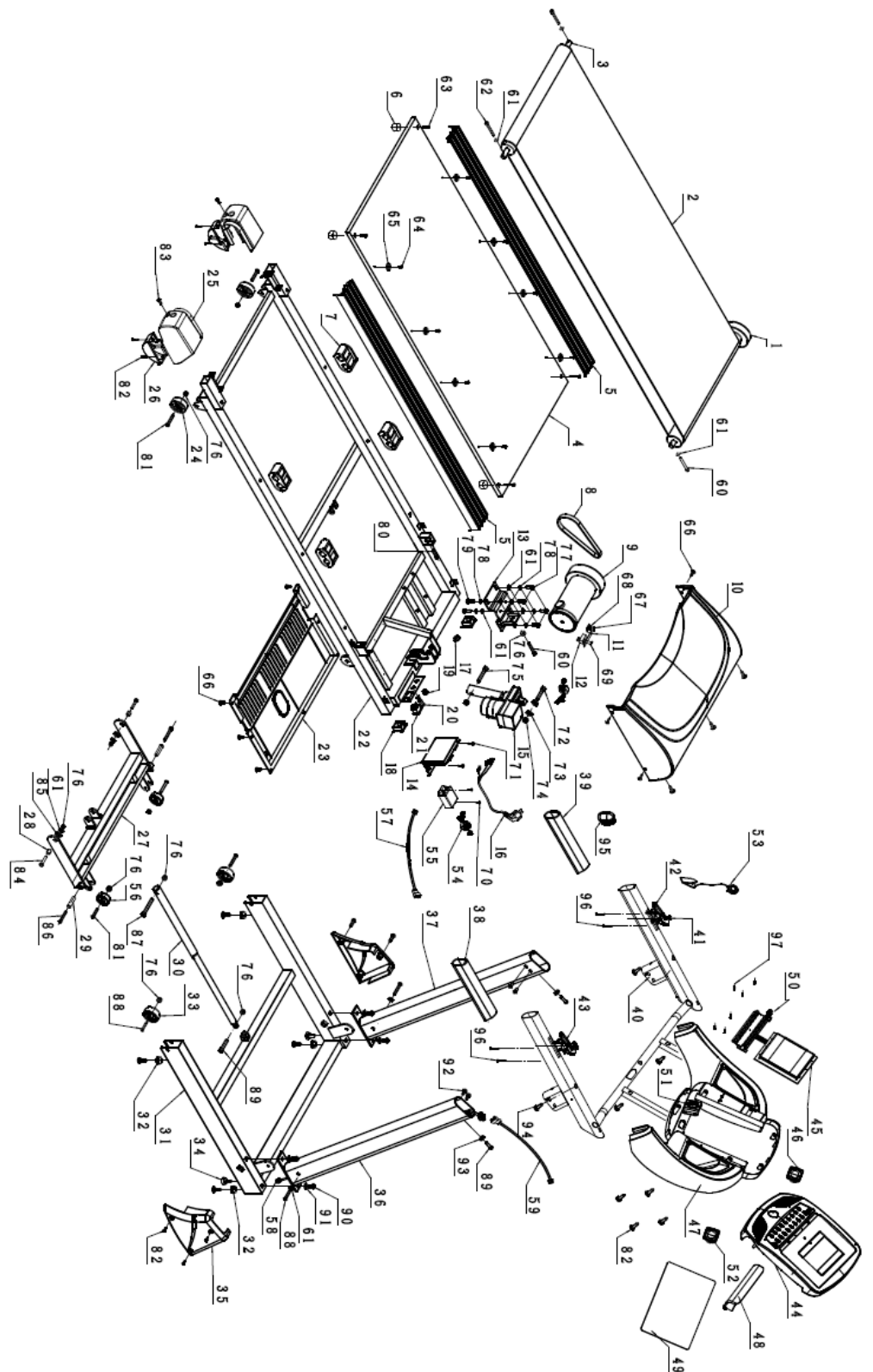




TFK | 700

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 SUPPORT 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 JS15	1
16	POWER WIRES	1
17	CAP FOR MOTOR ADJUST BOLT	1
18	DECK FRAME FRONT CAP	2
19	POWER WIRES CUSHION	1
20	FUSE	1
21	POWER KEY	1
22	DECK FRAME	1
23	MOTOR BELLY PAN	1
24	DECK FRAME SUPPORT WHEELS	2
25	END CAP	2
26	COVER FOR SUPPORT WHEELS	2
27	INCLINE FRAME	1
28	Shaft sleeve of incline frame	2
29	Shaft sleeve of base frame	2
30	DAMPER	1
31	BASE FRAME	1
32	BASE FRAME CUSHION	4
33	BASE FRAME MOVE WHEELS	2
34	LEVEL FRAME	2
35	UPRIGHT COVER	2
36	RIGHT UPRIGHT	1
37	LEFT UPRIGHT	1

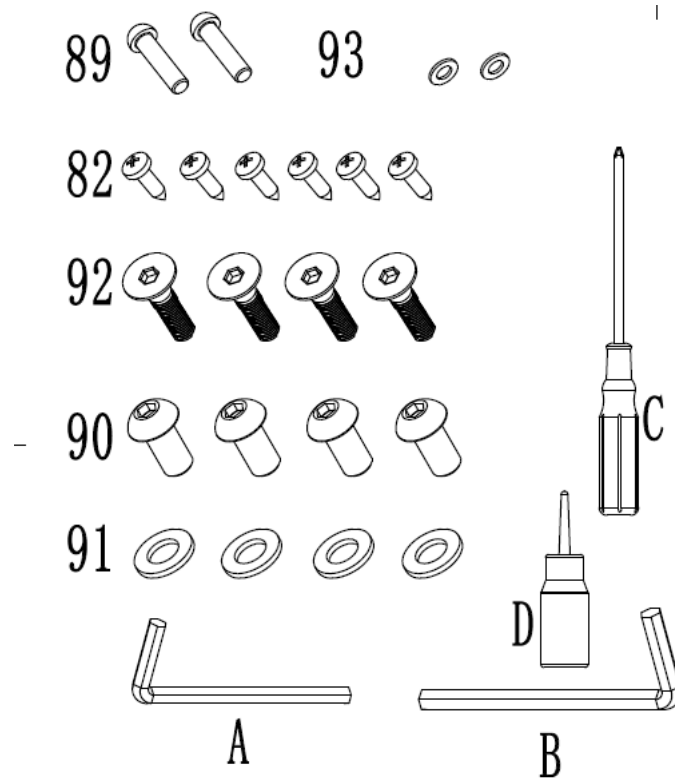
38	RIGHT HAND FOAM	1
39	LEFT HAND FOAM	1
40	COMPUTER SUPPORT FRAME	1
41	QUICK KEY	4
