



Ksports Multifunctional Treadmill Instruction Manual

Model No. LJJ1001 Heavy Duty

Assembly, Usage, Maintenance Video Guide & Warranty Registration

Scan the "Video Guide" QR code on this page for video instructions.

New users: Register your warranty by scanning the "Warranty" QR code on this page.

Returns, Refunds and Package Tracking

For inquiries or assistance with returns, refunds, or to track your package, please directly contact your seller for prompt support.

Assembly or Technical Support

Encountering assembly issues or difficulties with your treadmill? Need clarification on operation and maintenance? Email us at customerservice@kathysuniverse.com.

We aim to respond within 12 hours.

Join our Product Testers Community & Follow Us on Instagram

Become a product tester and stay updated with our latest promotions and new products.

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Video Guide



Warranty



Product Testers



@ksportshome



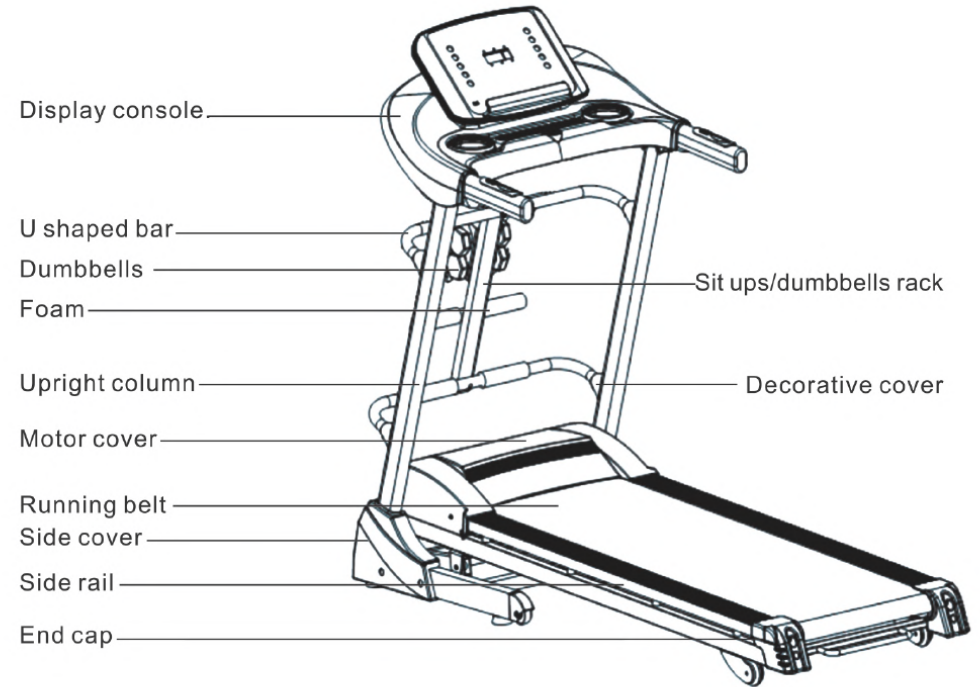
Please read this manual carefully before using the treadmill and keep it for future reference.

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1. Product Brief

Multi-functional electric treadmill



Technical Parameters		
No.	Parameters	Description
1	Input power voltage	AC110V (50/60Hz)
2	Motor power	2.5HP
3	Speed (mph)	0.5 – 10mph
4	Running surface	45.3 x 16.5in (1150 x 420mm)
5	Max user weight	308lb (140kg)
6	Product dimensions	60 x 27 x 49in (1530 x 685 x 1240mm)
7	Functions	Walking, jogging, running (sit ups, dumbbell exercises)

Parts List

No.	Name	Unit	Qty	Notes
1	Treadmill machine	set	1	
2	Sit ups/dumbbells rack	set	1	
3	Dumbbells	pc	2	
4	U shaped bars	pc	2	
5	Foams	pc	4	
6	Decorative covers	pc	4	
7	Side covers	pc	2	
8	AB mat	pc	1	
9	Tools package	set	1	in the accessories bag
10	Safety key / clip	pc	1	in the accessories bag
11	MP3 cable	pc	1	in the accessories bag
12	Silicone oil	pc	1	in the accessories bag
13	Instruction manual	pc	1	in the accessories bag

