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> [LIKESPORTING LS1 2-in-1 Folding Electric Treadmill \(Max 6km/h\) User Manual](#)

LIKESPORTING LS1

LIKESPORTING LS1 2-in-1 Folding Electric Treadmill (Max 6km/h) User Manual

Model: LS1 | Brand: LIKESPORTING

1. IMPORTANT SAFETY INSTRUCTIONS

Before operating this treadmill, please read all instructions carefully. Keep this manual for future reference.

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clear space around the treadmill (at least 2 meters behind and 0.6 meters on each side).
- Do not allow children or pets near the treadmill while it is in use.
- Always use the emergency stop key. Attach the clip to your clothing before starting your workout.
- Consult a physician before starting any exercise program.
- Wear appropriate athletic footwear.
- Do not use the treadmill if you feel dizzy, faint, or experience pain. Stop immediately.
- Unplug the treadmill from the power outlet when not in use, before cleaning, or before performing maintenance.
- Keep hands and feet away from all moving parts.

2. PACKAGE CONTENTS

Carefully unpack the box and ensure all items are present:

- LIKESPORTING LS1 Treadmill
- Remote Control
- User Manual
- Tool Kit

3. PRODUCT OVERVIEW

The LIKESPORTING LS1 is a versatile 2-in-1 folding electric treadmill designed for home use, offering both walking and light jogging modes. Its compact design and integrated features make it suitable for various living spaces.

Key Features:

- **2-in-1 Design:** Functions as an under-desk walking pad (1-3 km/h) and a sport treadmill (1-6 km/h).
- **LED Display:** Real-time tracking of time, speed, distance, and calories burned.
- **Bluetooth Connectivity:** Integrated speaker for audio playback during workouts.
- **Quiet 550W Motor:** Provides smooth operation with low noise levels.
- **5-Layer Running Belt:** Anti-slip and shock-absorbing material for joint protection and durability.
- **Remote Control:** Wireless control for speed adjustments and start/stop functions.
- **Space-Saving Design:** No assembly required, foldable, and equipped with transport wheels for easy storage under furniture.
- **Wooden Frame:** Eco-friendly natural wood frame design.



Figure 3.1: The LIKESPORTING LS1 Treadmill in its two operational modes: walking for work (1-3 km/h) and jogging for sport (1-6 km/h).



BALANCE

WORK & EXERCISE

Figure 3.2: Illustration of the treadmill's quiet and powerful 550W motor, designed for smooth performance.

**EXTRA WIDE RUNNING
AREA DESIGN**



Ours

Running Belt Percentage



VS

Others

Running Belt Percentage



Figure 3.3: The 5-layer running belt construction, providing anti-slip properties and impact reduction for user safety and comfort.

SMART REMOTE CONTROL

Hidden design, Convenient for remote control storage, Preventing loss



Figure 3.4: The large LED display provides real-time exercise data including time, speed, distance, and calories, with integrated Bluetooth for audio.



Figure 3.5: Detailed view of the treadmill's shock-absorbing structure and multi-layer belt, designed for cushioned comfort and a maximum weight capacity of 120 kg.



Figure 3.6: The treadmill features an extra-wide running area measuring 1050 mm in length and 420 mm in width, providing ample space for comfortable exercise.

TRANSPORTATION BUILT-IN WHEELS

Easy to move and place under the sofa, corner or bed, saving space.



Figure 3.7: The treadmill's compact dimensions and built-in transport wheels allow for easy movement and storage under furniture, such as a sofa.

4. SETUP INSTRUCTIONS

The LIKESPORTING LS1 treadmill requires no assembly. Simply remove it from the packaging, place it in your desired location, and connect it to a power source.

1. **Unpack:** Carefully remove the treadmill and all accessories from the box.
2. **Position:** Place the treadmill on a firm, level surface. Ensure there is sufficient clear space around the unit for safe operation.
3. **Connect Power:** Plug the power cord into a grounded electrical outlet.
4. **Insert Emergency Stop Key:** Place the emergency stop key into its designated slot on the control panel. Attach the clip to your clothing. The treadmill will not operate without the emergency stop key in place.

5. OPERATING INSTRUCTIONS

The treadmill is controlled via the wireless remote control.

