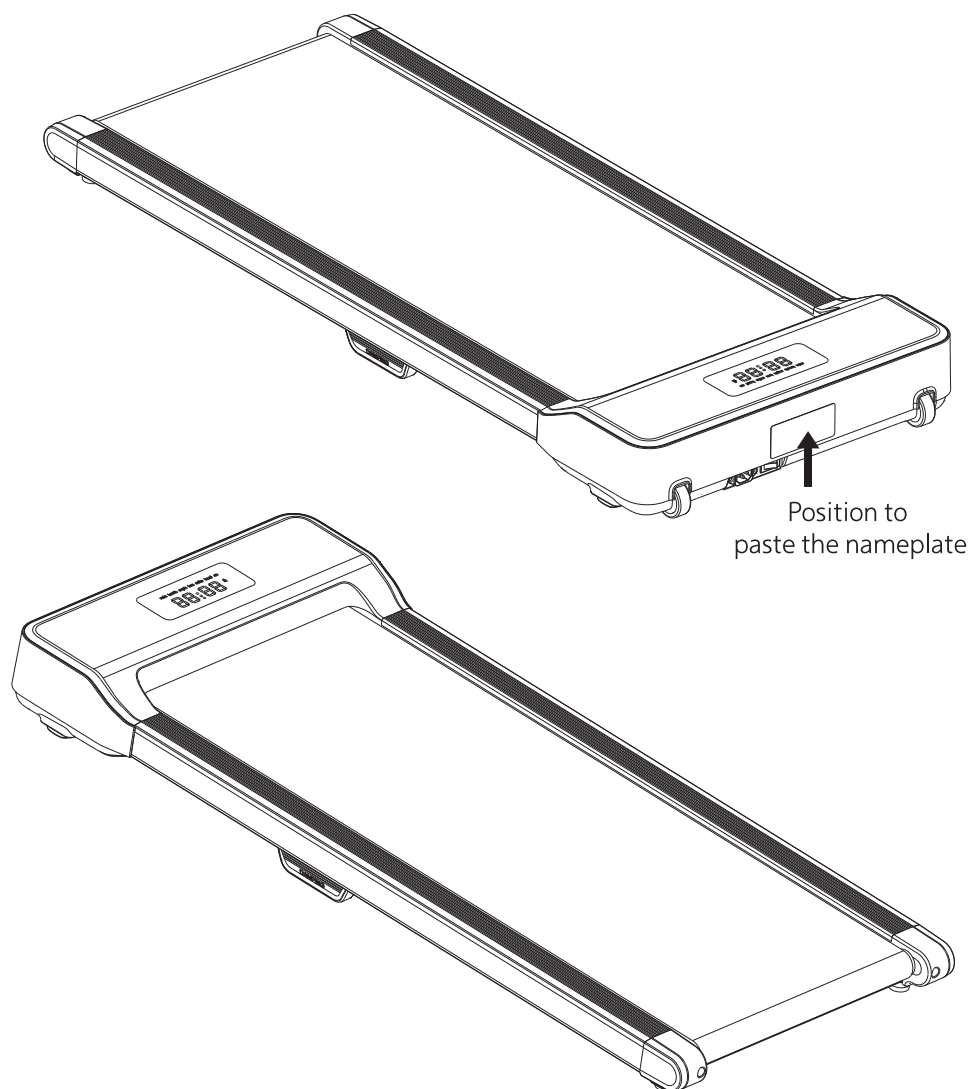


WalkingPad

Z1SE

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.

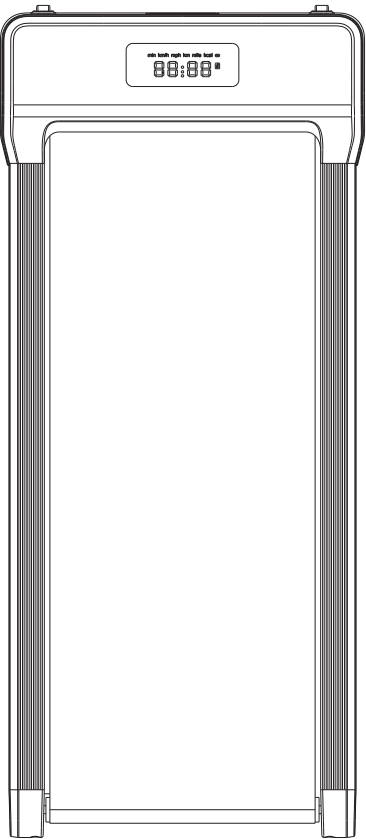
WARNING—TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- 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 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.
- 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.

