

everfit

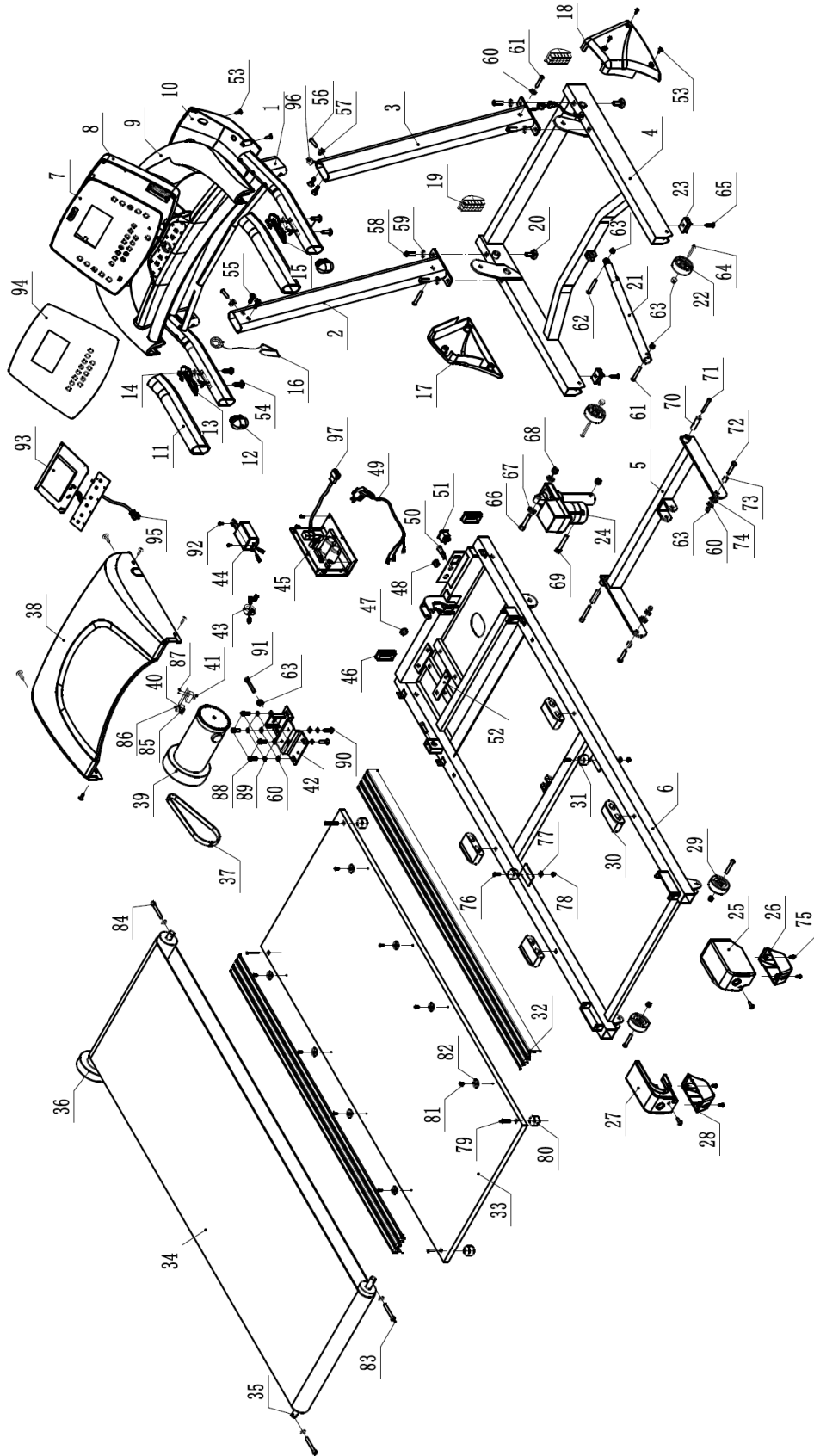
INSTRUCTION



TFK650



EXPLODED DRAWING



PARTS LIST

| PART NO | PART NAME | Q'TY |
|---------|-----------|------|
|---------|-----------|------|

| | | |
|----|--------------------------------------|---|
| 1 | Computer frame | 1 |
| 2 | Left upright | 1 |
| 3 | Right upright | 1 |
| 4 | Base frame | 1 |
| 5 | Incline frame | 1 |
| 6 | Running platform | 1 |
| 7 | Computer panel | 1 |
| 8 | Down cover of Computer panel | 1 |
| 9 | Up cover of computer | 1 |
| 10 | Back cover of computer | 1 |
| 11 | Foam | 2 |
| 12 | 30*60 Elliptical tube plug | 2 |
| 13 | Fixed base of incline shortcut key | 1 |
| 14 | Button of shortcut key | 4 |
| 15 | Fixed base of speed shortcut key | 1 |
| 16 | Safety key | 1 |
| 17 | Left protective cover of upright | 1 |
| 18 | Right protective cover of upright | 1 |
| 19 | 40*80 Rectangle plug | 2 |
| 20 | Level frame | 2 |
| 21 | Damper | 1 |
| 22 | Move wheel | 2 |
| 23 | Rubber washer | 2 |
| 24 | Incline motor | 1 |
| 25 | Right end cap | 1 |
| 26 | Right move wheel cover | 1 |
| 27 | Left end cap | 1 |
| 28 | Left move wheel cover | 1 |
| 29 | Supportive wheel of running platform | 2 |
| 30 | Rubber cushion of running deck | 4 |
| 31 | Limit cushion of running deck | 2 |
| 32 | Side rail | 2 |
| 33 | Running deck | 1 |
| 34 | Running belt | 1 |
