

everfit

INSTRUCTION

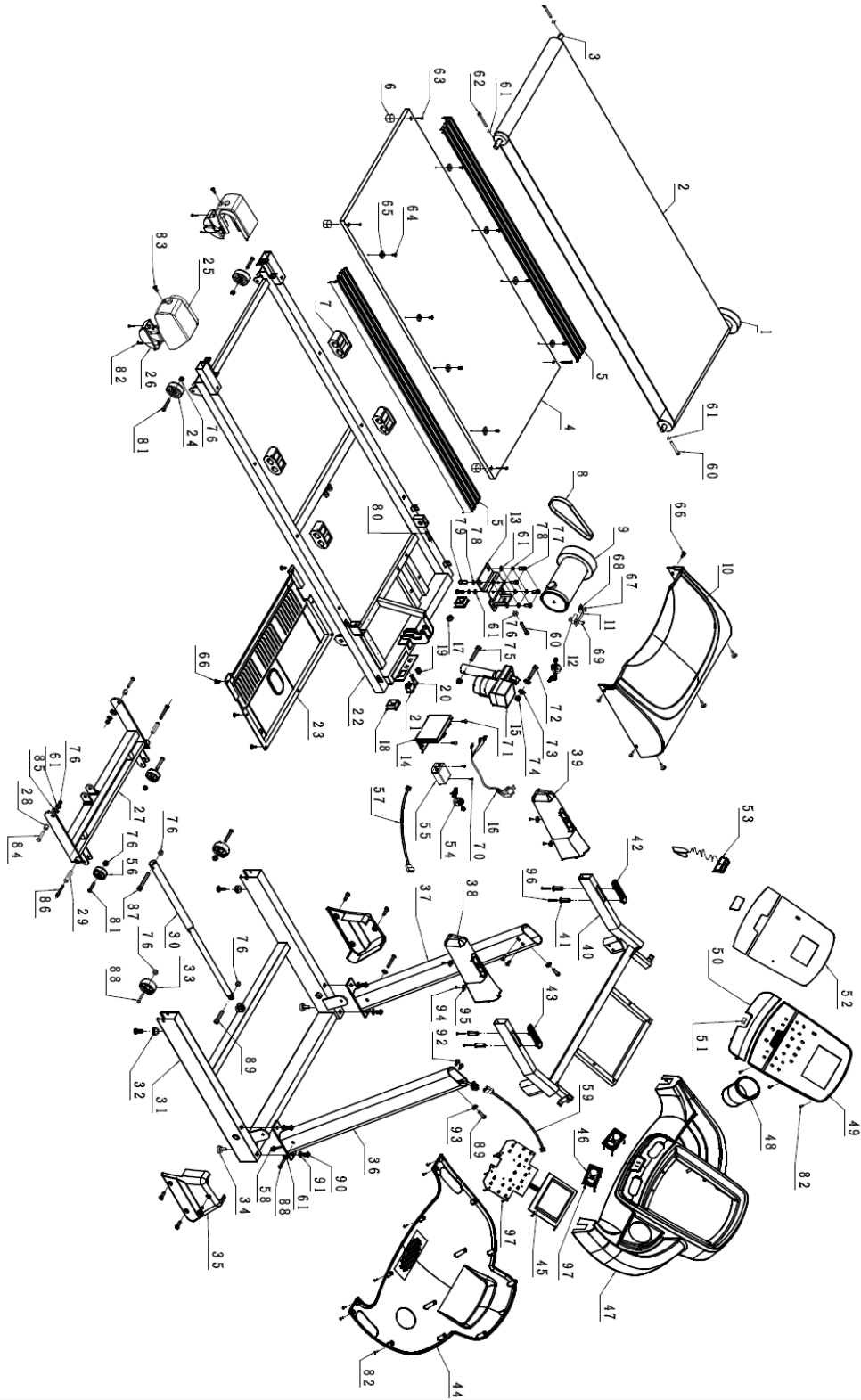


TFK 950

APP READY 2.0



EXPLODED DRAWING



PARTS LIST

PART NO	PART NAME	Q'TY
1	FRONT ROLLER	1
2	RUNNING BELT	1
3	REAR ROLLER	1
4	RUNNING DECK	1
5	SIDE RAIL	2
6	DECK FRAME CUSHION	4
7	GEL CUSHION	4
8	MOTOR BELT	1
9	MOTOR	1
10	MOTOR COVER	1
11	SPEED SENSOR FRAME	1
12	SPEED SENSOR	1
13	MOTOR FIXED FRAME	1
14	MOTOR CONTROL BOARD	1
15	INCLINE MOTOR	1
16	POWER WIRE	1
17	CAP OF MOTOR ADJUST BOLT	1
18	DECK FRAME FRONT CAP	2
19	POWER WIRE CUSHION	1
20	FUSE	1
21	POWER KEY	1
22	DECK FRAME	1
23	MOTOR BELLY PAN	1
24	SUPPORT WHEEL	2
25	END CAP	2
26	COVER FOR DECK FRAME SUPPORT WHEEL	2
27	INCLINE FRAME	1
28	SHAFT SLEEVE OF INCLINE FRAME	2
29	SHAFT SLEEVE OF DECK FRAME	2
30	DAMPER	1
31	BASE FRAME	1
32	BASE FRAME RUBBER CUSHION	4
33	BASE FRAME MOVE WHEEL	2
34	LEVE FRAME	2
35	UPRIGHT COVER	2
36	RIGHT UPRIGHT	1
37	LEFT UPRIGHT	1
38	RIGHT HANDLE FOAM	1
39	LEFT HANDLE FOAM	1
40	COMPUTER SUPPORT FRAME	1
41	SHAFT OF HAND BUTTON	4
42	INCLINE SHORTCUT KEY	1

