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## Ksports Multifunctional Treadmill Instruction Manual

Model No. KSU3001 (Orange) KSU3002 (Blue) KSU3002 (White)

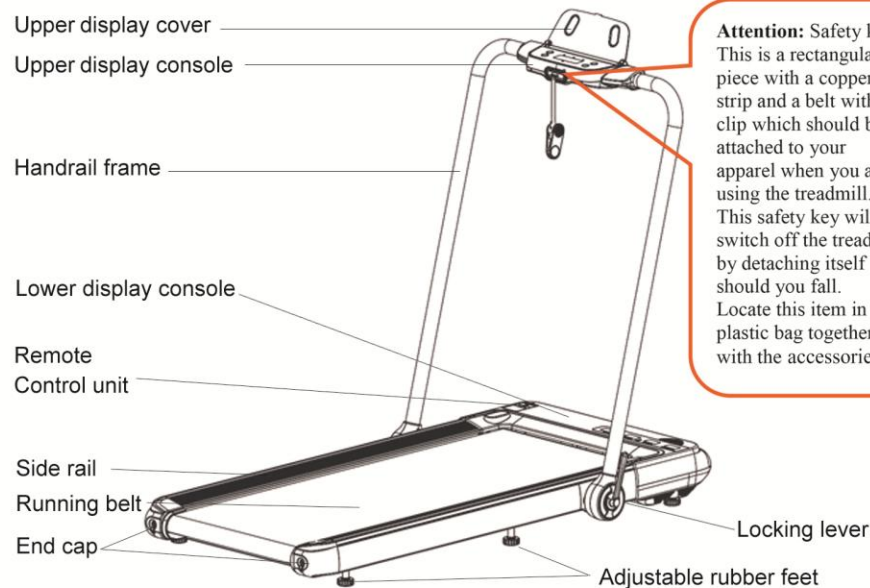


**Note:** As we are committed to the principles of sustainable development and continuous improvement, we will modify machines as and when necessary and some notifications may not be timely updated in the instruction manual.

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## 1. Product Brief



**Note:** only one display is active at any one time. Upper display active only in running mode; Lower display active only in walking mode.

## 2. Security Precautions and Warnings

### Main Technical Parameters

No.	Parameters Names	Description
1	Input power voltage	AC110V
	Rated frequency	50-60Hz
2	Motor power	2.25HP
3	Speed range	Walking: 0.5-3.7mph Running: 0.5-7.5mph
4	Running surface	16.5*42in
5	Max user weight	265lb
6	Product dimensions	Folded: 53.15*27*5.12in Set-up: 50.12*27*42.72in
7	Functions	Running & Walking modes Bluetooth App (Fitshow, Kinomap, Zwift) Bluetooth Speaker

### Parts List

No.	Name	Qty / Units
1	Treadmill machine	1 set
2	Sit ups strap	1 pc
3	AB mat	1 pc
4	Support bar	1 pc
5	Remote control unit	1 pc
6	<b>Accessories Package</b>	1 set

### Accessories Package List

No.	Name	Qty / Units
1	Inner hexagon wrench 6mm	1 pc
2	Socket wrench	1 pc
3	Instruction manual	1 pc
4	Safety key	1 pc

### Safety Precautions

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 personal injury or damage to the product as a result of negligence in these aspects.

### Warnings

- 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.
- During the running mode, put the safety clip on your clothing before you start the treadmill so that should you slip, the clip will detach the electric 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 265lb, overloading may cause damage to treadmill.

### 3. Assembly Instructions

This treadmill is pre-assembled at the factory, with only minor adjustments needed for operation. It is almost ready for action—out of the box!

#### Step 3.1 Unboxing & contents check

You need a second person to assist you to lift the treadmill out of the carton. Place all the contents neatly on a flat surface, checking against the parts list and accessories package list ensuring there are no missing items.

#### Step 3.2 Folding & unfolding the handrail frame

From the box, the treadmill will be in a folded position with the locking lever in the horizontally locked position, see Figure 1. To unfold the treadmill, turn the locking lever in a clockwise direction to the vertical position, lift and raise handrail frame to the vertical position. The locking lever will now move to a horizontal position. Now turn the lever anti clockwise to lock in the unfolded position.

