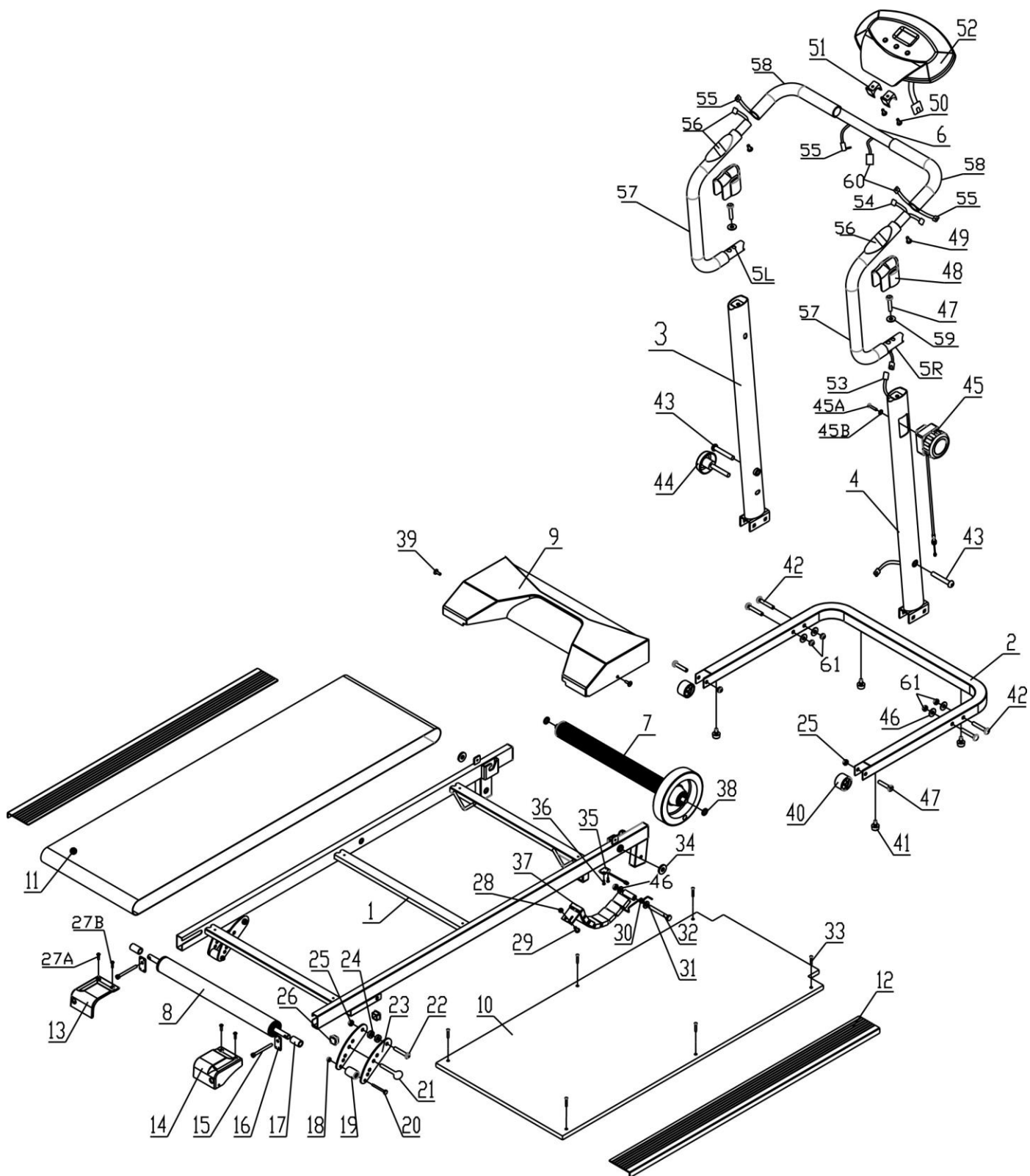




TFK | 100MAG



EXPLODE



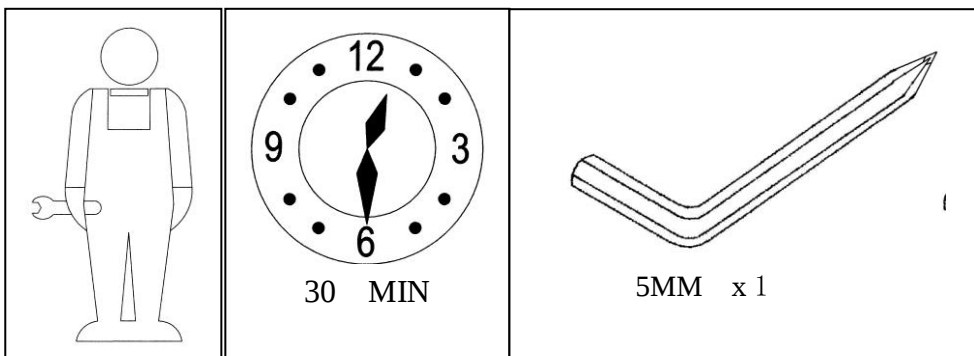
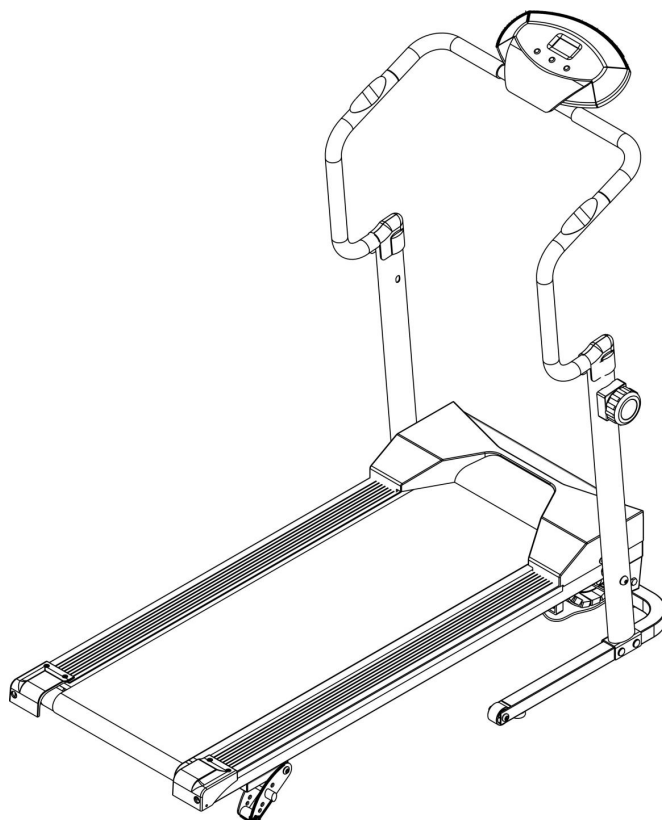
PART LIST