| 35 | Rear roller | 1 |
| 36 | Front roller with fly wheel | 1 |
| 37 | Motor belt | 1 |
| 38 | Motor cover | 1 |

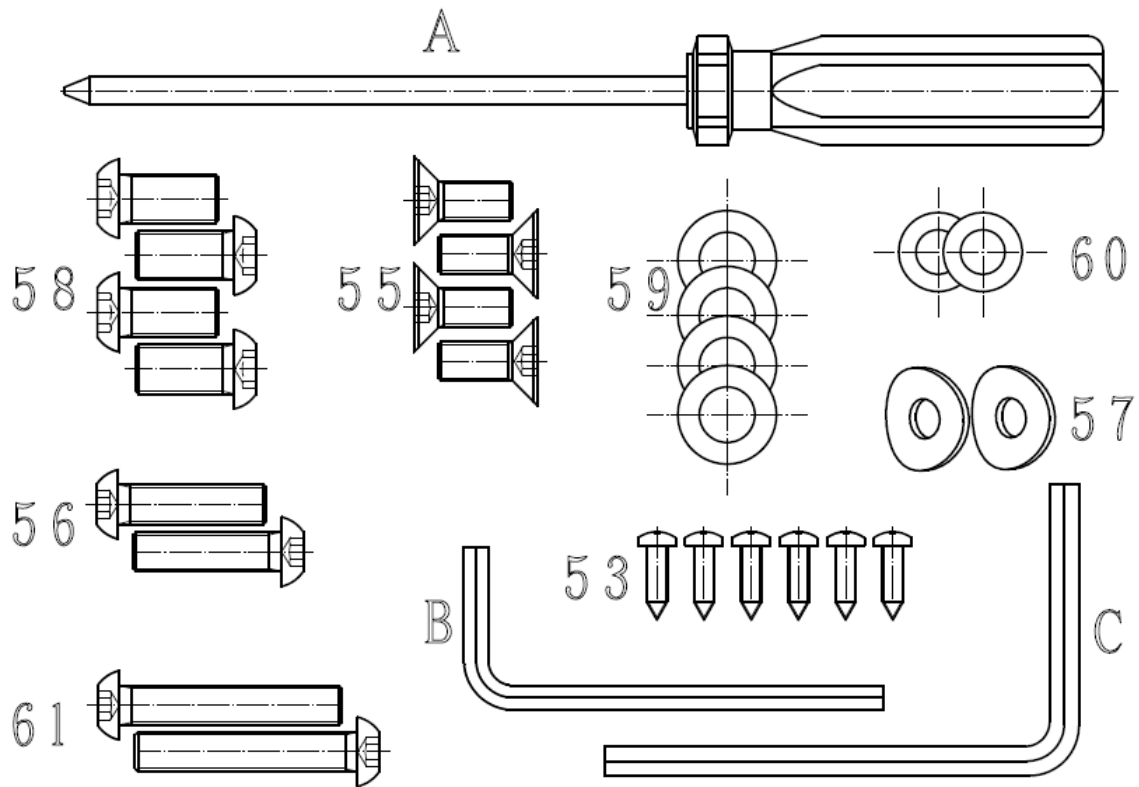
| | | |
|----|--|----|
| 39 | Motor | 1 |
| 40 | Frame of speed sensor | 1 |
| 41 | Speed sensor | 1 |
| 42 | Fix base of motor | 1 |
| 43 | Magnet ring | 1 |
| 44 | Filiter | 1 |
| 45 | Motor control board | 1 |
| 46 | 40*40 rectangle tube plug | 2 |
| 47 | φ 24 stopple plug | 1 |
| 48 | Power wire cushion | 1 |
| 49 | Power wire | 1 |
| 50 | Fuse | 1 |
| 51 | Power switch | 1 |
| 52 | Rubber cushion of motor | 2 |
| 53 | 4.2*15 Screw | 16 |
| 54 | 4.2*60 Screw | 4 |
| 55 | M8*20 Allen head bolt | 4 |
| 56 | M8*30 Allen head bolt | 2 |
| 57 | Φ8 Arc Washer | 2 |
| 58 | M10*20 Allen head bolt | 4 |
| 59 | Φ10 Washer | 4 |
| 60 | Φ8 Washer | 15 |
| 61 | M8*45 Allen head bolt | 3 |
| 62 | M8*35 Allen head bolt | 1 |
| 63 | M8 Nylon nut | 7 |
| 64 | M8*40 Allen head bolt | 4 |
| 65 | 4.8*15 Screw | 7 |
| 66 | M10*50 Allen head bolt | 1 |
| 67 | φ 12 Plastic washer | 2 |
| 68 | M10 Nylon nut | 2 |
| 69 | M10*60 Allen head bolt | 1 |
| 70 | φ 13 Connective shaft sleeve of running platform | 2 |
| 71 | M8*50 Allen head bolt | 2 |
| 72 | M8*25 bolt | 2 |
| 73 | φ 12 Connective shaft sleeve | 2 |
| 74 | φ 10 Plastic washer | 2 |
| 75 | 4.2*20 Screw | 4 |
| 76 | M6*22 Allen head bolt | 2 |