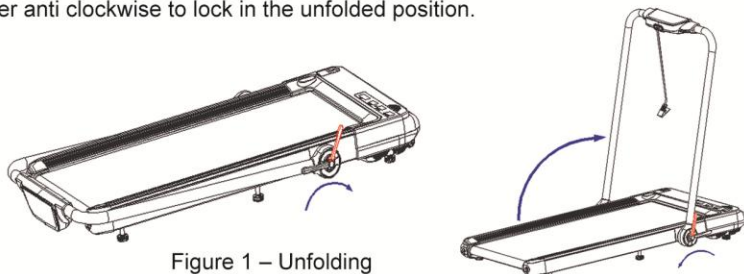


Figure 1 – Unfolding

To fold the treadmill, unlock the lever clockwise to the horizontal position. Lower the handrail frame to its horizontal position. The locking lever will move to the vertical position. Turn the lever anticlockwise to lock it in the folded position.

See Figure 2 - Folding.

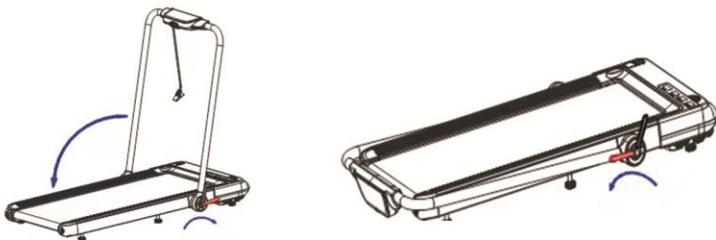


Figure 2 - Folding

#### Step 3.3 Adjustment of locking lever – for optimum tightness

The adjustment for optimum tightness is different for each user. The locking lever is factory tightened and further adjustments can be done in accordance to your preference as follows:

1. Remove the round rubber plug at the lower end of the handrail frame to expose the adjustment nut, see Figure 3 – Adjustment of Locking Lever
2. Locate T-shaped socket wrench in the Accessories Package
3. Adjust the nut according to your preference – clockwise to tighten and anti-clockwise to loosen
4. After adjustments, re insert the round rubber plug

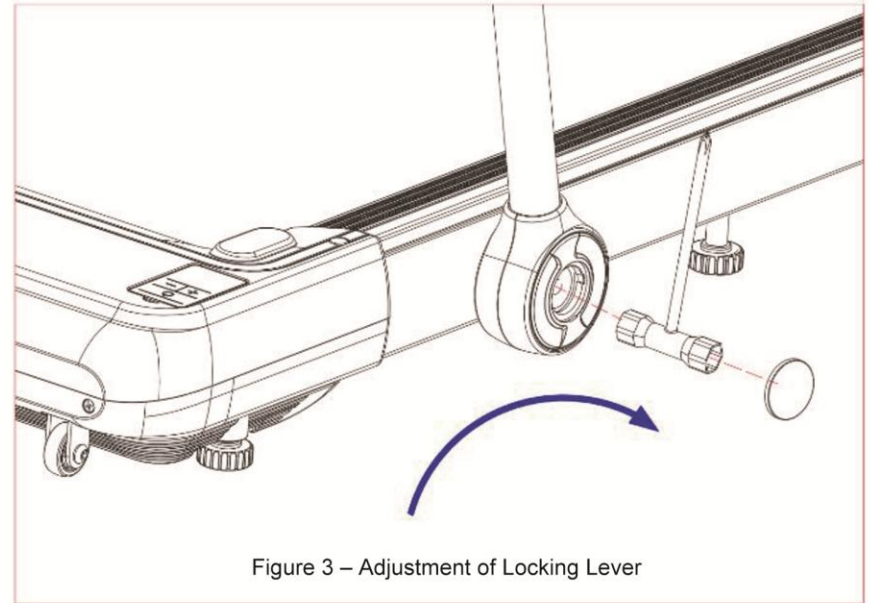


Figure 3 – Adjustment of Locking Lever

#### Step 3.4 Adjustment of rubber feet

There are 6 adjustable feet at the bottom of the treadmill. These can be independently adjusted to cater for uneven surfaces so that stability can be achieved. Proper adjustments of the rubber feet will reduce noise & vibration during operation.

For any assembly questions or problems, please write to us at [customerservice@kathysuniverse.com](mailto:customerservice@kathysuniverse.com) for reference.

