

everfit

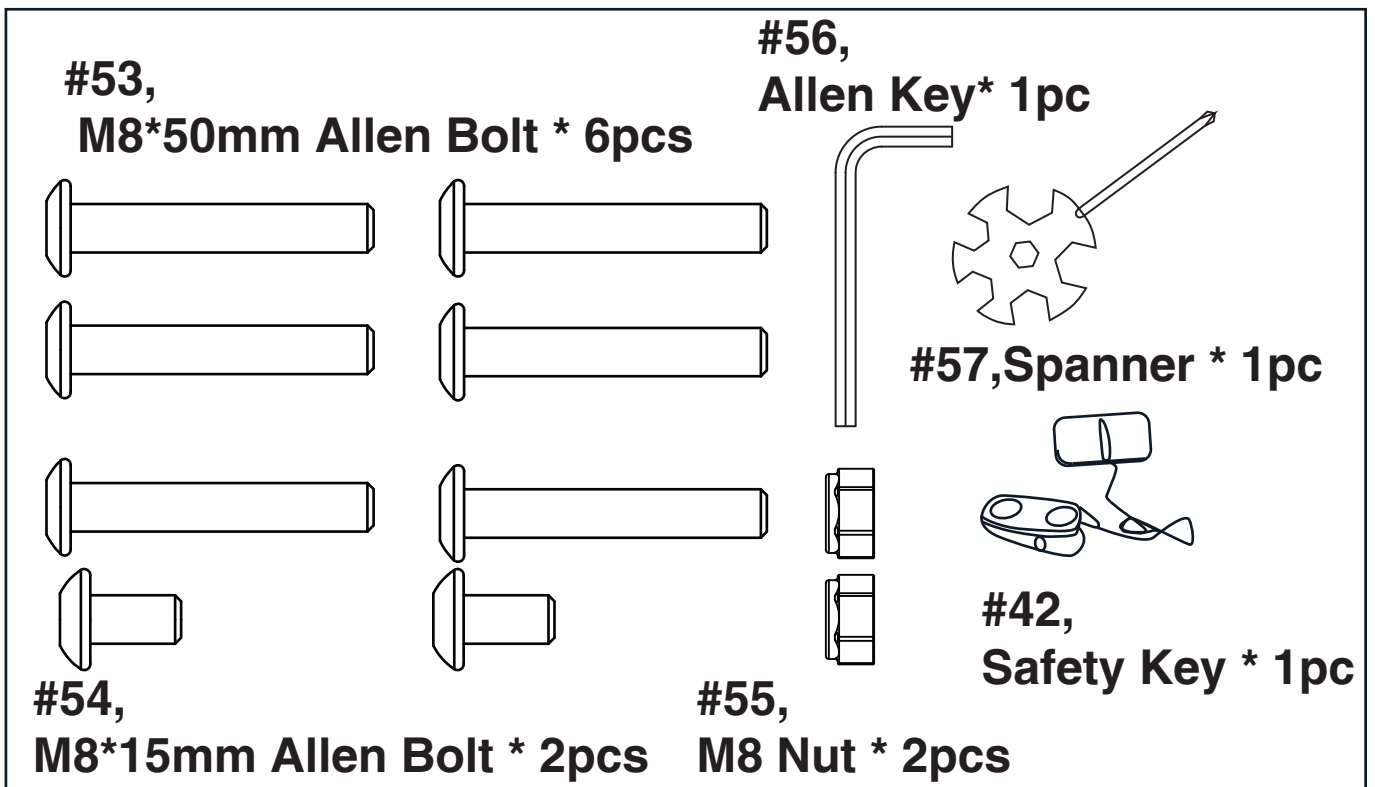
