



## Ksports Multifunctional Treadmill Instruction Manual Model No. AEP1001

### For video guide:

- Visit <https://www.kathysuniverse.com/pages/treadmill-customer-service-videos>
- Or simply scan the corresponding QR code on this page

### For joining our product testers community

- Visit <https://www.kathysuniverse.com/pages/ksports-is-looking-for-product-testers>
- Or simply scan the corresponding QR code on this page

### Returns and refunds

If you have any questions or concerns about returns or refunds, we recommend reaching out directly to your seller for assistance.

### Technical difficulties

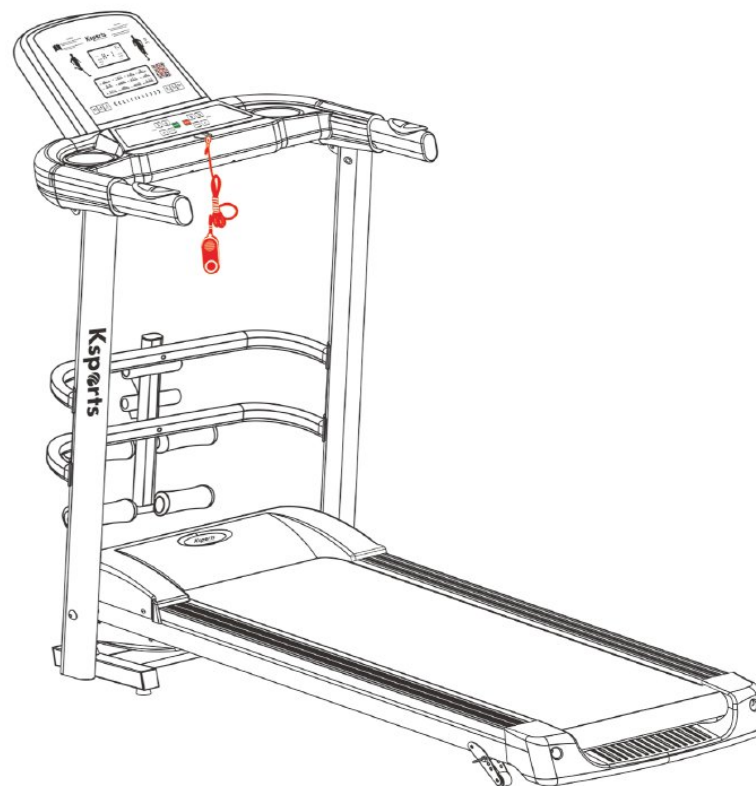
For technical difficulties, please don't hesitate to contact us at [customerservice@kathysuniverse.com](mailto:customerservice@kathysuniverse.com) & we will respond you within 12 hours.



Product Testers



Video Guide



Please read this manual carefully before using  
the product and keep it for future reference

Please read this manual carefully before you use the product

## Treadmill Parameters

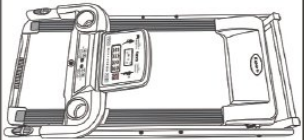
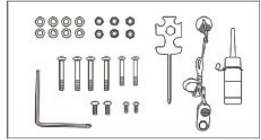


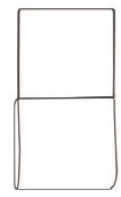

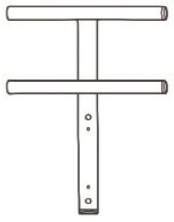


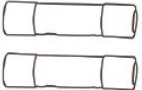
- Running Area: 40 x 16in (1000 x 400mm)
- Max User's Weight: 220lbs (100KG)
- Set up Size: L51 x W26 x H48in (L1300 x W655 x H1230mm)
- Folded Size: L20 x W26 x H50in (L520 x W655 x H1270mm)
- Speed: 0.6 - 8mph (1-12.8km/h)
- Motor: 2.0HP

