

# everfit

## INSTRUCTION

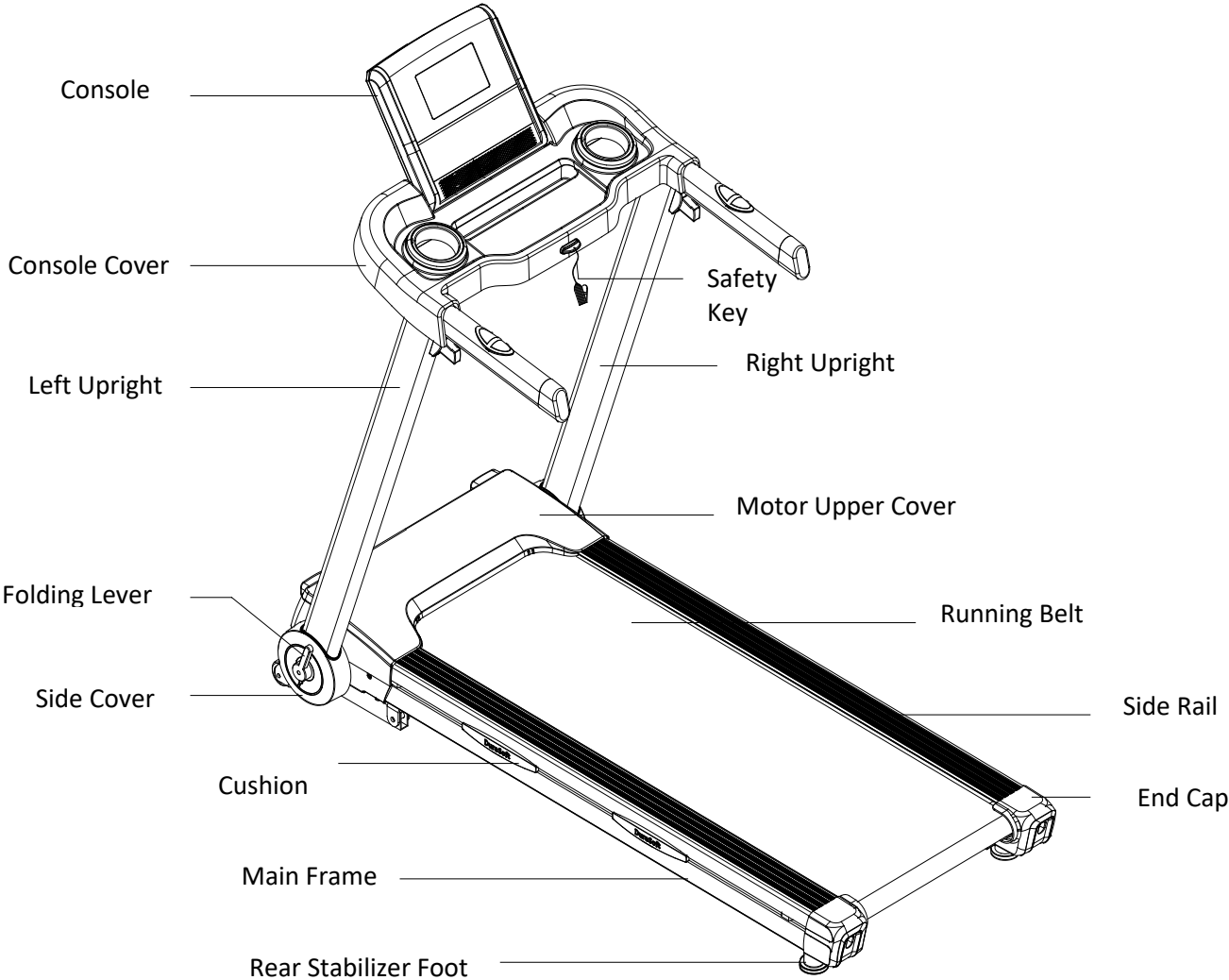


APP READY 3.0

TFK495 SLIM



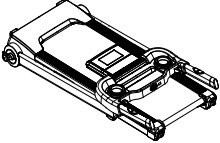


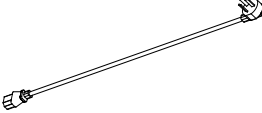



# PRODUCT DESCRIPTION



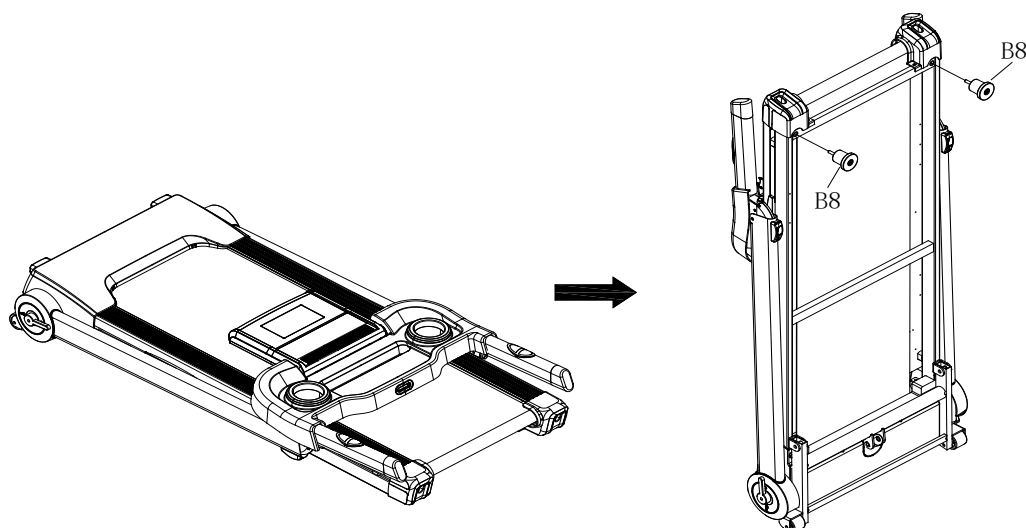
# ASSEMBLY INSTRUCTIONS

**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.

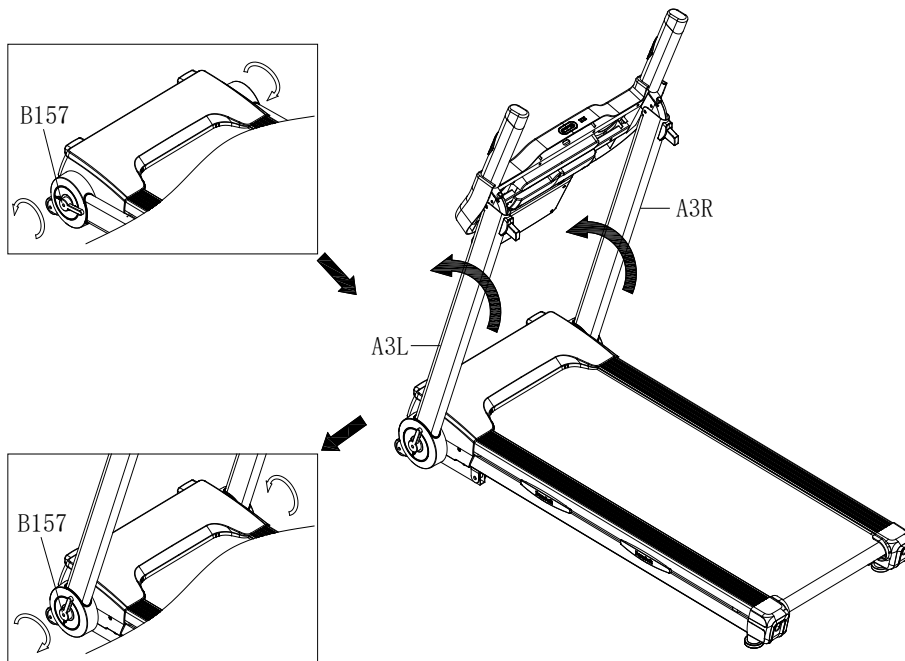
**STEP 1 :** Open the carton, and move out all the parts listed in below chart.

Treadmill Frame: 1 SET 	B8 Rear Stabilizer Foot: 2 PCs 	C13 Safety Key: 1 PC  Updated Drawing	C15 Power Cable: 1 PC 
B18 Silicon Oil: 1 PC 	D3 Allen Wrench T5: 1 PC 	D92 Allen Wrench T8: 1 PC 	

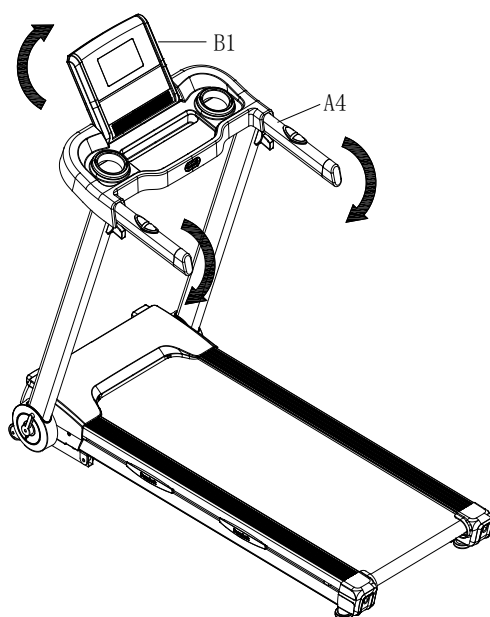