Tools Package List

No.	Name	Unit	Qty	Notes
1	#5 Hexagon wrench, 5mm	pc	1	
2	#6 Hexagon wrench, 6mm	pc	1	
3	Combination spanner	pc	1	
4	Bolt M8*22	pc	4	
5	Bolt M8*25	pc	2	
6	Bolt M8*35	pc	4	
7	Bolt M8*45	pc	2	
8	Bolt M8*50	pc	2	
9	M8 Nuts	pc	8	

2. Security Precautions and Warnings

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

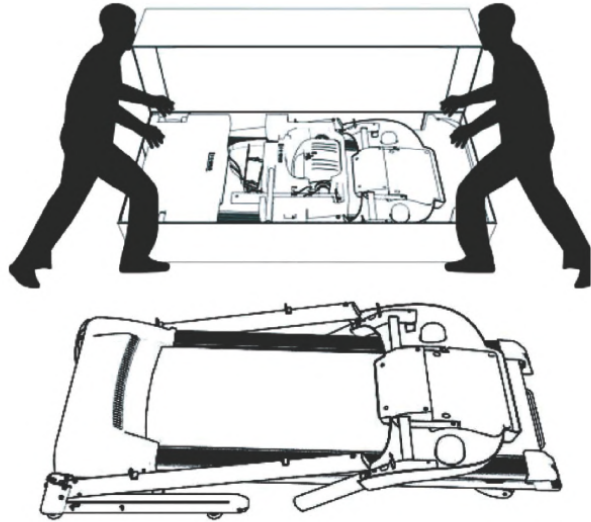
Warnings

- 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.
- 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 308lb, overloading may cause damage to treadmill.
- **Tips:** Before folding the treadmill, make sure that the gradient is "zero".

3. Assembly Steps

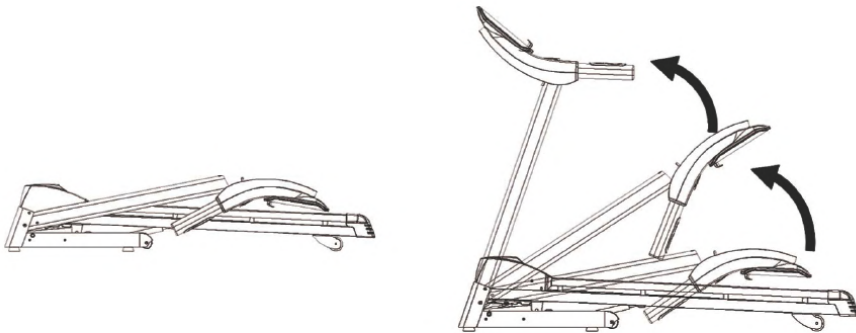
Step 3.1 Unboxing & contents check

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.



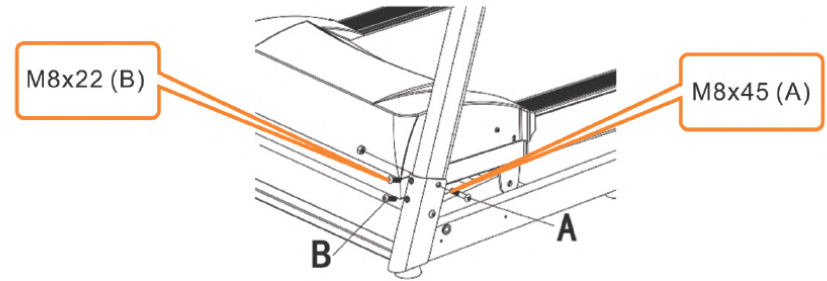
Step 3.2 Unfold the treadmill

Swivel up the columns & display console as pictured here.

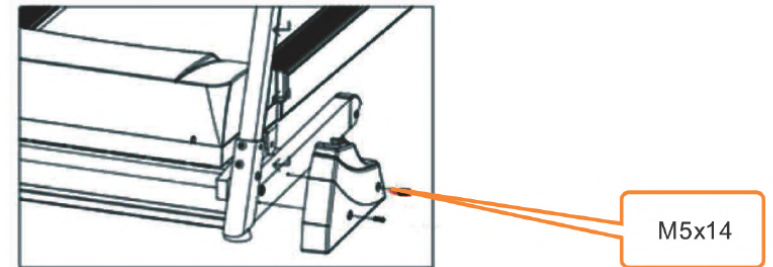


Step 3.3 Secure the columns

Step 3.3.1 Use the #5 hexagon wrench to secure bolts M8x45 (A) with M8 nuts and M8x22 (B) bolts through the columns in the base as pictured here.

