

everfit

INSTRUCTION



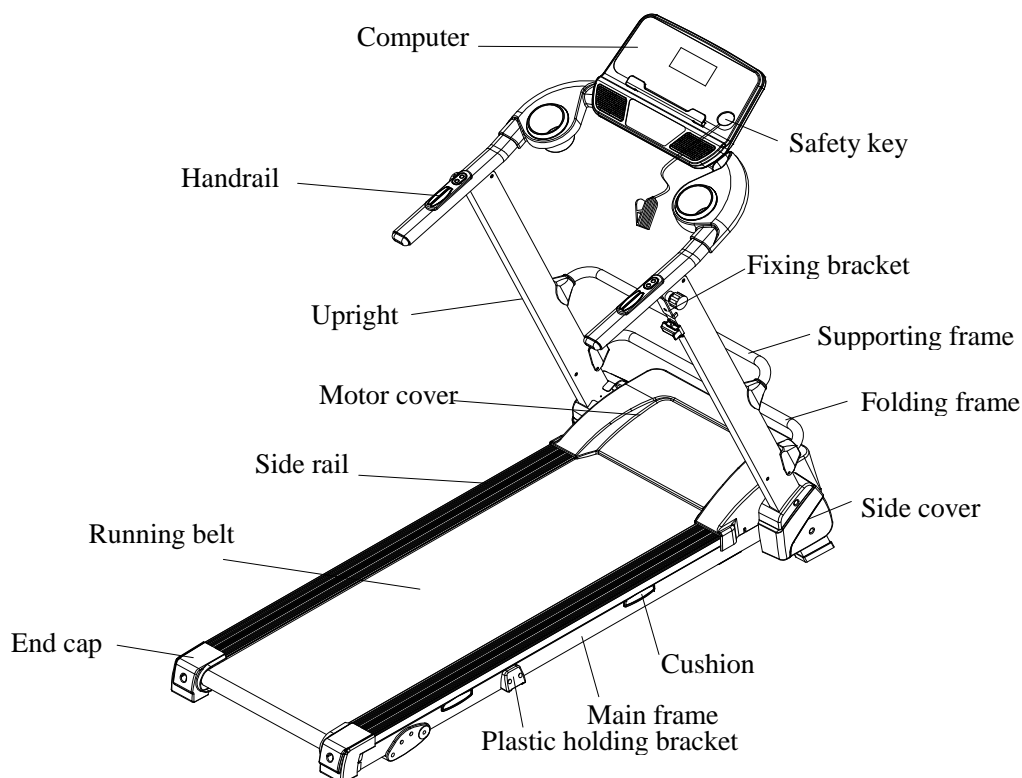
TFK | 355 SLIM



Technical Parameters

Input supply voltage : 220V	Working temperature: 0-40 °C
Speed range: 0.8-14KM/H	Incline range: 3-section manual incline
Max. user weight: 100kg	Distance display range: 0.00-99.9km
Calories display range: 000-999	Time display range: 00: 00-99: 59 (min : sec)
Heart rate range: 50-200 (time / min)	Running surface: 420*1250mm
Product size: 1630*745*1430mm	Folding size: 250*745*1590mm





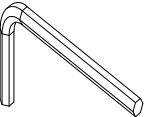


Product Overview



Assembly instruction

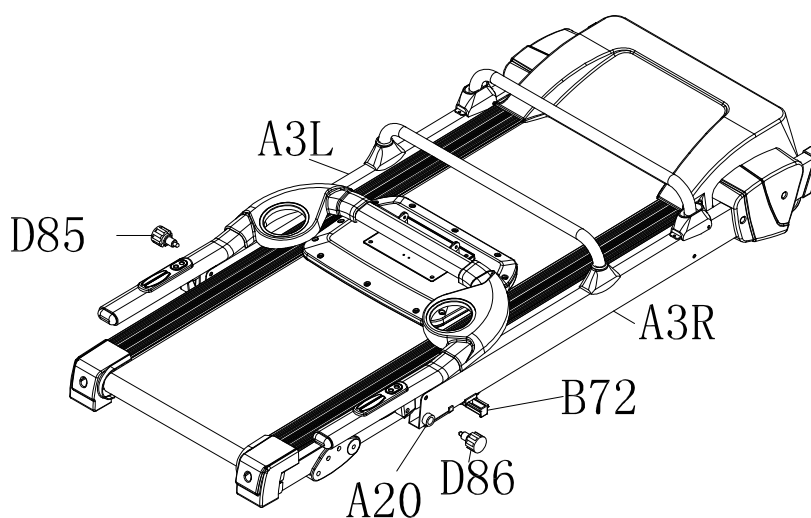
WHEN YOU OPEN THE CARTON, YOU WILL FIND THE BELOW SPARE PARTS:

STEP 1: Take out and prepare the below parts

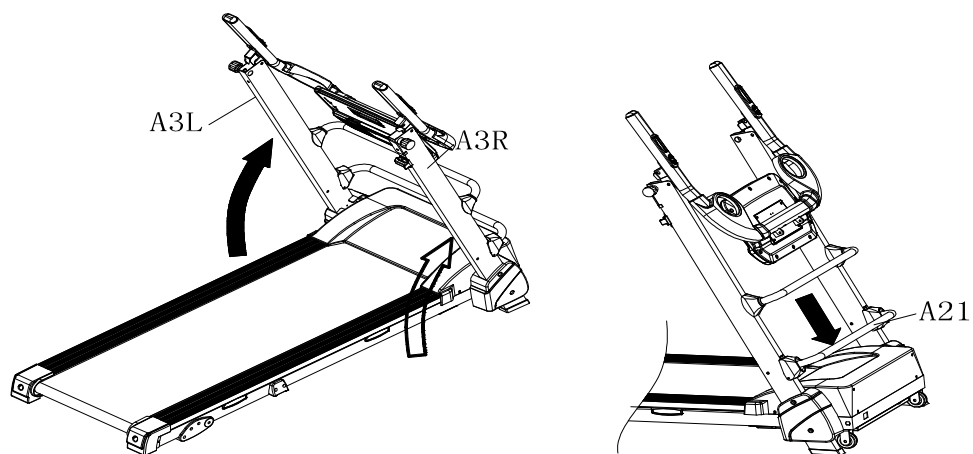
<p>Main frame 1 set</p> 	<p>D85 Left knob M16 1PC</p> 	<p>B18 Silicon oil 1 PC</p> 	<p>C13 Safety key 1 PC</p> 
<p>D3 Allen wrench 5MM, 1 PC</p> 	<p>D86 Right knob M16 1PC</p> 	<p>B49 Water bottle 2PCs</p> 	

Note: Don't tighten bolts at once while assembling in the beginning. Please tighten all the bolts after placing required parts to the correct position.

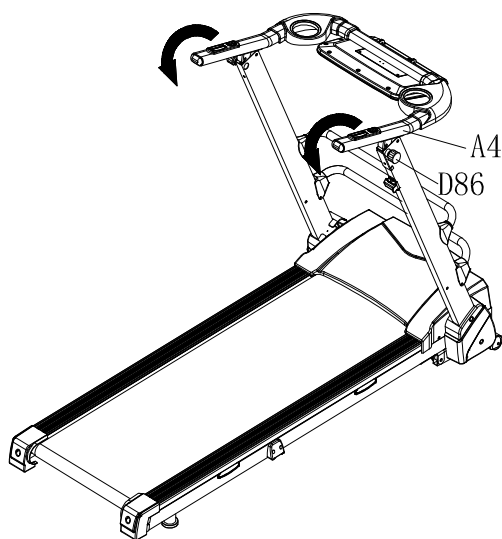
STEP 2: Plug in the left/right knobs M16 (D85/86) onto left/right uprights (A3L/A3R), and then tighten the left knob M16 (D85). Then screw right knob M16 (D86) for 3 times, turn fixing bracket 90 degree outward, and pull out the plug (B72).