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Operation and Adjustment	3
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Product Introduction



WalkingPad

Specs

Product Name	WalkingPad	Net Weight	21 kg / 46 lbs
Model	WP400T4	Product Size	1255 x 550 x 124 mm 49.4 x 21.7x 4.9 in
Speed Range	1-6 km/h 1-4 mph	Class	For consumer use only
Walking Area	1050 x 400 mm 41.3 x 15.7 in	Age Range	14 years and above
Max Load	120 kg / 264.5 lbs	Rated Power	550 W
Rated Voltage	110-120 V ~	Peak horsepower	2.25HP
Rated Frequency	50/60 Hz		

Accessories



1 x Power cord



1 x Remote controller



1 x Wristband



1 x Allen key



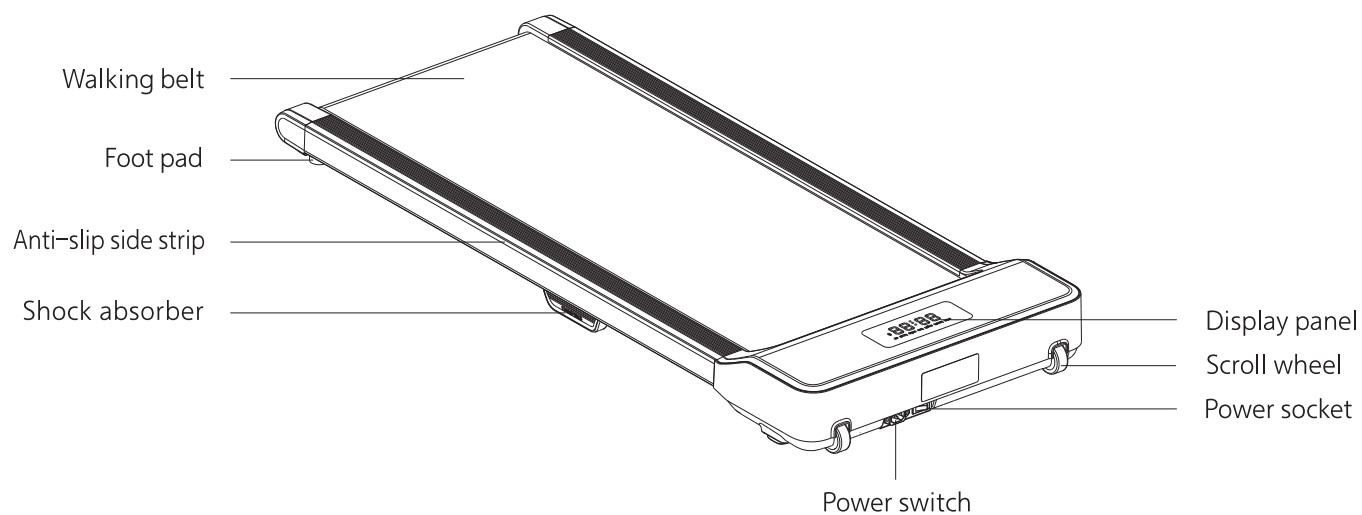
2 x Silicone oil



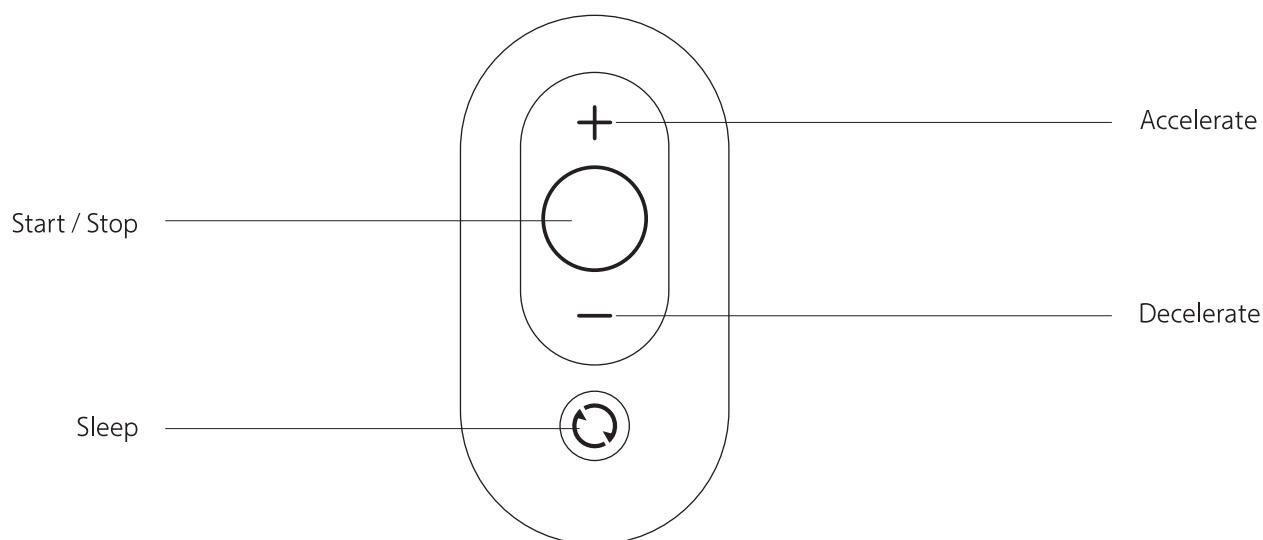
1 x User manual

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.



WalkingPad

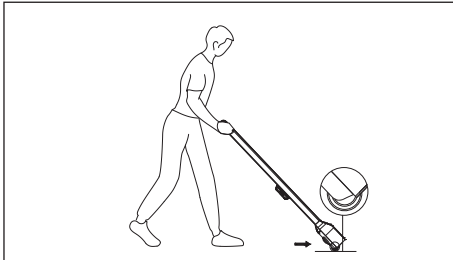


Remote controller

Operation and Adjustment