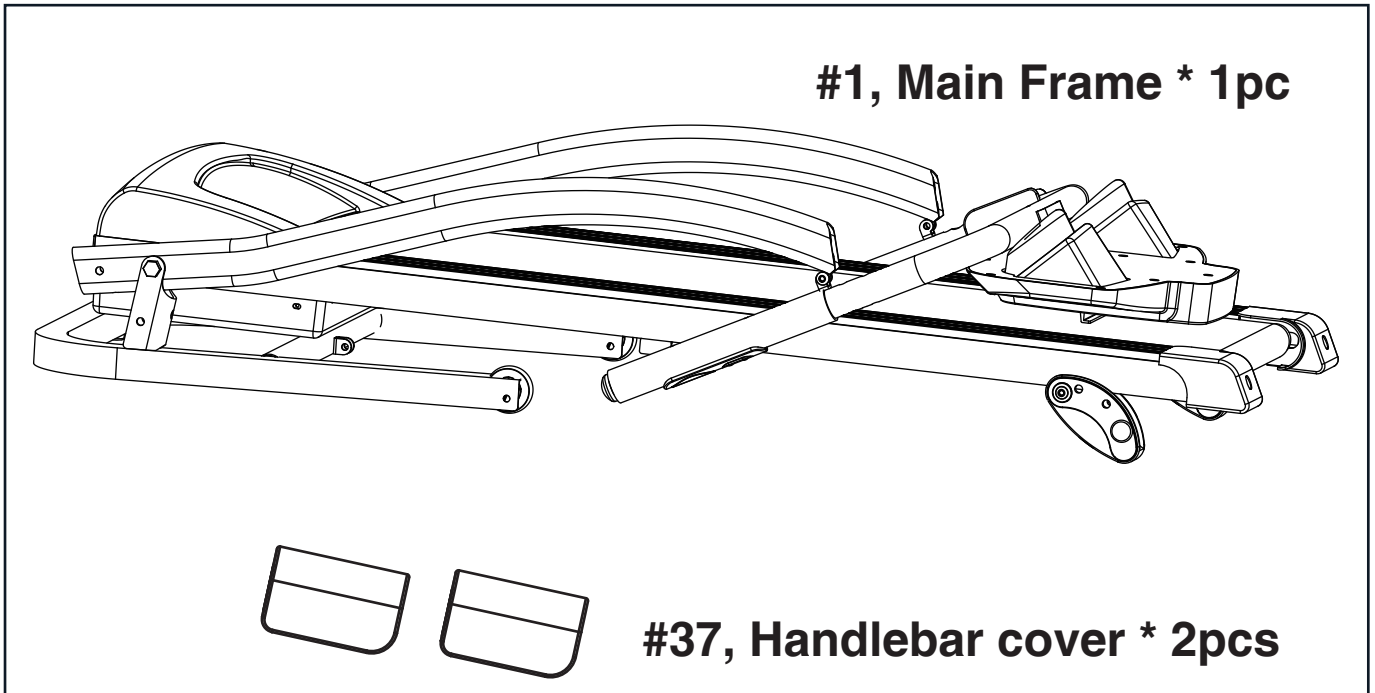
INSTRUCTION



