

# KingSmith Smart Foldable Treadmill User Manual

For security purpose, please read the User Manual carefully.



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

Model No. : **TRK15F**

### WARNING

Electric shock hazard, where the appliance is used without the earth connection.

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.

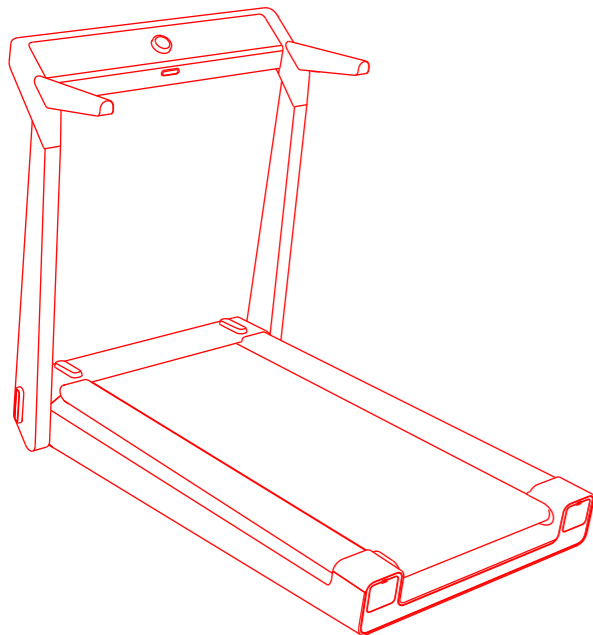
Noise emission under load is higher than without load.

To reduce the risk of personal injury, read and understand all the instructions before using this product.

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## Welcome to use our treadmill

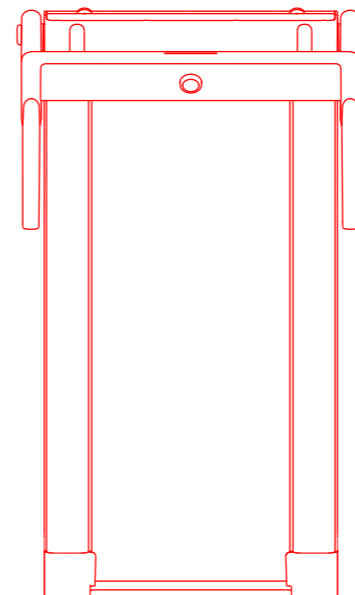
Thank you for choosing KingSmith Intelligent Folding Treadmill (hereinafter referred to as treadmill), which is featured with compact, simple and innovative overall design. With our treadmill, you can start your quality life at home.



Performance indicators	Detailed parameters
Working dimensions	1420×828×1140 mm
Folding dimensions	1420×828×310 mm
Running belt area	1200×480 mm
Gross weight	71 kg
Net weight	57 kg
Maximum load	110 kg
Applicable age	14 ~ 60 years old
Applicable height	No limit
Minimum speed	0.8 km/ h
Maximum speed	15 km/ h
Rated power	918 W
Rated voltage	220 - 240 V ~
Frequency	50 / 60 Hz
Class	HC
Sport mode	HIIT mode / Fat burning mode / Walking mode

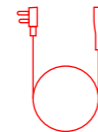
## 01 Product and Accessories

Please check carefully whether the contents of the package are complete. Please contact the seller for any missing or damage.

