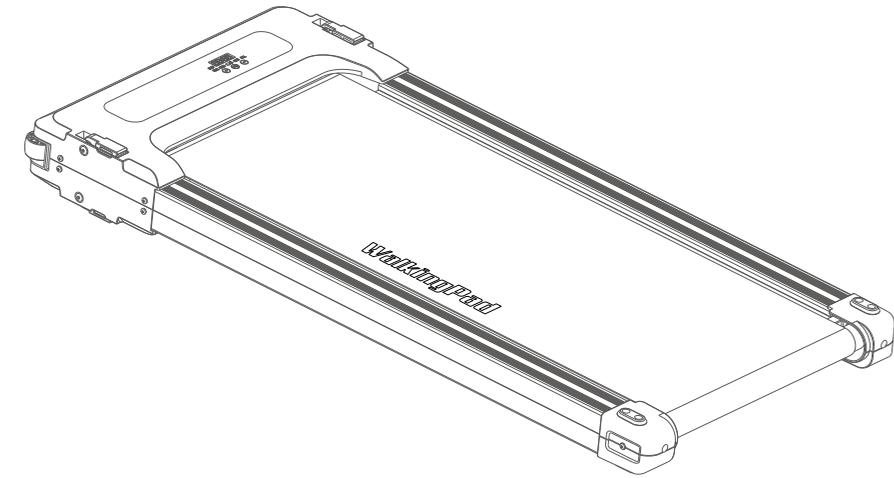


MASSAGE STEP

USER MANUAL



FC (Contains) FCCID: 2AZYO-TPL3135
(Contains) IC: 25276-520B



Manufacturer: Yongkang Saihan Technology Co., Ltd.
Address: NO.666 Sifang Road, Chengxi New District, Yongkang
City, Zhejiang Province, China.

WARNING

Please be careful to avoid slipping and injury when using.
Don't let children approach or use this equipment.
Please read the user manual carefully before using the appliance to ensure safe and proper use.
Save the user manual for future reference.



Scan the QR code
for APP download

TABLE OF CONTENTS

- 1 IMPORTANT SAFETY INSTRUCTIONS
- 2 SAFETY NOTICE
- 3 SPECIFICATION
- 4 PRODUCT AND ACCESSORIES
- 5 PRODUCT INTRODUCTION
- 6 BEFORE START AND STORAGE
- 7 DISPLAY SCREEN
- 8 OPERATION
- 9 HOW TO USE
- 10 TROUBLESHOOTING
- 11 CARE AND MAINTENANCE
- 12 ERROR CODE
- 13 SUGGESTED STRETCHES
- 14 HOW TO CONNECT THE APP
- 15 TRADEMARK AND LEGAL DECLARATION

1 / IMPORTANT SAFETY INSTRUCTIONS

DANGER - To reduce the risk of electric shock:

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

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under 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. Use this appliance only for its intended use as described in this manual. 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 use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. Caution - To reduce the risk of injury from moving parts - Unplug before servicing.
13. Warning - To reduce the risk of Electric shock - Unplug before cleaning or servicing.
14. Warning - Risk of personal injury - Keep children under the age of 13 away from walking treadmill.
15. To disconnect, turn all controls to the position, then remove plug from outlet.
16. Connect this appliance to a properly outlet only. See grounding instructions.
17. This appliance is not intended for use by persons with reduces physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning

use of the appliance by a person responsible for their safety

18. **The maximum weight capacity for this product is 265 lbs/120kg. DO NOT EXCEED MAXIMUM WEIGHT CAPACITY.**

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS:

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

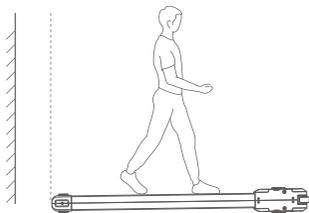
DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

FCC STATEMENT :

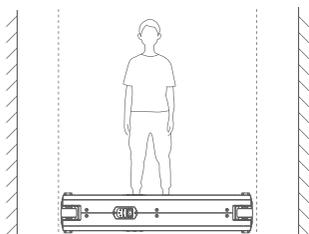
Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate 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.