NO	DESCRIPTION	QTY		NO	DESCRIPTION	QTY
1	Main Frame	1		32	Bolt (M8*1.25*70mm)	1
2	Base Frame	1		33	Bolt (M4*25mm)	6
3	Left Upright	1		34	Washer (Ø10.2)	2
4	Right Upright	1		35	Sensor Wire	1
5L	Left Handrail Tube	1		36	Bolt (M3*15mm)	2
5R	Right Handrail Tube	1		37	Magnetic Brake	1
6	Middle Handrail Tube	1		38	Washer (Ø13)	2
7	Front Roller	1		39	Bolt (M6*1*15mm)	2
8	Rear Roller	1		40	Wheel	2
9	Protective cover	1		41	Cushion	4
10	Running board	1		42	Bolt (M8*1.25*50mm)	4
11	Running belt	1		43	Bolt (M10*1.5*65mm)	2
12	Side rail	2		44	Locking Knob	1
13	Left Rear Cap	1		45	Tension knob	1
14	Right Rear Cap	1		45A	Round head screw (M5x25mm)	1
15	Bolt (M6*1*65mm)	2		45B	Washer Ø5	1
16	Adjustment Plate	2		46	Washer (Ø8.2)	5
17	Casing	2		47	Bolt (M8*1.25*40mm)	4
18	Nut (M6)	2		48	Handrail Cap	2
19	Plastic roller	2		49	Bolt (M6*1*15mm)	2
20	Bolt (M6*1*45mm)	2		50	Bolt (M5*1*10mm)	2
21	Pin	2		51	Meter Clip	2
22	Bolt (M8*1.25*45mm)	2		52	Meter	1
23	adjustment sheet	4		53	Sensor Connecting Wire	1
24	Washer (Ø8.2)	4		54	Sensor Connecting Wire	1
25	Nylon Nut (M8)	5		55	Handle pulse	1
26	Inner plug	4		56	Handle pulse wire	2
27A	Bolt (M4*15mm)	2		57	Handrail Foam	2
27B	Bolt (M4*15mm)	2		58	Middle Handrail Foam	2
28	Nut (M6)	1		59	Arc Washer (Ø8.2)	2
29	Bolt (M6*1*15mm)	1		60	Meter Connecting Wire	1
30	Twister spring	1		61	Nut (M8)	4
31	Plastic Washer (Ø8.2)	1				

PART LIST OF ASSEMBLY

#43		M10*65L	2PCS
#47		M8*40L	2PCS
#49		M6*15L	2PCS
#50		M5*10L	2PCS
#42		M8*50L	4PCS
#46		ø8.2	4PCS
#61		M8	4PCS
#59		ø8.2	2PCS
#51			2PCS
#44			1PCS
#34		ø10	2PCS
#45A		M5*25L	1PCS
#45B		ø5	1PCS
		S5	1PCS
		S6	1PCS
		S3-S14	1PCS

