

KINGSMITH WalkingPad Treadmill

G5i

USER MANUAL



WARNING

Please be careful to avoid slipping and injury when using.
Do not let children approach or use this equipment.
The product has an innovative folding design. Mind your hands and fingers when folding or unfolding it.
Please read the user manual carefully before using the product. Save these instructions and retain for future reference.



Scan for multi-language
e-manual



Scan to download
our app

IMPORTANT SAFEGUARDS

Thank you for choosing our KINGSMITH WalkingPad Treadmill (referred to as “the appliance”, “the equipment”, “the product”, etc). To ensure that you fully understand and use this product correctly, please read the following instructions carefully before use.
The equipment is intended for residential use.

DANGER - TO REDUCE THE RISK OF ELECTRICAL SHOCK:

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

WARNING - Remove the safety key when not in use, and store out of reach of children.

WARNING - This equipment can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the equipment in a safe way and understand the hazards involved. Children shall not play with the equipment. Cleaning and user maintenance shall not be made by children without supervision.

WARNING - This equipment 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 equipment by a person responsible for their safety. Children should be supervised to ensure that they do not play with the equipment.

WARNING - Store the equipment flat. Keep young children away from this machine at all times. Contact with the moving surface may result in severe friction burns.

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 heat 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 the 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. See Grounding Instructions.

GROUNDING INSTRUCTIONS

This product must be grounded. If a product should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

INTENDED USE SCENARIOS & TARGET USERS

- 1) The equipment is intended for consumer and residential use only. Do not use it in a commercial or light-commercial setting or outdoors or for medical treatment purpose.
- 2) The equipment is not suitable for high accuracy purposes.
- 3) Persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge (including children), must not use this product unless supervised or instructed by a person responsible for their safety.
- 4) The elderly, children, and pregnant women Must use this product with caution. Please consult a doctor and obtain relevant guidance before using this equipment.
- 5) Keep children under supervision. Do not allow children to play on or use the machine.
- 6) The product is for ages 14 and up, single use only.
- 7) Do not exceed the maximum specified user weight: 136 kg / 300 lb.
- 8) Do not use this equipment with, near or around pets.

BEFORE EACH USE

- 1) Make sure all pull pins, locks, and safety latches are in place and fully engaged before each use.
- 2) A complete visual inspection, and test of the features and functions of the treadmill should be made prior to use.
- 3) Inspect the equipment for incorrect, worn, or loose components and then correct, replace, or tighten prior to use.
- 4) Read, understand, and test the emergency stop procedures before use.
- 5) Obtain a medical exam before beginning any exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. you feel faint stop exercising immediately.

IN USE

- 1) Installation of power supply shall comply with local building codes.
- 2) Electric shock hazard, where the equipment is used without the earth connection. Always unplug the equipment from the electrical outlet immediately after using and before cleaning.
- 3) Do not operate electrically powered equipment in damp or wet locations.
- 4) Do not expose this equipment to direct sunlight. Keep it in a cool and dry place.
- 5) Set up and operate the equipment on a solid level surface. Ensure there are no obstructions underneath it.
- 6) Ensure there is a distance of at least 2000 mm × 1000 mm (78.7 in × 39.4 in) behind the equipment and a distance of at least 600 mm (23.62 in) on both sides.
- 7) Ensure the belt is positioned in the center of the deck when unfolding.
- 8) Wear appropriate athletic clothing to use the equipment.
- 9) Do not wear loose or dangling clothing while using the product.
- 10) Do not exercise barefoot or in socks only.
- 11) Care should be used when mounting or dismounting the equipment.
- 12) Do not get on or off this equipment when it is running to prevent accidents.
- 13) Do not stand or step on the head of the equipment.
- 14) Do not walk backward on the equipment to ensure stability.
- 15) Do not exceed the recommended usage time. Allow the equipment to cool down for 20 minutes before restarting.
- 16) Injuries to health may result from incorrect or excessive training.
- 17) If you feel uncomfortable, please stop exercising immediately and consult a doctor to avoid damage to your health.
- 18) In an emergency, remove the safety key immediately to stop the equipment. Hold onto the handles and step on the anti-slip side strips until the equipment comes to a complete stop.
- 19) Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

AFTER EACH USE

- 1) Disconnect all power before servicing the equipment.
- 2) Do not fold this equipment when the power is on. Otherwise, it may affect the service life of the product and lead to other safety hazards.
- 3) Do not start the equipment when it is folded.
- 4) Clean the belt regularly to keep the top side of the moving surface clean and dry.
- 5) Store the equipment as instructed in the manual for safety.

WARNING

- 1) The safety level of the equipment can be maintained only if it's examined regularly for damage and repaired.
- 2) Replace defective components immediately and/or keep the equipment out of use until repair.
- 3) Pay special attention to components that are most susceptible to wear, such as the belt and motor. These components should be inspected more frequently and replaced when necessary.
- 4) Noise emission under load is higher than without load. The value of the A-weighted emission sound pressure level at the trainer's ear is around 60 dB(A).
- 5) 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 the user manual and related instructions without prior notice.

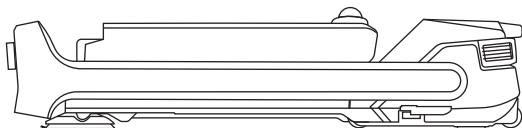
Contents

1. Product Introduction	4
2. Operation and Adjustment	6
3. Care and Maintenance	16
4. Troubleshooting	17
5. Exercise Tips	19
6. Trademark and Legal Declaration	20
7. Regulatory Compliance Information	21

1. Product Introduction

Unpack the product and check the contents inside. If there is any damage or missing parts, please contact the seller.

