

everfit

INSTRUCTION



 APP READY 3.0

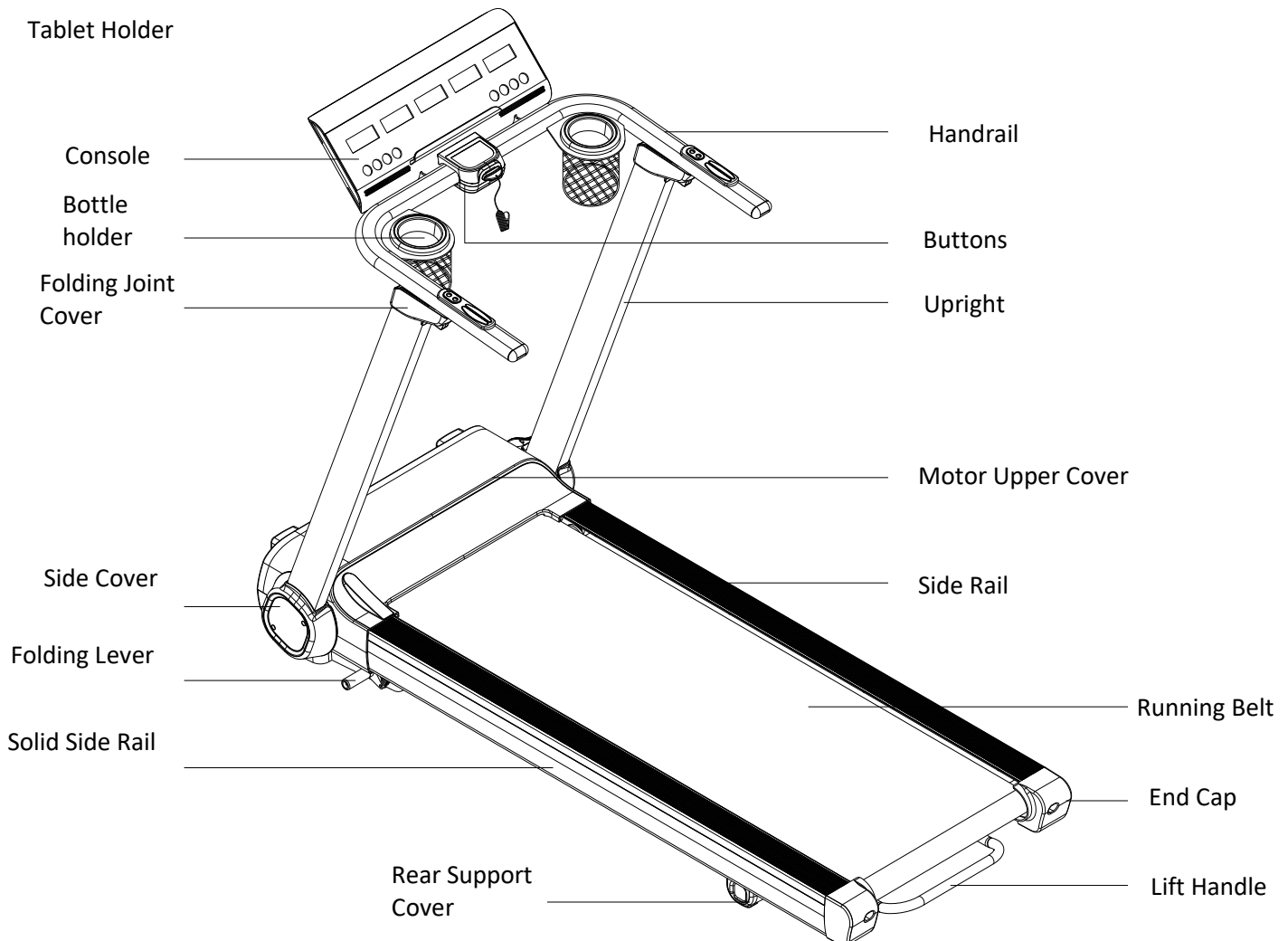
TFK855 SLIM



DIMENSION DATA

Power Circuit : 220V~AC	Use in temperature : 0-40°C
Real Speed : 0.8-18KM/H	Incline : 12 sections of motor incline
Max user weight : 110kg	Distance range : 0.00-99.9km
Calories : 0-9999 Kcal	Time range : 00 : 00-99 : 59 (min)
Heart rate range : 60-200 bpm	Running face : 500*1380mm
Set up size : 1760*790*1250mm	Folding size : 1760*790*260mm

