

# everfit

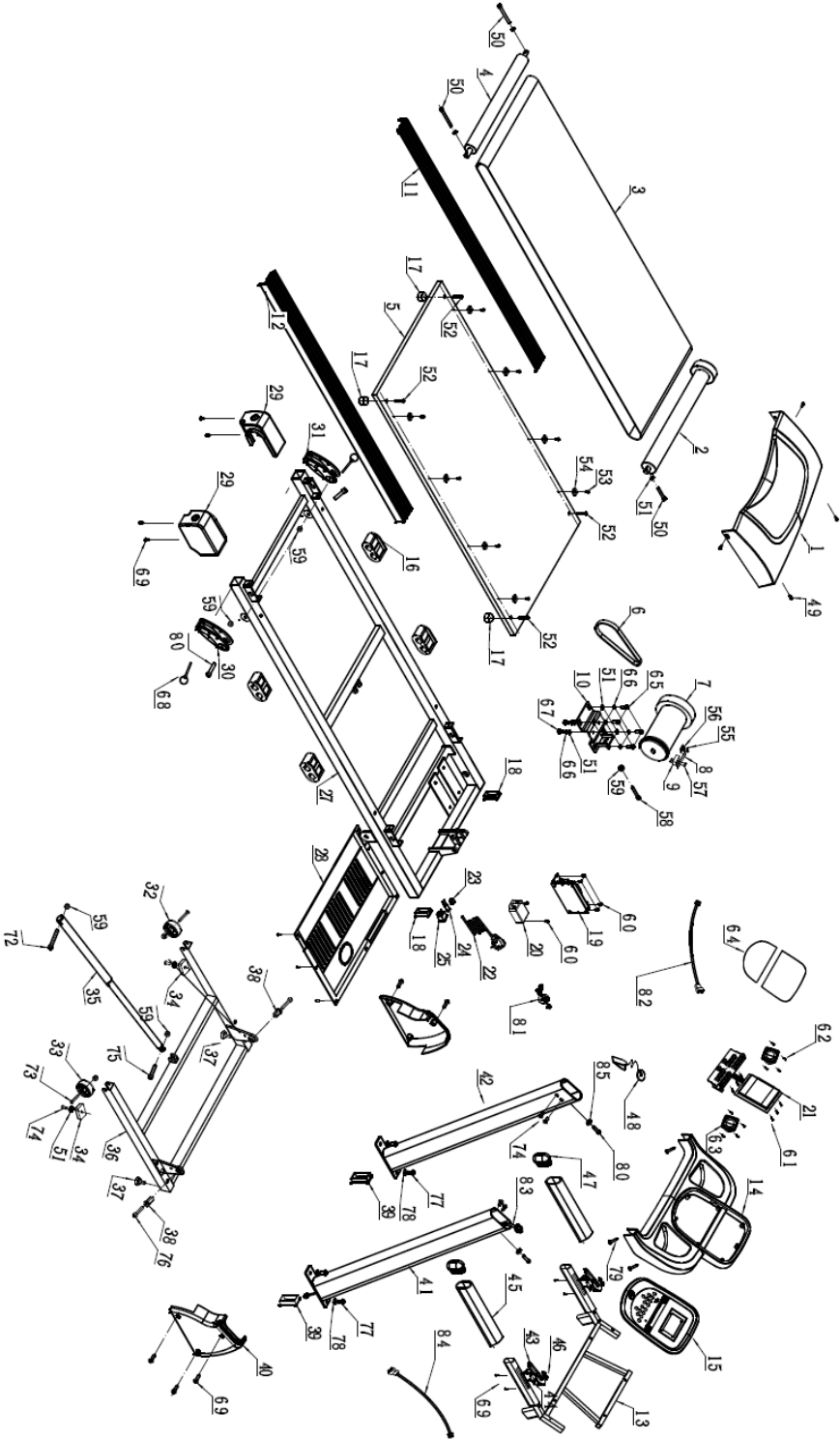
## INSTRUCTION



# TFK350



# EXPLODED DRAWING



**PARTS LIST**

<b>PART NO</b>	<b>PART NAME</b>	<b>Q'TY</b>
1	MOTOR COVER	1
2	FRONT ROLLER	1
3	RUNNING BELT	1
4	REAR ROLLER	1
5	RUNNING DECK	1
6	MOTOR BELT	1
7	MOTOR	1
8	SPEED SENSOR FRAME	1
9	SPEED SENSOR	1
10	MOTOR FIXED FRAME	1
11	LEFT SIDE RAIL	1
12	RIGHT SIDE RAIL	1
13	CONSOLE FRAME	1
14	CONSOLE MAIN BODY	1
15	CONSOLE SMALL PANEL	1
16	SILICA GAS CUSHION	4
17	DECK FIX CUSHION	4
18	FRONT TUBE PLUG OF RUNNING PLATFORM	2
19	CONTROL BOARD	1
20	FILTER	1
21	CONSOLE CONTROL BOARD	1
22	POWER WIRE	2
23	POWER WIRE CUSHION	1
24	FUSE	1
25	POWER SWITCH	1
26	MOVE WHEEL	2
27	RUNNING PLATFORM FRAME	1
28	MOTOR BELLY PAN	1
29	END CAP	2
30	LEFT MANUAL INCLINE	1
31	RIGHT MANUAL INCLINE	1
32	BASE FRAME MOVE WHEEL LEFT	1
33	BASE FRAME MOVE WHEEL RIGHT	1
34	RUBBER CUSHION	2
35	DAMPER	1
36	BASE FRAME	1
37	LEVEL FRAME	2
38	CONNECT SHEAT OF RUNNING PLATFORM	2
39	BADE FRAME FRONT TUBE PLUG	2

40	UPRIGHTS PROTECT COVER	2
41	RIGHT UPRIGHT	1
42	LEFT UPRIGHT	1
43	SHORTCUT KEY	2
44	SHORTCUT WIRE BOARD	2
45	FOAM	2