01 Packing List



Treadmill



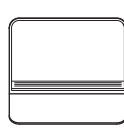
Safety key



Power cord



Allen key



Phone holder



Silicone oil



User manual

02 Tech Specs

Product name	Motorized Treadmill	Belt size	1300 mm × 500 mm
Model	WP500L5		51.2 in × 19.7 in
Rated voltage	220-240 V~	Unfolded size	1642 mm × 848 mm × 1107 mm
Rated frequency	50/60 Hz		64.6 in × 33.4 in × 43.1 in
Rated power	1300 W	Folded size	1160 mm × 848 mm × 258 mm
Speed range	1-16 km/h		45.7 in × 33.4 in × 10.2 in
	1-10 mph	Class	HC
Max user weight	136 kg / 300 lb	Age range	14 years and above
Net weight	68 kg / 150 lb	Incline	0-18% (0-25 levels)

Energy Efficiency

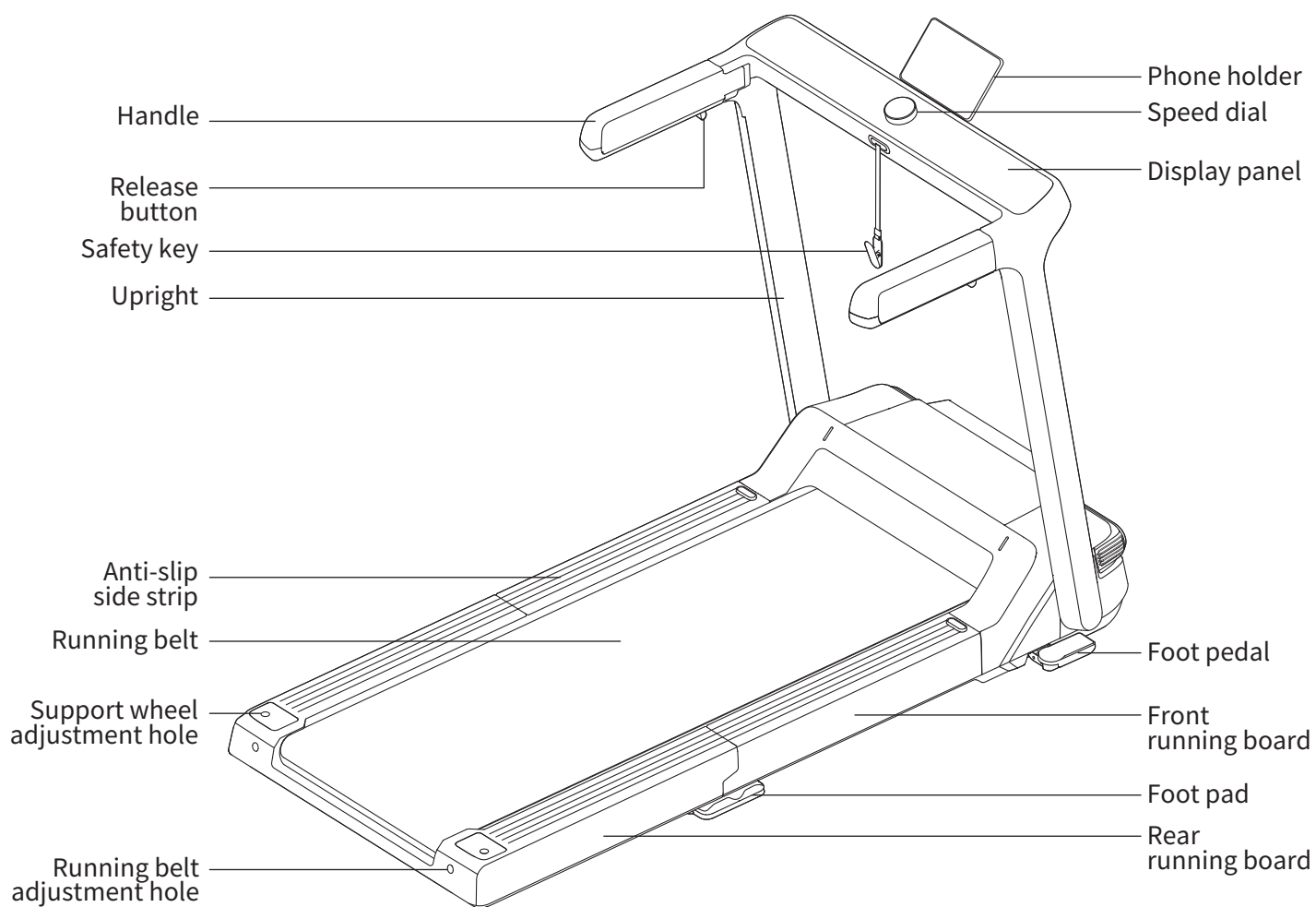
This product has standby mode and off mode.

Power consumption	off mode: 0 W standby mode: 0.4 W
Time to enter the Condition	standby mode: 20 min

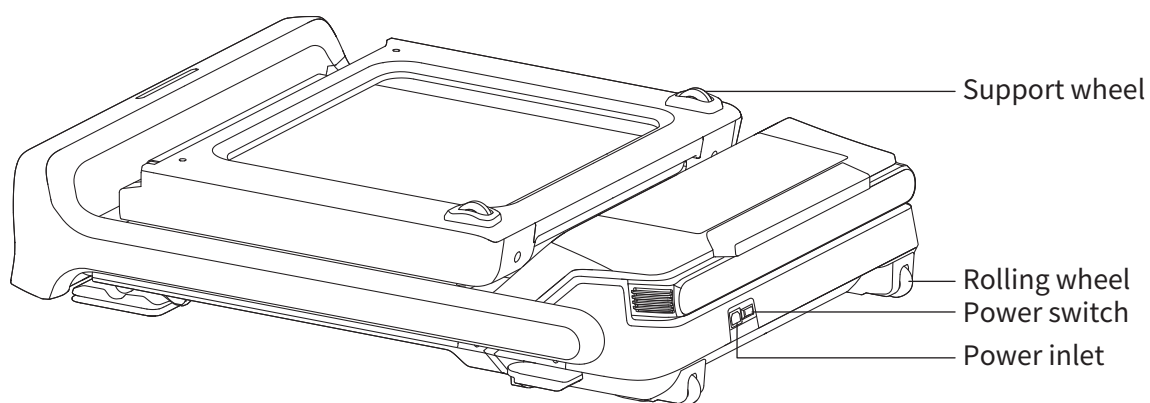
Radio Frequency and Radio Transmission Power

RF Specification	Working Frequency	Maximum Output Power
Bluetooth	2402-2480MHz	8.51 dBm(EIRP)

03 Part Names



Unfolded state

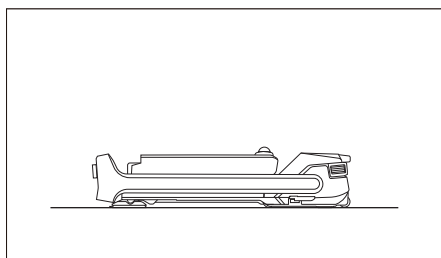


Folded state

2. Operation and Adjustment

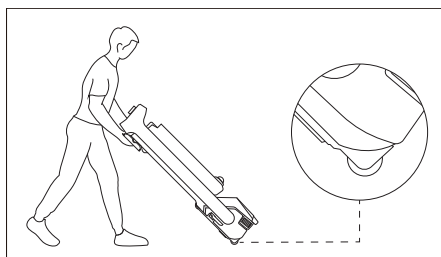
01 Moving your treadmill

Before moving, please ensure the switch is turned off, the power cord is unplugged and stored, the running board and handles are completely folded.



