.



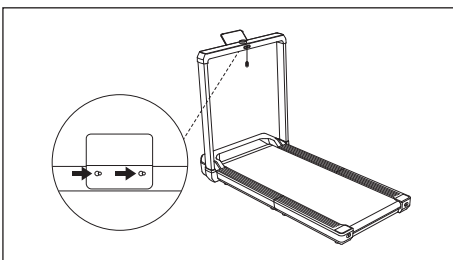
- ① Find the power switch at the front of the treadmill and turn it on.

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



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

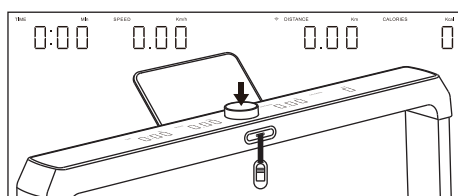
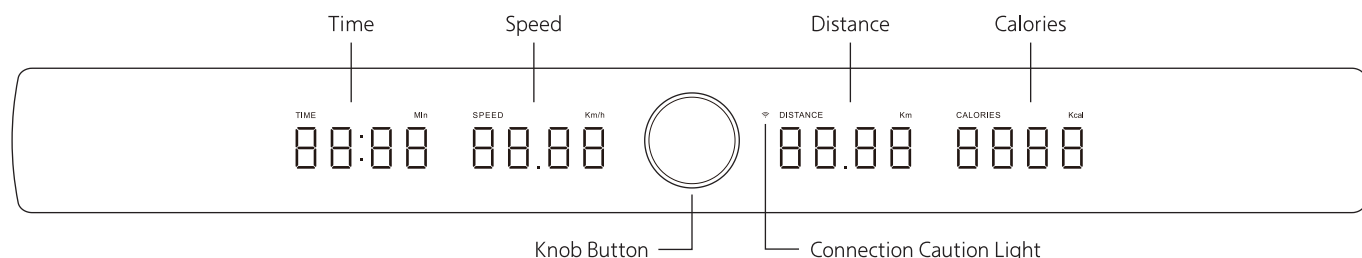
* The treadmill can only be started normally with the safety lock inserted.



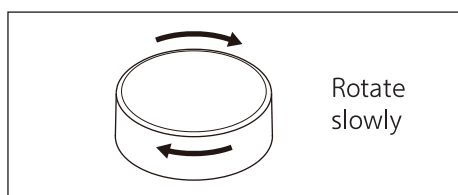
- ③ Take out the phone holder from the accessory box, insert the two large holes of the holder onto the fixed bolts on the underside of the handrail, push it towards the small hole direction and lock it in place.

How to use the display panel

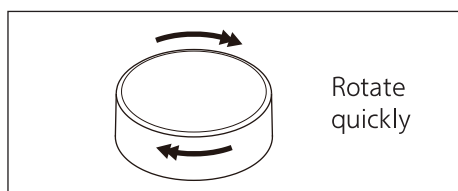
The display panel uses advanced LED display technology and has wireless network connectivity. The following information can help you quickly familiarize and master the panel operation methods.



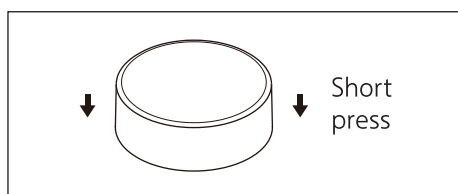
- ① After the power is on, the display panel lights up, all data are displayed as zero, and the treadmill goes into default mode. Short press the knob button, and after a 3-second countdown, the treadmill will slowly start running.



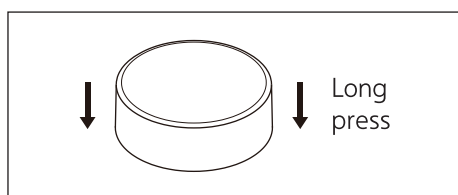
- ② During operation, rotate the knob slowly in the clockwise way to increase the speed. By rotating the counter clockwise way, you can decrease the speed.