46	SHORT KEY PRESS	4
47	HANDLEBAR TUBE PLUG	2
48	SAFETY KEY	1
49	ST4.8*16 SCREW	11
50	M8*85 ALLEN HEAD BOLT	3
51	φ8 WASHER	13
52	M8*65 ALLEN HEAD BOLT	4
53	ST4.2*15 SCREW	8
54	SIDE RAIL CUSHION	8
55	5/32 BOLTS	2
56	5/32 NO-SLIP WASHER	2
57	ST2.9*8 SCREW	4
58	M8*70 ALLEN HEAD BOLT	1
59	M8 NYLON NUT	7
60	ST4.2*20 SCREW	6
61	ST2.9*8 SCREW	9
62	ST2.9*12 SCREW	8
63	SPEAKER	2
64	OVERLAY	1
65	M8*20 ALLEN HEAD BOLT	4
66	φ8 SPRING WASHER	6
67	M8*12 BOLTS	2
68	PLUG	2
69	ST4.2*15 SCREW	10
70	M8*25 BOLTS	2
71	φ16 PLASTIC WASHER	2
72	M8*45 ALLEN HEAD BOLT	1
73	M8*50 ALLEN HEAD BOLT	2
74	M8*20 ALLEN HEAD BOLT	8
75	M8*35 ALLEN HEAD BOLT	1
76	M8*60 ALLEN HEAD BOLT	2
77	M10*20 ALLEN HEAD BOLT	4
78	φ10 WASHER	6
79	ST4.2*20 SCREW	4
80	M8*25 ALLEN HEAD BOLT	4
81	magnet ring	2
82	CONNECTION WIRE 3	1
83	CONNECTION WIRE 2	1
84	CONNECTION WIRE 1	1

## 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
69	ST4.2*15 SCREW	6
74	M8*20 ALLEN HEAD BOLT	4
77	M10*20 ALLEN HEAD BOLT	4
78	φ10 WASHER	4
80	M8*25 ALLEN HEAD BOLT	2
85	φ8 ARC WASHER	2
A	5mm SOCKET HEAD WRENCH	1
B	6mm SOCKET HEAD WRENCH	1
C	LUBRICANT	1
D	SCREWDRIVER	1