**STEP 2 :** Move out the Treadmill Frame from the carton, and lift the treadmill in standing position as illustrated. Tighten Rear Stabilizer Foot (B8) onto treadmill frame.



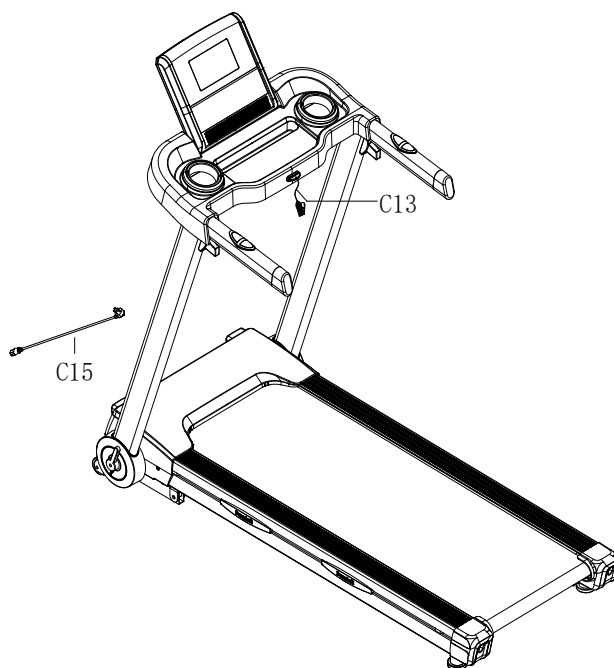
**STEP 3 : Turn both Folding Levers (B157) on Left/ Right Uprights (A3L/ A3R) counter-clockwise. Hold and lift Left/ Right Uprights (A3L/ A3R), and rotate both Folding Levers (B157) clockwise to lock both Uprights.**



**STEP 4: Hold left and right Handlebar (A4) and push it down until hearing a “clock” sound for lock it into position. Rotate the Console (B1) to the appropriate reading angle.**



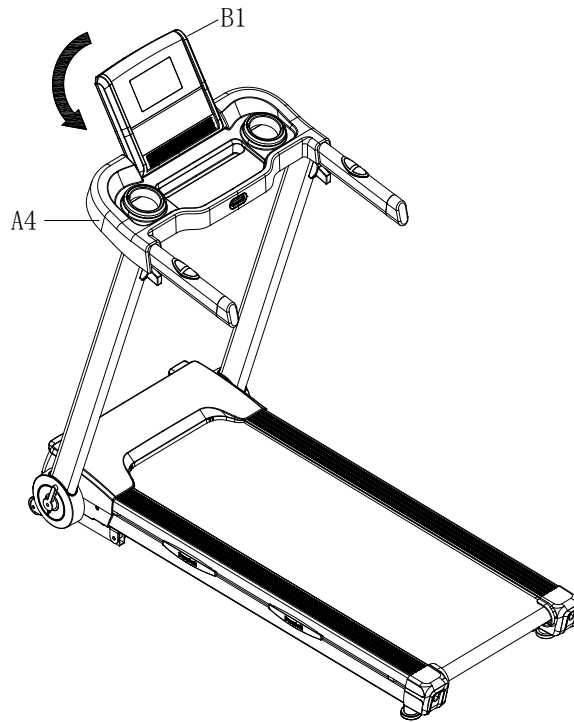
**STEP 5: Place on Power Cable (C15), and Safety Key (C13).**



