

everfit

INSTRUCTION

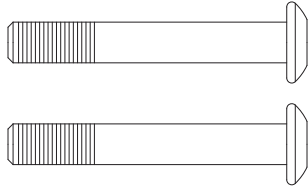


TFK200



HARDWARE LIST & ASSEMBLY COMPONENT

S1



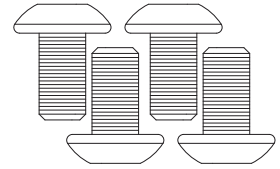
Hexagon Socket Oval
Head Bolt M8x50
X2

S2



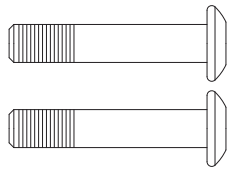
Spring Washer M8
X2

S3



M8x16 Allen Bolt
X 4

S4



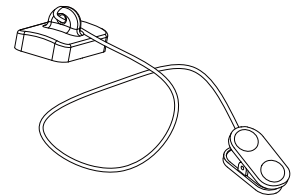
M8x30 screw
X1

S5



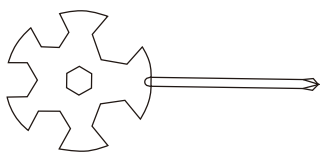
Nylon Nut M8
X 2

S6



Safety Tether Key
X 1

TOOLS

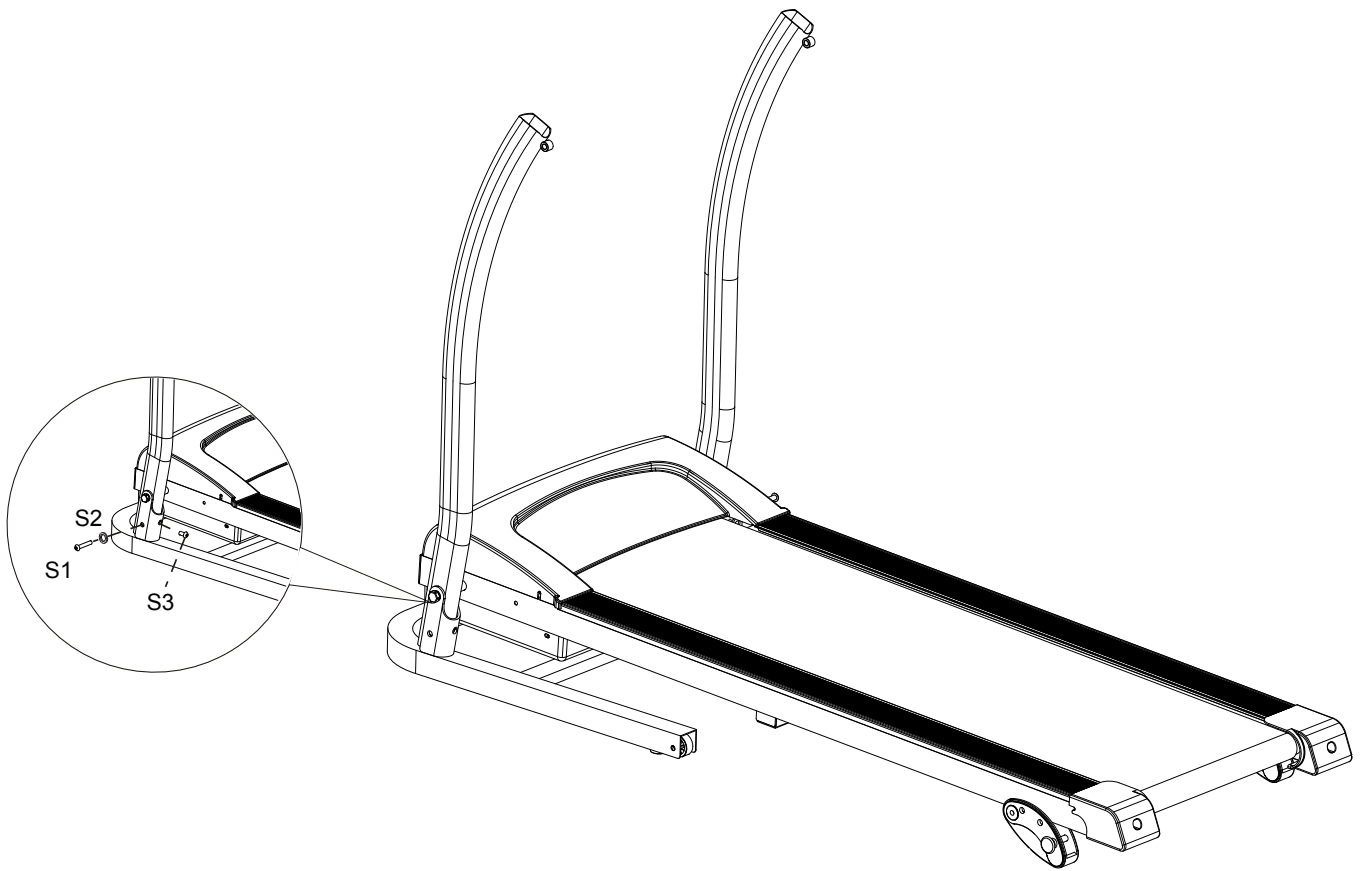


Multi Hex Tool with
Phillips Screwdriver
X1



Allen Wrench