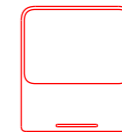


Main Part

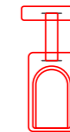
### Parts



Power Cord



Phone Holder



Safety Clip

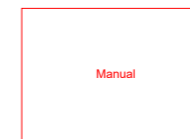


Wrench



Silicone Oil

### Other Accessories

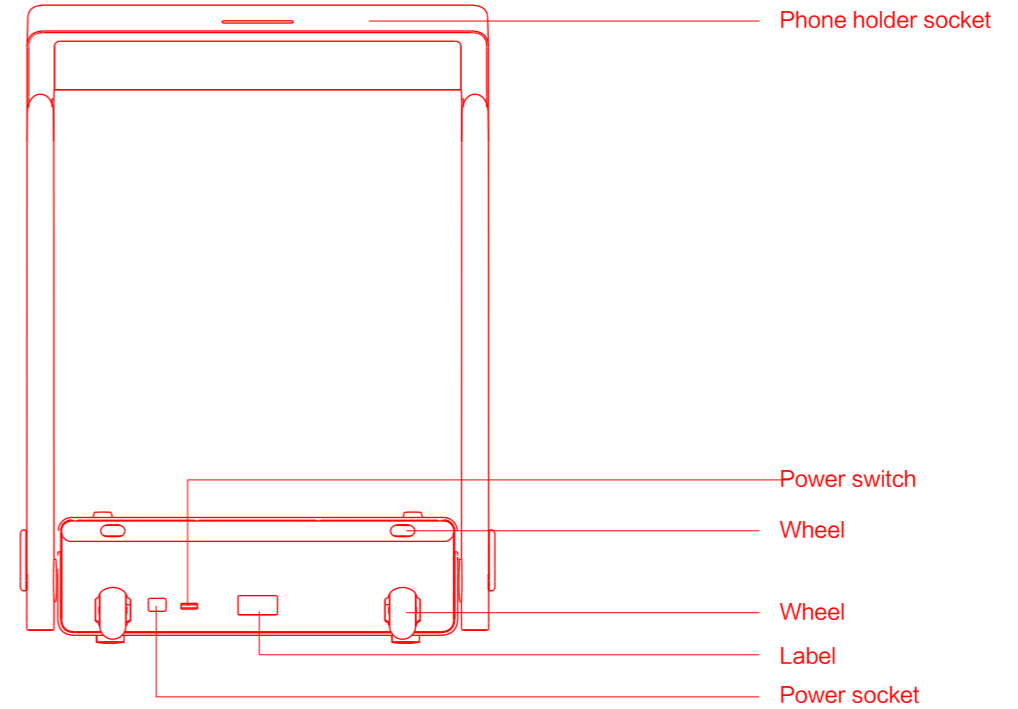
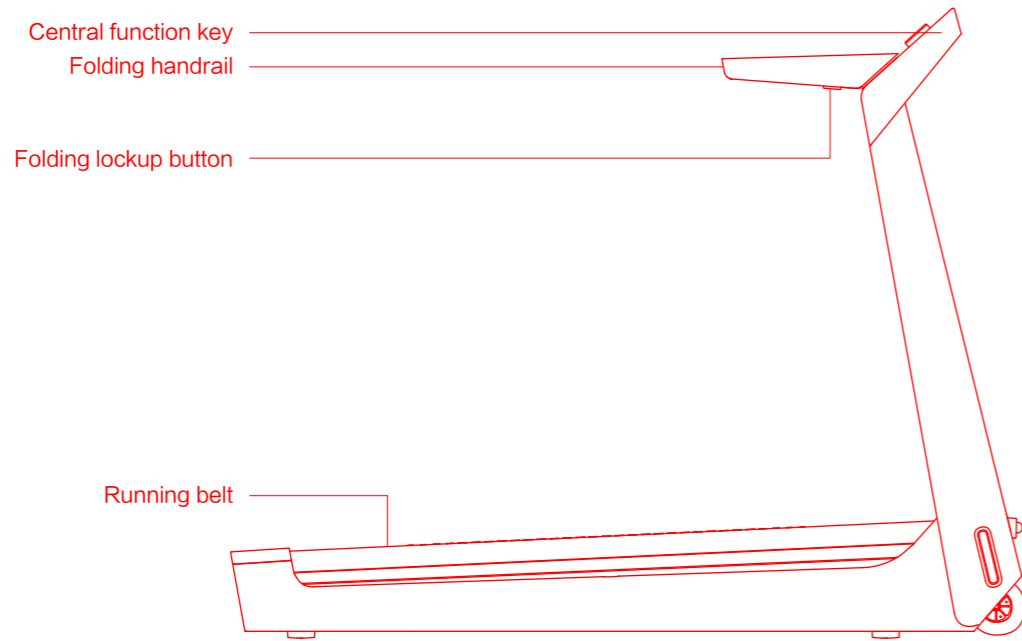