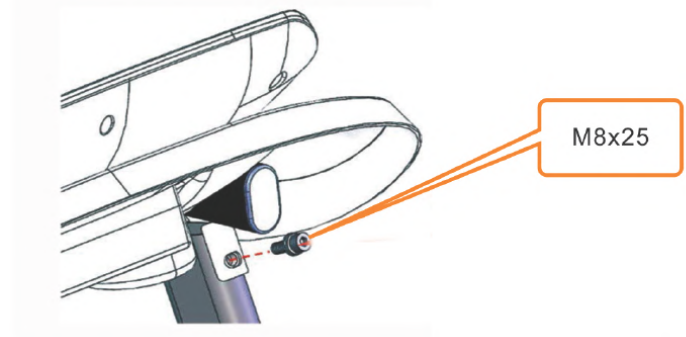


Step 3.3.2 Use the #6 hexagon wrench to secure the 2 side covers with the attached M5x14 bolts.



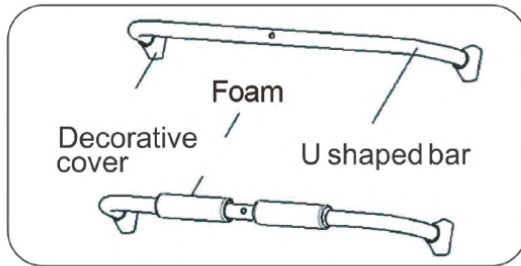
Step 3.4 Setup the display console

With the display console swiveled up in position, use the #6 hexagon wrench to lock the console frame on the columns with bolts M8x25.

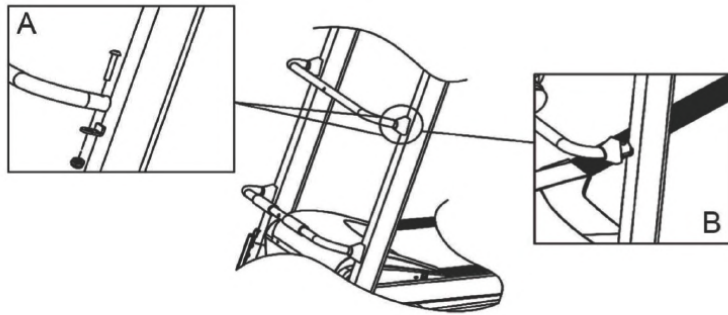


Step 3.5 Set up the sit ups rack

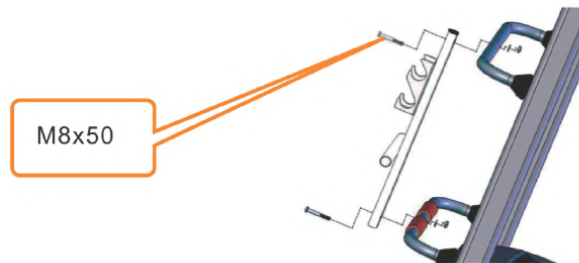
Step 3.5.1 Slide through the 2 foam pieces first and then 2 decorative covers on each of the U shaped bars as pictured here.



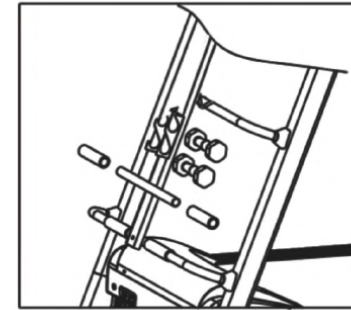
Step 3.5.2 Use the #5 hexagon wrench to secure the U shaped bars to the columns using M8x35 bolts and M8 nuts. Adjust the decorative covers in place on the columns.



