

everfit

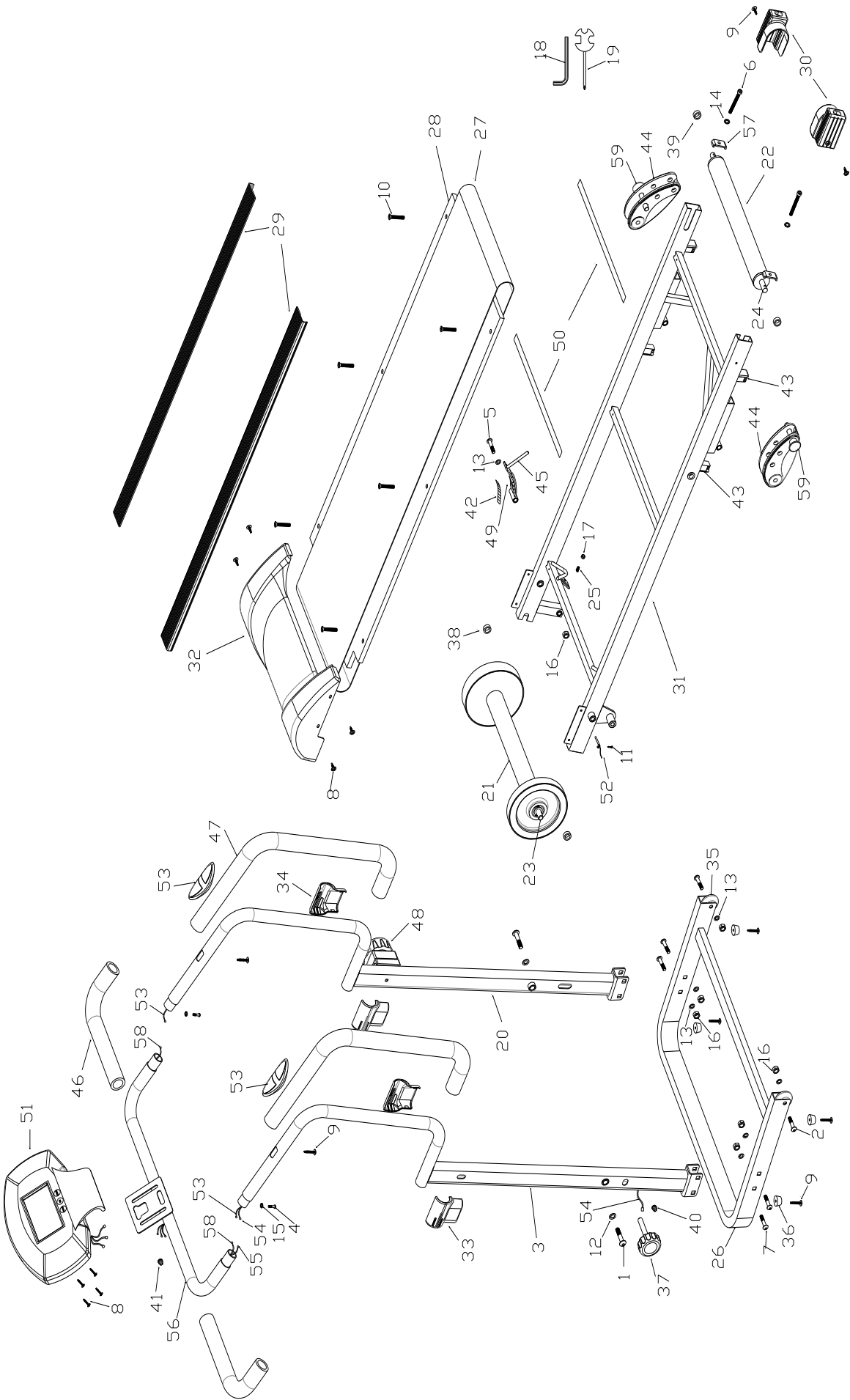
INSTRUCTION



TFK110 MAG



EXPLODED DIAGRAM



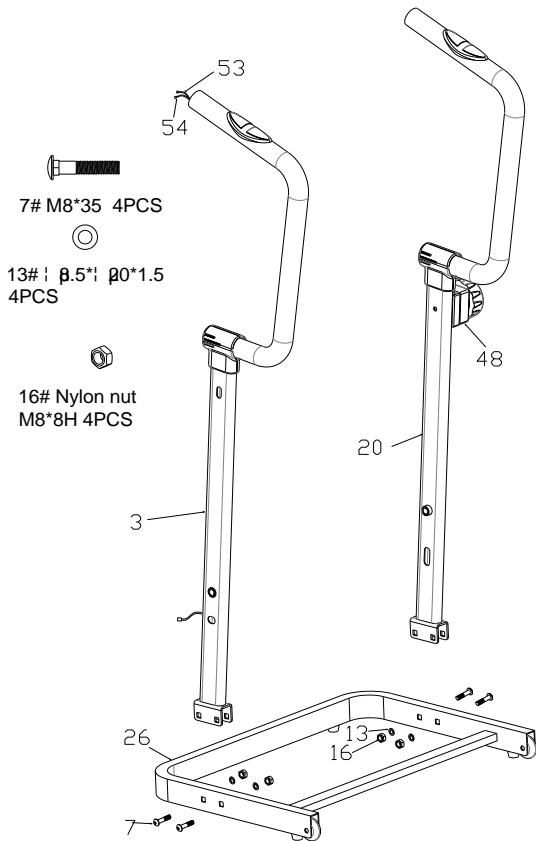
PARTS LIST

No.	Name & Specification	QTY	No.	Name & Specification	QTY
01	Allen bolt M10*50	2	27	Running belt	1
02	Allen bolt M8*30	2	28	Running board	1
03	Left upright	1	29	Side rail	2
04	Allen bolt M6*10	2	30	Rear cover	2
05	Allen bolt M8*75	1	31	Main frame	1
06	Allen bolt M6*60	2	32	Motor cover	1
07	Carriage bolt M8*35	4	33	Decorative cover left	2
08	Cross head screw M5*12	4	34	Decorative cover right	2
09	Philips screw ST4.2*20	8	35	Transportation wheel	2
10	Philips screw ST4.8*25	6	36	Cushion pad	4
11	Philips screw ST4.2*12	1	37	Locking knob	1
12	Flat washer $\Phi 10.5 \times \Phi 22 \times 1.5$	2	38	Front roller spacer	2
13	Flat washer $\Phi 8.5 \times \Phi 20 \times 1.5$	7	39	Rear roller spacer	2
