

## Ksports KSU3101

# Ksports 3-in-1 Folding Electric Treadmill

**USER MANUAL - MODEL: KSU3101**

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## Introduction

Thank you for choosing the Ksports 3-in-1 Folding Electric Treadmill. This manual provides essential information for the safe and effective operation, assembly, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before initial use and retain it for future reference.



This image illustrates the versatility of the Ksports 3-in-1 Folding Electric Treadmill, showcasing its use for running, walking, and sit-up exercises. It also depicts the compact folded state for storage.

## Important Safety Information

To reduce the risk of serious injury, always read and follow all warnings and instructions before using this treadmill. Keep children and pets away from the equipment during operation. Consult a physician before beginning any exercise program.

- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it.
- Always wear appropriate athletic footwear.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Keep hands and feet clear of the running belt and moving parts.
- Use the safety key clip at all times during operation.
- Maximum user weight capacity: 308 Pounds (140 kg).

## Included Components

The Ksports 3-in-1 Folding Electric Treadmill package includes the following:

- Treadmill base
- Motor housing
- Ab mat
- Sit up strap
- Desk (adjustable and removable)
- Manual incline components
- User manual
- Warranty documentation
- 1 CR2032 battery (included for remote/display)

## Assembly & Setup

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The Ksports 3-in-1 Folding Electric Treadmill comes largely pre-assembled. Minimal setup is required to begin your workout.

1. **Unpacking:** Carefully remove all components from the packaging. Place the treadmill on a flat, stable surface.
2. **Unfolding:** Gently lift the handlebar assembly until it locks into the upright position. Ensure all locking mechanisms are securely engaged.
3. **Attaching the Desk:** If desired, attach the adjustable desk to the designated slots on the handlebar assembly. Adjust the height to your preference (41-46 inches).
4. **Power Connection:** Plug the power cord into a grounded electrical outlet.

# BLUETOOTH MUSIC & SPORTS APPS



This image illustrates the adjustable and removable desk feature of the treadmill, showing a user working on a laptop while walking. It highlights the height adjustment range of 41 to 46 inches.

## Operating Instructions

Familiarize yourself with the control panel and various modes before starting your workout.

### Control Panel & Displays

The treadmill features dual LED displays for comprehensive workout tracking.

- **Upper Display:** Shows Time, Speed, Distance, and Calories.
- **Lower Display:** Primarily shows Speed, especially when the handlebars are folded down.

# Two Displays: Tailored Tracking for Every Mode



This image highlights the dual LED displays of the treadmill, providing tailored tracking for different modes. The upper display shows time, speed, distance, and calories, while the lower display shows speed.

## Modes of Operation

- **Walking Mode:** Speed range 0.6 - 3.8 MPH. Ideal for casual walking or working while walking.
- **Running Mode:** Speed range 0.6 - 7.8 MPH. Suitable for jogging and running workouts.

## Speed Adjustment

Use the speed control buttons on the console or the wrist remote to increase or decrease the belt speed.



# TREADMILL CONTROL AT YOUR WRIST



## **Walking Mode**

- **Speed: 0.6-3.8 MPH**
- **8-shock Absorbers**
- **5-Layer Anti-slip Running Belt**



This image shows a user operating the treadmill in walking mode, controlled by a wrist remote. It emphasizes the walking speed range (0.6-3.8 MPH), 8-shock absorbers, and the 5-layer anti-slip running belt.

## **Manual Incline Adjustment**

The treadmill features a manual incline option to increase workout intensity. Adjust the incline by manually positioning the support legs at the rear of the treadmill to the desired level (0% or 5% incline).

# BOOST CALORIES BURNT: 0% & 5% INCLINE OPTIONS



This image highlights the manual incline adjustment feature of the treadmill, illustrating the difference between a flat (0%) and an inclined (5%) running surface to boost calorie burn.

## Preset Programs & Countdown Modes

Choose from 12 preset workout programs (P1-P12) or utilize the 3 countdown modes (Time, Calories, Distance) for structured workouts.



This image details the treadmill's 12 preset workout programs and 3 countdown modes (time, calories, distance). It also shows the included ab mat and sit-up strap for additional exercises.