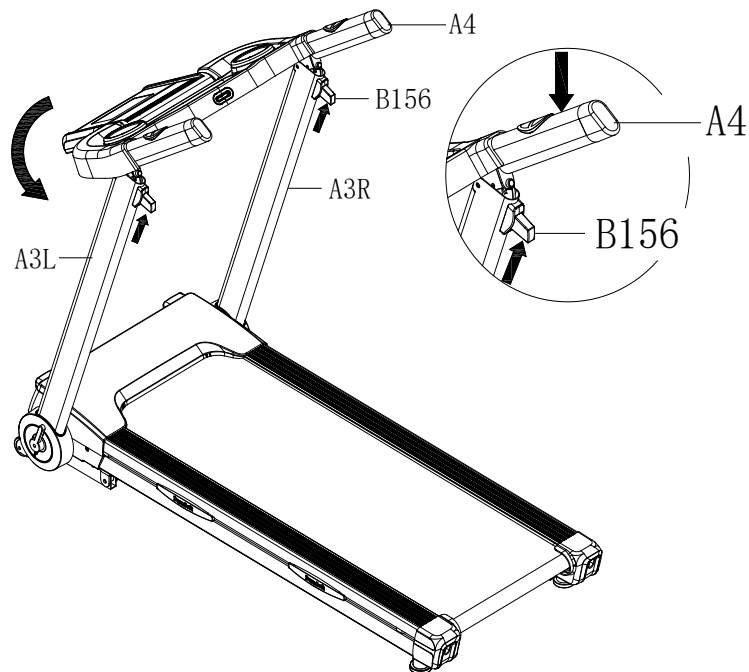
**STEP 6: After installation, press start button, adjust speed level under 3km/h. Then check the running belt to see if it runs smoothly or not. The tightness level is decided based on the situation of slippery and deviation. After checking is completed, move treadmill to appropriate location for exercising use.**

# FOLDING INSTRUCTION

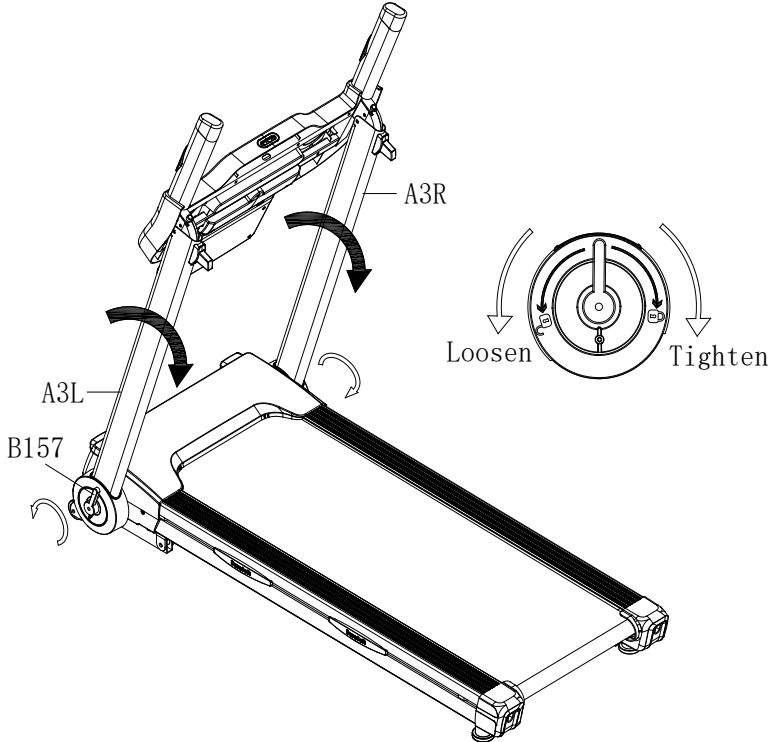
**STEP 1: Rotate Console (B1) backward to be horizontal with Handlebar (A4).**



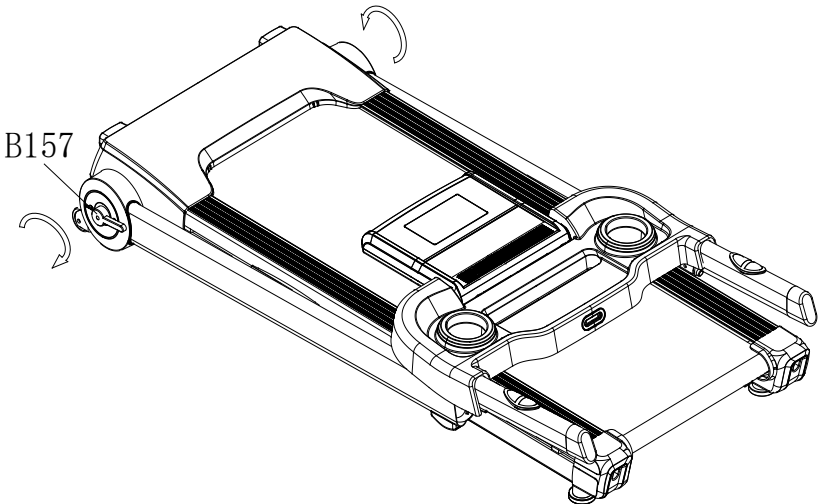
**STEP 2: Slightly push down the Handlebar (A4) and press Folding Button (B156) on left/ right sides at the same time. Once the Handlebar (A4) is un-locked, rotate it back to attach Left/ Right Uprights (A3L/ A3R).**