2 / SAFETY NOTICE



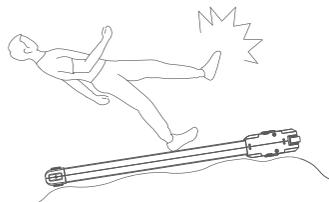
⚠ Please keep a rear distance of 100 cm or more.



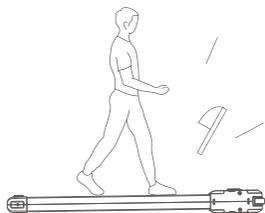
⚠ Please keep a distance of 0.6 meters or more for both sides.



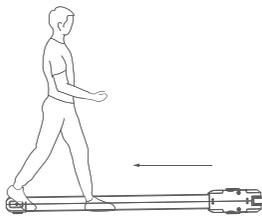
⊗ During the startup countdown, maintain a stable standing position. Do not shift your weight, change posture.



⊗ Using on uneven ground is prohibited.



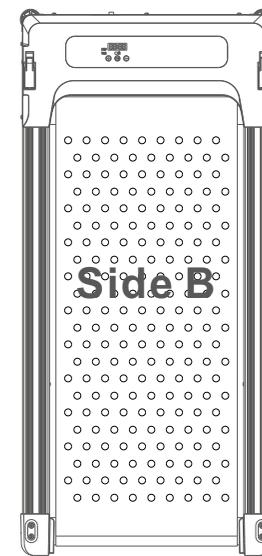
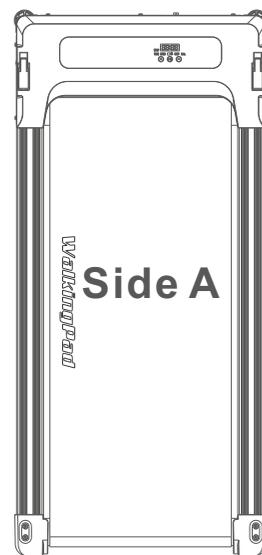
⚠ Please choose sneaker.



⊗ Do not step on or off the treadmill while it is in operation.

⚠ WARNING

NOTE:When flipping the treadmill from side A to side B, wait until the treadmill has completely stopped before flipping to prevent injury!

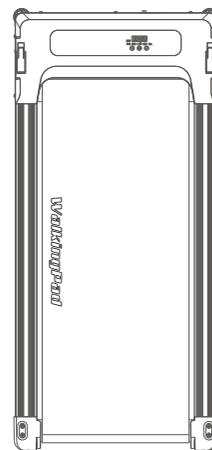


3 / SPECIFICATION

Performance indicators	Detailed parameters	Performance indicators	Detailed parameters
Product dimension	1105x545x130 mm	Walking side speed	0.6-4.0 mph/1-6.0 kmh
	43.5x21.5x5.1 inch		
Walking Area	400x900 mm	Massage side speed	0.6-1.0 mph/1-1.4 kmh
	15.7x35.4 inch		
Net weight	21 KG	Rate voltage	110 V
	46.3 LBS		
Gross weight	23.5 KG	Maximum load	120 KG
	51.8 LBS		265 LBS

4 / PRODUCT AND ACCESSORIES

Please carefully check whether the contents of the package are complete and intact. If there is any missing and damage, please contact the seller.