## Safety Precautions

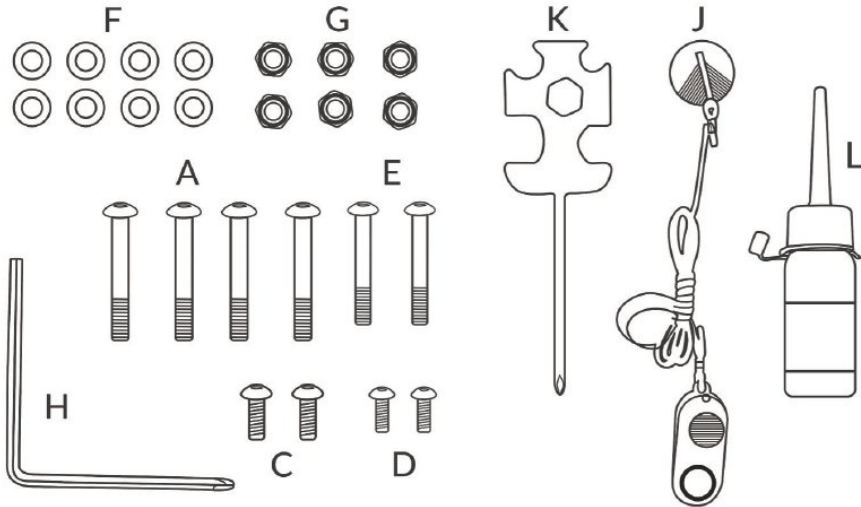
Warning: We suggest you consult a physician or health professional before embarking on any exercise regime. Please follow these instructions carefully and completely in assembling the treadmill before you switch the power on. We take no responsibility for any injury or damage to the product as a result of negligence in these aspects.

## Attention

- Place the treadmill indoors on level ground, in a dry area away from heat, direct sunlight & obstruction.
- Wear proper exercise clothing and footwear when using this machine.
- Put the safety clip on your clothing before you start the treadmill so that should you slip the clip will detach the magnetic connection at the other end to stop the machine.
- Do not use this machine if you are ill, tired or under the influence of alcohol.
- Always start gradually and note excessive exercise may be detrimental to health.
- Use the handrails for support until you are familiar enough with the operations.
- Children should only use this machine under adults' supervision.
- Loading capacity is 220lbs (100kg), overloading may cause damage.
- This is a home treadmill and not intended for commercial use.

Parts List			
Master Frame		Tools Package	
Instruction Manual		Legs on Wheels	
AB Mat		Connecting Rods	
Sit Ups Rack		Sit Ups Rack Foam Covers	
Dumb Bells Rack		Dumb Bells	

## Tools Package



Item	Description	Specification	Qty
A	Bolt	M8*55	4
C	Bolt	M8*15	2
D	Bolt (smaller)	M6*15	2
E	Bolt	M8*45	2
F	Washer		8
G	M8 nut	Use for "A" & "E"	6
H	Allen wrench		1
K	Spanner with screw driver		1
J	Safety key & clip		1
L	Lubrication oil		1