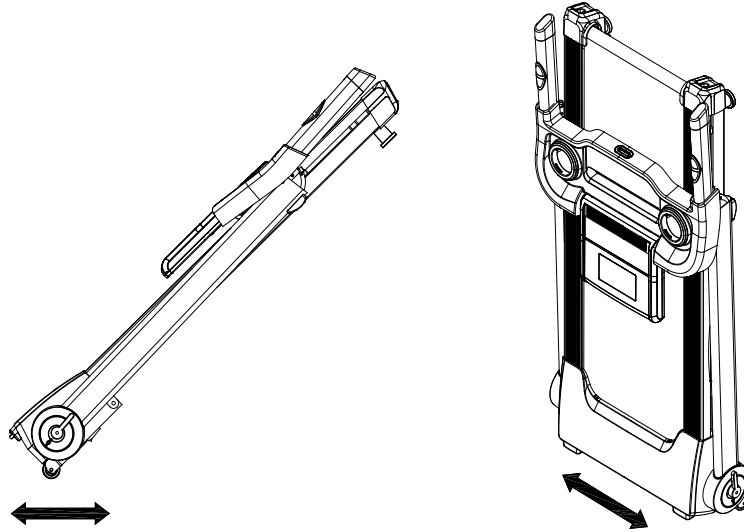
**STEP 3: Rotate Folding Lever (B157) counter-clockwise for 1 turn in order to loosen Left/ Right Uprights (A3L/ A3R) and push them down to attach the Treadmill Frame.**



**STEP 4: Rotate Folding Lever (B157) clockwise for 1 turn in order to tighten the Left/ Right Uprights (A3L/ A3R).**

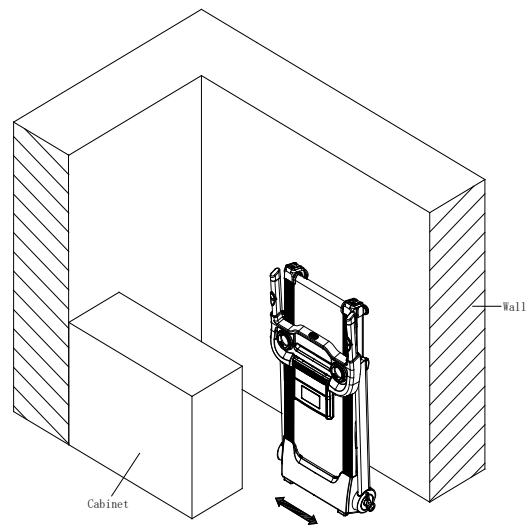


**STEP 5: To move the treadmill forward and backward, lift the end of treadmill frame and have transport wheels touch on the ground/ floor. To move the treadmill to the left and right, have the treadmill stand with motor cover end closer to the ground / floor.**

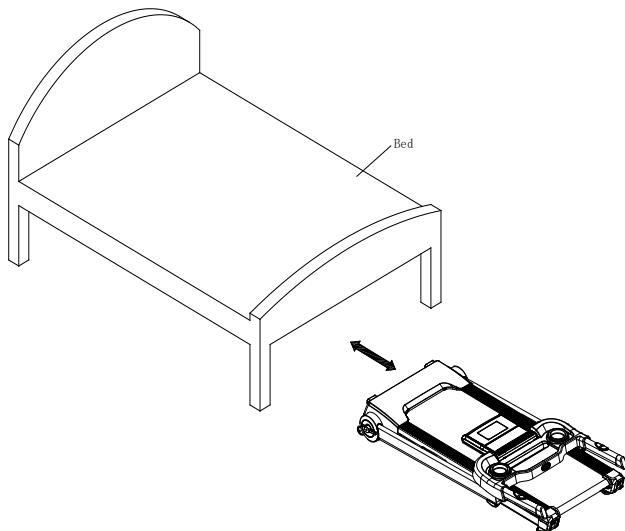


**STEP 6 (for storage): Place treadmill at standing position against wall for storage, or place it under the bed for space saving. The height of treadmill is 26cm (needs to be measured on actual sample again). If the space is less than 26cm under your bed, please keep it somewhere else for storage.**

Storage Against Wall



Place Under Bed



# GROUNDING METHODS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**DANGER** – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, please find a proper outlet installed by a qualified electrician.

. This product is for use on a nominal 110V circuit and has a grounding plug. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

# 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.

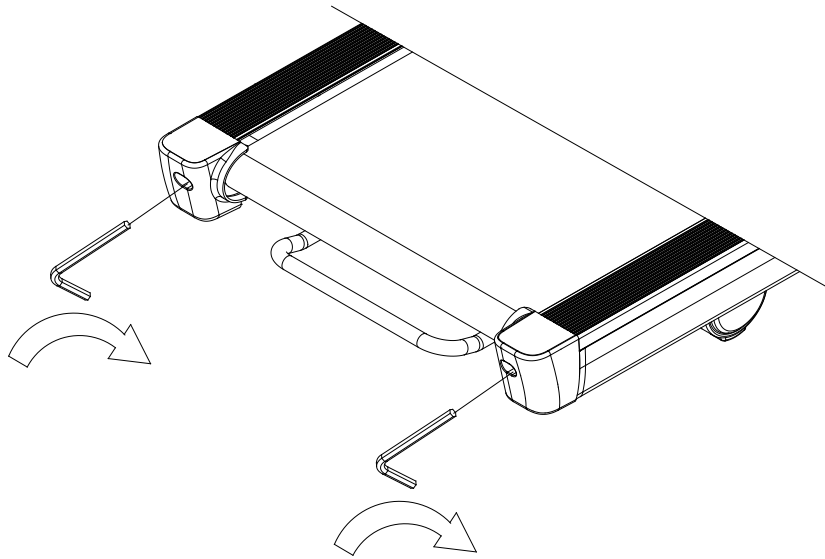
Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt. Make sure the shoes are clean. The top of the belt may be cleaned with a wet 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.

