Ksports

Multifunctional
Treadmill Instruction Manual
Model No. KSU5001

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

SAFETY PRECAUTIONS

Warning: We suggest that you consult with a physician or health professional before commencing on an exercise regime, especially for people with pre existing health conditions. We take no responsibility for any injuries or damage if you do not follow all of our instructions. This treadmill should be carefully assembled and the motor shield fastened before switching the power on.

Attention:

- **Ensure that the RED safety clip with the cord is attached to your clothing when you are using the treadmill. Should you fall during exercise the cord will detach the magnetic key and switch off the treadmill.**

- Place the treadmill indoors on level ground, in a dry area away from heat, direct sunlight and obstruction.

- Do not start the treadmill while you are standing on the running belt. Stand on the side rails of the running deck until the belt starts to move.

- Use appropriate clothing and footwear when exercising on the treadmill. Do not wear long & loose clothing that may get caught in the moving parts of the treadmill.

- Keep children and pets away from the treadmill during operation.

- Do not exercise within 60 minutes after meals.

- The equipment is intended for adults. Children must be accompanied by adults during operation.

- Hold on to the handrails until you become familiar with the treadmill operations during the workout.

- Connect the treadmill to a properly grounded electrical outlet. Disconnect the plug when the treadmill is not in use. Do not tug or pull the treadmill by the power cord. Any damage to the cord must be rectified by a qualified electrician.

- This treadmill is for home use only.

ASSEMBLY INSTRUCTIONS

When you open the carton, please check the items in the picture against the parts list below:

SCAN ME
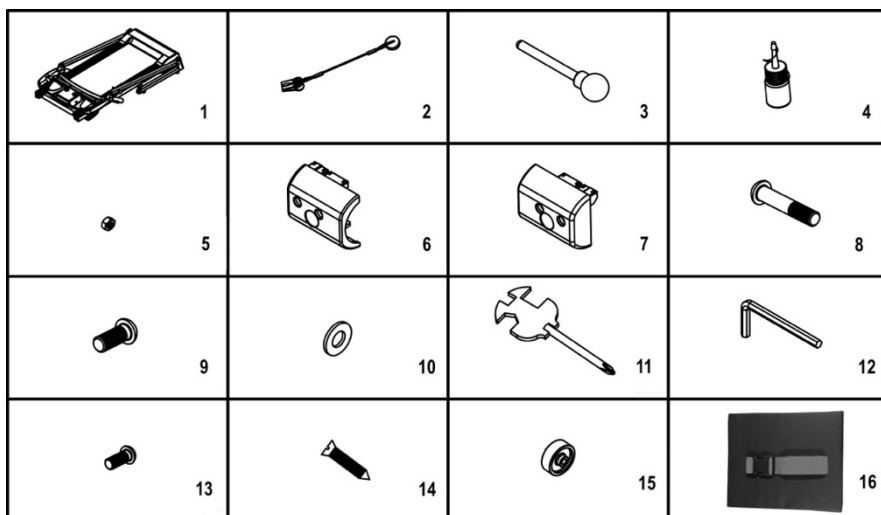
To watch the video instruction of the assembly or usage of this treadmill, please scan the QR code here.

Parts List

| No.	Description	Qty	Unit	Notes
1	Main Frame	1	set	
2	Safety Key/Lock	1	pc	in the Tools & Accessories
3	Ball Head Pin	1	pc	in the Tools & Accessories
4	Silicone Oil	1	bottle	in the Tools & Accessories
5	Lock Nut	2	pc	in the Tools & Accessories
6	Left Back End Cap	1	pc	
7	Right Back End Cap	1	pc	
8	Bolt M8*42	4	pc	in the Tools & Accessories
9	Bolt M8*20	4	pc	in the Tools & Accessories
10	Lock Washer (already on the bolt)	8	pc	in the Tools & Accessories
11	Spanner with Screw Driver	1	pc	in the Tools & Accessories
12	5# Allen Wrench 5mm	1	pc	in the Tools & Accessories
13	Bolt M5*8	2	pc	in the Tools & Accessories
14	Bolt ST4.8*30	4	pc	in the Tools & Accessories
15	Incline Wheel	2	pc	
16	Sit Ups Strap & AB Mat	1	set	

Note: Please do **NOT** switch on electric power before assembly is complete.

For any assembly questions or problems, please write to us at **customerservice@kathysuniverse.com**

For assembly/usage instruction videos: https://www.kathysuniverse.com/pages/assembly-instruction
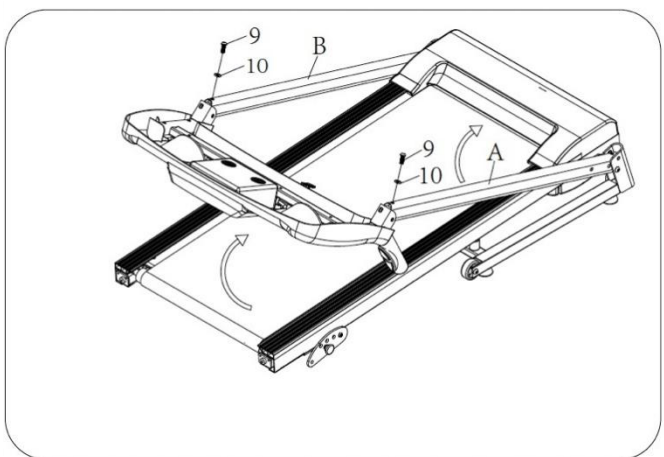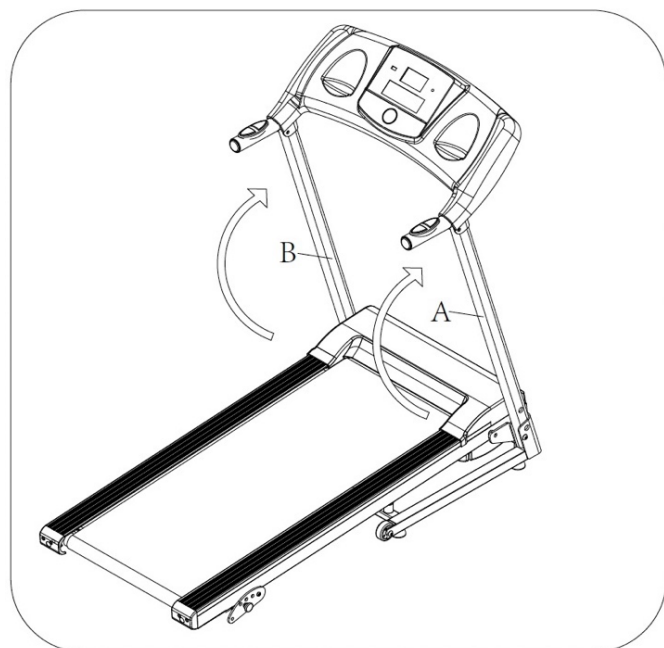
ASSEMBLY INSTRUCTIONS