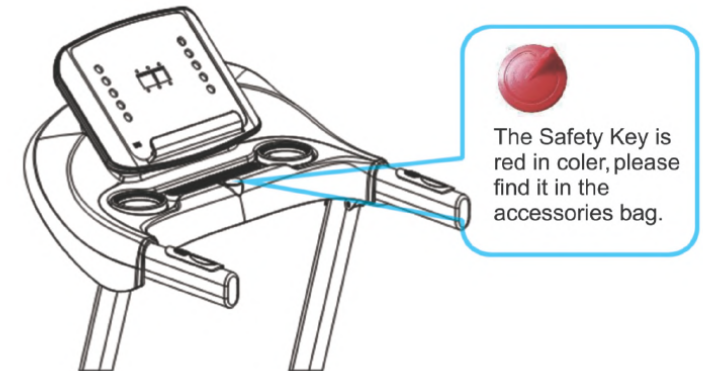
Step 3.5.3 Use the #5 hexagon wrench to secure the sit ups / dumbbells rack on the U shaped bars with M8x50 bolts and M8 nuts.



Step 3.5.4 Attach the two foam pieces on the frame and then put the dumbbells on the rack.



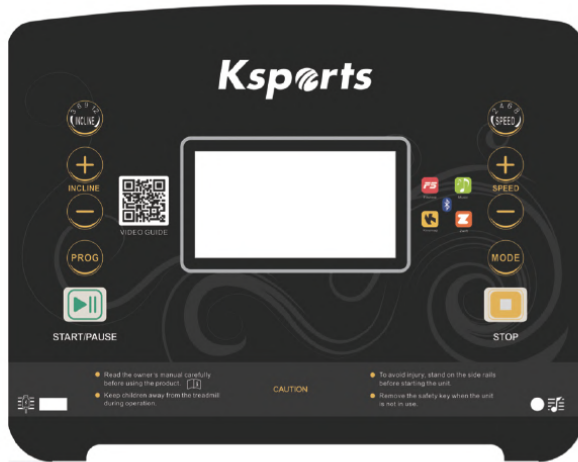
Step 3.5.5 Insert magnetic safety key - Place the safety key on the yellow circle on the console position as shown here. Please note treadmill will only function when the safety key is in place.



Note: Please confirm all the bolts are secured properly according to the instructions and ensure nothing is left out before turning on the power of the treadmill.

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

4. User Instructions



Scan QR Code for Video Instructions

4.1 Powering on the Treadmill

Ensure the power plug is securely inserted. Turn on the switch, identifiable by its red color. Upon activation, a light will illuminate, followed by a beep sound. The treadmill's screen will then light up.



4.1

4.2 Silicone Oil Bottle Safety

Store the silicone oil bottle in locations inaccessible to children. If the oil is ingested or comes into contact with eyes, rinse thoroughly with water and seek medical attention immediately.

4.3 Safety Key Advisory

The treadmill will only operate when the safety key is securely positioned on the designated yellow circle of the console. For your safety, always attach the safety key to your clothing while using the treadmill. In the event of a stumble or fall, the key's disengagement will promptly shut off the treadmill.

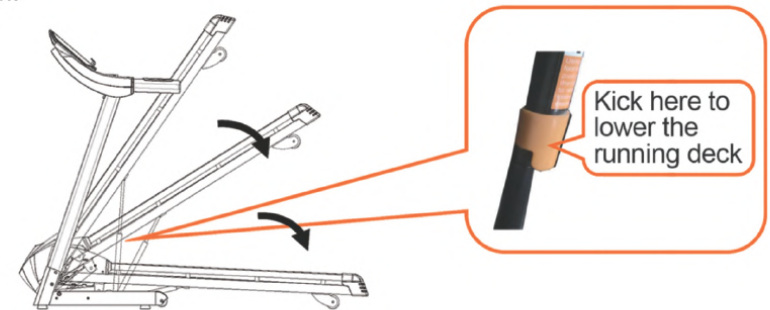
4.4 Folding and Unfolding Instructions

Folding the Treadmill

To conserve space, you can fold the treadmill. Before proceeding, ensure the treadmill is switched off and the power plug is removed. Adjust the gradient to a flat position (0). Gently lift the running deck upwards until you hear a confirming click.

Unfolding the Treadmill

To unfold, apply gentle pressure with your foot to the pneumatic rod as shown in the picture below. Grasp the running deck, and then slowly lower it to its original position.



4.5 Console Instructions

Start-up:

Upon initiating the treadmill, it commences its operation after a brief 3-second countdown.