| | | |
|----|---------------------------------|---|
| 77 | Φ6 washer | 2 |
| 78 | M6 Nylon nut | 2 |
| 79 | M8*65 Allen head bolt | 4 |
| 80 | Support cushion of running deck | 4 |
| 81 | 4.2*15 Screw | 8 |
| 82 | Side rail cushion | 8 |
| 83 | M8*85 Allen head bolt | 2 |
| 84 | M8*50 Allen head bolt | 1 |
| 85 | φ 5 washer | 2 |
| 86 | M5*10 bolt | 2 |
| 87 | 2.9*6 Screw | 2 |
| 88 | M8*20 Allen head bolt | 4 |
| 89 | Φ8 Spring washer | 6 |
| 90 | M8*12 bolt | 2 |
| 91 | M8*60 Allen head bolt | 1 |
| 92 | 4.2*12 Screw | 6 |
| 93 | Computer display board | 1 |
| 94 | Overlay | 1 |
| 95 | Control wire of computer | 1 |
| 96 | Control wire of upright | 1 |
| 97 | Control wire of base frame | 1 |

HARDWARE COMPARISON CHART

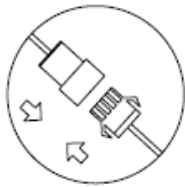
For your convenience, we have identified the hardware used in the assembly of this product. The chart below is provided to help you to identify items that may be unfamiliar to you.

| NO. | DESCRIPTION | Q'TY |
|-----|------------------------|------|
| 53 | 4.2*15 Screw | 6 |
| 55 | M8*20 Allen head bolt | 4 |
| 56 | M8*30 Allen head bolt | 2 |
| 57 | Φ8 Arc Washer | 2 |
| 58 | M10*20 Allen head bolt | 4 |
| 59 | Φ10 Washer | 4 |
| 60 | Φ8 Washer | 2 |
| 61 | M8*45 Allen head bolt | 2 |
| A | SCREWDRIVER | 1 |
| B | 5mm SOCKET HEAD WRENCH | 1 |
| C | 6mm SOCKET HEAD WRENCH | 1 |