STEP 1
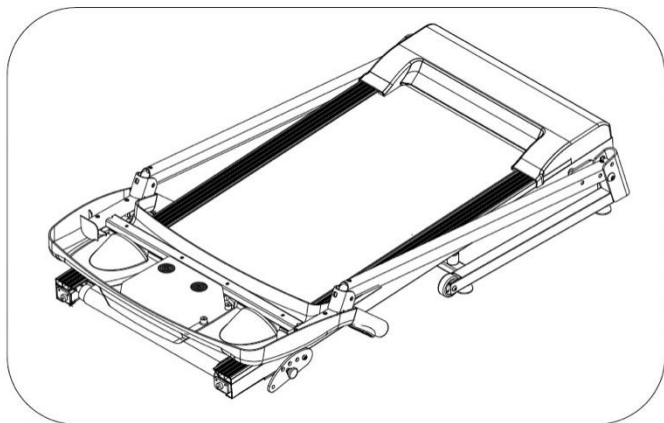
- Open the carton, remove the items of the Parts List. Two persons are required to lift the treadmill from the carton onto a level surface. Place all the contents next to the treadmill checking against the Parts List ensuring there are no missing items.

STEP 2

- To assemble the console unit, use the 5# Allen wrench (12), Bolt M8*20 (9) with lock washer (10) to attach it onto the right and left upright columns (A&B).
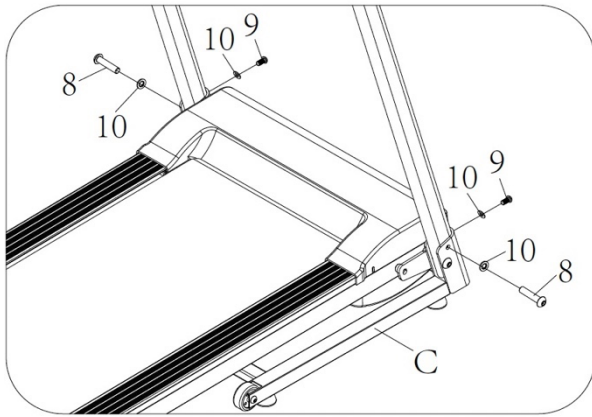
STEP 3

- Swivel up the console unit with the right and left upright columns (A&B).
- **Caution**: hold the console unit firmly when you are doing this to avoid injury.
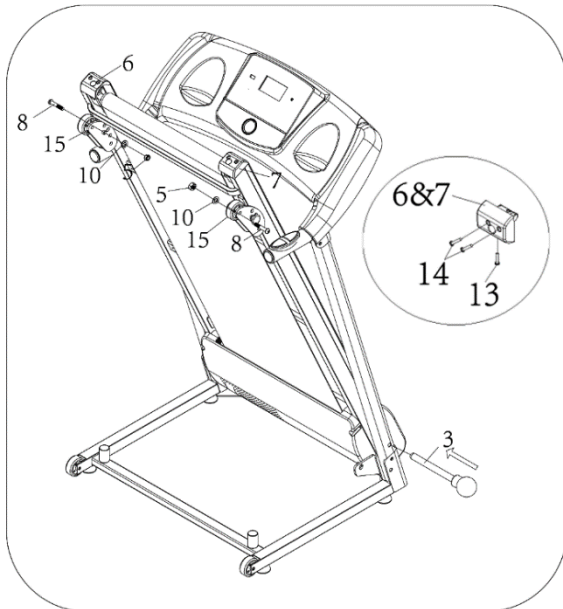
ASSEMBLY INSTRUCTIONS

SETP 4

- Use 5# Allen wrench (12) to lock the upright columns onto the base frame (C) with the bolt M8*42 (8) and the lock washer (10) already on the bolt.
- Then use 5# Allen wrench (12) to lock the upright column onto the base frame with bolt M8*20 (9) and lock washer (10) already on the bolt. Repeat above steps for the other side.

SETP 5

- Fold up the treadmill and insert the ball head pin (3) into the right column as shown in the picture.
- Using the spanner with screw driver (11), lock the left back end cap (6) and the right back end cap (7) onto the treadmill machine with the 2 bolts ST4.8*30 (14) on the front of each end cap and the bolt M5*8 (13) underneath of each end cap.
- Using the 5# Allen wrench (12) and the spanner with screw driver (11), install the incline wheel (15) on the adjustable incline unit with bolt M8*42 (8), lock washer (10) and lock nut (5).