X 1

ASSEMBLY INSTRUCTIONS



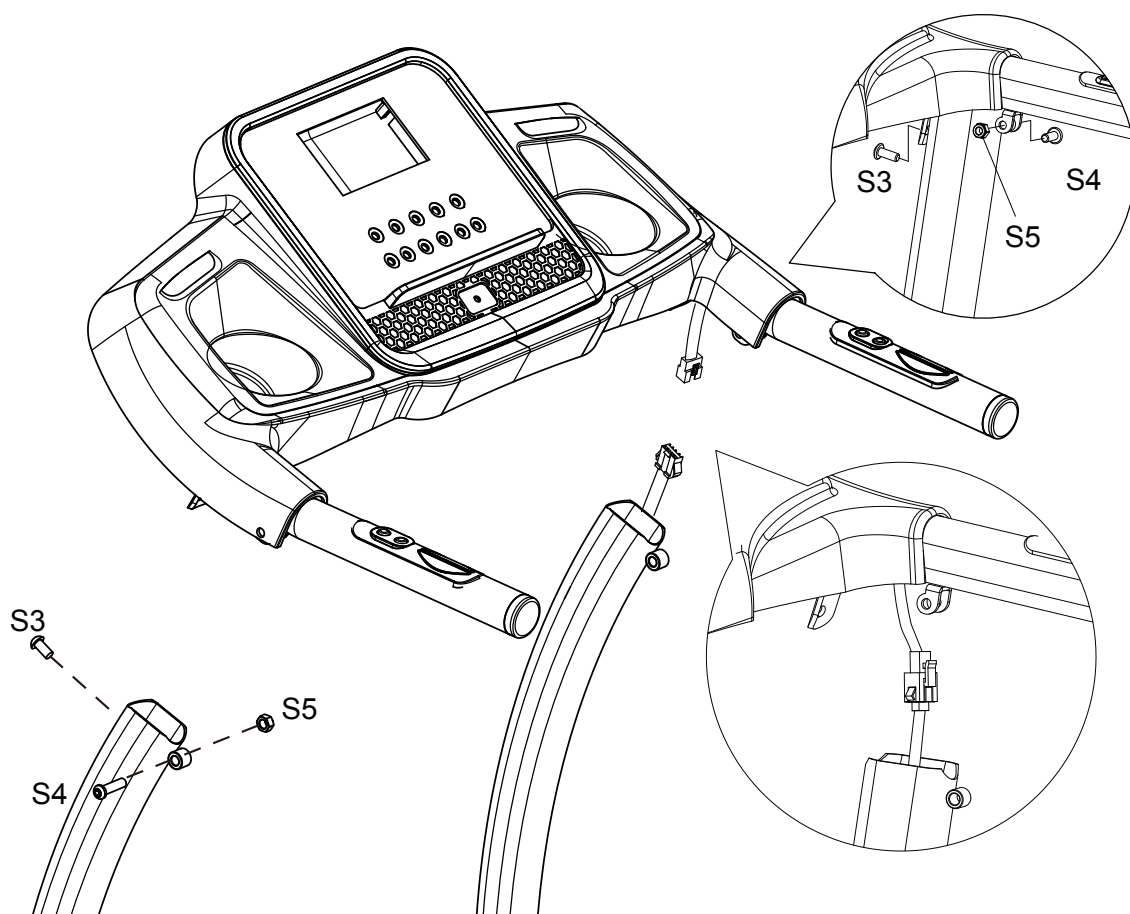
STEP 1

It is recommended to have a second person assist with this step. Lift both Right and Left Handlebar Support Tubes up. One person should hold the both Right and Left Handlebar Support Tubes in place while the other person tightens the bolts. Lift both Right and Left Handlebar Support Tubes up and align bolt holes. Use two M8x50 Hexagon Socket Oval Head Bolts (S1) and two M8 Spring Washers (S2) to secure both Right and Left Handlebar Support Tubes onto the Base Frame.