42	INCLINE QUICK KEY FRAME	1
43	SPEED QUICK KEY FRAME	1
44	CONSOLE PLASTIC BOARD	1
45	CONSOLE CONTROL BOARD	1
46	SPEAK	2
47	CONSOLE MAIN COVER	1
48	RACK	1
49	OVERLAY	1
50	USB CONTROL BOARD	1
51	SAFETY KEY SENSOR	1
52	SPEAK	1
53	SAFETY KEY	1
54	MAGNETIC RING	2
55	FILTER	1
56	INCLINE MOVE WHEELS	2
57	CONNECTION WIRE 1	1
58	CONNECTION WIRE 2	1
59	CONNECTION WIRE 3	1
60	M8*50 ALLEN HEAD BOLT	2
61	φ 8 WASHER	13
62	M8*85 ALLEN HEAD BOLT	2
63	M8*65 ALLEN 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	φ 4 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	φ 13 PLASTIC WASHER	2
74	M10 NYLON NUT	2
75	M10*60 ALLEN HEAD BOLT	1
76	M8 NYLON NUT	11
77	M8*20ALLEN HEAD BOLT	4
78	φ 8 SPRING WASHER	6
79	M8*12ALLEN HEAD BOLT	2
80	M8*30ALLEN HEAD BOLT	1
81	M8*40ALLEN HEAD BOLT	4

