

everfit

INSTRUCTION

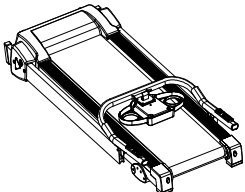
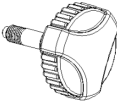






TFK | 155 SLIM

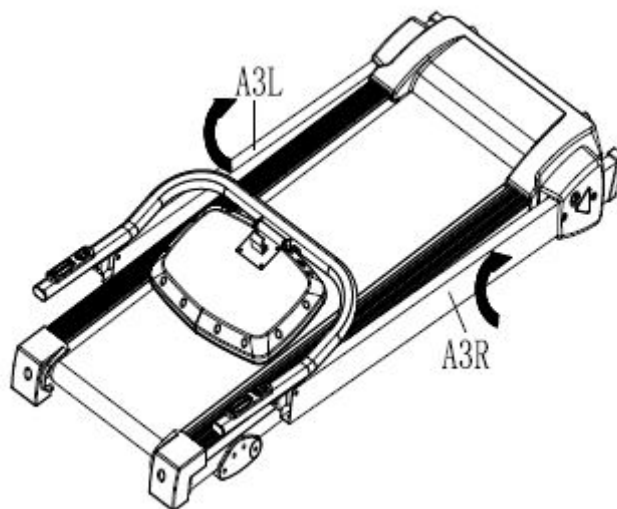


Assembly instruction

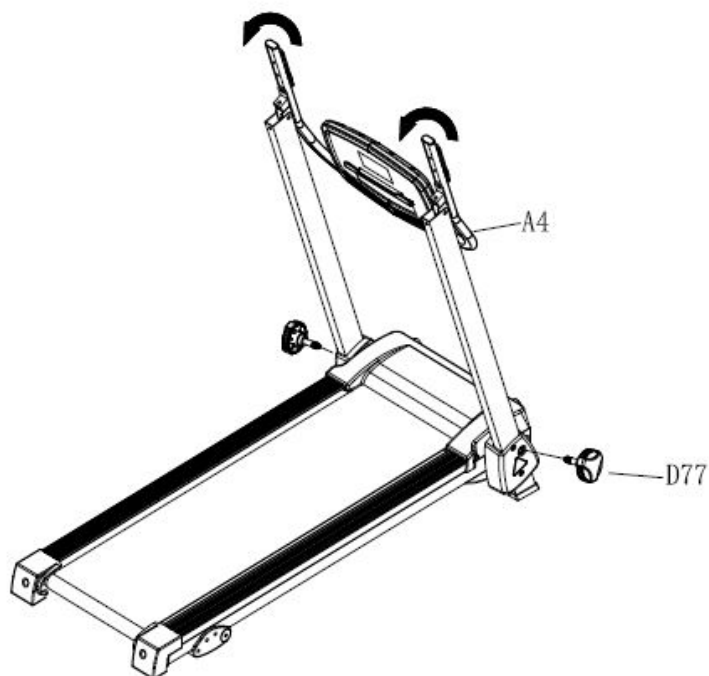
WHEN YOU OPEN THE CARTON, YOU WILL FIND THE BELOW SPARE PARTS:

<p>Treadmill 1 SET</p> 	<p>D77 Knob M12 2PCS</p> 	<p>D78 Knob M8 2PCS</p> 
<p>C3 Safety key 1PC</p> 	<p>D3 Allen wrench 5MM 1PC</p> 	<p>B18 Silicon oil 1PC</p> 

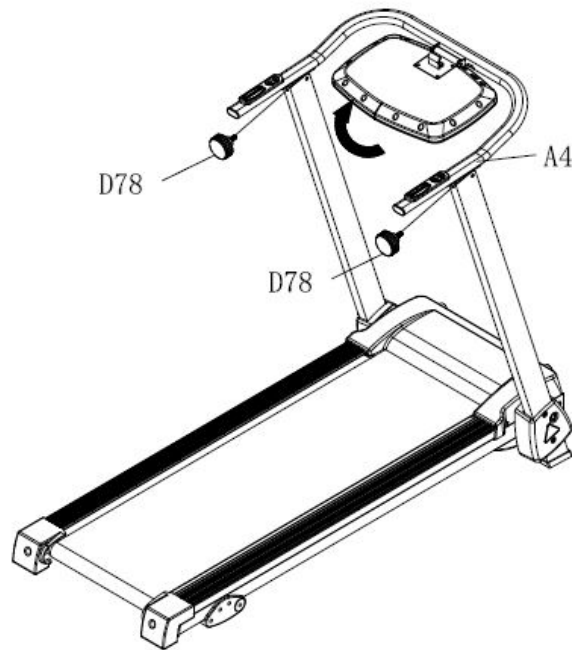
STEP 1 : Lift up the L/R upright tube (**A3L/A3R**).