User Manual

## 02 Structure and Function Diagram

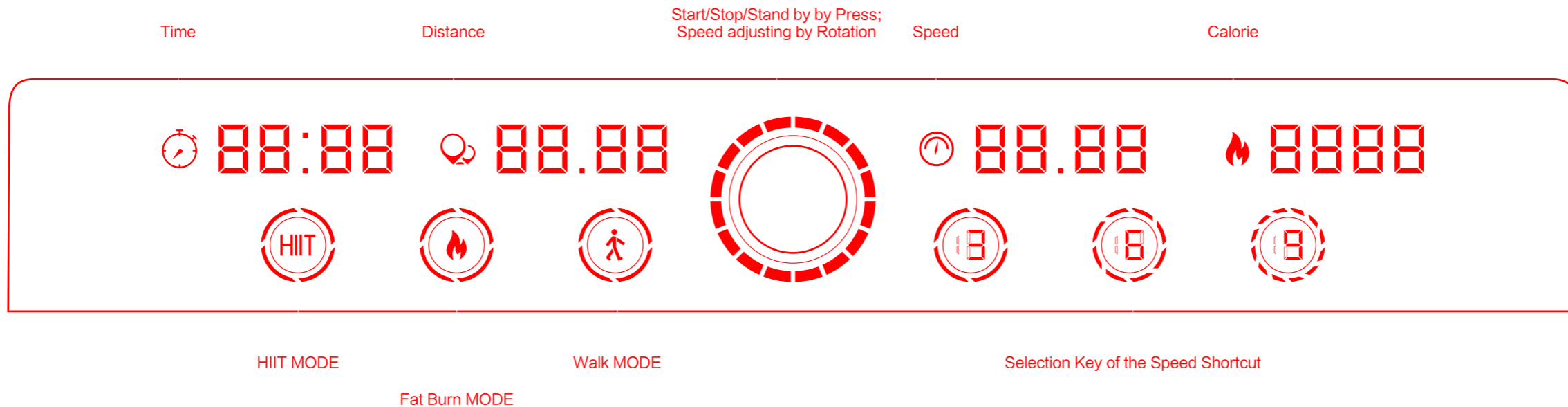
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### 1. Treadmill Body



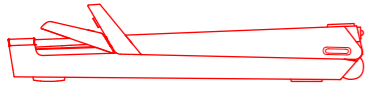
## 02 Structure and Function Diagram

### 2. Introduction of display screen

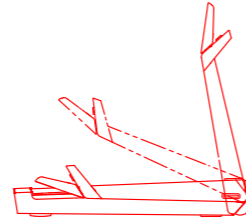


### 03 Guidance for initial Operation

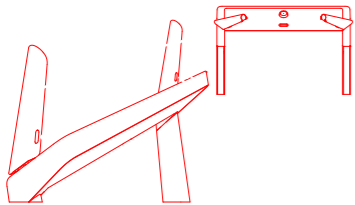
Please carefully consider your physical conditions when starting to use this product for training, and keep training properly and regularly to ensure that you have enough physical strength to exercise. Inappropriate or excessive training will not benefit your health.



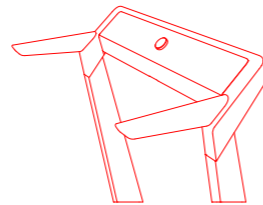
1. Remove the machine from the package, and place the machine on a level surface.



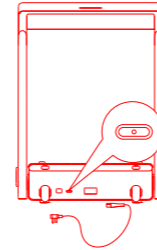
2. Lift the column of the machine from the side of the machine.



3. Rotate the handrail in the direction of arrows while holding the lockup button below the handrail.



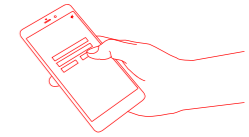
4. Check if the handrail is locked.



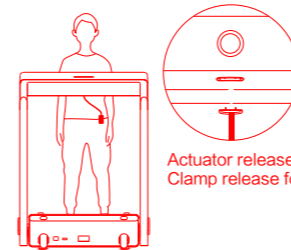
5. Connect the power supply and turn on the switch.



6. Download APP "KS Fit" and complete the installation. If you would like to use the remote control directly, you can choose to skip Step 6 and 7.