82	ST4.2*15 SCREW	25
83	ST4.2*20 SCREW	2
84	M8*30ALLEN HEAD BOLT	2
85	φ 16 PLASTIC WASHER	2
86	M8*60ALLEN 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	φ 10 WASHER	4
92	M8*15ALLEN HEAD BOLT	4
93	Φ 8 ARE WASHER	2
94	ST4.2*25 SCREW	4
95	CAP FOR HAND FOAM	2
96	ST4.2*30 SCREW	4
97	ST2.9*8 SCREW	24

HARDWARE COMPARISON CHART

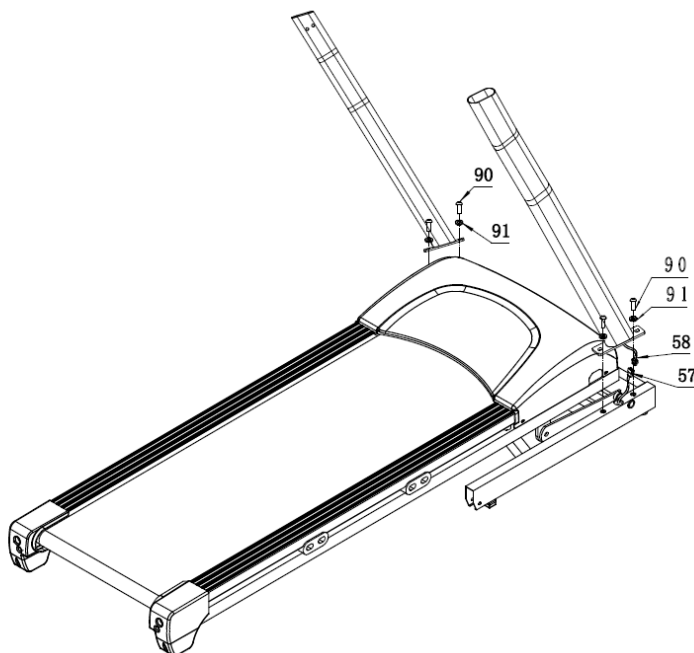
For your convenience, we have identified the hardware used in the assembly of this product.
The chart below is provided to help you to identify items that may be unfamiliar to you.

NO.	DESCRIPTION	Q'TY
82	ST4.2*15 Screw	6
89	M8*35ALLEN HEAD BOLT	2
90	M10*20ALLEN HEAD BOLT	4
91	φ10 WASHER	4
92	M8*15ALLEN HEAD BOLT	4
93	Φ8 ARE WASHER	2
A	5mm SOCKET HEAD WRENCH	1
B	6mm SOCKET HEAD WRENCH	1
C	SCREWDRIVER	1
D	LUBRICANT	1



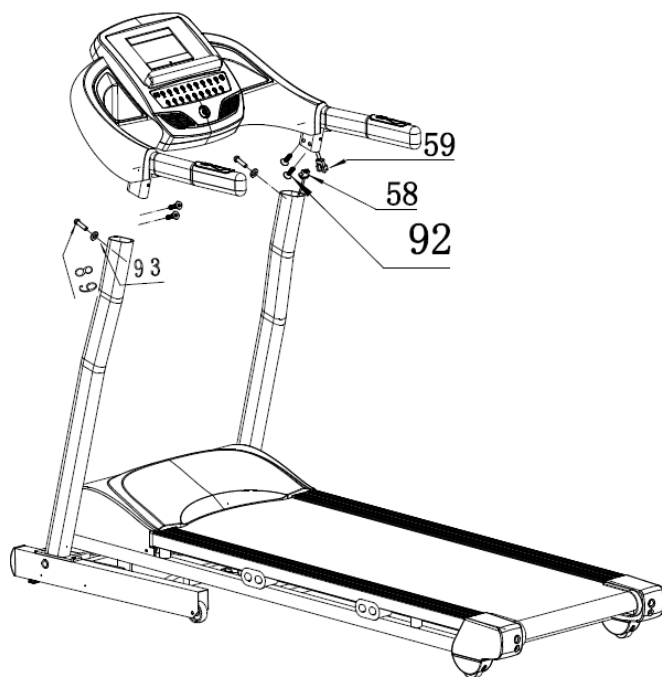
ASSEMBLY INSTRUCTIONS:

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*20mm Allen head bolt 90 and Ø10 washer 91.



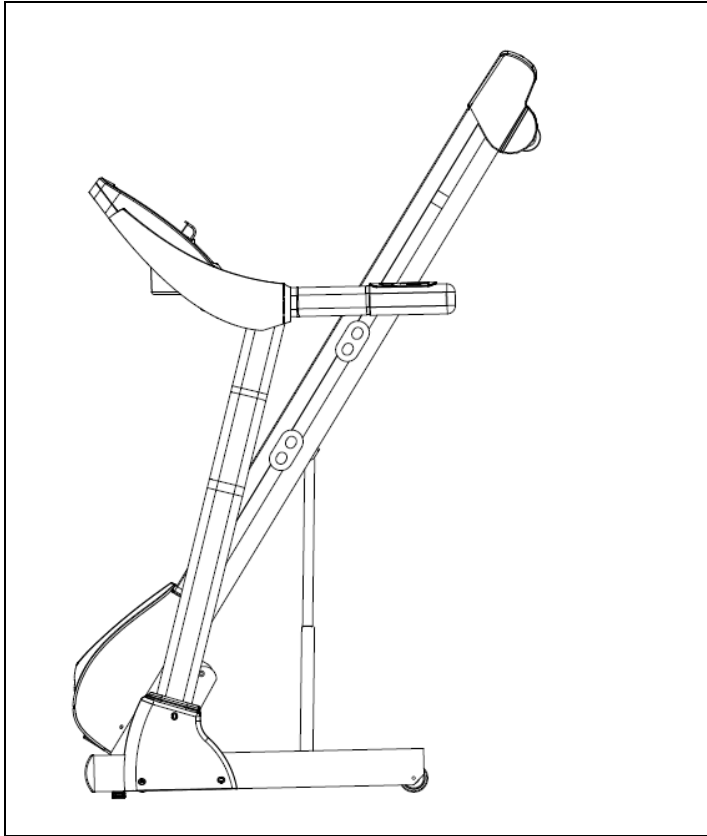
STEP2:

First make to connect the communication cable.
Fix the computer on the uprights with M8*15 Allen head bolt57.



STEP3:

Fix the Upright protective cover on the upright with ST4.2 * 15 Screw 82.



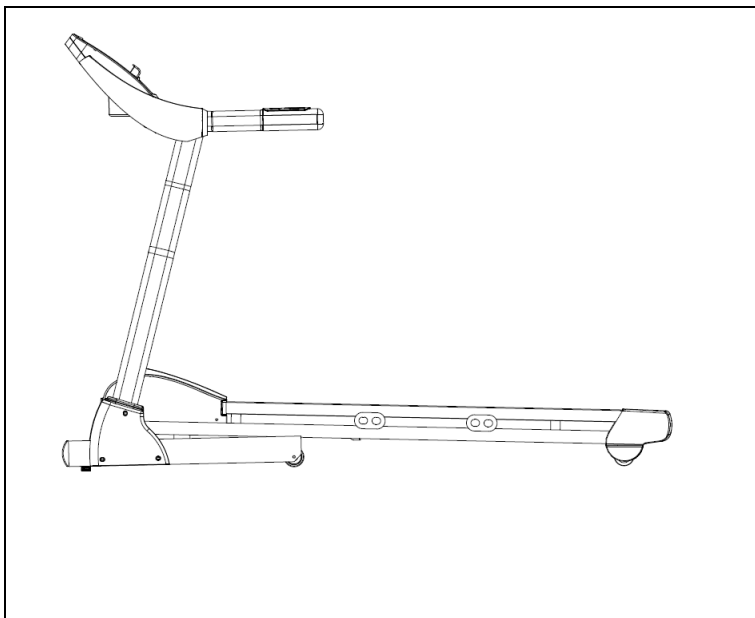
Folding illustration:

To unfold the treadmill:

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 the treadmill:

To fold up treadmill:

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

COMPUTER OPERATION

Panel layout



OPERATION INSTRUCTION

KEY INSTRUCTION:

- **START:** Press this key to start treadmill.
- **STOP:** Press this key to stop treadmill.
- **PROGRAM:** Auto program selection
 1. In standby mode, press this key to enter the auto program setting.
 2. After entering the program setting, continue to press the key to enter the body fat test setting.
 3. Operation: Program setting - Body fat test setting - Return to the initial state
- **MODE:** Press this key to choose the countdown mode:
 1. In standby mode, press this button to enter the countdown mode setting.
 2. Press this button to enter the next parameter setting in the body fat test setting mode.
 3. Operation in Standby mode : Time countdown - Distance countdown - Calorie countdown - return
 4. operating process in Body fat test setting : set the gender - set the age - set height - set the weight - body fat test
- **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.
- VOLUME+/-: Press this key to increase or decrease volume value of music.
- TRACK+/-: Press this key to select music.

MODE INSTRUCTION

A. MANUAL MODE:

- Enter Manual mode: In initial standby state, press the Start button to enter manual mode.
- Operating instructions: the initial speed of 1.0KM / H, time, distance, calorie window start from zero. Press the speed adjustment button, you can adjust the speed, press the incline adjustment key, you can adjust the incline value. When working time more than 99:59 minutes, the system does not stop, time starts again from 0.

B. COUNTDOWN MODE:

- Enter time countdown mode: In initial standby mode, press the MODE button to select the time countdown mode, then the time window shows 30:00 minutes and blinking display, set the required time by speed +/- key, setting range 8: 00 ~ 99: 00 minutes. Press the start key to enter the time countdown mode.
- Operation instructions: The initial running speed is 1.0KM / H, the time window will start to count down according to the set time, the distance and calorie window will count from zero. Press the speed adjustment key to adjust the speed value. Press the incline adjustment key to adjust the incline value. When the set time countdown to zero, it slowly stop and accompanied by three tone, prompt once every second, three seconds later all the data clear, automatically return to the initial standby state.
- Enter the distance countdown mode: In initial standby mode, press the mode key to select the distance countdown mode, then the distance window displays 1.0 km and flashing display, range 1.0~ 99.0 km, Press start key to enter the distance countdown mode.
- Operation instructions: The initial running speed is 1.0KM / H, the distance window starts to count down according to the set distance, the time and calorie window count from zero, press the speed adjustment key to adjust the speed, press the incline adjustment key to adjust the incline value, when the set distance counts to zero, it slowly stop running, accompanied by three beeps, prompt once every second, after three seconds all the data clear, automatically return to the beginning start standby.
- Enter calorie countdown mode: In initial standby mode, press the MODE button to select the time countdown mode, then the time window shows 50 and blinking display, set the required time by speed +/- key, setting range 8: 00 ~ 99: 00 minutes. Press the start key to enter the time auto mode.
- Operation instructions: The initial running speed is 1.0KM / H, the calorie window starts to count down according to the set distance, the time and distance window count from zero, press the speed adjustment key to adjust the speed, press the incline adjustment key to adjust the incline value, when the set calorie countdown to zero, it slowly stop running, accompanied by three beeps, prompt once every second, after three seconds all the data clear, automatically return to the beginning start standby.