Walking treadmill × 1

Accessories



Remote Controller x 1



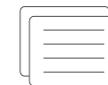
Battery x 1



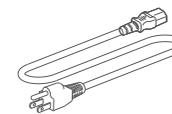
Lubricating Oil x 1



Hex Tool × 1



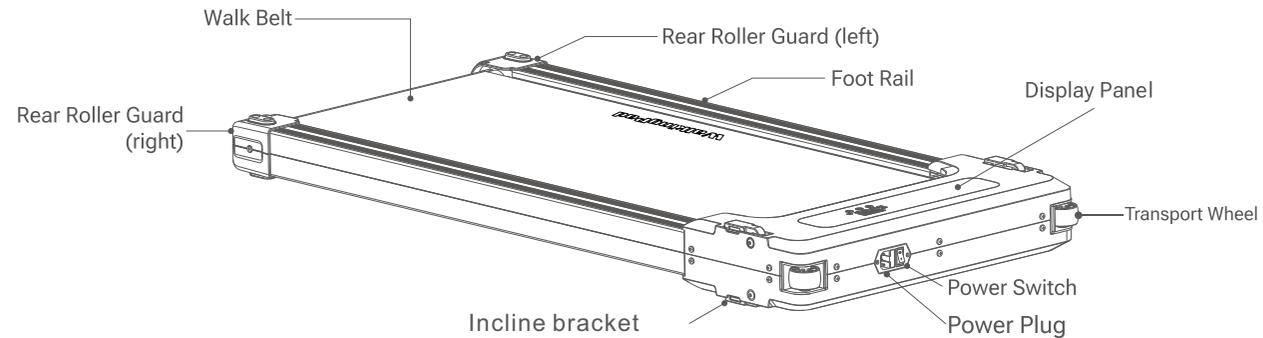
User Manual x 1



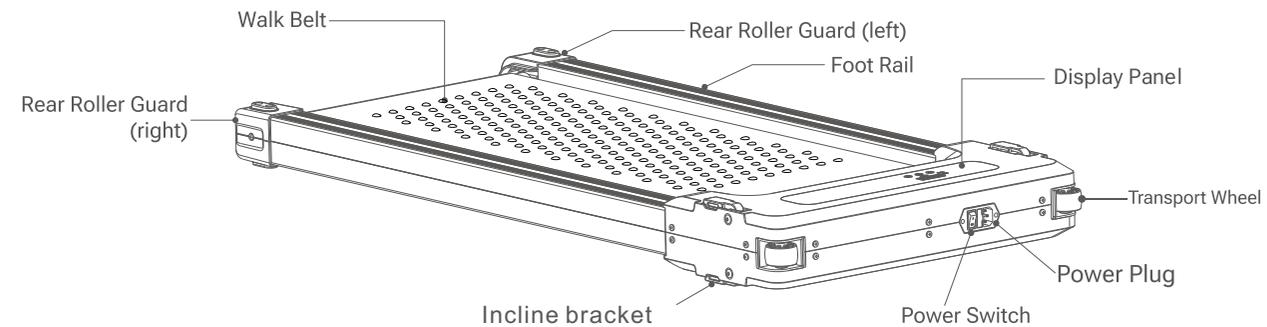
Power Cord x 1

5 / PRODUCT INTRODUCTION

Walking side(Side A)

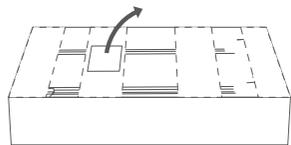


Massage side(Side B)

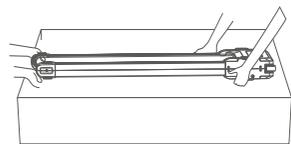


6/ BEFORE START AND STORAGE

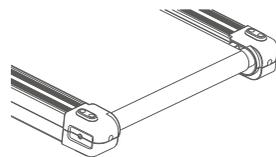
- Take out appliance from packages.



1. Unbox and take out accessory box.

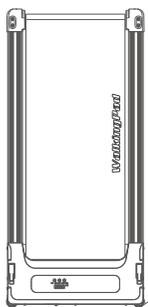


2. Lift out appliance and place at flat surface.
Attention: 2-3 persons assist is necessary.



3. Its normal that visible welding marks residual on walk belt.

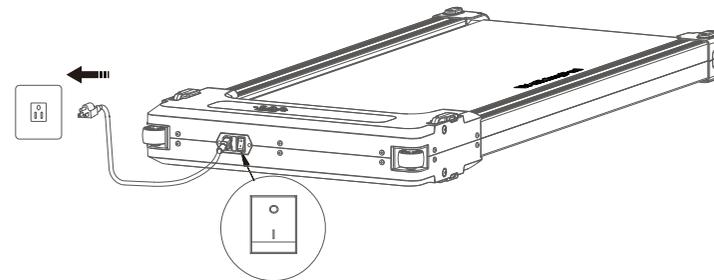
- Transportation



To move the treadmill, you can to lift the treadmill to a vertical position, as shown in the figure below, there are moving wheels at the bottom that can be moved like a suitcase.