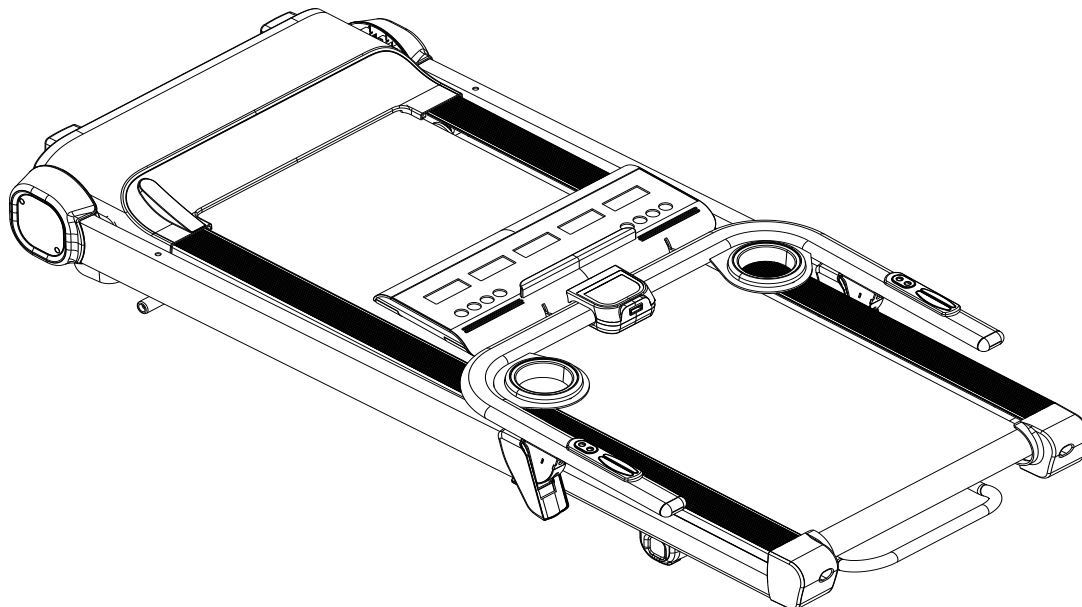
PRODUCT DESCRIPTION



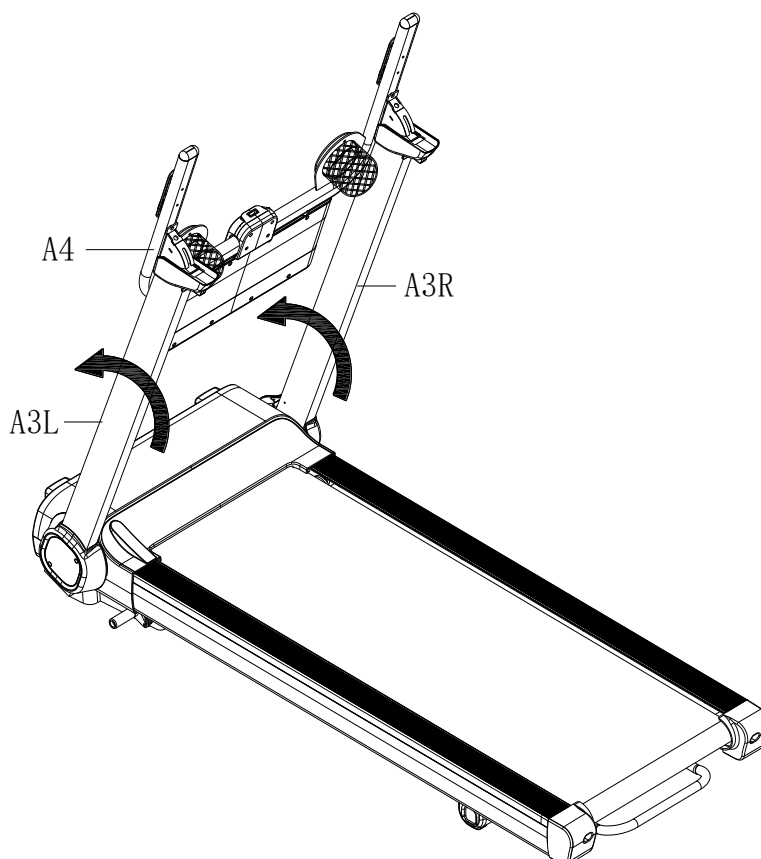
ASSEMBLY INSTRUCTIONS

ATTENTION: Do the following operations after checking all screws are tightened and everything is OK. Before you use the treadmill, please read the instructions carefully.

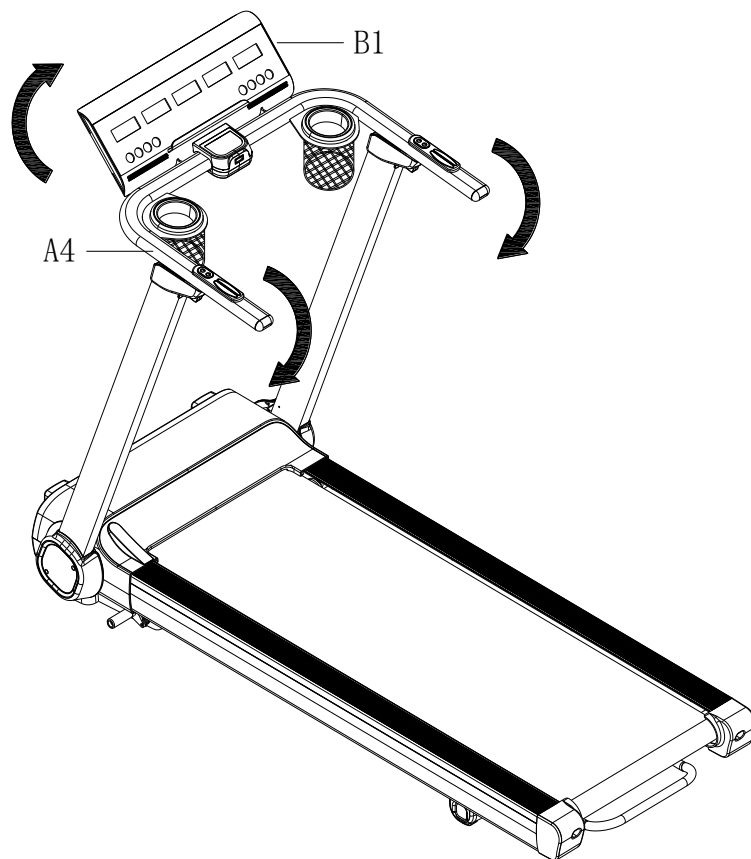
STEP 1 : Move out the treadmill unit from the packaging box, and place it on the flat ground or floor.



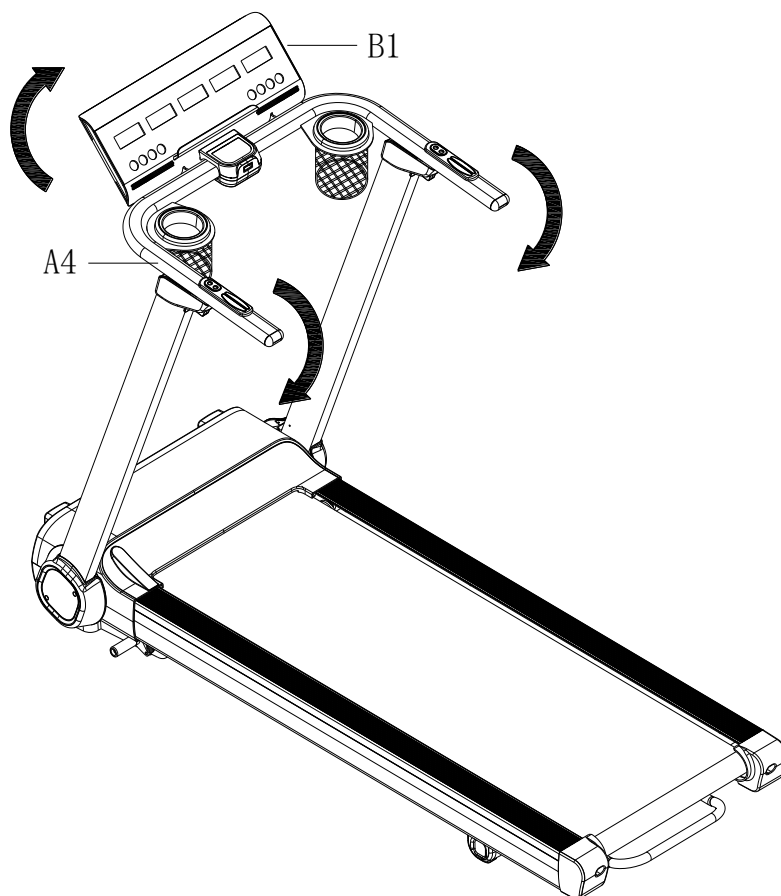
STEP 2 : Hold left and right #A4 handlebar and lift it up until hearing a “clock” sound for locking the #A3L/ #A3R Uprights into position.