SETP 6
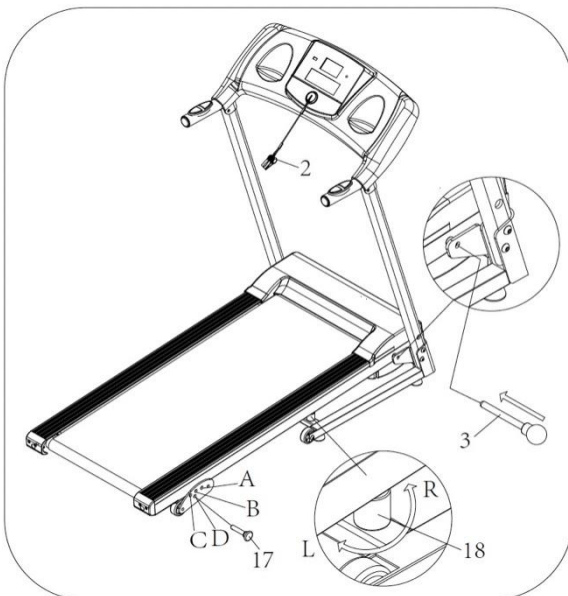
- Remove the ball head pin (3) and lower the running board, then re insert the ball head pin (3) through the barrel as pictured here. Then put the RED magnetic safety key (2) on the yellow circle on the console unit.
- The guide below shows you how to use 4-level manual incline adjustment unit which comprises of A/B/C/D levels.
- There is an adjustment unit on either side of the running board. Ensure the incline bolts (17) are on the same level for both sides. Whatever level you select, ensure you adjust the cushion unit (18) by turning it either in a clockwise or anti clockwise manner so that there is no gap between the cushion and the main frame, as shown in the picture here.

FOLDING INSTRUCTIONS

Folding the treadmill:
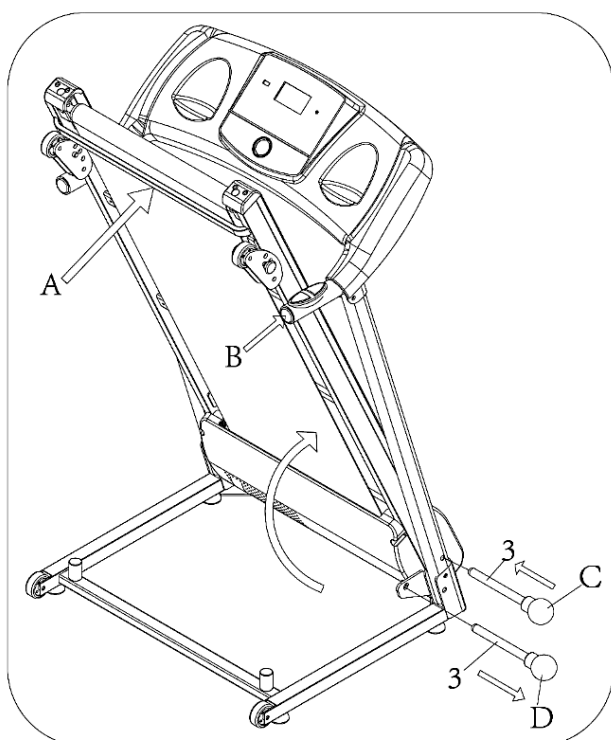
- Before folding up the running board, pull out the ball head pin (3) at the position D.
- Place your right hand on B, and with your left hand hold A firmly to raise the running board in the direction of the arrow. Thread the ball head pin (3) at C through the barrel to lock in the folded position.
- **Caution:** watch your hands and fingers throughout this step.

Unfolding the treadmill:
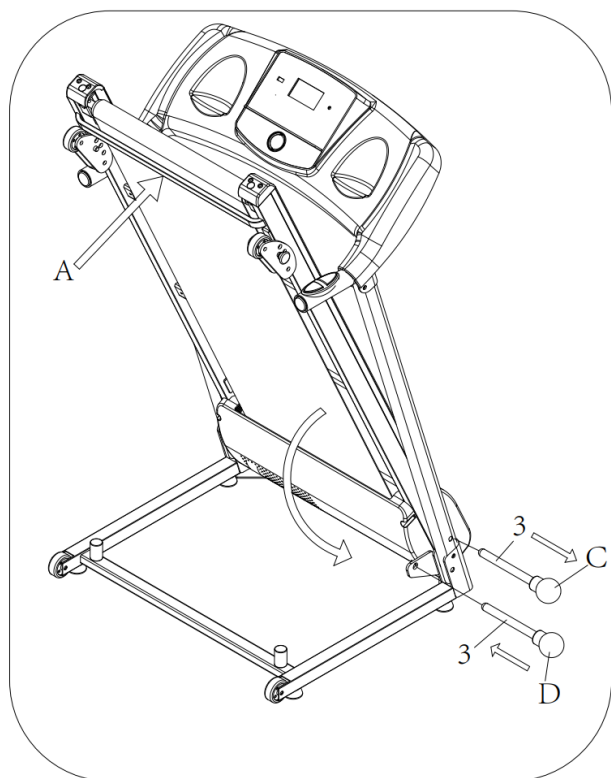
- Use your left hand to support the A position and pull out the ball head pin (3) with your right hand at the place C, then lower the running board in the direction of the arrow. When the running board is in position, plug in the ball head pin (9) into the barrel at position D.

TECHNICAL PARAMETERS

Main Technical Parameters

| No.	Parameters Names	Description
1	Input power voltage	AC110V
2	Rated frequency	50-60Hz
3	Motor power	2.25HP
4	Speed range	0.5-9mph
5	Running surface	17*43.5in
6	Max user weight	265lb
7	Product dimensions	Unfolded: 51.18"x26.38"x46.06"
		Folded: 20.28"x26.38"x48.62"
8	LCD window display	Speed, Time, Distance, Calories, Pulse
9	Functions	Bluetooth App (Fitshow, Kinomap, Zwift)

Grounding Methods

The treadmill must be electrically grounded. If it malfunctions or breaks down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Danger

Improper connection of the equipment grounding conductor can result in a risk of electric shock. Do not modify the plug provided with the product if it will not fit the outlet. Have a proper outlet installed by a qualified electrician. This product is for use on a nominal 110 or 120 volt AC 60 Hz circuit and has a grounding plug that looks like the plug illustrated in following figure. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. See the picture below for reference.