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



Actuator release force: 7N  
Clamp release force: 18N

8. Start to use the treadmill.  
Noisy level is 65dB(A).  
The treadmill has an emergency stop mechanism for your safety. Before starting your training, attach the safety key to your clothing. If the treadmill was switched off due to the safety key being pulled out, insert it again. The continuous belt does not start up again automatically.  
Uncontrolled use of the treadmill by a third party can be avoided by taking the safety key off and storing it in a secure place.  
In an emergency, hold the handrails tightly with both hands and step off of the belt onto the side surfaces of the side platforms. Activate the emergency stop mechanism (safety disconnect).

## 04 Learn to Use the Treadmill

### 1. Description of the mode button



HIIT mode



Fat burning mode



Walking mode

### 3. Description of Fat burning mode



Fat burning mode, is a medium-intensity exercise mode that can effectively burn off calories.

### 2. Description of the HIIT mode



HIIT is a high-intensity interval training mode that can effectively improve the athletic ability.

### 4. Description of the walking mode



Walking mode, is a low-intensity exercise mode suitable for users who have no running experience and have used the treadmill for the first time.

### 5. Description of Mode Selection



After power-on, press the center function key to start working out directly. Then the machine starts slowly to the minimum start-up speed (0.8km/h). At this time, enter the corresponding motion mode by selecting the icon. After pressing the speed shortcut key, adjust the speed of this movement by rotating the center function key(the speed changes 0.1km/h each mark), and then press the center function key again to enter the pause state. By the speed shortcut key,you can define the speed value via APP and send to the treadmill.

## 04 Learn to Use the Treadmill

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### 6. Error code

After the treadmill fails, the abnormal state is shown, the electronic meter displays the error code in the speed information window.

The faults include:

E01: The drive does not receive the signal of the electronic meter (communication fault);

E02: Stall protection;

E03: Speed sensing failure;

E05: Overcurrent protection;

E06: Open circuit of the motor;

E10: Output short circuit;

E13: The electronic meter does not receive the drive's signal (communication failure).

## 05 Warm-up Exercises

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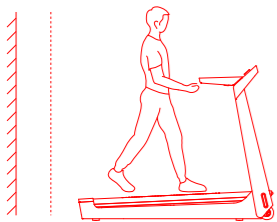
The users who have warmed up can be easier to stretch and prevent sports injuries. Therefore, it is recommended warm-up for 5 to 10 minutes before exercise. It is recommended to do the stretching exercise as follows, and repeat it after running or walking.

1. Stretch down: Keep the knees slightly flexed and the body slowly bent forward, relax the back and the shoulders, touch the toes with hands as much as possible, and keep for 10~15 seconds, then relax. Repeat 3 times.
2. Foot tendon stretch: Sit on a clean seat cushion, straighten one leg and keep the other leg inward to fit the inner side of the straight leg. Try to touch the toes with your hands for 10 to 15 seconds, then relax. Repeat 3 times for each leg.
3. Stretch the calves and Achilles tendon: Stand close to the wall with hands on it, with one foot behind, keep the back leg upright and the heels touching the ground, incline to the wall and keep for 10 to 15 seconds, then relax. Repeat 3 times for each leg.
4. Stretch the quadriceps: balance yourself with the left hand holding the wall or a desk, then extend your right hand backwards, grab the right heel and slowly pull it to your buttocks until you feel the muscles on the front of the thighs in tension, keep for 10 to 15 seconds, then relax. Repeat 3 times for each leg.
5. Stretch the sartorius muscle (muscle inside the thigh): Keep the soles opposite and sit with the knees outwards. Grasp the feet with your hands and pull in the direction of the groin, keep for 10 to 15 seconds, then relax. Repeat 3 times.

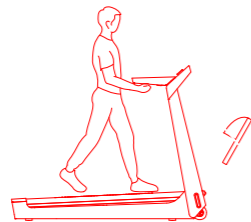
\* For any abnormality occurring during the use of the treadmill, pull up the body by holding the handrail, and keep the feet leave the running belt, and jump to the side ground out of the treadmill.



## 06 Safety Instructions



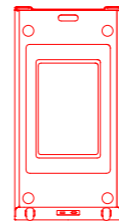
Keep the distance of 2000 mm × 1000 mm between the treadmill and the rear space.



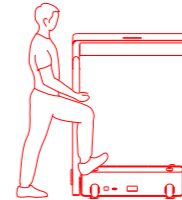
Please wear sports shoes.



