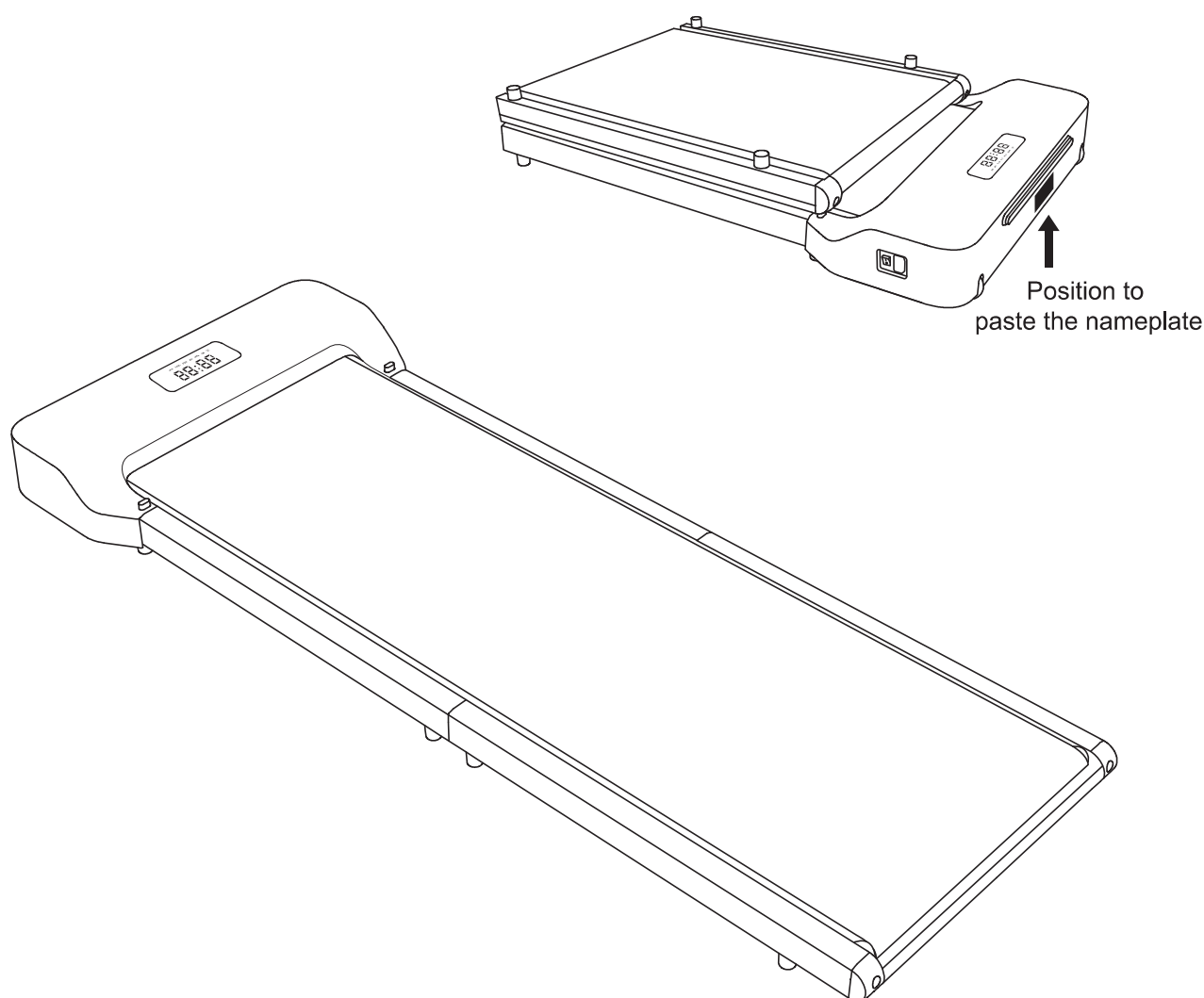


WalkingPad

Z1F

USER MANUAL



WARNING

Please be careful to avoid slipping and injury when using.
Don't let children approach or use this equipment.
The WalkingPad has an innovative folding design. Mind your hands when folding/unfolding it.
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

The appliance is intended for residential use.