A



B



C



D



85



69



74



77



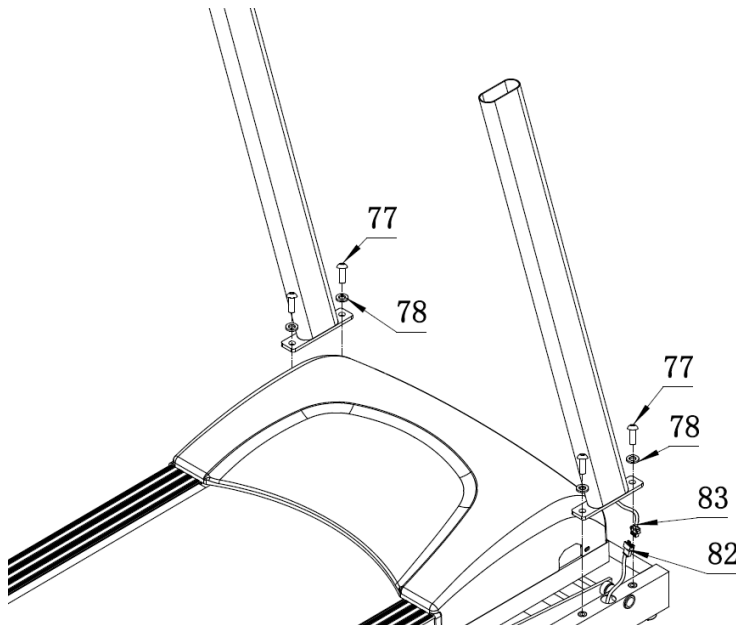
78



80

## ASSEMBLY INSTRUCTIONS

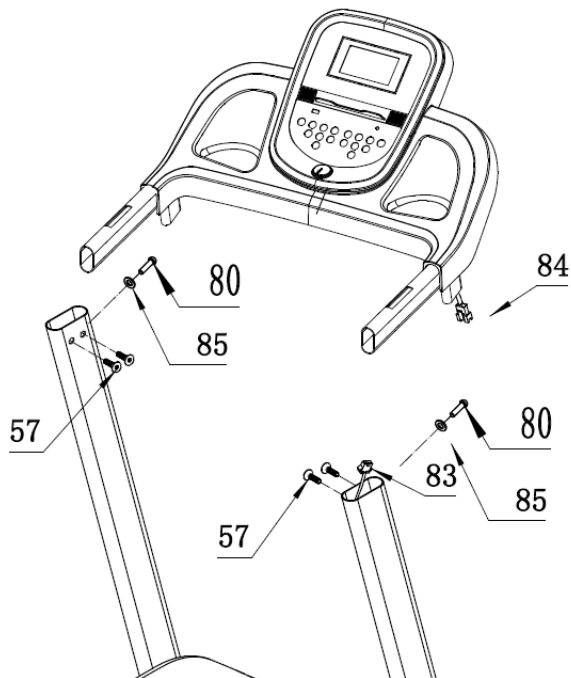
**WARNING:** Please put on all the screws, washers and bolts then tighten them.



### STEP1:

First make to connect the communication cable.

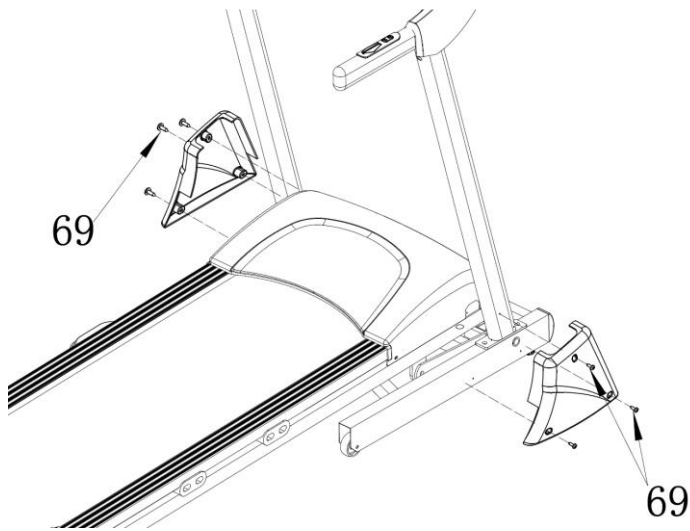
Then fix the uprights on the base frame with M10\*20 ALLEN HEAD BOLT 77 and Φ10 WASHER 78..