# BELT ADJUSTMENT

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

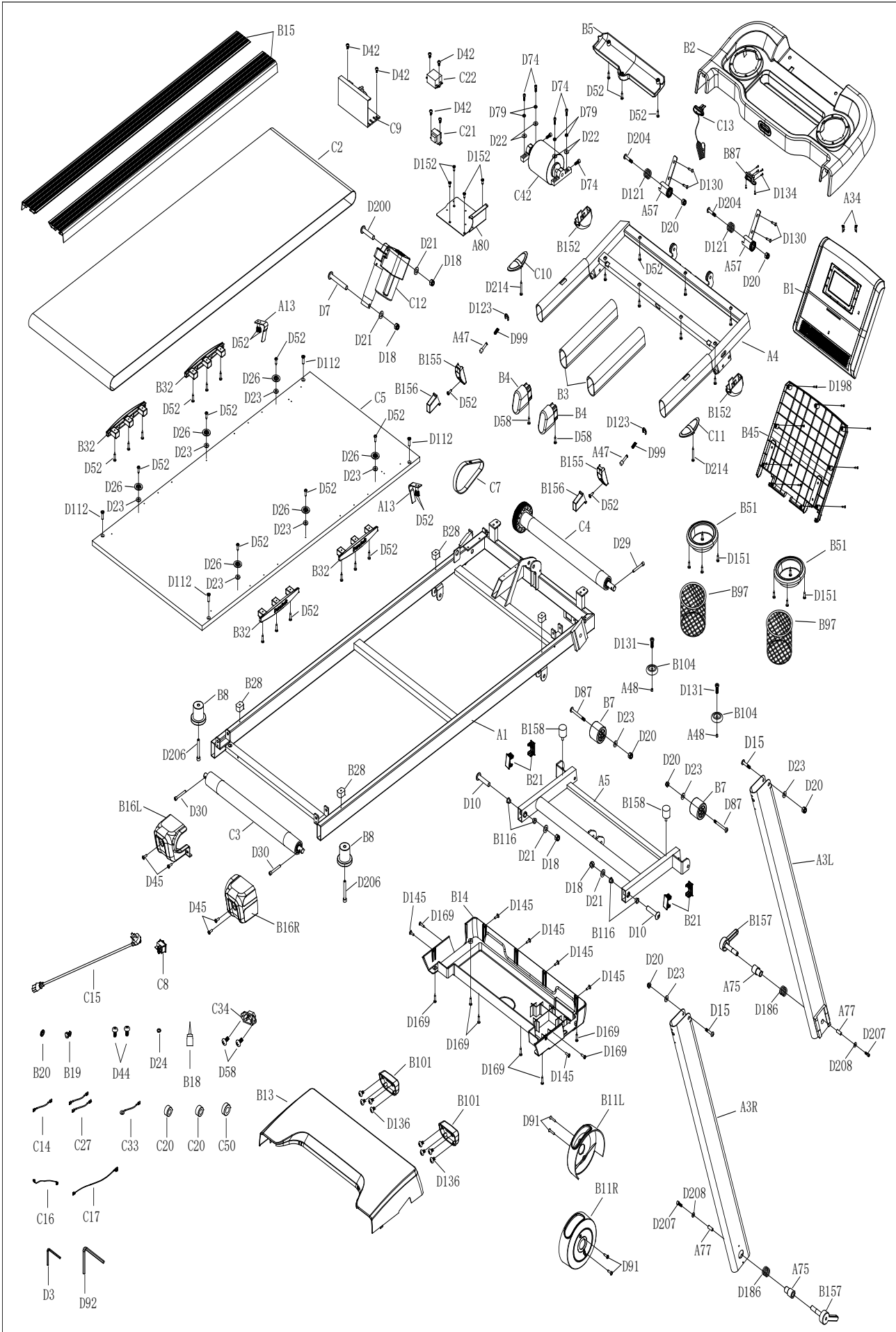


If the belt has drifted to the right, unplug the safety lock and power switch, and turn the right adjusting bolt 1/4 turn clockwise, then insert the power switch and safety lock, make the treadmill running, observe the running belt deviate condition. Repeat above steps until the running belt be placed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

# EXPLOSTION DRAWING



# PARTS LIST

## A. Welding Parts

NO.	DESCRIPTION	QTY
A1	Main Frame	1
A3L	Left Upright	1
A3R	Right Upright	1
A4	Handlebar	1
A5	Incline Bracket	1
A13	Belt Fixation Bracket	2
A34	Safety Key Pin	2
A47	Stopper Pin	2
A48	PU Roller Spacer	2
A57	Upright Folding Bracket	2
A75	Folding Lever Sleeve	2
A76	Resistance Plate	2
A79	Safety Key Pin Holder (delete this part)	1
A80	Inductor & Filter Bracket	1

## B. Plastic Parts

NO.	DESCRIPTION	QTY
B1	Console Set	1
B1-1	Overlay	1
B2	Console Cover	1
B3	Handlebar Foam	2
B4	Handlebar End Cap	2
B5	Console Small Back Cover	1
B7	Transport Wheel	2
B8	Rear Stabilizer Foot	2
B11L	Left Side Cover	1
B11R	Right Side Cover	1

<b>B13</b>	<b>Motor Upper Cover</b>	<b>1</b>
<b>B14</b>	<b>Motor Bottom Cover</b>	<b>1</b>
<b>B15</b>	<b>Side Rail</b>	<b>2</b>
<b>B16L</b>	<b>Left End Cap</b>	<b>1</b>
<b>B16R</b>	<b>Right End Cap</b>	<b>1</b>
<b>B18</b>	<b>Silicon Lubrication</b>	<b>1</b>
<b>B19</b>	<b>Cable Clip</b>	<b>1</b>
<b>B20</b>	<b>Wire Protection Plug</b>	<b>1</b>
<b>B21</b>	<b>Squared-shaped Tube Plug</b>	<b>4</b>
<b>B28</b>	<b>Squared-shaped Cushion</b>	<b>4</b>
<b>B32</b>	<b>Oval-Shaped Cushion</b>	<b>4</b>
<b>B45</b>	<b>Console Large Back Cover</b>	<b>1</b>
<b>B51</b>	<b>Water Bottle Holder Ring</b>	<b>2</b>
<b>B87</b>	<b>Safety Key Holder</b>	<b>1</b>
<b>B97</b>	<b>Water Bottle Holder</b>	<b>2</b>
<b>B101</b>	<b>Transportation Wheel Cover</b>	<b>2</b>
<b>B104</b>	<b>Secondary Transportation Wheel</b>	<b>2</b>
<b>B116</b>	<b>Small Incline Bushing</b>	<b>4</b>
<b>B152</b>	<b>Upright Joint Cover</b>	<b>2</b>
<b>B155</b>	<b>Folding Button Base</b>	<b>2</b>
<b>B156</b>	<b>Folding Button</b>	<b>2</b>
<b>B157</b>	<b>Folding Lever</b>	<b>2</b>
<b>B158</b>	<b>Cushion with Screw</b>	<b>2</b>