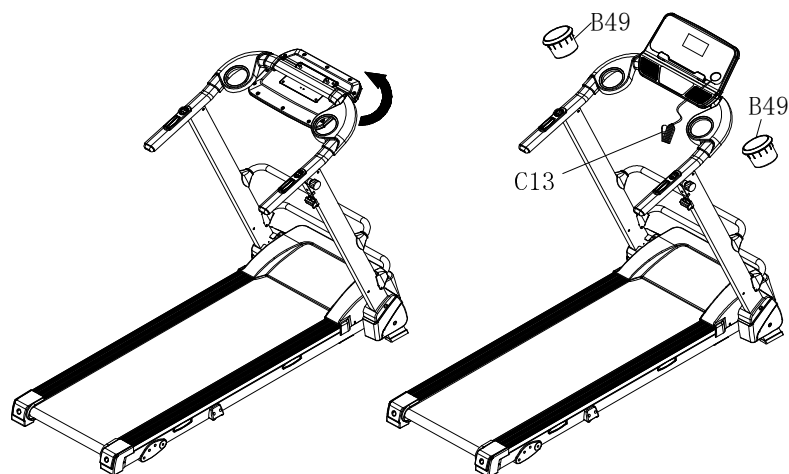
STEP 3: Lift up the left/right uprights (A3L/A3R) and push down the folding frame (A21).



Step 4: Lift up the console/handrail bracket (A4) and tighten the right knob M16 (D86) onto upright and console/handrail bracket (A4).



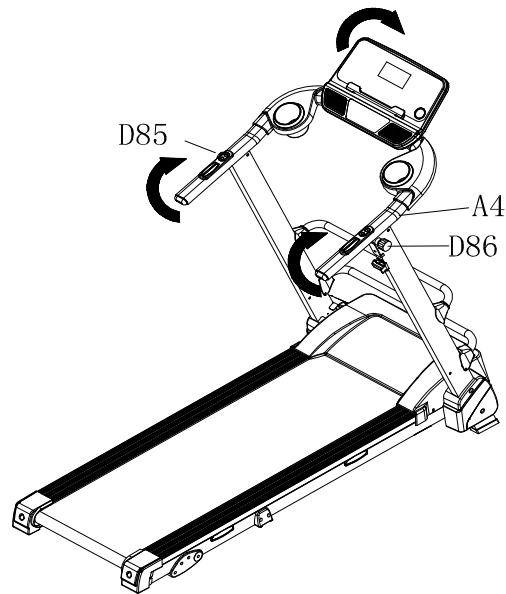
Step 5: Turn the console to the front and push it down till you hear the “click” sound. Then place on safety key (C13) and water bottle (B49).



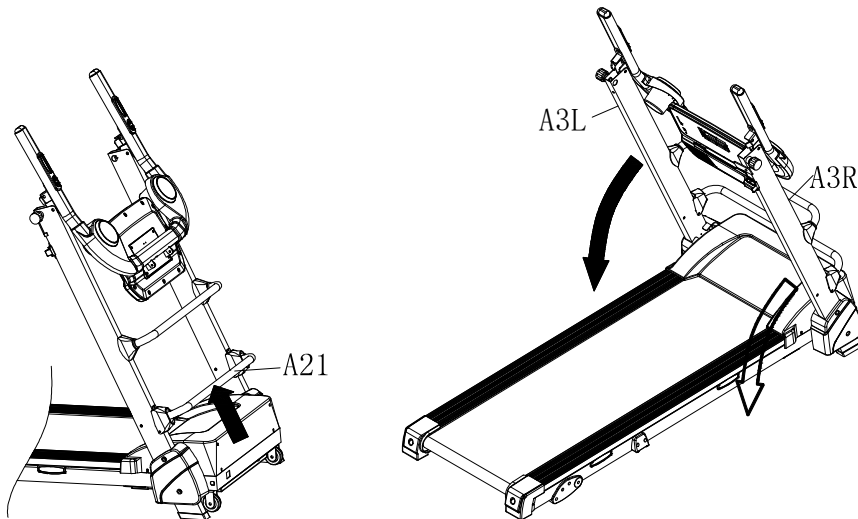
Step 6: To check if the running belt runs correctly, placing treadmill in folding position and tightening all the bolts. Then set speed under 3km/h and see if running belt runs without problem.

Folding Instruction

Step 1: Flick back the console, loose the knob M12 (D86), and pull out the knob M12 (D85). Then flick back the whole handrail bracket, and tighten two knobs M12 (D85/86) back in place.