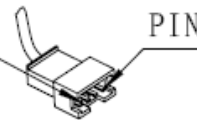


ASSEMBLY INSTRUCTIONS:

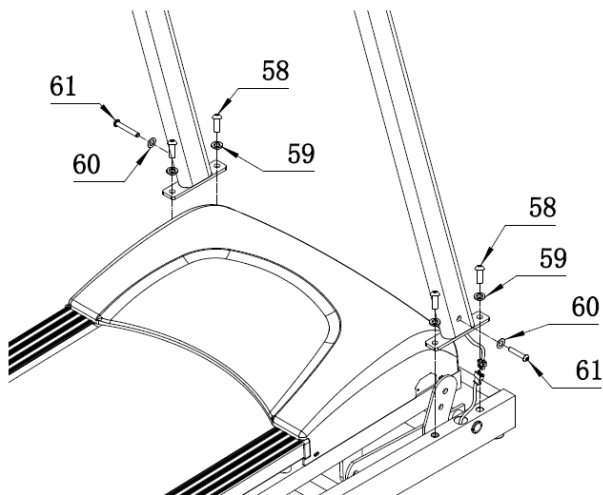
WARNING: Please put on all the screws, washers and bolts then tighten them.



ENSURE PINS ARE STRAIGHT



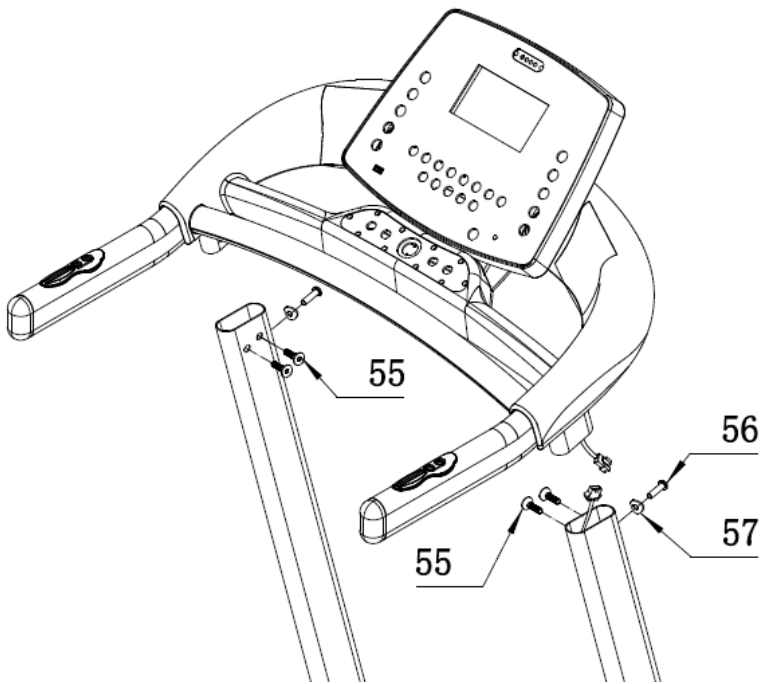
ATTENTION: Be careful when you connect the two console-controller wires. There are pins inside connector, the pins must be straight, and otherwise it will cause problems.



STEP1:

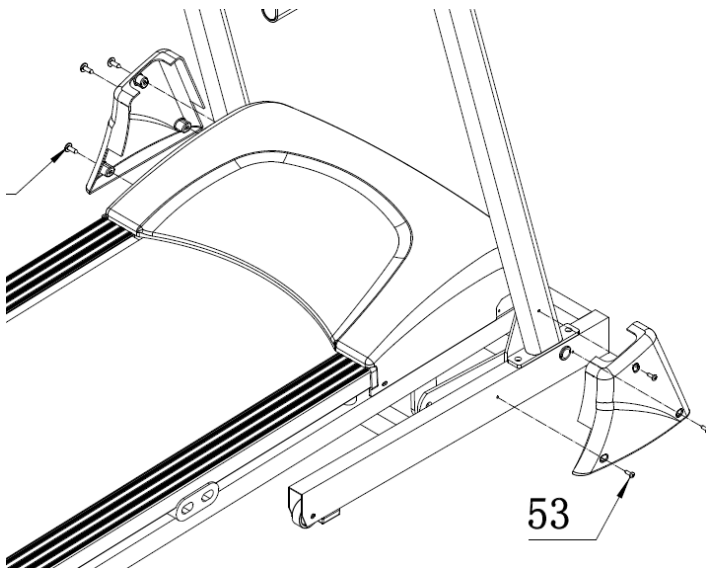
First make sure to connect the Emergency Wires.