STEP 3: Hold left and right #A4 Handlebar and push it down until hearing a “clock” sound for lock it into position. Rotate the #B1 Console to the appropriate reading angle.



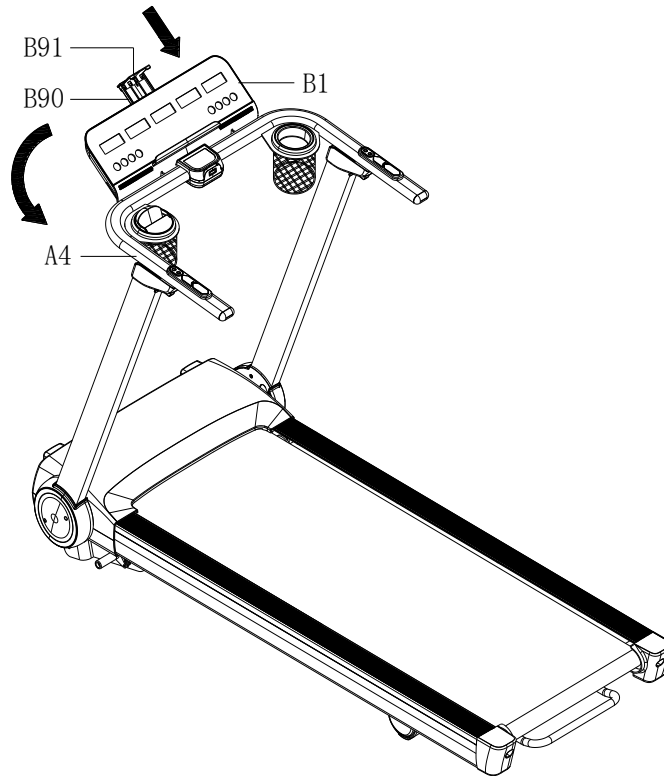
STEP 4: Plug in the #C15 Power Cord and insert the #C13 Safety Key.



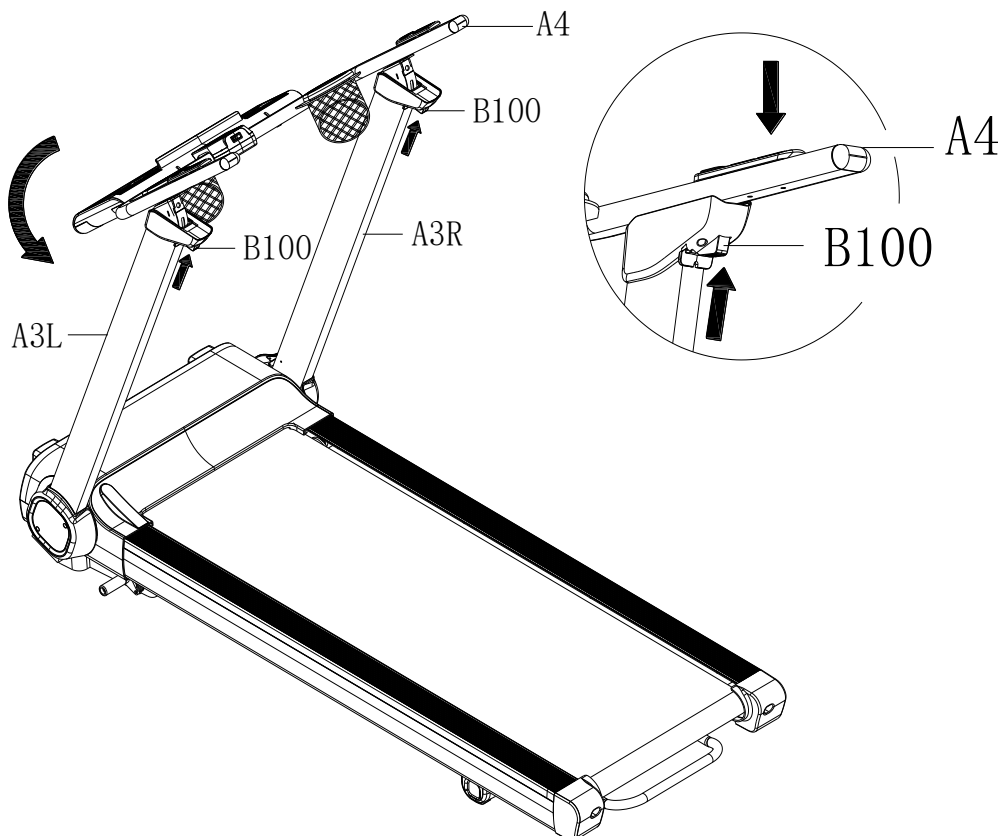
STEP 5: After installation, press start button, adjust speed level under 3km/h. Then check the running belt to see if it runs smoothly or not. The tightness level is decided based on the situation of slippery and deviation (Please refer to “MAINTENANCE INSTRUCTIONS “). After checking is completed, move treadmill to appropriate location for exercising use.

FOLDING INSTRUCTION

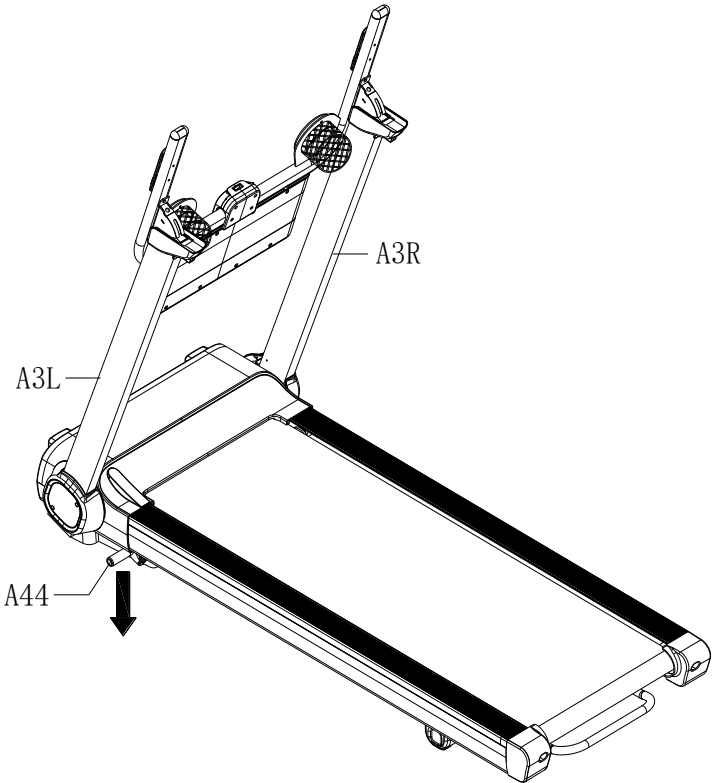
STEP 1: Rotate the #B1 Console backward to be horizontal with #A4 Handlebar.