- ① Place the equipment on a solid level surface.

Caution: Avoid placing the equipment on thick and soft carpet or mats.

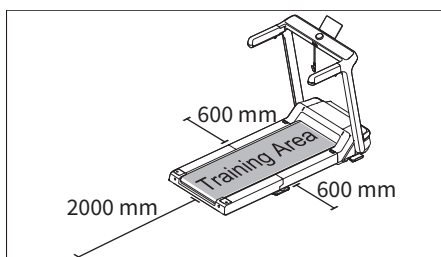


- ② Lift the equipment by the area below the display panel and move it to your desired spot.

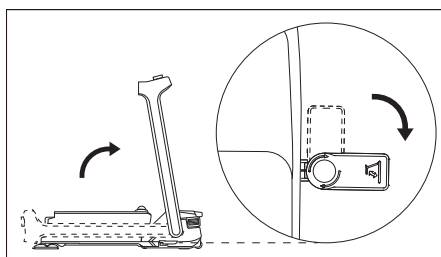
Caution:

- Do not touch the running belt while it is moving to avoid injury to your fingers.
- Do not move the equipment on uneven floor to ensure stability.
- Maintain a proper angle between the equipment and floor to avoid friction when moving.

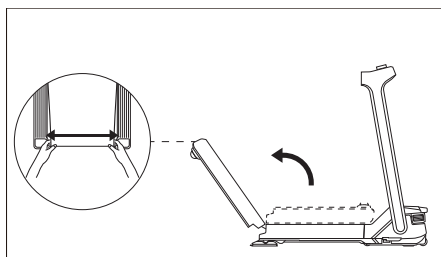
02 Unfolding your treadmill



- ① Before unfolding the equipment, please ensure the free area behind the equipment is at least 2000 mm × 1000 mm (78.7 in. × 39.4 in.) and the free area on each side is at least 600 mm (23.62 in.).



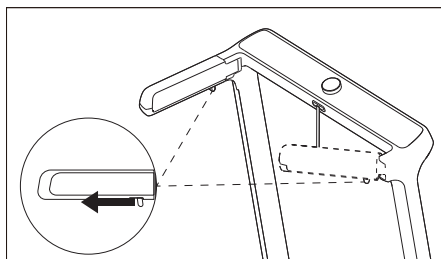
- ② Rotate the hidden foot pedal clockwise to the 90-degree position. Step on the pedal to unlock the upright, and then raise the upright to the full vertical position.



- ③ Unfold the rear running board to a 45-degree position, manually adjust the running belt until centered, then flatten the running board gently.

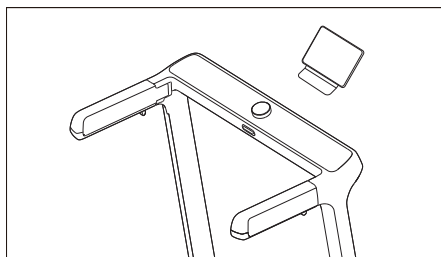
Caution:

- If the rear running board is not flat, insert the Allen key into the wheel adjustment holes. Then rotate it clockwise to lower the wheel height, or counterclockwise to raise it until the board is flat.
- The suction-like sound during unfolding and the sensation of gap during running are normal and will fade with continued use.



- ④ Press and hold the release buttons to unfold the handles.

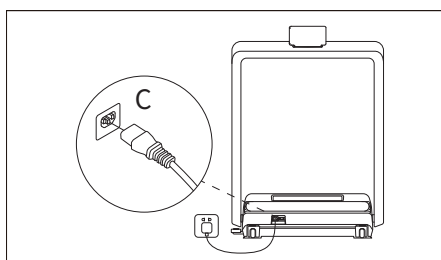
03 Installing your phone holder



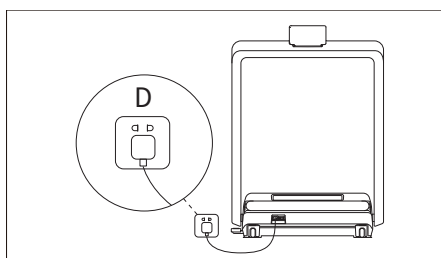
- ① Insert the phone holder into the slot on the display panel and ensure it clicks into place.

04 Connecting the power cord

This product must be grounded. If a treadmill should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.



- ① Insert End C into the power inlet on the product.



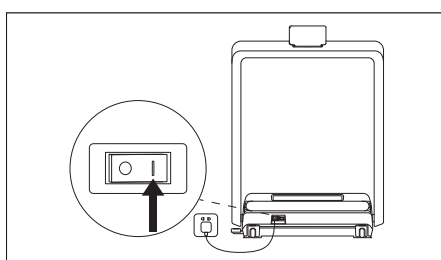
- ② Insert End D into the power outlet.

Caution:

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

05 Powering on

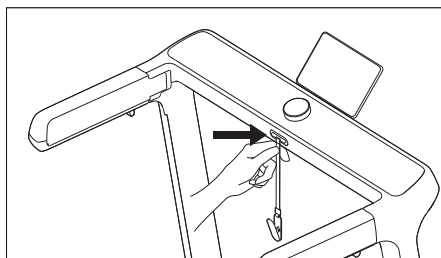
If the equipment is exposed to a cold environment, please let it return to room temperature before turning on the power switch. Otherwise, the equipment components may be damaged.



- ① Turn on the power switch until you hear a beep and see the panel lights up.

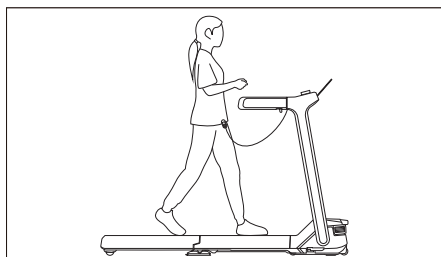
Caution: If the display panel shows “FOLD” , fully unfold the equipment before use.

06 Inserting your safety key

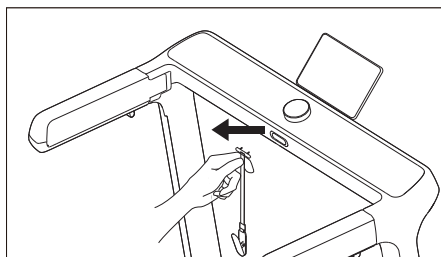


- ① Insert the safety key into the safety slot.

Caution: The safety key must be inserted to activate the equipment.



- ② Clip the pull cord to your clothing at the waist.

