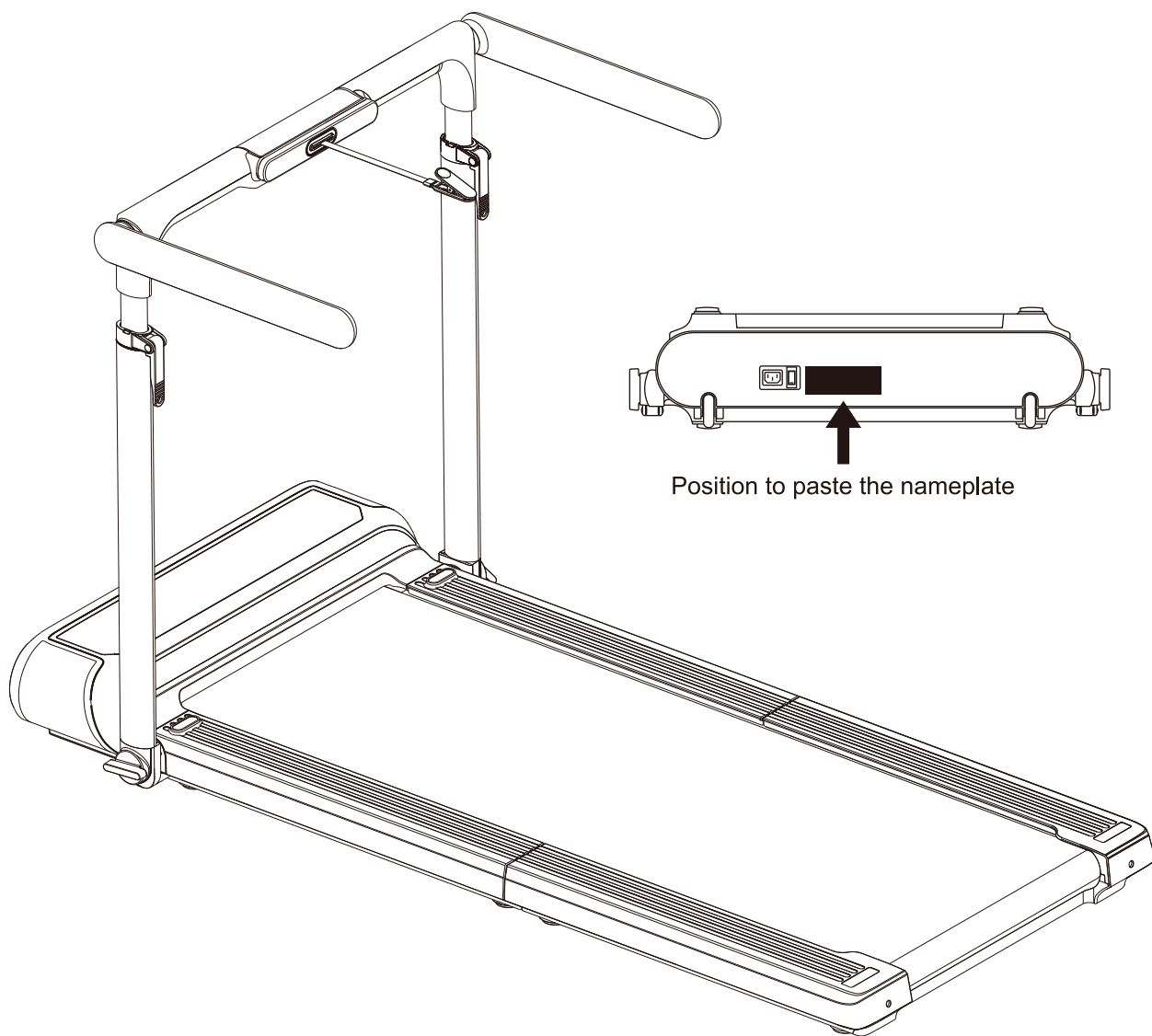


# KINGSMITH WalkingPad Treadmill

## MX3

### USER MANUAL



#### **WARNING**

Please be careful to avoid slipping and injury when using. Don't let children approach or use this equipment. The equipment has an innovative folding design. Mind your hands when folding/unfolding it. Please read the user manual carefully before using the product. Keep it properly for future reference.



Scan the QR code for more languages



Scan the QR code for app download



# Safety Precautions

---

Thank you for choosing the KINGSMITH WalkingPad treadmill (hereinafter referred to as "the equipment", "the product", etc.). To ensure that you fully understand and use this product correctly, please read the following instructions carefully before use.

## **DANGER** - TO REDUCE THE RISK OF ELECTRICAL SHOCK:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

## **WARNING** - TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- 1) An appliance should never be left unattended when not in use, and before putting on or taking off parts.
- 2) Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 3) Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- 4) The appliance is intended for consumer and residential use only. Do not use outdoors. Do not use attachments not recommended by the manufacturer.
- 5) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- 6) Do not carry this appliance by supply cord or use cord as a handle.
- 7) Keep the cord away from heated surfaces.
- 8) Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 9) Never drop or insert any object into any opening.
- 10) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 11) To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- 12) Connect this appliance to a properly grounded outlet only.
- 13) If you feel uncomfortable, please stop exercising immediately and consult a doctor to avoid damage to your health.
- 14) Ensure there is a distance of at least 78.7 in.×39.4 in. (2000 mm×1000 mm) behind the appliance and a distance of at least 19.7 in. (500 mm) on both sides.
- 15) Wear a sport suit to use the appliance and exercise according to your own condition. Do not exercise barefoot or in socks only.
- 16) Do not wear loose or dangling clothing while using the product.
- 17) Care should be used when mounting or dismounting the product.
- 18) Do not operate electrically powered equipment in damp or wet locations.
- 19) Do not stand or step on the head of the equipment.
- 20) Do not use this equipment with, near or around pets.
- 21) Do not use this equipment in a non-forward posture to ensure stability.
- 22) The elderly, children, and pregnant women Must use this product with caution. Please consult a doctor and obtain relevant guidance before using this appliance.
- 23) Do not fold this appliance when the power is on. Otherwise, it may affect the service life of the product and lead to other safety hazards.
- 24) Store the appliance as instructed in the manual for safety.
- 25) Do not exceed maximum specified user weight.
- 26) Clean the belt regularly to keep the top side of the moving surface clean and dry.
- 27) Do not get on or off this appliance when it is running to prevent accidents.
- 28) Avoid exposing this appliance to direct sunlight. Keep it in a cool and dry place.
- 29) Do not use the equipment in a humid environment or rain as it is not water-resistant.
- 30) Never continuously use the appliance beyond the specified duration. Take a 20-minute break before using it again to extend the lifespan of the appliance.
- 31) For optimal performance and stability, use the appliance on a level solid surface and ensure there are no obstructions underneath it.
- 32) **WARNING!** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
- 33) In an emergency, remove the safety key to stop the equipment. Hold onto the handrail and step off the anti-slip side strip when the equipment comes to a complete stop.
- 34) Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.

- 
- 35) Even used batteries may cause severe injury or death.
  - 36) Call a local poison control center for treatment information.
  - 37) The compatible battery type is CR2032.
  - 38) The nominal battery voltage is 3V.
  - 39) Non-rechargeable batteries are not to be recharged.
  - 40) Do not force discharge, recharge, disassemble, heat above 104°F or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.
  - 41) Ensure the batteries are installed correctly according to polarity (+ and -).
  - 42) Do not mix old and new batteries, different brands or types of batteries, such as alkaline, carbon-zinc, or rechargeable batteries.
  - 43) Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.
  - 44) Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.