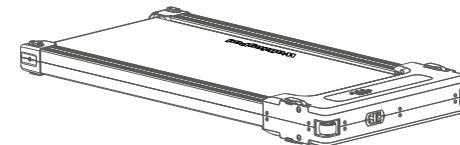
- Connect the power



Plug in power cord and switch on power rock button, you can hear a Bi sound from buzzer, its means the circuit of appliance has connected with power electricity.
Warning: MUST use power cord with comes of package.

- Storage

Power off appliance and unplug power cord before storage process.



Warning:

Before starting to workout with this product, Please assess your physical condition and perform exercise properly and regularly. Incorrect or excessive training can be harmful to your health, If you feel unwell, Stop exercising immediately and consult with your doctor.

7 / DISPLAY SCREEN

Running side(Side A)

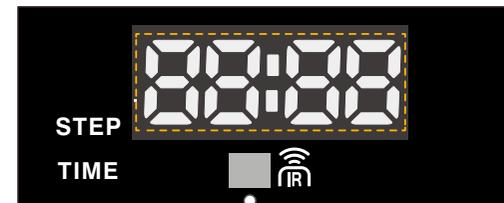


Infrared Receiver Port

As you walk on or run on the treadmill, the display can show the following workout information:

Name	Range	Display
Speed	0.6-4.0 mph	Displays the speed of walking belt.
STEP	0-9999	Displays walking steps.
Calories	0-999 Kcal	Displays the approximate number of calories you have burned.
Time	0:00-99:59 minutes	Displays the elapsed time;
Distance	00.0-99.9 miles	Displays the distance that you have walked or run.
Infrared Receiver Port	/	Aiming the receiver when remote control is in use.

Message side(Side B)



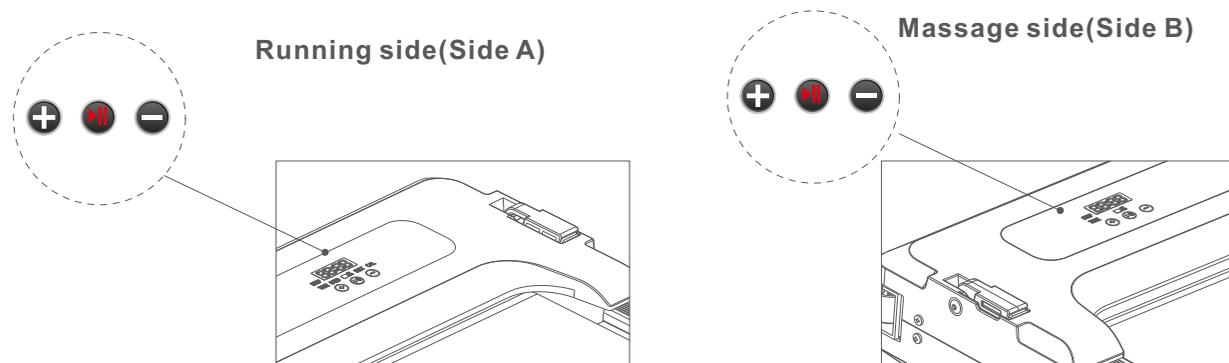
Infrared Receiver Port

As you walk on or run on the treadmill, the display can show the following workout information:

Name	Range	Display
Speed	P1-P5	Displays the speed of walking belt.
STEP	0-9999	Displays walking steps.
Time	20:00-0:00 minutes	Displays time left count down from 20 to 0 minutes.
Infrared Receiver Port	/	Aiming the receiver when remote control is in use.