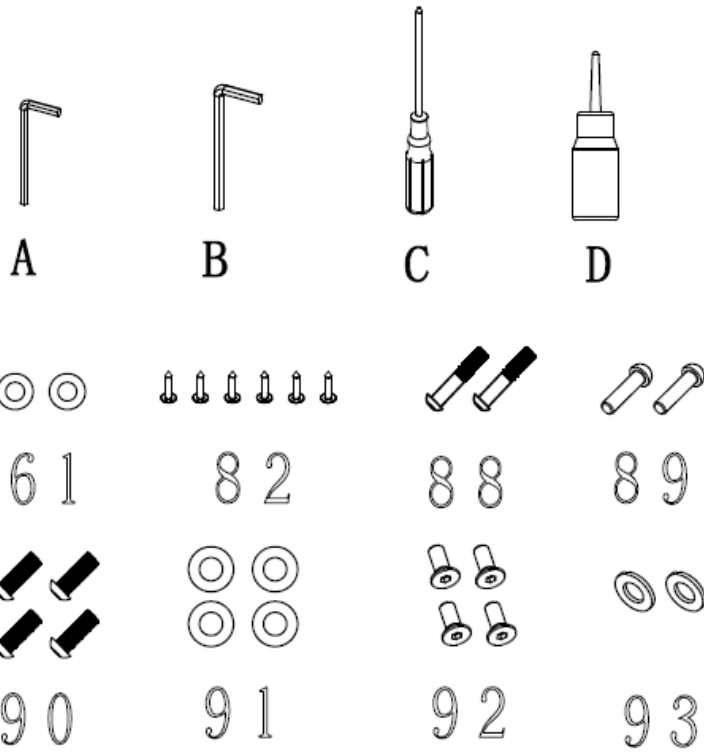
43	SPEED SHORTCUT KEY	1
44	COMPUTER BACK COVER	1
45	COMPUTER BOARD	1
46	SPEAKER	2
47	COMPUTER FRONT COVER	1
48	WATER CAP	1
49	COMPUTER PLASTIC BOARD	1
50	SPEAKER COVER	1
51	SAFETY KEY SENSOR	1
52	OVERLAY	1
53	SAFETY KEY	1
54	magnet ring	2
55	FILTER	1
56	MOVE WHEEL	2
57	CONNECTION WIRE 1	1
58	CONNECTION WIRE 2	1
59	CONNECTION WIRE 3	1
60	M8*50ALLEN HEAD BOLT	2
61	φ8 WASHER	13
62	M8*85ALLEN HEAD BOLT	2
63	M8*65ALLEN HEAD BOLT	4
64	ST4.2*15 SCREW	8
65	SIDE RAIL GUIDE	8
66	ST4.8*16 SCREW	18
67	M4*6 BOLT	2
68	φ4 SPRING WASHER	2
69	ST2.9*6 SCREW	2
70	ST4.2*10 SCREW	2
71	ST4.2*15 SCREW	2
72	M10*50 ALLEN HEAD BOLT	1
73	φ13 PLASTIC WASHER	2
74	M10 NYLON NUT	2
75	M10*60 ALLEN HEAD BOLT	1
76	M8 NYLON NUT	11
77	M8*20 ALLEN HEAD BOLT	4
78	φ8 SPRING WASHER	6
79	M8*12 ALLEN HEAD BOLT	2
80	M8*30 ALLEN HEAD BOLT	1
81	M8*40 ALLEN HEAD BOLT	4
82	ST4.2*15 SCREW	25
83	ST4.2*20 SCREW	2
84	M8*30 ALLEN HEAD BOLT	2
85	φ16 PLASTIC WASHER	2
86	M8*60 ALLEN HEAD BOLT	2
87	M8*45ALLEN HEAD BOLT	1