DANGER - To reduce the risk of electric shock:

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

WARNING - This appliance 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 appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision. 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.

WARNING - Store the appliance upright and try to place it in a space with support points on both sides, 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, electric shock, or injury to persons:

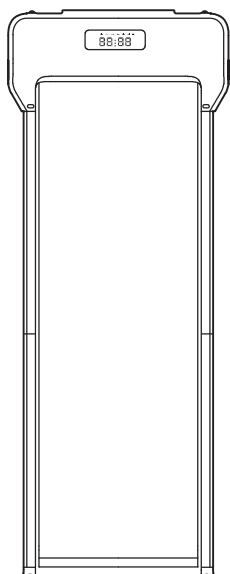
- 1) An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- 2) Close supervision is necessary when this appliance is used by, or near children, invalids, or disabled persons.
- 3) Use this appliance only for its intended 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 the supply cord or use the cord as a handle.
- 6) Keep the cord away from heated surfaces.
- 7) Never drop or insert any object into any opening.
- 8) Do not use outdoors.
- 9) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 10) To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- 11) If you feel uncomfortable, please stop exercising immediately and consult a doctor to avoid damage to your health.
- 12) Ensure there is a distance of at least 2000 mm (78.7 in.) behind the appliance and a distance of at least 500 mm (19.7 in.) 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.
- 13) Wear a sports suit to use the appliance and exercise according to your own condition.
- 14) Ensure personal items are kept away from the appliance to avoid accidental entanglement. Otherwise, it may cause damage to the machine and personal injury.
- 15) Do not use this equipment on uneven ground to prevent accidents or damage to the appliance.
- 16) Do not stand or step on the head of the appliance to prevent any damage to the product.
- 17) Do not use this appliance with pets to avoid scaring them and causing other safety issues.
- 18) Do not walk on this appliance in a non-forward posture to prevent loss of balance, falling and injury.
- 19) The elderly, children, and pregnant women Must use this device with caution. Please consult a doctor and obtain relevant guidance before using this appliance.
- 20) Do not fold 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.
- 21) Store the appliance according to the prescribed method in the manual for safety.
- 22) Do not get on or off this appliance when the appliance is running to prevent accidents.
- 23) Use this appliance within the specified weight range to ensure the normal operation of the machine and your personal safety.
- 24) Avoid exposing this appliance to direct sunlight to prevent damage to the machine. Please use this appliance in a cool and dry environment.
- 25) 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.
- 26) 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.
- 27) 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.
- 28) The value of the A-weighted emission sound pressure level at the trainer's ear is around 57dB(A). Noise emission under load is higher than without load.
- 29) Injuries to health may result from incorrect or excessive training.

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Product Introduction	2
Before Starting	3
Operation and Adjustment	4
Care and Maintenance	8
Troubleshooting	8
Practice Guide	9
Trademark and Legal Declaration	10
Regulatory Compliance Information	10

Product Introduction

After receiving the product, you will find the following items in the packaging box. Please inspect all the components for damage. If any of the items is missing, please contact the seller of the product.



WalkingPad

Specs

Product Name	Walking Device	Net Weight	23 kg / 50 lbs
Model	WP400F4	Unfolded Size	1425 x 560 x 106 mm 56.1 x 22 x 4.1 inch
Speed Range	1-6 km/h 1-4 mph	Folded Size	810 x 560 x 138 mm 31.8 x 22 x 5.4 inch
Walking Area	1210 x 400 mm 47.6 x 15.7 inch	Class	HC
Max Load	110 kg / 242 lbs	Age Range	14 years and above
Rated Voltage	220-240 V~	Rated Power	550 W
Rated Frequency	50/60 Hz		

Accessories



Power cord



Remote controller



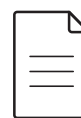
Wristband



Silicone Oil



Allen key



User manual

Radio Frequency and Radio Transmission Power

	Working Frequency	Maximum Output Power
Walking device	2402-2480MHz	8.51dBm(EIRP)
Remote controller	2402-2480MHz	-2.45dBm(EIRP)

