

**everfit**

**INSTRUCTION**



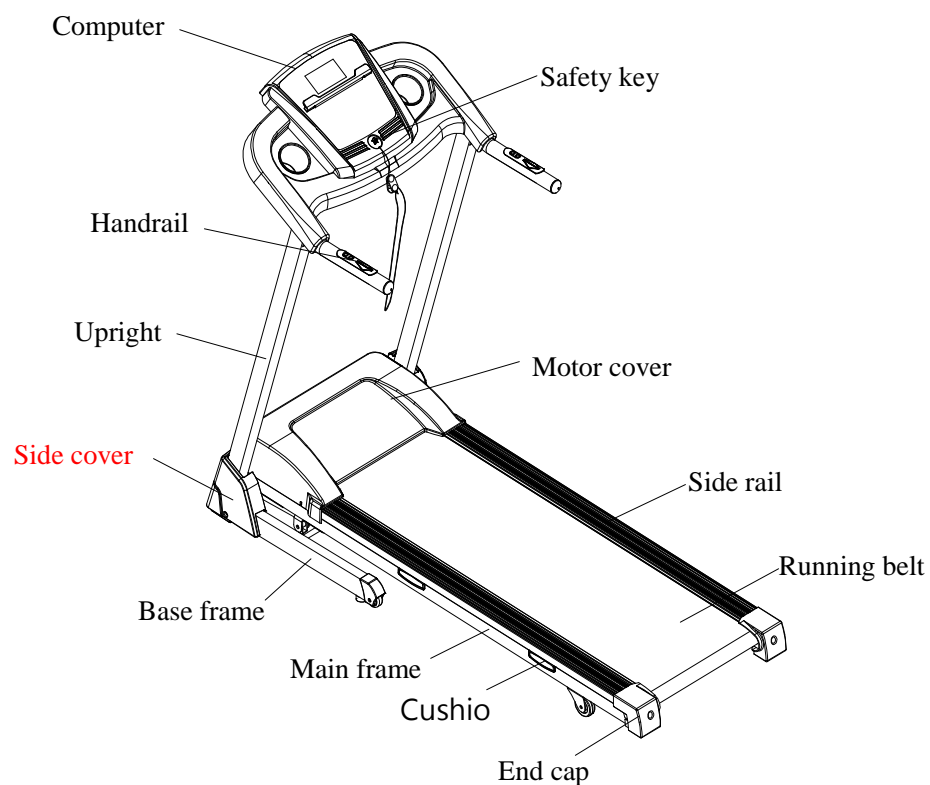
**TFK I 430**



## Technical Parameters

Input supply voltage : 220V	Working temperature: 0-40 °C
Speed range: 0.8-16KM/H	Incline range: motor incline
Max. user weight: 110kg	Distance display range: 0.00-99.9km
Calories display range: 000-999	Time display range: 00: 00-99: 59 (min : sec)
Heart rate range: 50-200 (time / min)	Running surface: 420*1300mm
Product size: 1660*705*1320mm	Folding size: 870*705*1510mm

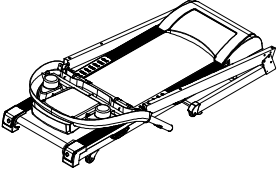
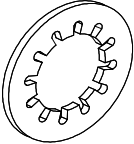
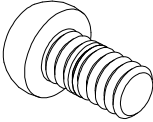
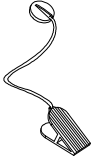
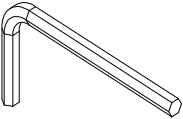

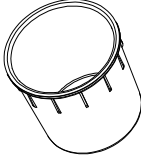
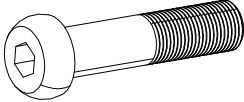
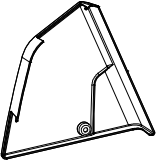
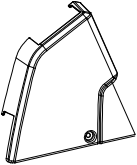
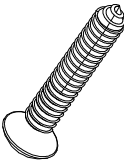
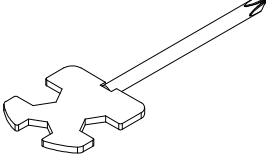
## Product Overview