## WARNING



**INGESTION HAZARD:** This product contains a button cell or coin battery.  
DEATH or serious injury can occur if ingested.

A swallowed button cell or coin battery can cause Internal Chemical Burns in as little as 2 hours.  
**KEEP new and used batteries OUT OF REACH of CHILDREN.**

Seek immediate medical attention if a battery is suspected to be swallowed or inserted inside any part of the body.

1. Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.
2. Even used batteries may cause severe injury or death.
3. Call a local poison control center for treatment information.
4. The compatible battery type is CR2032.
5. The nominal battery voltage is 3V.
6. Non-rechargeable batteries are not to be recharged.
7. Do not force discharge, recharge, disassemble, heat above 104°F or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.
8. Ensure the batteries are installed correctly according to polarity (+ and -).
9. Do not mix old and new batteries, different brands or types of batteries, such as alkaline, carbon-zinc, or rechargeable batteries.
10. Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.
11. Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.

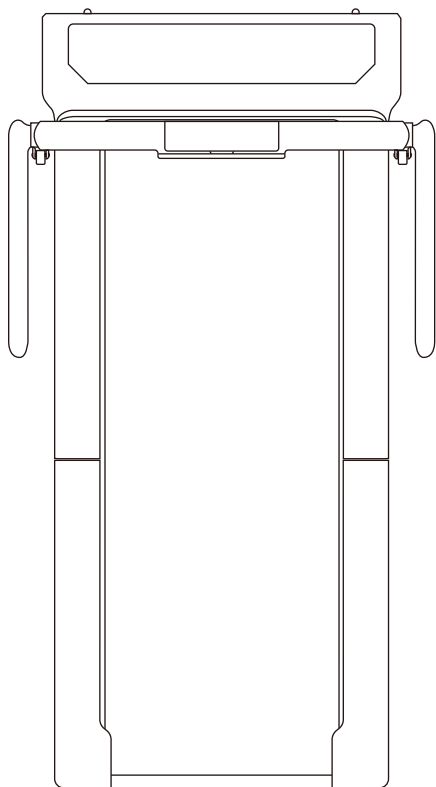
# Contents

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# 1. Product Introduction

Unpack the product and check the contents inside. If there is any damage or missing parts, please contact the seller.



Treadmill×1

## 01 Tech Specs

Product name	Motorized Treadmill	Belt size	47.2 inch×17.3 inch
Model	MX3		1200 mm×440 mm
Speed range	1-7.5 mph 1-12 km/h	Unfolded size	57.8 inch×31.5 inch×32.9 inch
Max user weight	265 lbs / 120 kg		1468 mm×800 mm×836 mm
Net weight	91.5 lbs / 41.5 kg	Folded size	40.3 inch×31.5 inch×7.7 inch
Rated voltage	100-125 V~		1023 mm×800 mm×195 mm
Rated frequency	50 / 60 Hz	Class	For consumer use only
Rated power	735 W	Age range	14 years and above
Speed control	Manual/Automatic	Exercise modes	Walking/Running