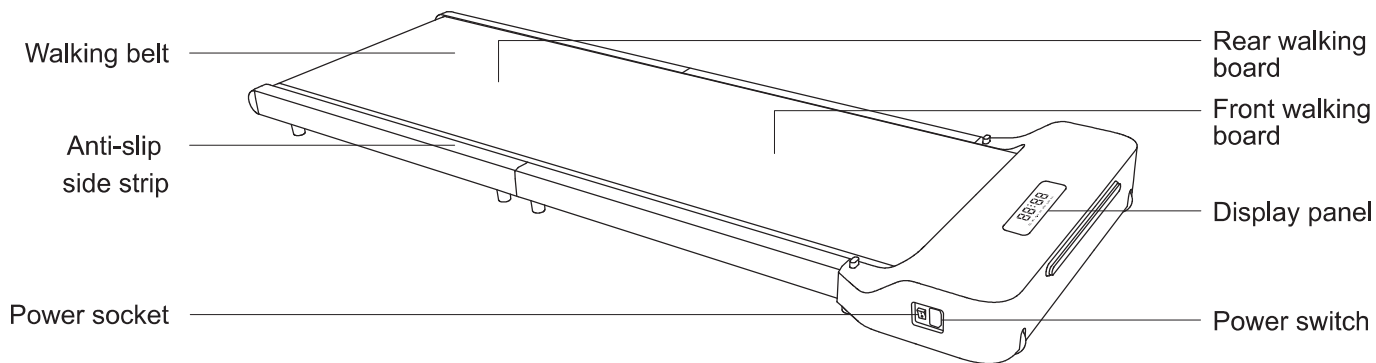
Energy Efficiency

This product has standby mode and off mode.

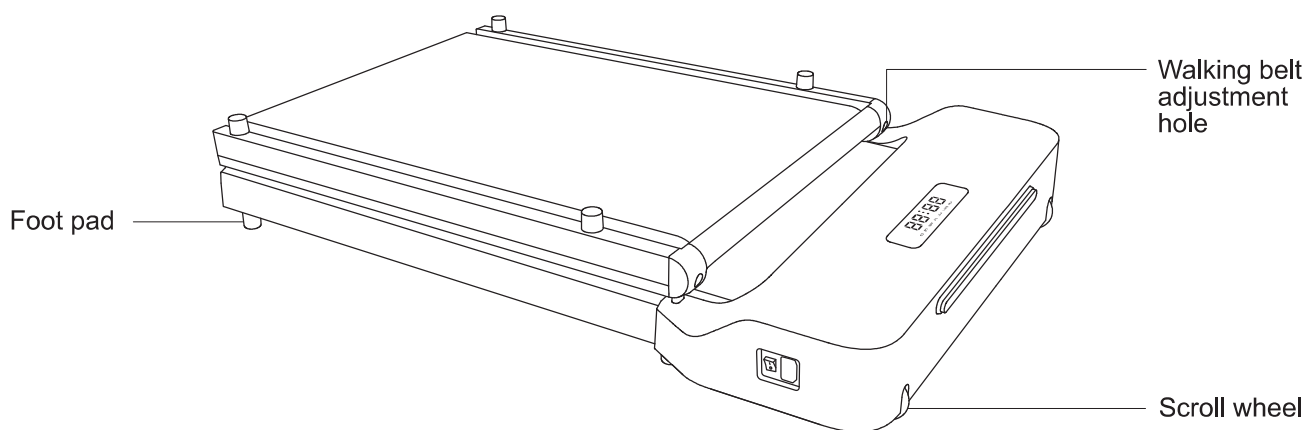
Power consumption	off mode: 0 W standby mode: 0.4 W
Time to enter the Condition	standby mode: 20 min