8 / OPERATION

- with console buttons

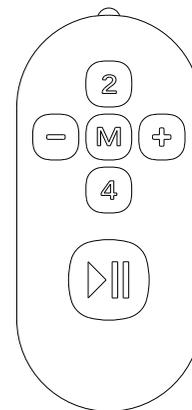


Feature of console buttons are identical as remote control.

Attention: please get off treadmill when you intend to control with console buttons.

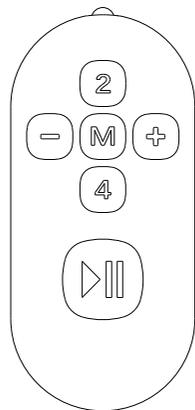
Remote Control

Running side(Side A)



1. Press button to start walking belt, the default initial speed setting is 0.6mph.
 2. Press button to have a pause in working mode, to resume workout, re-press it again.
 3. Hold press this button to stop walking belt when your workout is completed.
- + Press or hold this button to accelerate ,the increment is 0.2mph.
- Press or hold this button to decelerate ,the decrement is 0.2mph.
- M During the initialization phase, press it,fitness goals can be set(Ex:calories, time, distance, and step.). Post-configuration, press it,the display cycles show: calories, time, distance, and step information.
- 2 Press this button, the speed will gradually change until 2mph.
- 4 Press this button, the speed will gradually change until 4mph.

Massage side(Side B)



-  1. Press button to start walking belt, the default initial speed setting is P1.
-  2. Hold press this button to stop walking belt when your workout is completed.
-  Press or hold this button to accelerate ,the increment is 1P.
-  Press or hold this button to decelerate ,the decrement is 1P.
-  Increase the massage duration by 5 minutes per press, up to a maximum of 60 minutes.
-  Press this button, the speed will gradually change until P2.
-  Press this button, the speed will gradually change until P4.

 WARNING	
 	<p>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.</p>

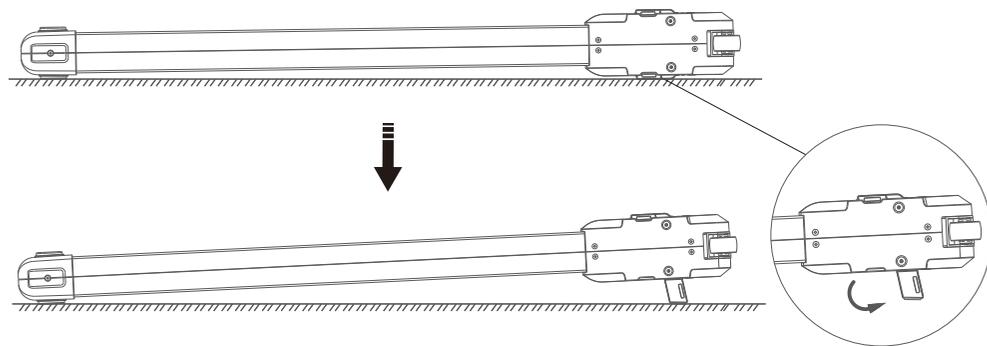
9 / HOW TO USE

This treadmill is dual functional: Side A - the running side and Side B - the massage side.

Side A, the running side, can be used for normal walking or running, with speeds ranging from 0.6 to 4.0 mph.

walking on B-side massage side can promote blood circulation. The distance between the soles of the feet and the heart is relatively far, especially for the elderly. Blood circulation may be poor, and the soles of the feet are prone to coldness. Through foot massage, blood circulation can be promoted to the soles of the feet. Long term adherence can improve the symptoms of foot coldness and also have certain benefits for cardiovascular health.

For better experience, this machine has increased the manual incline structure components, the incline angle is about 2.8 degrees, refer to below picture.