14	Flat washer $\Phi 6.5 \times \Phi 15 \times 1.5$	2	40	spout plug $\phi 12.5$	1
15	Arc washer D6	2	41	spout plug $23 \times 18 \times 12 \times 9$	1
16	Nylon nut M8*8H	7	42	Magnet positioning frame	1
17	Nylon nut M6*6H	1	43	Rectangle inner plug for tube 40*20	4
18	L wrench	1	44	Adjustable back foot	2
19	Cross complex wrench	1	45	Magnetic plate combination	1
20	Right upright	1	46	Electronic watch stand foam	2
21	Front roller	1	47	Foam for hand pulse handle	2
22	Rear roller	1	48	Eight gear position trimming	1
23	Front roller shaft	1	49	Strong magnetic	3
24	Rear roller shaft	1	50	EVA mat	2
25	Spring	1	51	Computer	1
26	Base tube	1	52	Needle type magnetic induction 150mm	1

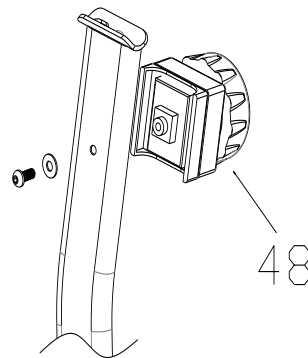
53	Heart rate slice 170mm	2	58	Heart rate slice Sensor wire 460mm	2
54	Sensor wire 1 1380mm	1	59	Ring insert pin	2
55	Sensor wire 2 460mm	1			
56	Electronic watch stand	1			
57	Adjustment U base	1			