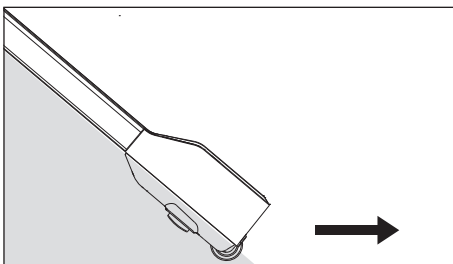
How to move the WalkingPad

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



- ① As shown in the figure, lift the WalkingPad from the area below the back end of the front walking board.

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

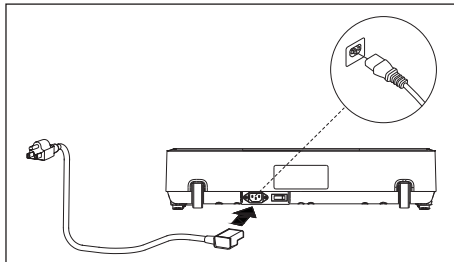


- ② Keep the scroll wheels on the ground and move the WalkingPad forward or backward.

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

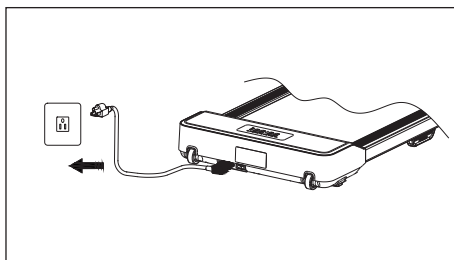
How to plug in the power cord

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.



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

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



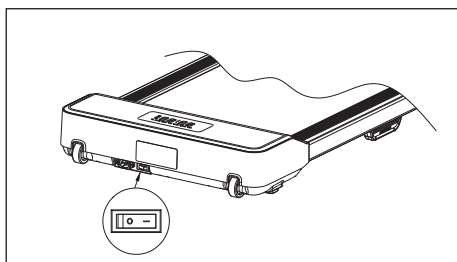
- ② Insert the other end of the power cord into a suitable outlet, which should be installed and grounded correctly according to local regulations and ordinances.