Grounding methods

OPERATION GUIDE
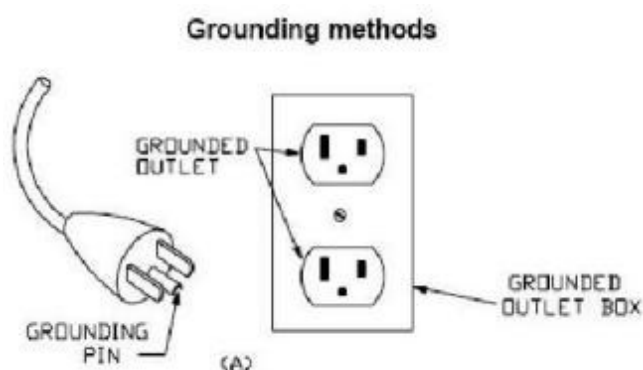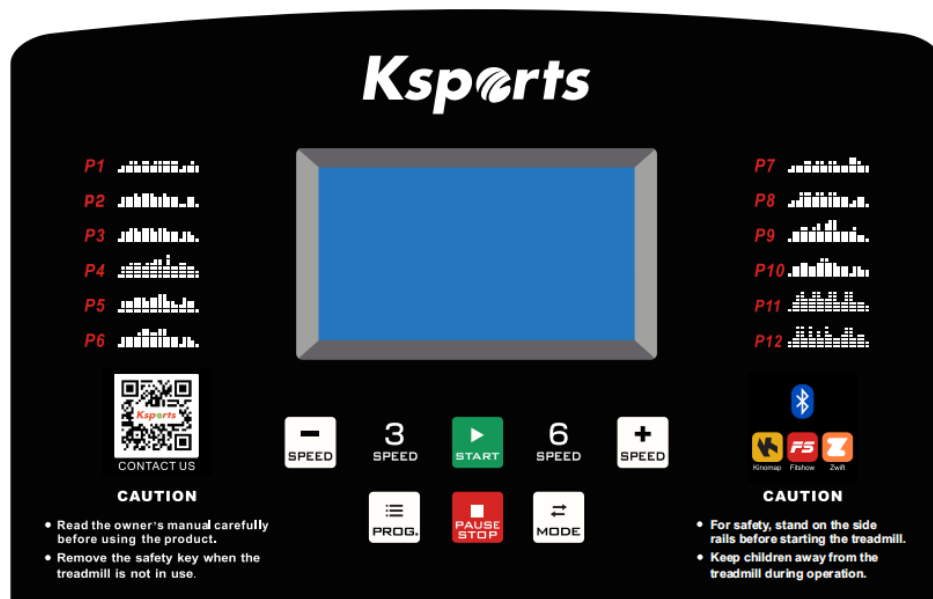
1. DISPLAY WINDOW

2. LCD WINDOW DISPLAY DETAILS

- PROG: Shows programs P1 – P12

- TIME: Shows running time

- SPEED: Shows running speed

- PULSE: Shows heart beat rate

- CALS: Shows calories

- DIST: Shows distance

3. BUTTON FUNCTION

- **"PROG" button**

  Press this button to choose program from P1----P12---FAT. Each of the P1-12 programs is divided into 20 segments. See further details in item 4. AUTOMATIC PROGRAMS ("PROG" button)

- **"MODE" button**

  With machine on standby, press this button to choose between these modes: time count down, distance count down & calories count down.

- **"START" button**

  Press this button to start the machine, the machine will run at the lowest speed or at the speed of selected program after 3 seconds of count down.

- **"PAUSE/STOP" button**

  When the treadmill is running, press this button once to slow down treadmill and stop into PAUSE state. All data up to this point will be retained, except for the speed which will be defaulted to 0.5 mph. If you press "PAUSE/START" button now, the treadmill will continue with the data at PAUSE state.

  If you press this button again at the PAUSE state, the machine will stop completely, and all the data will be reset.

- **"SPEED + / -" button**

  Press this button to adjust the speed when you are running or adjust the data when you are not running. Long press for quick adjustments.

- **"SPEED (3, 6)" button**

  Shortcut speed settings for 3 & 6mph respectively for quick speed selections.

Note: When any button is pressed, it will be accompanied by a beep. When the button is adjusted for parameter overrun, it will be accompanied by a long tone prompt. There is no beep when an invalid button is pressed.

4. MAIN FUNCTION

Turn on the power switch, the display window will turn on and the machine will enter into the standby state.

- **QUICK START-UP (MANUAL)**

  With the safety key in place, press "PAUSE/START" button, the treadmill will run at the lowest speed in 3 seconds, press "SPEED + / -" to adjust the speed. Press the "PAUSE/STOP" button or detach the red safety key to stop the treadmill.

- **COUNT DOWN MODE**

  Press the "MODE" button, you can choose time countdown mode, distance count down mode, calories countdown mode, and the screen window will show the default data and blink. At the same time, press "SPEED + / -" to set the data. Press "PAUSE/START" button, the machine will run at the lowest speed, you can press "SPEED + / -" to change the speed. When it counts down to 0, the machine will stop smoothly. You can press "PAUSE/STOP" button or detach the safety key from the console to stop the treadmill.

- **AUTOMATIC PROGRAMS ("PROG" button)**

  Press "PROG" button to choose programs from P1---P12. For each program, you can press "SPEED + / -" button to set the running time from 5 to 99 minutes. Each program is divided into 20 sections, each exercise time=the setting time/20. Press "PAUSE/START", the machine will run at the first section speed. When the section is over, it will enter into next section automatically, the speed will change as next section data. When

the program finishes, the machine will stop. When you are running, you can change the speed by the "SPEED + / -", When the program enters the next section, it will resume to the current speed. And you can press "PAUSE/STOP" or detach the safety key to stop the machine whenever. At the end of the program mode the treadmill will stop, after which all data will be cleared to 0 and return to standby status.