TFK | 150



CHECK LIST

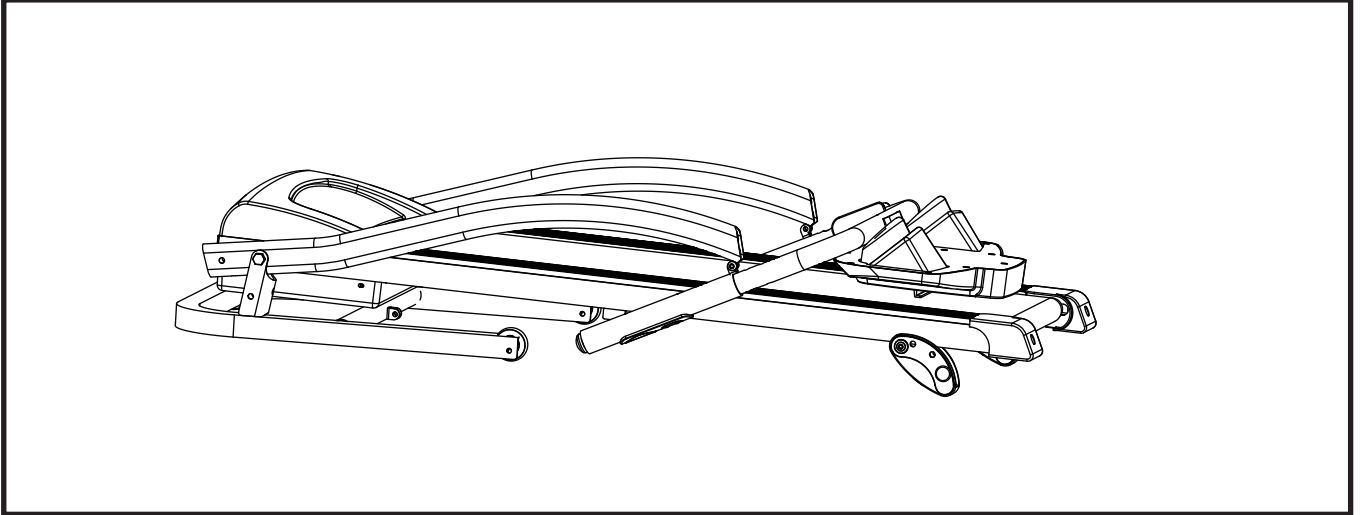




Assembly

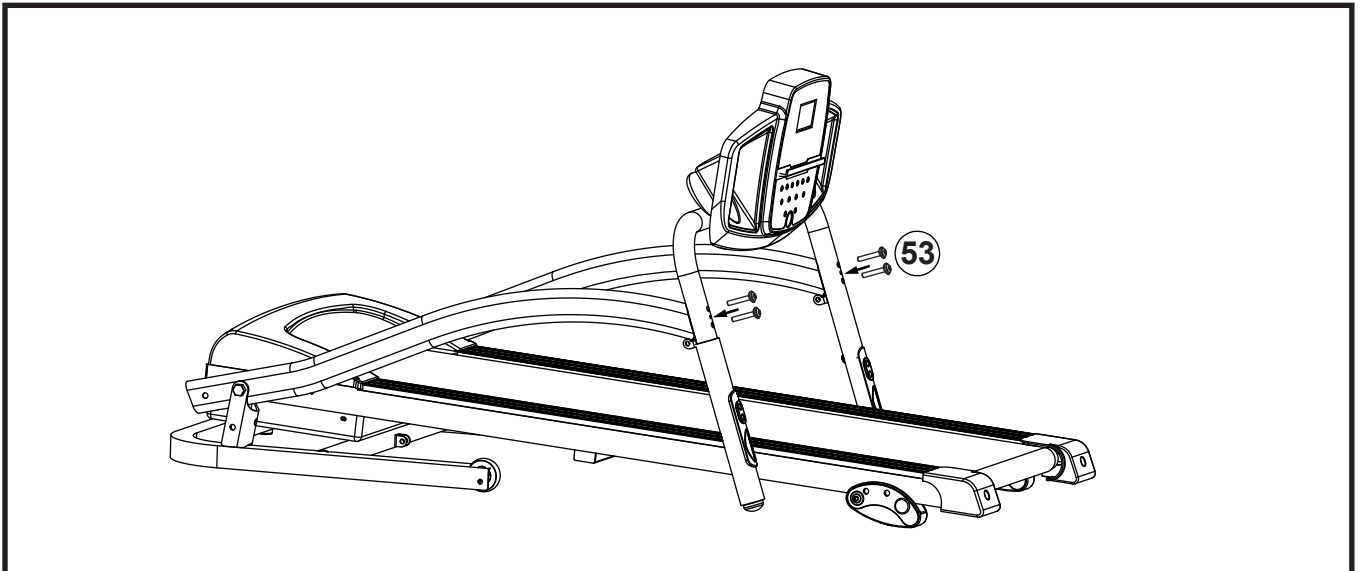


STEP. 1



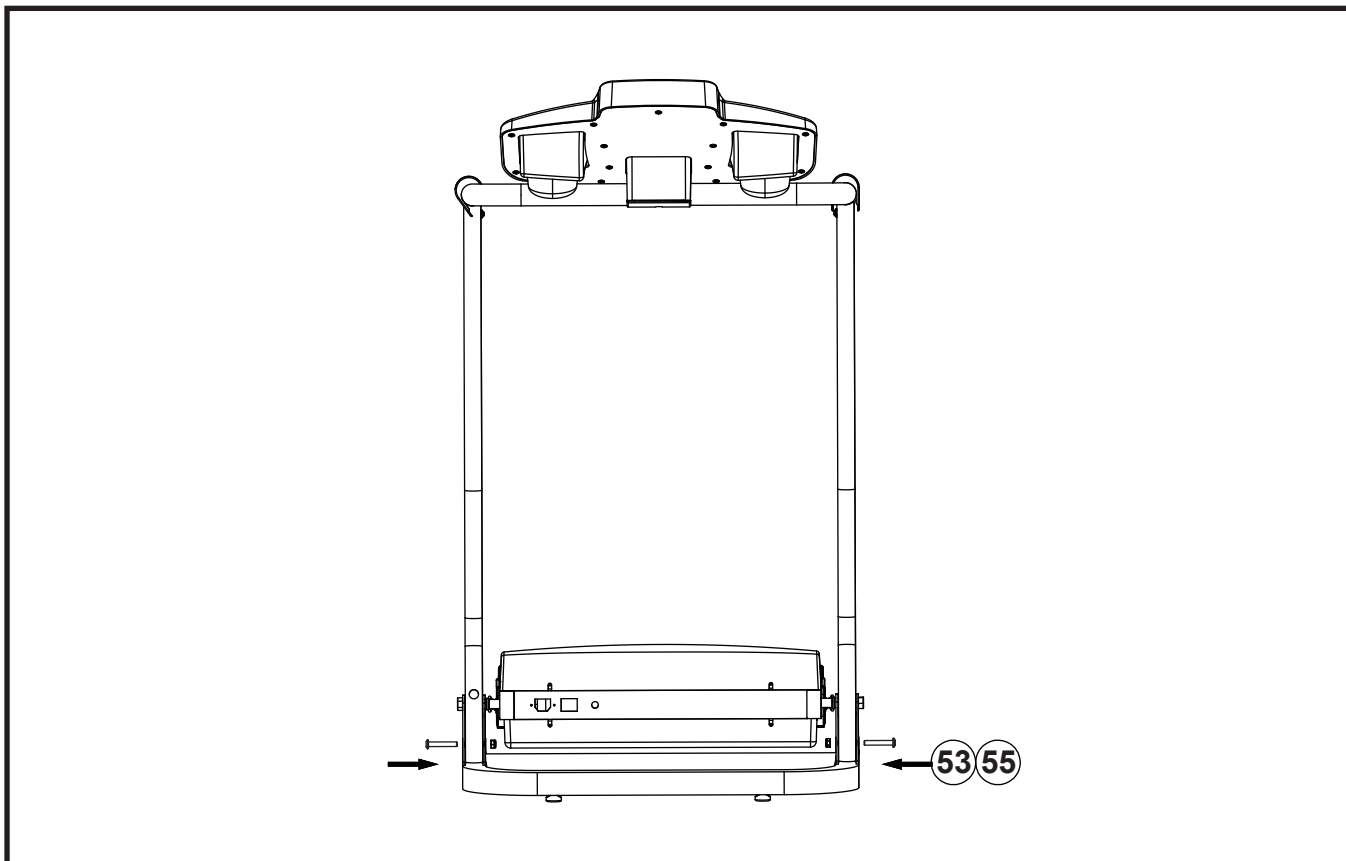
Place the Treadmill frame on the ground and