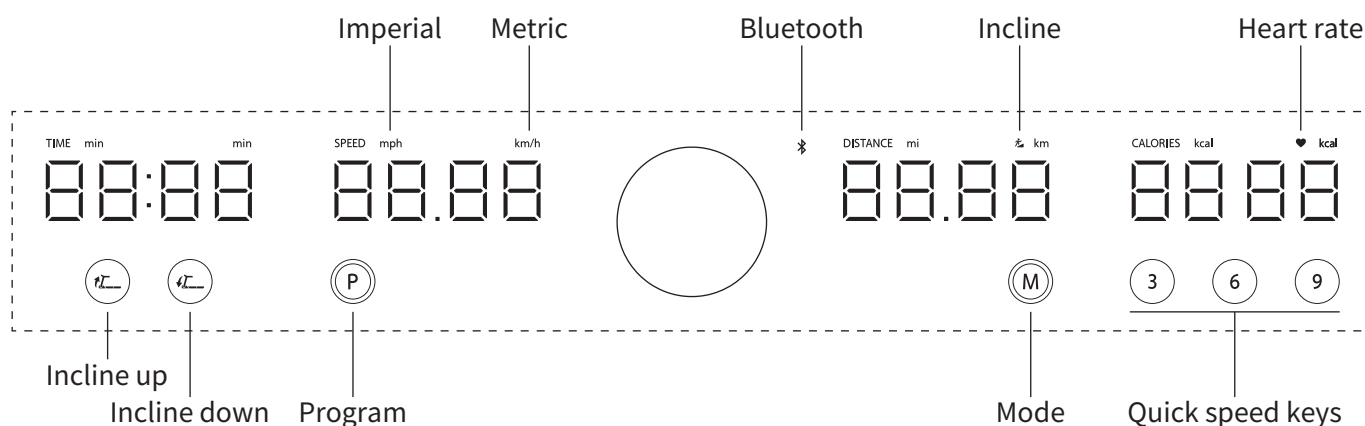


- ③ In an emergency, remove the safety key to stop the equipment. Hold onto the handles and step on the anti-slip side strips until the equipment comes to a complete stop.

Caution:

- Exercise caution when removing the safety key, as the equipment will stop suddenly.
- Remove the safety key when not in use, and store out of reach of children.
- If the equipment is in an inclined position when the safety key is removed, the incline will automatically restore to level 0 (flat position).

07 Operating your display panel



TIME min
23:45
Workout time: 23 min 45 sec

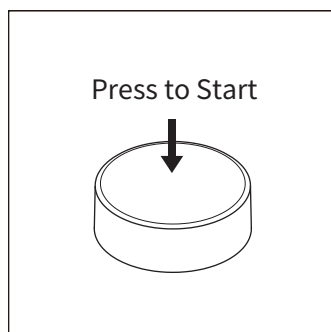
SPEED mph
2.00
Current speed: 2 mph

DISTANCE mi
1.00
Distance: 1 mile

CALORIES kcal
82
Calories: 82 kcal

DISTANCE
6
Incline: Level 6

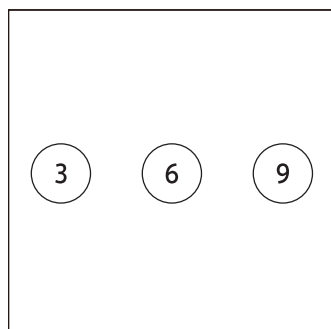
CALORIES
88
Heart rate: 88 bpm



Start: Step on the running belt and press the speed dial. Following a 3-second countdown, the belt will start moving at 1 km/h (1 mph).

Caution:

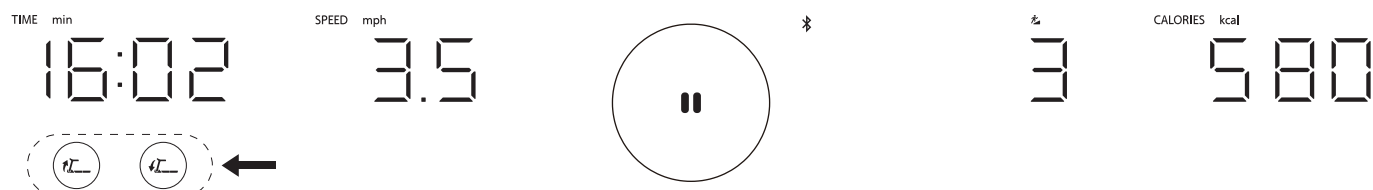
- For safety, the belt will automatically stop after 60 seconds by default when no user is on the equipment. This “No-Load Stop” feature is off by default but can be turned on in the KS Fit app (Motion > Settings).
- Make sure the safety key is inserted. Otherwise, the belt will not move.



Quick Speed Keys: Press to set your speed instantly to 3/6/9 km/h (3/6/9 mph) while the belt is moving.

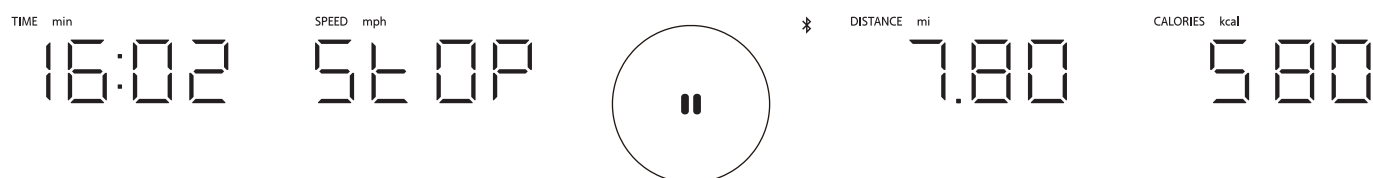
Caution: Beginners should not set the speed to the maximum due to increased risk of injuries.

Incline Adjustment: The "Incline up" and "Incline down" buttons support two adjustment modes. Press once to raise or lower the incline one level at a time, or press and hold to continuously raise or lower the incline.



Pause Workout: Press the speed dial while the belt is moving. The belt will slow down to a stop, the display panel will show “STOP”, and the workout data will be saved.

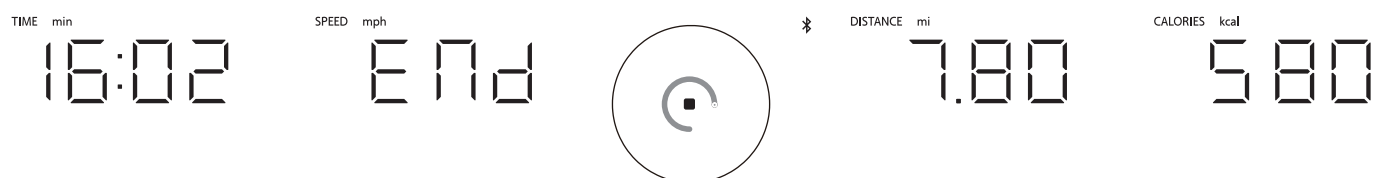
Caution: To resume workout, press the speed dial again and the workout data will continue to accumulate.