C.AUTO MODE:

- Enter auto mode: In initial standby mode, press the MODE button to select the time countdown mode, then the time window shows 30:00 minutes and blinking, set the calories by speed +/- key, setting range of 20 ~ 990. Press the start key to enter the calorie countdown mode.
- Operation instructions: Auto program is divided into 20 segments, each section of the speed value and the incline value of the program default value to run automatically, each paragraph of the running time is set to 1/20. the time and calorie window count from 0, press the speed adjustment key to adjust the speed, press the incline adjustment key to adjust the incline value. When the program runs the next paragraph, there will be three beep sound, then enter next paragraph, when the program runs to the next paragraph, the speed and incline values automatically adjusted to the next section of the default value, when the set calorie countdown to zero, it slowly stop running, accompanied by three beeps, prompt once every second, after three seconds all the data clear, automatically return to the beginning start standby.

BODY FAT PROGRAM:

- Press MODE key to enter FAT test setting.
- Body Fat Test: When the setting is complete, enter the 5th item body fat test, the initial display "---", hold the heartbeat steel plate for about 5 seconds, will show the body fat test value.
- Body fat instructions: body fat index is a measure of relationship between height and weight, suitable for any male and female with other health indicators to provide the basis for people to adjust the weight, the ideal body fat index should be between 20 to 25, If less than 19, said the weight is too light, if between 26 to 29, indicating that overweight, and if more than 30, (Note: This data is for reference only, not as medical data).

HRC MODE

1, BH-HRC: press the program key to enter the HRC, dot matrix display: HRC fo

一: Parameter values in HRC:

1: Age setting range: 15-80 years old.

2: target heart rate setting range: $80 - (220 - \text{AGE}) \times 0.9$.

3: The maximum heart rate of the user can not exceed: 220-AGE.

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

5: HRC center rate only recognize the wireless heartbeat, if it is holding the heartbeat will be used as no heartbeat input.

二: Program:

1: When the HRC program time flashes, you can set the time, press the START key to run.

2: If you press the MODE key while setting the time, enter the age setting, the setting range is: 15-80 years old.

3: Press the MODE key to enter the target heart rate setting: The setting range is: $80 - (220 - \text{AGE}) \times 0.9$.

4: Press the MODE key to enter the time setting.

1: At stop, press the program key program to enter HRC, the program window dot matrix display: HRC font, PROGRAM window shows "13", said into the HRC program. Press the START key is invalid.

2: press the MODE key, the time window shows the age "25" years old, and flashing; press the speed plus or minus key speed +/- can set the user age, setting range: 15-80 years old.

The electronic table automatically calculates the upper and lower limits of the HRC: A: Upper limit: $(220 - \text{AGE}) * 95\%$ B: Lower limit: $(220 - \text{AGE}) * 60\%$

3: Press the MODE key again. The time window displays the heartbeat value of a moving target and blinks. Press the speed plus or minus key speed +/- to adjust the motion target setting: Set range: $80 - (220 - \text{AGE}) * 0.9$ times / min Press the START key to disable The

4: Then press the MODE key, the time window display time "30:00" minutes, and flashing; press the speed plus or minus key speed +/- can set the use time, setting range: 5: 00-99: 00.

三: HRC Run:

1: Press the START key to start running the treadmill. The dot matrix window displays the velocity pattern.

2: The user must use the wireless heartbeat system.

3: HRC operating specifications: the initial speed of 3.0 KM / H (1.8M / H), the slope of 0%;

A: If there is no heartbeat input, the speed gradient remains the same.

B: The actual exercise heart rate is less than L, every 30 seconds increase: 1.0KM / H (or 0.6M / H). Slope unchanged (refer to HRC function schedule).

C: When the actual exercise heart rate is between L and H, the speed is constant and the slope is constant (refer to HRC function schedule).