open the frame by hand carefully.

STEP. 2



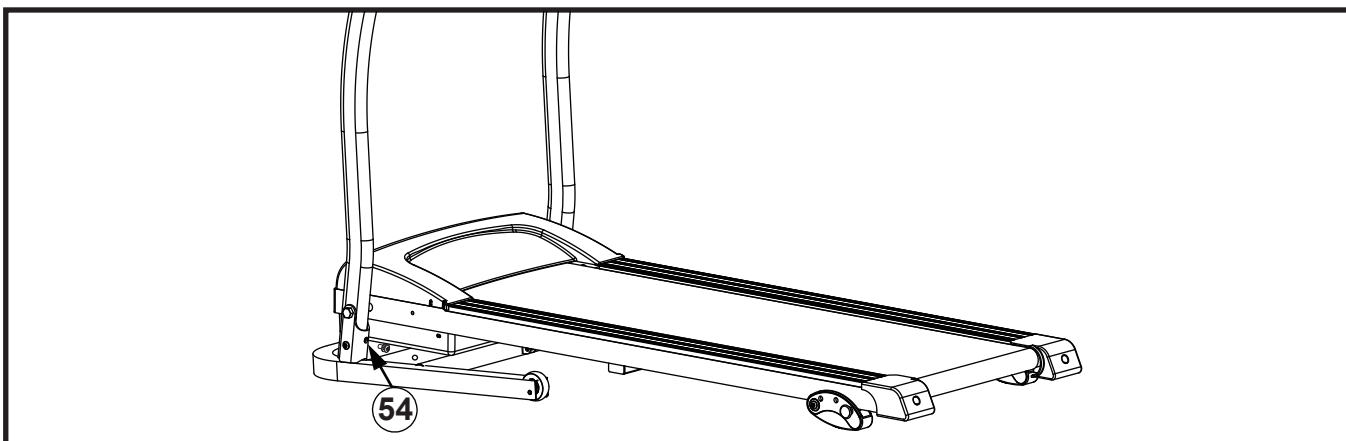
Fix the handrails and control panel onto the frame by screwing 4pcs M8x50mm bolt (53) in place. Tighten them with the allen key (56)