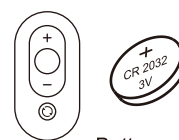
## 02 Packing List



Handle×2



Power cord×1



Battery×1  
Remote control×1



Wristband×1



Safety key×1



Allen key×1

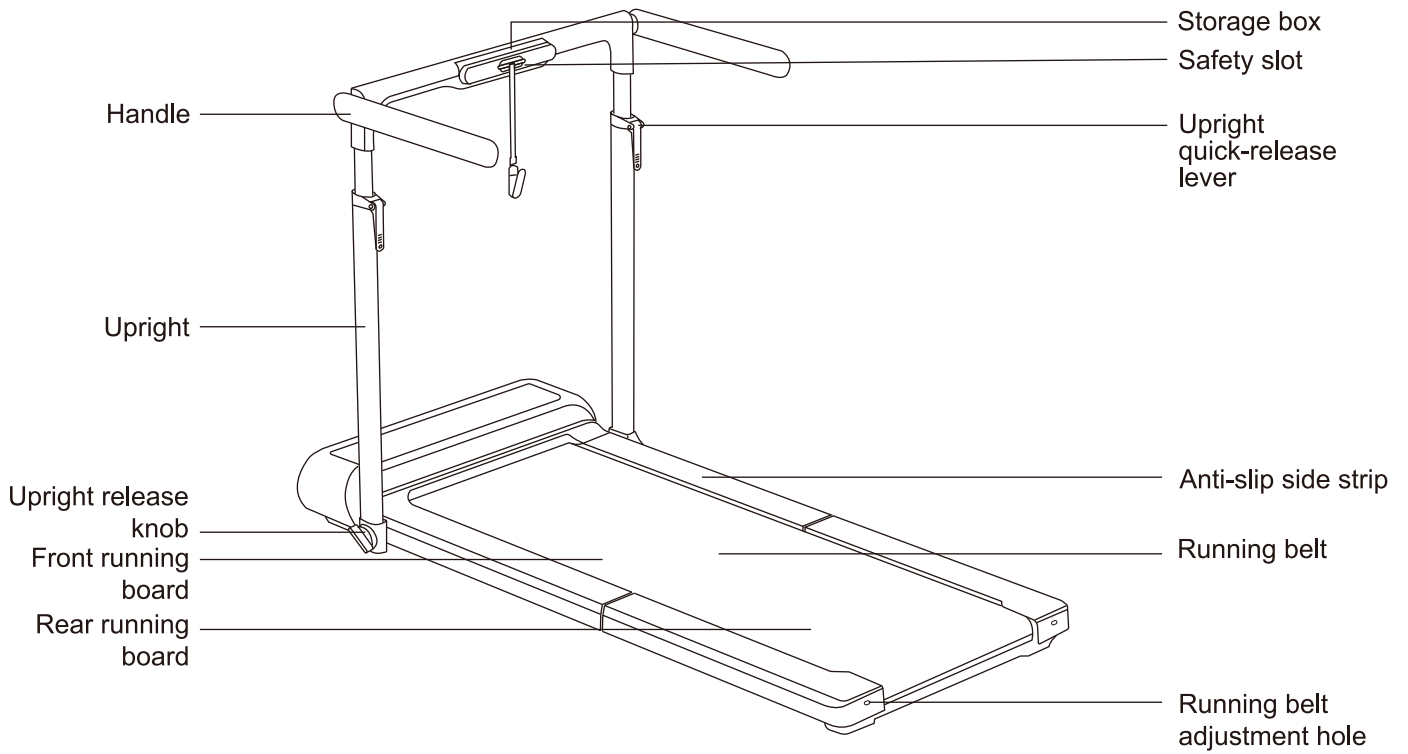


Silicone oil×1

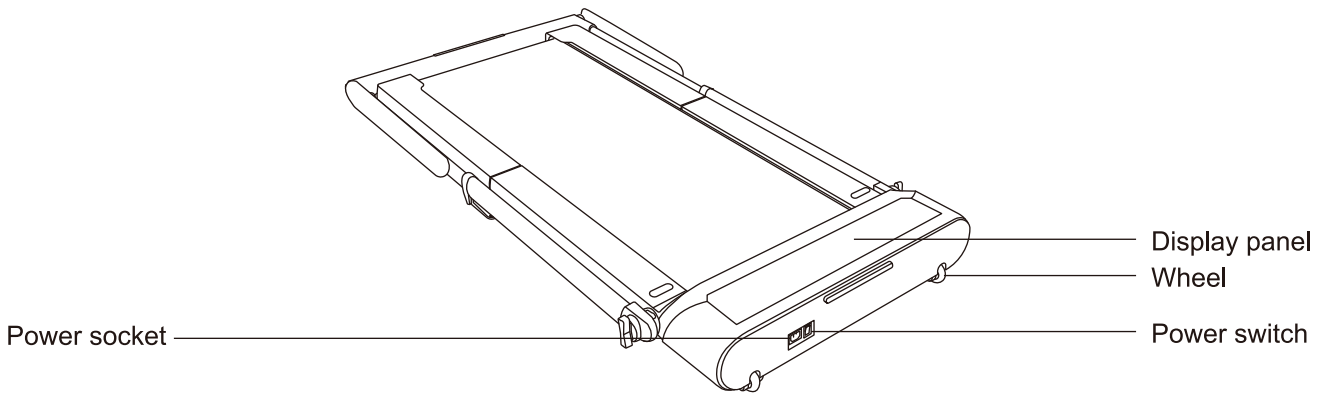


User manual×1

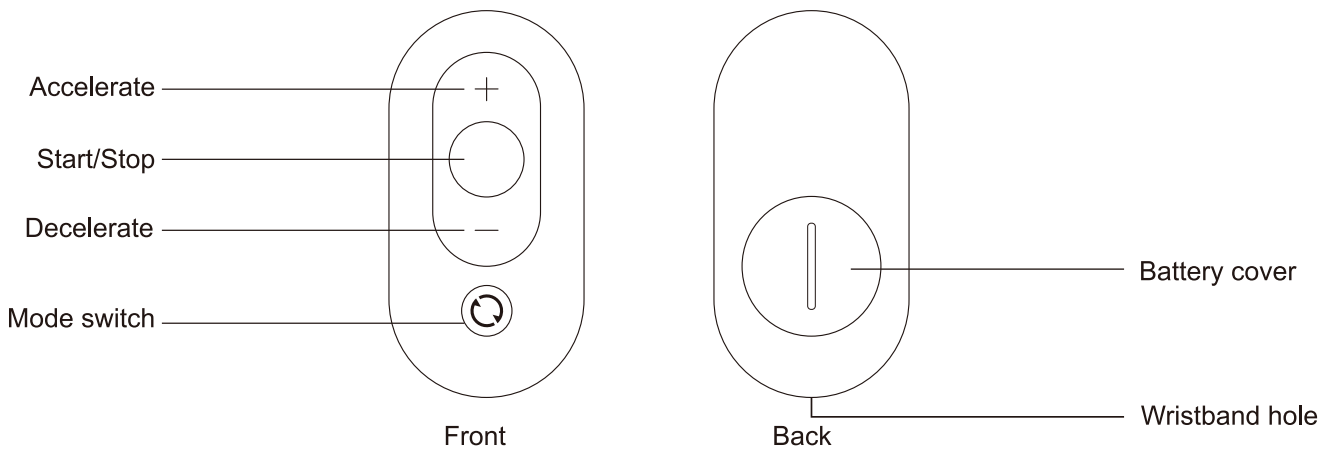
03 Part Names



Running mode



Walking mode

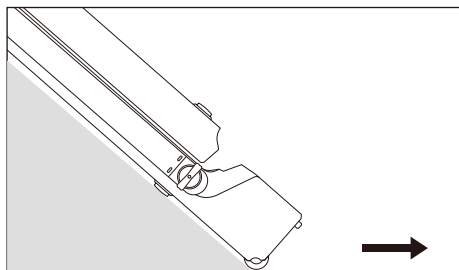


Remote control

## 2. Operation and Adjustment

### 01 How to move the equipment

Before moving the equipment, power it off, unplug and store the power cord. Ensure the equipment is completely folded, the side handles are parallel to the handrail, and the handrail knobs are securely tightened.



- ① Lift the equipment from the back end and move it to your desired location.

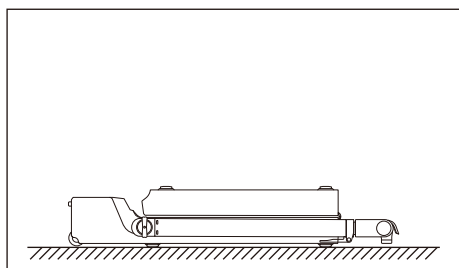
**CAUTION:**

- Avoid touching the running belt to prevent damage or injury.
- Avoid moving the equipment on uneven floor to ensure stability.
- Maintain a proper angle between the equipment and floor to avoid friction when moving.

### 02 How to unfold the equipment

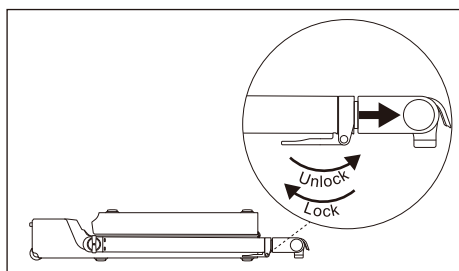
Before unfolding the equipment, make sure the free area behind the appliance is at least 78.7 in.×39.4 in. (2000 mm×1000 mm), and the free area on each side is at least 19.7 in. (500 mm).

- ① Unfold into Walking Mode:



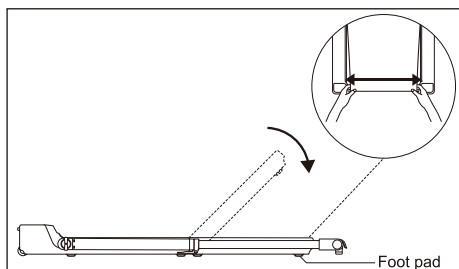
- Place the equipment on a solid level surface.

**CAUTION:** Avoid thick and soft carpet or mats, as it may affect the foot sense speed adjustment.



- Unlock the upright quick-release levers, extend the handrail to the max length, lock the upright quick-release levers on both sides.

**CAUTION:** Ensure the handrail extends beyond the unfolded running board when placed horizontally.



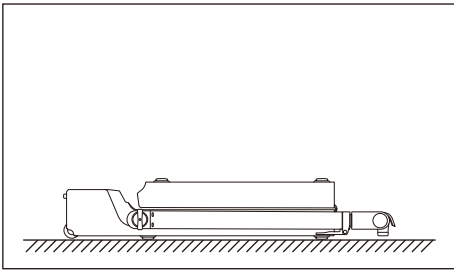
- Unfold the rear running board. Center the running belt by manually adjusting its front and back ends. Press down the rear running board to make it completely flat. If it is not level with the floor, rotate the foot pad for adjustment.

**CAUTION:**

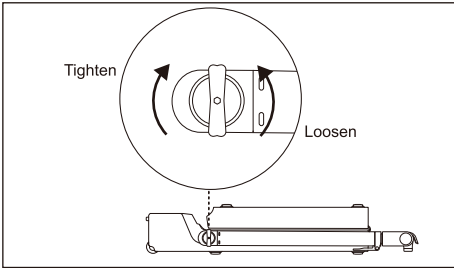
- In Walking mode, the max speed is 4 mph (6 km/h).
- The rear running board can be pressed down hard by hand without damaging the equipment.
- You may hear a tearing sound when unfolding the running board and feel a slight gap when stepping on the running belt. These are normal and will disappear with continued use.