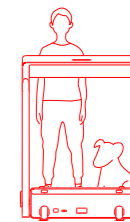
Do clip the safety lock clip to the clothes when using.  
(Pull off the safety lock to immediately stop the motor running if there is an unexpected situation.)



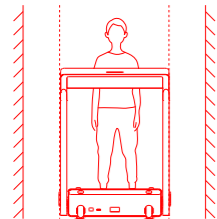
Do not store the treadmill upright.



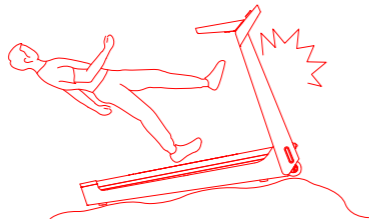
Do not step on the treadmill motor cover.



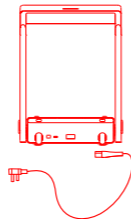
Pets are strictly prohibited.



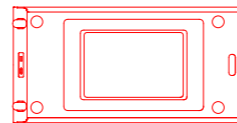
Keep the space between the treadmill and two sides above 500 mm.



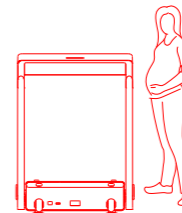
Do not place it uneven ground.



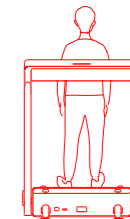
Unplug the power cord when the treadmill is not in use.



Do not store the treadmill edge-on.

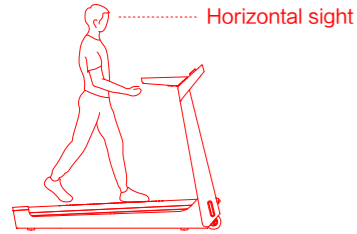


Please use it carefully for elders and pregnant women.

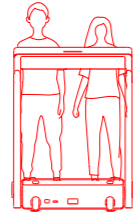


Do not walk backwards.

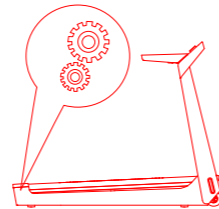
## 06 Safety Instructions



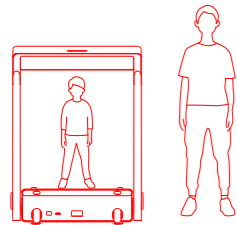
Keep the horizontal sight to void visual dizziness.



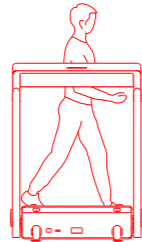
For Single-user only.



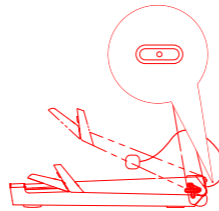
Do Not Step to Prevent Being Involved.



Do Not Step to Prevent Being Involved.



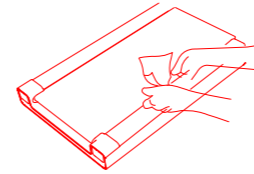
Do not walk sideways.



Warning: please make sure the running surface comes to a complete stop before folding. Do not fold with power on. A folded treadmill should not be operated.

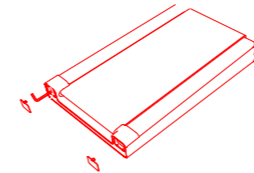
## 07 Maintenance and Servicing

### 1. Clean the treadmill



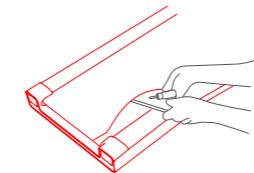
- Shut down and disconnect the power from the treadmill.
- Wipe off the dust and smudges from the main frame and the motor over with a 100% cotton rag dipped with a little of mild detergent. Do not spray the cleaner directly onto the running belt or use the acid and corrosive cleaners while cleaning the surface of the running belt. Do not wipe under the running belt. It is normal that there may be dust and smudges on the rear ground after the product is used for a period of time. Please remove the dust and smudges.

