

everfit

INSTRUCTION



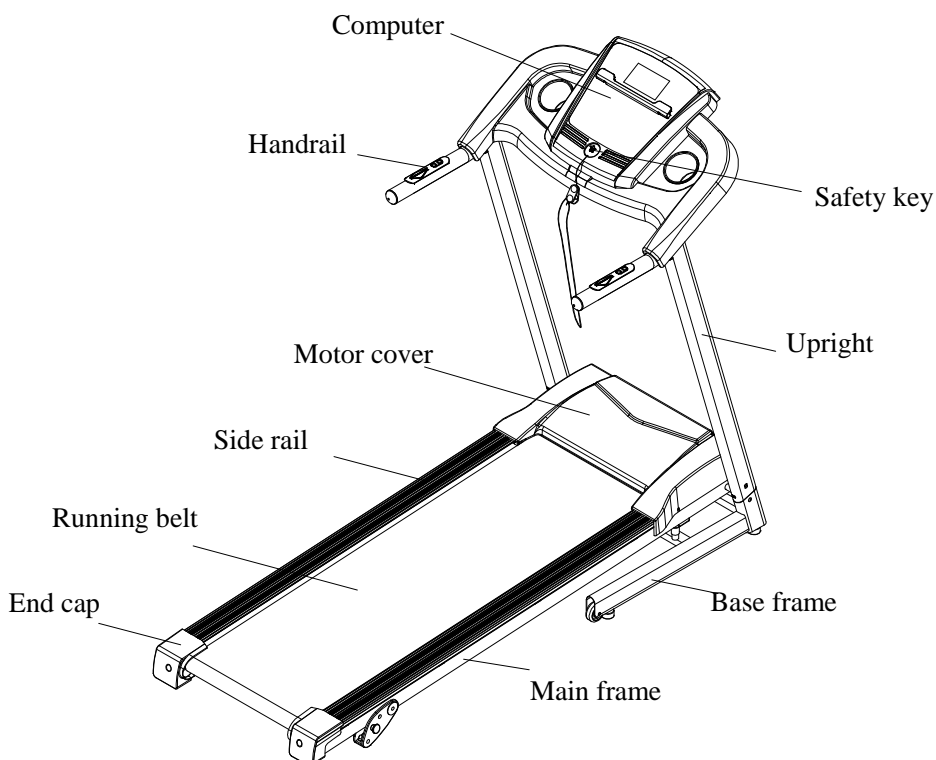
TFK | 250 EVO



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: 400*1200mm
Product size: 1560*710*1330mm	Folding size: 760*710*1470mm

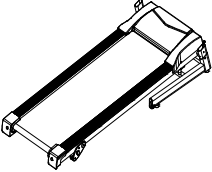

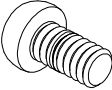
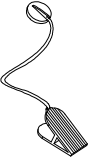
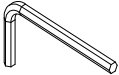

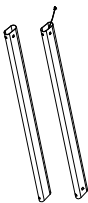
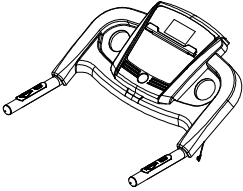

Product Overview



Assembly instruction

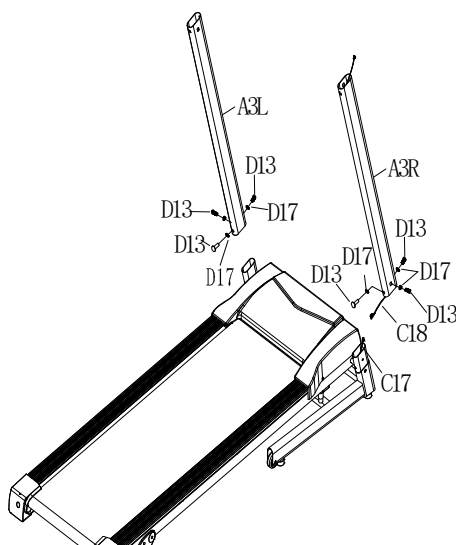
WHEN YOU OPEN THE CARTON, YOU WILL FIND THE BELOW SPARE PARTS:

STEP 1: Take out and prepare the below parts

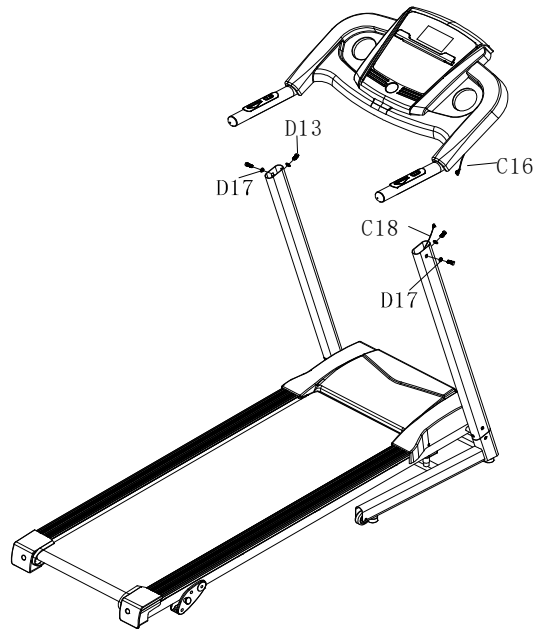
<p>Main frame 1 set</p> 	<p>D17 Inner star washer M8 10 PCs</p> 	<p>D13 Round hex bolt M8*15 10 PCs</p> 	<p>C13 Safety key 1 PC</p> 
<p>D3 Allen wrench 5MM, 1 PC</p> 	<p>B18 Silicon oil 1 PCS</p> 	<p>A3L/A3R Left/right uprights 2 PCs</p> 	<p>Handrail/console bracket 1 set</p> 
<p>B49 water bottle cup holder 2 PCs</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.

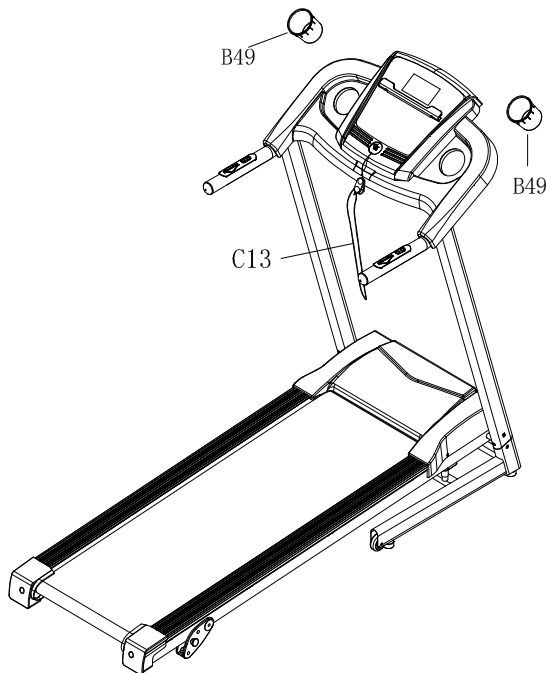
STEP 2: Connect lower cable (C17) and connecting cable (C18), and then tighten left/right uprights (A3L/R) with bolt M8*15 (D13) and inner star washer (D17).



STEP 3: Connect upper cable (C16) and connecting cable (C18), and then place the handrail/console bracket on the left/right uprights (A3L/A3R) with bolt M8*15 (D13) and inner star washer (D17).

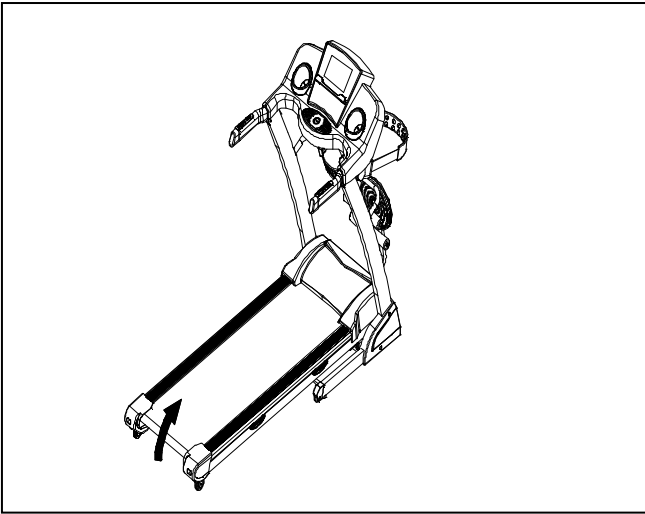


Step 4: Place on safety key (C13) and water bottle holder (B49).