D: the actual exercise heart rate between H and $(H + 30)$, the speed per 15 seconds minus 1.0KM / H (or 0.6M / H).

E: When the actual exercise heart rate is greater than $H + 30$, the speed is reduced by 2.0KM / H (or 1.2M / H) every 15 seconds.

4: in the speed to 1.0 km, if the actual exercise heart rate heart rate or greater than H, then 30 seconds after the automatic shutdown;

5: Press the start / stop key to stop running the treadmill.

HRC Features Schedule:

Age Edad	BPM/PPM				Age Edad	BPM/PPM		
	H	default	L			H	default	L
15	195	123	103		48	163	103	86
16	194	122	102		49	162	103	86
17	193	122	102		50	162	102	85
18	192	121	101		51	161	101	85
19	191	121	101		52	160	101	84
20	190	120	100		53	159	100	84
21	189	119	100		54	158	100	83
22	188	119	99		55	157	99	83
23	187	118	99		56	156	98	82
24	186	118	98		57	155	98	82
25	185	117	98		58	154	97	81
26	184	116	97		59	153	97	81

27	183	116	97		60	152	96	80
28	182	115	96		61	151	95	80
29	181	115	96		62	150	95	79
30	181	114	95		63	149	94	79
31	180	113	95		64	148	94	78
32	179	113	94		65	147	93	78
33	178	112	94		66	146	92	77
34	177	112	93		67	145	92	77
35	176	111	93		68	144	91	76
36	175	110	92		69	143	91	76
37	174	110	92		70	143	90	75
38	173	109	91		71	142	89	75
39	172	109	91		72	141	89	74
40	171	108	90		73	140	88	74
41	170	107	90		74	139	88	73
42	169	107	89		75	138	87	73
43	168	106	89		76	137	86	72
44	167	106	88		77	136	86	72
45	166	105	88		78	135	85	71
46	165	104	87		79	134	85	71
47	164	104	87		80	133	84	70

HEART RATE INSTRUCTION

- Heart function test method: hands palm were attached to the left and right handrails of the steel position, grip on both sides of the handle, 5 seconds later, LCD heartbeat display window will show the initial heartbeat, The display window will slowly change the display data, after 30 seconds close to the current actual heart rate value.
- Heartbeat function Instructions: The following conditions may produce irregular heartbeat data:
- 1. Hand-held test, the hand of the intensity is too tight, please control moderate intensity.
- 2. Running, while holding hands jump handle test will produce continuous changes in contact with the need to test hand-built
- Proposed to stop the movement, feet stand on both sides of the edge of the band, hands quietly grip.
- 3. Hand dry or cold, or the palm of the skin particularly thick people.
- Note: hand-held heart rate test data due to Zhen way and the reasons for more factors, the data can only be used as a reference to the movement of medical data.

SLEEP FUNCTION INSTRUCTION:

- Treadmill stop running, without any operation for 10 minutes or more, then enter the sleep state, the electronic watch automatically shut down, press any key to wake up it, full display and then re-enter the initial standby state.

.SAFETY KEY INSTRUCTION

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

MP3 INSTRUCTION

- When powered on, you can play music when you plug in an external MP3 or other audio device. Play music volume adjustment, the need for external MP3 or other audio devices, please note that control the volume, so as not to affect the quality of music playback and electronic form within the audio control circuit.

USB INSTRUCTION

- When the power is inserted into the U disk (MP3 hole is not inserted MP3 device), the electronic table can play U disk MP3 format music.