### STEP2:

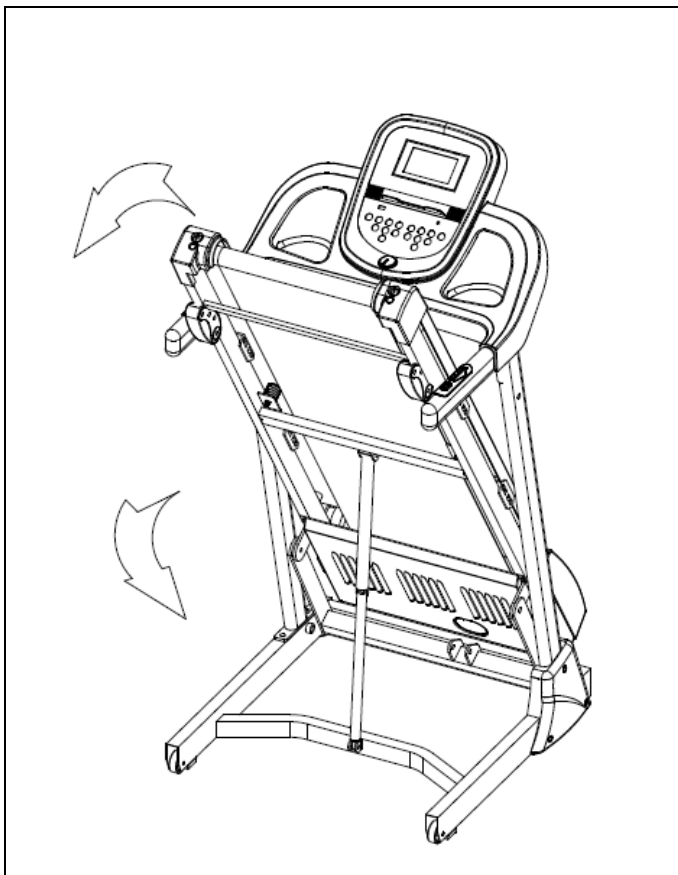
First make to connect the communication cable.

Fix the computer on the uprights with ST2.9\*8 SCREW 57、φ8 ARC WASHER 85 and M8\*25 ALLEN HEAD BOLT 80..



**STEP3:**

Fix the Upright protective cover on the uprights with ST4.2\*15 SCREW 69.

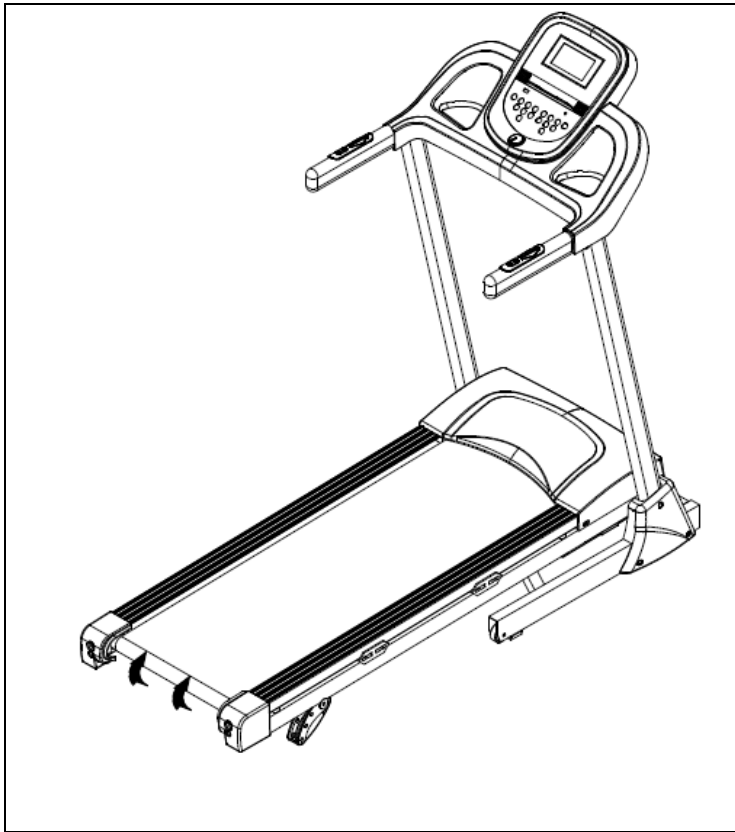


**Folding illustration:**

Folding illustration:

To drop down treadmill:

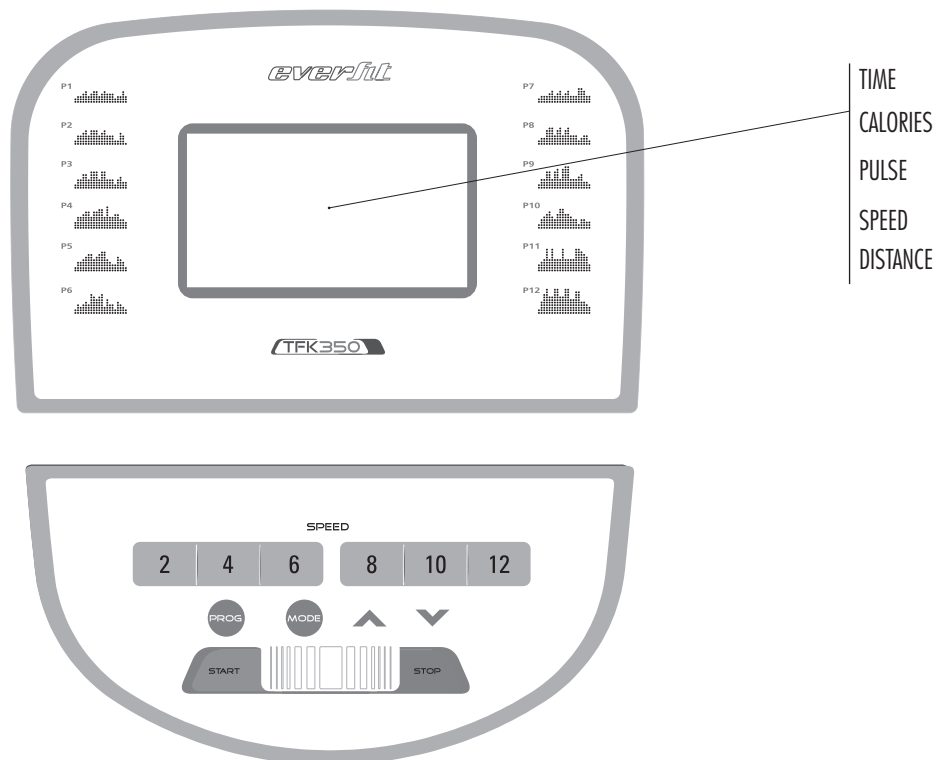
1. Strike the damper.
2. Hold on to the top end covers and pull down the treadmill slowly on the ground.



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

## COMPUTER OPERATION

### Panel layout





# The Operation

## 1. Window description:

The LCD window functions as follows

- 1, "TIME" window: show the movement time.
- 2, "DIST." Distance window: shows the distance of movement
- 3, "CAL" calorie window: show the movement of calories consumed
4. "PULSE" Display Pulse Value
- 5, "SPEED" speed: display movement speed, in the start process, display 5 seconds countdown: 5, 4, 3, 2, 1; PROG. Set, the display P1 ~ P12

## 2. Key function:

1, "PROGRAM" button:

- 1.1 program selection keys. The selection order is: Manual mode -P1-P12 -U1-U2-U3-FAT loop.
- 1.2 fat under the mold under the state for the fat parameters selection keys: select the order: "name", "age", "body" "High", "weight".

2, "MODE" button:

- 2.1 Standby mode is the countdown mode selection key. The selection order is: Manual mode - Time countdown - Distance countdown - Heat countdown cycle.

3, "START" button: start button. Press this button, the treadmill in 5 seconds after the countdown from the lowest speed or program default speed to start running.

4, "STOP" button: stop key. When you press this button, the treadmill slows down to stop.

5, SPEED ▲, ▼: Speed addition and subtraction adjustment. Adjustable speed when moving. Can be used to adjust the parameters when stopped.

SPEED (2.4.6.8.10.12): Quick adjustment key.

6, the left handrail keys: lift adjustment keys.

7, the right handrail keys: speed adjustment keys.

## 3. The main function:

Turn on the power, all the windows light for 2 seconds, then enter the standby state.

### 3.1 Quick Start (Manual Mode):

Press the start button, press the start button, after 5 seconds countdown, the treadmill from the lowest speed start running, press SPEED ▲ / ▼ and speed shortcut keys to adjust the speed, press INCLINE ▲, ▼ and the shortcut keys to adjust the slope, to stop the operation, press the stop button or directly disconnect the security lock can be.