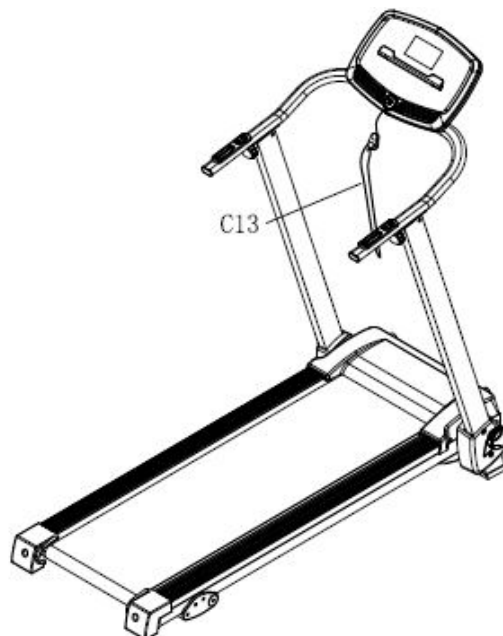
STEP 2 : Lock the lower part of the treadmill with Knob M12 (D77), then fold the handrail bracket (A4) as the picture show.



STEP 3 :Lock the upper side of the treadmill with Knob M8 (D78) and handrail tube (A4) , then turn over the computer and get stuck on the handrail tube.



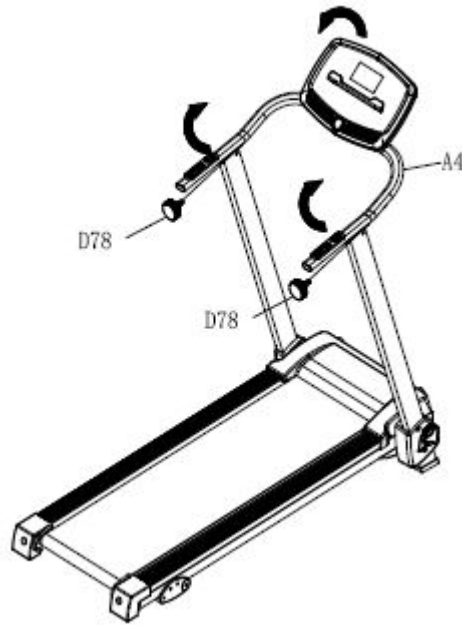
Step 4: Put on the Safety key (C13).



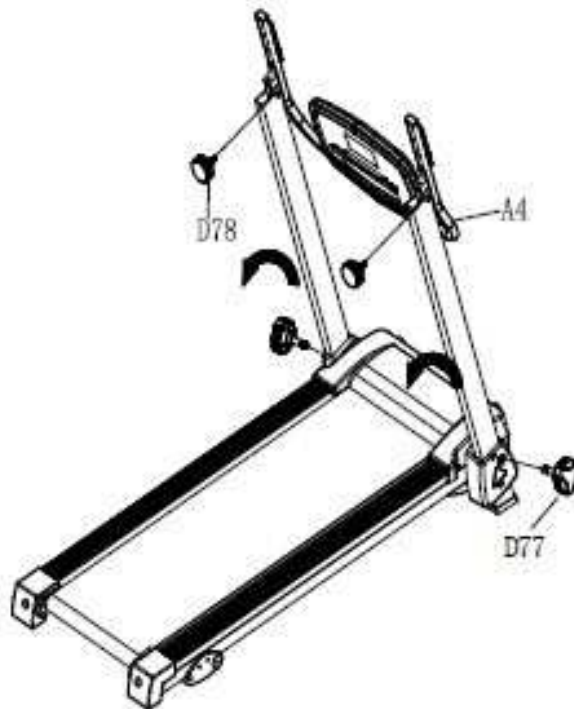
ATTENTION: Must confirm complete assembly as the required above and lock all bolts. Do the following operations after checking everything is OK. Before you use the treadmill, please read the instructions carefully.