ASSEMBLY STEPS

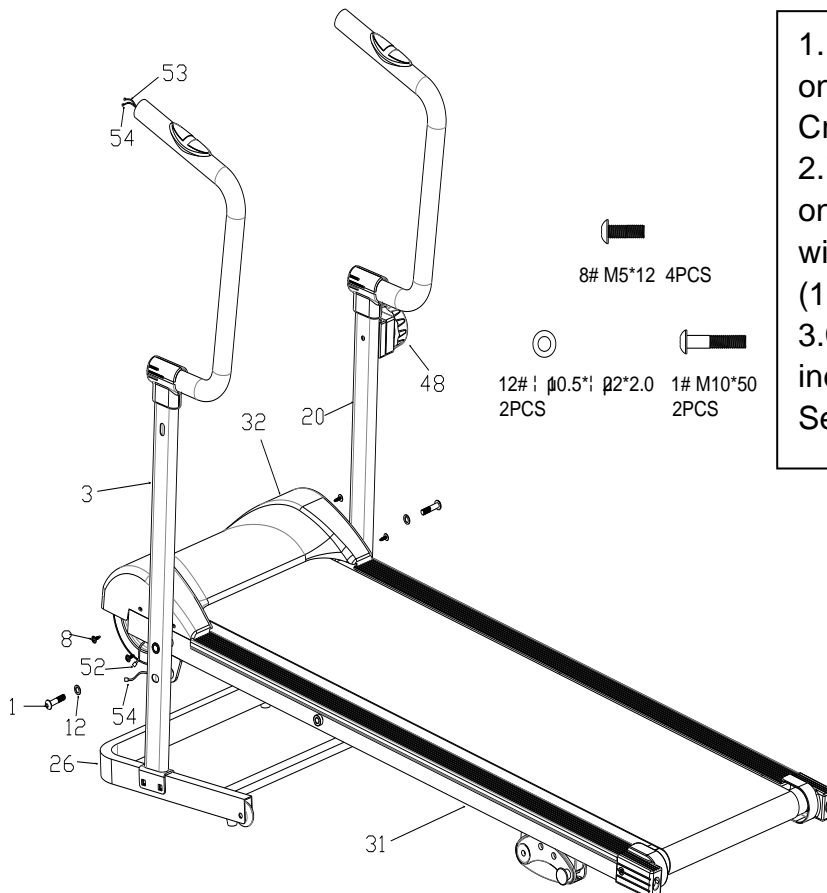
Step 1



1. put the eight gear position trimming the right upright (20), fasten it with the philips screw and flat washer.
2. Fasten the left/right uprights (3,20) onto the base tube (26) with carriage bolt (7), flat washer (13) and nylon nut (16).