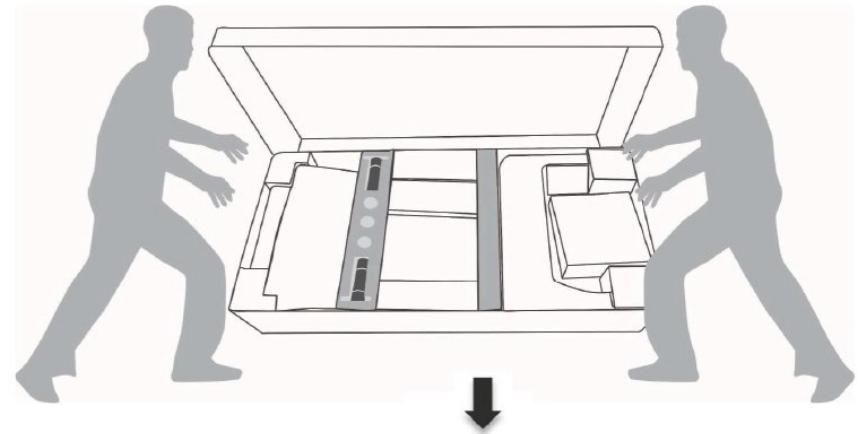
## Assembly Steps



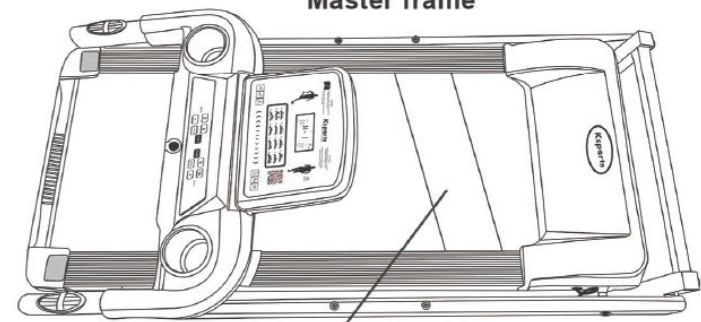
Video Guide

### Step 1: Unboxing & Contents Check

This step requires a second person to help lift the master frame out from the carton as in the pictures below. Place all the contents neatly on a flat surface, checking against the parts list and ensuring there are no missing items.



Master frame

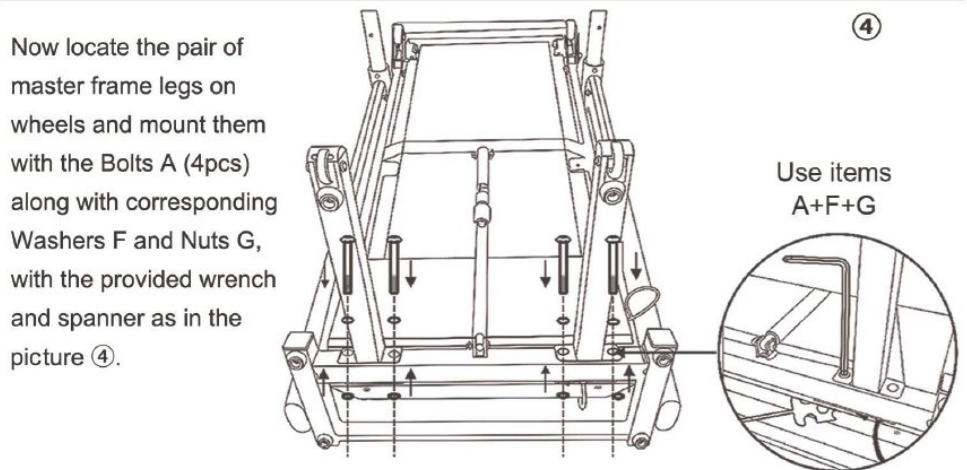
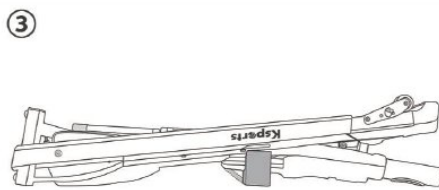
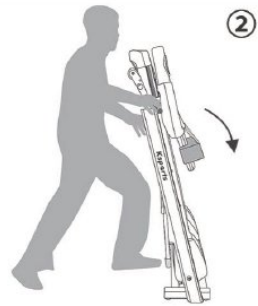
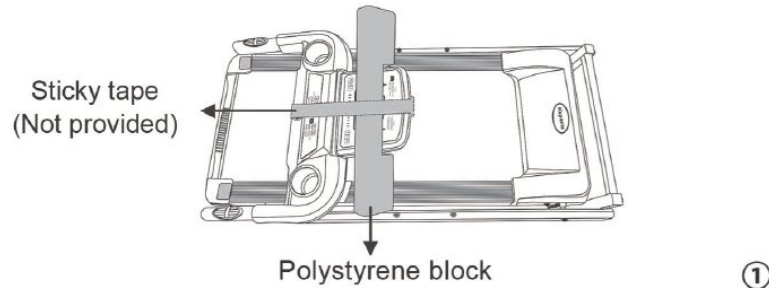