88	M8*50ALLEN HEAD BOLT	4
89	M8*35ALLEN HEAD BOLT	3
90	M10*20ALLEN HEAD BOLT	4
91	φ10 WASHER	4
92	M8*15 ALLEN HEAD BOLT	4
93	φ8 ARC WASHER	2
94	ST4.2*25 SCREW	4
95	φ6 WASHER	4
96	ST4.2*30 SCREW	4
97	ST2.9*8 SCREW	24

HARDWARE COMPARISON CHART

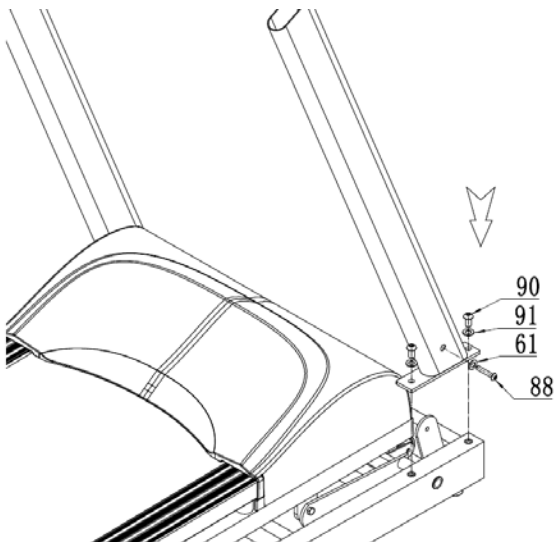
For your convenience, we have identified the hardware used in the assembly of this product. The chart below is provided to help you to identify items that may be unfamiliar to you.

NO.	DESCRIPTION	Q'TY
61	φ8 WASHER	2
82	ST4.2*15 SCREW	6
88	M8*50ALLEN HEAD BOLT	2
89	M8*35ALLEN HEAD BOLT	2
90	M10*20ALLEN HEAD BOLT	4
91	φ10 WASHER	4
92	M8*15 ALLEN HEAD BOLT	4
93	φ8 ARC WASHER	2
A	5mm SOCKET HEAD WRENCH	1
B	6mm SOCKET HEAD WRENCH	1
C	SCREWDRIVER	1
D	LUBRICANT	1