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

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

How to turn on the power

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

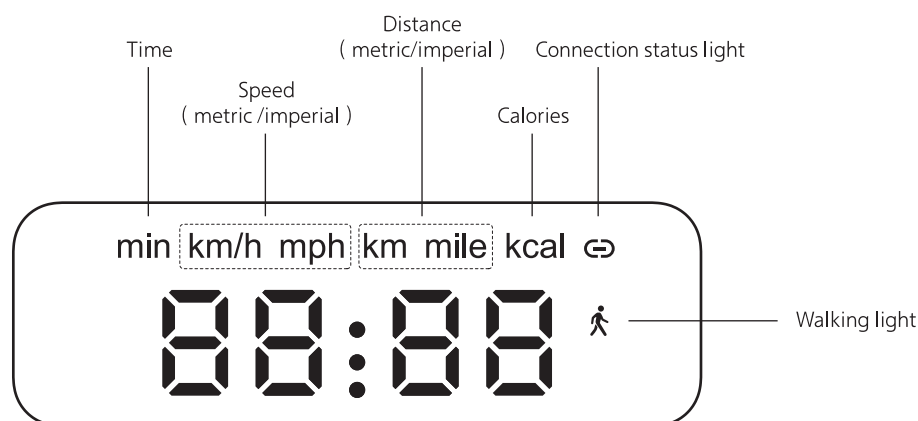


Find the power switch at the front of the WalkingPad and turn it on.

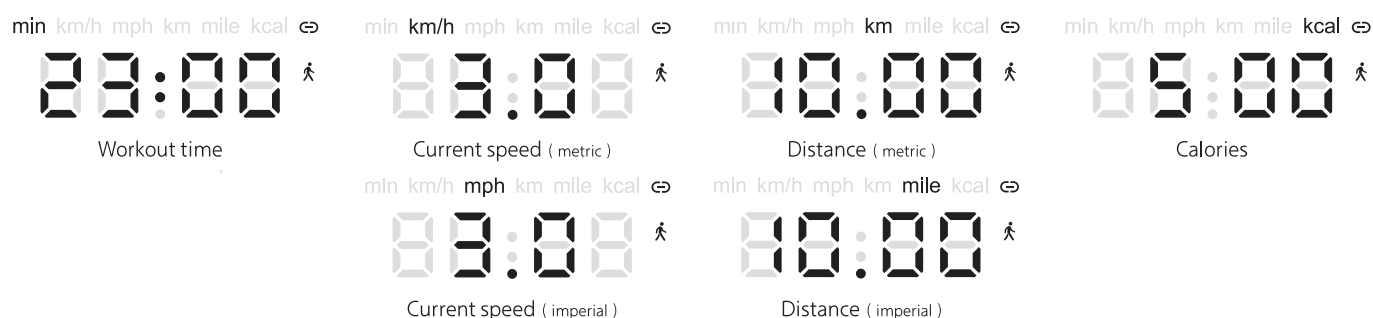
* When you hear a “beep” sound and see the panel lights up, the power switch is in the “|” position.

How to use the display panel

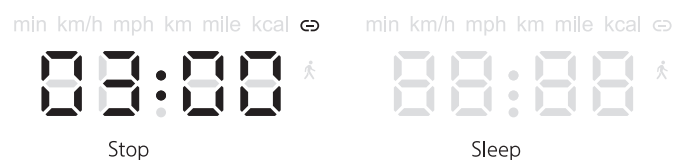
The display panel utilizes advanced LED display technology and offers a range of features to make your workout enjoyable. The following information will help you master how to use it quickly.



Turn on the WalkingPad, the display panel will show Time, Speed, Distance and Calories in turn.



The WalkingPad supports No-Load-Stop function, which means it will stop if there is no load for 8 to 60 seconds. This function is disabled by default, but can be enabled in the KS Fit APP by clicking "Motion"—"Settings"—"No-load stop". After the no-load stop, the workout data will be retained. Then 10 minutes later, the display panel will turn off and the device will enter Sleep mode.



When the WalkingPad is not connected to the APP, the connection status light flashes.
When the WalkingPad is connected to the APP, the connection status light stays on.



The walking light remains on after the walking belt start running.