### **C. Electronic Parts**

<b>NO.</b>	<b>DESCRIPTION</b>	<b>QTY</b>
<b>C2</b>	<b>Running Belt</b>	<b>1</b>
<b>C3</b>	<b>Rear Roller</b>	<b>1</b>
<b>C4</b>	<b>Front Roller</b>	<b>1</b>
<b>C5</b>	<b>Running Deck</b>	<b>1</b>

<b>C7</b>	<b>Drive Belt</b>	<b>1</b>
<b>C8</b>	<b>Power Switch</b>	<b>1</b>
<b>C9</b>	<b>Controller</b>	<b>1</b>
<b>C10</b>	<b>Pulse Sensor on Left Handlebar</b>	<b>1</b>
<b>C11</b>	<b>Pulse Sensor on Right Handlebar</b>	<b>1</b>
<b>C12</b>	<b>Incline Motor</b>	<b>1</b>
<b>C13</b>	<b>Safety Key</b>	<b>1</b>
<b>C14</b>	<b>Single Cable (Brown)</b>	<b>1</b>
<b>C15</b>	<b>Power Cord</b>	<b>1</b>
<b>C16</b>	<b>Upper Section Cable</b>	<b>1</b>
<b>C17</b>	<b>Lower Section Cable</b>	<b>1</b>
<b>C20</b>	<b>Magnetic Ring</b>	<b>2</b>
<b>C21</b>	<b>Inductor</b>	<b>1</b>
<b>C22</b>	<b>Filter</b>	<b>1</b>
<b>C27</b>	<b>Single Cable (Blue)</b>	<b>1</b>
<b>C33</b>	<b>Ground Wire</b>	<b>1</b>
<b>C34</b>	<b>Power Plug</b>	<b>1</b>
<b>C42</b>	<b>Brushless Motor</b>	<b>1</b>
<b>C50</b>	<b>Large Magnetic Ring</b>	<b>1</b>
<b>C56</b>	<b>Rectangle Shaped Magnet (delete this part)</b>	<b>1</b>
<b>C59</b>	<b>Rectangle Shaped Sensor (delete this part)</b>	<b>1</b>

#### **D. Hardware Parts**

<b>NO.</b>	<b>DESCRIPTION</b>	<b>QTY</b>
<b>D3</b>	<b>Allen Wrench T5</b>	<b>1</b>
<b>D7</b>	<b>Button Head Cap Screw, M10x60mm</b>	<b>1</b>
<b>D10</b>	<b>Button Head Cap Screw, M10x45mm</b>	<b>2</b>
<b>D15</b>	<b>Button Head Cap Screw. M8x40mm</b>	<b>2</b>
<b>D18</b>	<b>Nylon Nut, M10</b>	<b>4</b>
<b>D20</b>	<b>Nylon Nut, M8</b>	<b>6</b>

D21	Flat Washer, M10	4
D22	Flat Washer, M6	4
D23	Flat Washer, M8	10
D24	Spring Washer, M5	1
D26	Bowl Washer	6
D29	Socket Head Cap Screw, M6x45mm	1
D30	Socket Head Cap Screw, M6x60mm	2
D42	Phillips Rounded Washer Head Screw, M4x10mm	6
D44	Phillips Rounded Washer Head Screw, M5x12mm	2
D45	Phillips Rounded Washer Head Screw, M5x15mm	4
D52	Phillips Pan Head Self-Tapping Screw, ST4.2x16mm	34
D58	Phillips Flat Head Self-Drilling Screw, ST3.5x16mm	4
D74	Socket Head Cap Screw, M6x25mm	6
D79	Spring Washer, M6	4
D87	Button Head Cap Screw, M8x80mm	2
D91	Phillips Pan Head Self-Drilling Screw, ST4.2x19mm	4
D92	Allen Wrench T8	1
D99	Compression Spring	2
D112	Hex Head Cap Screw, M6x35mm	4
D121	Console Pression Spring	2
D123	C Ring $\phi$ 5	2
D130	Phillips Flat Head Self-Tapping Screw, ST4.2x19mm	4
D131	Flat Socket Head Cap Screw, M8x22mm	2
D134	Phillips Pan Head Self-Tapping Screw, ST3.0x8mm	6
D136	Phillips Pan Head Self-Tapping Screw, ST4.2x10mm	8
D145	Phillips Pan Head Screw, M5x16mm	6
D151	Phillips Pan Head Self-Tapping Screw, ST4.2x10mm	8
D152	Phillips Flat Head Self-Tapping Screw, ST4.2x10mm	4
D169	Phillips Pan Head Self-Drilling Screw, ST4.2x16mm	8
D186	Pression Spring	2
D198	Phillips Pan Head Self-Tapping Screw, ST3.0x12mm	9

<b>D200</b>	<b>Button Head Cap Screw, M10x40mm</b>	<b>1</b>
<b>D204</b>	<b>D Shaped Screw Lock, M8x40mm</b>	<b>2</b>
<b>D206</b>	<b>Socket Head Cap Screw, M10x75mm</b>	<b>2</b>
<b>D207</b>	<b>Socket Head Cap Screw, M6x35mm (Reverse Thread)</b>	<b>2</b>
<b>D208</b>	<b>Flat Washer, M6</b>	<b>2</b>
<b>D214</b>	<b>Phillips Flat Head Self-Tapping Screw, ST4.0x6mm</b>	<b>2</b>

# Operation Guide



## 1. DISPLAY DEFINITION

### (1) SPEED

- Show current running speed of the exercise.

### (2) CALORIE

- Show total consumed calories during the exercise.

### (3) INCL. (INCLINE)

- Show the incline level set for the exercise.
- Incline unit = 0 – 12 levels

### (4) PROG. (PROGRAM)

- Show selected training program, including P01 – P05, U01 – U03, HP1 – HP3, H-1, H-2, H-3, and FAT.