Use two M8x16 Hexagon Socket Oval Head Bolts (S3) to secure both Right and Left Handlebar Support Tubes onto the Base Frame .

Semi-tighten all bolts with the Allen Wrench provided.

NOTE: DO NOT FULLY TIGHTEN BOLTS IN STEP 1 UNTIL STEP 2 IS COMPLETED.



STEP 2

It is recommended to have a second person assist with this step. One person should hold the Computer Console in place while the other person connects the cables.

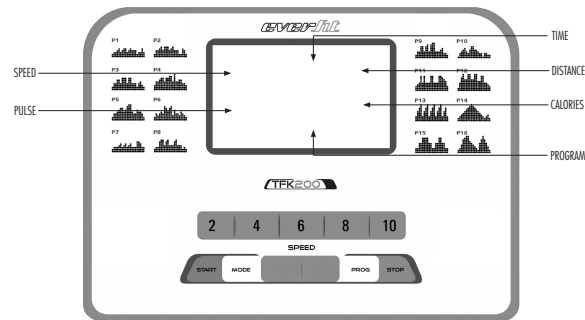
Connect the Main Control Cable from the Right Handlebar Support Tube to the cable that comes from the Computer Console.

Install the Handlebar Bracket onto the Right and Left Handlebar Support Tubes, using two M8x16 Hexagon Socket Oval Head Bolts (S3), two M8 Nylon Nuts (S5), and two M8x30 Hexagon Socket Oval Head Bolts (S4). Tighten bolts and nylon nuts with the Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.

IMPORTANT: While sliding the Handlebar Bracket onto the Right and Left Handlebar Support Tubes make sure the cables are installed inside the Right Handlebar Support Tube and pay attention not to pinch the cables.

NOW PLEASE FULLY TIGHTEN ALL BOLTS INSTALLED IN STEP 1 .

OPERATING THE COMPUTER



NOTE: Always stand on the side rails when you start the treadmill, never start the treadmill while you are standing on the running belt.

QUICK START:

Press the START button on the computer to start exercise, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 0.8 KPH. Always allow the treadmill to reach a speed of 0.8 KPH before stepping on to the running belt. You may press the SPEED + or SPEED - button on the computer console or handlebar to increase or decrease the running speed during exercise. The split window of SPEED will display your current running speed. The speed range is from the minimum 0.8 KPH to the maximum 12.0 KPH. You may also press one of the INSTANT SPEED buttons (2 / 4 / 6 / 8 / 10) on the computer console and the split window of SPEED will display the speed that you have pressed and the running speed will change to 2 KPH, 4 KPH, 6 KPH, 8 KPH, or 10 KPH respectively. The split window of TIME will display your elapsed workout time in minutes and seconds. The split window of DISTANCE will display the accumulative distance travelled during workout. The split window of CALORIES will display the total accumulated calories burned during workout. The split window of PULSE will display your current heart rate in beats per minute (BPM). To activate, grip the hand pulse sensors on both handlebars during exercise and the pulse will display after 4-5 seconds. For a more accurate reading, grip pulse sensors with both hands. During training, you may press the STOP button on the computer console to stop the treadmill running at any time, or pull out the safety tether key to stop the treadmill running.

FUNCTION BUTTONS:

START:

Press the START button to start training on different training mode.

STOP:

Press the STOP button to stop training on different training mode.

PROG (PROGRAM):

Press the PROG button to select the pre-set training program (P01-P16) mode before training.

MODE:

Press the MODE button to select different functions (time, distance, or calories) for setting exercise goals in manual program mode before training.

SPEED + (SPEED UP):

Press the SPEED + button to make upward adjustments for pre-setting target training time, distance, or calorie in manual program mode before training.

Press the SPEED + button to make upward adjustments for pre-setting target training time in pre-set training program (P01-P16) mode before training.

Makes speed adjustments during all training periods on different training modes.

The speed range is from 0.8 KPH to 12.0 KPH.

SPEED – (SPEED DOWN):

Press the SPEED – button to make backward adjustments for pre-setting target training time, distance, or calorie in manual program mode before training.

Press the SPEED – button to make backward adjustments for pre-setting target training time in pre-set training program (P01-P16) mode before training.

Makes speed adjustments during all training periods on different training modes.

The speed range is from 0.8 KPH to 12.0 KPH.