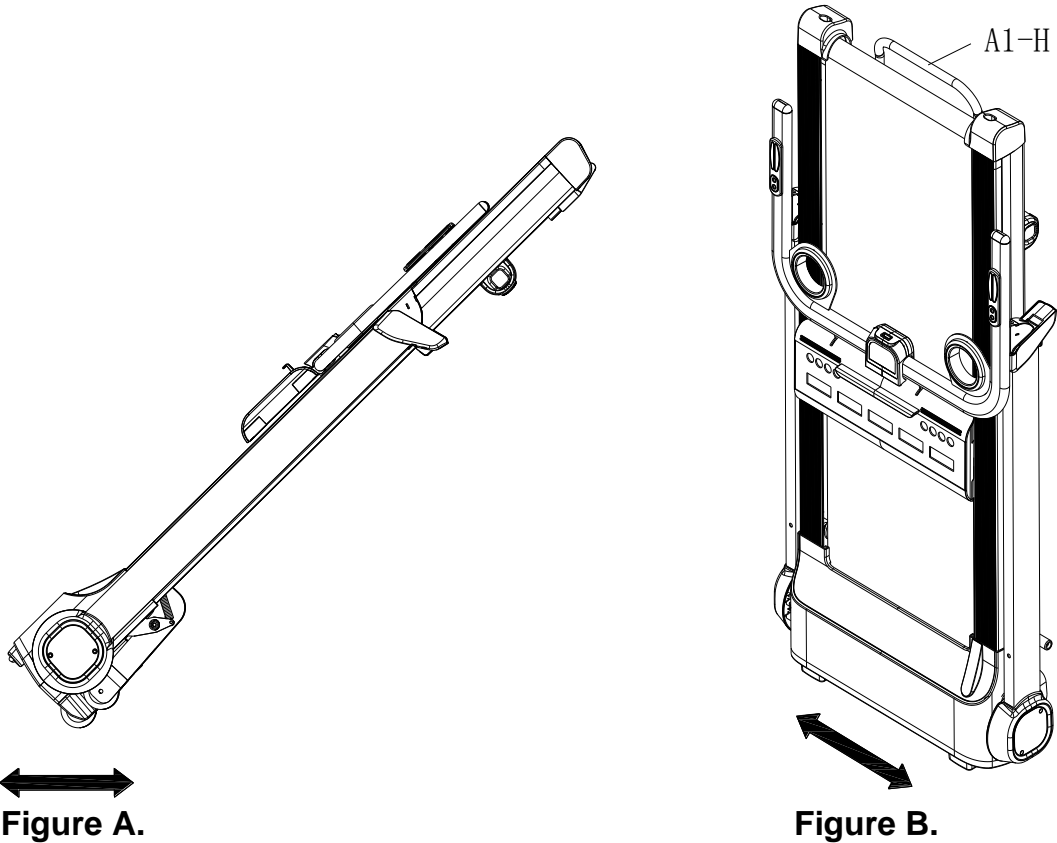
STEP 2: Slightly push down the #A4 Handlebar and press #B100 Folding Button at the same time. Once the #A4 Handlebar is un-locked, rotate it back to attach #A3L/ #A3R Uprights.



STEP 3: Step down #A44 Pedal Lever for auto folding process until #A3L/ #A3R to be horizontal with running deck.

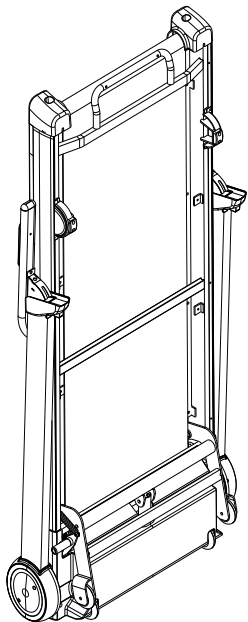


STEP 4: Hold #A1-H Lift Handle for transportation or lift one end of treadmill up to standing position.

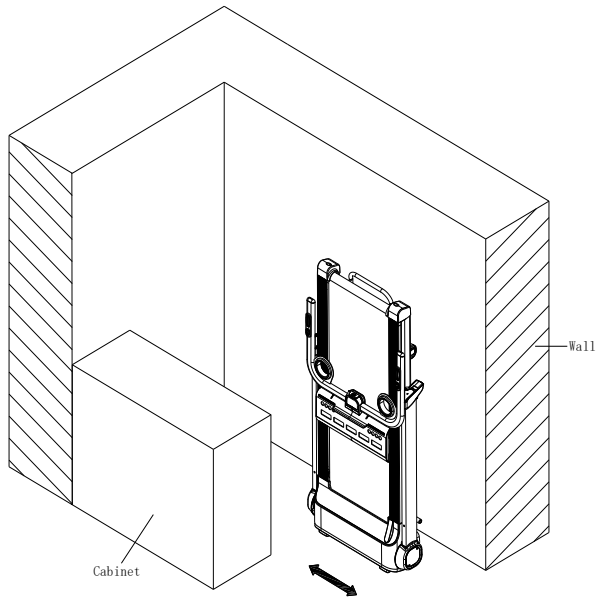


STEP 5: Place treadmill at standing position against wall for storage, or place it under the bed for space saving. The height of treadmill is 26cm. If the space is less than 26cm under your bed, please keep it somewhere else for storage.