Before Starting

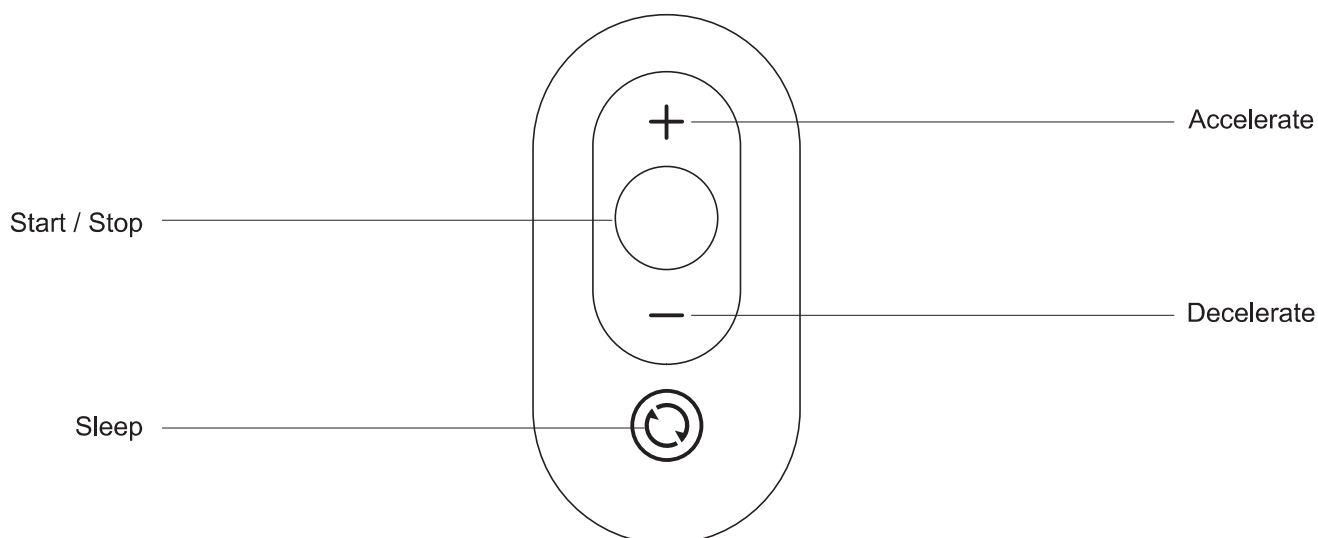
For your benefit, please read this manual carefully before using the equipment. If you need our assistance while reading this manual, please write down the product model and serial number on the nameplate sticker at the front of the equipment before contacting customer service.



Unfolded state



Folded state

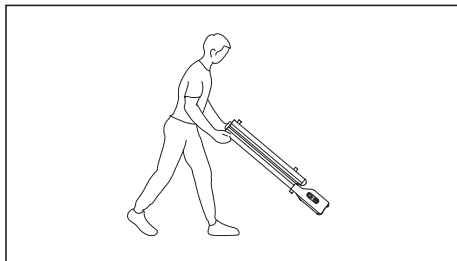


Remote controller

Operation and Adjustment

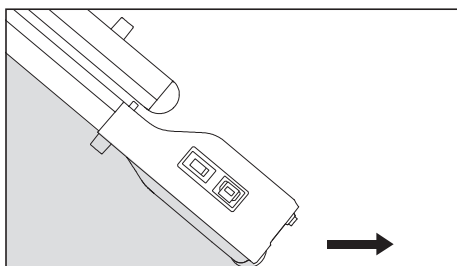
How to move the WalkingPad

Before moving the WalkingPad, please make sure the walking platform is in the folded state. When moving the WalkingPad, do not touch the walking board and push it forward on a flat ground.



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

* Before lifting the WalkingPad, please turn off the power switch on the device, unplug and store the power cord.

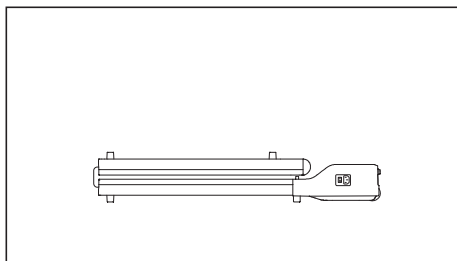


- ② Keep the scroll wheels on the ground and move the WalkingPad forward or backward.

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

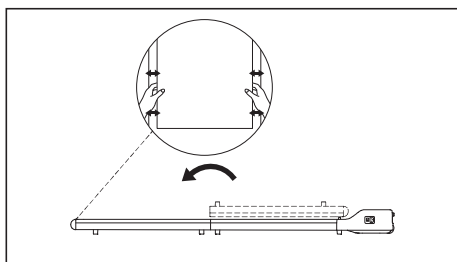
How to unfold the WalkingPad

To avoid damaging the WalkingPad and causing serious injury, please make sure the floor is flat and there is enough space to unfold the WalkingPad.