INSTANT SPEED (2 / 4 / 6 / 8 / 10):

Used to reach desired speed more quickly.

DISPLAY FUNCTIONS:

TIME: Displays your elapsed workout time in minutes and seconds. Press the START button on the computer to begin exercising, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 0.8 KPH. You may press the SPEED + or SPEED – button on the computer console or handlebar to increase or decrease the running speed during exercise. Time starts counting up from 0:00 to 99:59 per 1 second increment.

SPEED: Displays the current speed from the minimum 0.8 KPH to the maximum 12.0 KPH. You may increase or decrease the speed by pressing the SPEED + or SPEED – button on the computer console or handlebar.

(DISTANCE: Displays the accumulative distance travelled during workout. Press the START button on the computer to begin exercising, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 0.8 KPH. You may press the SPEED + or SPEED – button on the computer console or handlebar to increase or decrease the running speed during exercise. Distance starts counting up.

CALORIES: Displays the total calories burned during your workout. Press the START button on the computer to begin exercising, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 0.8 KPH. You may press the SPEED + or SPEED - button on the computer console or handlebar to increase or decrease the running speed during exercise. Calorie starts counting up. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

PULSE: Displays your current heart rate in beats per minute (BPM). To activate, grip the hand pulse sensors during exercise and the pulse will display after 2-5 seconds. For a more accurate reading, grip pulse sensors with both hands.

TRAINING IN MANUAL PROGRAM MODE:

You may pre-set target TIME, DISTANCE, or CALORIES in STOP mode before training.

Only one of the functions can be pre-set.

To set TIME press the MODE button on the computer console until you see the split window of TIME begin blinking. Press the SPEED + or SPEED - button on the computer console or handlebar to change the setting. Each increment is 1 minute. The pre-set target time range is from 5:00 to 99:00 minutes. Once you pre-set target time, press the START button on the computer to begin exercising. The running belt starts moving with an initial speed of 0.8 KPH. You may press the SPEED + or SPEED - button on the computer console or handlebar to increase or decrease the running speed during exercise. Time starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

To set DISTANCE press the MODE button on the computer console until you see the window of DISTANCE begin blinking. Press the SPEED + or SPEED - button on the computer console to change the setting. The pre-set target distance range is from 0.5 to 99.5 kilometers, the default distance is 1 kilometer. Once you pre-set target distance, press the START button on the computer to begin exercising. The running belt starts moving with an initial speed of 0.8 KPH. You may press the SPEED + or SPEED - button on the computer console or handlebar to increase or decrease the running speed during exercise. Distance starts counting down from pre-set target distance to 0.00. When the pre-set target distance counts down to 0.00, the computer will beep to alert you and the treadmill will stop automatically.

To set CALORIES press the MODE button on the computer console until you see the window of CALORIES begin blinking. Press the SPEED + or SPEED - button on the computer console to change the setting. The pre-set target calorie range is from 10 to 995 calories. Once you pre-set target calories, press the START button on the computer to begin exercising. The running belt starts moving with an initial speed of 0.8 KPH. You may press the SPEED + or SPEED - button on the computer console or handlebar to increase or decrease the running speed during exercise. calories start counting down from pre-set target calories to 0. When the pre-set target calories counts down to 0, the computer will beep to alert you and the treadmill will stop automatically.