Please refer to **11. PROGRAM P1-P12 TABLE** for reference

5. HEART RATE MONITOR

When holding the hand pulse areas with both hands, the pulse window will show your heart rate after 5 seconds. To get an accurate heart rate value, please continue holding the hand pulse contacts exceeding 30 seconds. The heart rate data is just for reference only and should not be treated as precise medical data.

6. BODY FAT TEST (Body Mass Index, BMI)

With the treadmill on standby, press "PROG" button from P1 until "FAT" shows in the SPEED window. Proceed with the following data entry：

1. Press "MODE" to choose parameters F1=Sex, F2=Age, F3=Height, F4=Weight respectively, and the DIST window will display the following symbols "F1", "F2", "F3", "F4".

2. For each parameter, select the appropriate value by pressing "SPEED +/-" and SPEED window will show the selected data. Press "MODE" button again to complete the sequence and the window will show "F5" and "---".

3. You are now ready to measure your BMI. Hold the hand pulse areas with both hands and after 5 seconds, your BMI will be displayed. Please refer to the reference data in the table below:

Data display and setting range

Parameter Type	Default	Setting Range
F1 - SEX	1	1-MALE / 2-FEMALE
F2 - AGE	25	10 - 99
F3 – HEIGHT	68in	40 - 80in
F4 - WEIGHT	154lb	44 - 330lb

BMI reference

BMI	Indication
<	Under weight
19--26	Normal weight
26--30	Over weight
>	Obese

7. 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.

8. SAFETY KEY FUNCTION ***

Whenever the RED safety key is detached, the treadmill will stop quickly and all data is reset to zero. The entire window will display "---". For all normal operations, the safety key **MUST** be attached in position. ***

9. BLUETOOTH 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 **"Ksports KSU5001"** or **"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: 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.

OPERATION GUIDE

10. PROGRAM P1-P12 TABLE

Program / Time		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Setting time/20= interval running time																					
P1	SPEED	1.2	1.9	1.9	2.5	3.1	1.9	2.5	3.1	3.1	1.9	2.5	3.1	2.5	2.5	2.5	1.2	1.9	1.9	3.1	1.9
P2	SPEED	1.2	2.5	2.5	3.1	3.7	2.5	3.7	3.7	3.7	2.5	3.1	3.7	2.5	2.5	2.5	1.2	1.2	3.1	2.5	1.2
P3	SPEED	1.2	2.5	2.5	3.7	3.7	2.5	4.3	4.3	4.3	2.5	4.3	4.3	2.5	2.5	2.5	1.2	2.5	3.1	1.9	1.2
P4	SPEED	1.9	3.1	3.1	3.7	4.3	4.3	3.1	4.3	4.3	5.0	5.0	3.1	5.6	3.1	3.1	3.7	3.7	2.5	2.5	1.9
P5	SPEED	1.2	2.5	2.5	3.1	3.7	4.3	4.3	3.1	3.7	4.3	5.0	5.0	3.1	2.5	1.9	1.9	3.7	3.1	2.5	1.2
P6	SPEED	1.2	2.5	2.5	2.5	3.1	3.7	5.0	5.0	3.7	4.3	5.0	5.0	3.7	2.5	2.5	1.2	3.1	2.5	2.0	1.2
P7	SPEED	1.2	1.9	1.9	1.9	2.5	3.1	1.9	2.5	3.1	1.9	2.5	3.1	1.9	1.9	1.9	3.7	3.7	3.1	1.9	1.9
P8	SPEED	1.2	1.9	1.9	3.7	4.3	4.3	2.5	3.7	4.3	2.5	3.7	4.3	2.5	2.5	2.5	1.2	1.9	2.5	2.5	1.2
P9	SPEED	1.2	2.5	2.5	4.3	4.3	2.5	4.3	5.0	2.5	5.0	5.6	5.6	2.5	2.5	2.5	3.1	3.7	1.9	1.9	1.2
P10	SPEED	1.2	2.5	3.1	3.7	4.3	3.1	2.5	3.7	5.0	5.0	3.7	3.7	3.1	2.5	2.5	1.2	2.5	2.5	1.9	1.9
P11	SPEED	1.2	3.1	5.0	6.2	4.3	4.3	6.2	6.2	4.3	4.3	6.2	6.2	3.1	3.1	5.6	5.6	3.1	3.1	2.5	1.9
P12	SPEED	1.9	2.5	5.6	5.6	3.1	5.6	3.1	5.0	3.1	5.6	4.3	3.1	3.1	4.3	5.6	5.6	3.1	4.3	3.7	1.9

EXERCISE INSTRUCTIONS

Warm up

If you have pre existing health issues, this is your first time exercising or you have not exercised for some time, please consult your doctor or a medical professional before you embark on an exercise regime. Before you use the treadmill, please learn the controls of the machine first. Familiarize yourself on how to start, stop, adjust the speed and other aspects of the treadmill. After that, stand on the side rails and hold the handle bars with both hands before you start the machine. Keep the machine at a low speed, say about 1.0~2.0 mph keeping an upright posture. Start with walking on the machine and only start jogging or running when you feel confident to do so. Increase the speed to 1.9~3.1 mph and maintain at this speed for about 10 minutes and stop the machine.

Exercise stage

Learn how to adjust the speed and incline before using the treadmill. Walk for about 0.6 mile at a constant speed, it will take you approximately 15-25 minutes. If you walk at 3.0 mph, it will take you about 12 minutes to complete 0.6 mile. If you feel comfortable with this speed, you can add more speed and raise the incline level. 30 minutes is typically a good workout time. Gradually add the speed or incline over time as you get fitter and stronger.