Please note these oblique lines across running belt are normal seam lines and NOT a product fault



## Step 2: Master Frame Assembly

From the packing material, locate a piece of 25in polystyrene which is indented in the middle and place it over the display unit on the master frame and hold it in place using sticky tape if necessary as shown in the picture ①. With both hands, lift the side of the master frame with the handle bars and gently tip it over as shown in the picture ②. The polystyrene is now propping up the part beneath the handle bars as in the picture ③. This is to prevent damage to the electronic console during assembly.

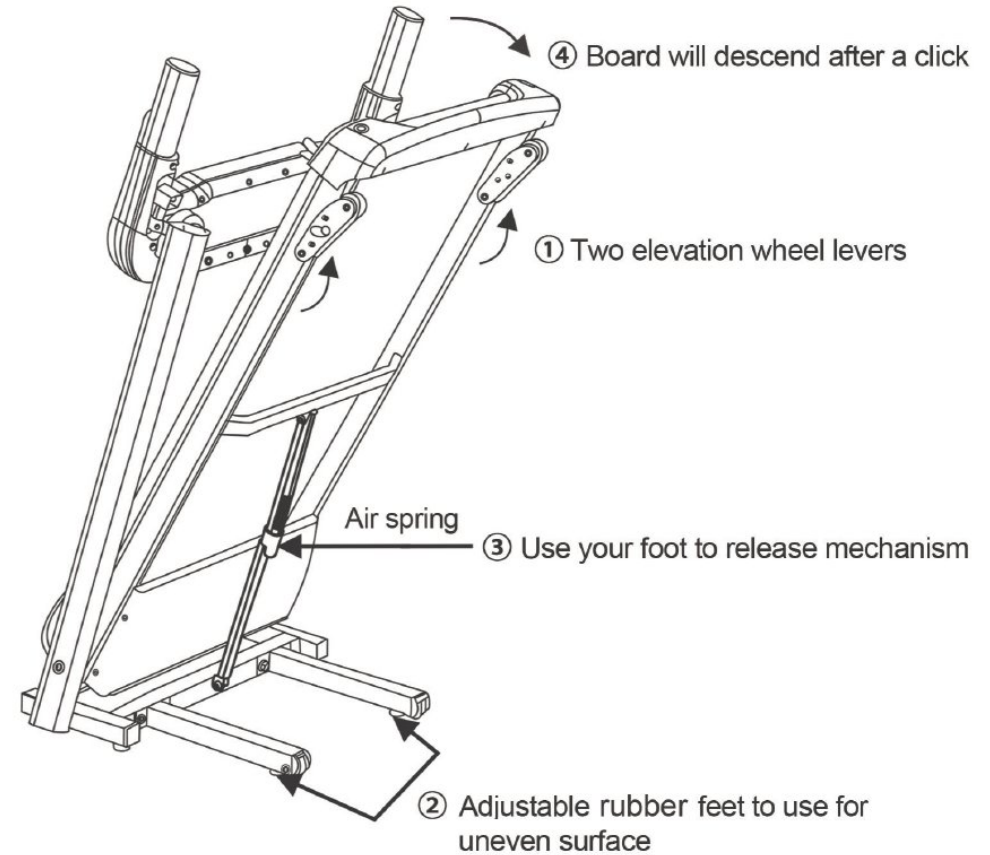


Now locate the pair of master frame legs on wheels and mount them with the Bolts A (4pcs) along with corresponding Washers F and Nuts G, with the provided wrench and spanner as in the picture ④.