Then fix the uprights on the base frame with $\Phi 8$ Washer 60、M8*45 Allen head bolt 61、M10*20 Allen head bolt 58 and $\Phi 10$ Washer 59.



STEP2:

1. First make sure to connect the Computer Control wire and Control wire of upright.
2. Then fix the computer on the uprights with M8*20 Allen head bolt 55、 M8*30 Allen head bolt 56 and Φ8 Arc Washer 57.



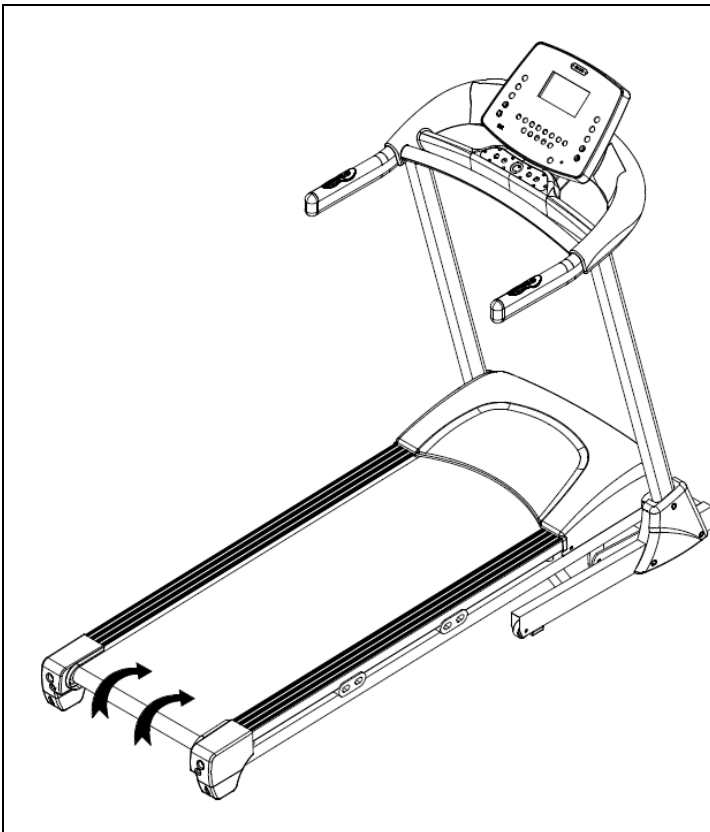
STEP3:

- Fix the left and right protective cover onto uprights with 4.2*15 Screw 53.
- Note: 4.2*15 Screw have fixed onto the base frame and uprights already.



To unfold the treadmill:

1. Strike the damper by feet. (as shown by the arrow on the left side).
2. Hold the top end covers (as shown by the arrow on top left) and pull the treadmill slowly down onto the ground.



To fold up the treadmill:

Hold the bottom end covers (arrows showing in the left and right side) and lift the treadmill.

COMPUTER OPERATION

Panel layout



OPERATION INSTRUCTION

KEY INSTRUCTION:

START: Press this key to start treadmill.

STOP: Press this key to stop treadmill.

MODE: Press this key to choose the manual, countdown of time or the countdown of distance or the countdown of calories or P1-P2.....-P12 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.

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

PROGRAM

| SECTION PROGRAM | | SECTION | | | | | | | | | |
|--------------------|---------|---------|---|---|---|---|---|---|---|---|----|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| P1 | SPEED | 1 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 1 |
| | 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 |

TURN OFF TREADMILL

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

HRC

Total recording function, recording the total distance and time of electric control operation

1. Query the total distance and time:

Pull off the safety key, press and hold the speed increase / decrease button at the same time for 3 seconds to enter the query mode. you will see the total time (display range: 1-99999h); you can switch to the display of the total distance (display range: 1-999km) by pressing the mode button briefly.