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

* Do not place the appliance on a thick and soft carpet or mat. Otherwise, the sensor will work improperly.

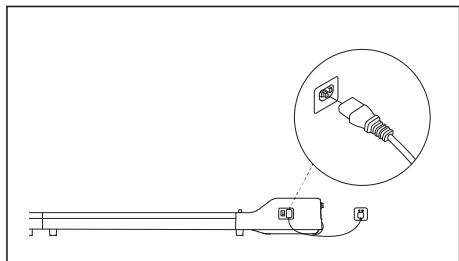


- ② Unfold the rear walking board. **Center the walking belt by manually adjusting its front and back ends.** Press down the rear running board to make it level with the floor. If it is not level, rotate the foot pad to level it.

* The rear walking board can be pressed down with strength without causing any damage to the appliance.

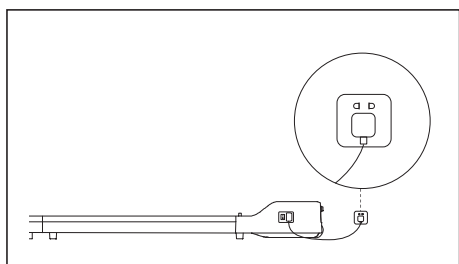
How to plug in the power cord

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.



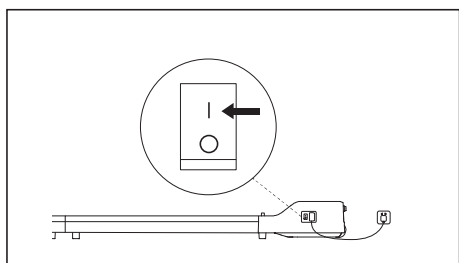
- ② Insert the other end of the power cord into a suitable outlet, which should be installed and grounded correctly according to local regulations and ordinances.

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

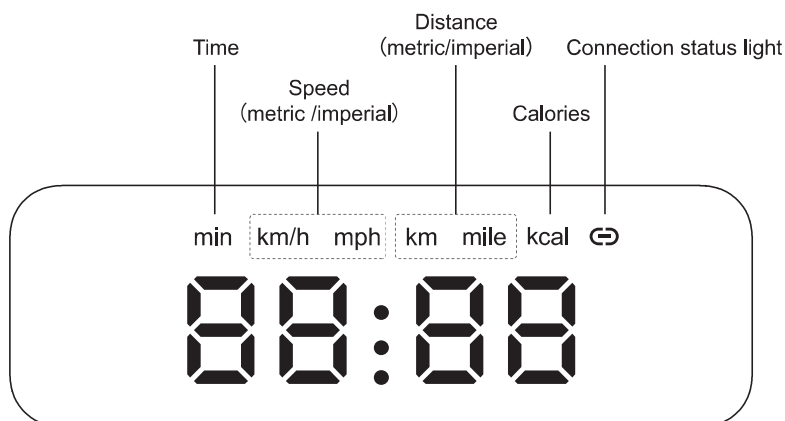


Find the power switch at the front of the WalkingPad and turn it on.

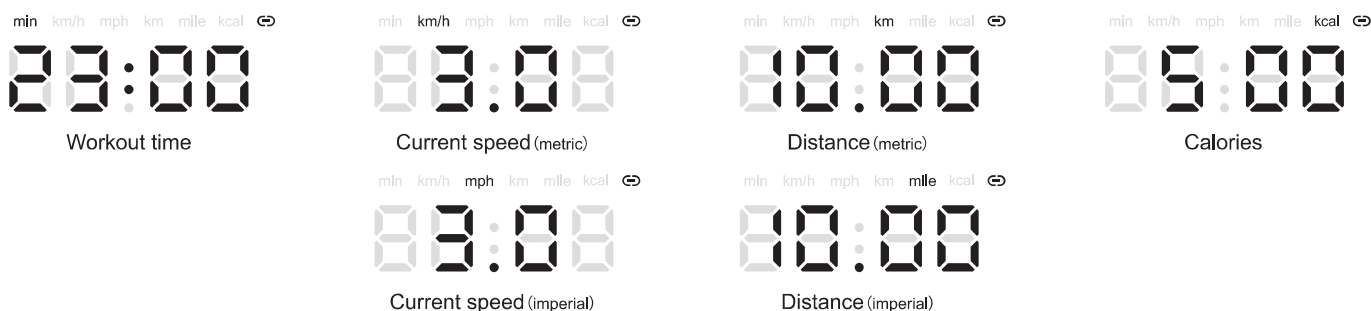
* When you hear a “beep” sound and see the panel lights up, the power switch is in the “I” position.