## Step 3: Unfold Master Frame

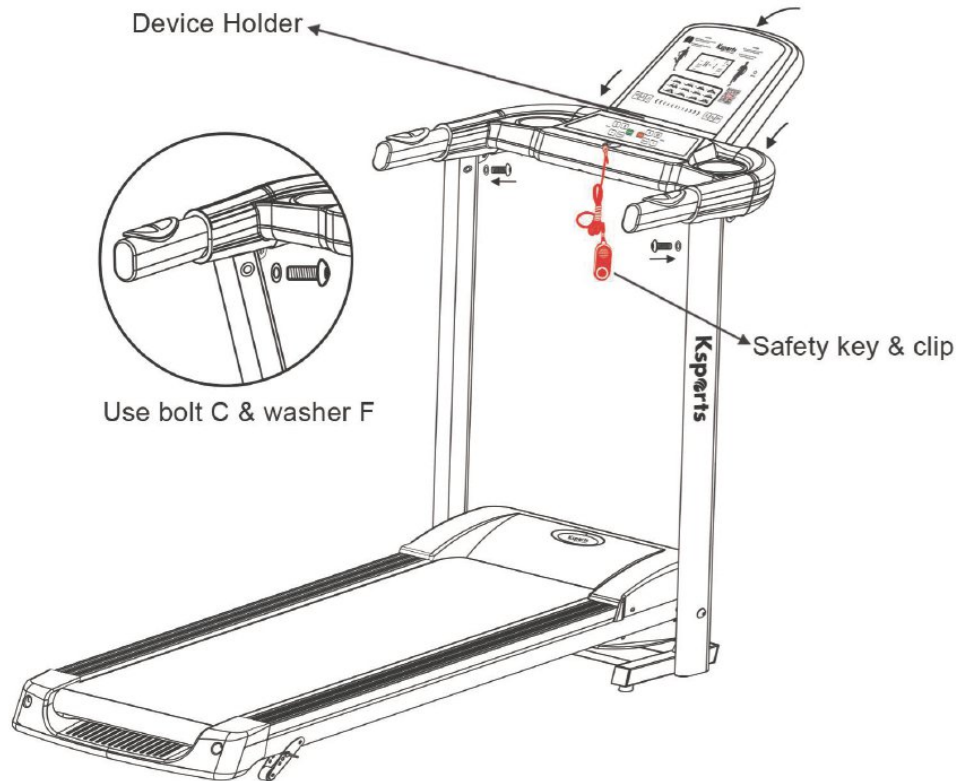
After mounting the 2 legs, stand the master frame up in the folded position as pictured below. The treadmill is equipped with a soft drop pneumatic system (Air spring) which allows for easy folding for stowage.

- ① Before unfolding, please note the 4-position elevation control at the bottom of the unit while in the folded position. Please set both the elevation wheel levers to the position facing up as illustrated here.
- ② Adjust rubber feet to accommodate any uneven surface for the treadmill.
- ③ To unfold, simply use your foot to release the air spring mechanism.
- ④ The unit will slowly descend to the floor followed by a click.



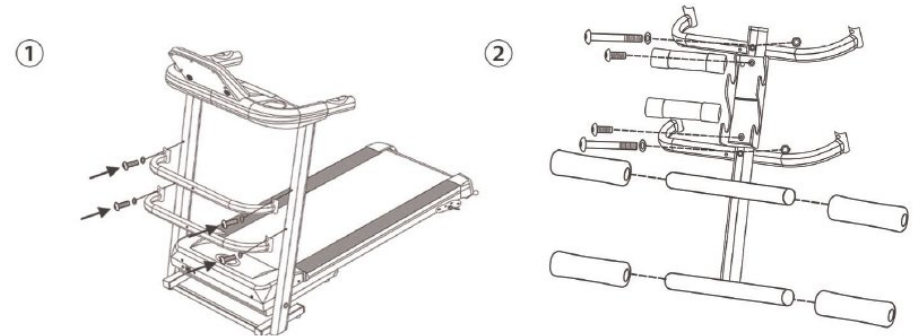
## Step 4: Electronic Console & Display Unit Assembly