Exercise intensity

Warm up at the speed 3.0 mph for 2 minutes; then increase the speed to 3.3 mph and keep walking for 2 minutes; then increase speed to 3.6 mph and walk for another 2 minutes. After that, add up 0.2 mph for each 2 minutes until you feel slightly out of breath; but not breathless. Finally, reduce the speed gradually for 4 minutes. When exercising on a level incline feels relatively easy, increase the incline gradually. This should contribute greatly to your exercise intensity.

Calories burning---the most effective way

Warm-up for 5 minutes at a speed of 2.5-3.0 mph, then slowly increase the speed by 0.2 mph/2 minutes, until you reach a constant speed at which you feel challenging but not breathless. Continue to do this for 45 minutes. For improving the intensity of the workout, you can increase the duration as you feel comfortable to do so and increasing the speed by 0.2 mph at intervals before reverting to the original speed. Finally, you should slow down the speed gradually for 4 minutes for cooling down.

EXERCISE INSTRUCTIONS

Exercise frequency

Exercise frequency: 3-5 times/week, 15-60 minutes/workout. Be consistent in your workout schedule. You can control the running intensity through adjusting the velocity and incline of treadmill. We suggest that you do not set the incline initially; increasing the incline is an effective way to increase your exercise intensity.

Consult with a health professional to develop suitable exercise routines according to your age and health condition. Please stop immediately if you feel chest tightness, pain, irregular heartbeat, breathing difficulty, dizziness or other discomfort during exercise. Maintain regular consultation with your physician or health professional.

The following guidelines are intended to help you get started if you have not exercised on a treadmill before, or if it has been a long time since you have done that:

- Speed 0.5-1.9mph: People who are physical unfit
- Speed1.9-2.8mph: People who are moderately unfit
- Speed 2.8-3.8mph: "Normal" walking speed
- Speed 3.8-4.7mph: Fast walking people
- Speed 4.7-5.6mph: Jogging
- Speed 5.6-7.5mph: Intermediate running speed

Note: The velocity of movement **≤ 3.8MP/H is suitable for normal walking;** The velocity of movement **≥ 5.0 mph is suitable for running.**

EXERCISE INSTRUCTIONS

It is important to warm up prior to exercising since warmed up muscles stretch more easily. Spend the first of 5 ~ 10 minutes to warm up. Use the following methods of stretching exercises.

1.Toe Touches: With knees slightly curved, slowly bend over. Keep the back and shoulders relaxed and try to touch your toes. Maintain 10 to 15 seconds, then relax. Repeat three times (see Figure 1).

2.Hamstring Stretch: Sitting on the floor or level surface, put one leg straight. Bend the other leg to make it close to the inside of the straight leg. Slowly try to touch the toes with your hand. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 2).

3.Legs and Feet Tendon Stretch: Lean against a wall keeping one foot back. Keep back foot heel as close to the floor as possible. Maintain 10 to 15 seconds, then relax. Repeat for each leg three times (see Figure 3).

4.Quadriceps stretch: Put the left hand on a wall or table for balance, use the right hand to seize the right foot and slowly pull to the buttocks until you feel the front thigh muscles tense. Maintain 10 to 15 seconds, then relax. Repeat for each leg to do three times (see Figure 4).

5.Sartorius Muscle (inner thigh muscles) Stretch: While sitting, place bottom of feet together as shown. Grasp the feet with your hands and slowly pull your feet toward the groin. Maintain 10 to 15 seconds, then relax. Repeat three times (see Figure 5).
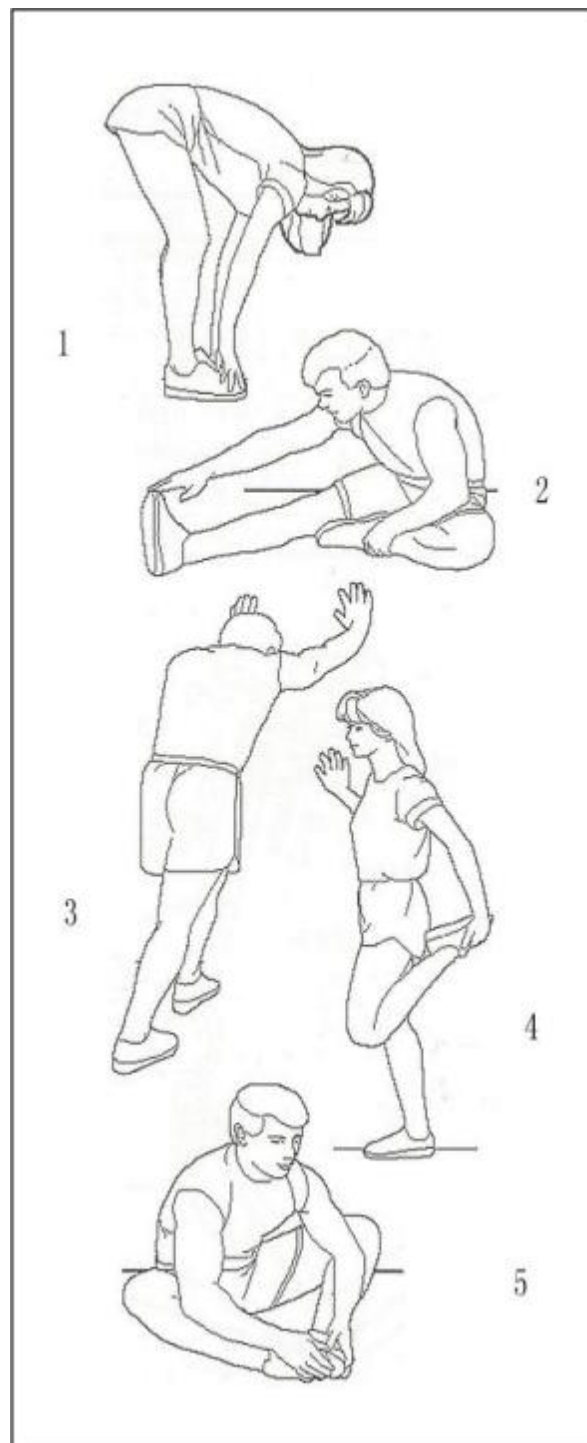
MULTI FUNCTION TREADMILL – SIT UPS OPTION