### (5) Time

- Show duration of the exercise.

#### (6) Distance

- Show accumulated distance of the exercise.

#### (7) Pulse

- Once heart rate signal detected, display shows pulse data. Please noted pulse data is only for reference, not for medical purpose.

#### (8) ODO

- Show total accumulated distance of this treadmill by pressing PROG and MODE buttons together for at least 3 seconds.

## **2. CONTROL BUTTON DEFINITION**

#### (1) PROG

- Select training program file
- 15 pre-set programs: P01 to P15
- 3 user programs: U01 to U03
- 3 HRC programs: HP1 to HP3
- 1 body fat program: FAT
- Manual

#### (2) MODE

- Select countdown program file
- Time Countdown: H-1
- Distance Countdown: H-2
- Calories Countdown: H-3

#### (3) START

- Press "Start" button for begin of exercise after 3 seconds countdown. Treadmill starts from lowest speed at 0.8 km/h or first speed under certain program.

#### (4) STOP

- Press "Stop" button for 1st time to temporarily stop the exercise (Pause Status). Speed goes to zero and incline stops at current incline level.
- When it's in "Pause Status", press "Stop" button to end the exercise.
- When it's in "Pause Status", press "Start" to begin the exercise. Adjust the speed and incline

to appropriate setting.

#### (5) QUICK SPEED

- Quick speed has 5 buttons for 2 km/h, 4 km/h, 6 km/h, 8 km/h, and 10 km/h (when it's in imperial setting).

#### (6) QUICK INCLINE

- Quick incline has 5 buttons for level 2, level 4, level 6, level 8, and level 10.

#### (7) SPEED CONTROL BUTTONS

- Press "Increase" or "Decrease" buttons to adjust up or down the speed.
- Each press adjusts up/ down speed by 0.1 km/h.
- Min. speed: 0.8 km/h
- Max. speed: 14 km/h (Console shows 15 km/h)

#### (8) INCLINE CONTROL BUTTONS

- Press "Increase" or "Decrease" buttons to adjust up or down the incline level.
- Each press adjusts up/ down incline by 1 level.
- Min. incline level: level 0
- Max. incline level: level 12

### **3. FEATURES (MANUAL / COUNTDOWN / PRE-SET PROGRAMS)**

(1) When power is on, display lights up for 2 seconds on all windows and enter standby mode.

(2) To start "Manual Mode", insert safety key firmly into correct position and press "Start" button. Console starts countdown for 3 seconds and belt starts to run at lowest speed of 0.8 km/h. To adjust "Speed" or "Incline", press "Speed Control Buttons", "Incline Control Buttons", "Quick Speed", and "Quick Incline" for appropriate setting. To end the session, press "Stop" or fully remove safety key.

(3) To start "Countdown Program", press "Mode" button to choose countdown mode in sequence: Time Countdown (H-1), Distance Countdown (H-2), and Calories Countdown (H-3). To adjust the default time/ distance/ calories setting, press "Speed Control Buttons" or "Incline Control Buttons" to adjust up or down the value only when the Time, Distance, or Calorie window displays flashing data. After the setting is completed, press "Start" button to begin the exercise. During the session, adjust the speed or incline based on your personal condition. When Countdown Program is completed, there's beep sound alarms and window display

flashes.

(4) To start pre-set programs, press “Program” buttons to choose any of the 15 programs, and the corresponding program number will be displayed on “PROG.” display window. To adjust the default time setting, press “Speed Control Buttons” or “Incline Control Buttons” to set the total time duration.

Each pre-set program has 16 segments and the time duration of each segment is the 1/16 of setting time.

Press “Start” button to begin the training after setting is completed.

When one segment is completed, console automatically runs the setting speed and incline based on the next segment. User can adjust the speed and incline to fit one’s personal condition.

When Pre-set Program is completed, there’s beep sound alarms and window display flashes.

Programs \ Sections		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P01	Speed	5	8	8	8	10	10	7	7	10	10	8	7	7	7	7	5
	Incline	0	0	2	2	4	4	6	4	6	4	4	2	2	2	2	0
P02	Speed	6	10	10	8	8	7	6	5	3	5	6	7	8	8	10	10
	Incline	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P03	Speed	8	9	10	10	9	7	9	10	10	8	5	8	9	9	8	6
	Incline	0	2	4	4	2	0	3	5	5	3	0	4	6	6	4	0
P04	Speed	8	10	10	10	10	10	9	10	10	6	10	10	10	7	10	9
	Incline	0	2	2	0	0	0	5	4	4	7	1	3	3	6	0	0
P05	Speed	4	6	6	8	8	8	8	8	8	8	8	8	6	6	4	4
	Incline	0	2	4	6	6	8	8	6	8	8	6	4	4	4	2	0
P06	Speed	4	4	8	4	8	4	10	4	8	4	10	4	10	4	10	4
	Incline	0	2	4	2	4	2	6	2	4	2	6	2	4	2	6	0
P07	Speed	6	6	6	7	7	6	8	10	8	6	8	8	7	10	10	3
	Incline	0	2	4	2	2	4	2	0	2	4	2	2	4	2	2	0
P08	Speed	6	8	10	8	7	8	7	6	7	6	5	6	5	8	7	6
	Incline	0	0	0	0	4	4	4	6	6	6	8	8	8	0	0	0
P09	Speed	7	7	7	8	7	7	6	6	7	7	6	6	7	7	7	7
	Incline	0	0	2	0	2	2	4	4	2	0	4	4	2	0	2	0
P10	Speed	7	7	7	7	7	7	7	6	6	7	8	7	7	7	7	6
	Incline	0	3	4	7	8	9	10	11	12	5	3	5	7	9	10	0
P11	Speed	6	6	6	8	7	7	6	7	8	3	8	7	3	10	7	3
	Incline	0	2	2	0	2	2	0	2	2	0	2	2	0	2	2	0

P12	Speed	4	6	8	9	9	9	9	9	8	8	8	8	6	6	5	5
	Incline	3	3	4	4	5	6	6	7	8	9	10	10	5	5	0	0
P13	Speed	5	6	9	9	8	7	7	6	6	7	7	8	9	9	6	5
	Incline	0	4	5	6	7	8	9	10	10	9	8	7	6	5	4	0
P14	Speed	5	7	10	7	10	7	10	10	10	6	10	7	10	7	7	5
	Incline	0	0	4	2	4	2	3	2	2	0	4	2	4	2	1	0
P15	Speed	3	4	6	6	6	7	7	7	4	4	7	7	4	6	6	3
	Incline	0	0	2	2	0	0	2	2	0	0	2	2	0	2	0	0

#### 4. PULSE

To detect a pulse, both hands hold the heart rate sensor pads on left/ right handlebars for over 5 seconds. Pulse window displays the spotted pulse value.