Folding and Unfolding Instruction

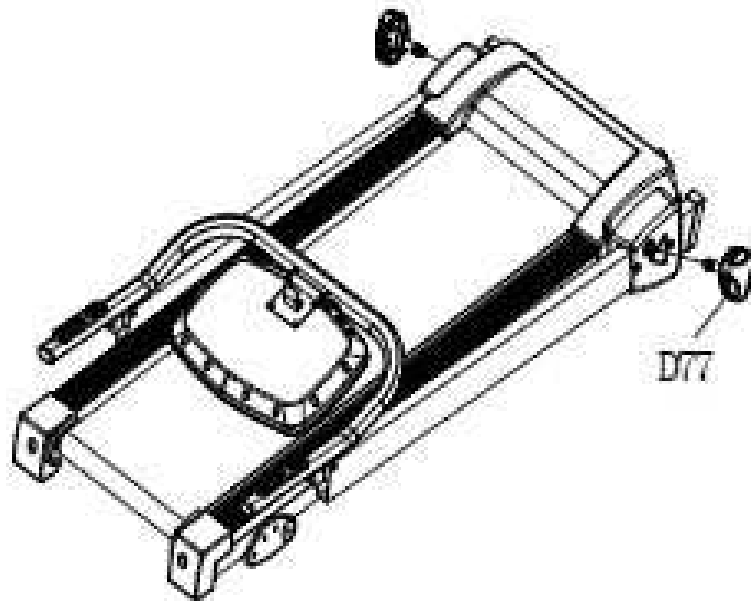
STEP 1 : Turn down the console first and screw out the Knob M8(D78) then turn down the handrail bracket (A4)



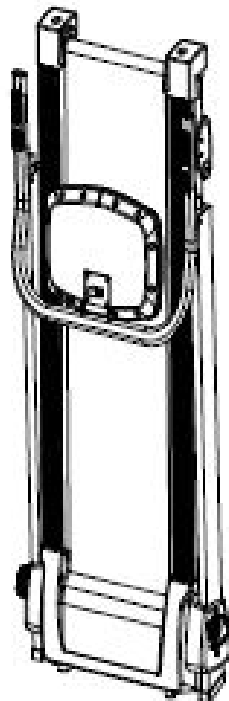
STEP 2 : Lock the Knob M8 (D78) on the upright tube, then screw out the Knob M12(D77), and fold the L/R upright tube (A3L/A3R) .



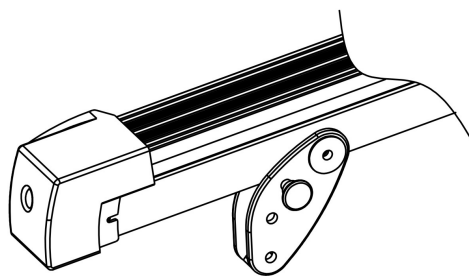
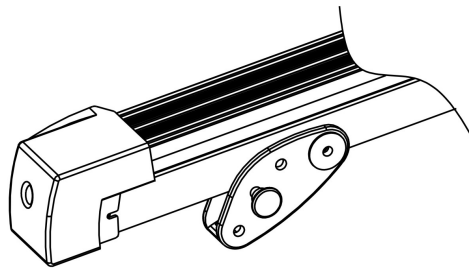
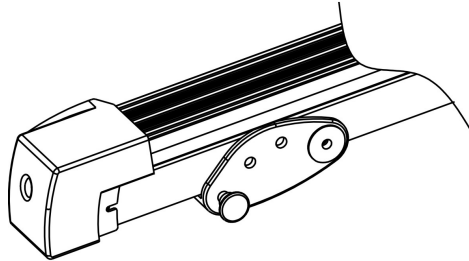
STEP3 : Lock the Knob M12 (D77) to side cover as picture show.



STEP 4 : Lift up the folded treadmill and store in the flat surface.