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 your tailbone when you are doing the sit ups. See picture below:
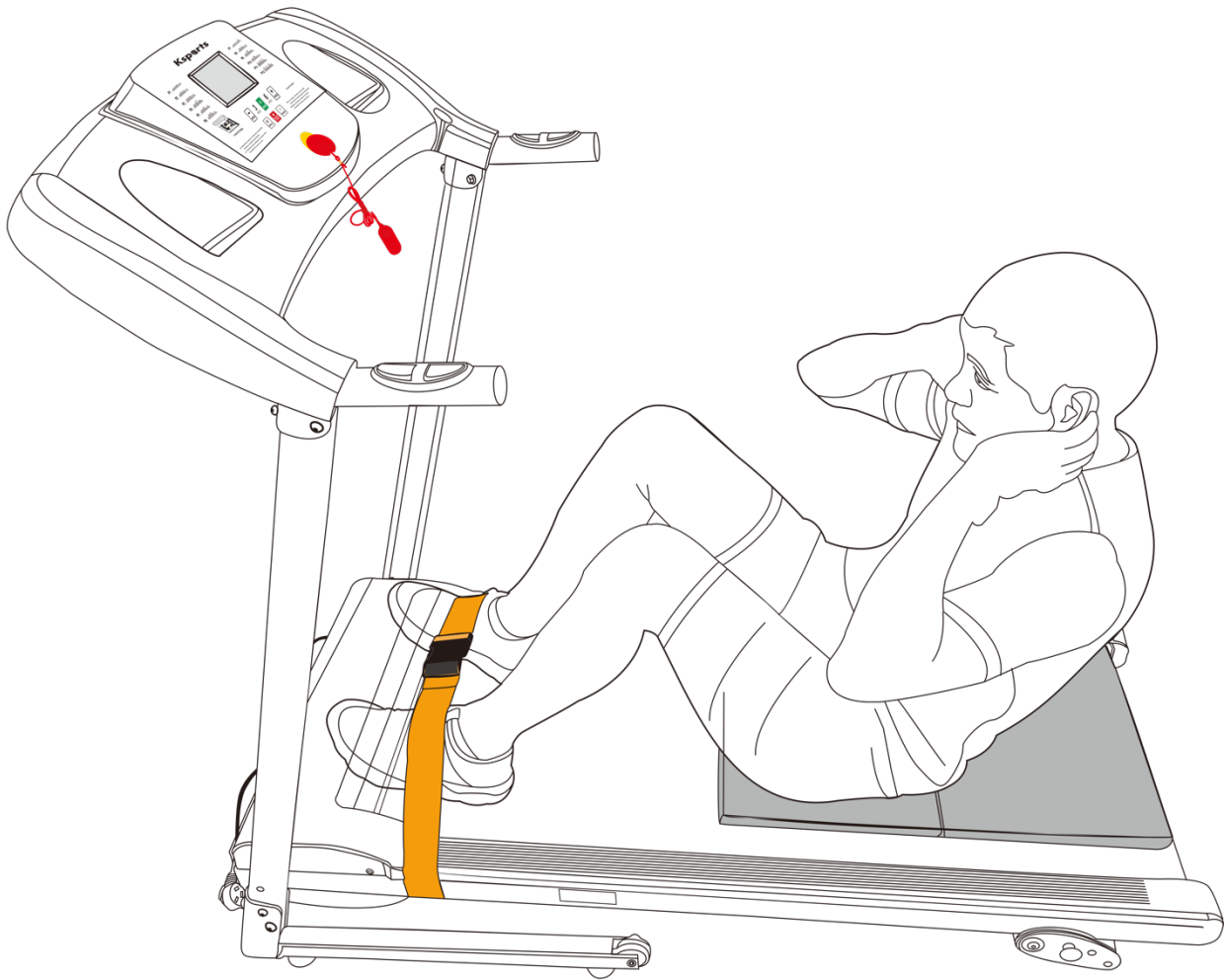
For more instructions on this, please watch our product instructions video on www.kathysuniverse.com

Or write to us at **customerservice@kathysuniverse.com** for further assistance, we will respond to your email within 12 hours.

CLEANING & LUBRICATION

Warning: Always unplug the treadmill from the electrical outlet before cleaning, adjusting or servicing the unit.

CLEANING

General cleaning of the unit will greatly prolong the life of the treadmill. Keep treadmill clean regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. Wearing clean running shoes will reduce the buildup of foreign material on the belt. At least once a year remove the motor cover and vacuum under the motor cover and other areas around the motor and electrical circuitry taking care not to damage or dislodge any connectors.

LUBRICATION

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. Please contact our customer service if you find any damage to the deck. We have included an initial bottle of lubricant with this treadmill. We recommend you lubricate the deck according to the following timetable:

- Light user (less than 3 hours/ week)   every 6 months
- Medium user (3-5 hours/ week)   every 4 months
- Heavy user (more than 5 hours/ week)   every 2 months

Loosen the running belt so you can lift it with one hand and insert the silicone oil bottle with the spout with the other hand to squirt on the lubricant as in the pictures below.