End Workout: Press the speed dial for 2 seconds or let the equipment idle for 10 minutes after pausing workout, the data will be reset (if app not connected).

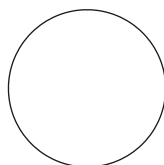
Caution:

- If the app is connected, the workout data will be saved.
- During data resetting, the incline will return to zero.



Sleep: Press the speed dial for 2 seconds or let the equipment idle for 10 minutes after ending workout, the display panel will turn off.

Caution: To wake the equipment from Sleep mode, press the speed dial again.



Fold: When the equipment is folded, the display panel shows “FOLD” . Unfold the equipment to clear the message and use the equipment.



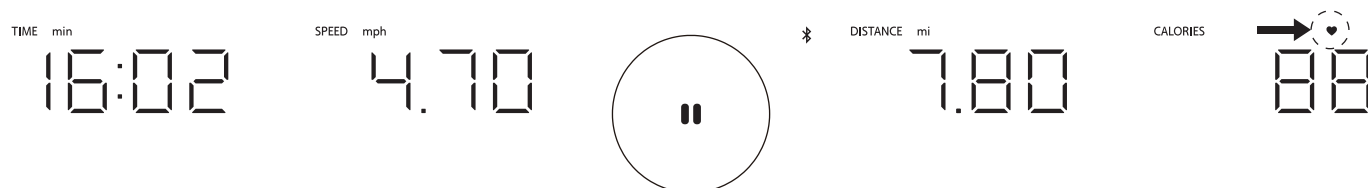
Safety Key: Without safety key inserted, the display panel will show “SAFE” . Insert the safety key to clear the “SAFE” message and use the equipment.



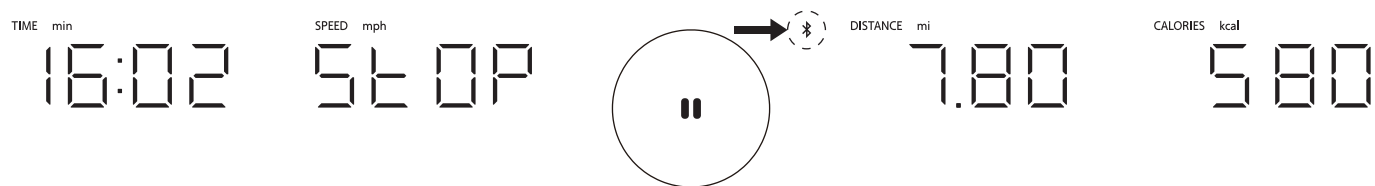
Child Lock: With child lock enabled in the KS Fit app, the equipment will not start and the display panel will show “LOC” . Disable the child lock in the app to clear the “LOC” message and use the equipment.



Heart Rate: The heart rate indicator alternately displays with the calorie indicator when your treadmill and Apple Watch are paired with the KS Fit app. Otherwise, the heart rate indicator is off.



Bluetooth: The Bluetooth indicator flashes when the equipment is not connected to the app, and remains on when connected.

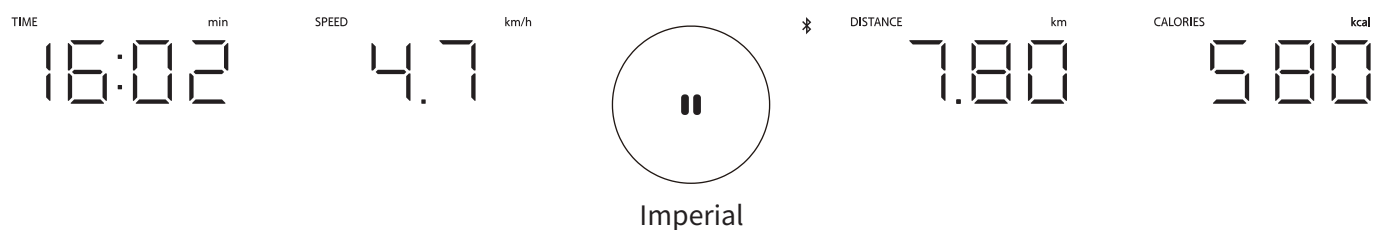
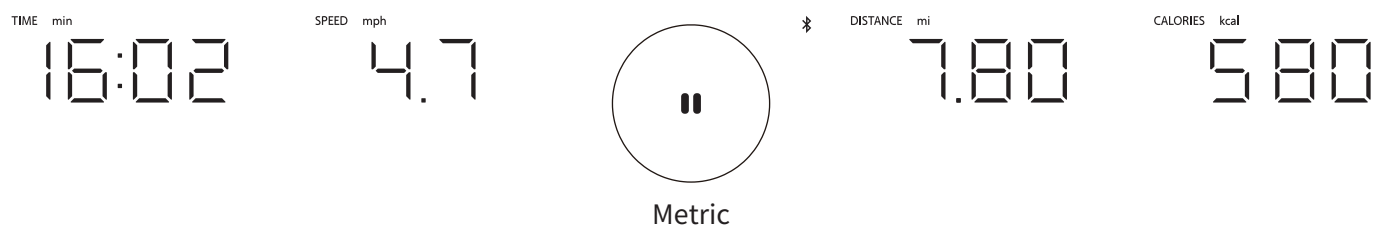


Upgrading: When the firmware is upgrading, the display panel shows “UP” and the equipment cannot start. Wait until the upgrade completes and the message disappears.

Caution: Do not power off when the equipment is upgrading.



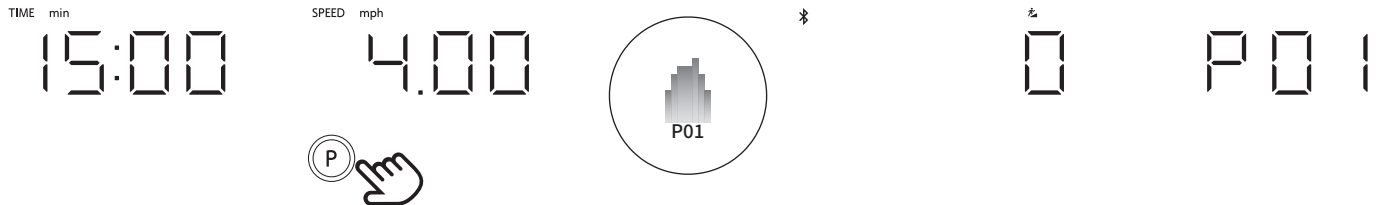
Metric/Imperial Unit Switch: Restart the equipment, connect the KS Fit app, tap Me > Settings > Unit Settings, choose Metric or Imperial, and restart the equipment again.