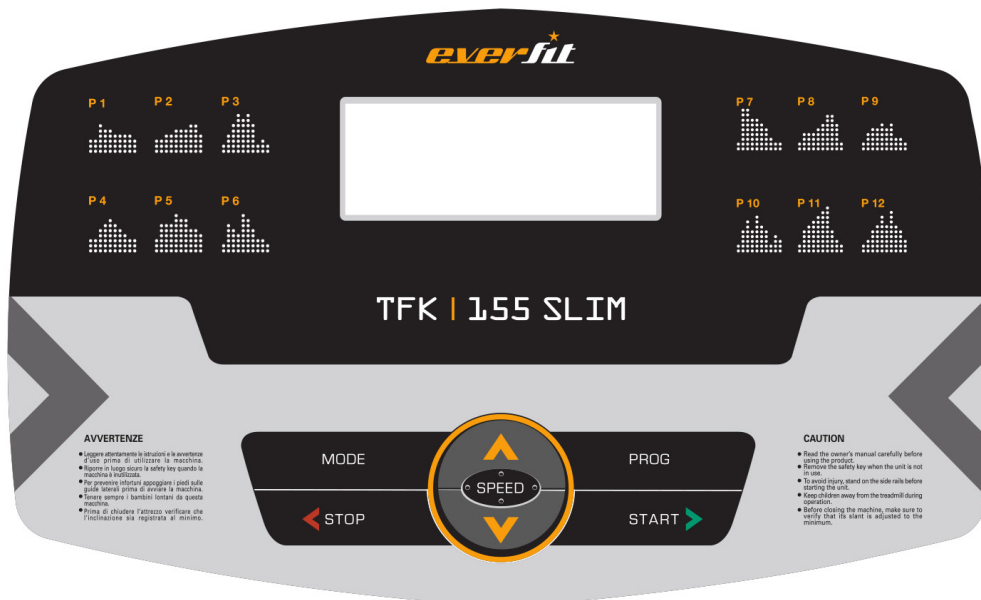


Incline Instruction



As above drawing, you can adjust lifting angle by changing pin's position. There are 3 sections adjust key to be used.

Operation Guide



1.2. START

Normal start after 5 seconds countdown

1.3 PROGRAM

1 manual mode, 12 pre-set programs, 1 body fat program ,3 countdown function

1.4. SAFETY LOCK FUNCTION

The window shows"---" when take away the safety lock and the treadmill will stop quickly with "didi" alarm noise. And put the safety lock on, the computer will display for 2 seconds and the date count down to "0"

1.5.BUTTON FUNCTION

1.5.1. START/STOP

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

“STOP”--When the treadmill is running, press this button to stop, then set program default and then return to manual mode after stopped.

1.5.2 “PROGRAM” BUTTON

When the treadmill is not running, press this button can circle choose from manual mode to pre-set mode P1-P12 and body fat;

1.5.3 “MODE” BUTTON

When the treadmill is not running, press this button to choose countdown

modes:“H-1”,“H-2”,“H-3”;“H-1” is the time countdown mode, and “H-2” is the distance countdown mode, “H-3” is the calorie countdown mode; press the “SPEED+/-” button 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 be up or down automatically.

1.6. DISPLAY FUNCTION

1.6.1 SPEED

Display running speed

1.6.2 TIME

Display the running time or countdown time

1.6.3 DISTANCE

Display the running total distance or distance countdown.

1.6.4 CALORIE

Display the calorie or calorie countdown

1.6.5 PULSE

Display pulse data

1.6.6 ALL WINDOW DISPLAY DATA RANGE

TIME: 0:00 – 99.59(MIN)

DISTANCE: 0.00 – 99.9(KM)

CALORIES: 0.0 – 999 (C)

SPEED: 0.8 – 14(km/h)

PULSE: 50 – 200 (BPM)

1.7 PULSE FUNCTION

When the treadmill is running, hold the hand pulse about 5 seconds, it will display pulse data. The pulse data range is 50-200 times/ minute. It has heart-shaped graphics when testing pulse. This data is only for reference, cannot be as medical data.