- ① Swivel forward the handles & console unit and secure it using bolts C & washer F onto the left and right columns as shown in the picture here.
- ② Swivel up the display unit forward.
- ③ Insert the **Red** magnetic safety key onto the yellow circle on the console **\*\* IMPORTANT \*\***  
If this key is not in place, the treadmill will not operate and will result in **E7 ERROR CODE**



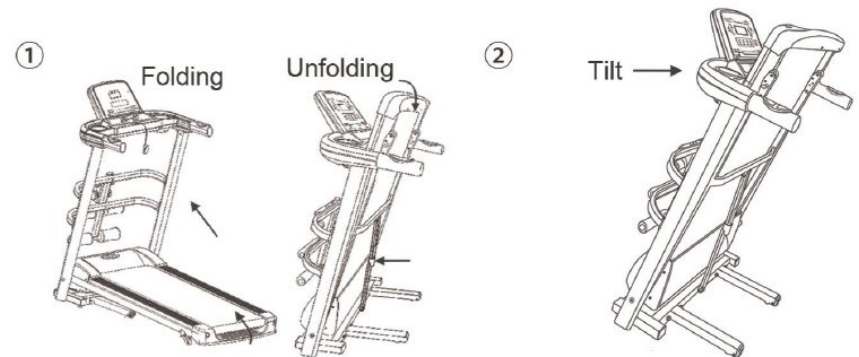
## Step 5: U Shaped Bar & Sit Ups Rack Assembly

- ① U shaped bars: Use attached bolts (4pcs) and washers (4pcs) to mount the two U shaped bars as shown in the picture here. Ensure the correct orientation of the U shaped bars during assembly ie the bolts are mounted above the bars.
- ② Sit ups rack: Use bolts E (2pcs) and washers F (2pcs) and nuts G (2pcs) to mount the sit ups rack. The dumb bells rack is mounted with bolts D (2pcs). Insert the set of four foam covers on the rack.



## Step 6: Folding, Upfolding & Moving the Treadmill

- ① Folding & unfolding: To fold the treadmill to stow away, gently lift the end of the running board and raise upwards slowly until you hear the cylinder click to indicate successful folding. To unfold, release air spring with your foot.
- ② Moving the treadmill: Make sure the treadmill is securely folded and unplugged. With both hands on the handles pull the top of the treadmill towards yourself to tilt it until the rollers are engaged on the floor. You can now freely wheel the treadmill to a stowage location.





## Assembly Notes

### • Minor clicking noises

New brushes on treadmill motors may cause minor clicking noises in the beginning. If that happens, please run your treadmill at above 7 mph for 5-10mins, the noise will disappear.

### • Wobbly problem

Treadmill may wobble due to uneven surfaces. Adjust rubber feet to stabilize the treadmill accordingly.

### • Lubrication

Our treadmills are pre lubricated at the factory so there is NO need for lubrication at the first use. For regular lubrication and maintenance during normal use, please scan our QR code to access our instructional video guide.

### • Error code E7

This error code will be displayed when the RED safety key is not in place. Locate this item in your parts list and attach the round part onto the yellow circle on the console in order to start the treadmill.

## Important Note on Continuous Use

For optimal performance of this treadmill, it is recommended to allow the machine to rest for a few minutes after every 45-60 minutes of continuous use. This enables the motor to cool down sufficiently, therefore increasing the lifetime of the treadmill.

## Experiencing Other Issues with Your Treadmill?

Should you encounter any other problems with your treadmill, please reach out to us directly at [customerservice@kathysuniverse.com](mailto:customerservice@kathysuniverse.com)

Kindly include your order ID and a detailed description of the issue you're facing.

We're committed to assisting you promptly and will respond to your email within the day.

## Display Panel Operating Instructions



### 1. Operational Modes

There are 3 operational modes: Manual, Countdown (MODE), Auto (PROGRAM).

#### A. Manual Mode

After switching the treadmill on, the display unit will light up and enter into the initial standby mode. Press the **START** button to enter into the manual mode.