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

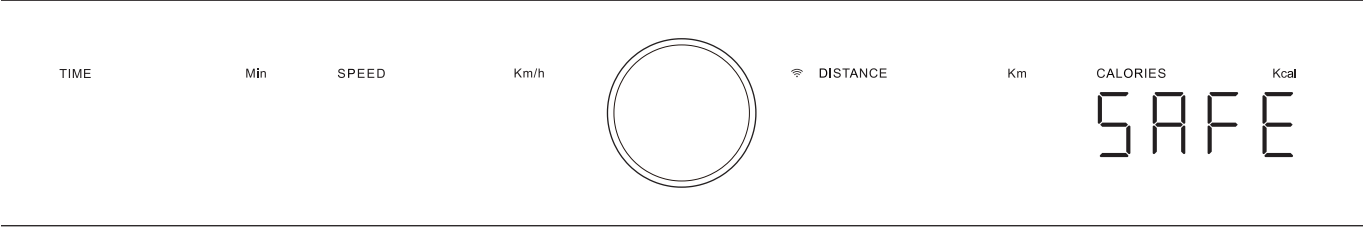


- ④ During operation, short press the knob button to enter the pause mode. All data will be retained in the same time.

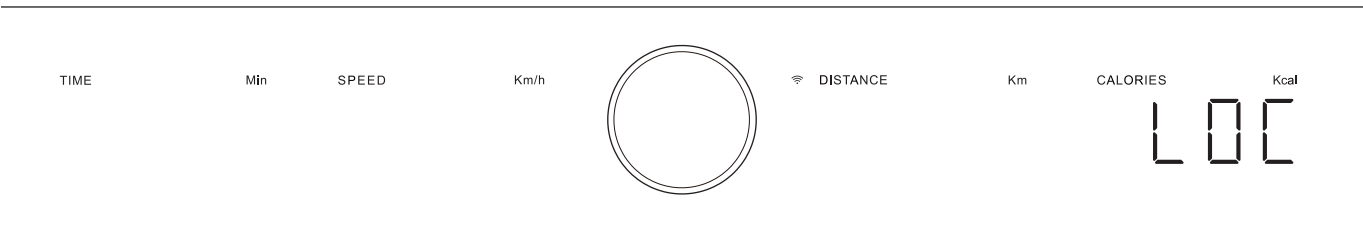


- ⑤ During the pause mode, long press the knob button for 2 seconds, or if there is no operation for 10 minutes, the display panel data will be reset. The machine will enter the sleeping mode.

If the safety lock 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 lock must be inserted before using the treadmill, as described in P4 of "How to turn on the power".

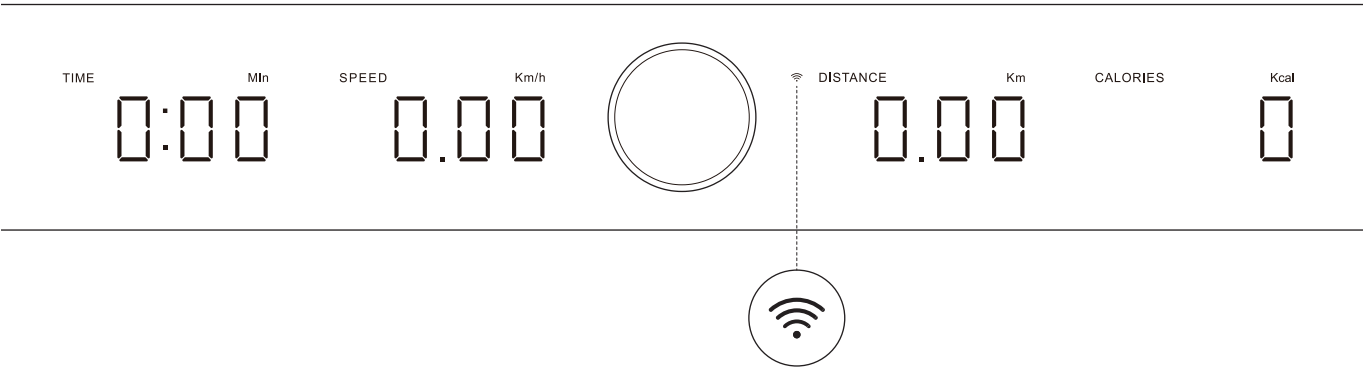


The child lock can be turned on/off in the app. If the child lock is turned on, the treadmill will not start, and the LED display panel will show "LOC". It is possible to operate in the app to remove the child lock setting, or to reset the child lock by pressing and holding the knob button for 5 seconds.