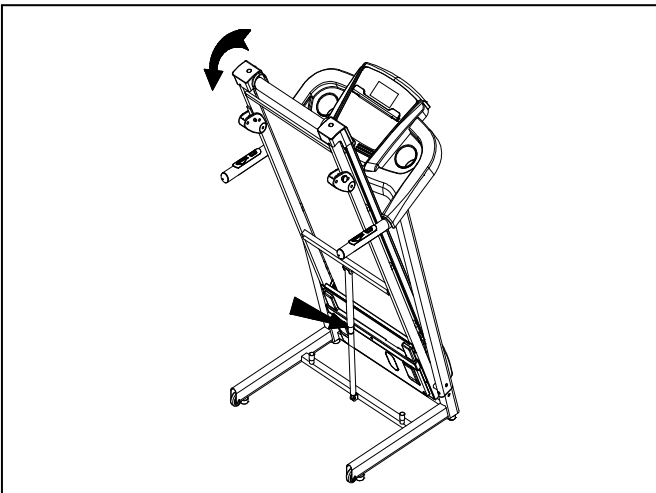
Step 5: To check if the running belt runs correctly, placing treadmill in folding position and tightening all the bolts. Then set speed under 3km/h and see if running belt runs without problem.

Folding Instruction



Lift up the machine and force to pull up until you heard "click" that made by safety casing stuck the pneumatic cylinder.

Unfolding instruction



Kick the safety sleeve lightly and pull down the machine at the same time as the arrow direction. Then the machine will fall down smoothly.

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 2km/h, 3km/h, 4km/h, 5km/h, 6km/h, 8m/h, 9km/h, 10m/h, 11km/h, 12m/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 RANGE

TIME: 0:00 – 99.59(MIN)

DISTANCE: 0.00 – 99.9(KM)

CALORIES: 0.0 – 999 (C)

SPEED:0.8 -12 (km/h)

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, can not 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
2	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

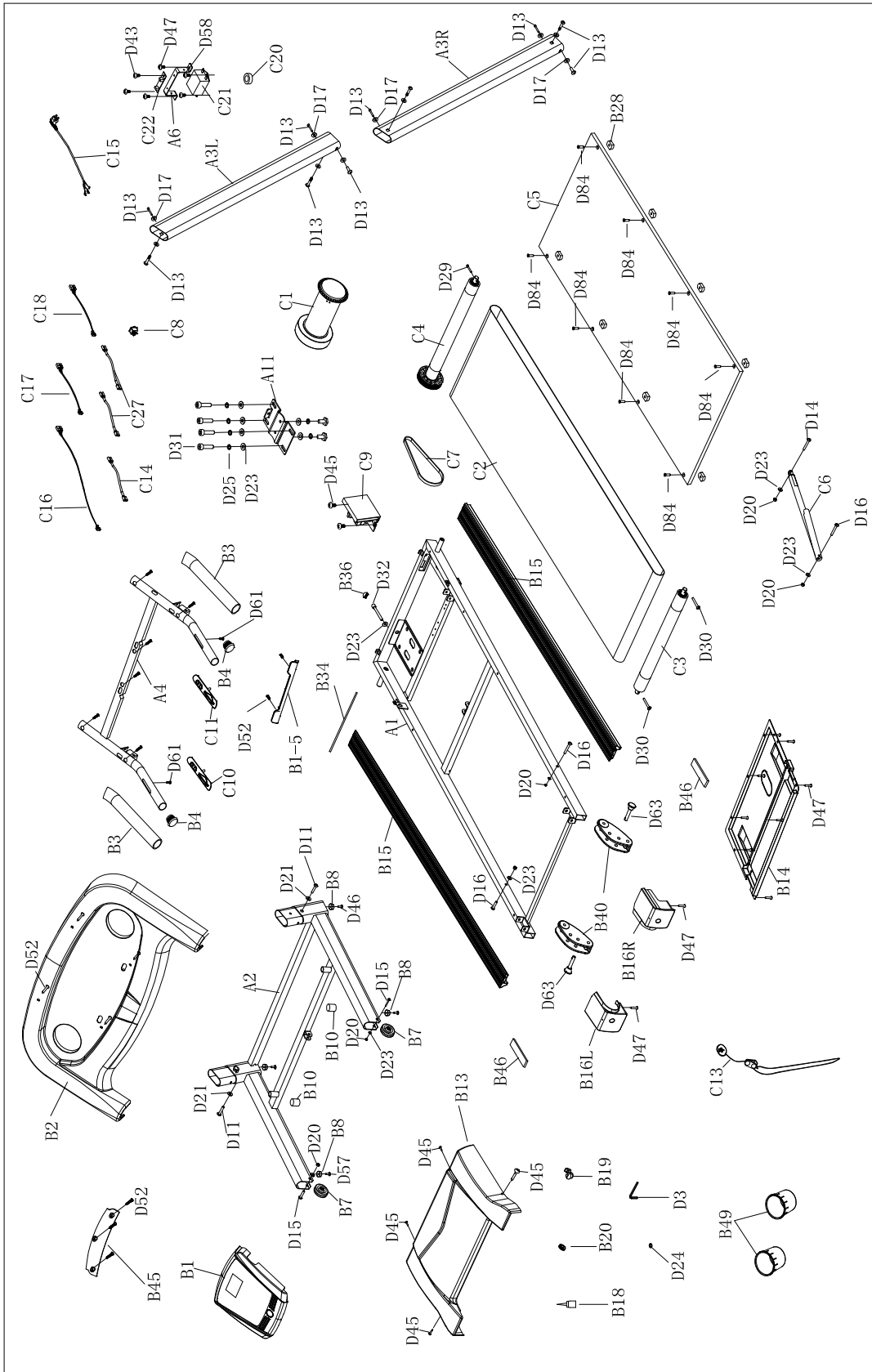
1.11.1 When the countdown mode is finished and “END” appears on screen, warning sound occurs. Then it will be back to manual mode.