STEP. 3



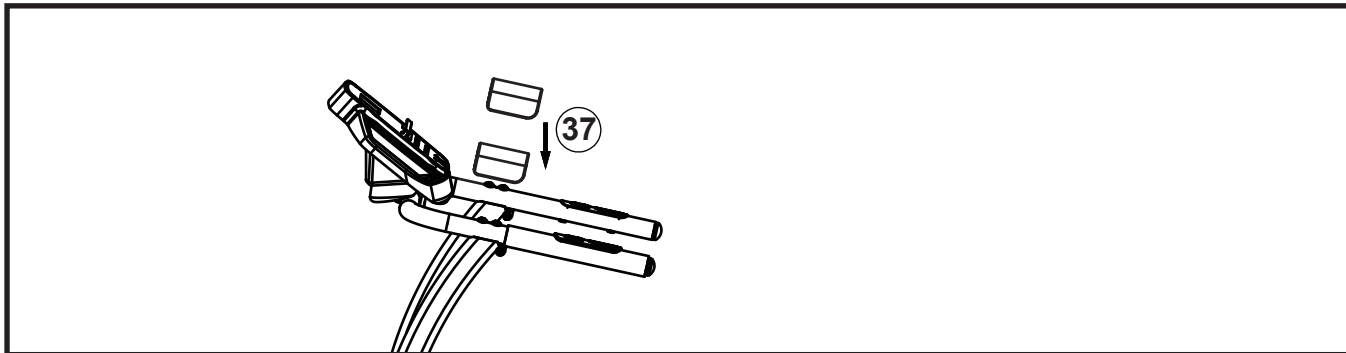
Unfold the handrails and tight the handlebar post with the main frame by screwing 2pcs M8x50mm bolt (53) and 2pcs M8 nuts (55) with the allen key (56) and spanner (57).

STEP. 4

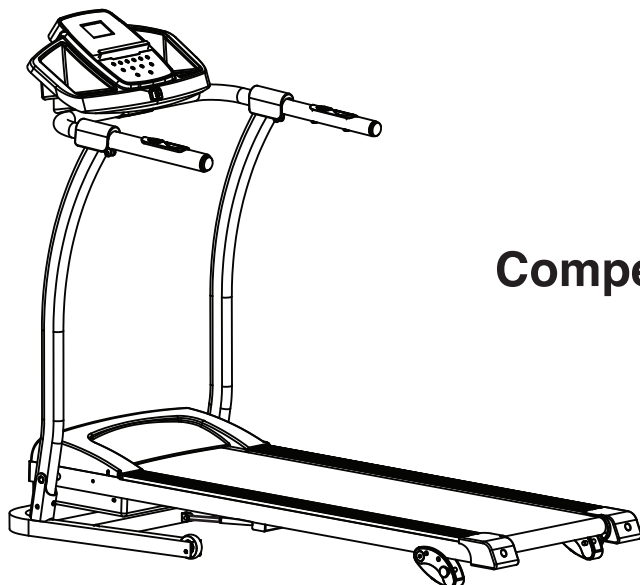


Fix the handlebar post with the main frame by screwing and tight 2pcs M8x15mm bolts (54) with allen key (56).

STEP. 5



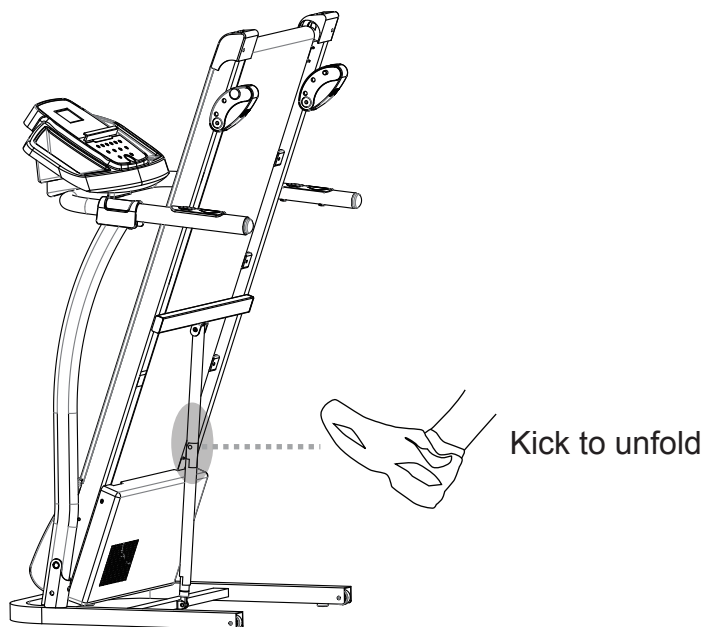
Cover the bolts with 2pcs handlebar cover (37)



Complete

Folding / unfolding the treadmill

Turn off the treadmill, turn off the main power switch and pull out the plug.
Lift up the running board carefully until hear the click.