10/TROUBLESHOOTING

Problem	Fault Analysis	Resolutions
No working	<ol style="list-style-type: none"> 1. Power rock switch dysfunction 2. Power supply interrupted. 3. Power cord damaged 	<ol style="list-style-type: none"> 1. Replace new power rock switch if it doesn't light on. 2. Make sure that power cord is plugged into properly grounded outlet. 3. Replace new power cable.
Walking belt slips	Walking belt loosen	Tighten walking belt tension with hex tool A (1/4 a turn both idler roller screw clockwise)
Remote control does not work	<ol style="list-style-type: none"> 1. Incorrect use of default 2. Battery power shortage. 3. Remote control malfunction 	<ol style="list-style-type: none"> 1. Remotor control should directly aiming to receiver port when in use. 2. Replace new battery cells. 3. Replace new remote control.
Friction noise	Walking belt off center.	See details of walking belt tension chapter.

11 / CARE AND MAINTENANCE

A. Symptom : walk belt off centered or slips.

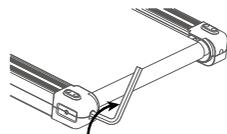


Figure 1

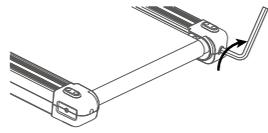


Figure 2

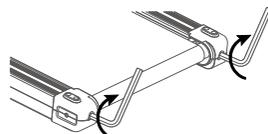


Figure 3

Centering walk belt process as follow :

1. Power off appliance and unplug the power cord .
2. Manual centering process as follow:
 - If the walk belt has shifted to left, use the hex tool to turn the left idler roller screw clockwise **1/4** of a turn(refer to figure 1).
 - If the walk belt has shifted to right, use the hex tool to turn the right idler roller screw clockwise **1/4** of turn(refer to figure 2).
3. Appliance **MUST** work 1-2minutes. Repeat manual centering process untill the walk belt is centered.

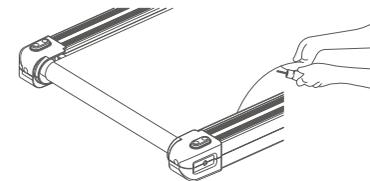
Belt slip correcting process as follow :

1. Power off appliance before operation.
2. Using the hex tool, turn both idler roller screws clockwise **1/2** of turn(refer to figure 3).
3. After corrected, please attempts to walking 1-2 minutes under 1.0 mph speed setting. Repeat until the walk belt is properly tightened.

Attentions

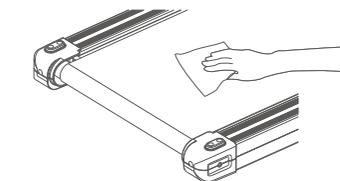
1. To prevent any injury, don't place any debris around appliance before maintenance process.
2. **MUST** use associated hex tool.
3. Take care at maintenance process. Do not pinch fingers.

B. Belt lubrication process, follow instruction below to lubricate belt.



1. Power off appliance and unplug cord.
2. Using the hex tool, turn both idler roller screws counterclockwise till belt loosen and lifting easily.
Tips: please markdown hex tool rotating cycles when loosen belt, which use for adapting belt tension after lubrication process.
3. Lifting edges of belt and spraying lubrication oil at center of walk platform evenly. Not necessary to apply spray lubrication oil on entire walk platform.
4. Lubrication oil volume Per time of maintenance: 5-10mL.
Attention: it would causes of belt slip if spray too much.
5. Using the hex tool, turn the both idler screws clockwise as previous markdown number of turns untill walk belt tighten properly.
6. Power on appliance and workout for a few minutes, in order to spread lubrication oil to whole belt surface evenly.
Attention: No-loading work at 1.0mph speed setting.
Lubrication frequency: High recommend 125 Miles Per time.

C : Appliance cleaning.



1. Power off appliance and unplug power cord before cleaning.
2. Wipe and clean with damp cloth, Do not cleaning with acidic or caustic detergents.
3. Do not clean opposite of walk belt.
4. Its normal few black powders residual under appliance after long working.

12 / ERROR CODE

When error occurs, error warning indicator will light up and display its error code.