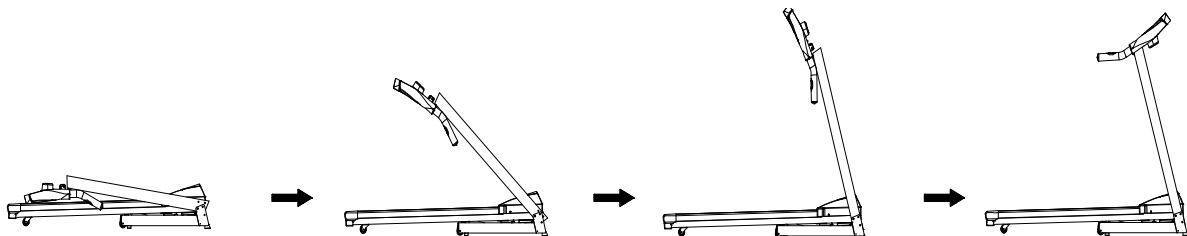
# Assembly instruction

WHEN YOU OPEN THE CARTON, YOU WILL FIND THE BELOW SPARE PARTS:

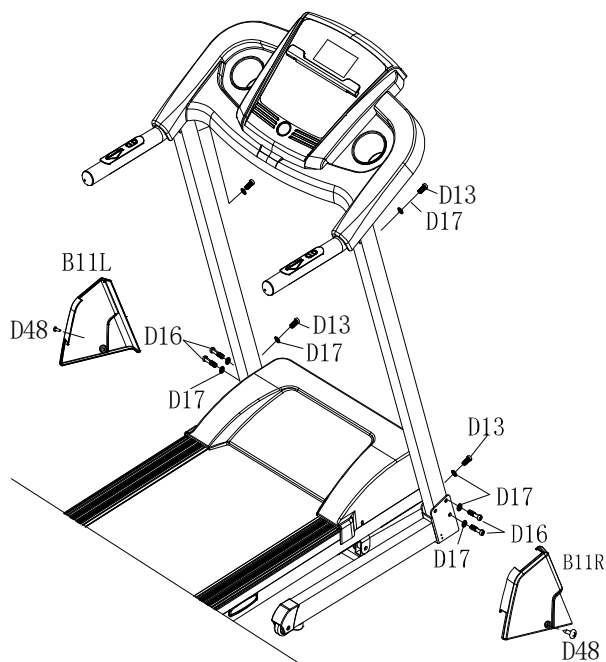
**STEP 1:** Take out and prepare the below parts

<p>Main frame 1 set</p> 	<p>D17 Inner star washer M8 8 PCs</p> 	<p>D13 Round hex bolt M8*15 4 PCs</p> 	<p>C13 Safety pad 1 PC</p> 
<p>D3 Allen wrench 5MM, 1 PC</p> 	<p>B18 Silicon 1 PC</p> 	<p>B49 Water bottle cup holder 2 PCs</p> 	<p>D16 Round hex bolt M8*45 4 PCs</p> 
<p>B11L Left side cover 1 PC</p> 	<p>B11R Right side cover 1 PC</p> 	<p>D48 Cross self-tapping bolt ST4.2*19, washer 2 PCs</p> 	<p>D1 Screw driver 1 PC</p> 

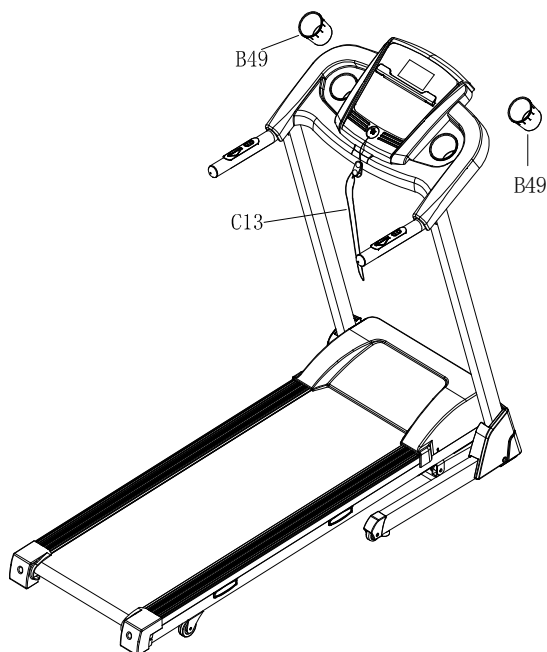
**STEP 2:** According to the following steps to lift up the uprights.