Program selection

The treadmill offers a variety of workout programs:

- 3 manual programs (MODE)
- 12 automatic programs (PROG)
- 1 BMI (FAT) program: please refer to section 4.9

BUTTON FUNCTIONS

START/PAUSE

When the treadmill is powered on, press the START/PAUSE button to begin. If it's running, pressing START/PAUSE will pause it. While paused, time, distance, and calorie readings remain, but the speed resets to zero. To continue, press START/PAUSE again.

STOP

If the treadmill is active, pressing the STOP button will cease its operation entirely. All accumulated data will be reset to zero.

PROG (12 Automatic Programs)

When in standby mode, pressing this button cycles through options from manual mode to automatic program modes P1 to P12.

Program P1 – P12 Table

Program	Time	Set time/10 = Running time of each segment									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	2	5	4	4	3	3	3	3	2
	INCLINE	0	3	3	3	4	4	4	1	1	0
P2	SPEED	2	2	3	3	4	4	4	5	5	3
	INCLINE	2	2	2	3	3	3	3	4	4	2
P3	SPEED	1	3	5	7	6	7	5	1	2	1
	INCLINE	3	5	4	4	3	4	4	3	4	2
P4	SPEED	2	2	4	5	6	5	4	3	2	2
	INCLINE	0	3	3	2	2	5	5	3	3	2
P5	SPEED	2	5	5	5	7	6	6	4	4	3
	INCLINE	3	5	3	4	2	3	4	2	3	2
P6	SPEED	1	5	4	3	7	6	4	2	2	1
	INCLINE	3	4	5	6	3	5	5	6	4	3
P7	SPEED	1	8	8	6	6	5	4	2	1	1
	INCLINE	0	3	3	3	4	4	4	1	1	0
P8	SPEED	1	3	3	3	4	5	7	7	5	1
	INCLINE	1	1	4	4	4	5	5	4	3	2
P9	SPEED	1	3	4	4	5	4	5	2	2	1
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	1	4	6	4	7	5	4	1	3	2
	INCLINE	1	5	6	8	12	9	10	9	5	3
P11	SPEED	1	4	5	6	7	8	8	4	2	1
	INCLINE	3	5	6	8	6	5	8	7	5	2
P12	SPEED	1	2	4	5	7	5	8	5	4	2
	INCLINE	5	7	5	8	6	5	9	10	6	2

MODE

While in standby, press this button to cycle through the three countdown running modes:

1) Time, 2) Distance, and 3) Calories. Use the SPEED + and SPEED – buttons to adjust the desired value.

INCLINE +/-

Press these buttons to adjust the incline of the treadmill either up or down.

INCLINE 3/6/9/12

Press this shortcut button to directly set the incline to 3, 6, 9, or 12.

SPEED +/-

Press these buttons to adjust the speed of the treadmill either up or down.

SPEED 2/4/6/8

Press this shortcut button to directly set the speed to 2, 4, 6, or 8.

DISPLAY FUNCTIONS

Speed Display

Display the current running speed value.

TIME

Displays the elapsed running time.

Distance Display

Display cumulative distance under manual mode and programs.

Display the distance countdown in automatic mode.

Calories Display

Display cumulative calorie under manual mode and programs.

Display the calorie countdown in automatic mode.

PULSE

Displays the heart rate after briefly holding the sensor on the handrails.

Note: This data is indicative only and should not be used for medical diagnoses.

4.6 MP3 Functions

Ensure the treadmill is switched on and then press the **START/PAUSE** button. There are 2 ways of using the MP3 functions with the treadmill's speakers:

- **Wired (Auxiliary):** Use the provided MP3 cable to connect your MP3 device to the treadmill's auxiliary port.
- **Wireless (Bluetooth):** Activate Bluetooth on your device. Search for and select “**hnk_audio**” to pair. Once connected, you can stream MP3 files through the treadmill's speakers.

4.7 Bluetooth Apps Functions

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.

Note: please 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.



4.8 USB Phone Charging Function

This treadmill is equipped with a USB port for convenient device charging. Connect your phone or tablet with a standard USB cable to stay powered up during your workout.