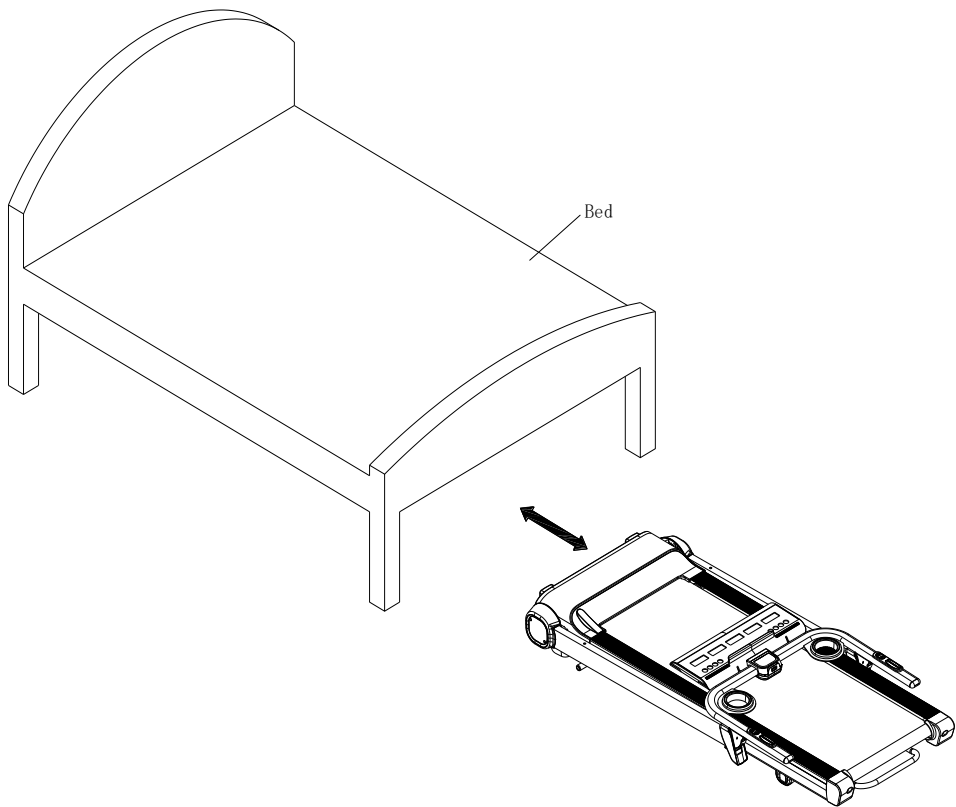
Standing Position



Storage Against Wall



Place Under Bed



Operation Guide

1.1 WINDOW DISPLAY



1.2. START

Normal start after 3 seconds countdown

1.3 PROGRAM

1 manual mode, 3 countdown mode, 1 body fat program, 12 preset programs, 3 Users, and 3 HP programs

1.4 SAFETY KEY FUNCTION

The window shows "----" when you take away the safety lock and the treadmill will stop quickly with "didi" alarm noise. When you put the safety lock back on, the computer will display for 2 seconds and the data will turn to "0."

1.5 BUTTON FUNCTION

1.5.1 START AND STOP/PAUSE

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

"STOP/PAUSE"--When the treadmill is running, press this button once to "Pause". During "Pause" speed and incline will go back to 0 and keep data. Press "Start" during pause mode to start again or Press "Stop/Pause" again to stop and erase data.

1.5.2 "PROGRAM" BUTTON

When the treadmill is not running, press this button to cycle from manual mode to preset mode P1-P12, body fat program, U1-U3, HP1-HP3

1.5.3 “MODE” BUTTON

When the treadmill is not running, press this button to choose between countdown modes: Time, Distance, and Calories, press the Right/Left Quick Buttons on handrail “SPEED+/-” or “INCLINE+/-” 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 go up or down automatically.

1.5.5 SPEED QUICK BUTTON

Press the speed quick button 3km/h, 6km/h, 9km/h, to adjust the speed directly when the treadmill is running.

1.5.6 “INCLINE+/-” BUTTON

INCLINE +/-, Adjust incline when treadmill start; the increment is 1 level/time.

Press the button more than 2 seconds, and it will go up or down automatically

1.5.7 INCLINE QUICK BUTTON

Press the incline quick button 3, 6, 9 to adjust the incline directly when the treadmill is running

1.6 DISPLAY FUNCTION

1.6.1 SPEED/CALORIES

Display treadmill speed and calories burned. Display will switch every 5 seconds.

1.6.2 STEP/PACE

Display how many steps taken on the treadmill. (Note: Step is counted based on the amp increase when taking each step. If not much increase it will not count up. Step data is only for reference)

Display your pace. Pace is how long it takes you to complete 1KM during current speed.

Display will switch every 5 seconds.

1.6.3 TIME

Display the running total time or countdown time.

1.6.4 INCLINE/ALTITUDE

Display the current incline level

Display altitude you have ran, it is based on your incline level and how far you ran will show your MTS Altitude.

1.6.5 PULSE/DISTANCE

Display your pulse data.

Display your total running distance or countdown distance.

1.6.6 ALL WINDOW DISPLAY DATA RANGE

TIME : 0:00 – 99.59(MIN)

DISTANCE: 0.00 – 99.9(KM)

CALORIES: 0.0 – 9999 (C)

SPEED:0.8-20.0(km/h)

PULSE: 50 – 200 (BPM)

INCLINE : 0 – 12

ALTITUDE : 0 – 9999 MTS

STEPS : 0 – 9999 STEPS

PACE : BASED ON CURRENT SPEED

1.7 PULSE FUNCTION

When the treadmill is running, hold the hand pulse for about 5 seconds, and it will display pulse data or equip a wireless chest belt with a 5.3K Hz frequency. The pulse data range is 50-200 BPM. This data is only for reference and can not be used as medical data.

1.8 PROGRAM EXERCISE CHART

MODE	TIME	SET TIME / 10= EVERY GRADE TIME									
		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 MANUAL MODE OPERATION

1.9.1 Press start key, time count down 3 seconds, then treadmill will start to work with initial speed 0.8km/h

1.9.2 Press speed +/-, you can adjust the speed

1.9.3 Press incline +/-, you can adjust the incline

1.9.4 Press stop/pause, you can pause/stop treadmill at working state

1.9.5 Press quick speed key, you can quickly adjust the speed you want

1.9.6 Press quick incline key, you can quickly adjust the incline you want

1.10 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 50 cal, setting range 10---9909 cal, each step 10.

Countdown distance initial setting 1.0km, setting range 0.5---99.9 km, each step 0.1

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

1.11 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----220CM

04 Weight 20-----160 KG

05	FAT	≤19	Under weight
	FAT	= (20---25)	Normal weight
	FAT	= (25---29)	Over weight
	FAT	≥30	Obesity

1.12 USER PROGRAM

Besides 12 preset programs, there have 3 user-defined programs: U1, U2 and U3 Each user program has 10 segments. The user can set the desired speed and incline .