**STEP 3:** Secure bottom frame with bolt M8\*45(D16), M8\*15 (D13), and the inner star washer (D17). Then secure console frame with M8\*15 (D13) and inner star washer (D17). Tighten left/right side covers (B11L/R) with cross self-tapping bolt with washer ST4.2\*20 (D49).

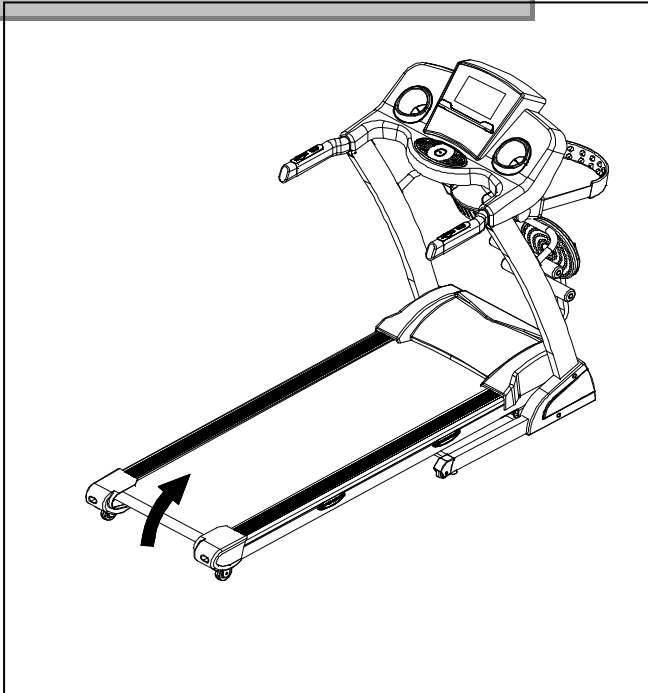


**Step 4:** Place on safety key (C13) and water bottle holder (B49).



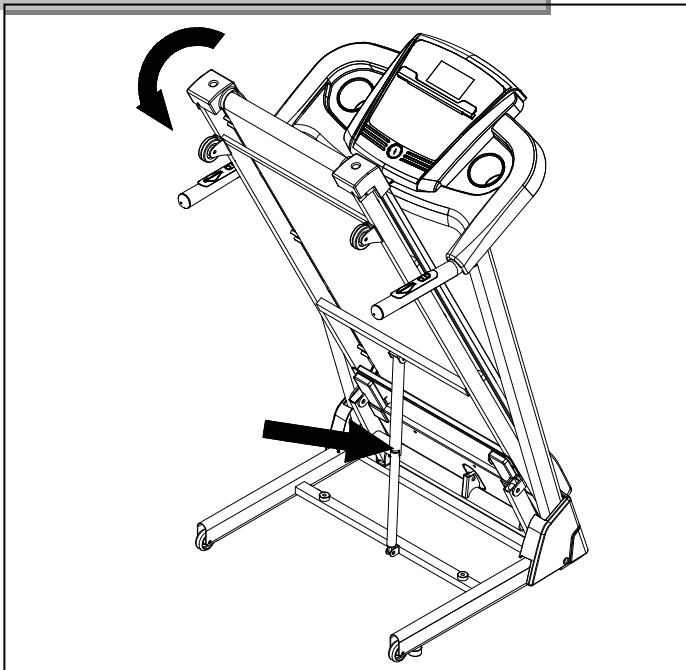
**Step 5:** To check if the running belt runs correctly, placing treadmill in folding position and tightening all the bolts. Then set speed under 3km/h and see if running belt runs without problem.

## Folding Instruction



Lift up the machine and force to pull up until you heard "click" that made by safety casing stuck the pneumatic cylinder.

## Unfolding instruction



Kick the safety sleeve lightly and pull down the machine at the same time as the arrow direction. Then the machine will fall down smoothly.

# Operation Guide

## 1.1. Console



## 1.2. START

Normal start after 5 seconds countdown

## 1.3 PROGRAM

12 pre-set programs, 1 body fat program , 3 countdown function

## 1.4. SAFETY LOCK FUNCTION

The window shows "---" when take away the safety lock and the treadmill will stop quickly with "didi" alarm noise. And put the safety lock on, the computer will display for 2 seconds and the date count down to "0"

## 1.5.BUTTON FUNCTION

### 1.5.1. START/STOP

"START"--When the treadmill is not running, press this button to start, speed is "0.8"

"STOP"--When the treadmill is running, press this button to stop, then set program default and then return to manual mode after stopped.