ASSEMBLY



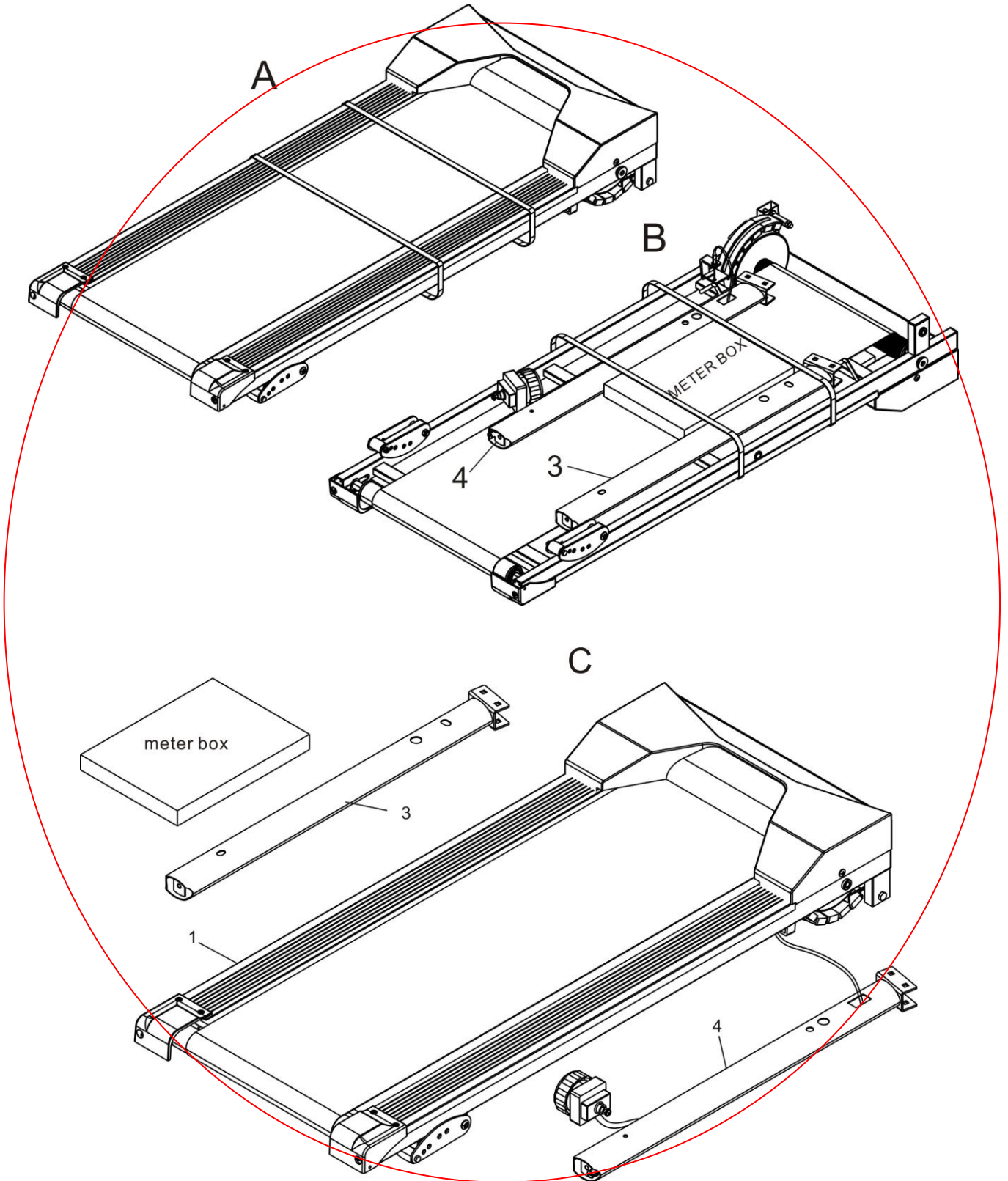
NOTICE

- Read this manual before assembly
- Recognize the spare parts first.
- Check the hardware.
- Ensure that you have the right tool.
- Prepare an area to assemble.
- Follow the instruction accordingly.
- Never force the joints
- Periodically tighten the joints.

ASSEMBLY

STEP 1:

- 1).Get the product out from the box as picture A, then turn the product around as picture B.
- 2).Cut the packing belt off, and get the left upright tube (3) and computer box out, then turn over the right upright tube (4) and picture B with 180 degrees as the degree of picture A, put the right upright tube (4) along with the main frame as picture C.



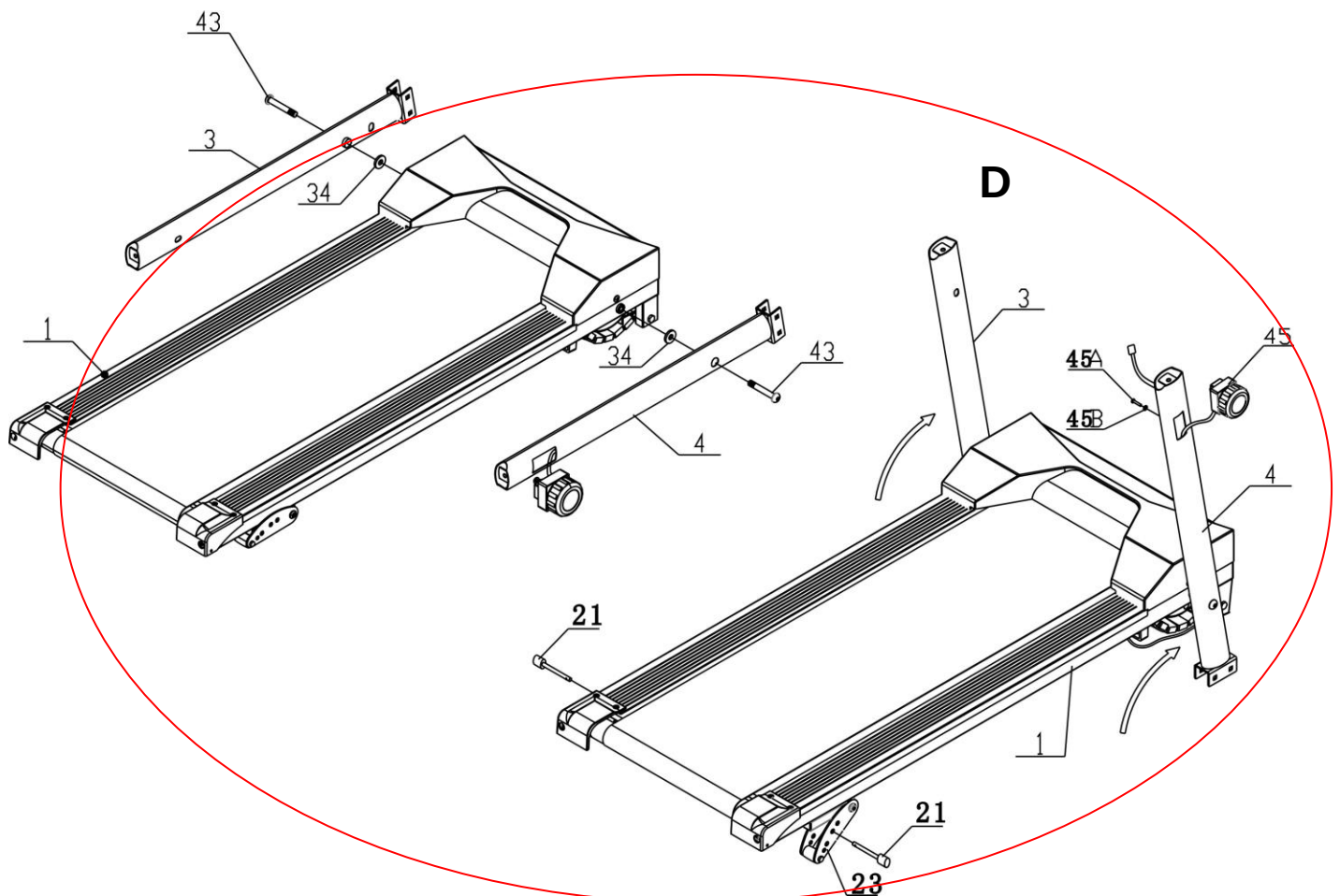
3) Keep the left upright (3) and right upright (4) are aligned with main frame (1) ,and lock with bolt (43) and washer (34). **Please don't lock the bolt (43) totally.**