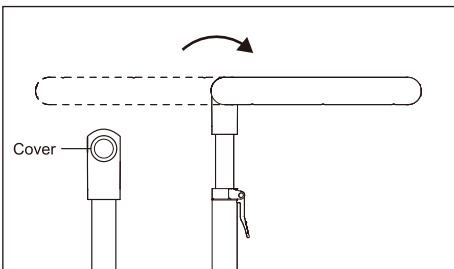
② Unfold into Running Mode:



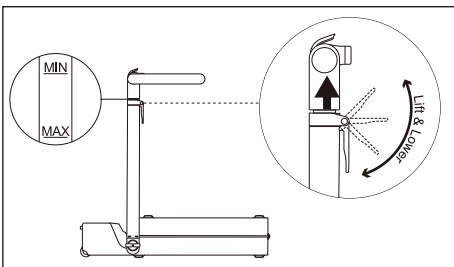
- Place the equipment on a solid level surface.



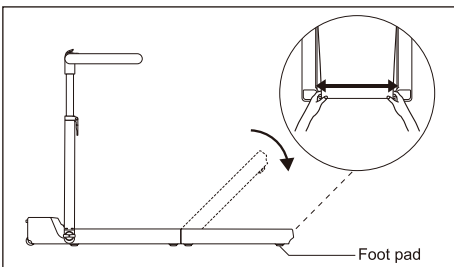
- Loosen the upright release knobs, raise the upright until vertical, and tighten the knobs on both sides.



- Remove the covers by rotating them 90 degrees. Align and attach the handles to each mounting hole and rotate them 180 degrees.



- Lift the upright quick-release levers on both sides, raise the handrail between MIN and MAX, and lower the upright quick-release levers.

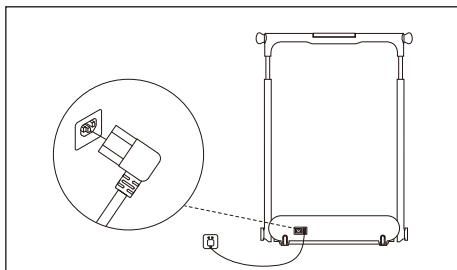


- Unfold the rear running board. Center the running belt by manually adjusting its front and back ends. Press down the rear running board to make it completely flat. If it is not level with the floor, rotate the foot pad for adjustment.

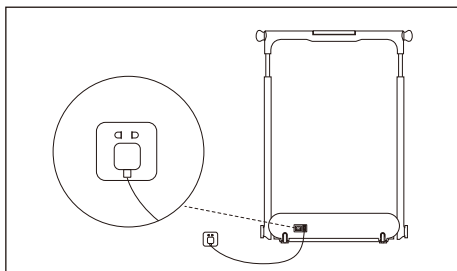
**CAUTION:**

- In Running mode, the max speed is 7.5 mph (12km/h).
- The rear running board can be pressed down hard by hand without damaging the equipment.
- You may hear a tearing sound when unfolding the running board and feel a slight gap when stepping on the running belt. These are normal and will disappear with continued use.

### 03 How to plug in the power cord



- ① Insert the appliance end of the power cord into the power socket on the equipment.



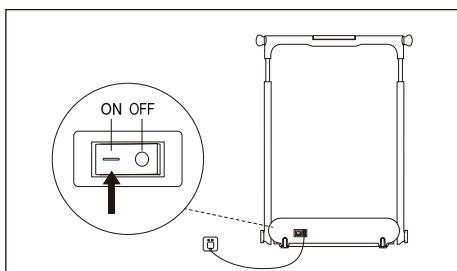
- ② Insert the wall outlet end of the power cord into the power outlet.

**CAUTION:**

- Do not modify the plug provided with the product. If the plug is not suitable for the outlet, have a qualified electrician install a suitable outlet.
- If the power cord is damaged, it must be replaced with the power cord designated by the manufacturer.

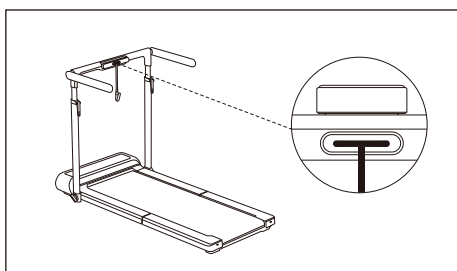
### 04 How to turn on the power

If the equipment is exposed to cold environment, please let it return to room temperature before turning on the power. Otherwise, its components may be damaged.



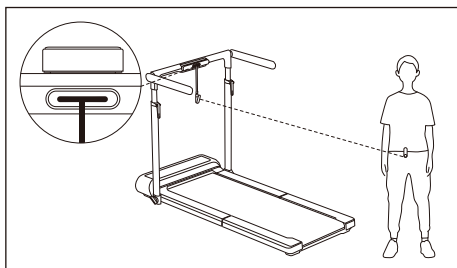
- ① Turn on the power switch until you hear a beep and see the panel lights up.

### 05 How to use the safety key

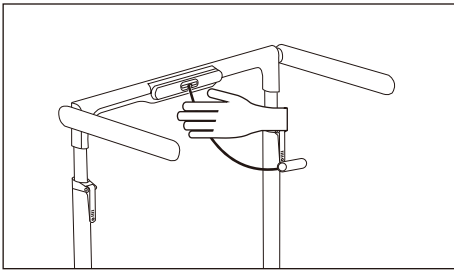


- ① Insert the safety key into the safety slot to start the treadmill.

**CAUTION:** For safety reasons, the equipment cannot start without the safety key.



- ② Clip the lanyard of the safety key to your clothes at your waist.



- ③ In an emergency, remove the safety key to stop the equipment. Hold onto the handrail and step off the anti-slip side strips when the equipment comes to a complete stop.

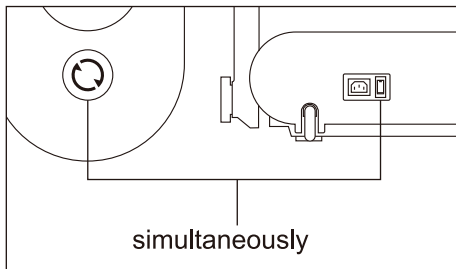
**Warning:**

- Be careful when removing the safety key, as the equipment will stop suddenly.
- Remove safety key when not in use, and store out of reach of children.

## 06 How to use the remote control

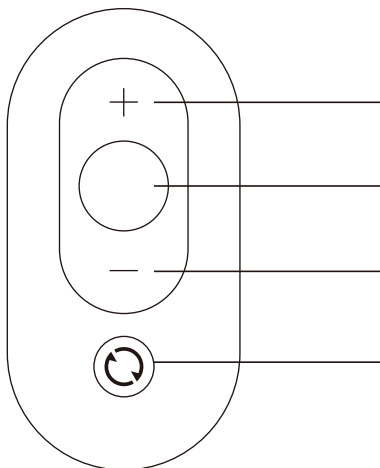
### ① Pairing and Operation

For your convenience, your equipment and remote control arrive pre-paired and ready to use. However, if you experience any issues or switch to a new remote control, follow the steps below to re-pair them.



While holding down the Mode Switch button on the remote, power on the equipment, hold the Mode Switch button until you hear a beep.