2. Method to clear the total distance and time:

After entering the query mode, in the current display, for example, if you want to clear the total time, long press the speed increase / decrease button for 5 seconds in the total time interface, the buzzer will ring once, and you will see that the total time has all changed to 0; the total distance to clear is the same. To exit the query mode, just close the safety key.

HRC

HRC: press the mode key to enter HP1, HP2 or HP3. The **calorie** window displays HP1, HP2 or HP3 fonts.

Parameter value in HRC:

1: age setting range: 13-80 years old, 25 by default.

2: target heart rate setting range: HP1: $(220 - \text{years old}) \times 0.60$; HP2: $(220 - \text{years old}) \times 0.70$; HP3: $(220 - \text{years old}) \times 0.80$

3: user's heart rate: 50-**199**

4: heart rate difference = (target heart rate - user's heart rate)

Program:

1: time flashes in HRC program, time can be set, press start key to run

2: if you press the **Enter** during time setting to enter the age setting, the setting range is 13-80 years old.

3: press the **Enter** to enter the target heart rate setting: the setting range is: HP1: $(220 - \text{years old}) \times 0.60$; HP2: $(220 - \text{years old}) \times 0.70$; HP3: $(220 - \text{years old}) \times 0.80$

4: press the **Enter** to enter the time setting

1: when it is stopped, press the program key mode to enter HRC, the **calorie** window will display: HP1, HP2 or HP3 font, and the time window will flash.

2: press the **Enter**, the pulse window will display "25", and it will flash. Press the speed plus / minus key speed + / - to set the user's age, setting range: 13-80 years old. Pressing the start key is invalid.

Upper and lower limit value of HRC: A: upper limit: 50

B: lower limit: 200

3: press stop / enter again. The pulse window displays the heart rate value of a moving target and flashes; press the speed plus / minus key speed + / - to adjust the setting value of the moving target: setting range: 50-200 times / min. pressing the start key is invalid.

4: press stop / enter, the time window will display "30:00" minutes, and flicker; press speed+ / - to set the use time, setting range: 5:00-99:00.

HRC operation:

1: press the start key to start running the treadmill.

2: please try to use wireless heartbeat system

3: the initial speed is 1.0km/h (0.6m / h), and the slope is 0%;

4: speed change relationship

A: change frequency, HRC detects heart rate every 15 seconds (heart rate is displayed all the

time).

B: if the user's heart rate is 15 times / min lower than the target heart rate, the speed will increase by 0.8km/h and the lift will increase by 1%. The speed and lift shall not exceed the maximum value.

C: if the user's heart rate is 5 times / min lower than the target heart rate and no less than 15 times / min, the lift will increase by 1% when the speed increases by 0.4 km / h, and the speed and lift shall not exceed the maximum value.

D: if the user's heart rate is not higher than the target heart rate 5 times / min and not lower than 5 times / min, the speed rise will not change.

E: if the user's heart rate is 5 times / min higher than the target heart rate and no higher than 15 times / min, the speed will be reduced by 0.4 km / h, the lift will be reduced by 1%, and the speed lift will not be lower than the minimum value.

F: if the user's heart rate is 15 times / min higher than the target heart rate, the speed will be reduced by 0.8km/h, the lift will be reduced by 2%, and the speed lift will not be lower than the minimum value.

5: in case of the following conditions, slow down to the lowest speed, run at the lowest speed for 15 seconds, then shut down, and make a sound every second.

A: heart rate is detected every 15 seconds, when heart rate is not detected twice in a row. B: when the speed is 1km / h, the exercise heart rate is greater than the target heart rate, resulting in deceleration.

6: press start / stop to stop running the treadmill

HRCfunction list :