4 Turn over the left/right upright tube (3,4) around 70 degrees as picture D.

5) Install the TENSION KNOB(45) into the opening in the RIGHT UPRIGHT(4) and secure with ROUND HEAD SCREW(M5x25mm) (45A) and Washer(45B)

6) Insert the Pin (21) into the hole of adjust sheet (23).

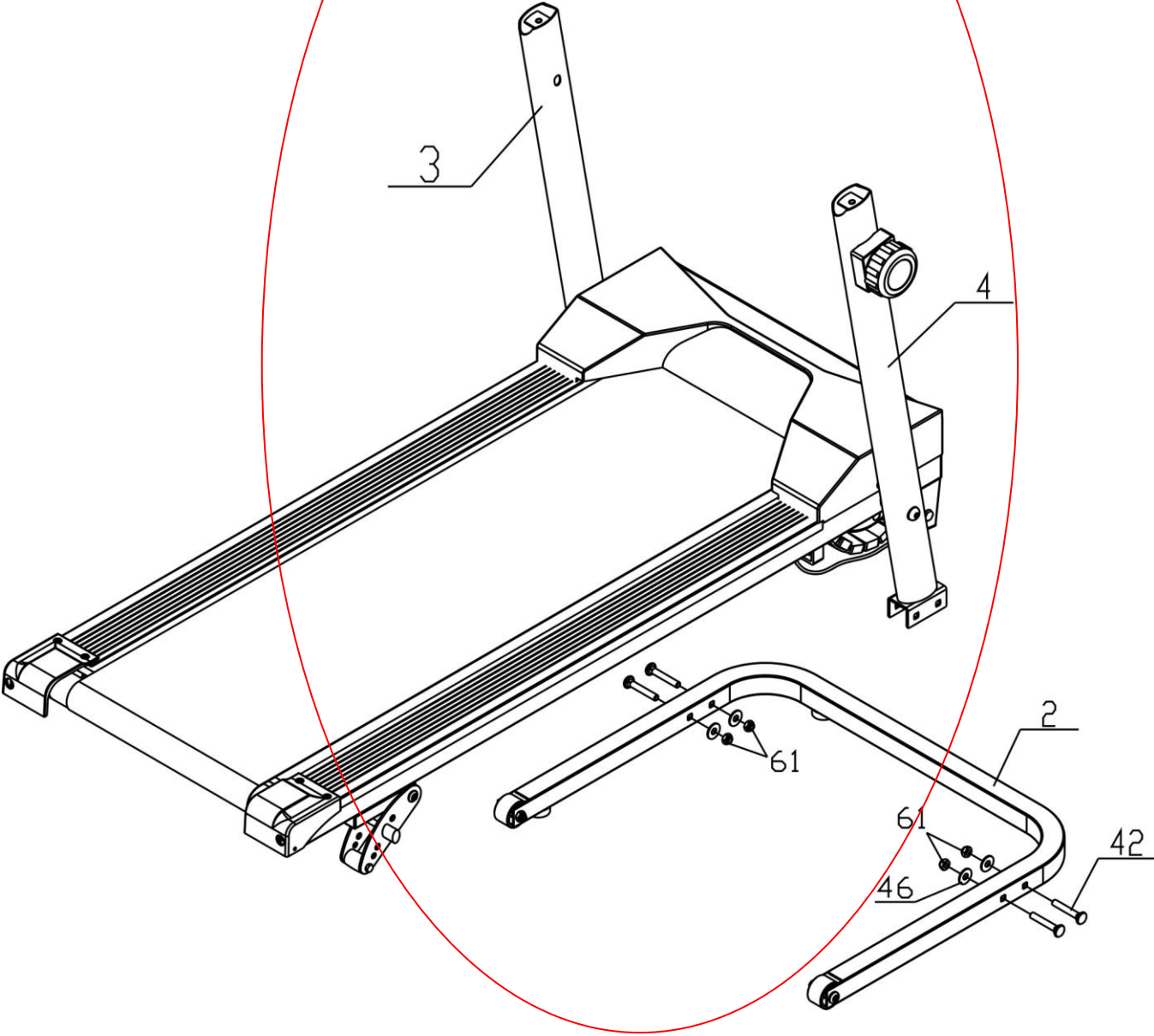
#43		M10*65L	2PCS
#34		Ø10	2PCS
#45A		M5*25L	1PCS
#45B		Ø5	1PCS
#21			2PCS



STEP 2

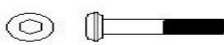
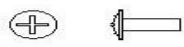
Assemble the base frame (2) and left/right upright (3, 4) with bolt (42), washer (46) and nut (61).