### ② Buttons and Functions



**Accelerate**

Press to increase speed in 0.5 mph (0.5 km/h) increments. Max speed is 7.5 mph (12 km/h).

**Start/Stop**

Press to start the equipment.

**Decelerate**

Press to reduce speed in 0.5 mph (0.5 km/h) decrements. Min speed is 1 mph (1 km/h).

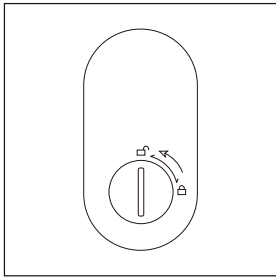
**Mode Switch**

Press to switch between Automatic mode and Manual mode. Press and hold for 2 seconds to enter Sleep mode.

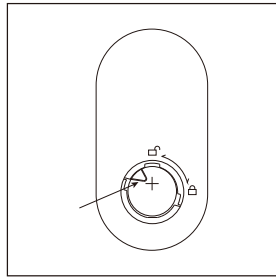
**Caution:**

- M mode (manual mode) is the factory default setting.
- A mode is unavailable in Running Mode.

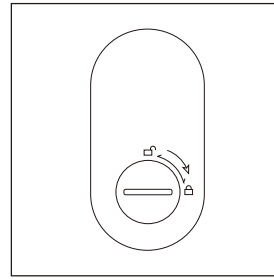
### ③ Install and replace the battery



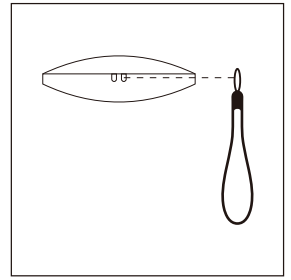
(a) Unscrew the battery cover counterclockwise using an appropriate tool.



(b) Align the positive and negative terminals and install a new CR2032 button battery (3V).



(c) Close the battery cover and tighten it clockwise.



(d) Thread the wristband through the hole and tighten it with a knot.

**Caution:** Remember to properly install and wear the wristband.

## 07 How to use the display panel

The display panel utilizes advanced LED technology and offers a range of features to make your workout enjoyable. The following information will help you master how to use it quickly.



### ① Mode Features

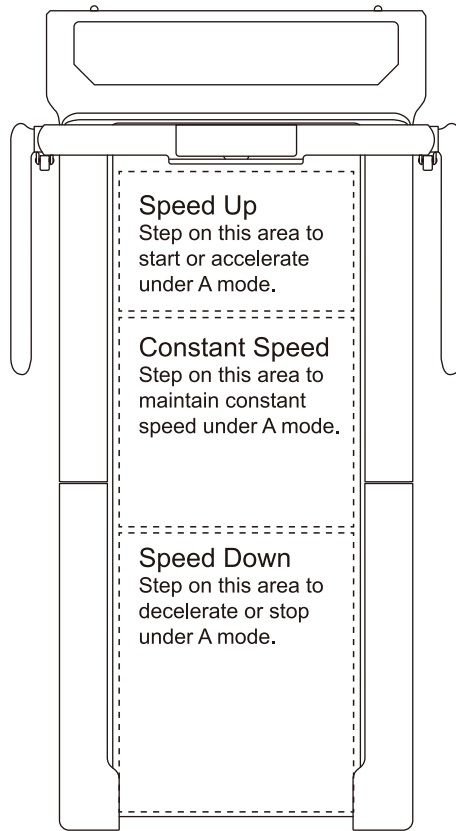
#### **M mode (Manual mode) :**

- The default mode upon startup;
- Suitable for beginners;
- All buttons on the remote control are available.
- In Walking mode, the max speed is 4 mph (6 km/h)
- In Running mode, the max speed is 7.5 mph (12km/h)

#### **A mode (Automatic mode):**

- Supports foot sense speed adjustment;
- Suitable for skilled users;
- The +/- buttons on the remote control are not available;
- In Walking mode, the max speed is 4 mph (6 km/h);
- Unavailable in Running mode.

## Foot Sense Speed Adjustment

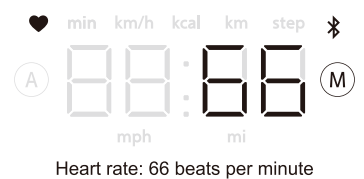
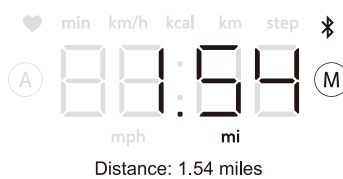
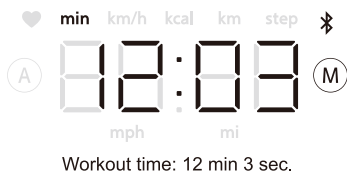


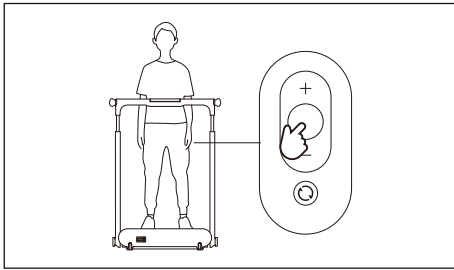
## ② Operation Guide

**Power On:** Turn on the power switch on the equipment. The panel will light up displaying workout data, with the M indicator lit and Bluetooth flashing.

**Caution:**

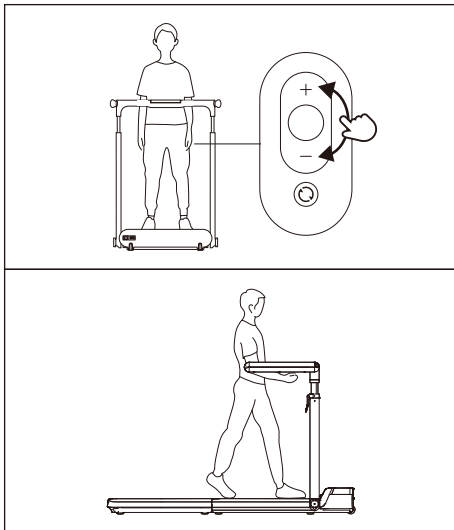
- The equipment enters M (Manual) mode by default.
- To monitor your heart rate, ensure your Apple Watch is connected to the KS Fit app.





**Run:** Step on the running belt and press the “Start/Stop” button on the remote control. After a 3-second countdown, the equipment will start running at 1 mph (1 km/h).

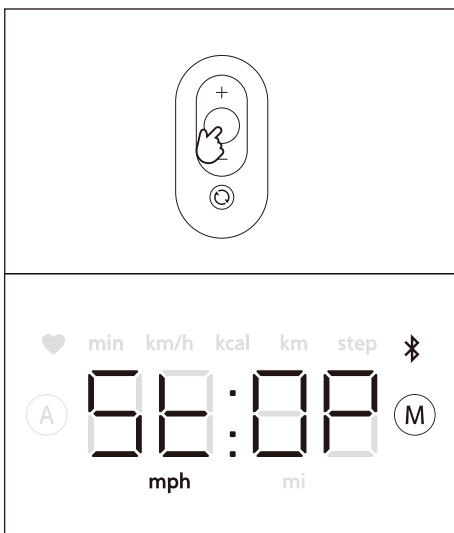
**Caution:** For safety reasons, the equipment will automatically pause after running for 8 to 60 seconds if no one steps on the running belt after it's powered on. This safety feature, called "No-Load Stop", is disabled by default but can be enabled through the KS Fit app ( “Motion” > “Settings” > “No-load stop” ).