ASSEMBLY INSTRUCTIONS

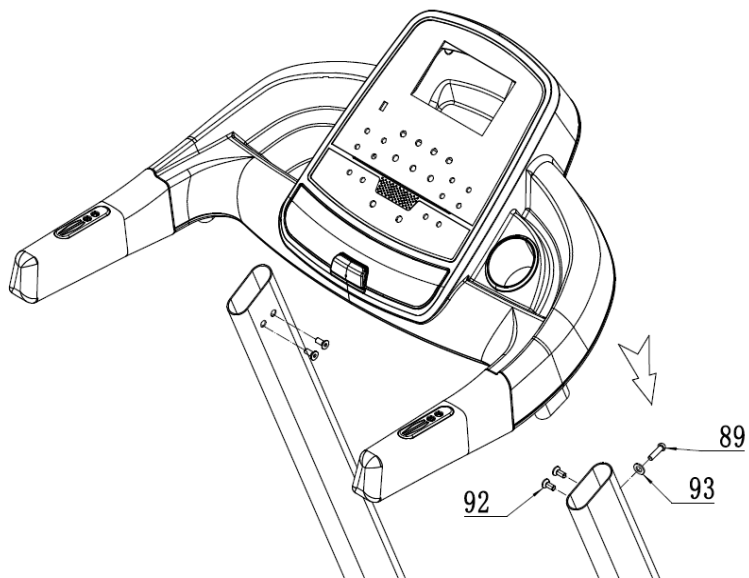
WARNING: Please put on all the screws, washers and bolts then tighten them.



STEP1:

First make to connect the communication cable.

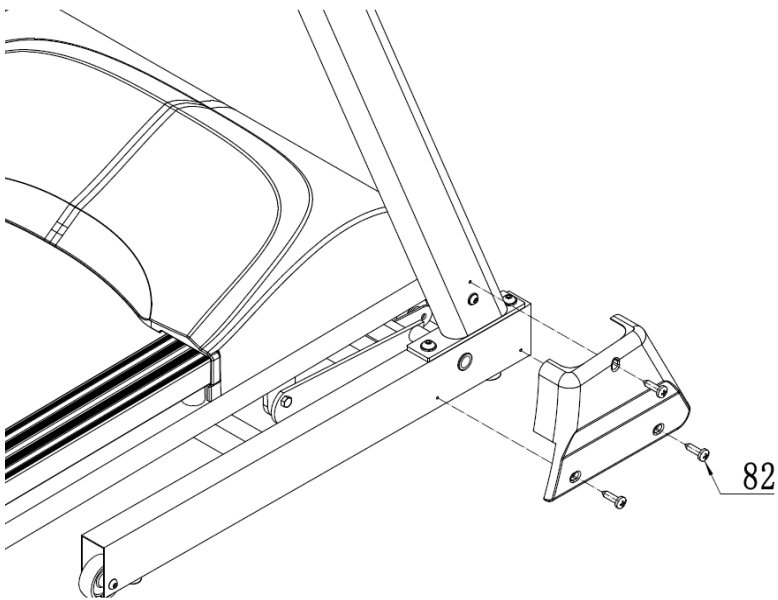
Then fix the uprights on the base frame with M10*20ALLEN HEAD BOLT 90、φ10 WASHER 91、φ8 WASHER 61and M8*50ALLEN HEAD BOLT 88..



STEP2:

First make to connect the communication cable.

Fix the computer on the uprights with M8*35ALLEN HEAD BOLT 89 、 M8*15 ALLEN HEAD BOLT 92 and ϕ 8 ARC WASHER 93.



STEP3:

Fix the Upright protective cover on the upright with ST4.2*15 SCREW82.