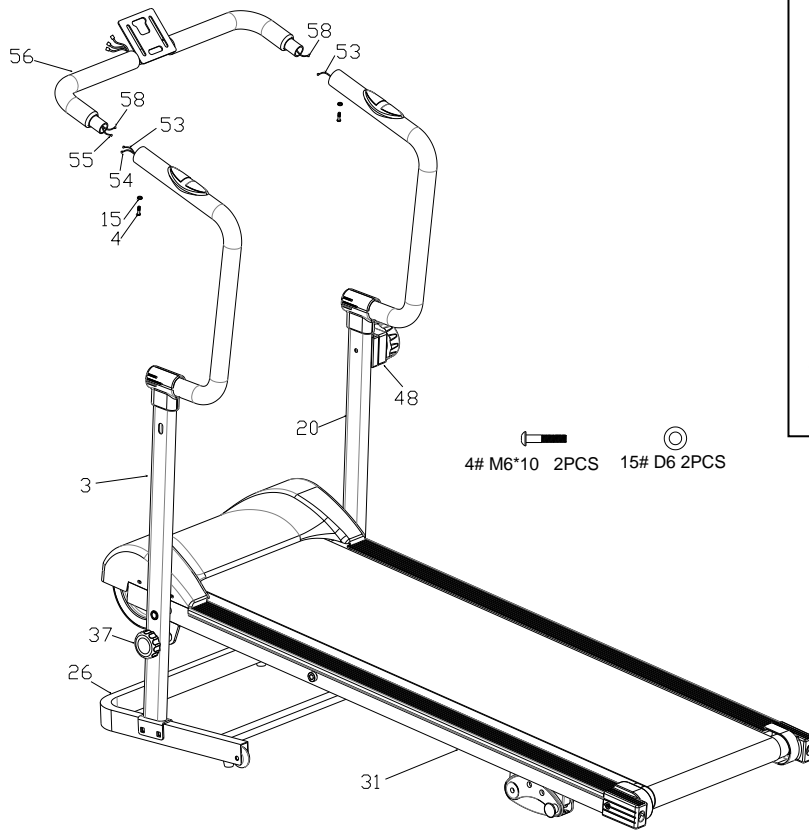


Step 2



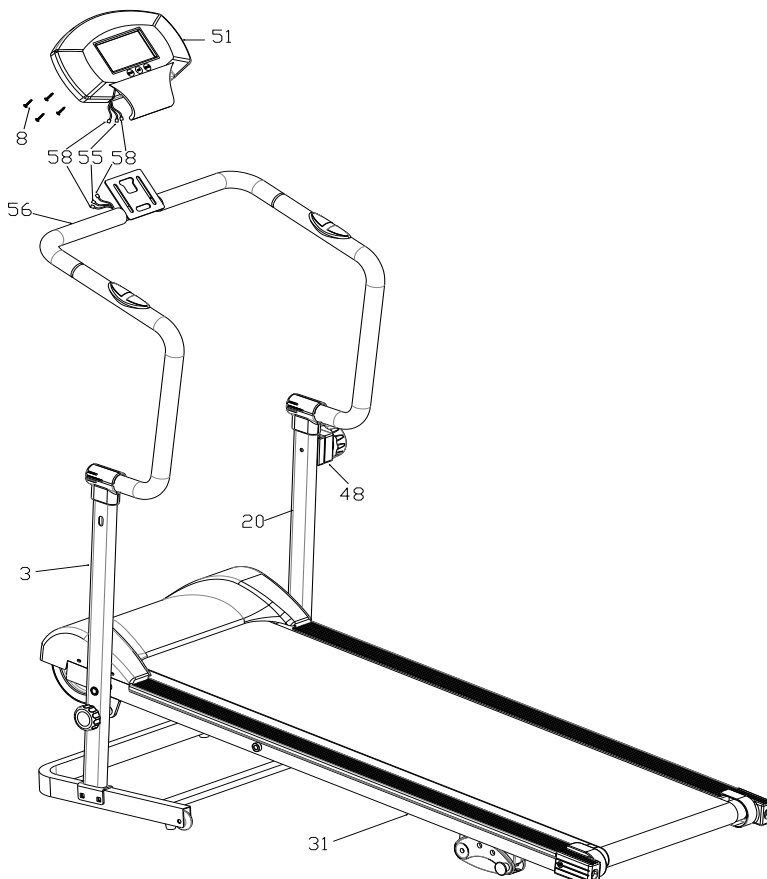
1. Fasten the Motor cover (32) onto the Main frame (31) with Cross head screw (8) .
2. Fasten the main frame (31) onto the left/right uprights (3, 20) with Allen bolt (1) and flat washer (12) .
3. Connect Needle type magnetic induction out line (52) with Sensor wire 1 (54) .

Step 3



1. Connect Sensor wire 2 (55) with Sensor wire 1 (54); Connect Heart rate slice (53) with Heart rate slice Sensor wire (58).
2. Fasten the computer frame (56) onto the left/right uprights (3,20) with Allen bolt (4) and arc washer (15).
3. Fasten the main frame (31) with locking knob (37) by getting through the left upright (3).