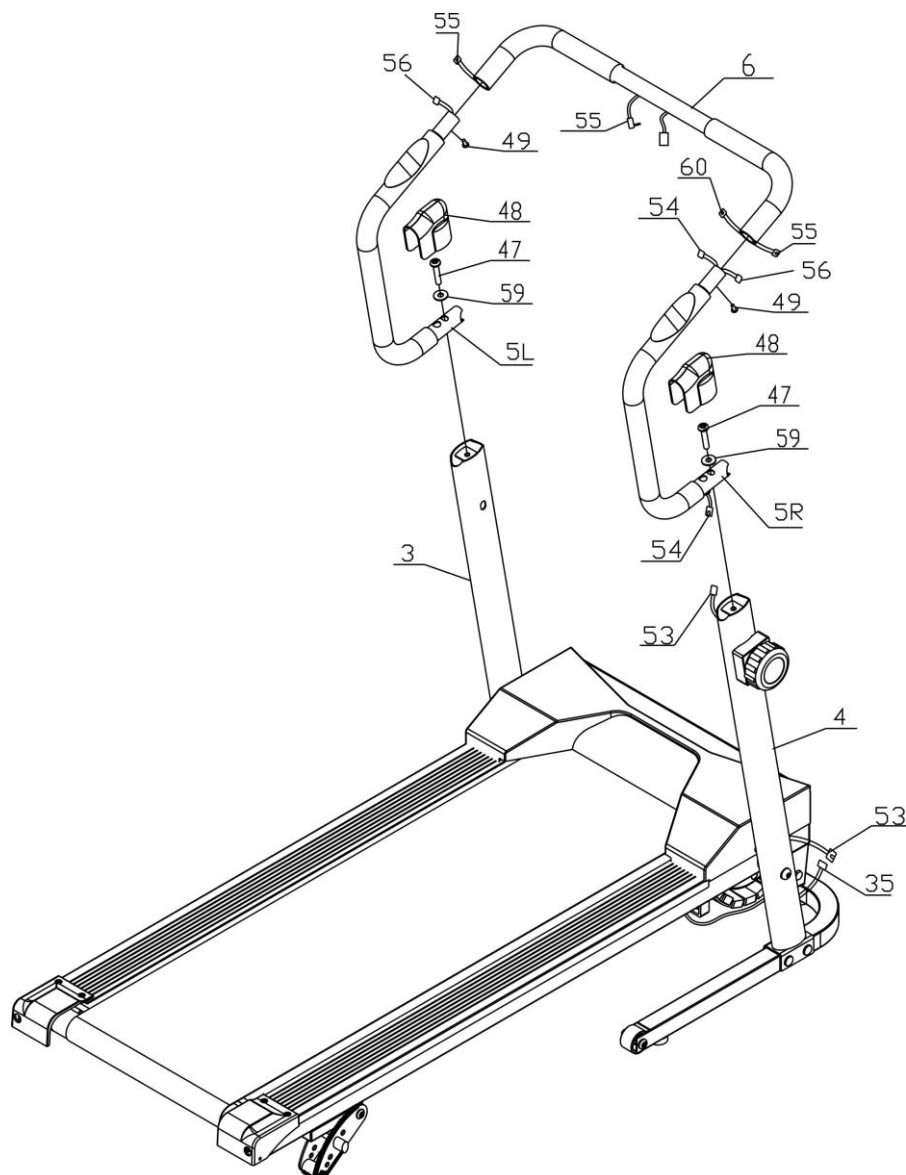
#42		M8*50L	4PCS
#46		ø8.2	4PCS
#61		M8	4PCS



STEP 3

1. Please plug the SENSOR WIRE(35) into the SENSOR CONNECTING WIRE(53)
2. Please plug the SENSOR CONNECTING WIRE(54) into the METER CONNECTING WIRE(60), plug the HANDLE PULSE (55) into the HANDLE PULSE WIRE(56).
3. Insert the LEFT HANDRAIL (5L) and RIGHT HANDRAIL (5R) into the MIDDLE HANDRAIL (6) and Secure with the BOLT M6*15mm(49).
4. Attach the HANDRAIL ASSEMBLY(5L,5R) to the LEFT and RIGHT UPRIGHT(3,4) with BOLTS (M8*40)(47) and ARC WASHERS(ϕ 8.2)(59);
5. Plug the SENSOR CONNECTING WIRE(53) into the SENSOR CONNECTING WIRE(54). Push the wires back Inside of the RIGHT UPRIGHT(4). Press the HANDRAIL CAPS(48) onto the LEFT and RIGHT UPRIGHT(3,4) to Cover the top ends of the LEFT and RIGHT UPRIGHT(3,4)