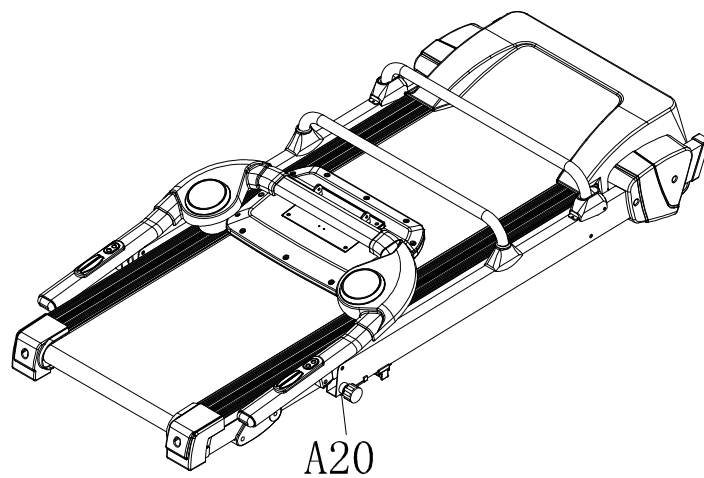


Step 2: Pull up the folding frame (A21), and push both uprights (A3L/A3R) downward.

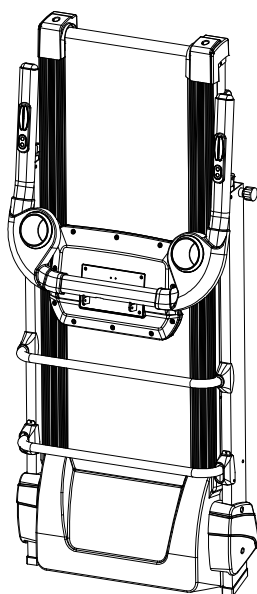


Step 3: Turn the fixing bracket 90 degree inward and hold the upright tightened.

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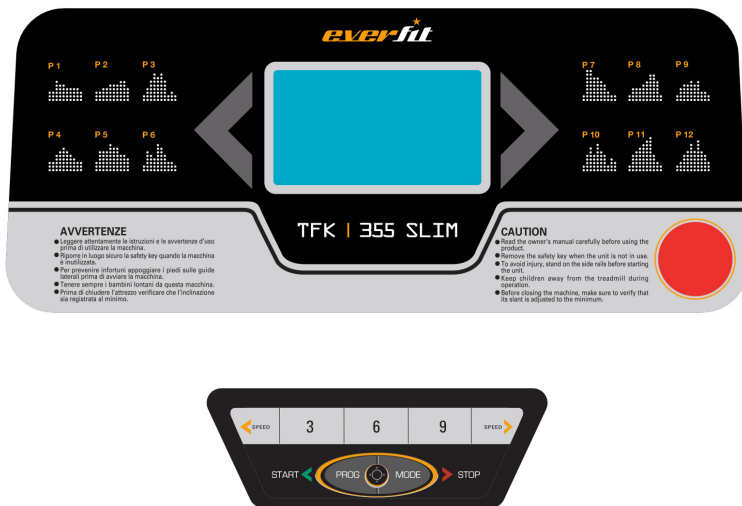
Step 4: Place the treadmill in flat floor after complete the previous steps.



Operation Guide

1.1. WINDOW DISPLAY

1.1. Console



1.2. START

Normal start after 5 seconds countdown

1.3 PROGRAM

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 choose from program circle mode to manual mode (P1-P12). The lowest speed for manual mode is “0.8”, and the highest speed is “14”.

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 calories 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.

1.5.5 SPEED QUICK BUTTON

Press the speed quick button 3kn/h, 6km/h, 9km/h to adjust the speed directly when the treadmill is running

1.6. DISPLAY FUNCTION

1.6.1 TIME

Display the running time or countdown time

1.6.2 SPEED

Display running speed

1.6.3 PULSE

Display pulse data

1.6.4 DISTANCE

Display the running total distance or distance countdown.

1.6.5 CALORIES

Display the calorie or calorie countdown

1.6.6 SPEED DIAGRAM

Display the diagram of the running speed

1.6.7 WINDOW DISPLAY DATA RAGNE

TIME: 0:00 – 99.59(MIN)

DISTANCE: 0.00 – 99.9(KM)

CALORIES: 0.0 – 999 (C)

SPEED:1.0 -12 (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

There are 10 sections in each program.

TIME		SET TIME/16 =TOTAL TIME IN EACH OPERATION									
		1	2	3	4	5	6	7	8	9	10
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 THREE 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 50therm, 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.