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.

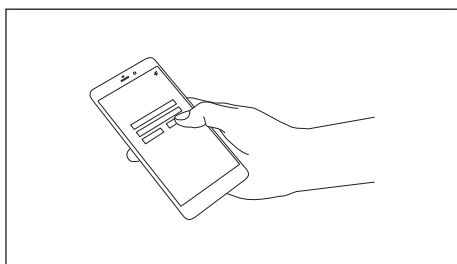


How to connect the APP

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



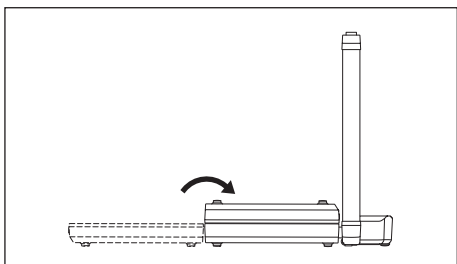
- ① Scan the QR code or search the Apple Store or Google Play for "KS Fit" and complete the installation and registration.



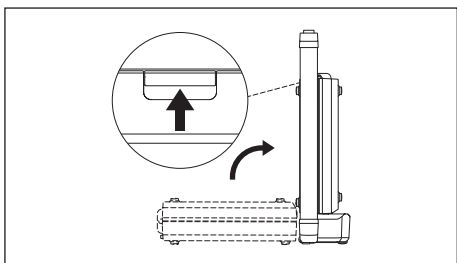
- ② Before using the Treadmill, open the APP and follow the prompts to pair the Treadmill through the APP.

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.

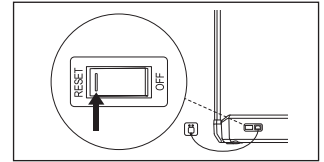
* To ensure safe usage, position the folded treadmill near the wall to prevent potential tilting or unsteadiness.

Troubleshooting

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

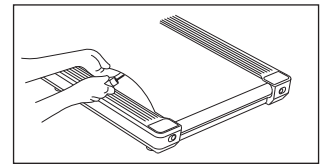
① Power cannot be turned on / Power off during use

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



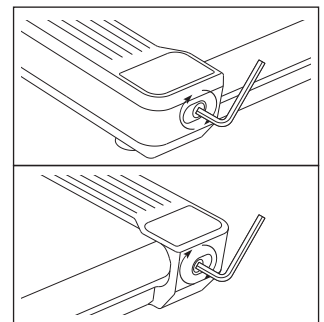
② Running belt lubrication

- 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.



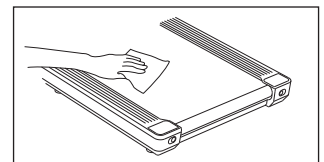
③ Running belt slipping and correction

- If the running belt is too tight or too loose, it will affect performance and damage the running belt.
- 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, use at a speed of 3–4km/h (1.95–2.5mi/h) for 1–2 minutes to observe the calibration. If necessary, adjust again.



④ Clean the treadmill

- Power off the treadmill and unplug the power cord.
- Add a small quantity of mild cleaner to a 100% cotton cloth. Do not spray the cleaner directly on the running belt or 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.



⑤ 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 and contact the dealer or customer service department for repair until the problem is resolved.




E01: Software overcurrent
E02: Hardware overcurrent
E03: IPM module overheating
E04: Low-voltage protection
E05: High-voltage protection
E06: Motor phase loss protection

E07: Motor locked-rotor protection
E09: Motor unable to start
E12: Motor overcurrent protection
E13: Overloading protection
E14: Hall signal missing
E15: communication fault

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	
<hr/>							
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 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.



Contains IC: 25276-C8031U
Contains FCC ID: 2ARDBC-8031U



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



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