# 47		M8*40L	2PCS
# 49		M6*15L	2PCS
# 59		ϕ 8.2	2PCS

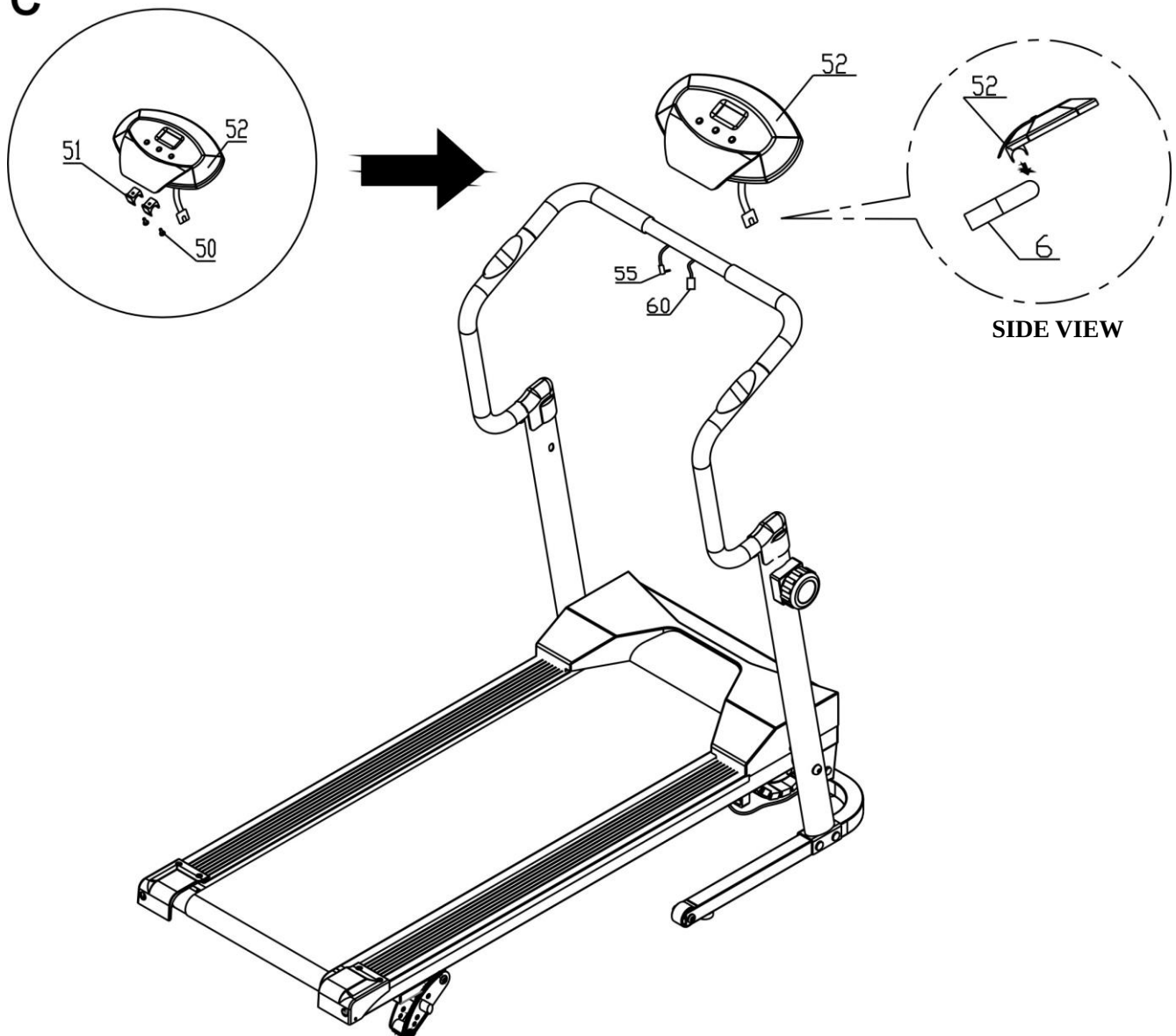


STEP 4

1. Refer to illustration C. Attach the Meter CLIPS (51) to the back of the METER (52) with BOLT (M5*10mm, 50).
2. Install two AA batteries into the METER (52), the batteries are not included. See page 14 for detailed battery installation instructions.
3. Refer to illustration below and the Side view. Press and clip the Meter (52) onto the MIDDLE HANDRAILS (6). Plug the METER CONNECTING WIRE (60) into the METER (52). Adjust the METER (52) to find the best angle to fit with your workout.
4. Plug the handle pulse (55) into the meter (52).

#50		M5*10L	2PCS
#51			2PCS

C



STEP 5

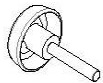
1. For the adequate tension power, you just need to adjust the tension knob.