| Age Edad | BPM/PPM | | | | |
|-------------|---------|---------|-----|-----|----|
| | H | default | | | L |
| | | HP1 | HP2 | HP3 | |
| 13 | 199 | 124 | 144 | 165 | 50 |
| 14 | 199 | 123 | 144 | 164 | 50 |
| 15 | 199 | 123 | 143 | 164 | 50 |
| 16 | 199 | 122 | 142 | 163 | 50 |
| 17 | 199 | 121 | 142 | 162 | 50 |
| 18 | 199 | 121 | 141 | 161 | 50 |
| 19 | 199 | 120 | 140 | 160 | 50 |
| 20 | 199 | 120 | 140 | 160 | 50 |
| 21 | 199 | 119 | 139 | 159 | 50 |
| 22 | 199 | 118 | 138 | 158 | 50 |
| 23 | 199 | 118 | 137 | 157 | 50 |
| 24 | 199 | 117 | 137 | 156 | 50 |
| 25 | 199 | 117 | 136 | 156 | 50 |
| 26 | 199 | 116 | 135 | 155 | 50 |
| 27 | 199 | 115 | 135 | 154 | 50 |
| 28 | 199 | 115 | 134 | 153 | 50 |
| 29 | 199 | 114 | 133 | 152 | 50 |
| 30 | 199 | 114 | 133 | 152 | 50 |
| 31 | 199 | 113 | 132 | 151 | 50 |
| 32 | 199 | 112 | 131 | 150 | 50 |
| 33 | 199 | 112 | 130 | 149 | 50 |
| 34 | 199 | 111 | 130 | 148 | 50 |

| Age Edad | BPM/PPM | | | | |
|-------------|---------|---------|-----|-----|----|
| | H | default | | | L |
| | | HP1 | HP2 | HP3 | |
| 47 | 199 | 103 | 121 | 138 | 50 |
| 48 | 199 | 103 | 120 | 137 | 50 |
| 49 | 199 | 102 | 119 | 136 | 50 |
| 50 | 199 | 102 | 119 | 136 | 50 |
| 51 | 199 | 101 | 118 | 135 | 50 |
| 52 | 199 | 100 | 117 | 134 | 50 |
| 53 | 199 | 100 | 116 | 133 | 50 |
| 54 | 199 | 99 | 116 | 132 | 50 |
| 55 | 199 | 99 | 115 | 132 | 50 |
| 56 | 199 | 98 | 114 | 131 | 50 |
| 57 | 199 | 97 | 114 | 130 | 50 |
| 58 | 199 | 97 | 113 | 129 | 50 |
| 59 | 199 | 96 | 112 | 128 | 50 |
| 60 | 199 | 96 | 112 | 128 | 50 |
| 61 | 199 | 95 | 111 | 127 | 50 |
| 62 | 199 | 94 | 110 | 126 | 50 |
| 63 | 199 | 94 | 109 | 125 | 50 |
| 64 | 199 | 93 | 109 | 124 | 50 |
| 65 | 199 | 93 | 108 | 124 | 50 |
| 66 | 199 | 92 | 107 | 123 | 50 |
| 67 | 199 | 91 | 107 | 122 | 50 |
| 68 | 199 | 91 | 106 | 121 | 50 |

| | | | | | |
|----|-----|-----|-----|-----|----|
| 35 | 199 | 111 | 129 | 148 | 50 |
| 36 | 199 | 110 | 128 | 147 | 50 |
| 37 | 199 | 109 | 128 | 146 | 50 |
| 38 | 199 | 109 | 127 | 145 | 50 |
| 39 | 199 | 108 | 126 | 144 | 50 |
| 40 | 199 | 108 | 126 | 144 | 50 |
| 41 | 199 | 107 | 125 | 143 | 50 |
| 42 | 199 | 106 | 124 | 142 | 50 |
| 43 | 199 | 106 | 123 | 141 | 50 |
| 44 | 199 | 105 | 123 | 140 | 50 |
| 45 | 199 | 105 | 122 | 140 | 50 |
| 46 | 199 | 104 | 121 | 139 | 50 |

| | | | | | |
|----|-----|----|-----|-----|----|
| 69 | 199 | 90 | 105 | 120 | 50 |
| 70 | 199 | 90 | 105 | 120 | 50 |
| 71 | 199 | 89 | 104 | 119 | 50 |
| 72 | 199 | 88 | 103 | 118 | 50 |
| 73 | 199 | 88 | 102 | 117 | 50 |
| 74 | 199 | 87 | 102 | 116 | 50 |
| 75 | 199 | 87 | 101 | 116 | 50 |
| 76 | 199 | 86 | 100 | 115 | 50 |
| 77 | 199 | 85 | 100 | 114 | 50 |
| 78 | 199 | 85 | 99 | 113 | 50 |
| 79 | 199 | 84 | 98 | 112 | 50 |
| 80 | 199 | 84 | 98 | 112 | 50 |



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