Press "PROGRAM" button to choose U1 ,U2 or U3,press "MODE" button to enter setting condition, then set the time of the first segment. Press "SPEED+" and "SPEED-" to set speed. Press "INCLINE+" and "INCLINE-" to set incline.

Press "MODE" button after you finished setting the first segment. The next workout segment will flash, go through the same setup as you completed with segment one.

You must complete setting all 10 segments in order for your user program to begin.

1.13 HEART RATE CONTROL (HP) PROGRAM

IT IS RECOMMENDED THAT YOU USE A HEART RATE CHEST BELT (TRANSMITTER) WHEN USING HRC PROGRAMS; HAND PULSE MAY NOT BE RELIABLE FOR HRC PROGRAMS.

There are 3 Heart Rate Program programs (HP1-HP3) in total.

The parameter data setting order is "AGE" -> "Hear Rate data" -> "TIME".

HRC: Detect user's actual heart rate through wireless receiver and set different the heart rate data as goal to adjust speed and incline during running.

1.13.1 After turning on the power, press "PROG" key to choose HRC function. HRC function is turned on when "HRC" characters shown on the screen.

User can use "SPEED +/-" to adjust age (data from 13 to 80) after seeing the "30" shown on the screen.

1.13.2 Press "MODE" key to enter the setting of heart rate. The standard heart rate is fixed at different data from HRC1 to HRC3. Heart rate data can be adjusted from 50 to 200. User can use "SPEED +/-" to adjust the data. (It's recommended that standard heart rate data doesn't

need to be changed for physical health condition.)

Formula is calculated as below:

HP1 is T.H.R $= (220 - \text{age}) \times 75\%$, Fastest speed 8KM

HP2 is T.H.R $= (220 - \text{age}) \times 85\%$, Fastest speed 9KM

HP3 is T.H.R $= (220 - \text{age}) \times 100\%$. Fastest speed 10KM

After finishing the setting of HRC data, user can press "MODE" key to modify the time. When "TIME" window flashes, it displays the default time as 30:00 minutes, and user can press "SPEED+/-" to set up time.

1.13.3 Press "START" key to begin the workout (Remember you only can press "START" key after all setting are completed.)

It's suggested that user use wireless chest belt to detect the heart rate. If chest belt and hand pulse are used at the same time, only data from chest belt will show up on the screen.

1.13.4 During the operating of HRC, speed and incline will adjust as below:

(1) If Target heart rate $< \text{THR} - 15$, then the speed and incline will adjust automatically every 15 second, the SPEED will increase 0.8KM/h and incline add 1 section until they reach the max. data.

(2) If $\text{THR} - 5 > \text{Target heart rate} \geq \text{THR} - 15$, then the speed and incline will adjust automatically every 15 second, the SPEED will increase 0.4KM/h and incline add 1 section until they reach the max. data.

(3) If $\text{THR} + 5 \geq \text{Target heart rate} \geq \text{THR} - 5$, then the speed and incline will not change.

(4) If $\text{THR} + 15 \geq \text{Target heart rate} \geq \text{THR} + 5$, then the speed will adjust automatically every 15 second, the SPEED will decrease 0.4KM/h and incline less 1 section until they reach the min. data

(5) If Target heart rate $\geq \text{THR} + 15$, then the speed and incline will adjust automatically every 15 second, the SPEED will decrease 0.8KM/h and incline less 2 section until they reach the min. data

1.15 OTHERS

1.15.1 The system will enter into power saving mode automatically if there is no any action within 10 minutes under IDLE MODE and there is no display and backlight on the computer. Press any key to resume the system.

1.15.2 Countdown time, countdown calorie and countdown distance, you can only set one of them at a time. It will only start the last set countdown when you press start. The set parameter will start to countdown and others display normal data..

1.15.3 On display – Distance covered, Calories burnt, Pulse reading, Body Fat test, Steps Counted, Altitude ran are only for indicative purpose and may vary from machine to machine. Do not compare these readings to a medical instrument.

1.15.4 You can set parameters in a cycle. Ex: Set time range is 5:00-99:00, when at 5:00 you can hit “-” key and it will go to 99:00, when at 99:00 you can hit “+” and it will go to 5:00.

1.15.5 When the treadmill is running, press Mode+Program buttons at the same time for at least 3 seconds to go from Scan mode to stay display one. Press again to stay at display two. Press again to go back to scan mode Note: You will hear a beep if you successfully switch the display modes.

1.15.6 When you remove safety key, you can press Mode+Program buttons at the same time for at least 3 seconds to view treadmill’s Odometer. During this mode if you press mode+program for 3 seconds it will reset the odometer. If want to leave mode without resetting the data, just plug in the safety key.

1.16 Bluetooth music function:

Connect to the treadmill’s speakers using your phone or tablet. The treadmill’s Bluetooth name would be under “QY-BTSP.” The treadmill’s speaker is set at highest volume, use your phone or tablet to adjust the volume.

1.17 USB-Bluetooth App

The USB Slot on the side is meant for USB Bluetooth dongles. Treadmill is written to be able to be compatible with Bluetooth dongle

MAINTENANCE INSTRUCTION

WARNING: Please make sure pull out the treadmill's power plug before cleaning or maintaining the product.

CLEANSING: General cleaning of the unit will greatly prolong the treadmill's life.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt. Make sure the shoes are clean. The top of the belt may be cleaned with a wet soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt.

WARNING: Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

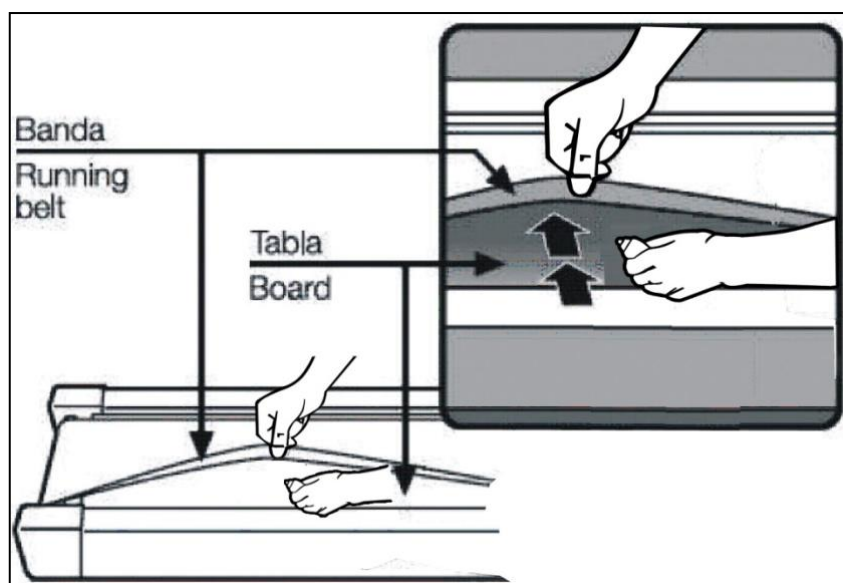
This treadmill's walking belt and deck are equipped with a pre-lubricated, low maintenance deck system. Do not require adding lubrication.