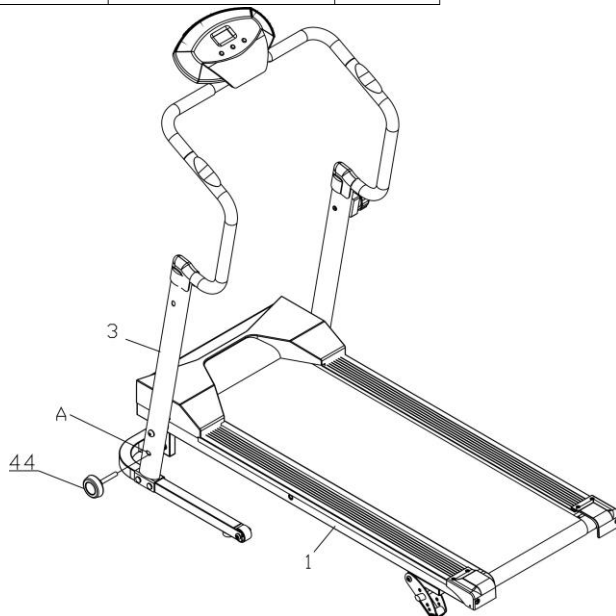


STORAGE WAY

STEP 6

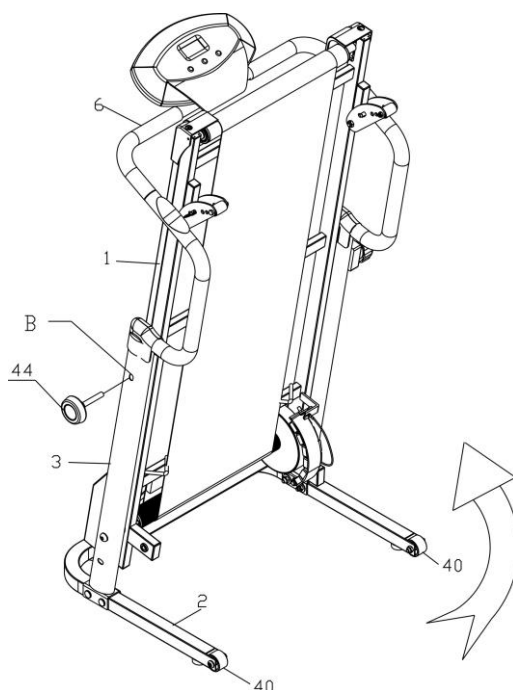
Insert the LOCKING KNOB (44) through the hole in the LEFT UPRIGHT (3) and screwing it into the MAIN FRAME (1). Refer to detail view A.

#44			1PCS
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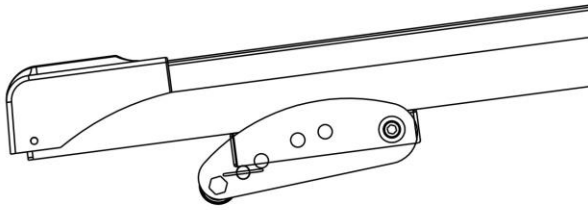


STORAGE

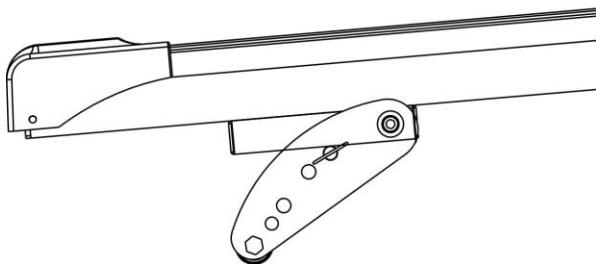
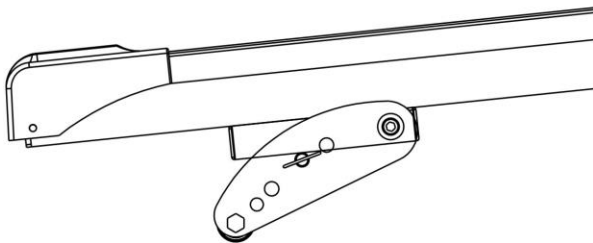
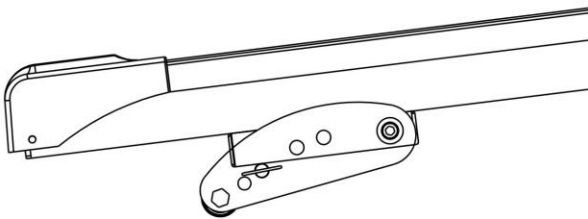
1. To store the Magnetic Treadmill, simply keep it in a clean dry place.
2. To avoid damage from the electronics, remove the batteries before storing the Magnetic Treadmill for one Year or more.
3. To fold the Magnetic Treadmill for easy storage, follow this process. Refer to the illustrations below.
 - a. Remove the LOCKING KNOB(44) to unlock the MAIN FRAME(1)
 - b. Fold up the MAIN FRAME(1). To lock the MAIN FRAME(1) in the folded position, Insert the LOCKING KNOB(44) through the hole in the LEFT UNRIGHT(3) and screwing it into the MAIN FRAME(1). refer to detail view B.
- C. Move the Magnetic treadmill with the Wheels(40) on the BASE FRAME(2).Stand behind the Magnetic Treadmill, grasp the HANDRAILS(6) and tilt it toward you to easily roll the Magnetic Treadmill.



INCLINE INSTRUCTIONS



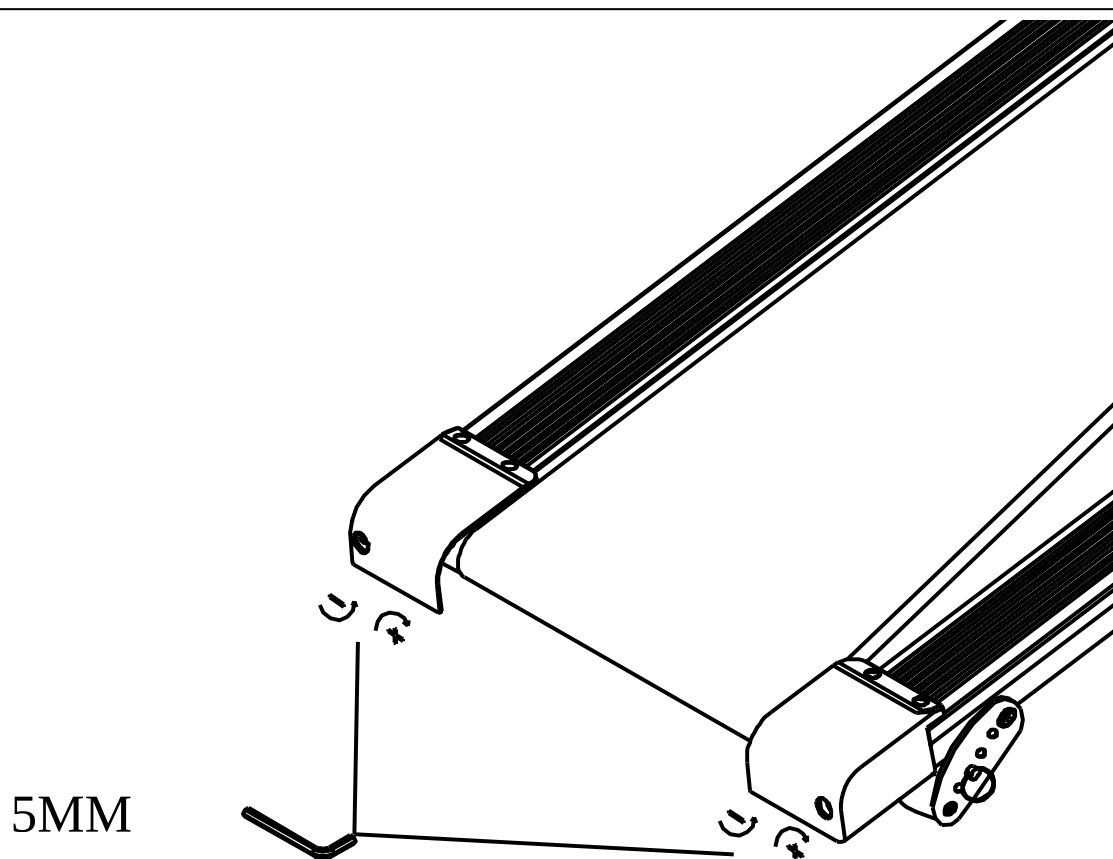
As left drawing, you can adjust lifting angle by means of changing ball pin latch's position. Here are 4 sections manual adjustment to be used.