1.10 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 can not be as medicinal data)

- 01 Sex 01 Male 02 Female
- 02 Age 10-----99
- 03 Height 100---200
- 04 Weight 20-----150
- 05 FAT≤19 Under weight
FAT= (20---25) Normal weight
FAT= (25---29) Over weight
FAT≥30 Obesity

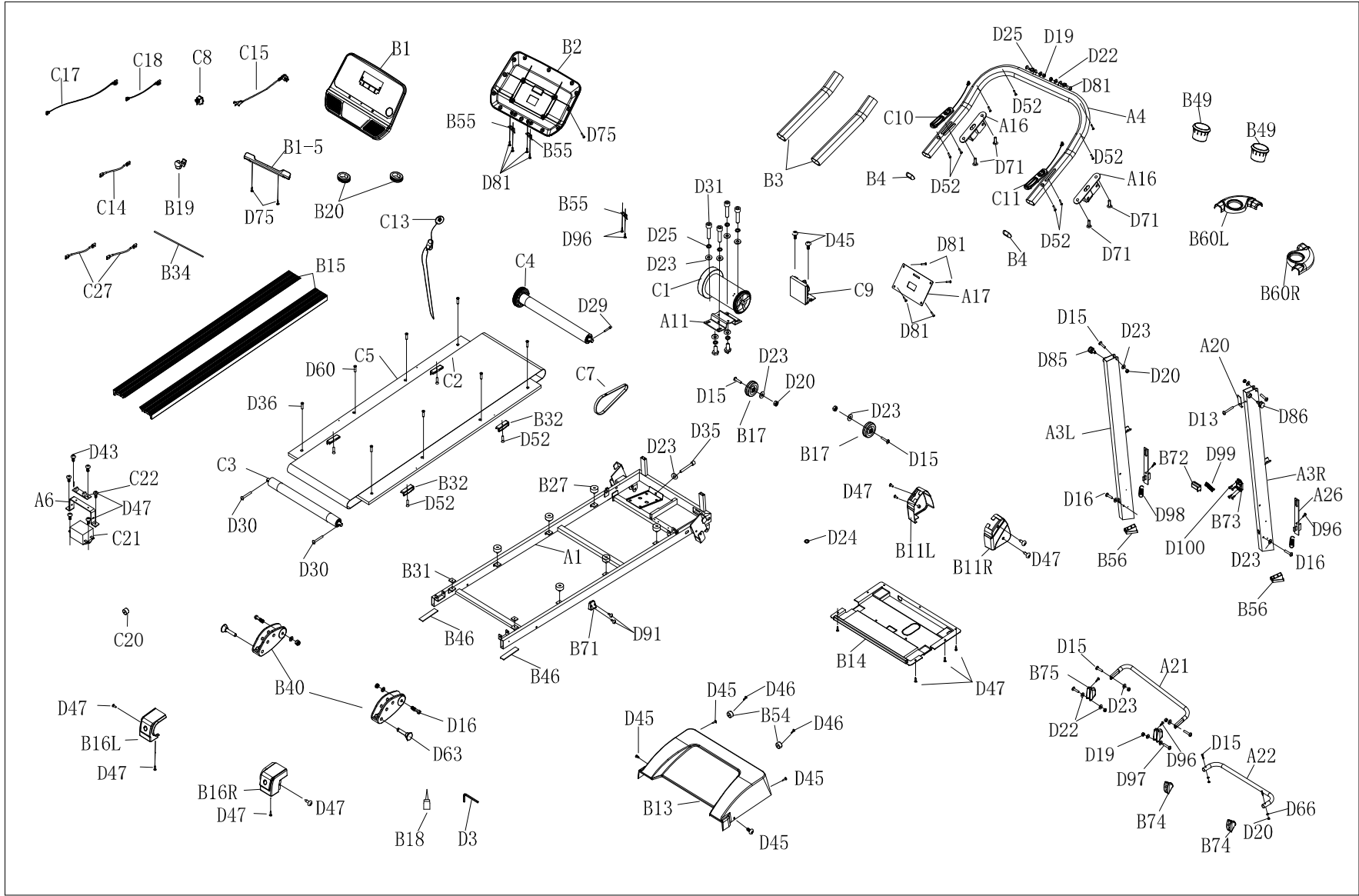
1.11 OTHERS

1.11.1 When the countdown mode is finished and "END" appears on screen, warning sound occurs. Then it will be back to manual mode.