User Information

Turning on the machine

Turn on the power at the wall and the red On/OFF power switch at the back of the machine. The machine should beep and the LED display will light up the console - you are now in stand-by-mode

Turning off the machine

When you have finished your workout, press the red On/Off switch at the back of the machine, turn the power off at the outlet, and remove the plug from the wall. Refer to the Maintenance Section of the User Manual for more information on how to maintain your treadmill.

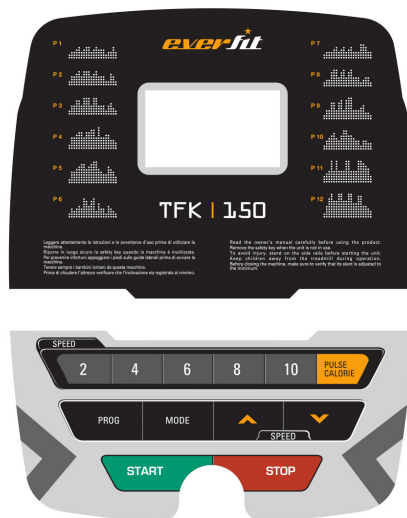
Emergency stop button

Place the emergency stop button on the yellow circle on the console and attach the clip to your clothing.



Note

The machine will not start unless the emergency stop button is attached to the machine. You can stop the machine at any time by pulling the emergency stop button off the control panel and the machine will stop instantly.



Starting the machine

To start the machine, press the START button and the 3 second countdown will begin. The machine will start at the lowest speed of 0.8 KM/H for 60 seconds.

Changing the speed

There are 3 ways to increase or decrease the speed.

1. Control panel - by pressing the up and down buttons.
2. Handrail controls - by pressing the buttons on the left handrail.
3. Quick start buttons - by pressing the quick start buttons to increase your speed to 2, 4, 6, 8 or 10 KM/H

Changing the time in manual mode

1. Press the MODE button once - 30 minutes will be displayed in the LED display.
2. Select the time using the speed buttons.
3. Press the START button - the machine will beep and start moving at the lowest speed, 0.8 KM/H.
4. Select the speed - refer to Changing the speed section.
5. The LED will display the time left.

Changing the distance in manual mode

1. Press the MODE button twice - 1KM will be displayed in the LED display.
2. Select the distance using the speed buttons.
3. Press the START button - the machine will beep and start moving at the lowest speed, 0.8 KM/H.
4. Select the speed - refer to Changing the speed section .
5. The LED will display the distance left. Selecting the pre-set programs.

Program

There are 12 pre-set programs for you to choose and you can change the time and speed. The pre-set programs each have a pre-set time of 30 minutes that is divided into 20 segments of 1.5 minutes (each representing 5% of the total time selected). Refer to the table below:

1. Press the PROG button until the desired program is displayed in the LED panel.
2. Select the time between 5 and 60 minutes by using the speed buttons.
3. Press the Start button - the machine will beep and the program will start automatically.

Program	Speed (km/h) per segment																			
P1	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P3	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	2	4	4	5	6	7	7	5	6	7	8	8	5	4	4	6	5	5	4	2
P6	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2
P7	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	2	3	3	6	7	7	4	6	7	4	4	4	6	7	4	4	4	2	3	2
P9	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	3	4	5	9	5	9	5	5	5	9	9	5	5	5	9	9	8	7	6	3
P12	2	5	8	10	7	7	10	10	7	7	10	10	6	6	7	7	5	5	4	3

Monitoring calories burned and heart rate

Press the PULSE/CAL button once to monitor the number of calories you have burned.
Press the PULSE/CAL button twice and place your thumbs on the silver heart rate sensors to monitor your heart rate.