### 2. Slip running belt and correction



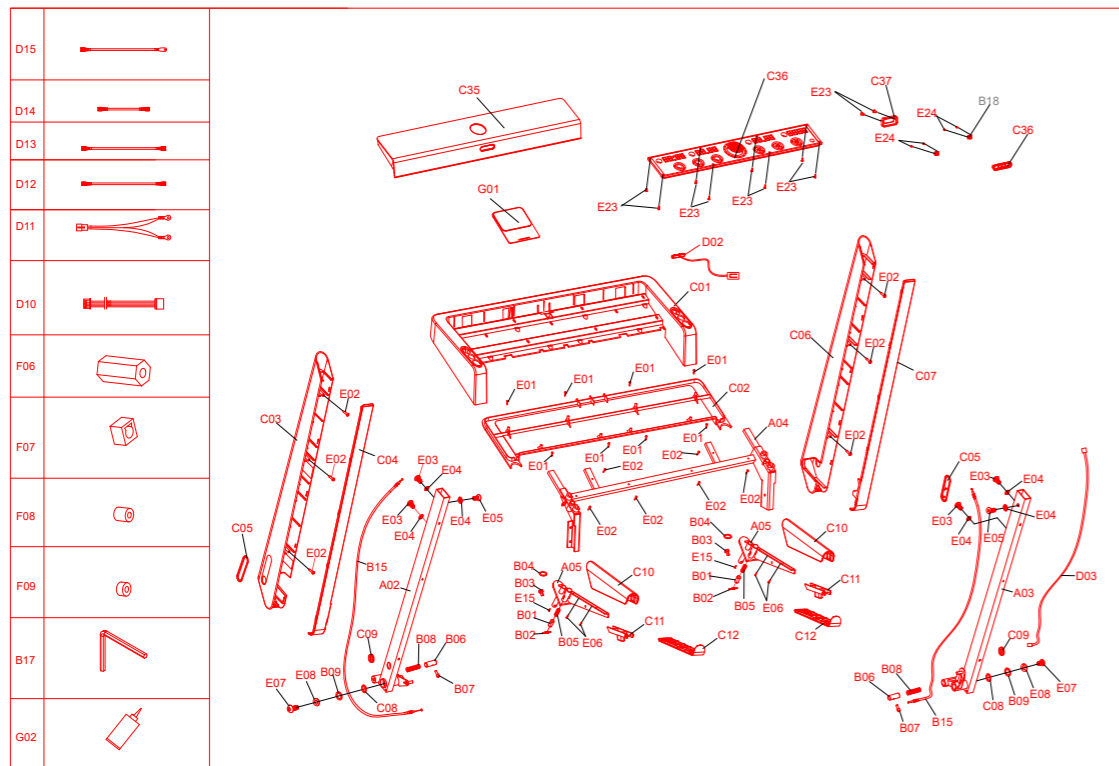
- Running belt inclined left: Turn the left adjustment screw 1/4 circle clockwise.
- Running belt inclined right: Turn the right adjustment screw 1/4 circle clockwise.
- Slip running belt: Turn the left and right adjustment screws clockwise at the same time a half circle to run the running belt for a period of time (1~2 minutes) to observe the centering situation. If necessary, please adjust it again.