### 1.5.2 "PROGRAM" BUTTON

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When the treadmill is not running, press this button can choose from program circle mode to manual mode (P1-P12). The lowest speed for manual mode is “0.8”, and the highest speed is “16”. The lowest incline section is “0”, and the highest incline section is “12”.

### **1.5.3 “MODE” BUTTON**

When the treadmill is not running, press this button to choose countdown modes:”H-1”,”H-2”,”H-3”.

H-1” is the time countdown mode, and “H-2” is the distance countdown mode, “H-3” is the calories countdown mode.

Press the “SPEED+/-” or “INCLINE+/-“button to adjust the data. After that, press the “START” button to start this treadmill

### **1.5.4 “SPEED +/- “BUTTON**

SPEED +/- --Adjust speed when treadmill start, the increment is 0.1km/time in kilometer. Press the button more than 2 seconds, and it will be up or down automatically.

### **1.5.5 “INCLINE +/- “BUTTON**

INCLINE +/- -- Adjust incline when treadmill start, the increment is 1 level/time in kilometer. Press the button more than 2 seconds, and it will be up or down automatically.

### **1.5.6 SPEED QUICK BUTTON**

Press the speed quick button 4km/h, 6km/h, 8m/h, 10m/h, 12m/h to adjust the speed directly when the treadmill is running

### **1.5.7 INCLINE QUICK BUTTON**

Press the incline quick button 4, 6, 8, 10, 12 to adjust the incline directly when the treadmill is running

## **1.6. DISPLAY FUNCTION**

### **1.6.1 TIME**

Display the running time or countdown time

### **1.6.2 SPEED**

Display running speed

### **1.6.3 INCLINE**

Display the incline

### **1.6.4 PULSE**

Display pulse data

### 1.6.5 DISTANCE

Display the running total distance or distance countdown.

### 1.6.6 CALORIES

Display the calorie or calorie countdown

### 1.6.7 SPEED DIAGRAM

Display the diagram of the running speed

### 1.6.8 WINDOW DISPLAY DATA RANGE

TIME: 0:00 – 99.59(MIN)

DISTANCE: 0.00 – 99.9(KM)

CALORIES: 0.0 – 999 (C)

SPEED:0.8 -12 (km/h)

PULSE: 50 – 200 (BPM)

## 1.7 PULSE FUNCTION

When the treadmill is running, hold the hand pulse about 5 seconds, it will display pulse data. The pulse data range is 50-200 times/ minute. It has heart-shaped graphics when testing pulse. This data is only for reference, can not be as medical data.

## 1.8 PROGRAM EXERCISE CHART

There are 10 sections in each program.

PROG	TIME	SET TIME / 16 = TOTAL TIME IN EACH OPERATION									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
	INCLINE	0	3	3	3	4	4	4	1	1	0
P2	SPEED	3	3	4	4	5	5	5	6	6	4
	INCLINE	2	2	2	3	3	3	3	4	4	2
P3	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	4	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
	INCLINE	0	3	3	2	2	5	5	3	3	2
P5	SPEED	3	6	6	6	8	7	7	5	5	4
	INCLINE	3	5	3	4	2	3	4	2	3	2
P6	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3

P7	SPEED	2	9	9	7	7	6	5	3	2	2
	INCLINE	0	3	3	3	4	4	4	1	1	0
P8	SPEED	2	4	4	4	5	6	8	8	6	2
	INCLINE	1	1	4	4	4	5	5	4	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
	INCLINE	1	5	6	8	12	9	10	9	5	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
	INCLINE	3	5	6	8	6	5	8	7	5	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3
	INCLINE	5	7	5	8	6	5	9	10	6	2

### 1.9 THREE COUNTDOWN FUNCTION PARAMETER DATA

Countdown time initial setting 30: 00 minutes, setting range 5: 00---99: 00 minutes , each step 1: 00.

Countdown calorie initial setting 50therm, setting range 10---990 term, each step 10.

Countdown distance initial setting 0.8km, setting range 0.5---99.9 km, each step 0.1

Cycle switch order is: manual, time, distance, calories.

### 1.10 BODY TESTER (FAT)

At the beginning state, press "PROGRAM" continually to enter "FAT" body fat test, window display "FAT". Press "MODE" to enter (F1 SEX, F2 AGE, F3 HEIGHT, F4 WEIGHT). Press "SPEED+", "SPEED-" to set. After setting, the computer will display F5 and grasp the hand pulse, the window will display your body quality index.