| Program | <i>Speed (km/h) per segment</i> | | | | | | | | | | | | | | | | | | | |
|----------------|---------------------------------|---|---|----|---|----|----|----|----|---|----|----|---|---|---|----|---|---|---|---|
| P1 | 2 | 3 | 3 | 4 | 5 | 3 | 4 | 5 | 5 | 3 | 4 | 5 | 4 | 4 | 4 | 2 | 3 | 3 | 5 | 3 |
| P2 | 2 | 4 | 4 | 5 | 6 | 4 | 6 | 6 | 6 | 4 | 5 | 6 | 4 | 4 | 4 | 2 | 2 | 5 | 4 | 2 |
| P3 | 2 | 4 | 4 | 6 | 6 | 4 | 7 | 7 | 7 | 4 | 7 | 7 | 4 | 4 | 4 | 2 | 4 | 5 | 3 | 2 |
| P4 | 3 | 5 | 5 | 6 | 7 | 7 | 5 | 7 | 7 | 8 | 8 | 5 | 9 | 5 | 5 | 6 | 6 | 4 | 4 | 3 |
| P5 | 2 | 4 | 4 | 5 | 6 | 7 | 7 | 5 | 6 | 7 | 8 | 8 | 5 | 4 | 4 | 6 | 5 | 5 | 4 | 2 |
| P6 | 2 | 4 | 3 | 4 | 5 | 4 | 8 | 7 | 5 | 7 | 8 | 3 | 6 | 4 | 4 | 2 | 5 | 4 | 3 | 2 |
| P7 | 2 | 3 | 3 | 3 | 4 | 5 | 3 | 4 | 5 | 3 | 4 | 5 | 3 | 3 | 3 | 6 | 6 | 5 | 3 | 3 |
| P8 | 2 | 3 | 3 | 6 | 7 | 7 | 4 | 6 | 7 | 4 | 4 | 4 | 6 | 7 | 4 | 4 | 4 | 2 | 3 | 2 |
| P9 | 2 | 4 | 4 | 7 | 7 | 4 | 7 | 8 | 4 | 8 | 9 | 9 | 4 | 4 | 4 | 5 | 6 | 3 | 3 | 2 |
| P10 | 2 | 4 | 5 | 6 | 7 | 5 | 4 | 6 | 8 | 8 | 6 | 6 | 5 | 4 | 4 | 2 | 4 | 4 | 3 | 3 |
| P11 | 3 | 4 | 5 | 9 | 5 | 9 | 5 | 5 | 5 | 9 | 9 | 5 | 5 | 5 | 9 | 9 | 8 | 7 | 6 | 3 |
| P12 | 2 | 5 | 8 | 10 | 7 | 7 | 10 | 10 | 7 | 7 | 10 | 10 | 6 | 6 | 7 | 7 | 5 | 5 | 4 | 3 |
| P13 | 3 | 6 | 8 | 10 | 3 | 6 | 8 | 10 | 3 | 6 | 8 | 10 | 3 | 6 | 8 | 10 | 3 | 6 | 8 | 3 |
| P14 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 3 | 4 | 2 |
| P15 | 3 | 3 | 6 | 6 | 9 | 9 | 9 | 9 | 6 | 6 | 3 | 3 | 6 | 6 | 9 | 9 | 6 | 6 | 3 | 3 |
| P16 | 2 | 3 | 4 | 8 | 9 | 10 | 10 | 7 | 6 | 5 | 4 | 3 | 2 | 6 | 8 | 10 | 8 | 6 | 4 | 2 |

LUBRICATION

Lubricating under the running belt will ensure superior performance and extend its life expectancy. After the first 25 hours of use (or 2-3 months) apply some lubricant, and repeat for every following 50 hours of use (or 5-8 months).

How to check running belt for proper lubrication

Lift one side of the running belt and feel the top surface of the running deck. If the surface is slick to the touch, then no further lubrication is required. If the surface is dry to the touch, apply some lubricant.

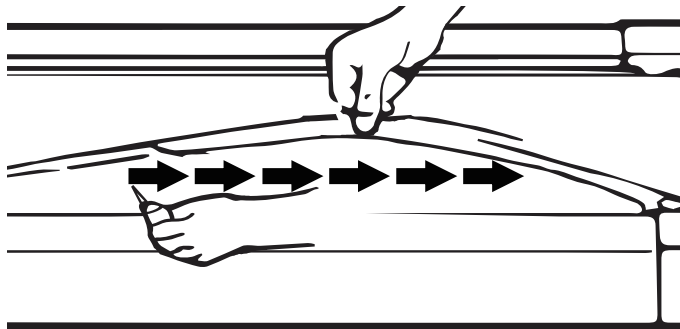
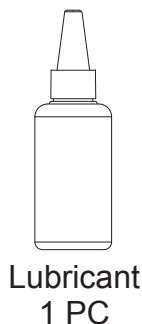
How to apply lubricant

Lift one side of running belt.

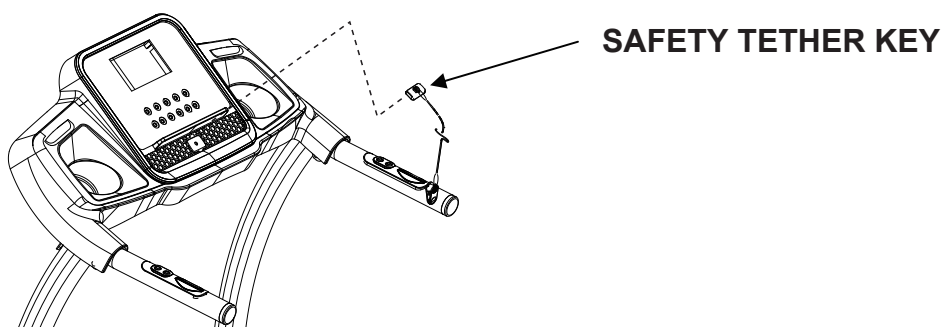
Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.

Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

NOTE: DO NOT over lubricate running deck. Any excess lubricant that comes out should be wiped off.



EMERGENCY STOP

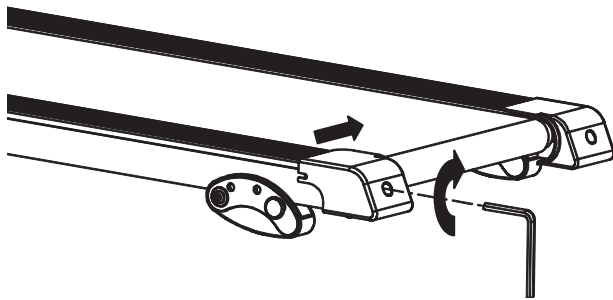


Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing. If you fall the clip will pull out the **SAFETY TETHER KEY** from the Computer Console and the running belt will stop immediately for emergency stop, helping to prevent injury.

Replaced the Safety Tether Key onto the Computer Console. Press the START button to begin exercise again.

BELT ADJUSTMENT

The running belt is pre-adjusted to the running deck at the factory, but after prolonged use it can stretch and require readjustment. To adjust the belt, turn on the main power switch of the treadmill and let the belt run at a speed of 8-10 KPH. Use the Allen Wrench provided to turn the rear roller adjustment bolts in order to centre the belt. If the running belt is shifting to the left, turn the left adjustment bolt 1/4 turn clockwise, and the running belt should start to correct itself.

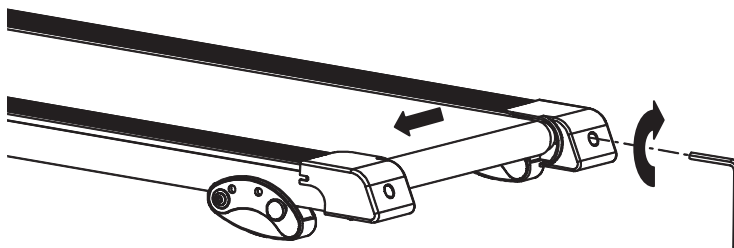


Tool:



Allen Wrench

If the running belt is shifting to the right, then turn the right adjustment bolt 1/4 turn clockwise, and the belt should start to correct itself. Keep turning the adjustment bolts until the running belt is properly centered.

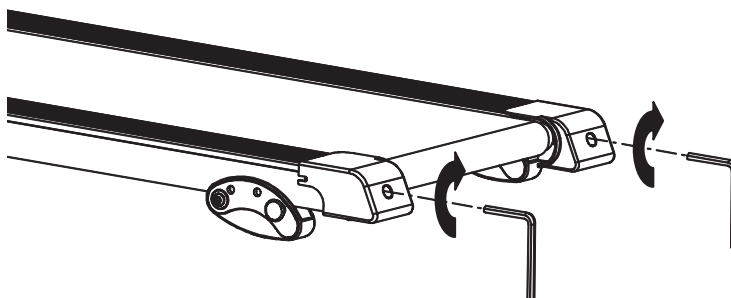


Tool:

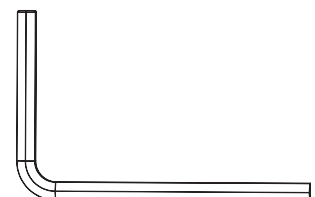


Allen Wrench

If the running belt is slipping during use, turn off and unplug the treadmill. Using the Allen Wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn clockwise, then turn the main power switch back on and run the treadmill at a speed of 8-10 KPH. Run on to the running belt to determine if the belt is still slipping. Repeat this procedure until the belt no longer slips.



Tool:



Allen Wrench

CARE, MAINTENANCE & TROUBLESHOOTING GUIDE

WARNING: To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance.

WARNING: Always check the wear and tear components like spring knob and running belt to prevent injury.

CLEANING

After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit.

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this might damage the unit and create an electrical hazard.