Stopping the machine

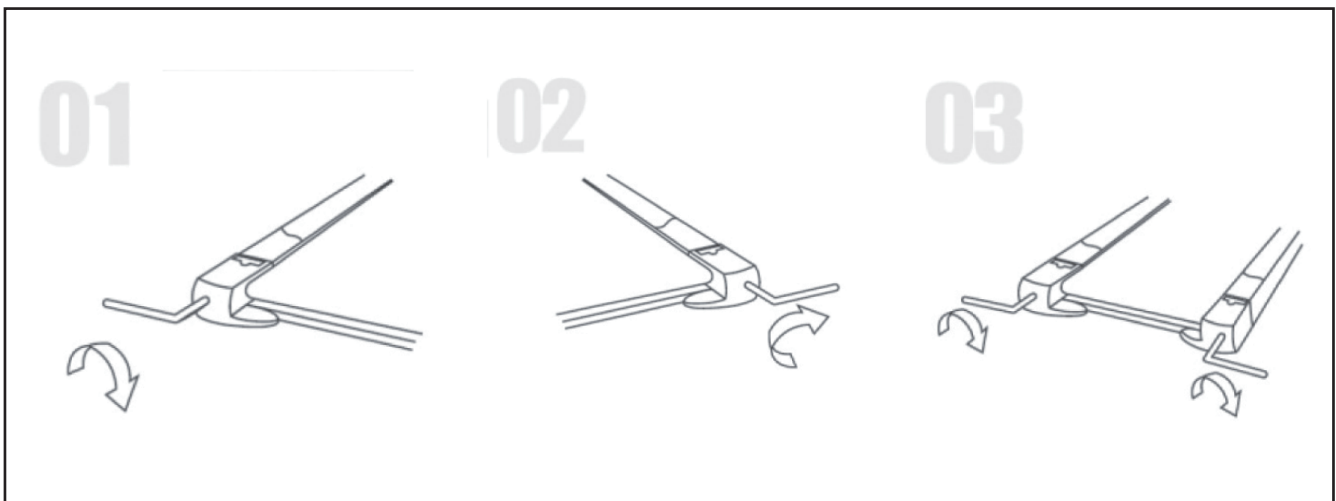
Simply press the STOP button on the control panel OR remove the emergency stop button and the machine will stop instantly.

ADJUSTING THE RUNNING SURFACE

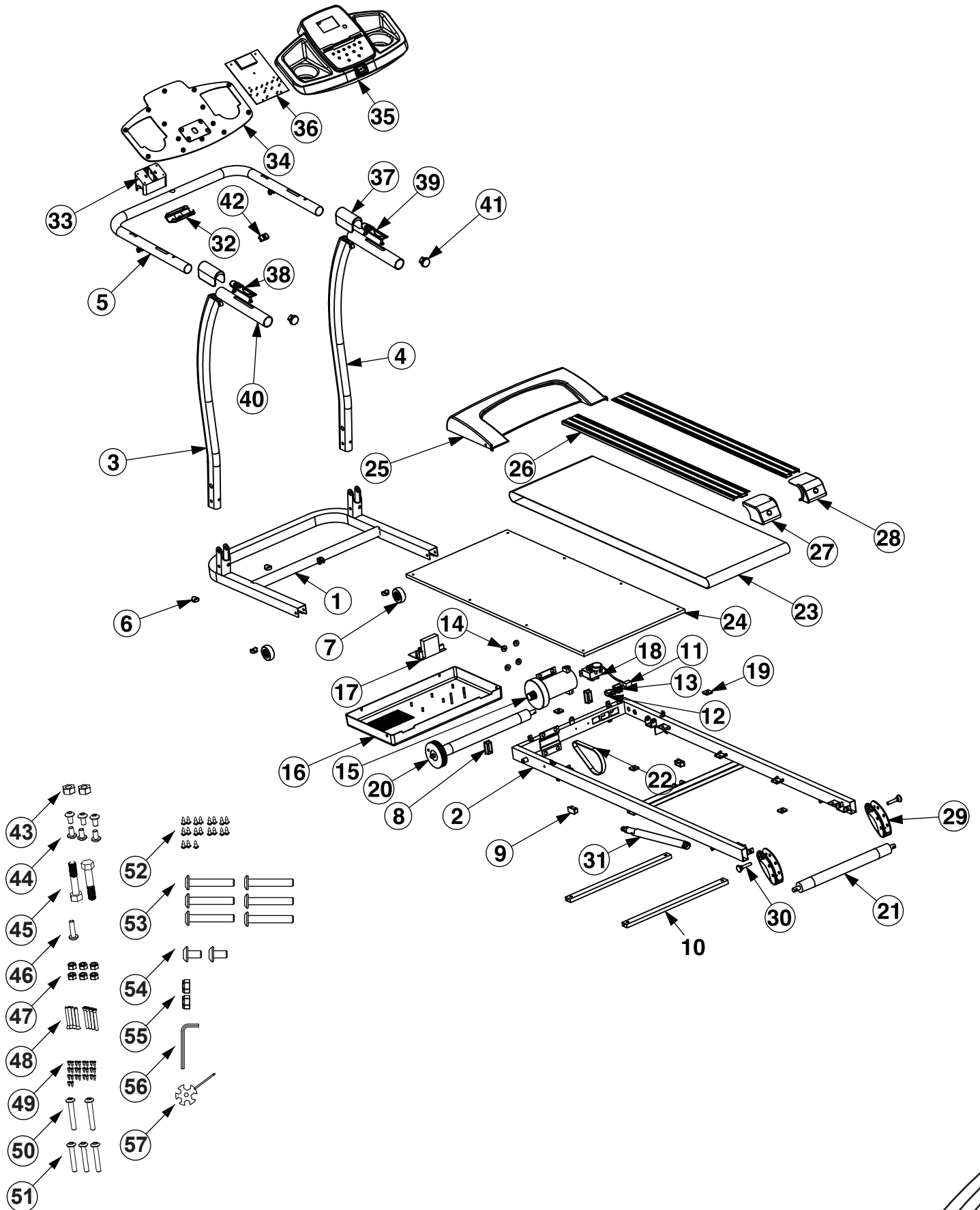
If the running surface becomes loose it can be adjusted by turning both sides evenly. Turning clockwise will tighten the running surface. Turning counter-clockwise will loosen the running surface.