## 4. User Instructions

### Using Treadmill

#### 4.1 Insert the power plug properly and turn on the switch (RED)

When you turn on the red power switch, it will light up and you will hear a bleep sound and the display console will come on.



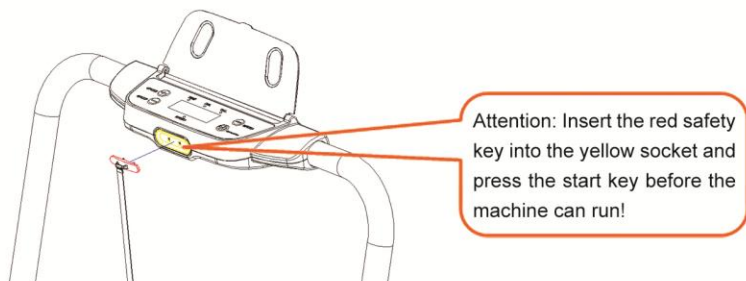
#### Please note:

- The power supply should only be connected after all installation steps are completed according to the above requirement and that nothing is omitted.
- **Only one display is active at any one time.** Upper display active only in running mode; Lower display active only in walking mode
- Please switch off treadmill after each use.

#### 4.2 Operational modes

##### • Running modes: 0.5 to 7.5 mph

With the treadmill in the unfolded position, open the display cover and insert the safety key into the yellow socket in the middle of the display console on the handrail frame as shown in the picture. Please note the treadmill can only operate with safety lock in place.



#### Upper display button functions

- : to start or stop the treadmill
- : to increase speed
- : to decrease speed
- : speed shortcut for 2, 4 and 6 mph respectively

#### Upper display functions

The following parameters are displayed on a rotating display window during the running mode: Speed – Distance – Calories – Time

##### • Walking modes: 0.5 to 3.7 mph

With the treadmill in the unfolded position, remove the safety key from the socket. The walking mode operation is rendered via the remote control unit.

#### Activate your remote control

When the treadmill power is switch on, press and hold on the remote control unit for about 7 seconds to perform a pairing connection. There will be several beeps in succession to indicate successful pairing. You can now use the remote control to operate the treadmill.

#### Remote control functions

- : to pair with, start or stop the treadmill
- : to increase speed
- : to decrease speed

#### Lower display functions

The following parameters are displayed on dedicated lower display window during the walking mode: Time – Speed – Distance – Calories

#### 4.3 Bluetooth Apps 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.



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.



Kinomap is an interactive training app for indoor running, cycling and rowing. It is the world's largest geolocated video sharing platform, with thousands of videos from the best tracks around the world. You can use Kinomap for creating, hosting, sharing user-generated videos such as those of GPS cameras or common cameras coupled with GPS track from another device.



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.

**Note: only one user for each of these applications can be active at any one time. To switch between these applications, ensure you disconnect your Bluetooth device from the previous application by forgetting the device.**

#### 4.4 Bluetooth music function

**Ensure that treadmill is switched on.**

Wireless Bluetooth function can connect your MP3 devices: turn on Bluetooth on your device and search for “hnk\_audio” to connect, and then you can play your MP3 files. This works for both walking and running modes.

#### 4.5 Sleep function

When the treadmill is not in operation for more than 10 minutes, it goes into hibernation. The display turns off automatically. This works for both walking and running modes. Press any key to re active the unit to get it to standby mode.

#### 4.6 Description of error codes

ERROR CODE	DESCRIPTION	SOLUTION
E1	Communication problem between lower controller and console	Remove motor cover, check and reconnect any loose cable connections on circuit board
E2	No detection of motor signals	Remove motor cover, check and reconnect any loose cable connections on circuit board and motor
E5	Lower controller detects current overload	Check for reasons of overload; user weight exceeded, impediment to running belt or overheated motor (smell) etc. Use correct power source
E6	Lower controller detects abnormal voltage	Check for reasons of abnormal voltage; incorrect voltage source, damaged controller board etc. Use correct power source
E7	Treadmill does not operate	Locate safety key and put in place on the console

Please contact [customerservice@kathysuniverse.com](mailto:customerservice@kathysuniverse.com) for any further support