Step 4



1. Fasten the Computer (51) onto the Computer frame (56) with Cross head screw (8)
2. Connect Sensor wire 2 (55)\Heart rate slice Sensor wire (58) with Computer (51) out line .

Folding Images

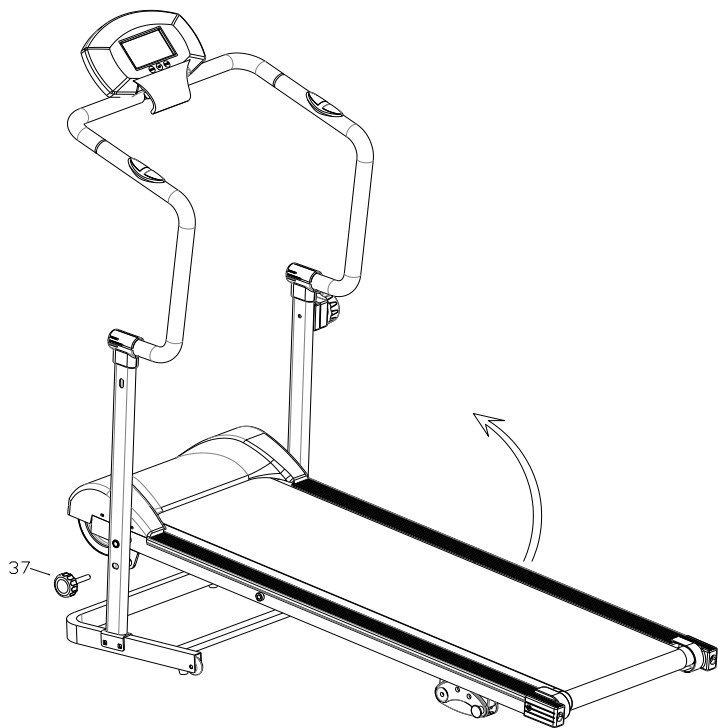


Image 1

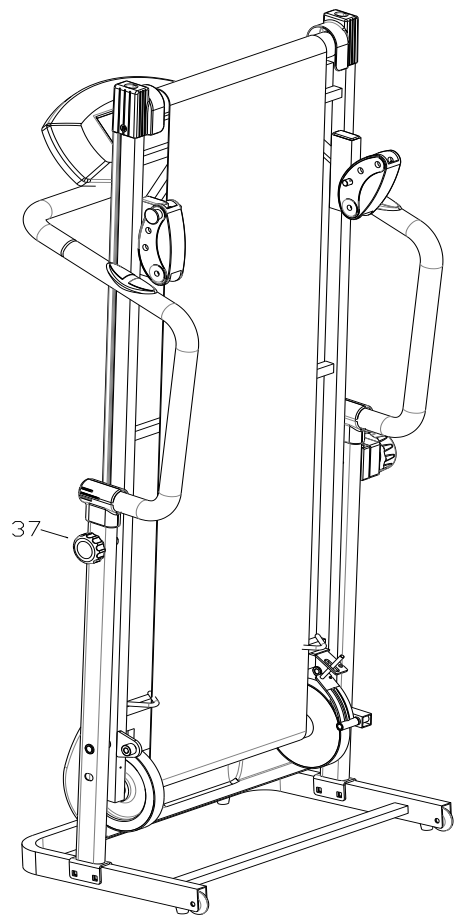