1.8 PROGRAM EXERCISE CHART

TIME INTERVAL		SET TIME/10=EVERY GRADE TIME									
		1	2	3	4	5	6	7	8	9	10
PROG											
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	2	4	6	8	7	8	6	2	3	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
P5	SPEED	3	6	6	6	8	7	7	5	5	4
P6	SPEED	2	6	5	4	8	7	5	3	3	2
P7	SPEED	2	9	9	7	7	6	5	3	2	2
P8	SPEED	2	4	4	4	5	6	8	8	6	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3

1.9 Manual model operation

1.9.1 Press start key, time count down 5 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 stop, you can stop treadmill at working state

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

1.10 3 COUNTDOWN FUNCTION PARAMETER DATA

Countdown time initial setting 10: 00 minutes, setting range 5: 00---99: 00 minutes , each step 1: 00.

Countdown calorie initial setting 50 therm, setting range 20---990 term, each step 10.

Countdown distance initial setting 1.0km, setting range 1.0---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 cannot be as medicinal data)

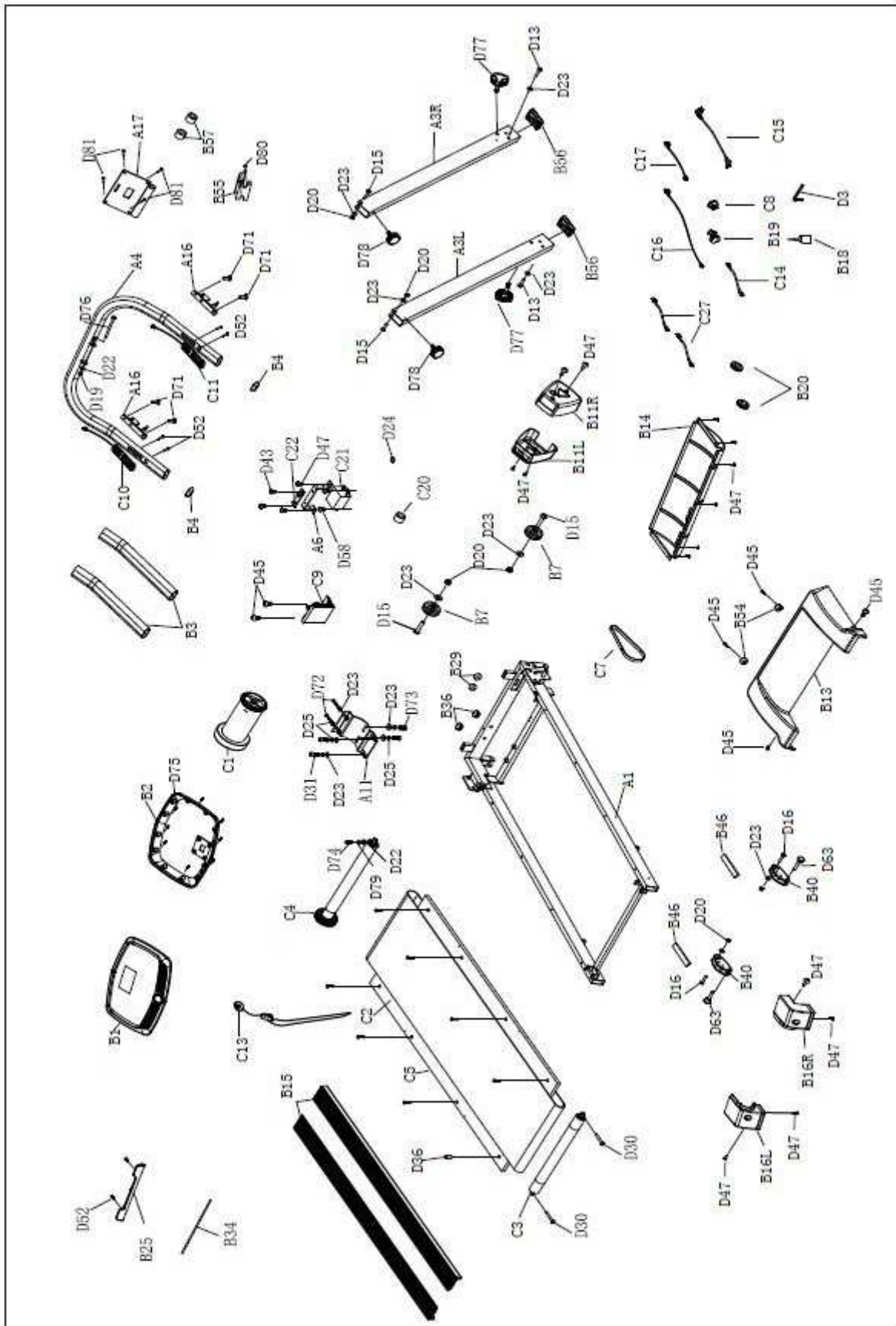
- 01 Sex 01 Male 02 Female
- 02 Age 10-----99
- 03 Height 100----220
- 04 Weight 20-----150
- 05 FAT \leq 19 Under weight
FAT= (20---25) Normal weight
FAT= (25---29) Over weight
FAT \geq 30 Obesity