We recommend lubrication of the deck according to the following timetable:

Light user (less than 3 hours/ week)	Every 60 days
Medium user (3-5 hours/ week)	Every 45 days
Heavy user (more than 5 hours/ week)	Every 30 days

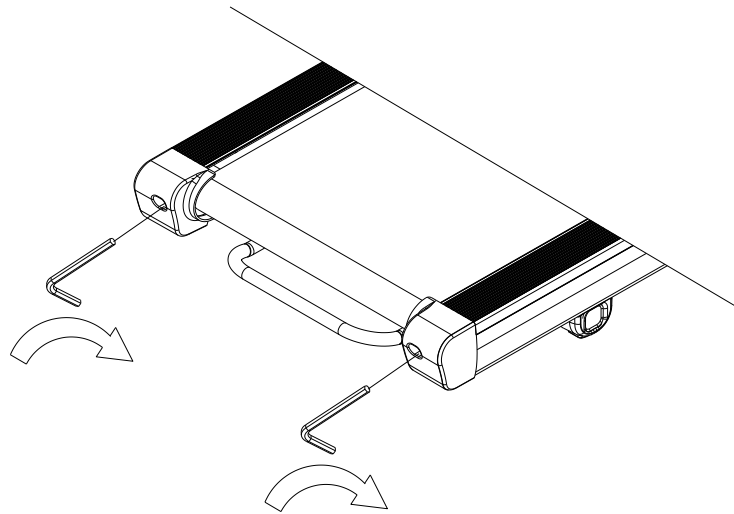
We suggest you buy lubricating oil from local distributors or contact our company directly.

Please note, any other maintenance please ask professionals for help.



BELT ADJUSTMENT

Place treadmill on a level surface. Make treadmill run at approximately 6-8 km/h, observe the running belt deviate condition.



If the belt has drifted to the right, unplug the safety lock and power switch, and turn the right adjusting bolt 1/4 turn clockwise, then insert the power switch and safety lock, make the treadmill running, observe the running belt deviate condition.

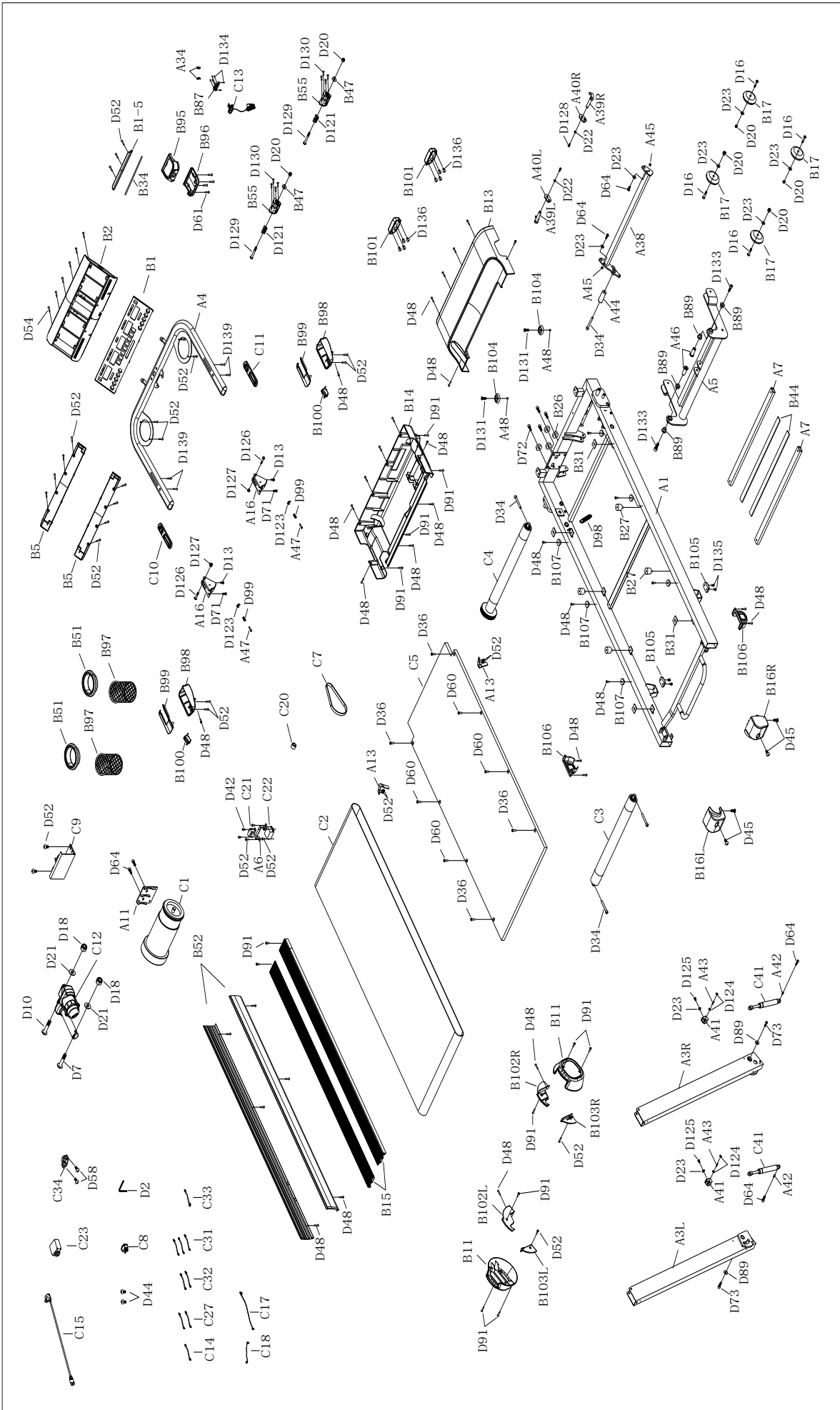
Repeat above steps until the running belt be placed in the middle.