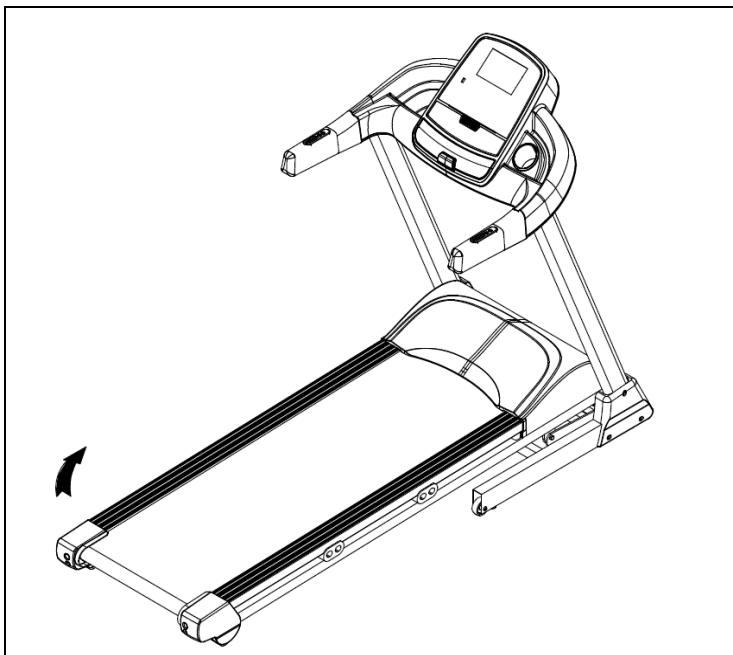


Folding illustration:

Folding illustration:

To drop down treadmill:

1. Strike the damper.
2. Hold on to the top end covers and pull down the treadmill slowly on the ground.

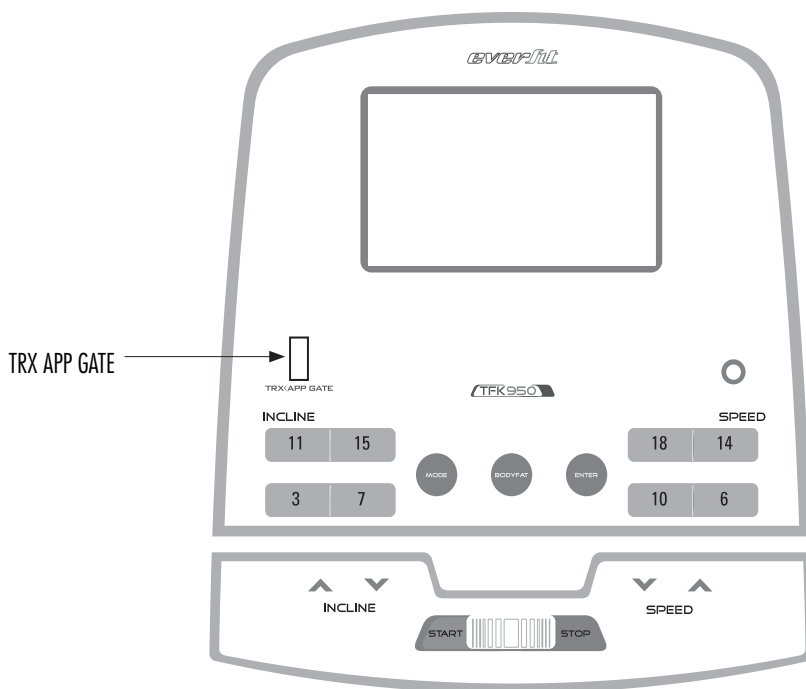


To fold up treadmill:

Both hands hold on the bottom end covers and lift up the treadmill.

COMPUTER OPERATION

Panel layout



TRX APP GATE

OPTIONAL

The Operation

OPERATION INSTRUCTION

KEY INSTRUCTION:

- START: Press this key to start treadmill.
- STOP: Press this key to stop treadmill.
- BODYFAT: open or close body fat.
- MODE: Press this key to choose the manual, countdown of time or the countdown of distance

or the countdown of calories or P1-P2.....-P24...U1-U5-HP1-HP2 cycle selection.

- SPEED+: Press this key to increase speed or time or distance or calorie value.
- SPEED-: Press this key to decrease speed or time or distance or calorie value.
- ENTER: Press this key to confirm the choosing item.
- INCLINE+: Press this key to increase incline value.
- INCLINE-: Press this key to decrease incline value.