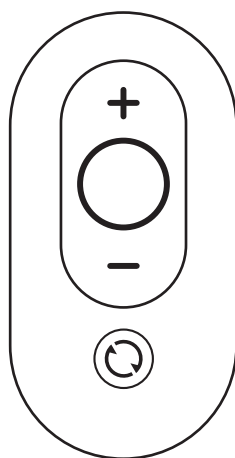
When the firmware is upgrading, the panel flashes “UP” . When the upgrade finishes, the machine stops.

When the child lock is turned on in the app, the machine stops, the panel displays “LOC” . If no-load operation lasts for 10 minutes, the machine sleeps.



How to use the remote controller

Before using the remote controller, please pair it with your WalkingPad equipment by following these steps: (1) Press the Sleep button on the remote controller for 5 seconds (2) Power on the WalkingPad equipment (3) Wait for 5 seconds until you hear a beep sound indicating a successful pairing.



- Press the Start/Stop button while the machine is switched on.
After a 3-second countdown, the machine starts running slowly at 1km/h (1mph) by default.
- + Press + while the machine is running.
The speed switches among 1/1.5/2/2.5/3/3.5/4/4.5/5/5.5/6km/h (1/1.5/2/2.5/3/3.5/4 mph).
- Press – while the machine is running.
The speed switches among 6/5.5/5/4.5/4/3.5/3/2.5/2/1.5/1km/h (4/3.5/3/2.5/2/1.5/1 mph).
- Press the Start/Stop button while the machine is running.
The machine slowly speeds down and pauses. Then if no-load operation lasts for 10 minutes, the machine stops and enters Sleep mode.
- ⌂ Press and hold the Sleep button when the machine pauses.
The machine sleeps. To wake up the machine, press any button on the remote controller.

Speed adjustment:

① Press +/- button on the remote controller, the speed increases/decreases by 0.5km/h (0.5 mph).

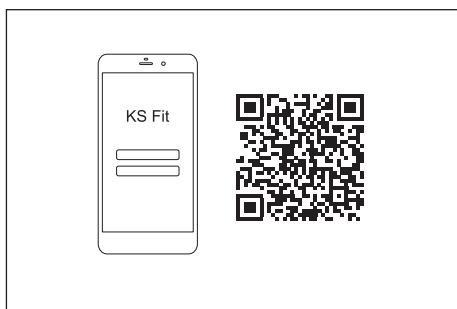
* When the speed is set at 2~2.4 mph or 2.5~2.9 mph in the app, press + on the remote controller, the actual speed will reach 2.5 mph or 3 mph. The same goes for other speed values set in the app.

② Press +/- button in the app, the speed increases/decreases by 0.1km/h (0.1 mph).

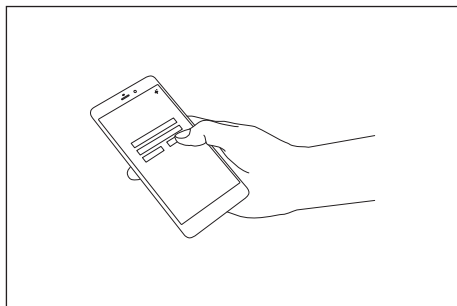
* When the speed is set at 2 mph on the remote controller, press – in the app, the actual speed will reach 1.9 mph. The same goes for other speed values set on the remote controller.

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.

* The display panel supports metric/imperial switch. You are free to set it by the following steps:

(1) Restart the WalkingPad .

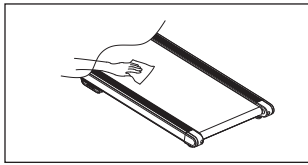
(2) Connect to KS Fit APP .

(3) Click "Me"—"Settings"—"Unit Settings"—"Metric/Imperial" .

(4) Restart the WalkingPad again.

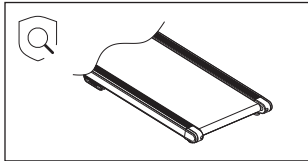
Care and Maintenance

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.



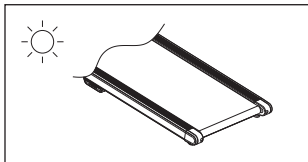
① Clean the walking belt

- 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.