1.13 OTHERS

1.13.1 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 backlit on the computer. Press any key to resume the system.

1.13.2 Countdown time, countdown calorie and countdown distance, you just can set one of them at one time, press last item to set running, the setting parameter is countdown, others display normal data

Exploded Drawing



Parts list

A-Welding parts

No.	Description	Qty		No.	Description	Qty
A1	Main frame	1		A6	Filter supporter	1
A3L	Left upright tube	1		A11	Motor bracket	1
A3R	Right upright tube	1		A16	Handrail connecting tube	2
A4	Handrail bracket	1		A17	Computer supporter	1

B-Plastic parts

No.	Description	Qty		No.	Description	Qty
B1	Computer chip	1		B16R	Right rear cover	1
B1-1	Overlay	1		B18	Silicon oil	1
B1-2	Membrane key	1		B19	Power buckle	1
B1-3	Computer panel	1		B20	Lin protect plug	2
B2	Computer lower cover	1		B25	Bookshelf	1
B3	Foam	2		B29	Cushion	2
B4	Inner plug	2		B34	Rubber pad	1
B7	Transport wheel	2		B36	Inner plug	2
B11L	Left side cover	1		B40	3 section adjust sheet	2
B11R	Right side cover	1		B46	Rubber pad	2
B13	Motor upper cover	1		B54	Cushion	2
B14	Motor lower cover	1		B55	Computer limitation pivot	1
B15	Side rails	2		B56	Inner plug	2
B16L	Left rear cover	1		B57	Plastic bushing	2

C-Drive parts

No.	Description	Qty		No.	Description	Qty
C1	DC motor	1		C13	Safety key	1
C2	Running belt	1		C14	Single line (Red) 300	1
C3	Rear roller	1		C15	Power line	1
C4	Front roller	1		C16	Upper line	1
C5	Running board	1		C17	Lower line	1
C7	Motor belt	1		C20	Magnetic ring	1
C8	Power switch	1		C21	Choke	1
C9	Controller	1		C22	filter	1
C10	Left handrail button	1		C27	Single line (black) 300	2

C11	Right handrail button	1				
D-Hardware parts						
No.	Description	Qty		No.	Description	Qty
D3	Allen wrench T5	1		D52	Screw ST4.2X16	6
D13	Bolt M8X15	2		D58	Screw ST3.5X16	2
D15	Bolt M8X40	4		D63	Pin□9.8X45	2
D16	Bolt M8X45	2		D71	Bolt M8X15	4
D19	Nylon nut M6	1		D72	Bolt M8X25	2
D20	Nylon nut M8	6		D73	Bolt M8X12	2
D22	Washer M6	2		D74	Bolt M6X25	1
D23	Washer M8	14		D75	Screw ST4.2X8	8
D24	Spring washer M5	1		D76	Bolt M6X110	1
D25	Spring washer M8	6		D77	Knob M12	2
D30	Bolt M6X60	2		D78	Knob M8	2
D31	Bolt M8X20	2		D79	Spring washer M6	1
D36	Bolt M6X25	8		D80	Bolt M5X8	2
D43	Bolt M4X20	2		D81	Bolt M6X16	4
D44	Bolt M5X12	1				
D45	Bolt M5X15	6				
D47	Screw ST4.2X16	19				
Remark: if the customer need the PCB board, they should buy it separately.						



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