**Speed Up/Down:**

- In M mode, press the "Accelerate" button to increase speed or the "Decelerate" button to reduce speed while the equipment is running.

- In A mode, step on the Speed Up area to start/accelerate or the Speed Down area to decelerate/stop while the equipment is running.



**Pause Workout:**

- In M mode, press the Start/Stop button while the equipment is moving. The equipment will decelerate showing “Stop” until it comes to a complete stop, and the workout data will be saved.
- In A mode, step on the "Speed Down" area while the equipment is moving. The equipment will decelerate showing “Stop” until it comes to a complete stop, and the workout data will be saved.

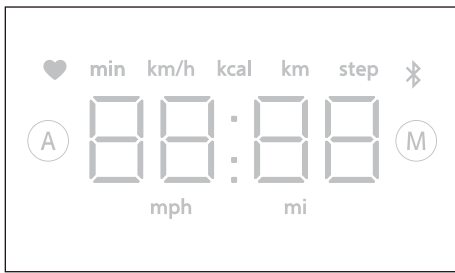
**Caution:**

- To resume workout in M mode, press the “Start/Stop” button and the workout data will continue to accumulate.
- To resume workout in A mode, step on the Speed Up area and the workout data will continue to accumulate.



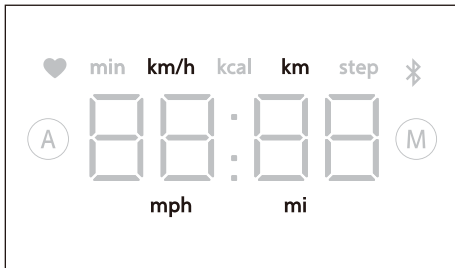
**End Workout:** Press the “Start/Stop” button for 2 seconds or wait for 10 minutes after pausing the workout, the display data on the screen will reset to zero, but the workout data will be saved in the app (if connected) .

**Caution:** Without the KS Fit app connected, your workout data will not be saved.



**Sleep:** Press the “Start/Stop” button for 2 seconds or let the equipment idle for 10 minutes after ending the workout, the display panel will turn off.

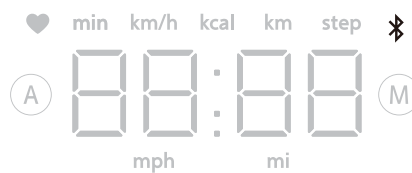
**Caution:** To wake the equipment from Sleep mode, press any button on the remote control.



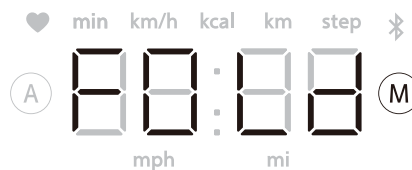
**Unit Conversion:** The display panel allows you to switch between metric and imperial units by the following steps. Restart the equipment, connect to the KS Fit app, tap “ME” > “Settings” > “Unit Settings” , choose “Metric” or “Imperial” , and restart the equipment again.

### ③ Status description

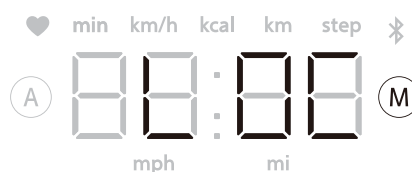
**Bluetooth:** The Bluetooth light stays solid when connected to the KS Fit app and flashes when not connected.



**Fold:** When the equipment is folded, the display panel shows “Fold” . Unfold the equipment to clear the “Fold” message.



**Child Lock:** With child lock enabled in the KS Fit app, the equipment won't start and the panel will display “LOC” . Disable the child lock in the app to clear the “LOC” message.



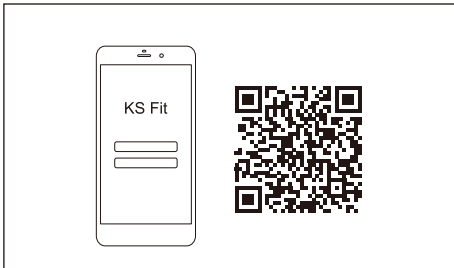
**Upgrading:** When the firmware is upgrading, the display panel flashes “UP” and the equipment cannot start. Wait until the upgrade is complete and the message “UP” disappears.

**Caution:** Do not power off when the equipment is upgrading.



## 08 How to connect the App

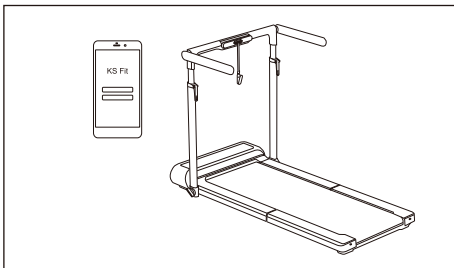
Elevate your workout experience with the KS Fit app. Real-time data tracking and personalized guidance help you reach your fitness goals faster.



- ① Scan the QR code, download and install the KS Fit app.
- ② Bring your mobile phone close to the equipment.
- ③ Turn on Bluetooth on your phone and allow it to search for nearby devices.
- ④ Turn on the power switch on your equipment.
- ⑤ Open the KS Fit app and add your equipment.

**Caution:**

- The equipment can only be added through the KS Fit app. If you've already connected it via Bluetooth settings, please remove it and add it again using the app.
- In case pairing fails, turn off the equipment, wait for 10 seconds and repeat step ② to ⑤.
- For safety, avoid connecting another phone to the equipment while it's in use.



### Speed Adjustment: App vs. Remote Control

- ① Press +/- button on the remote control, the speed increases/decreases by 0.5 mph (0.5 km/h).  
\* When the speed is set at 2~2.4mph or 2.5~2.9 mph in the app, press + on the remote control, the actual speed will reach 2.5 mph or 3 mph. The same goes for other speed values set in the app.
- ② Press +/- button in the app, the speed increases/decreases by 0.1 mph (0.1 km/h).  
\* When the speed is set at 2 mph by the remote control, press - in the app, the actual speed will reach 1.9 mph. The same goes for other speed values set on the remote control.



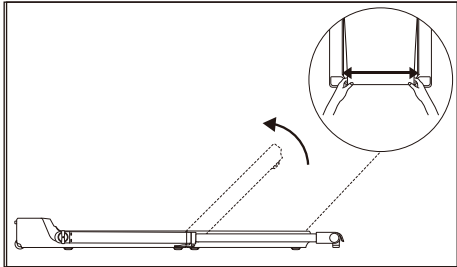
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## 09 How to fold the equipment

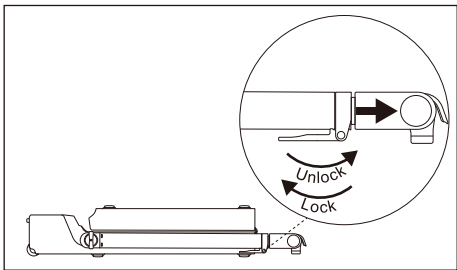
For your safety and to prevent damage to the equipment, always turn off the equipment and unplug both ends of the power cord before folding.