We recommend that you buy the treadmill lubrication from a reputable company, please contact us for any questions on this.
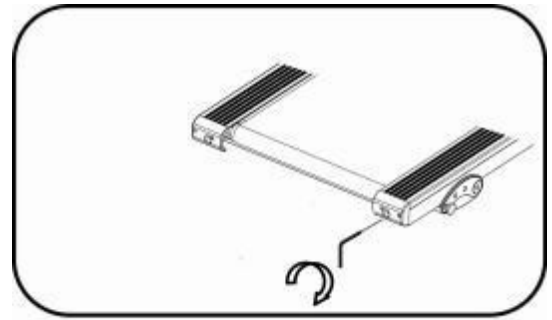
OTHERS
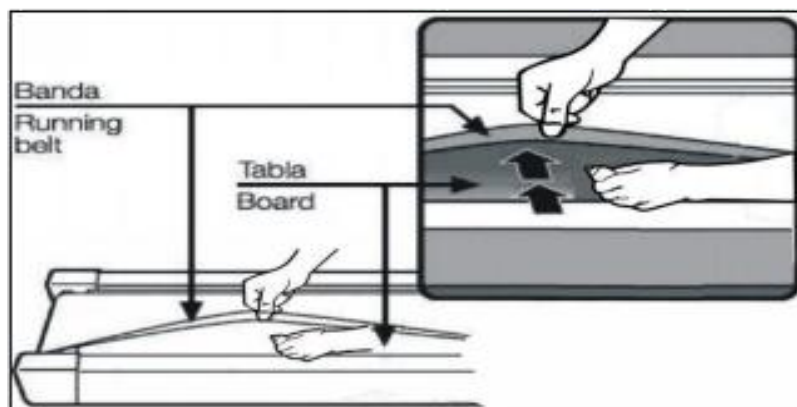
MISCELLANEOUS TIPS

- **We suggest that you stop the treadmill for at least 10 minutes after 2 hours of continuous running to extend the lifetime of the treadmill.**

- To avoid the belt from slipping during running, ensure that the belt is not too loose. To avoid abrasion between the roller and belt and maintain the machine's good running condition, ensure that the belt is not too tight.

- You can adjust the distance between side rails and belt; keep the belt away from the side rails about 50-75mm on both sides to ensure that the belt is well aligned.
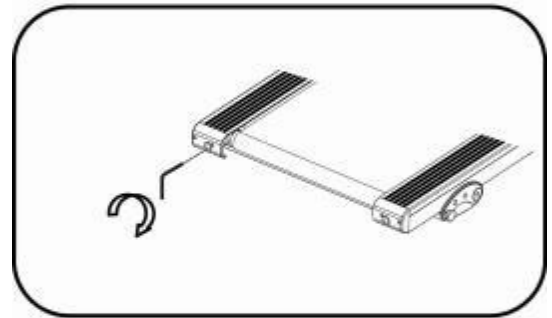
RUNNING BELT ADJUSTMENT
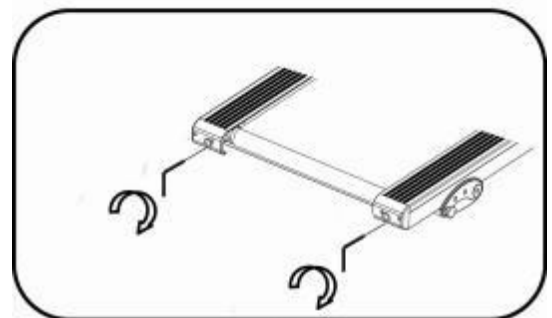
ALIGNING THE RUNNING BELT

- Place treadmill on a level surface. Run treadmill at approximately 3.7-5mph, checking the running condition.

- If the belt has drifted to the right, detach the safety key and turn off power switch, turn the right adjusting bolt ¼ turn clockwise, then start running until the belt is centered as in Picture A.

- If the belt has drifted to the left, turn the left adjusting bolt ¼ turn clockwise, then start running until the belt is centered as in Picture B.

- Periodically adjust the tightness of the belt because it will loosen after a period of time of usage.

- Detach the safety key and turn off the power switch, turn the left and right adjusting bolts ¼ turn clockwise, then re-start the treadmill and check the belt-tightness.

- Repeat this until you have optimum belt tightness as in Picture C.

A

B

C

TROUBLE SHOOTING GUIDE

CODE	REASON	SOLUTION
E01	Communication cable is broken or disconnected	1. Ensure that the console and bottom control board cables are securely connected. 2. Check if connectors on bottom control board are loosened, reconnect if necessary.
E02	Controller protection activated	1. Check if the power voltage is 50% lower than the normal voltage, please use the normal voltage to test. 2. Check if the control board is overheated with burnt smell, replace the control board if necessary. Check if the motor wire is well connected, reconnect if necessary.
E05	Current overload	1. Rated current exceeded, motor obstruction or exceeded user weight tripping system. Check for obstruction, adjust the machine and restart. 2. Check if the motor has noise from motor or if the motor / bottom control board is burnt out. If burnt out, change motor or lower control unit. 3. Check correct input power voltage. Use correct input voltage to test again.
E06	Motor cable broken or disconnected.	1. Check if the motor cable is properly connected and reconnect if necessary. 2. Check if the controller has burnt smell. Replace if necessary.
Display shows "---"	1. The safety key is not in place. 2. The safety key sensor board is disconnected or broken.	3. Check if the safety key is place and re attach it if necessary. 4. Check if the safety key sensor board is connected well. 5. Replace the safety key sensor board inside computer if necessary.

For any problems you might have with your treadmill, please write to us at

customerservice@kathysuniverse.com, we will respond to you within 12 hours.

Ksports

For video assembly instructions -

- Please visit **https://www.kathysuniverse.com/pages/assembly-instruction**

- Or scan the QR code on this page

For joining our product testers community -

- Please visit our website at **www.kathysuniverse.com**

In case of any problems, please either call us at **(985) 690-0828** or write to us at

customerservice@kathysuniverse.com , including your order ID & treadmill model

number and a photo or a video of the problem, we will respond to you within 12 hours.

SCAN ME