- Minimum speed 0.6mph
- Maximum speed 8mph

#### B. Countdown (MODE)

- Time Countdown Mode: Press the **MODE** button to select  $H - I$ . When the time display is flashing, use the +/- keys to set the desired time for a range of 5-45 minutes. Press the **START** button and select the desired speed at any time during the countdown period using the +/- keys.
- Distance Countdown Mode: Press the **MODE** button to select  $H - 2$ . When the distance display is flashing, use the +/- keys to set the desired distance for a range of 1-99 miles. Press the **START** button and select the desired speed at any time during the countdown period using the +/- keys.
- Calories Countdown Mode: Press the **MODE** button to select  $H - 3$ . When the calories display is flashing, use the +/- keys to adjust the desired calories setting for a range of 20-990 calories. Press the **START** button and select the desired speed at any time during the countdown period using the +/- keys.

#### C. Auto (PROGRAM) Mode

Press the **PROGRAM** button to enter into the auto mode. It will default into the P1 program with 10 minutes duration. Press **PROGRAM** again to get to P2 program and so on. When the time display is flashing, you can adjust for a range of 5-45 minutes. After the PROGRAM selection, press **START** button.

There are 12 programs in the Auto (PROGRAM) Mode as below:

Time period Program		Time set/10period=Run time and down time period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	2	4	6	8	7	8	6	2	3	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
P5	SPEED	3	6	6	6	8	7	7	5	5	4
P6	SPEED	2	6	5	4	8	7	5	3	3	2
P7	SPEED	2	8	8	7	7	6	5	3	2	2
P8	SPEED	2	4	4	4	5	6	8	8	6	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
P11	SPEED	2	5	6	7	8	8	8	5	3	2
P12	SPEED	2	3	5	6	8	6	8	6	5	3

## 2. LCD Display Parameters

At startup, a 3 second countdown is displayed as 3, 2, 1

SPEED: Shows running speed

TIME: Shows running time

DISTANCE: Shows running distance

PULSE: Shows heartbeat data

CALORIES: Shows calories burnt

## 3. Button Functions

**PROGRAM** : Press this button to choose from the 12 programs

**4 6 8** : Press any of these 3 buttons for quick speeds selection 4, 6, 8

**PAUSE** : Press this button to pause the treadmill. All data up to this point will be maintained.

To resume operation, press the **START** button.

**START** : Press this button to start the treadmill

**STOP** : Press this button to stop the treadmill

**MODE** : Press this button to select the countdown modes of time, distance & calories

**SPEED** **+** **-** : Press these buttons for speed adjustments. Long press (Keep finger pressed) for faster speed control.

## 4. Sleep Function

When the treadmill is not in operation for more than 10 minutes, it goes into hibernation. The display turns off automatically. Press any key to re activate the unit to get to the standby mode.

## 5. Safety Key Function

This treadmill will only operate when the magnetic safety key is inserted onto the console. Put the safety clip on your clothing when you are using the treadmill. The string will pull the magnet out of the lock turning the treadmill off if you fall or move from the treadmill. Please do not lose the safety key as it would not be easy to operate without it.

## 6. Bluetooth Function

Use the Bluetooth function to connect your devices to sports apps such as FitShow, Kinomap and Zwift. Download these apps from your respective app stores for your devices. They are available from both Apple & Google Play Stores.

**Ensure the treadmill is switched on.** Turn on Bluetooth on your device and search for "FS- \*\*\*\*\*" to connect with the app.



Kinomap is an exciting interactive exercise app for running, cycling & rowing. It is the world's largest geolocated video sharing platform with thousands of videos from the best tracks around the world. Kinomap is integrated into Ksports products for seamless immersive experience.



FitShow is an App developed for indoor and outdoor exercise enthusiasts. Indoor fitness devices are connected via Bluetooth with treadmills, exercise bikes, steppers, elliptical machines and other fitness equipment, to achieve access to maps, programs, goals, etc.