Once the treadmill belt swerving to the left, unplug the safety lock, turn off the power, then with the left adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, checking the deviation of the treadmill belt. Repeat the above

Steps until belt is centered.

The treadmill belt will gradually relax after above steps or after a period of time using, unplug the safety lock, and turn off the power, with the two adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, then standing on the belt to confirm the tightness. Repeat the above steps until the belt moderate tightness.

EXPLODED DRAWING



PARTS LIST

A. Welding and Metal Parts

NO.	DESCRIPTION	QTY
A1	Main Frame	1
A3L	Left Upright	1
A3R	Right Upright	1
A4	Handlebar	1
A5	Incline Bracket	1
A6	Filter Bracket	
A7	Deck Support Tube	2
A11	Motor Base	1
A13	Belt Guide Bracket	2
A16	Handrail Folding Joint Bracket	2
A34	Safety Key Pin	2
A38	Pedal Lever Bracket	1
A39L	Left Bottom Hook	1
A39R	Right Bottom Hook	1
A40L	Left Connection Bracket	1
A40R	Right Connection Bracket	1
A41	Cylinder U-Shape Bracket	2
A42	Cylinder Spacer	2
A43	Cylinder Fixation Pin	2
A44	Pedal Lever	1
A45	Pedal Lever Spacer	2
A46	Incline Axle	2
A47	Stopper Pin	2
A48	PU Wheel Spacer	2

B. Plastic Parts

NO.	DESCRIPTION	QTY
B1	Console Set	1
B1-1	Overlay	1
B1-3	Console	1
B1-5	Tablet Holder	1
B2	Console Cover	1
B5	Console Back Cover	2
B11	Side Cover	2
B13	Motor Upper Cover	1
B14	Motor Bottom Cover	1
B15	Side Rail	2
B16L	Left End Cap	1
B16R	Right End Cap	1
B17	Transportation Wheel	4
B26	Deck Cushion	4
B27	Round Shape Cushion	4
B31	Rubber Pad	4
B34	EVA Pad (for Tablet Holder)	1
B44	EVA Pad (for Deck Support Tube)	2
B47	Console Rotation Washer	2
B51	Water Bottle Holder Ring	2
B52	Solid Side Rail	2
B55	Console Rotation Piece	2
B87	Safety Key Pin Cover	1
B89	Incline Bushing	4
B95	Button Platform Set	1
B96	Button Platform Bottom Cover	1
B97	Bottle Holder Net	2
B98	Folding Joint Cover	2
B99	Folding Joint Top Cover	2

B100	Folding Button	2
B101	Transportation Wheel Cover	2
B102L	Left Inner Side Cover 1	1
B102R	Right Inner Side Cover 1	1
B103L	Left Inner Side Cover 2	1
B103R	Right Inner Side Cover 2	1
B104	Second Transportation Wheel	2
B105	Rear Leg Support Cushion	2
B106	Rear Leg Support Cover	2
B107	Side Rail Fixing Piece	6

C. Electronic and Transmission Parts

NO.	DESCRIPTION	QTY
C1	Motor	1
C2	Running Belt	1
C3	Rear Roller	1
C4	Front Roller	1
C5	Running Deck	1
C7	Motor Belt	1
C8	Power Switch	1
C9	Controller	1
C10	Quick Buttons on Left Handlebar	1
C11	Quick Buttons on Right Handlebar	1
C12	Incline Motor	1
C13	Safety Key	1
C14	Single Cable 300 (Brown)	1
C15	Power Cord	1
C17	Lower Section Cable	1
C18	Medium Section Cable	1
C20	Magnetic Ring	1
C21	Inductor	1
C22	Filter	1

C23	Overload Protector	1
C27	Single Cable 300 (Blue)	1
C31	Short Single Cable 150 (Brown)	3
C32	Short Single Cable 150 (Blue)	2
C33	Grounding Wire	1
C34	Power Switch	1
C41	Cylinder	2

D. Hardware Parts

NO.	DESCRIPTION	QTY
D2	Allen Wrench T6	1
D7	Round Head Hex Bolt M10X65	1
D10	Round Head Hex Bolt M10X45	1
D13	Round Head Hex Bolt M8X15	2
D16	Round Head Hex Bolt M8X45	4
D18	Nylon Nut, M10	2
D20	Nylon Nut, M8	6
D21	Flat Washer, M10	2
D22	Flat Washer, M6	2
D23	Flat Washer, M8	8
D34	Socket Head Cap Bolt M8X60	4
D36	Hex Head Hex Bolt M6X25	4
D39	Hex Sunk Head Hex Bolt M6X43	4
D42	Cross Washer Head Bolt M4X10	2
D44	Cross Washer Head Bolt M5X12	2
D45	Cross Washer Head Bolt M5X15	4
D48	Cross Washer Head Self-drilling Tapping Bolt ST4.2X19	34
D52	Cross Pan Head Tapping Bolt ST4.2X16	31
D54	Cross Pan Head Tapping Bolt ST4.2X30	6
D58	Cross Sunk Head Self-drilling Tapping Bolt ST3.5X16	2
D61	Phillips Head Blunt Screw, ST4.2x19mm	4
D64	Round Head Hex Bolt M8X20	6

D71	Countersunk Head Hex Bolt M8X15	2
D72	Socket Head Cap Bolt M8X25	4
D73	Socket Head Cap Bolt M8X12	2
D89	Washer, M8	2
D91	Cross Pan Head Self-drilling Tapping Bolt bolt ST4.2X19	12
D98	Extension Spring	1
D99	Compression Spring	2
D121	Console Compression Spring	2
D123	C Ring ϕ 5	2
D124	C Ring ϕ 6	4
D125	Round Head Hex Bolt M8X12	2
D126	Round Head Hex Bolt M8X37	2
D127	Thin Nylon Nut, M8	2
D128	Round Head Hex Bolt M6X12	2
D129	Round Head Hex Bolt M8X67	2
D130	Cross Sunk Head Self-drilling Tapping Bolt ST4.2X19	8
D131	Flat Head Hex Bolt M8X22	2
D133	Socket Head Cap Bolt M6X10	2
D134	Cross Head Tapping Bolt ST4.2X10	6
D135	Round Head Hex Bolt M6X10	4
D136	Cross Head Self-drilling Tapping Bolt ST4.2X19	8
D139	Cross Sunk Head Self-drilling Tapping Bolt ST4.2X25	4



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