5.1 Remote Control Functions

- **Start/Stop Button:** Press to start or stop the treadmill belt.
- **Speed +/- Buttons:** Adjust the speed of the treadmill. Speed ranges from 1 km/h to 6 km/h.
- **Mode Button (if applicable):** Switch between walking mode (1-3 km/h) and sport mode (1-6 km/h).

**Hidden design, Convenient for
remote control storage,
Preventing loss**



Figure 5.1: The wireless remote control for operating the treadmill.

2 in 1 Under Desk Treadmill



Figure 5.2: The treadmill features a hidden storage design for the remote control, preventing loss and ensuring easy access.

5.2 Starting a Workout

1. Ensure the treadmill is plugged in and the emergency stop key is correctly inserted.
2. Stand on the side rails of the treadmill, not on the belt.
3. Press the "Start" button on the remote control. The treadmill will typically start at a low speed.
4. Carefully step onto the moving belt.
5. Use the speed +/- buttons to adjust to your desired pace.

5.3 Stopping a Workout

1. Press the "Stop" button on the remote control. The belt will gradually slow down and stop.
2. Alternatively, pull the emergency stop key to immediately stop the treadmill. This should only be used in emergency situations.
3. Once the belt has completely stopped, step off the treadmill.

5.4 Bluetooth Functionality

To connect your device to the treadmill's integrated speaker:

1. Turn on the treadmill.
2. Enable Bluetooth on your mobile device.
3. Search for "LIKESPORTING" or a similar device name in your device's Bluetooth settings.
4. Pair your device. Once connected, audio will play through the treadmill's speakers.

6. MAINTENANCE

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

6.1 Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the display and exterior surfaces with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- Periodically vacuum underneath the treadmill to prevent dust buildup.

6.2 Running Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific instructions provided with your lubrication kit (included in the tool kit) for frequency and application method. Generally, lift the edge of the belt and apply silicone lubricant to the deck underneath.

6.3 Running Belt Adjustment

If the running belt becomes off-center or slips, it may need adjustment. Use the provided Allen wrench to turn the tension bolts at the rear of the treadmill. Turn clockwise to tighten or counter-clockwise to loosen. Adjust in small increments (quarter turns) and test the belt after each adjustment until it is centered and properly tensioned.

7. TROUBLESHOOTING

Refer to this section for common issues and their solutions.

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Treadmill does not start.	Not plugged in; Emergency stop key not inserted; Power switch off.	Ensure power cord is securely plugged in; Insert emergency stop key; Turn on the power switch.
Running belt slips or hesitates.	Belt too loose; Insufficient lubrication.	Adjust belt tension (refer to Section 6.3); Lubricate the running belt (refer to Section 6.2).
Unusual noise during operation.	Loose components; Belt friction; Motor issue.	Check for and tighten any loose screws; Lubricate the belt; If noise persists, contact customer support.
Remote control not responding.	Dead batteries; Remote out of range; Interference.	Replace remote control batteries; Ensure remote is within operating range; Remove any obstructions.

If you encounter issues not listed here or if solutions do not resolve the problem, please contact LIKESPORTING customer support.

8. SPECIFICATIONS

Feature	Detail
Model Number	LS1
Product Dimensions (L x W x H)	126.2 x 52.2 x 12.2 cm (49.72 x 20.55 x 4.8 inches)
Folded Dimensions (L x W x H)	126.2 x 52.2 x 12.2 cm (49.72 x 20.55 x 4.8 inches) - <i>Note: This model is designed to be flat, not vertically foldable.</i>
Running Area	1050 x 420 mm (41.3 x 16.5 inches)
Item Weight	21 kg (46.3 lbs)
Maximum Speed	6 km/h (3.7 mph)
Motor Horsepower	550 Watts
Maximum User Weight	120 kg (264 lbs)
Frame Material	Wood
Belt Material	Acrylonitrile Butadiene Styrene (ABS), Iron
Power Source	Corded Electric
Assembly Required	No

9. WARRANTY AND SUPPORT

For warranty information, product support, or to purchase replacement parts, please refer to the warranty card included with your product or visit the official LIKESPORTING website. You may also contact LIKESPORTING customer service directly for assistance.

Contact Information: Please refer to the contact details provided on the product packaging or the official LIKESPORTING website.