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 indicator flashes.
When the WalkingPad is connected to the APP, the indicator stays on.

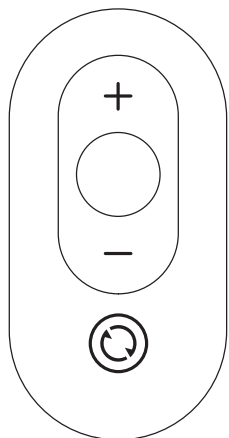


When the firmware is upgrading, the panel flashes "UP". When the upgrade finishes, the machine stops.
When the child lock is turned on in the app, the machine stops, the panel displays "LOC". If no-load operation lasts for 10 minutes, the machine sleeps.



How to use the remote controller

The remote controller and the WalkingPad are pre-paired before delivery by default. If the remote controller does not work or you change a new remote controller, please re-pair by pressing and holding the Sleep button on the remote controller while turning on the WalkingPad. When you hear a "beep" sound, it proves a successful pairing.



- Press the Start/Stop button while the machine is switched on.
Outcome: After a 3-second countdown, the machine starts running slowly at 1 km/h (1 mph) by default.
- + Press + while the machine is running.
Outcome: The speed switches among 1/1.5/2/2.5/3/3.5/4/4.5/5/5.5/6 km/h (1/1.5/2/2.5/3/3.5/4 mph).
- Press - while the machine is running.
Outcome: The speed switches among 6/5.5/5/4.5/4/3.5/3/2.5/2/1.5/1 km/h (4/3.5/3/2.5/2/1.5/1 mph).
- Press the Start/Stop button while the machine is running.
Outcome: The machine slowly speeds down and pauses. Then if there is no operation for 10 minutes, the display panel turns off* and the machine enters Sleep mode.
* With APP connected, the display panel stays on.
- ↻ Press and hold the Sleep button when the machine pauses.
Outcome: The machine sleeps. To wake up the machine, press any button on the remote controller.

Speed adjustment:

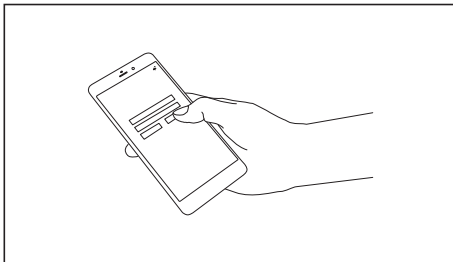
- ① Press +/- button on the remote controller, the speed increases/decreases by 0.5 km/h (0.5 mph).
 - * When the speed is set at 2~2.4 km/h or 2.5~2.9 km/h in the app, press + on the remote controller, the actual speed will reach 2.5 km/h or 3 km/h. The same goes for other speed values set in the app.
- ② Press +/- button in the app, the speed increases/decreases by 0.1 km/h (0.1 mph).
 - * When the speed is set at 2 km/h on the remote controller, press - in the app, the actual speed will reach 1.9 km/h. The same goes for other speed values set on the remote controller.

How to connect the APP

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



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



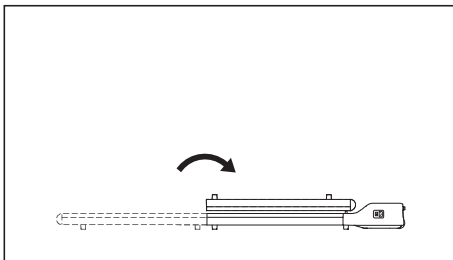
- ② Bring the mobile phone close to the WalkingPad.
- ③ Turn on Bluetooth on your mobile phone.
- ④ Turn on the power switch of the WalkingPad.
- ⑤ Open the KS Fit app and Add the equipment.