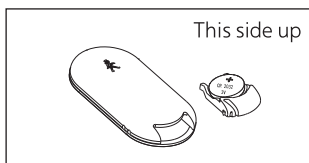
② Check the WalkingPad

- 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 WalkingPad 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 WalkingPad continuously for more than 1 hour.

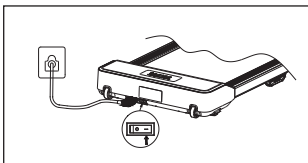


④ Battery replacement

- If the remote controller runs out of power or has not been used for a long time, please replace the battery (model: CR2032 3V) by opening the back cover of the remote controller. Make sure the polarity (+ / -) is aligned correctly.

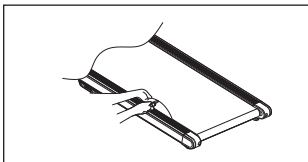
Troubleshooting

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



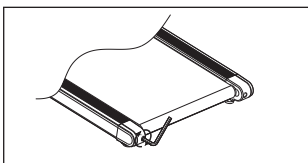
① Power cannot be turned on / Power off during use

- Ensure both ends of the power cord are plugged in.
- Make sure the power switch is turned on.



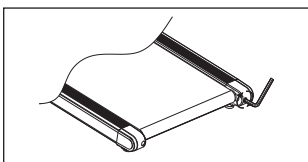
② Walking belt lubrication

- Power off the WalkingPad and unplug the power cord.
- Lift the walking belt, and apply silicone oil in a "Z" shape on the inner surface of the walking board at the center position.
- Power on the WalkingPad and try again.
- It is not necessary to apply the entire walking 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 Walking belt deviating/slipping and correction

- If the walking belt is not centered:
Adjust the walking belt manually.
- If the walking belt still deviates, adjust it with the Allen Key supplied by the following steps:
Walking belt goes to the left: turn the left adjusting hole screw clockwise by 1/4 turn.
Walking belt goes to the right: turn the right adjusting hole screw clockwise by 1/4 turn.
Walking 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 3-4 km/h (1.95-2.5 mph) for 1-2 minutes to observe the calibration. If necessary, adjust again.
- * If the walking belt is too tight or too loose, it will affect the performance of WalkingPad and damage the walking belt.



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

E01 Software overcurrent	E12 Motor overcurrent protection
E02 Hardware overcurrent	E13 Overload protection
E06 Motor phase loss protection	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	❤️
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

Beijing Kingsmith Technology Co., Ltd holds the patents of Walkingpad Walking Device 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

RF Exposure Information

The device has been evaluated to meet general RF exposure requirement. This equipment should be installed and operated with minimum distance 0mm between the radiator & your body.

ISED 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:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

The digital apparatus complies with Canadian CAN ICES-3 (B)/NMB-3(B).

French: Cet appareil contient des émetteurs/récepteurs exempts de licence qui sont conformes aux RSS exemptés de licence d'Innovation, Sciences et Développement économique Canada.

L'exploitation est soumise aux deux conditions suivantes :

- (1) Cet appareil ne doit pas provoquer d'interférences.
- (2) Cet appareil doit accepter toute interférence, y compris les interférences susceptibles de provoquer un fonctionnement indésirable de l'appareil.

L'appareil numérique du ciem conforme canadien peut - 3 (b) / nmb - 3 (b).

This device meets the exemption from the routine evaluation limits in section 2.5 of RSS 102 and compliance with RSS 102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

cet appareil est conforme à l'exemption des limites d'évaluation courante dans la section 2.5 du cnr - 102 et conformité avec rss 102 de l'exposition aux rf, les utilisateurs peuvent obtenir des données canadiennes sur l'exposition aux champs rf et la conformité.

This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment.

Cet équipement est conforme aux limites d'exposition aux rayonnements du Canada établies pour un environnement non contrôlé.

RF Exposure Statement

The device has been evaluated to meet general RF exposure requirement. This equipment should be installed and operated with minimum distance 0mm between the radiator & your body.

L'appareil a été évalué pour répondre aux exigences générales d'exposition aux RF. Cet équipement doit être installé et utilisé avec une distance minimale de 0 mm entre le radiateur et votre corps.

 (Contains) FCC ID: 2ARDB-WP400T4
(Contains) IC: 25276-WP400T4



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