The body quality index is to test the relation between height and weight not the body scale.

The body FAT suits for any male and female to adjust the weight according together with other body quality index. The ideal FAT should be between 20-25, if under 19, it means too thin. If between 25 and 29, it means overweight, if over 30, it means obesity. (The data is just for reference and can not be as medicinal data)

- 01 Sex 01 Male 02 Female
- 02 Age 10-----99
- 03 Height 100----200
- 04 Weight 20-----150
- 05 FAT≤19 Under weight

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FAT= (20---25) Normal weight

FAT= (25---29) Over weight

FAT≥30 Obesity

## **1.11 OTHERS**

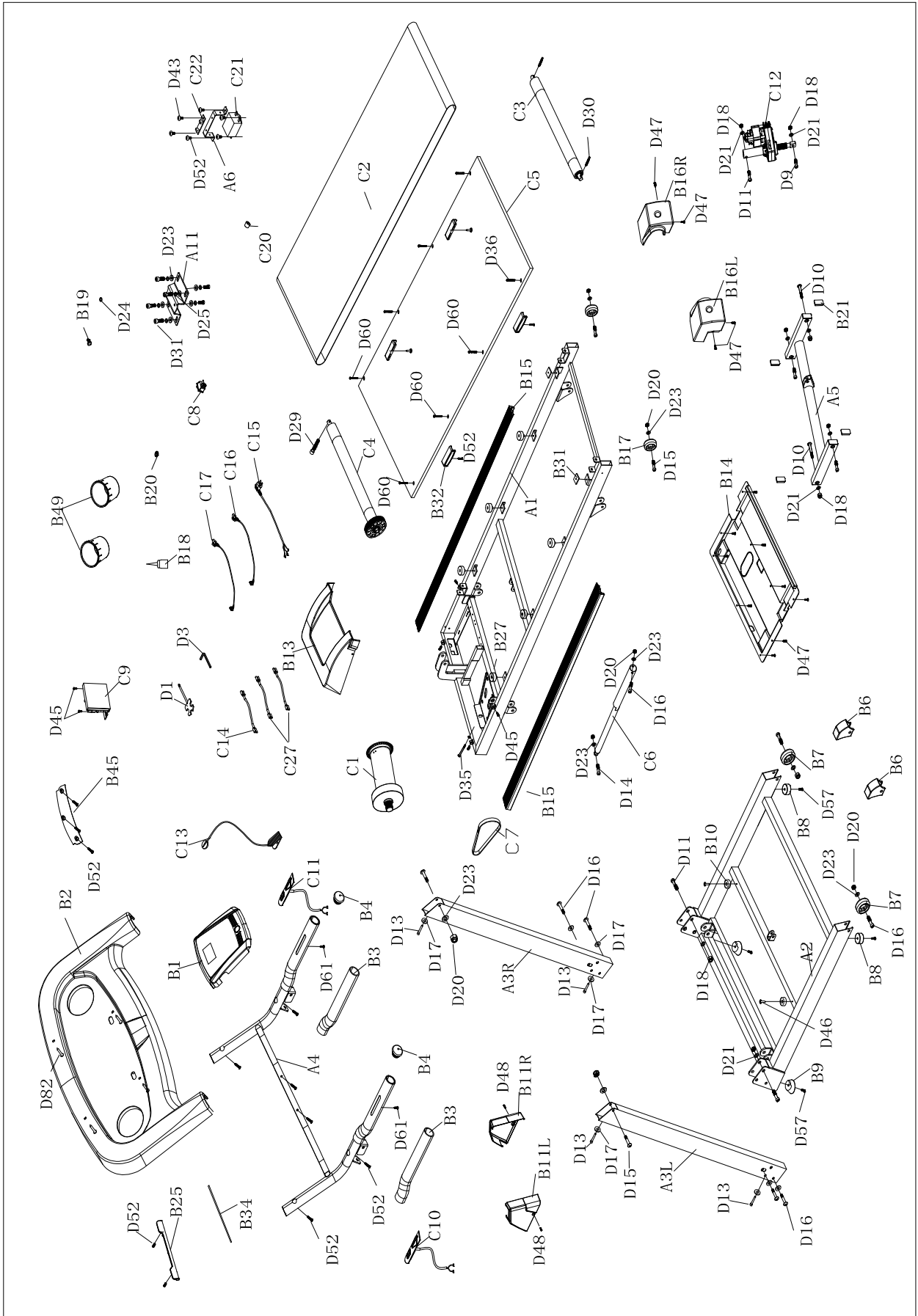
**1.11.1** When the countdown mode is finished and “END” appears on screen, warning sound occurs. Then it will be back to manual mode.