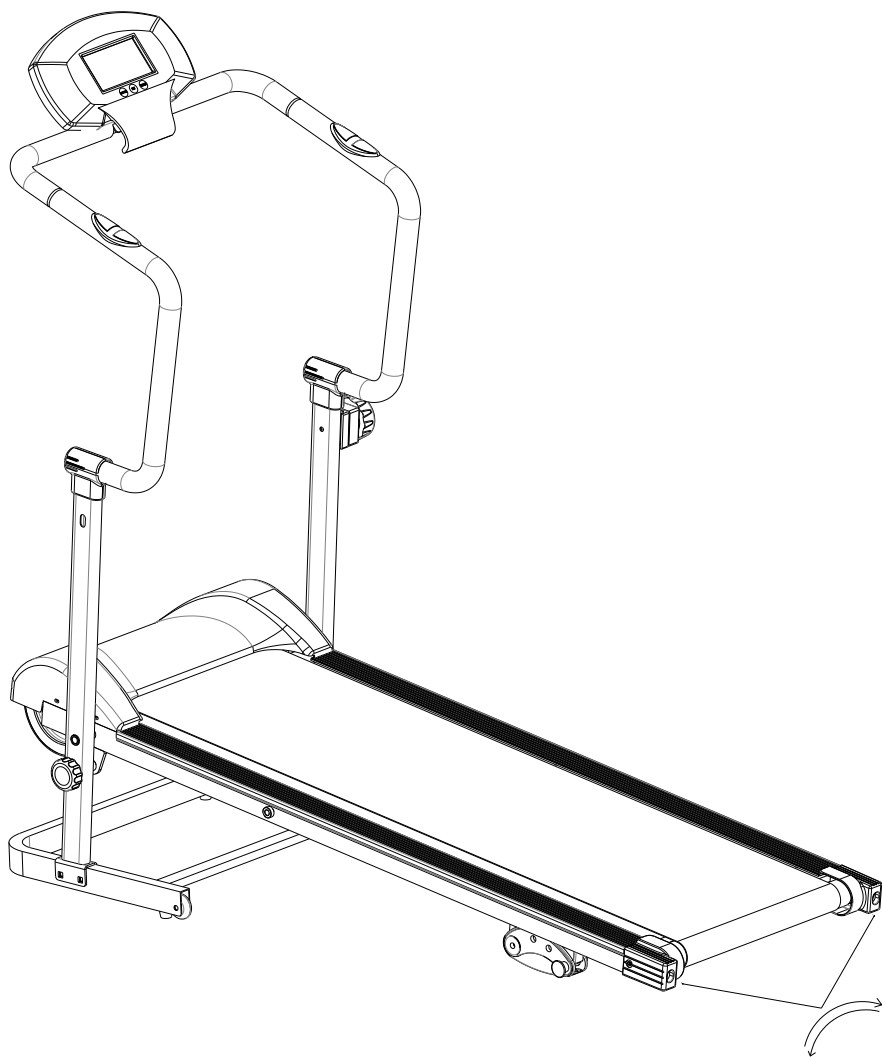
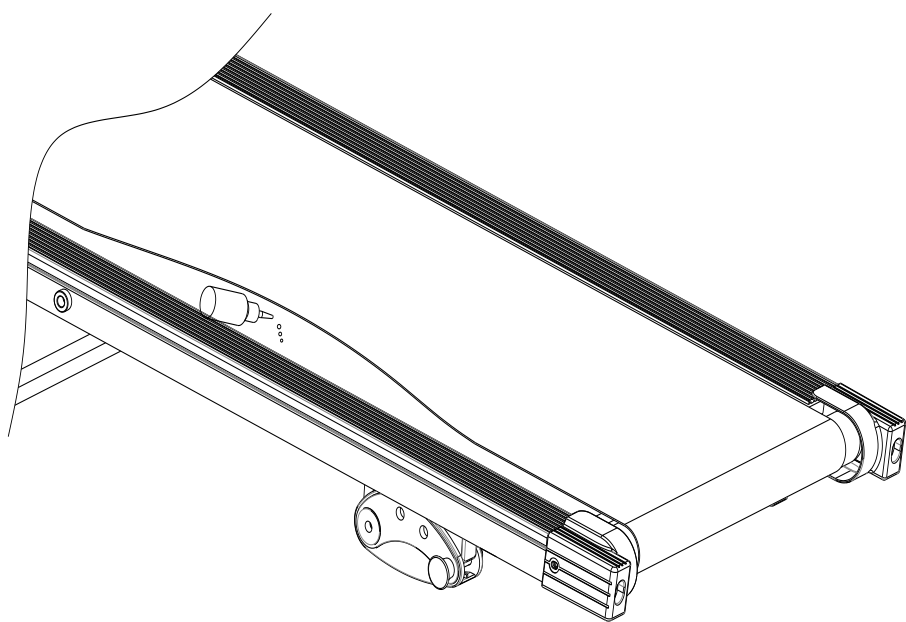


Image 2

Running Belt Adjustment Image



Add lube oil image



OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER

POWER ON: Walking Belt movement or press any button.