### Bluetooth Connectivity & App Integration

Connect your device via Bluetooth to stream music or integrate with popular fitness applications like Kinomap, Fitshow, and Zwift for an enhanced workout experience.



# Adjustable & Removable Desk



Adjustable Height :  
41in – 46in

This image demonstrates the treadmill's Bluetooth connectivity, allowing users to connect to music and popular fitness applications such as Kinomap, Fitshow, and Zwift for an interactive workout experience.

## Using Ab Mat & Sit-Up Strap

For a full-body workout, utilize the included ab mat and sit-up strap. Position the ab mat on the treadmill belt and secure your feet with the strap for effective abdominal exercises.

## Folding & Storage

The Ksports treadmill is designed for easy folding and compact storage, making it suitable for homes with limited space.

1. **Folding the Handlebar:** Release the locking mechanisms on the handlebar assembly and gently lower it until it rests flat against the treadmill deck.
2. **Vertical Storage:** Once folded, the treadmill can be tilted and rolled on its transport wheels for upright storage against a wall.
3. **Horizontal Storage:** For even more compact storage, the treadmill can be slid under a bed or sofa.



This image demonstrates the easy folding mechanism of the treadmill, allowing it to be stored upright against a wall or horizontally under a bed or sofa, emphasizing its space-saving design.

## Maintenance

Regular maintenance ensures the longevity and optimal performance of your treadmill.

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Belt Lubrication:** Periodically check the running belt for proper lubrication. Refer to the specific instructions in your warranty documentation for recommended lubrication frequency and type.
- **Belt Tension & Alignment:** Ensure the running belt is properly tensioned and centered. Adjust as needed following the instructions in the detailed user manual provided with the product.
- **General Inspection:** Regularly inspect all nuts and bolts for tightness and tighten if necessary.

## Troubleshooting

This section addresses common issues you might encounter with your treadmill.

Problem	Possible Cause	Solution
Treadmill does not power on	Power cord not plugged in; Safety key not in place; Circuit breaker tripped.	Ensure power cord is securely plugged in; Insert safety key fully; Reset circuit breaker.
Running belt slips or hesitates	Belt too loose; Belt needs lubrication.	Adjust belt tension; Lubricate the running belt.
Unusual noise during operation	Loose components; Motor issue; Belt friction.	Check and tighten all bolts; Contact customer support if motor noise persists; Lubricate belt.
Display not working correctly	Loose cable connection; Battery issue (for remote/lower display).	Check all cable connections; Replace CR2032 battery if applicable.

For issues not listed here or if solutions do not resolve the problem, please refer to the detailed troubleshooting guide in your product's warranty documentation or contact Ksports customer support.



## Specifications

Feature	Detail
Model Number	KSU3101
Product Dimensions (L x W x H)	135.89 x 70.1 x 116.84 cm (53.5 x 27.6 x 46 inches)
Item Weight	37.2 kg (82 lbs)
Maximum Weight Capacity	308 Pounds (140 kg)
Motor Horsepower	2.5 Horsepower
Speed Range	0.6 - 7.8 MPH
Incline Type	Manual (0% and 5% options)
Number of Programs	12 Preset Programs
Display Type	LED (Dual Displays)
Connectivity	Bluetooth
Frame Material	Alloy Steel
Color	Black
Power Source	Corded Electric

## Warranty and Support

Your Ksports 3-in-1 Folding Electric Treadmill comes with a manufacturer's warranty. Please refer to the dedicated warranty documentation included in your product package for detailed information regarding coverage, terms, and conditions. For technical support or service inquiries, please contact Ksports customer service through the contact information provided in your warranty documentation or on the official Ksports website.

Related Documents

	<p><a href="#">Ksports LJJ1001 Heavy Duty Multifunctional Treadmill Instruction Manual</a></p> <p>Comprehensive instruction manual for the Ksports LJJ1001 Heavy Duty Multifunctional Treadmill, covering product brief, safety precautions, assembly, user instructions, and maintenance.</p>
	<p><a href="#">Ksports AEP1001 Multifunctional Treadmill Instruction Manual</a></p> <p>Comprehensive instruction manual for the Ksports AEP1001 Multifunctional Treadmill, covering assembly, operation, safety precautions, and troubleshooting. Includes detailed parts lists, assembly steps, and display panel guidance.</p>