Exercise Mode Settings

Option 1: Preset Workouts

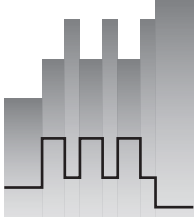
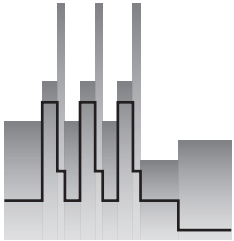
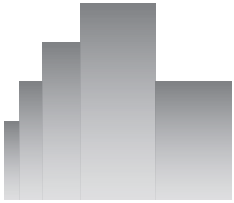
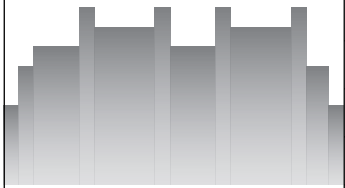
- Continuously press the “P” button to cycle through the default programs (P01-P10) after powering on. If there is no operation within 10 seconds, the display will restore to the initial state.



- Choose a program based on the time, speed and incline shown in the figure and press the speed dial to confirm.

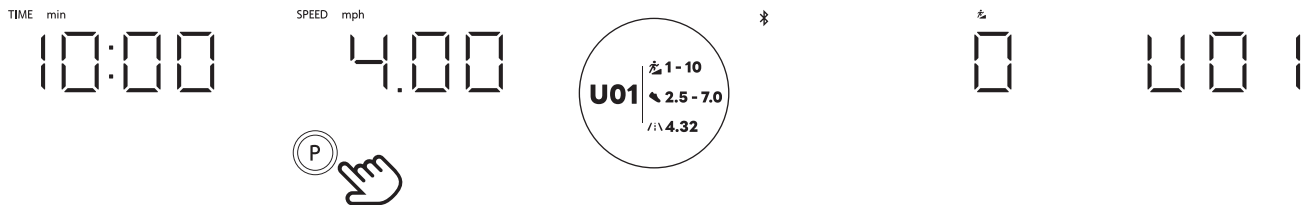
———— incline speed

Workout ID	Workout Name	Workout Trend	Interval Times	Speed (km/h)	Speed (mph)	Incline Levels
P1	Beginnner Fat Burning Run		0-2	4	2.5	/
			2-4	6	3.5	
			4-9	7	4.5	
			9-11	8	5	
			11-13	6	3.5	
			13-15	4	2.5	
P2	Cardiorespiratory Endurance Incline Training		0-3	6	3.5	1
			3-4	8	5	4
			4-6	8	5	7
			6-10	7	4.5	8
			10-15	8	5	10
P3	Basic Mountaineering Training		0-2	4	2.5	1
			2-5	6	3.5	3
			5-12	5	3	4
			12-16	7	4.5	4
			16-20	6	3.5	6
P4	Morning Wake-up Walk		0-4	4	2.5	/
			4-8	5	3	
			8-12	6	3.5	
			12-16	5	3	
			16-20	4	2.5	
P5	Basic Incline Endurance Training		0-5	5	3	1
			5-15	7	4.5	4
			15-20	6	3.5	7
			20-25	4	2.5	1

Workout ID	Workout Name	Workout Trend	Interval Times	Speed (km/h)	Speed (mph)	Incline Levels
P6	Interval Incline Challenge		0-5	6	3.5	3
			5-8	8	5	8
			8-10	10	6	4
			10-13	8	5	8
			13-15	10	6	4
			15-18	8	5	8
			18-20	10	6	4
			20-25	11	6.5	1
P7	Peak Incline Integrated Training		0-5	6	3.5	4
			5-7	8	5	14
			7-8	12	7	7
			8-10	6	3.5	4
			10-12	8	5	14
			12-13	12	7	7
			13-15	6	3.5	4
			15-17	8	5	14
			17-18	12	7	7
			18-23	4	2.5	4
			23-30	5	3	1
P8	30-minute Efficient Fat Burning		0-2	4	2.5	/
			2-5	6	3.5	
			5-10	8	5	
			10-20	10	6	
			20-30	6	3.5	
P9	Incline Fat Burning Training		0-5	3	2	4
			5-30	4	2	8
			30-40	5	3	14
			40-45	4	2.5	4
P10	45-minute Sweat Run		0-2	4	2.5	/
			2-4	6	3.5	
			4-10	7	4.5	
			10-12	9	5.5	
			12-20	8	5	
			20-22	9	5.5	
			22-28	7	4.5	
			28-30	9	5.5	
			30-38	8	5	
			38-40	9	5.5	
			40-43	6	3.5	
			43-45	4	2.5	

Option 2: Customized Workouts (Set in app before use)

- Connect your equipment to the KS Fit app.
- In the app, tap Settings > Workout Programs > Custom > Build Your Own > Add Program > Set your preferred time/speed/incline > Confirm > Save.
- Wait a few seconds until the data is uploaded to the equipment automatically.
- Continuously press the “P” button after powering on to cycle through the programs (U01-U04).
- Press the speed dial to confirm.



Option 3: Targeted Workouts

- Continuously press the “M” button after powering on to choose Time, Distance or Calories.
- Rotate the speed dial to set the workout time (5-120 min), distance (1-65 km or 1-40 miles) or calories (10-999 calories).

Caution: The default time, distance and calories are 15 min, 1 mile and 50 calories respectively.



After setting:

- Press the speed dial to start exercising.
 - Rotate the speed dial or use the quick speed keys to adjust the speed.
 - Raise or lower the incline.
 - Upon finishing the workout, the equipment will emit a beep, lower the incline to flat, slow down to a stop, display “End” on the screen, and enter Wake mode.
- Caution:** The speed and incline for each interval are adjustable, but will be reset to the default value with a beep during stage switching.

08 Connecting the app

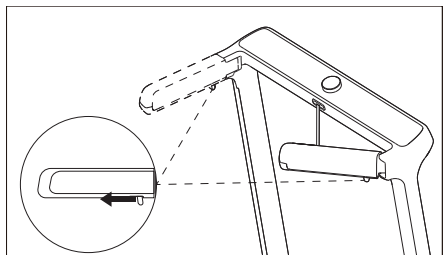
Elevate your workout experience with the KS Fit app. Real-time data tracking and personalized guidance help you reach your fitness goals faster.