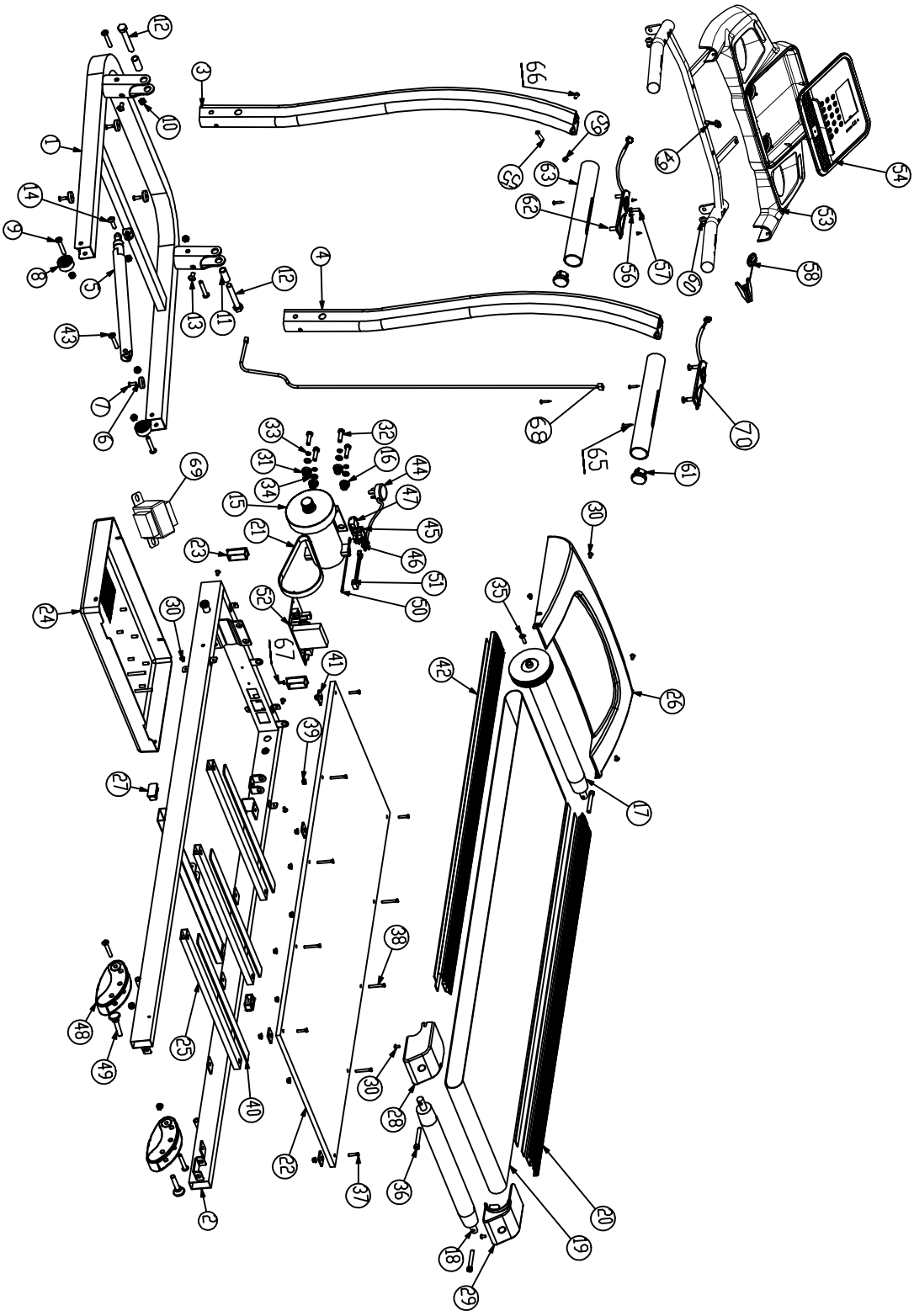
Please keep the treadmill, especially the computer console, out of direct sunlight to prevent damage to the screen.

STORAGE

Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

TROUBLESHOOTING GUIDE

| Problem | Potential Causes | Corrections |
|---------------------------------|--|--|
| Treadmill will not start. | <ol style="list-style-type: none">1. Treadmill not plugged in.2. Safety Tether Key is not correctly installed.3. Circuit breaker in the house has been tripped.4. Treadmill circuit breaker has been tripped. | <ol style="list-style-type: none">1. Plug the power cord into a wall outlet.2. Reinstall the Safety Tether Key.3. Reset the circuit breaker, or call an electrician to replace the circuit breaker.4. Wait 5 minutes and then try to restart the treadmill. |
| Belt slips. | Belt not tight enough. | Adjust belt tension. |
| Belt hesitates when stepped on. | <ol style="list-style-type: none">1. Not enough lubrication applied onto the running deck.2. Belt is too tight. | <ol style="list-style-type: none">1. Apply lubricant.2. Adjust belt tension. |
| Belt is not centred. | Running belt tension not even across the rear roller. | Centre the belt. |