If the running surface moves to one side, adjust by tightening the loose side. Turning clockwise will tighten. Turning counter-clockwise will loosen.

Small adjustments are recommended ie quarter or half turns vs full turns and tightening the running surface too tightly and damaging the machine.



EXPLODED VIEW



PART LIST

NO.	DESCRIPTION	Q'TY
1	MAIN FRAME	1
2	RUNNING FRAME	1
3	HANDLEBAR POST(LEFT)	1
4	HANDLEBAR POST(RIGHT)	1
5	UPPER HANDLEBAR	1
6	RUBBER FEET	4
7	TRANSPORTATION WHEELS	2
8	END CAP FOR RUNNING FRAME	2
9	END CAP FOR BEARING TUBE	2
10	STRENGTHEN TUBE	2
11	POWER CABLE	1
12	OVERLOAD PROTECTION POWER	1
13	SWITCH BUTTON	1
14	RUBBER FEET FOR MOTOR	4
15	MOTOR	1
16	MOTOR HOUSING (BEAR)	1
17	IC BOARD	1
18	INDUCTOR	1
19	EVA STICKER	4
20	ROLLER TUBE (FRONT)	1
21	ROLLERR TUBE (BEAR)	1
22	MOTOR BELT	1
23	RUNNING BELT	1
24	RUNNING BOARD	1
25	MOTOR HOUSING (UPPER)	1
26	SIDE FRAME TUBE	2
27	FRAME END CAP (LEFT)	1
28	FRAME END CAP (RIGHT)	1
29	ADJUSTING FEET	2
30	PINS	2
31	AIR-HYDRAULIC	1
32	BEARING COVER	1
33	BEARING SEAT	1
34	CONSOLE HOUSING (BEAR)	1
35	CONSOLE HOUSING (UPPER)	1
36	CONSOLE IC BOARD	1
37	HANDLEBAR COVER	2
38	HAND-PULSE SENSOR WITH ON/OFF	1
39	HAND-PULSE SENSOR WITH SPEED+/-	1
40	FOAM GRIP	2
41	HANDLEBAR END CAP	2
42	SAFETY KEY	1
43	M12 HEXAGON NUT	2
44	M8*15 TUMBLER HEXAGON SOCKET HEAD CAP SCREW	6
45	M12*60 HEXAGONAL SCREW	2
46	M8*30 TUMBLER HEXAGON SOCKET HEAD CAP SCREW	1
47	M8 LOCK NUT	6
48	M6*40 COUNTERSUNK HEAD CROSS SCREW	8
49	ST3*8 CROSS RECESSED PAN HEAD SCREW	26
50	M8*55 TUMBLER HEXAGON SOCKET HEAD CAP SCREW	2

NO.	DESCRIPTION	Q'TY
51	M8*50 TUMBLER HEXAGON SOCKET HEAD CAP SCREW	3
52	ST4*12 LARGE FLAT HEAD CROSS SCREW	19
53	M8*50MM ALLEN BOLT	6
54	M8*15MM ALLEN BOLT	2
55	M8 NUT	2
56	ALLEN KEY	1
57	SPANNER	1



GARLANDO SPA

Via Regione Piemonte, 32 - Zona Industriale D1

15068 - Pozzolo Formigaro (AL) - Italy

www.everfit.it - info@everfit.it