TREADBELT ADJUSTING

If the following situation is happened on the tread belt, it will make some noise on the machine. So if the tread belt is not in the center position, too tight or too loose, please use the tool to adjust it .

1. When the tread belt moves to the right side, please revolve the right side hexagon socket screw clockwise 1 or 2 circles, revolve back a little bit.
2. When the tread belt moves to the left side, please revolve the left side hexagon socket screw clockwise 1 or 2 circles, revolve back a little bit.
3. When the tread belt is too tight, please revolve the left and the right side hexagon socket screw anticlockwise, then revolve back a little bit.
4. When the tread belt is too loose, please revolve the left and the right side hexagon socket screw clockwise, then revolve back a little bit.



OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER

POWER ON: Walking Belt movement or press any button.

POWER OFF: Automatic shut off after 4 minutes of inactivity.

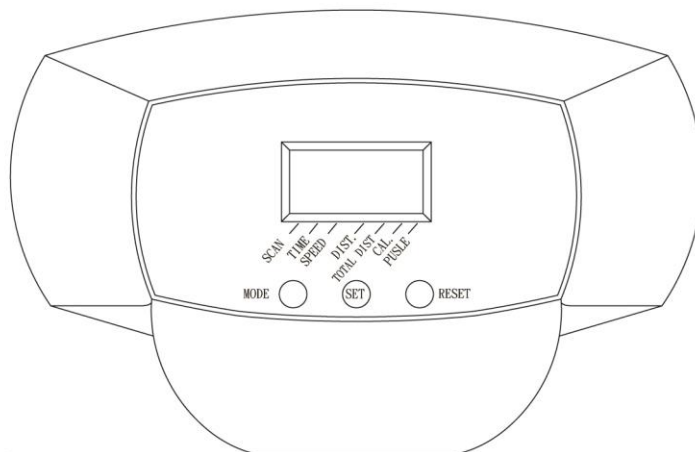
FUNCTION BUTTONS:

MODE: Press and release to select each function for display or preset target values. Press the button and hold it down for three seconds to reset all functions to zero.

SET: Press to set target values for **TIME**, **DISTANCE**, and **CALORIES**.

RESET: This button will reset each function to zero.

To reset all functions to zero, press the button and hold it down for four seconds.



PRESET VALUES OPERATION:

Stop walking for four seconds. Press the **MODE** button to select functions for preset target values. The meter will cycle through the functions as follows and allow you to set the function values.

TIME (0:00 to 99:00) → DISTANCE (0.0 to 99.99 mile) → CALORIES (0 to 999.9 Kcal)

Use **SET** & **RESET** buttons to enter desired values and press **MODE** button to confirm and move to next function for presetting. To pass the setting of some functions, just press the **MODE** button. Start to run the Meter functions by Walking.

FUNCTIONS:

SCAN: Automatically scans **SPEED**, **TIME**, **DISTANCE**, **TOTAL DIST**, and **CALORIES** in sequence with a change every six seconds.

TIME: Counts upward to 99:59 in one second increments. Counts down from preset value.

SPEED: Displays the current speed, from zero to 999.9 Mile/Hr.

DISTANCE: Displays distance up to 99.99 miles in increments of 0.01 miles. Counts down from preset value.

TOTAL DIST: Displays the total accumulated distance you have taken from zero to 99.99 miles. The total accumulated distance is retained when the meter is turned off.

CALORIES: Displays the calories consumption, from zero to 999.9 Kcal. Counts down from preset value.

The calories readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

PULSE: Heartbeat sensor for you Heart beat

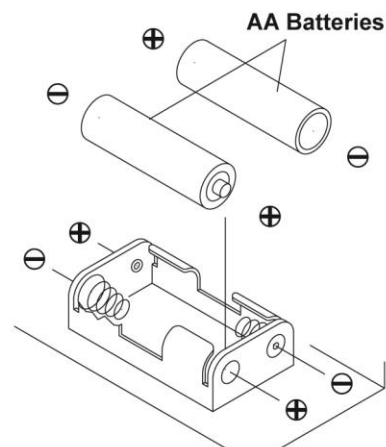
NOTE: The **TOTAL DIST** will be reset to zero after batteries are removed for battery replacement or storage of the unit.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with two AA batteries, the batteries are not included. Refer to the illustration to install or replace the batteries.

NOTE:

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.





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