POWER OFF: Automatic shut off after 4 minutes of inactivity.

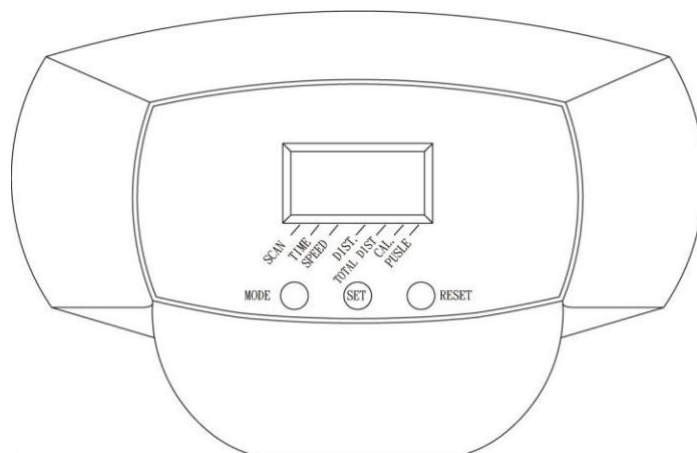
FUNCTION BUTTONS:

MODE: Press and release to select each function for display or preset target values. Press the button and hold it down for three seconds to reset all functions to zero.

SET: Press to set target values for TIME, DISTANCE, and CALORIES.

RESET: This button will reset each function to zero.

To reset all functions to zero, press the button and hold it down for four seconds.



PRESET VALUES OPERATION:

Stop walking for four seconds. Press the MODE button to select functions for preset target values. The meter will cycle through the functions as follows and allow you to set the function values.

TIME (0:00 to 99:00) - DISTANCE (0.0 to 99.99 mile) - CALORIES (0 to 999.9 Kcal)

Use **SET & RESET** buttons to enter desired values and press **MODE** button to confirm and move to next function for presetting. To pass the setting of some functions, just press the **MODE** button. Start to run the Meter functions by Walking.

FUNCTIONS:

SCAN: Automatically scans **SPEED, TIME, DISTANCE, TOTAL DIST**, and **CALORIES** in sequence with a change every six seconds.

TIME: Counts upward to 99:59 in one second increments. Counts down from preset value.

SPEED: Displays the current speed, from zero to 999.9 Mile/Hr.

DISTANCE: Displays distance up to 99.99 miles in increments of 0.01 miles. Counts down from preset value.

TOTAL DIST: Displays the total accumulated distance you have taken from zero to 99.99 miles. The total accumulated distance is retained when the meter is turned off.

CALORIES: Displays the calories consumption, from zero to 999.9 Kcal. Counts down from preset value.

The calories readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

PULSE: Heartbeat sensor for you Heart beat

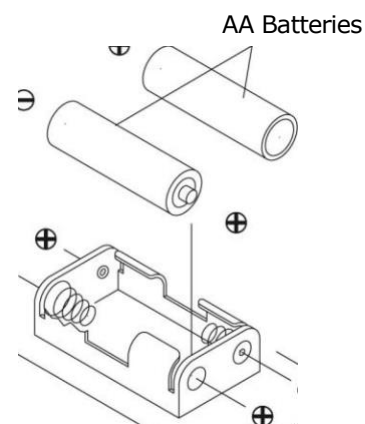
NOTE: The **TOTAL DIST** will be reset to zero after batteries are removed for battery replacement or storage of the unit.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with two AA batteries, the batteries are not included. Refer to the illustration to install or replace the batteries.

NOTE:

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.





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