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	A4	Handrail/console bracket	1
A2	Base frame	1	A6	Filter bracket	1
A3L	Left upright	1	A11	Motor bracket	1
A3R	Right upright	1			

B. Plastic parts

No.	Description	QTY	No.	Description	QTY
B1	Console set	1	B16L	Left end cap	1
B1-1	Overlay	1	B16R	Right end cap	1
B1-2	Membrane key	1	B18	Silicon oil	1
B1-3	Console	1	B19	Cable organizer	1
B1-5	iPad holder	1	B20	Round plug	2
B2	Console cover	1	B28	Square plug	8
B3	Protecting foam	2	B34	EVA pad (for iPad holder)	1
B4	Handrail plug	2	B36	Inner round plug	1
B7	Transporting wheel	2	B40	3-section manual adjusting incline	2
B8	Flat foot pad	4	B45	Console back cover	1
B10	Limited cushion	2	B46	Rubber foot pad (for #B40)	2
B13	Upper motor cover	1	B49	Water bottle cup holder	2
B14	Lower motor cover	1			
B15	Side rail	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	C16	Upper cable	1
C5	Running deck	1	C17	Lower cable	1
C6	Cylinder	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	Left handrail button	1		C27	Single cord	2
C11	Right handrail button	1				
D. Hardware parts						
No.	Description	QTY		No.	Description	QTY
D3	Allen wrench T5	1		D31	Hex round head bolt M8X20	4
D11	Round hex bolt M10*50	2		D32	Hex round head bolt M8X45	1
D13	Round hex bolt M8X15	10		D43	Cross head bolt M4X20, washer	2
D14	Round hex bolt M8X30	1		D44	Cross head bolt M5X12, washer	1
D15	Round hex bolt M8X40	2		D45	Cross head bolt M5X15, washer	6
D16	Round hex bolt M8X45	3		D46	Cross head bolt M5X20, washer	2
D17	Inner star washer M 8	10		D47	Cross self-tapping bolt ST4.2X16, washer	12
D20	Nylon nut M8	6		D52	Cross self-tapping bolt ST4.2X16	15
D21	Flat washer M 10	2		D57	Cross self-tapping bolt ST4.2X25	2
D23	Flat washer M 8	11		D58	Cross self-tapping bolt ST3.5X16	2
D24	Spring washer M5	1		D61	Cross self-tapping bolt ST4.2X19	2
D25	Spring washer M8	4		D63	Flat head pin	2
D29	Hex round head bolt M6X45	1		D84	Cross head bolt M6X35	8
D30	Hex round head bolt M6X60	2				



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