SAFETY KEY INSTRUCTION

- When the motor is running, take off the safety key, the motor stop and the console prohibit start.

HEART RATE INSTRUCTION

- In the case of a powered treadmill, his hands holding the steel disc of left &right handrail, in order to obtain more accurate heartbeat value, standing on the treadmill and when the treadmill stop to measurement, and holding time is not less than 30 seconds. Display range: 50-200 beats / min.
- This data is for reference only, not as medical data

THE DISPLAY RANGE

	Initial value	Set Initial value	Setting value	Display range
TIME(mm:ss)	0:00	30:00	5:00-99:00	0:00~99:59
SPEED (km/h)	0.0	N/A	N/A	1.0—22.0
INCLINE	0	N/A	N/A	0-15
DISTANCE (kml)	0.0	3.0	0.5—99.9	0.0—99.9
CALORIES (calories)	0	100	5—999	0—999

BODYFAT

Press BODY FAT key to enter FAT, press ENTER to select the adjustment F1 gender, F2 age, F3 height, F4 weight and F5 display results. Adjust the gender, age, height and weight, you can press the speed or lift the addition and subtraction keys, adjust the finished into the F5, then please put the second hand on the hand of the test heartbeat test chip, 8 seconds the window will show the test The body fat value.

Enter the parameter display and setting range

Parameter Category	Default Value	Setting Range	Remarks
Surname (-1-)	1 (MAN)	1—2	1 = male 2 = female
Age (-2-)	25 years old	10—99 years old	
Height (-3-)	170 CM	100—220 CM	
Weight (-4-)	70KG	20—150KG	

To Asian standards, fat test results: FAT ≤ 19 - thin under weight
 19 <FAT ≤25 - normal Normal weight
 25 <FAT ≤29 - Overweight Over weight
 Fat ≥ 30 - Obesity

Attachment table: Each program segment is divided into 10 segments, and the running time of each program segment is evenly distributed. The following is a 24-motion chart.

SECTION PROGRAM		1	2	3	4	5	6	7	8	9	10
		P1	SPEED	1	2	2	3	3	3	3	2
INCLINE	0		0	1	1	2	2	1	1	0	0

P2	SPEED	1	2	2	3	4	4	3	2	2	1
	INCLINE	0	0	2	3	4	4	3	2	0	0
P3	SPEED	1	2	2	3	4	4	3	2	2	1
	INCLINE	0	0	3	7	4	4	7	3	0	0
P4	SPEED	1	2	2	3	3	3	3	2	2	1
	INCLINE	0	0	3	7	4	4	7	2	0	0
P5	SPEED	1	2	2	3	4	4	3	2	2	1
	INCLINE	0	0	2	4	6	8	4	2	0	0
P6	SPEED	1	2	2	4	4	6	4	2	2	1
	INCLINE	0	0	3	4	5	7	7	3	0	0
P7	SPEED	2	3	4	6	6	9	6	4	4	2
	INCLINE	0	0	2	4	4	6	4	2	0	0
P8	SPEED	1	2	2	4	4	9	9	9	8	4
	INCLINE	0	0	2	4	8	9	9	2	0	0
P9	SPEED	2	3	3	6	6	9	6	3	3	2
	INCLINE	0	0	9	9	8	4	3	3	0	0
P10	SPEED	1	2	2	4	4	4	4	6	4	3
	INCLINE	0	0	2	2	4	9	9	9	0	0
P11	SPEED	2	4	4	6	6	6	6	9	4	1
	INCLINE	0	0	9	9	9	3	4	3	0	0
P12	SPEED	1	3	3	6	9	6	9	9	6	4
	INCLINE	0	0	9	9	9	9	9	8	0	0
P13	SPEED	4	9	4	9	4	9	4	9	4	9
	INCLINE	0	0	4	8	9	8	9	9	0	0
P14	SPEED	2	3	3	6	9	6	9	9	6	3
	INCLINE	0	0	4	8	9	8	9	9	0	0
P15	SPEED	4	6	9	9	9	9	9	6	4	2
	INCLINE	0	0	2	3	4	4	3	2	0	0
P16	SPEED	2	4	4	9	4	9	4	9	4	9
	INCLINE	0	0	2	4	5	4	5	6	0	0
P17	SPEED	2	2	2	4	6	9	6	2	2	2
	INCLINE	0	0	2	4	6	6	4	2	0	0
P18	SPEED	3	6	3	6	6	6	6	2	2	2
	INCLINE	0	0	2	6	8	6	8	2	0	0
P19	SPEED	4	9	4	9	4	9	4	9	4	9
	INCLINE	0	0	9	8	6	8	6	4	0	0
P20	SPEED	4	9	4	9	4	9	4	9	4	9
	INCLINE	0	0	9	8	2	8	2	2	0	0
P21	SPEED	2	6	2	6	9	6	9	2	6	2
	INCLINE	0	0	9	8	2	8	2	2	0	0
P22	SPEED	4	6	9	6	2	6	2	2	4	2
	INCLINE	0	0	2	4	9	8	9	2	0	0
P23	SPEED	4	6	9	6	6	6	6	2	2	2
	INCLINE	0	0	2	3	4	9	9	2	0	0
P24	SPEED	4	6	9	6	4	6	4	2	4	2