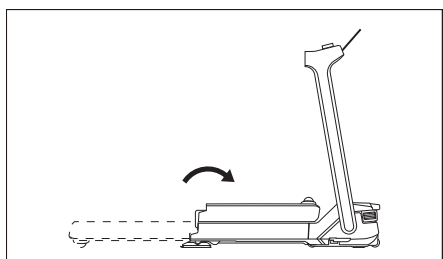
- ① For first-time users: Search for KS Fit in your app store or scan the QR code to download. If already downloaded: Update to the latest version in your app store.
 - ② Bring your phone close to the equipment.
 - ③ Turn on Bluetooth on your phone (allow it to search for nearby devices) while powering on.
 - ④ Open the KS Fit app and add your equipment.
- Caution:**
- The equipment can only be added through the KS Fit app. If you have already connected the equipment via Bluetooth settings, please remove it and add it again using the app.
 - In case pairing fails, power off the equipment, wait for 10 seconds and repeat step ② to ④.
 - For safety, avoid connecting another phone to the equipment while it is in use.

09 Folding your treadmill

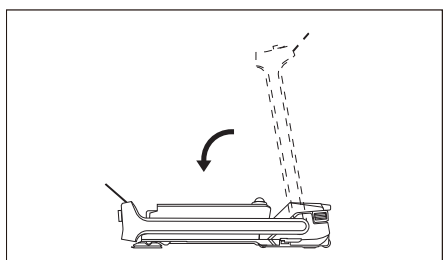
Before folding, please ensure the belt stops moving, the switch is turned off, the power cord is unplugged and



① Hold down the release buttons to fold the handles.

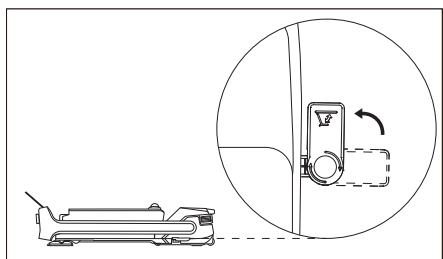


② Fold the rear running board.

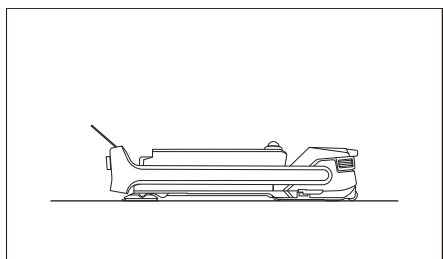


③ Step on the foot pedal to lower the uprights.

10 Storing your treadmill



① Rotate the foot pedal counterclockwise back to its original position.



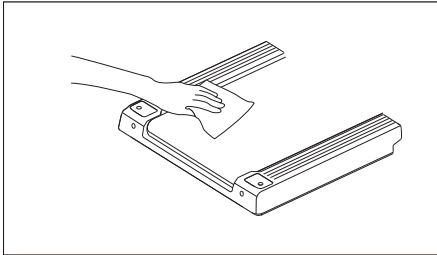
② Move the equipment to your desired spot and store it flat.

Caution:

- Do not operate a folded equipment.
- Store the power cord and safety key properly for next use.

3. Care and Maintenance

For optimal performance and longevity, perform regular maintenance on your equipment from the following aspects. If you discover any damage or wear, stop using the equipment immediately and contact customer support or a qualified technician for repairs.

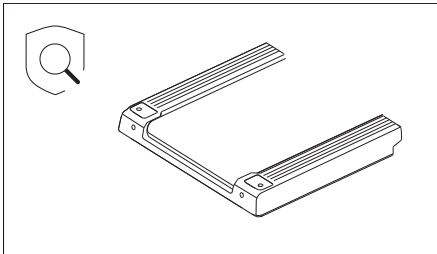


① Clean the equipment

- 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, running belt, etc.

Caution:

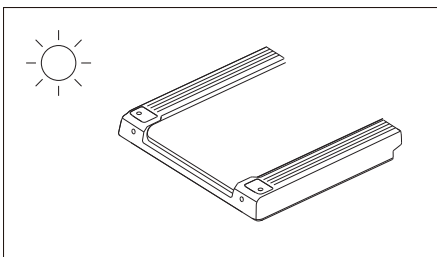
- Do not spray the cleaner directly on the display panel or running belt.
- Do not use acidic or corrosive cleaner.
- Do not wipe under the running belt.
- After a period of exercise, dust and stains may appear on the belt and on the floor behind the equipment. This is normal and can be simply wiped clean.



② Check the equipment

- Check the power cord. If any damage and wear is found, stop using it and replace the power cord immediately.
- Check the running belt. If it is not centered, too tight or too loose, adjust the running belt (see Troubleshooting_③).

Caution: If any replacement is needed, use the components designated by the manufacturer.



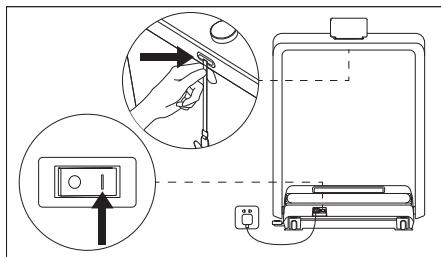
③ Keep cool and dry

- Keep the equipment in a cool and dry condition.
Caution: Do not use the equipment outdoors or in areas of high humidity or extreme temperature changes.
- Allow the equipment to cool down for 20 minutes after 2 hours of use.

Caution: Do not use the equipment continuously for more than 2 hours.

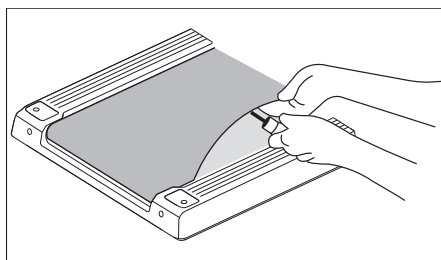
4. Troubleshooting

Most malfunctions can be solved by the following steps. If any issues are found during use, stop using the equipment immediately and try to solve them as instructed below.



① Symptom: Switch cannot be turned on / Power is off during use

- Ensure both ends of the power cord are plugged in.
- Ensure the power switch is turned on.
- Ensure the safety key is inserted.

