

# KingSmith Smart Dumbbell User Manual

Please read this manual carefully before using the product and keep it properly.

Model No. : *DBV1N*



**RED Declaration of Conformity (DoC)**  
Unique identification of this DoC: .....

**We,**  
Beijing Kingsmith Technology Co.,Ltd.  
Floor 4, Building 25, Area 18, ABP Park, Fengtai, Beijing, China

.....  
**declare under our sole responsibility that the product:**

product name: Smart Dumbbell  
trade name:  
type or model: DBV1N  
relevant supplementary information: .....  
(e.g. lot, batch or serial number, sources and numbers of items)

**to which this declaration relates is in conformity with the essential requirements article 3.1(b)and**

**3.2 of the RED (2014/53/EU).** (This product may fall under other essential requirements of the RED (2014/53/EU) or other directive which is not covered by this declaration)

**The product is in conformity with the following standards and/or other normative documents:**

EMC (Art. 3(1)(b)): EN 301 489-1 V2.2.3; EN 301 489-17 V3.2.4:2020;  
EN 55014-1:2017, EN 55014-1:2017/A11:2020 and EN 55014-2:2015;

SPECTRUM (Art. 3(2)): EN 300 328 V2.2.2;

OTHER (incl. Art. 3(3) and voluntary specs):

Other Union harmonization legislation (where applicable): N/A

Accessories:  
Software:

Technical file held by: Beijing Kingsmith Technology Co.,Ltd.  
Place and date of issue (of this DoC): 2021-09-01  
Signed by or for the manufacturer:

Name (in print): Raymond Lee  
Title: Engineer



## WARNING

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.

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

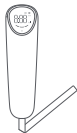
Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate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

## Products and Accessories

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Dumbbell &  
Smart module  
x1



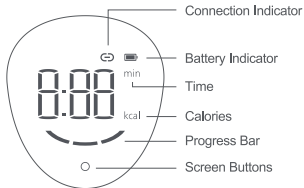
Dumbbell  
(without smart module)  
x1



TYPE-C  
Charging cable  
x1

## Function Diagram

### 1. Introduction to display function



### 2. Introduction to screen key functions

- (1) In order to save power, the smart module screen lights up for 30 seconds and then goes out. Alternatively, set the screen shutdown time manually in APP.
- (2) When the screen is off, touch the screen button to light up the screen.

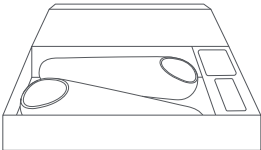
### 3. Description of sound feedback

- 1 beep – The smart module is successfully connected to the mobile phone
- 2 beeps – The smart module is disconnected from the mobile phone
- 3 beeps – Low battery warning

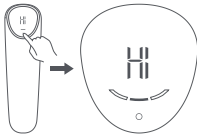
## Quick guide

### 1. Unpacking

- (1) Open the package and take out the smart dumbbell.



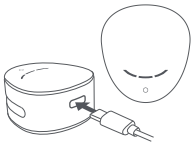
- (2) Touch the screen button to turn on, the smart module panel displays the word "HI", the three-stage progress bar flashes from left to right, from right to left, and it takes about 8 seconds to turn on.



- (3) Enter the initial interface of the smart module.

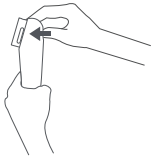


- (4) If there is no response, or if it is turned off immediately after turning on the machine, and it does not enter the initial interface, please charge for 30 minutes before using.

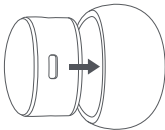


## 2. Smart module charging

- (1) Take out the smart module. Use your thumb to push out the smart module "obliquely downward" through the small hole on the back of the dumbbell.



- (2) Install smart modules. Place the smart module directly at the position of the dumbbell groove and press it slightly harder to insert the module into the dumbbell.



### 3. Use of Smart Dumbbells

(1) Download "KS Fit" APP from Apple Store or Google Play Store and complete registration.



(2) Open APP and follow the steps to connect your device.



## Precautions

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- (3) When using, make sure to hold the dumbbell with the smart module in your right hand.



1. Please exercise appropriately according to your own situation. If there is any discomfort during exercise, please stop immediately and consult a doctor, otherwise there may be injuries.
2. Children need to use it under adult supervision to avoid any danger.

## Basic Parameters

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|                     |                                                                     |
|---------------------|---------------------------------------------------------------------|
| Product Name        | : Kingsmith Smart Dumbbell                                          |
| Product Size        | : 0.5kg (154×48×36mm)<br>0.75kg(170×48×39mm)<br>1.0kg (188×52×41mm) |
| Sensor              | : Six-axis gyroscope                                                |
| Battery Capacity    | : 350mAh lithium battery                                            |
| Product Material    | : Cast iron, TPU, Plastic, Silicone                                 |
| Operating Frequency | : 2402~2480MHz                                                      |
| Max. transmit Power | : 3.9dBm                                                            |

## Firmware Upgrade

After the smart dumbbell is successfully connected to the "KS Fit" APP, select the device in the APP, and then upgrade the firmware in the settings.

The dumbbell display goes off during the firmware upgrade. After the upgrade is completed, the dumbbell display screen automatically lights up and enters the initial interface of the smart module.

## After-Sale Guarantee

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Dear Users,

We wish you a healthier and better life by using our smart dumbbells. That is our goal.

Get more information or in case anything makes you feel inconvenient, please contact us, it is our duty to provide you with sincere help and professional support.

Official Website: <https://store.walkingpad.com>

After-sale service email: [support@walkingpad.com](mailto:support@walkingpad.com)

Kindly Note:

In case you would like to return the product for refund, please keep smart dumbbells, gifts, accessories, manual book and packing intact without damage.



## Replacement and Disposal

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The battery contained in this appliance must be removed for disposal.

When replacing the battery, use only original battery, available from our online parts shop.

The battery compartment is located on the back of the appliance. Open the compartment by removing the screw in the cover using a suitable screwdriver, and then press the lower end of the locking catch on the connectors. In that way, both sides of the connection can be separated by pulling them apart.

When inserting a new battery, push together the two connectors and ensure that the catch locks over the stop.

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.



Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials that can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.



Manufacturer : Beijing Kingsmith Technology Co., Ltd.

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Fengtai, Beijing, China.

MADE IN CHINA