Error Code	Fault Analysis	Resolutions
E01	Communcation interrupted between contoller and numeric display.	Unscrew motor hood and verify connection between controller and numeric display. Please contact with after sale service if E01 code has not been eliminated. Notice: Always power off and unplug power cord before processing.
E02	Flame protection	1. Unscrew motor hood and verify connection between controller and motor. 2. Power supply interrput due to connector loosen or out, please unscrew motor hood to check. 3. Please contact with after sale service if problem CAN NOT solved by above process.
E05	Over current protection	1. Due to user over limited110 Kg. 2. Open to check any foreign objects blocked moving parts. (such as: drive motor, idler roller, driver roller, walking belt) 3. Walking belt is overtightened or lack of lubricant. (please see detail chapters relate to belt tension and lubricant process)
E06		
E07	Software bug	Replace new controller.
E10	Communcation interrupted between signal cable and console.	Unscrew motor hood and verify connection of singal cable , please contact with after sale service if E10 error code has not been eliminated

13 / SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

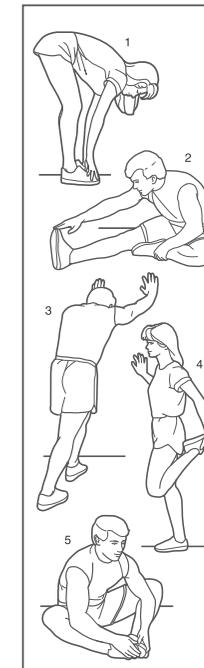
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

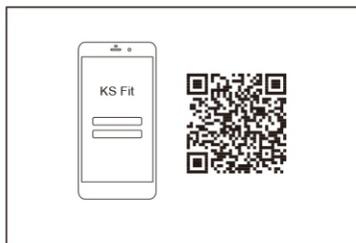
Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



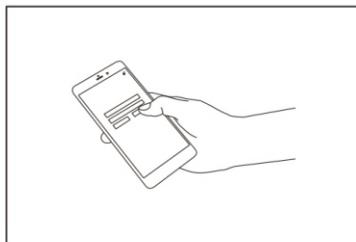
14 / HOW TO CONNECT THE APP

How to connect the APP

The equipment can be used with a connected app to make your training more professional and enhance your running experience.



- ① Scan the QR code above or search the Apple Store or Google Play for "KS Fit" and complete the installation and registration.



- ② Bring the mobile phone close to the Treadmill.
- ③ Turn on Bluetooth on your mobile phone.
- ④ Turn on the power switch of the treadmill.
- ⑤ Open the KS Fit app and Add the equipment.

* Please give permission to the APP, so it could search for devices nearby.

* Add the equipment through the APP instead of selecting the equipment from the Bluetooth list. If it is already selected, remove the equipment from the Bluetooth list, and pair again through the APP.

* Repeat Step ③-⑤, if it fails to pair with the equipment.

* For safety, do not connect a second mobile phone to the equipment while exercising, if a phone has been paired with the equipment.

15 / TRADEMARK AND LEGAL DECLARATION

Trademark and Legal Declaration

Dick's holds the patents of walking pad treadmill series products. Dick's edits and owns the copyright of this manual book. Without Dick's written permission, any form of unauthorized distribution, reproduction, publication, release or quotation by any institution or individual is prohibited. This manual contains as many as possible of all the functions and instructions for use. However, due to product imperfections, design changes, etc, the description may still have discrepancies with what you have purchased. In view of product updates, description in this manual book may differ from what you have purchased in color, appearance, etc. Actual supplies prevail. This appliance is not intended for persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance. Children aged from 8 years and above and persons can use this appliance with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understood the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

Replacement and Disposal



The battery contained in this appliance must be removed for disposal. When replacing the battery, use only original battery, available from the parts shop. The battery can be replaced by opening the back cover. Be aware of the polar mark while inserting a new battery. Never dispose of old battery in domestic garbage, but only through the proper public collection points. This also applies to the battery of defective appliances.