### 3. Lubricate the running belt

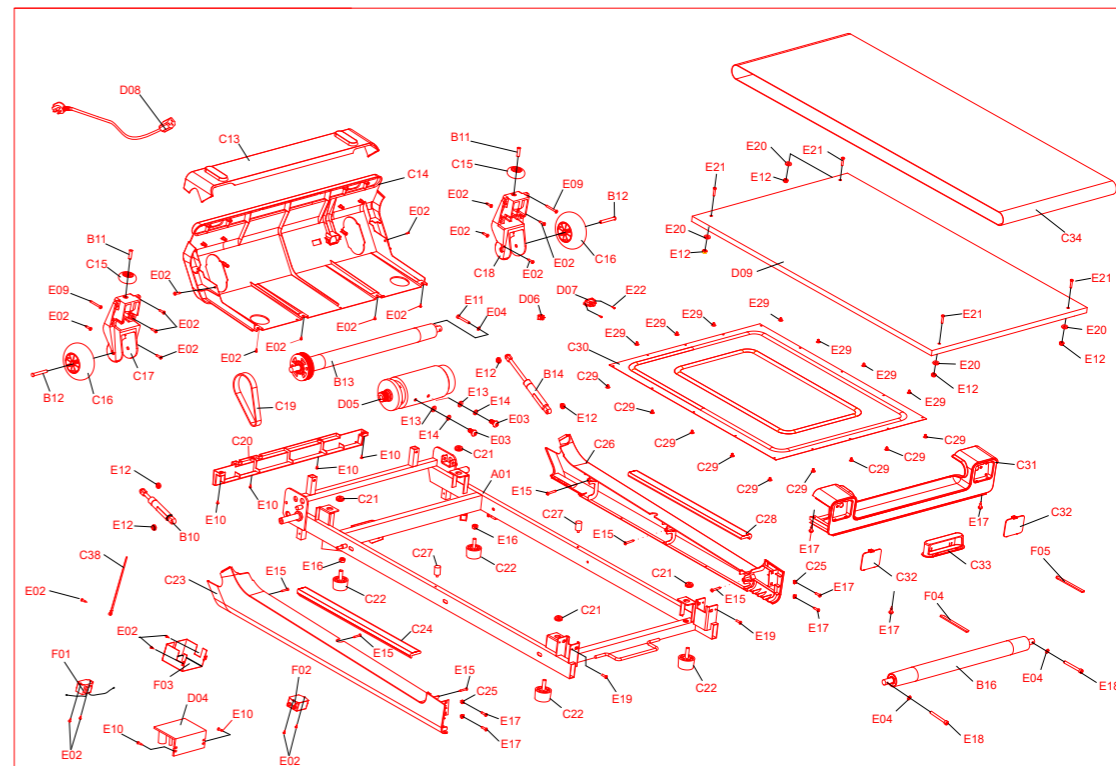


- Shut down and pull out the power cord of the treadmill.
- Lift the edge of the running belt and apply silicone oil to the inner surface. Power on the treadmill again to run the running belt at 4km/h for 10-20 seconds.
- 5-10 ml of silicone oil is needed for one time of lubrication. If the lubrication is applied too much, the belt will slip and affect normal use.
- Add the silicone oil every 3 months.

## 08 Exploded Drawing



## 08 Exploded Drawing



## 09 Part List

Serial Number	Name	Specification	Quantity
A01	Main frame assembly	Welded parts	1
A02	Left column assembly	Welded parts	1
A03	Right column assembly	Welded parts	1
A04	Electronic watch frame assembly	Welded parts	1
A05	Handrail assembly	Welded parts	2
B01	Handrail adjustment pin	φ 10*22.5	2
B02	Bayonet	φ 3*25	2
B03	Pull-up card pin	φ 14*20	2
B04	Wave spring washer	φ 18* φ 12*0.3	2
B05	Handrail latch spring	φ 8*26	2
B06	Bolt axis	φ 16*42	2
B07	Drop line pin	φ 9*23.5	2
B08	Column latch spring	φ 13*53	2
B09	Limit washer		2
B10	Gas pressure bar	Force value500N	1
B11	Flat solid rivet	dk=10,d=8,L=28	2
B12	Flat head semi-tubular rivet	dk=11,d=8,L=59	2
B13	Front roller	Φ46*t3.0*633	1
B14	Gas pressure bar	Force value80N	1
B15	Fine adjustment line	Line length1230	2
B16	Rear roller	Φ42*t3.0*591	1
B17	Equal length 6# hex wrench	6mm/Q235	1
B18	Plug reed		2
C01	Electronic watch cover		1
C02	Electronic watch back cover		1

## 09 Part List

Serial Number	Name	Specification	Quantity
C03	Left column cover		1
C04	Left column baffle		1
C05	Column decorative handle		2
C06	Right column cover		1
C07	Right column baffle		1
C08	Nylon washer	φ 25.9* φ 19.1	2
C09	Ring retaining wire plug	φ 12* φ 24*9	2
C10	Side Handrail cover		2
C11	Handrail press board		2
C12	Side handrail lower cover		2
C13	Motor cover		1
C14	Motor front cover		1
C15	Small wheel	φ 49* φ 8*21	2
C16	big wheel	φ 103* φ 8*50	2
C17	Left roller seat		1
C18	Right roller seat		1
C19	Multi-ribbed belt	7PJ-406/160J	1
C20	Front cover holder		1
C21	Running board spacer		4
C22	Foot pad		4
C23	Left side cover		1
C24	Left side strip	1200*102*38	1
C25	Plastic buckle		4
C26	Right side cover		1
C27	Cushion	φ 20*20	2