Zwift is a massively popular multiplayer online running, cycling and physical training app that enables users to interact, train, and compete in a virtual world. All of your core running metrics - including speed, pace and cadence are displayed in real-time with workouts saved to Zwift. There're events you can enter, or choose to follow training plans or races nearing on the horizon.

## 7. MP3 and Music Function

The wireless Bluetooth function can connect to your MP3 or other music devices.

**Ensure the treadmill is switched on.** Turn on Bluetooth on your device and search for "AEP1001" to connect, and then you can play your music files on the treadmill's speakers.

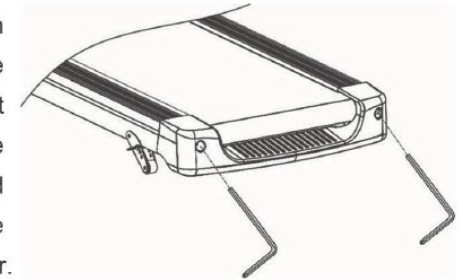


## Treadmill Error Messages

<u>ERROR CODES/REASONS</u>	<u>SYMPTOMS</u>	<u>SOLUTIONS</u>
E1: Communication is blocked between treadmill, electronics and base controller	When communication line is blocked between display and base controller	Make connection again or change communication line
	No electronic signals	Replace electronic unit
	No base controller signals	Replace base controller unit
E2: Controller does not detect the voltage from the motor	Disconnection of motor cable	Check connection of motor cable
	No voltage output or abnormal base controller	Replace base controller
	Damaged motor	Replace motor
E3: When the motor is running, the controller does not display speed signal	Motor cable is not connected	Check connection of motor cable
	Base controller with abnormal signal	Replace base controller
E5: When the motor is running, current exceeds the rated value	Motor load exceeds rated current	Recommend motor with correct rating
	Motor assembly structure problems, causing blockage or stoppage	Check appropriate electrical structure of treadmill
	Limited system failure	Replace base controller
E7: Safety key not in place	Unable to operate	Reset magnetic safety key correctly
	Electronic Safety lock system malfunction	Replace electronic display unit

## Adjusting Running Belt

1. The alignment & tightness of the running belt is factory preset. With usage, these settings can drift away from their optimal positions. When the running belt drifts to the left, turn the adjustment screw on the left 1-2 turns in a clockwise manner. Check the alignment on a slow speed operation. If it is still aligned to the left, repeat the above steps until the belt is aligned to the center.

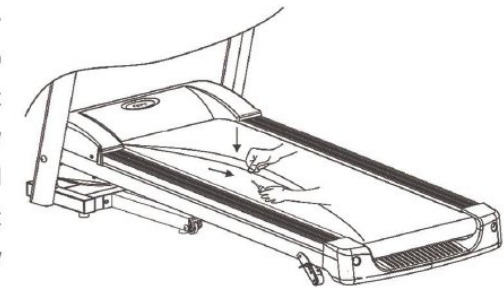


2. When running belt drifts to the right, turn the adjustment screw on the right 1-2 turns clockwise. Then, check the alignment on a slow speed and if it is still more aligned to the right, repeat the above steps until the belt is aligned at the center.

3. When the running belt is too tight, it will cause excess friction between the belt and boards and when the belt is too loose, it will cause slippage during use. Turn both adjustment screws 1-2 turns counterclockwise to loosen the belt. Similarly, turn both adjustment screws 1-2 turns clockwise to tighten the belt. Repeat the above steps until you achieve optimum tightness.

## Lubricating Running Belt

Regular lubrication will extend the usage life-time of your treadmill. We recommend you do this monthly. Loosen the belt so you can lift it to apply the lubricant. Using the spout apply the lubricant evenly onto the running board under both sides of the belt. Tighten the belt for optimum tightness and run the unit at a low speed to spread the lubricant.



 For Video Instructions: Scan the QR code of Video Guide at the end of the manual.