- * 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 WalkingPad 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.

How to fold the WalkingPad

To avoid damaging the WalkingPad and causing serious injury, please make sure the machine is turned off and both ends of the power cord are unplugged before folding the WalkingPad.

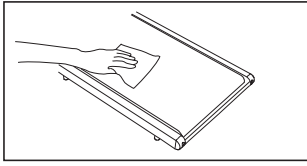


Fold the rear walking board above the front walking board, and make sure it is in the designated position.

- * Do not start the WalkingPad when it is folded.

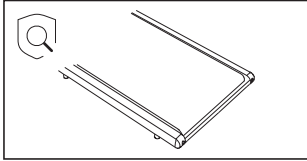
Care and Maintenance

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



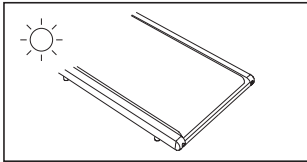
① Clean the walking belt

- Power off the WalkingPad 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.



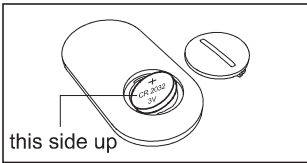
② Check the WalkingPad

- 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 belt deviating/slipping and correction" part).
- * If any replacement is needed, use the components designated by the manufacturer.



③ Keep cool and dry

- Keep the WalkingPad 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

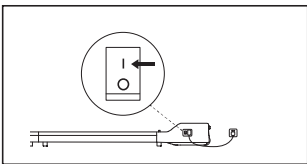
- If the remote controller runs out of power or has not been used for a long time, please replace the battery (model: CR2032 3V) by opening the back cover of the remote controller. Make sure the polarity (+/-) is aligned correctly.

WARNING:

- To maintain the safety level of this equipment, it must be examined regularly for damage and wear. This includes components such as walking belt and motor.
- If you discover any defective components, replace them immediately. Do not use the equipment until repairs are complete.
- Pay special attention to components that are most susceptible to wear, such as the motor and walking belt. These components should be inspected more frequently and replaced when necessary.
- Non-rechargeable batteries are not to be recharged;
- Rechargeable batteries are to be removed from the appliance before being charged;
- Different types of batteries or new and used batteries are not to be mixed;
- Batteries are to be inserted with the correct polarity;
- Exhausted batteries are to be removed from the appliance and safely disposed of;
- If the appliance is to be stored unused for a long period, the batteries should be removed;
- The supply terminals are not to be short-circuited.

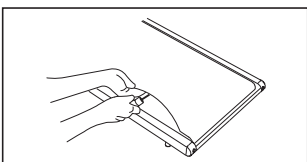
Troubleshooting

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



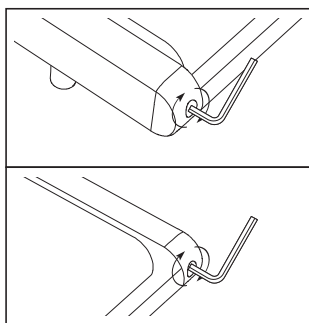
① Power cannot be turned on / Power off during use

- 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 rear walking board, raise 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:
Lift the rear walking board and adjust the walking belt manually (refer to Page 3 "How to unfold the WalkingPad" part).
- 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	E09 Motor unable to start
E02 Hardware overcurrent	E12 Motor overcurrent protection
E03 IPM module overheating	E13 Overload protection
E04 Undervoltage protection	E14 Hall signal missing
E05 Overvoltage protection	E15 Communication fault
E06 Motor phase loss protection	E16 Module connection error
E07 Motor locked-rotor protection	

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.

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 [WP400F4] 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://www.walkingpad.com/pages/declaration>

UKCA Declaration of Conformity



Hereby, Beijing Kingsmith Technology Co.,Ltd. declares that the radio equipment type [WP400F4] 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>

UKCA PSTI Statements of Compliance

Hereby, Beijing Kingsmith Technology Co., Ltd. declares that the radio equipment type [WP400F4] 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>