**Warning:** To allow the running surface to come to a complete stop before folding.

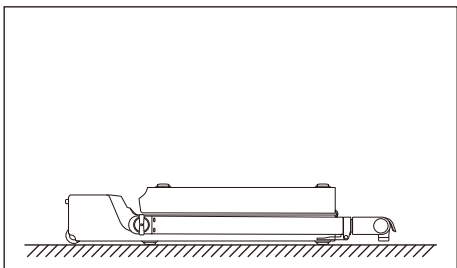
### ① Fold from Walking Mode:



- Lift up the rear running board until it is fully folded.



- Unlock the upright quick-release levers on both sides, retract the handrail to its original length, and lock the upright quick-release levers.

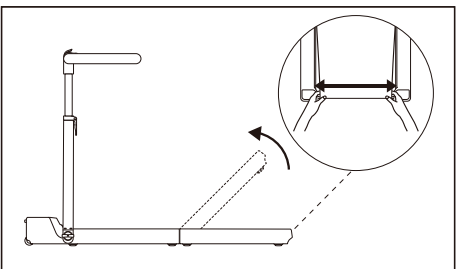


- Move the equipment to your desired spot and store it flat.

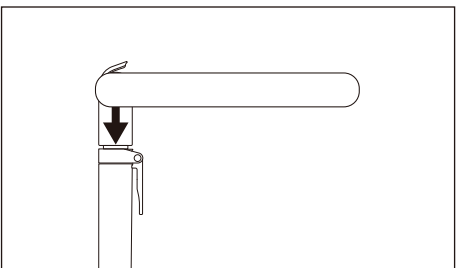
**Warning:** Do not operate a folded equipment.

**Caution:** Store the power cord and remote control properly for next use.

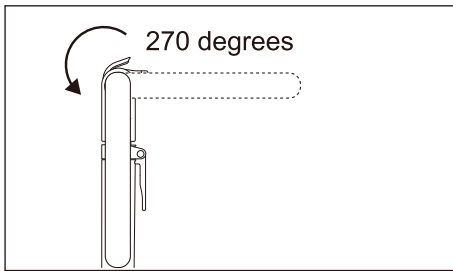
### ② Fold from Running Mode:



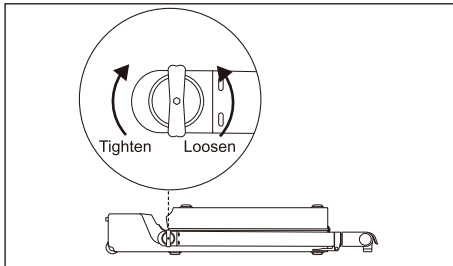
- Lift up the rear running board until it is fully folded.



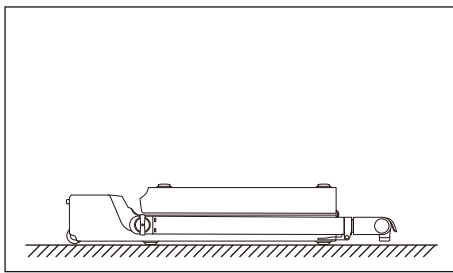
- Unlock the upright quick-release levers while holding the handrail, lower the handrail to its original height, and lock the upright quick-release levers on both sides.



- Rotate the side handrails 270 degrees until they are parallel to the handrail.



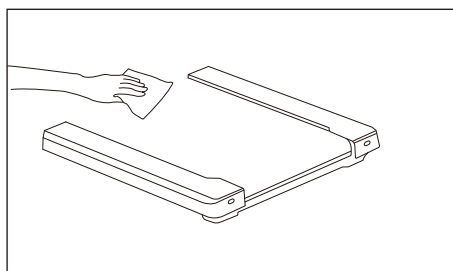
- Loosen the upright release knobs while holding the handrail, lower the upright until horizontal, and tighten the upright release knobs on both sides.  
**Caution:** Hold the handrail when loosening the handrail knobs on both sides to prevent it from falling.



- Move the equipment to your desired spot and store it flat.  
**Warning:** Do not operate a folded equipment.  
**Caution:** Store the power cord and remote control properly for next use.

### 3. Care and Maintenance

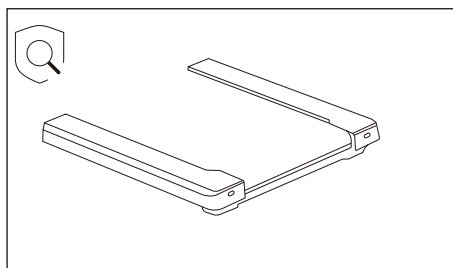
For optimal performance and longevity, perform regular maintenance on your equipment from the following aspects. If you discover any damage or wear, stop using the equipment immediately and contact customer support or a qualified technician for repairs.



- ① Clean the equipment
  - Power off the equipment and unplug the power cord.
  - Add a small quantity of mild cleaner to a 100% cotton cloth, and wipe down the display panel, running belt, handrail, etc.

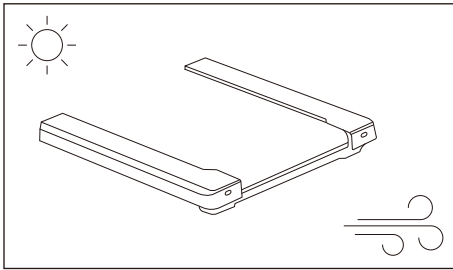
**Caution:**

- Do not spray the cleaner directly on the display panel or running belt.
- Do not use acidic or corrosive cleaner.
- Do not wipe under the running belt.
- After a period of exercise, dust and stains may appear on the rear floor. This is normal and can be simply wiped clean.

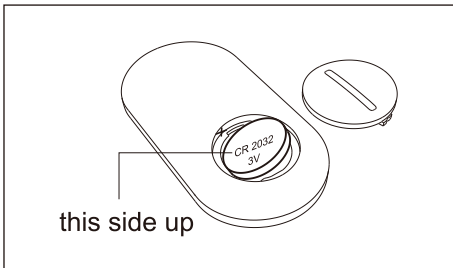


- ② Check the equipment
  - Check the power cord. If any damage and wear is found, stop using it and replace the power cord immediately.
  - Check the running belt. If it is not centered, too tight or too loose, adjust the running belt (→P14).

**Caution:** If any replacement is needed, use the components designated by the manufacturer.



- ③ Keep cool and dry
- Keep the equipment in a cool and dry condition.
  - **Caution:** Do not use the equipment outdoors or in areas of high humidity or extreme temperature changes.
  - Allow the equipment to cool down for 20 minutes after 2 hours of use.
  - **Caution:** Do not use the equipment continuously for more than 2 hours.

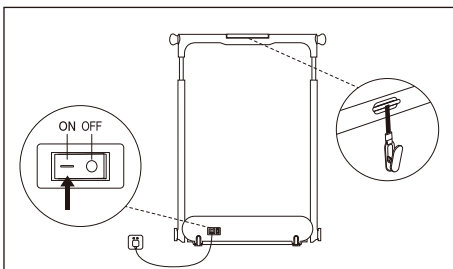


- ③ Battery replacement
- If the remote control is to be stored unused for a long period, the batteries should be removed.
  - If the remote control runs out of power, open the battery cover, replace and insert a new battery (CR2032 3V).

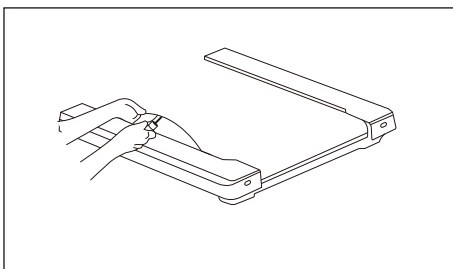
**Caution:** Batteries are to be inserted with the correct polarity.