4.9 Body Mass Index Calculation (FAT)

From standby mode, press the PROG button continuously, cycling beyond the 12 workout programs. When you see “FAT” displayed on the window, you've accessed the BMI calculation function. Use the MODE button to toggle between Gender, Age, Height, and Weight settings, and the SPEED +/- buttons to adjust these parameters.

Parameter Details:

Gender: Male: 1 & Female: 2

Age: Ranges from 10 to 99 years

Height: Ranges from 100 to 200 cm

Weight: Ranges from 20 to 150 kg

After setting all parameters, place both hands firmly on the handlebars, covering the pulse monitors. In a few moments, your BMI result will be displayed on the screen.

4.10 Ensuring Treadmill Motor Longevity

For optimal performance and to safeguard the treadmill's motor, we recommend limiting continuous use to 60 minutes. After this duration, please allow the machine to rest for 10 minutes. This practice aids in prolonging the motor's lifespan.

4.11 Sleep Function

If the treadmill is stopped and being inactive for more than 2 minutes, the system is reset to the standby state. When this remains for 10 minutes or more, the system turns off all displays and enters into the sleep mode. Press any key to wake up the machine.

4.12 Sit Ups Function

This treadmill includes an added function to enable sit ups, for a total body workout. Locate the Ab (abdominal) mat amongst the Parts List. Use the Ab mat for your buttocks and it will support your tailbone when you are doing the sit ups. Anchor your feet on the sit ups rack to perform your sit ups.

5. Routine Maintenance

4.13 Translation of Error Codes

Error Code	Description	Solution
E01	Communication problem between lower controller and console	Remove motor cover, check and reconnect any loose cable connections on circuit board
E02	No detection of motor signals	Remove motor cover, check any loose cable connections on circuit board and motor
E05	Lower controller detects current overload	Check for reasons of overload: user weight exceeded, impediment to running belt or overheaded motor (smell) ect. Use correct power source
E06	Lower controller detects abnormal voltage	Check for reasons of abnormal voltage: incorrect voltage source, damaged controller board etc. Use correct power source
E07	Treadmill does not operate	Locate safety key and put in place on the console

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. 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.

- **Warning:** Always ensure the power plug of the treadmill is disconnected before cleaning, servicing, or maintaining the machine.

5.1 Regular Cleaning of Treadmill

Consistent cleaning prolongs the electric treadmill's lifespan.

- **Dust Removal:** Regularly remove dust to ensure all parts remain clean.
- **Running Belt:** Clean the exposed areas of the running belt on both sides to reduce dirt accumulation. Only use clean apparel & footwear on the treadmill.
- **Cleaning Method:** Wipe the belt with a damp cloth and soap. Be cautious not to wet the electrical components.
- **Motor Unit:** Annually clean the motor unit. Always disconnect the power plug before opening the motor cover.

5.2 Lubricating Running Belt & Additional Safeguards

This electric treadmill's running board & belt have been **pre lubricated at the factory**. Friction between the running belt and running board has a great influence on the life and performance of the treadmill, therefore regular application of the lubricant is recommended.

Lubrication frequency:

- Light user <3 hours a week - once per month;
- Frequent user > 7 hours a week - once every half month

Steps for Lubricating the running belt

- Cut open the spout on the silicone oil bottle (Picture 1).
- Identify the small caps on both the left & right end covers (Picture 2).
- Carefully prise open the caps (Picture 3).
- Dispense silicone oil into the oil guides, approximately 1/3 of the bottle (Picture 4).
- Set treadmill speed to 2-3mph and walk for a few minutes, ensuring even oil distribution.



Picture 1



Picture 2



Picture 3



Picture 4

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

5.3 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 belt drifts to the left: Turn the left adjusting bolt 1/2 turn clockwise and the right adjusting bolt 1/2 turn counter-clockwise (Picture A).
- If the belt drifts to the right: Do the opposite (Picture B).
- Adjust as necessary to keep the belt centered.



Picture A

Picture B

Continue to tweak this until the belt stays in the middle

Running belt tightness/tension 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;
- Run the treadmill at a speed of 1mph and with both hands on the handle bars, 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 running belt stops and the motor belt and front roller are still running, it indicates that the running belt is loose and adjustments must be made.
- To adjust the tightness of the running belt, turn both the adjustment bolts in a 1/2 turn clockwise manner as pictured here. Repeat if necessary.



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