	INCLINE	0	0	4	4	5	9	9	2	0	0
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HRC MODE

1, definition, heart rate control speed mode is the use of athletes heart rate, and by setting the heart rate (target heart rate: THR), automatically adjust the speed of the function.

2, HRC set the method, order, parameter range, press the MODE key to display HP1 or HP2, press ENTER to confirm and enter the next set of settings, press the speed or lift plus or minus key to adjust the last parameter to start:

A: Age setting range: 15-80 years old, default 25 years old

B: default target heart rate (THR): (220-year-old) * 0.65 -HP1, (220-year-old) * 0.85 -HP2

C: target heart rate can be modified, modify the range: 80-180

D: set the time, the default 30 minutes, modify the range: 5-99 minutes

3, the speed of the relationship

A: change frequency, HRC every 30 seconds to detect heart rate (heart rate has been shown).

B: the user's heart rate is lower than the target heart rate 30 times / min, the speed increased by 2.0 km / h.

C: the user's heart rate is lower than the target heart rate 6-29 times / min, the speed increased by 1.0 km / h.

D: the user's heart rate is higher than the target heart rate 30 times / minute, the speed reduced by 2.0 km / h.

E: the user's heart rate is higher than the target heart rate 6-29 times / min, the speed reduced by 1.0 km / h.

G: the user's heart rate is higher or lower than the target heart rate 0-5 beats / min, the speed remains the same.

4, the following circumstances, the slowdown to the lowest speed to run after 15 seconds after the shutdown, and ring about every second.

A: once every 30 seconds to detect heart rate, two consecutive heart rate can not be detected.

B: speed 1 km / h, exercise heart rate is greater than the target heart rate led to slow down.

C: heart rate over (220 - years).

5, 1 km / h speed, deceleration can not be less than 1 km / h, such as: treadmill minimum speed of 1 km / h, when running at 1.6 km / h, heart rate caused by deceleration 1.0 (2.0) km / h , Then slow down to 1 km / h.

6, slope from heart rate control, can be manually adjusted.

Start speed of 1 km per hour, 1 minute before running without using heart rate control.

USER MODE

1, User-defined for the user can set their own speed of each program.

2, set the method, press MODE, display U-1 or U-2 or U-3 or U-4 or U-5, press the ENTER key to enter the set state, speed and lift keys or speed up shortcut keys Change the program data, press the ENTER key to confirm and enter the next section of the program, until the last paragraph to confirm (set) will exit the set state, power will not lose the modified data.

TURN OFF TREADMILL

➤ At any time by turning off the power switch to turn off the treadmill, this does not damage the treadmill.



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