## 4. Troubleshooting

Most malfunctions can be solved by the following steps. If any issues are found during use, stop using the equipment immediately and try to solve them as instructed below.



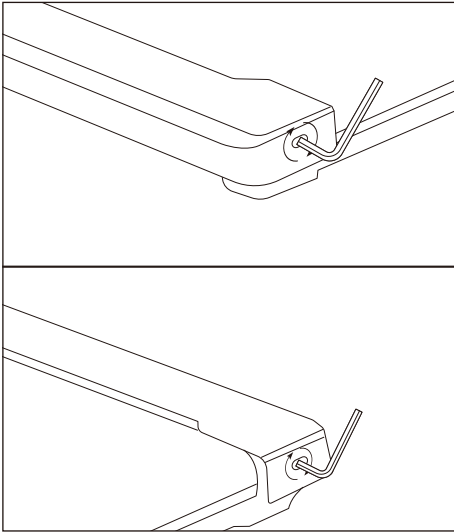
- ① Symptom: The power cannot be turned on / The power is off during use.
- Ensure both ends of the power cord are plugged in.
  - Make sure the power switch is turned on.



- ② Symptom: The running belt moves unevenly with noise
- Power off the equipment and unplug both ends of the power cord.
  - Gently lift up the rear running board, raise the running belt, and apply the silicone oil in a "Z" shape at the center of the running board.
  - Power on the equipment and try again.

**Caution:**

- Silicone oil doesn't need to be applied on the entire running board as it will naturally spread during use.
- 5-10 ml of silicone oil is required for each lubrication. Excess may cause slipping.



③ Symptom: Running belt deviating or slipping

**Note:** There are two gaps on the left and right sides of the plastic shell at the front of the running belt. The running belt should be kept running in the center position. When the running belt is offset to the left or right side of the white mark on the edge, it should stop the movement and adjust the running belt to the center position.

- If the running belt is not centered:

Gently lift the rear running board and adjust the running belt manually (→P3).

- If the running belt still deviates, adjust it with the Allen Key supplied by the following steps:

a. Running belt goes to the left: turn the left adjustment hole screw clockwise by 1/4 turn.

b. Running belt goes to the right: turn the right adjustment hole screw clockwise by 1/4 turn.

c. Running belt is slipping: turn the left and right adjustment hole screws clockwise for 1/2 turn at the same time.

After each adjustment, run the equipment at a speed of 1.95-2.5 mph(3-4 km/h) for 1-2 minutes to verify adjustment. Repeat adjustments if needed.

**Caution:** If the running belt is too tight or too loose, it will affect the performance of the equipment and damage the running belt.

④ Error code description

In case of a malfunction, the display panel will show an error code as below. Turn off and restart the equipment to see if the error code disappears. If it still persists, contact the customer service for assistance. Be sure to have your product model and serial number ready which can be found on the nameplate (see cover).

E01 Software overcurrent  
 E02 Hardware overcurrent  
 E03 IPM module overheating  
 E04 Undervoltage protection  
 E05 Overvoltage protection  
 E06 Motor phase loss protection  
 E07 Motor locked-rotor protection

E09 Motor unable to start  
 E12 Motor overcurrent protection  
 E13 Overload protection  
 E14 Hall signal missing  
 E15 Communication fault  
 E16 Module connection error

## 5. Practice Guide

### Exercise Intensity

Whether your goal is to burn fat or improve cardiovascular fitness, exercising at the appropriate intensity is key to achieving results. You can use your heart rate as a guide to find the right intensity level. The table shows recommended heart rate zones for fat burning and cardiovascular fitness, for reference purposes only.

165	155	145	140	130	125	115	♥♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	Age

To find the appropriate intensity level, locate your age at the bottom of the chart (rounding to the nearest ten). The lowest number is the fat-burning heart rate, the middle number is the maximum fat-burning heart rate, and the highest number is the heart rate for improving cardiovascular fitness (it is recommended to wear a heart rate monitor during exercise to ensure efficiency, which requires additional purchase).

**Burning Fat** - To effectively use fat as an energy source, you must engage in low-intensity exercise for a sustained period of time. During the first few minutes of exercise, your body will use glycogen as energy. Only after the initial few minutes of exercise does your body begin to use stored fat as energy. If your goal is to burn fat, adjust your exercise intensity until your heart rate is close to the lowest value in your training zone.

### Exercise Guide

**Warm-up:** It is recommended to warm up for 5-10 minutes before exercising, fully mobilizing joints and stretching before starting low-intensity exercise.

**Exercise:** It is recommended to exercise for 20-30 minutes, maintaining exercise intensity within the training range (during the first few weeks of training, exercise time should be kept within 20 minutes), and breathing should be kept even during exercise.

**Cool-down:** It is recommended to stretch for 5-10 minutes after exercising, which can improve joint flexibility and muscle extensibility, and prevent exercise injuries.

### Exercise Frequency

To maintain or improve your physical condition, complete three training sessions per week with at least one day of rest between each session. After several months of regular exercise, if necessary, you can complete up to five sessions per week. Remember, the key to success is to make exercise a frequent and enjoyable part of your daily life.

## 6. Trademark and Legal Declaration

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Various patents relating to the Kingsmith WalkingPad Treadmill series are developed and copyrighted by Beijing Kingsmith Technology Co., Ltd. ("Kingsmith" for short). Without the written permission of Kingsmith, any organization or individual shall not copy or distribute all or any part of this User Manual and shall not use the patents contained thereof. This User Manual, as far as possible, has included various latest function introductions and operational instructions at the time of being printed.

Nevertheless, there might be discrepancies between the purchased Treadmill and those described herein due to a continuous optimization in functions and designs. Therefore, the actual Treadmill shall prevail in case of any deviations in color and appearance.

# 7. Compliance Statement

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**FCC Compliance Statement:** This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The antenna(s) used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be collocated or operating in conjunction with any other antenna or transmitter, End-Users must be provided with transmitter operation conditions for satisfying RF exposure compliance.

**ISED Radiation Exposure Statement:**

This equipment complies with ISED RF radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

This equipment should be installed and operated with minimum distance 20 cm between the radiator & your body.

**Cet appareil est**

conforme aux limites d'exposition de rayonnement RF ISED établies pour un environnement non contrôlé.

Cet émetteur ne doit pas être co-implanté ou fonctionner en conjonction avec toute autre antenne ou transmetteur.

Industrial cellular router doit être installé et utilisé avec une distance minimale de 40cm entre le radiateur & votre corps.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**Supplier's Declaration of Conformity  
47 CFR §2.1077 Compliance Information**

**Unique Identifier:**

Trade Name: Motorized Treadmill

Model Number: MX3

**Responsible Party - US. Contact Information**

KINGSMITH TECHNOLOGY CORPORATION

5900 BALCONES DR STE 100

AUSTIN, TX

78731-4298

Email: [contact@walkingpad.com](mailto:contact@walkingpad.com)

**FCC Compliance Statement**

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.



Contains FCC ID: 2AZYO-TPL3135  
Contains IC: 32599-TPL3135



E115674  
CONFORMS TO UL STD.1647  
CERTIFIED TO CSA STD.C22.2 NO.68-18

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