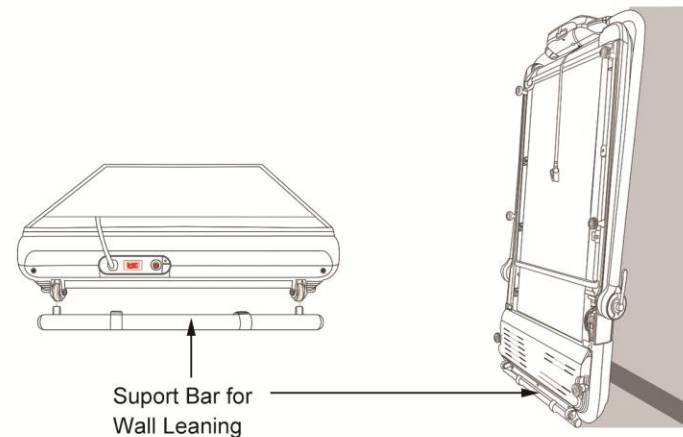
#### 4.7 Multifunction options

- **Sit ups strap & AB mat**

This treadmill includes an added function to enable sit ups, for a total body workout. Locate the sit ups strap and an AB (abdominal) mat amongst the parts list. Wrap the sit ups strap around the front part of the running deck and adjust its length to suit your feet before buckling it. Use the AB mat for your buttocks and it will support for your tailbone when you are doing the sit ups.

- **Support bar**

After use, you can stow away your treadmill horizontally under your sofa or bed. This treadmill includes a space saving option for vertical stowage. You can lean it against the wall with the help of a support bar - locate this item in your parts list. It comprises of a round metallic rod with 2 prongs which are rubberised. Insert these prongs above the wheels to clip it in position so it bears the weight of the treadmill when it is leaning against the wall. See pictures below:



**For video instructions of the above 2 multifunction options, please scan the QR code**

## 5. Routine Maintenance and Instructions

Warning: before cleaning, servicing or maintaining this treadmill, please ensure power plug of treadmill is pulled out.

### 5.1 Regular usage of treadmill

To better safeguard your treadmill and extend the life of the machine, it is recommended to let the treadmill rest for about 10 minutes after usage for 1 to 1.5 hours, especially for low speeds exercise.

### 5.2 Regular cleaning of treadmill

This will extend the useful life of the treadmill. Remove dust periodically in order to keep the parts clean. Be sure to clean running belt on both sides of the exposed parts, which will reduce the accumulation of dirt. The treadmill belt should be cleaned with a damp cloth avoiding wetting electrical components. Clean the motor at least once a year. Ensure power plug is disconnected before removing the motor cover.

### 5.3 Lubrication safeguards

Although the running belt does not generally need lubricating, it is recommended to add a little silicone oil after a long period of usage or when the belt feels dry or when it begins to squeak.

### 5.4 Running belt alignment and tightness

The alignment & tightness of the running belt is factory preset. With usage, these settings can drift away from their optimal positions.

#### Running belt alignment (belt drifting to left/right)

- Put electric treadmill flat on the ground.
- If the running belt is drifting towards the left, rotate the left adjusting bolt with 1/2 turn clockwise, then rotate the right adjusting bolt with 1/2 turn counter-clockwise. (Picture A)
- If the running belt is too much to the right, rotate the right adjusting bolt with 1/2 turn clockwise, then rotate the left adjusting bolt with 1/2 turn counter-clockwise. (Picture B)



Picture A

Picture B

Continue to tweak this until the belt stays in the middle.

#### Running belt tightness adjustment

After a period of time, the running belt will loosen due to general operation of the moving parts. Here are some adjustment steps to take for the continued safe use of the treadmill. So how do you know when to make these running belt adjustments?

- Belt slippage: during use, you may feel the occasional skidding pause which is a sign the running belt may be loosening. To confirm this is the case, move on to the next step.
- In the running mode, set the treadmill at a speed of 2mph. With both hands on the handrail frame, put one foot on the belt and apply some weight on it.
- If this doesn't stop the running belt, the tightness is appropriate.
- If the belt stops and the front roller is still running, it indicates that the belt is loose and adjustments must be made.
- To adjust the tightness of the running belt, turn both the adjustment bolts in a clockwise manner as pictured here.



For video instructions of the above,  
please scan the QR code