THE DISPLAY RANGE

	Initial value	Set Initial value	Setting value	Display range
TIME(mm:ss)	0:00	30:00	8:00-99:00	0:00~99:59
SPEED (km/h)	0.0	N/A	N/A	1.0 - 16.0
DISTANCE (kml)	0.0	1.0	1.0 - 99.9	0.0 - 99.9
HEART(times/mu)	P	N/A	N/A	40-199
CALORIES (calories)	0	100	5 - 999	0 - 999
INCLINE	0	N/A	N/A	0-15

PROGRAM

Speed	P 1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12	P13	P14	P15
1	2	2	2	3	2	2	2	2	2	2	2	3	3	2	2
2	3	4	4	5	4	4	3	3	4	4	5	4	6	2	4
3	3	4	4	5	4	4	3	3	4	5	8	9	7	4	6
4	4	5	6	6	5	4	3	6	7	6	10	9	5	5	8
5	5	6	6	7	6	5	4	7	7	7	7	5	9	6	6
6	3	4	4	7	7	6	5	7	4	5	7	9	9	5	6
7	4	6	7	5	7	8	3	4	7	4	10	5	7	4	4
8	5	6	7	7	5	8	4	6	8	6	10	8	5	3	4
9	5	6	7	7	6	6	5	7	4	8	7	5	5	2	2
10	3	4	4	8	7	7	3	4	8	8	7	9	7	1	2
11	4	5	7	8	8	8	4	6	9	6	10	7	9	2	2
12	5	6	7	5	8	8	5	7	9	6	10	5	5	3	4
13	4	4	4	9	5	6	3	4	4	5	5	5	8	4	6
14	4	4	4	5	4	4	3	4	4	4	5	7	5	5	8
15	4	4	4	5	3	4	3	4	4	4	9	9	9	6	6
16	2	2	2	6	3	2	6	2	5	2	9	9	5	5	6
17	3	2	4	6	6	5	6	3	6	4	5	5	9	4	4
18	3	5	5	4	5	4	5	4	3	4	5	7	9	3	4
19	5	4	3	4	3	3	3	4	3	3	4	6	4	2	2
20	3	2	2	3	2	2	3	2	2	3	3	3	3	1	2

Incline	P 1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12	P13	P14	P15
---------	--------	----	----	----	----	----	----	----	----	-----	-----	-----	-----	-----	-----

1	1	1	2	2	3	3	4	4	5	5	4	1	3	4	3
2	1	2	3	3	3	5	4	5	5	6	5	2	3	4	3
3	2	2	3	3	3	5	4	5	5	6	3	3	5	4	3
4	2	2	2	2	4	5	4	5	6	6	2	2	6	4	4
5	2	2	2	2	4	4	3	6	6	7	6	3	5	3	4
6	3	3	3	3	5	4	3	6	6	5	6	5	3	3	5
7	3	3	3	3	5	4	6	6	4	8	2	5	3	6	5
8	3	2	3	3	5	3	6	7	4	8	2	0	7	6	5
9	2	2	2	2	4	3	6	8	6	4	2	0	5	6	4
10	2	2	2	2	4	3	7	9	6	4	2	2	3	7	4
11	1	2	2	2	4	3	7	9	5	4	2	3	2	7	4
12	2	2	2	2	4	4	8	9	5	5	4	5	0	8	4
13	2	3	4	4	5	4	8	10	8	5	5	7	0	8	5
14	1	3	4	4	5	4	9	10	8	8	6	3	5	9	5
15	1	3	4	4	3	3	9	10	9	8	3	3	5	9	3
16	3	4	6	6	3	3	6	12	9	10	2	5	3	6	3
17	3	4	6	6	3	3	6	12	9	10	5	6	2	6	3
18	2	3	3	3	2	4	5	8	7	5	5	5	3	5	2
19	2	2	2	2	2	3	4	6	4	6	3	3	2	4	2
20	2	2	2	2	2	2	4	3	2	3	0	3	1	4	2

USER PROGRAM

- User customized for each user can set their own speed incline program.
- Setting method, press MODE key to select U-1 or U-2, or U-3, press ENTER key to enter the set state, To change the program data with speed and incline keys or shortcut, press ENTER confirm and enter the next

program, pending final confirmation period (set) will exit after setting state, power is not lost 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.



GARLANDO SPA

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