| NO | DESCRIPTION | QTY | NO |
|----|---------------------------------------|-----|----|
| 1 | Base Frame | 1 | 36 |
| 2 | Main Frame | 1 | 37 |
| 3 | Left Handlebar Support Tube | 1 | 38 |
| 4 | Right Handlebar Support Tube | 1 | 39 |
| 5 | Foot Lock Latch Tube | 1 | 40 |
| 6 | Foot Pad for Base Frame Ø30x7 | 4 | 41 |
| 7 | Cross Recessed Oval Head Bolt M6x16 | 4 | 42 |
| 8 | Transport Wheel Ø37x22 | 2 | 43 |
| 9 | Hexagon Socket Oval Head Bolt M8x50 | 6 | 44 |
| 10 | Nylon Nut M8 | 8 | 45 |
| 11 | Spacer Ø16xØ12.2x38 | 2 | 46 |
| 12 | Hexagon Head Bolt M12x80 | 2 | 47 |
| 13 | Hexagon Socket Oval Head Bolt M8x15 | 2 | 48 |
| 14 | Hexagon Socket Oval Head Bolt M8x30 | 1 | 49 |
| 15 | Motor | 1 | 50 |
| 16 | Foot Pad for Motor Ø22xT10 | 4 | 51 |
| 17 | Front Roller Ø105xØ42xØ15x514 | 1 | 52 |
| 18 | Rear Roller Ø42xØ15x500 | 1 | 53 |
| 19 | Running Belt 400x2560xT1.6 | 1 | 54 |
| 20 | Side Rail 80x12x1090 | 2 | 55 |
| 21 | Belt 180J6 | 1 | 56 |
| 22 | Running Deck | 1 | 57 |
| 23 | Rectangular End Cap (□25x50) | 2 | 58 |
| 24 | Lower Motor Cover | 1 | 59 |
| 25 | Reinforced Tube 15x30xT1.1x500 | 3 | 60 |
| 26 | Upper Motor Cover | 1 | 61 |
| 27 | Rectangular End Cap (□20x40) | 2 | 62 |
| 28 | Left End Cover | 1 | 63 |
| 29 | Right End Cover | 1 | 64 |
| 30 | Cross Recessed Truss Head Screw M5x10 | 10 | 65 |
| 31 | Nylon Nut M8 | 4 | 66 |
| 32 | Hexagon Head Bolt M8x30 | 4 | 67 |
| 33 | Spring Washer M8 | 4 | 68 |
| 34 | Washer M8 | 4 | 69 |
| 35 | Cross Recessed Truss Head Screw M6x20 | 1 | 70 |

| DESCRIPTION | QTY |
|--|-----|
| Hexagon Socket Round Head Cap Bolt M8x55 | 3 |
| Cross Recessed Countersunk Head Bolt M6x25 | 4 |
| Cross Recessed Countersunk Head Bolt M6x40 | 6 |
| Flange Nut M6 | 10 |
| EVA Reinforced Pad 400x30xT3.0 | 3 |
| EVA Deck Bumper 28x28xT5 | 4 |
| EVA Adhesive 1080x25xT3 | 4 |
| Hexagon Socket Oval Head Bolt M8x45 | 1 |
| Power Cord (L=1700 mm) | 1 |
| Power Switch | 1 |
| Power Cord Grommet | 1 |
| Fuse Box | 1 |
| Incline Adjuster | 2 |
| Lock Pin Ø28x17xØ10x45 | 2 |
| Wire for Fuse Box | 1 |
| Wire for Power Control Board | 1 |
| Electric controller | 1 |
| Console Cover (Down) | 1 |
| Console Cover (Up) | 1 |
| Hexagon Socket Oval Head Bolt M8x30 | 2 |
| Cross Recessed Oval Head Tapping Screw Ø4x12 | 16 |
| Hexagon Socket Oval Head Bolt M6x20 | 1 |
| Safety Key | 1 |
| Flange Nut M8 | 2 |
| Handle Rail Frame | 1 |
| Handlebar End Cap Ø38 | 2 |
| Start/Stop Buttons and Hand Pulse Sensor with Wire | 2 |
| Handlebar Foam Grip | 2 |
| Console Control Cable | 2 |
| Cross Recessed Oval Head Tapping Screw Ø4x25 | 4 |
| Hexagon Socket Oval Head Bolt M8x16 | 2 |
| Cross Recessed Truss Head Screw ST4x12 | 1 |
| Main Control Cable | 1 |
| Choke | 1 |
| Speed Buttons and Hand Pulse Sensor with Wire | 1 |



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