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

1.11.3 You can set statistics at circled mode. Ex: When time is set at 5:00 – 99:00 and it hits 99:00, press "+" button, it will start from 5:00 again.

1.11.4 Speed increases at 0.5km/s, and decreases at 0.5km/s.



Exploded Drawing

Parts list

A Welding parts					
No.	Description	Qty	No.	Description	Qty
A1	Main frame	1	A16	Handrail connecting frame	2
A3L	Left upright	1	A17	Console supporting frame	1
A3R	Right upright	1	A20	Fixing bracket at folding position	1
A4	Handrail bracket	1	A21	Folding handrail	1
A6	Filter bracket	1	A22	Supporting frame	1
A11	Motor base frame	1	A26	Hanging frame	2
B Plastic parts					
No.	Description	Qty	No.	Description	Qty
B1	Console set	1	B20	Round plug	2
B1-1	Overlay	1	B27	New cushion	6
B1-2	Membrane key	1	B31	Rubber pad	2
B1-3	Console	1	B32	Oval shape cushion	4
B1-5	Tablet holder	1	B34	EVA pad (for table holder)	1
B2	Console back cover	1	B40	3 sections manual incline	2
B3	Protecting foam	2	B46	Rubber pad (for B40)	2
B4	Handrail plug	2	B49	Water bottle	2
B11L	Left side cover	1	B54	Round cushion	2
B11R	Right side cover	1	B55	Fixing plastic for console	3
B13	Motor upper cover	1	B56	Squared shape plug	2
B14	Motor lower cover	1	B60L	Left water bottle holder	1
B15	Side rail	2	B60R	Right water bottle holder	1
B16L	Left end cap	1	B71	Plastic holding bracket	1
B16R	Right end cap	1	B72	Fixing plug 1	1
B17	Adjusting wheel	2	B73	Fixing plug 2	1
B18	Silicon oil	1	B74	Plastic cover 1	2
B19	Cable organizer	1	B75	Plastic cover 2	2
C Electronic parts					
No.	Description	Qty	No.	Description	Qty
C1	DC motor	1	C13	Safety key	1
C2	Running belt	1	C14	Single cord	1
C3	Rear roller	1	C15	Power cable	1
C4	Front roller	1	C17	Lower cable	1
C5	Running deck	1	C18	Connecting cable	1
C7	Drive belt	1	C20	Magnetic ring	1
C8	Power switch	1	C21	Inductor	1
C9	Controller	1	C22	Filter	1
C10	Wire for left handrail button	1	C27	Single cord	2

C11	Wire for right handrail button	1			
D Hardware parts					
No.	Description	Qty	No.	Description	Qty
D3	Allen wrench 80X80XT5mm	1	D47	Cross self-tapping bolt ST4.2X16, washer	21
D13	Round hex head bolt M8X15	1	D52	Cross self-tapping bolt ST4.2X16	12
D15	Round hex head bolt M8X40	8	D60	Cross head bolt M6X20	6
D16	Round hex head bolt M8X45	4	D63	Plug	2
D19	Nylon nut M6	4	D66	Washer	2
D20	Nylon nut M8	10	D71	Hex head bolt M8X15	4
D22	Flat washer M 6	6	D75	Cross self-tapping bolt ST4.2X8	14
D23	Flat washer M8	15	D81	Cross head bolt M6X16	10
D24	Spring washer M5	1	D85	Left knob M16	1
D25	Spring washer M8	6	D86	Right knob M16	1
D29	Hex round head bolt M6X45	1	D91	Cross self-tapping bolt ST4.2X20	2
D30	Hex round head bolt M6X60	2	D96	Cross head bolt M6X12	6
D31	Hex round head bolt M8X20	4	D97	Cross head bolt M6X45	2
D35	Hex round head bolt M8X80	1	D98	Spring	2
D36	Cross head bolt M6X25	2	D99	Spring	1
D43	Cross self-tapping bolt M4X20	2	D100	Cross head bolt M5X16	4
D45	Cross head bolt M5X15, washer	7			
D46	Cross head bolt M5X20, washer	2			



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