**1.11.2** Countdown time, countdown calorie and countdown distance, you just can set one of them at a time, press last item to set running, the setting parameter is countdown, others display normal data

**1.11.3** You can set statistics at circled mode. Ex: When time is set at 5:00 – 99:00 and it hits 99:00, press “+” button, it will start from 5:00 again.

**1.11.4** Speed increases at 0.5km/s, and decreases at 0.5km/s.

# Exploded Drawing



## Parts list

<b>A. Welding parts</b>						
No.	Description	QTY		NO.	Description	QTY
A1	Main frame	1		A5	Incline bracket	1
A2	Base frame	1		A6	Filter bracket	1
A3L	Left upright	1		A11	Motor bracket	1
A3R	Right upright	1				
A4	Handrail bracket	1				
<b>B. Plastic parts</b>						
No.	Description	QTY		No.	Description	QTY
B1	Console set	1		B15	Side rail	2
B1-1	Overlay	1		B16L	Left end cap	1
B1-2	Membrane key	1		B16R	Right end cap	1
B1-3	Console	1		B17	Adjusting wheel	2
B2	Console cover	1		B18	Silicon oil	1
B3	Protecting foam	2		B19	Cable organizer	1
B4	Handrail plug	2		B20	Round plug	1
B6	Cover of transporting wheel	2		B21	Square plug	4
B7	Transporting wheel	2		B25	Ipad holder	1
B8	Flat foot pad	2		B27	New cushion	6
B9	U-shaped foot pad	2		B31	Rubber pad	2
B10	Limited cushion	2		B32	PVC oval cushion	4
B11L	Left side cover	1		B34	EVA pad	1
B11R	Right side cover	1		B45	Console back cover	1
B13	Motor upper cover	1		B49	Water bottle holder	2
B14	Motor lower cover	1				
<b>C. Electric and drive parts</b>						
No.	Description	QTY		No.	Description	QTY
C1	DC motor	1		C12	Incline motor	1
C2	Running belt	1		C13	Safety key	1
C3	Rear roller	1		C14	Single cord (red)	1
C4	Front roller	1		C15	Power cable	1
C5	Running deck	1		C16	Upper cable	1
C6	Cylinder	1		C17	Lower cable	1

C7	Drive belt	1		C20	Magnetic ring	1
C8	Power switch	1		C21	Inductor	1
C9	Controller	1		C22	Filter	1
C10	Button on left handrail	1		C27	Single cord (black)	2
C11	Button on right handrail	1				
<b>D. Hardware parts</b>						
No.	Description	QTY		No.	Description	QTY
D1	Screw driver 13-15-17	1		D29	Hex round head bolt M6X45	1
D3	Allen wrench T5	1		D30	Hex round head bolt M6X60	2
D9	Round hex bolt M10X30	1		D31	Hex round head bolt M8X20	4
D10	Round hex bolt M10*45	4		D35	Hex round head bolt M8X80	1
D11	Round hex bolt M10*50	3		D36	Cross head bolt M6X25	2
D13	Round hex bolt M8X15	4		D43	Cross head bolt M4X20	2
D14	Round hex bolt M8X30	1		D45	Cross head bolt M5X15	7
D15	Round hex bolt M8X40	4		D46	Cross head bolt M5X20	2
D16	Round hex bolt M8X45	7		D47	Cross self-tapping bolt ST4.2X16, washer	13
D17	Inner star washer M 8	8		D48	Cross self-tapping bolt ST4.2X19, washer	2
D18	Nylon nut M10	8		D52	Cross head bolt ST4.2X16	19
D20	Nylon nut M8	8		D57	Cross self-tapping bolt ST4.2X25	4
D21	Flat washer M 10	8		D60	Cross head bolt M6X20	6
D23	Flat washer M 8	15		D61	Cross self-tapping bolt ST4.2X19	2
D24	Spring washer M5	1		D82	Cross head bolt M4X12	4
D25	Spring washer M8	4				



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