To have more accurate pulse data on the display, it's recommend to hold heart rate sensor pads for 30 seconds or above.

The detected pulse value is not for medical purpose.

#### 5. SLEEP MODE

Console goes into "Sleep Mode" when there's no function for 10 minutes or above. Pressing any buttons can awake the console to begin the exercise. During Sleep Model, data on all windows will disappear.

#### 6. SAFETY KEY

All data clears after removing the safety key and all windows display "---".

All functions can only be operated when safety key is firmly inserted into correct position.

#### 7. EXERCISE DATA RANGE

	Display Range	Default Setting Value	Setting Range
<b>Speed</b>	0.8 km/h – 16 km/h	0.8 km/h	0.8 km/h – 16 km/h
<b>Incline</b>	Level 0 – Level 12	Level 0	Level 0 – Level 12
<b>Time</b>	0:00 – 99:59	30:00	5:00 – 99:59
<b>Distance</b>	0 km – 99.99 km	1 km	1.0 km – 99.0 km
<b>Calories</b>	0 Kcal – 999 Kcal	50 Kcal	10 Kcal – 999 Kcal

#### 8. FAT MEASUREMENT

Under “Standby Mode”, press “Program” button and choose “FAT” program.

Press “MODE” button to enter basic data, including Gender / Age / Height / Weight. The corresponding codes displayed on console for these 4 categories are M or F / WEIGHT / HEIGHT / AGE.

To adjust the numbers under each category, press “Speed Control Buttons” or “Incline Control Buttons” to adjust up or down the value. Then press “MODE” to complete the setting of each category.

When display shows “---”, place both hands firmly on the heart rate sensor pads for 5 seconds and display shows the calculated “FAT” numbers.

Category	Default Value	Input Range	Note
<b>F or M (Gender)</b>	0	0 - 1	0 = Male 1 = Female
<b>AGE</b>	25	10 - 99	
<b>HEIGHT</b>	170 cm	100 – 240 cm	
<b>WEIGHT</b>	70 kg	20 – 160 kg	

<b>FAT Data Chart</b>	
<b>BMI</b>	<b>Level of Body Condition</b>
<19	Skinny
19 - 26	Normal
27 - 30	Over-weight
>30	Highly Over-weight

## 9. USER PROGRAM

Under “Standby Mode”, press “Program” button and choose any of the 3 USER PROGRAMS (U01 to U03), and the corresponding program number will be displayed on “PROG.” display window. To adjust the default time setting, press “Speed Control Buttons” or “Incline Control Buttons” to set the total time duration.

Press “Mode” button to confirm the setting under each segment, and continue to adjust the setting for next segment. Each user program has 16 segments and the time duration of each segment is the 1/16 of setting time.

Press “Start” button to begin the training after setting is completed.

When one segment is completed, console automatically runs the setting speed and incline based on the next segment. User can adjust the speed and incline to fit one's personal condition after training starts.

When User Program is completed, there's beep sound alarms and window display flashes.

Default speed under U01 is 1 km/h. Default speed under U02 is 2 km/h. Default speed under U03 is 3 km/h.

## **10.HRC PROGRAM**

Under "Standby Mode", press "Program" button and choose any of the 3 HRC PROGRAMS (HP1 to HP3), and the corresponding program number will be displayed on "PROG." display window. To adjust the default time setting, press "Speed Control Buttons" or "Incline Control Buttons" to set the total time duration.

Default age is 30 years-old, and to adjust age by pressing "Speed Control Buttons" or "Incline Control Buttons", and press "Mode" button to confirm the setting. Then "Pulse" window displays corresponding data based on your age. To adjust displayed Pulse data on window, press "Mode" button and use "Speed Control Buttons" or "Incline Control Buttons" to adjust pulse. After the setting is completed, press "Mode" button.

User can adjust the speed and incline to fit one's personal condition after training starts, but treadmill still adjusts speed or incline to help user bring Pulse data closer to setting target value. In the beginning 1 minute of training, treadmill doesn't automatically adjust speed and incline.

When current pulse is below target pulse value, treadmill increases speed by 0.5 km/h every 10 seconds until reaching max. speed of the program. If current pulse is still below target pulse value, treadmill increases incline by 1 level every 10 seconds until reaching max incline level.

When current pulse is above target pulse value, treadmill decreases incline by 1 level every 10 seconds until reaching min. incline level. If current pulse is still above target pulse value, treadmill decreases speed by 0.5 km/h every 10 seconds until reaching min. speed.

When treadmill cannot detect heart rate for over 1 minute, treadmill stops.

Calculation of target pulse is  $(220 - \text{age}) \times \text{training force}$ .

Training force under HP1 is 75% and max. speed is 8.0 km/h.

Training force under HP2 is 85% and max. speed is 9.0 km/h.

Training force under HP3 is 95% and max. speed is 10.0 km/h.

## **11. BLUETOOTH APP & BLUETOOTH HEART RATE**

This treadmill provides Bluetooth app connectivity, including KINOMAP and ZWIFT.

This treadmill provides Bluetooth heart rate connectivity. Wear a chest belt, which is equipped with Bluetooth function, and start to exercise on the treadmill, and then treadmill would pair with your chest belt automatically and display detected heart rate data on the console window.

Please pair and connect the Bluetooth chest belt before connecting the treadmill to an app. If not follow this instruction, the heart rate will not be detected by the treadmill.



GARLANDO SPA

Via Regione Piemonte, 32 - Zona Industriale D1

15068 - Pozzolo Formigaro (AL) - Italy

[www.everfit.it](http://www.everfit.it) - [info@everfit.it](mailto:info@everfit.it)