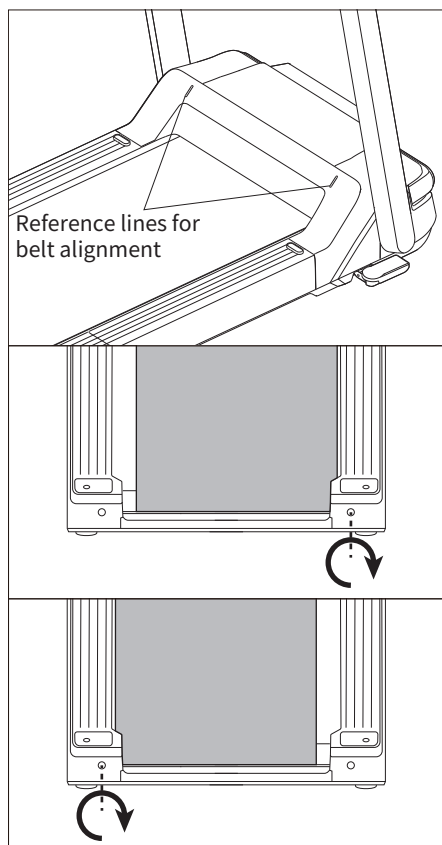


② Symptom: The running belt is noisy and moves unevenly

- Power off the equipment and unplug both ends of the power cord.
- Lift the belt from the right side. Apply 5-10mL of silicone oil in a Z-shape to the center of the deck.
- Power on and run the belt to spread the oil evenly.

Caution:

- It is recommended to apply silicone oil every 3 months.
- 5-10 ml of silicone oil is required for each lubrication. Excess may cause slipping.



③ Symptom: Running belt is off-center

Note: Keep the belt centered between the reference lines on the frame during use. If the belt shifts past the lines, stop the equipment immediately and adjust the belt until it is centered.

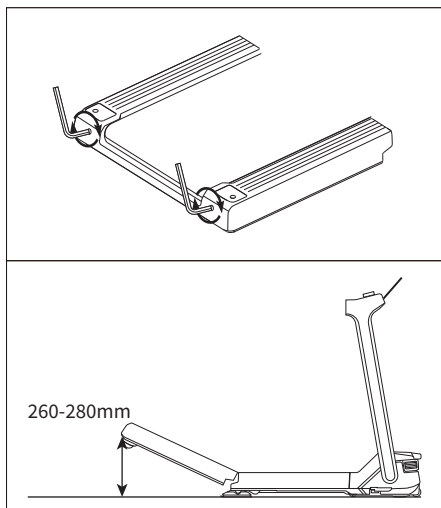
Method A: Manual adjustment (recommended):

- Power off and unplug the power cord.
- Gently lift the rear board and manually adjust the belt to the center position.
- Verification: Power on and run the belt at 3-4 km/h (2-2.5 mph) for 1-2 minutes.

Method B: Allen key adjustment (if Method A fails):

- Follow the steps below according to different situations:
 - a. Running belt goes to the left: Insert the Allen key into the left running belt adjustment hole and turn clockwise by 1/4 turn.
 - b. Running belt goes to the right: Insert the Allen key into the right running belt adjustment hole and turn clockwise by 1/4 turn.
- Verification: Power on and run the belt at a speed of 3-4 km/h (2-2.5 mph) for 1-2 minutes.

Caution: Repeat the adjustment if the belt is still off-center.



- ④ Symptom: Running belt is slipping
- Power off and unplug the power cord.
 - Insert the Allen key into both belt adjustment holes and turn clockwise by 1/2 turn simultaneously.
 - Verification:
 - Gently lift the rear running board until it holds steady naturally in the half-folded position on its own. Do not force or hold it manually.
 - Measure the height: it should be 260-280 mm (10.2-11 in).
 - If the height is within the range, the adjustment is complete. If not, repeat the steps above.
- Caution:** Do not overtighten or overloosen the belt, as this may affect performance and damage the belt.



- ⑤ Error code description
- In case of a malfunction, the display panel will show an error code as below. Turn off and restart the equipment to see if the error code disappears. If it still persists, contact the customer service for assistance. Be sure to have your product model and serial number ready which can be found on the nameplate (see the cover).

E01 Software overcurrent
 E02 Hardware overcurrent
 E03 IPM module overheating
 E04 Undervoltage protection
 E05 Overvoltage protection
 E06 Motor phase loss protection
 E07 Motor locked-rotor protection
 E09 Motor unable to start
 E12 Motor overcurrent protection
 E13 Overload protection
 E14 Hall signal missing
 E15 Communication fault
 E16 Module connection error
 E17 Lifting motor error

5. Exercise Tips

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 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	Age

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.

Exercise Guide

Before engaging in exercise be sure to consult your doctor.

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.

6. Trademark and Legal Declaration

Various patents relating to the Kingsmith WalkingPad Treadmill series are developed and copyrighted by Beijing Kingsmith Technology Co., Ltd. (“Kingsmith” for short). Without the written permission of Kingsmith, any organization or individual shall not copy or distribute all or any part of this User Manual and shall not use the patents contained thereof. This User Manual, as far as possible, has included various latest function introductions and operational instructions at the time of being printed.

Nevertheless, there might be discrepancies between the purchased Treadmill and those described herein due to a continuous optimization in functions and designs. Therefore, the actual Treadmill shall prevail in case of any deviations in color and appearance.

7. Regulatory Compliance Information

WEEE Disposal and Recycling Information



All products bearing this symbol are waste electrical and electronic equipment (WEEE as in directive 2012/19/EU) which should not be mixed with unsorted household waste. Instead, you should protect human health and the environment by handing over your waste equipment to a designated collection point for the recycling of waste electrical and electronic equipment, appointed by the government or local authorities. Correct disposal and recycling will help prevent potential negative consequences to the environment and human health. Please contact the installer or local authorities for more information about the location as well as terms and conditions of such collection points.

EU Declaration of Conformity



Hereby, Beijing Kingsmith Technology Co., Ltd. declares that the radio equipment type [WP500L5] is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address:
[https://de.walkingpad.com/pages/weitere- informationen](https://de.walkingpad.com/pages/weitere-informationen)

UKCA Declaration of Conformity



Hereby, Beijing Kingsmith Technology Co.,Ltd. declares that the radio equipment type [WP500L5] is in compliance with Radio Equipment Regulations 2017. The full text of the UKCA declaration of conformity is available at the following internet address:
[https://uk.walkingpad.com/pages/ other-information](https://uk.walkingpad.com/pages/other-information)

UKCA PSTI Statements of Compliance

Hereby, Beijing Kingsmith Technology Co.,Ltd. declares that the radio equipment type [WP500L5] is in compliance with The Product Security and Telecommunications Infrastructure (Security Requirements for Relevant Connectable Products) Regulations 2023. The full text of the PSTI declaration of conformity is available at the following internet address: <https://uk.walkingpad.com/pages/other-information>



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