## 09 Part List

Serial Number	Name	Specification	Quantity
C28	Right side strip	1200*102*38	1
C29	Nylon buckle	Φ 13*10.5	16
C30	Dust cover	980*648/Blow molding	1
C31	Rear cover		1
C32	Back flip		2
C33	Handle cover		1
C34	Running belt		1
C35	Electronic watch top cover		1
C36	Safety switch base		1
C37	Safety switch base fixing		1
C38	Perforated band		1
D01	Electronic watch panel		1
D02	Safety lock component		1
D03	Upper line of electronic watch	Line length1300	1
D04	Control board		1
D05	DC Motor	1.25HP	1
D06	Overload protection switch		1
D07	Power outlet		1
D08	Standard power cord	Linelength1500	1
D09	Running board	1145*660*18mm	1
D10	Electronic watch lower line	Line length350	1
D11	Safety switch cable	Line length5CM	1
D12	AC single branch line / blue	Linelength350mm Single core	2
D13	AC single branch / brown	Linelength350mm Single core	1
D14	AC single branch / brown	Linelength150mm Single core	1

## 09 Part List

Serial Number	Name	Specification	Quantity
D15	Ground wire / yellow green	Linelength350mm Single core	1
E01	Cross recessed pan head tapping screws	ST2.9*12	8
E02	Cross recessed pan head tapping screws	ST4.2*12(Head with washer)	33
E03	Hexagon socket head cap screws	M8*15 full tooth	6
E04	Internal serrated lock washer	Φ 8	9
E05	Hexagon socket head screw	M8*16full tooth	2
E06	Cross recessed pan head tapping screws	ST4.2*10	4
E07	Hexagon socket head cap screws	M10*15 full tooth	2
E08	Large washer	φ 10* φ 26*2.0	2
E09	Cross recessed pan head tapping screws	ST4.2*40	8
E10	Cross recessed pan head tapping screws	ST4.2*25(Head with washer)	6
E11	Hexagon socket head cap screw	M8*50 full tooth	1
E12	Type I non-metallic insert hex lock nut	M8	8
E13	Flat Washers	Φ 8	2
E14	Spring washer	Φ 8	2
E15	Cross recessed pan head screws	M4*20	2
E16	Hex nuts	M10	2
E17	Cross recessed pan head tapping screws	ST4.2*12(Head with washer)Black zinc	6
E18	Hexagon socket head cap screw	M8*70 full tooth	2
E19	Cross recessed pan head screws	M5*12	2
E20	Large washer	φ 8* φ 22*2.0	4
E21	Hexagon socket head screw	M8*40full tooth	4
E22	Cross recessed countersunk head screw	ST2.9*12	2
E23	Cross recessed countersunk head screw	ST2.9*8	10
E24	Cross recessed countersunk head screw	ST2.0*6	4

## 09 Part List

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Serial Number	Name	Specification	Quantity
F01	Reactor		1
F02	filter		1
F03	Lower control mask		1
F04	Rear trim cover left EVA pad		1
F05	Rear trim cover right EVA pad		1
F06	Buckle		1
F07	Square buckle		1
F08	Big ring	Φ23	1
F09	Big ring	Φ19	1
G01	Phone holder	Optional	1
G02	Silicone oil		1

## 10 Trademark and Legal Statement

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Beijing Kingsmith Technology Co., Ltd has a number of patents covering the KINGSMITH Smart Folding Treadmill series.

This manual is copyrighted by KINGSMITH, Inc. No organization or individual may copy or distribute all or any part of this manual without the written permission of KINGSMITH, or use these patents without permission.

This manual contains as much as possible the function descriptions and instructions for use when printing. However, it may still be inconsistent with the product you purchased due to continuous improvement of product functions, design changes or other. The description in this manual may differ from the actual product in terms of color and appearance due to product updates. Please refer to the actual product.

Applicable product standard:

EN ISO 20957-1: 2013

EN 957-6: 2010+A1:2014