### 3.2 Countdown mode:

Press the "MODE" button, you can choose: time countdown, distance countdown, heat

down countdown. The corresponding window displays the default value and blinks. Press "SPEED ▲ / ▼" at this time to adjust to the desired value. Press the START key, after 5 seconds countdown, the treadmill from the lowest speed start running, press SPEED ▲ / ▼ and speed shortcut keys to adjust the speed, press INCLINE ▲, ▼ and the shortcut keys to adjust the slope, when the window value down When the meter reaches 0, the treadmill slows down to stop. Of course, you can directly press the "STOP" key or disconnect the security lock to stop running.

### 3.3 built-in programs:

Press the "PROGRAM" button, select P1 --- P12 which is a built-in program. The "TIME" window displays the default value and blinks, and press the "SPEED ▲ / ▼" key to adjust to the desired movement time. Built-in program is divided into 20 segments, each running time for the set time of 1/20. Press the START key, the treadmill in 3 seconds after the countdown according to the first paragraph of the speed of the number of steps to start running, when the end of a section of the operation, automatically enter the next section of the operation, the speed automatically adjusted for the value of the paragraph. After all the sections are finished, the treadmill slows down to stop. Press the "SPEED ▲, ▼ and Speed Shortcuts" to adjust the speed. Press the INCLINE ▲, ▼ and Lift shortcut keys to adjust the slope, but will automatically adjust to the program default when you enter the next section. During operation, you can also press the "STOP" key or disconnect the safety lock to stop the operation.

### 3.4 Custom Programming (U1-U3):

In addition to 12 system built-in program, there are three user-defined programs that allow the user to set up according to personal circumstances: U1, U2, U3.

#### 1, the user-defined program settings:

Press "PROGRAM" key in the standby mode until you want to set the user-defined program (U1-U3), press "MODE" key to enter the setting, and then set the first time period, set "SPEED + "SPEED -" key or speed shortcut key to set the speed, press "MODE" key to complete the first time period setting and enter the second time period to set the state until all the 20 (distance window display S1-S20) time Section of the settings; set up after the data will be permanently saved until you next reset, this data will not be lost due to power failure.

#### 2, the user-defined program start:

A, in the standby mode, press the "PROGRAM" key until you want to run the user-defined program (U1-U3), and set the run time and press the start button to start.

B, in the user-defined program and run time set by pressing the start button can also be started immediately.

### 3, user-defined program settings Description:

Each program will be divided into 20 time periods, set to complete all 20 time periods of speed and slope and run time settings, in order to start the treadmill by start button.

4. In the course of the operation can be "SPEED +", "SPEED -" to adjust the speed, when the end of a section of the operation, automatically enter the next section of the operation, the speed automatically adjusted for the set value.

### 4、 Heartbeat measurement:

Hold the left and right handrails in both hands, about 5 seconds after the "PULSE" window will show your heartbeat, in order to obtain a more accurate heartbeat, stand on the treadmill and stop at the time of measurement, and holding time of not less than 30 second. Heartbeat data only for the degree of exercise to the reference, not as medical data.

### 5. Fat mode:

Press "PROGRAM" key in the standby mode to display the "Fat" mode when the window displays "FAT". Press the "MODE" key to select the parameter category ("name", "age", "height", "weight"). The corresponding window will display "-1-", "- 2 -", "- 3 -" "- 4-". For each parameter category, press the "SPEED ▲, ▼" key to adjust the parameter value. When all parameters are adjusted, press the "MODE" key again. The corresponding window will be displayed "- 5" and "---", said into the state to be measured, then hold the left and right hand arm steel. After about 5 seconds, the corresponding window shows your body fat index.

#### 5.1 Input parameter display and setting range

Parameter Category	Default Value	Setting Range	Remarks
Surname (-1-)	1 (male)	1—2	1 = male 2 = female
Age (-2-)	25years old	10—99 years old	
Height (-3-)	170 CM	100—220 CM	
Weight (-4-)	70KG	20—150KG	

#### 5.2 Body fat index control

Body fat index (BMI)	Obesity level
<19	slim
20--25	normal
25--29	overweight
≥30	obese

## 6. Security lock function

Any time the security lock is disconnected, the treadmill stops quickly and all data is cleared. All windows display "---". All normal operation and operation must be carried out with the safety lock closed.

## 7. Built-in program data table

Period		set the time / 20 time periods = up and down time of the run time																			
Program		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P06	SPEED	2	4	3	4	5	4	8	7	6	7	8	3	6	4	4	2	5	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	SPEED	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
P12	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3



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