

everfit

INSTRUCTION



TFK 1455 SLIM



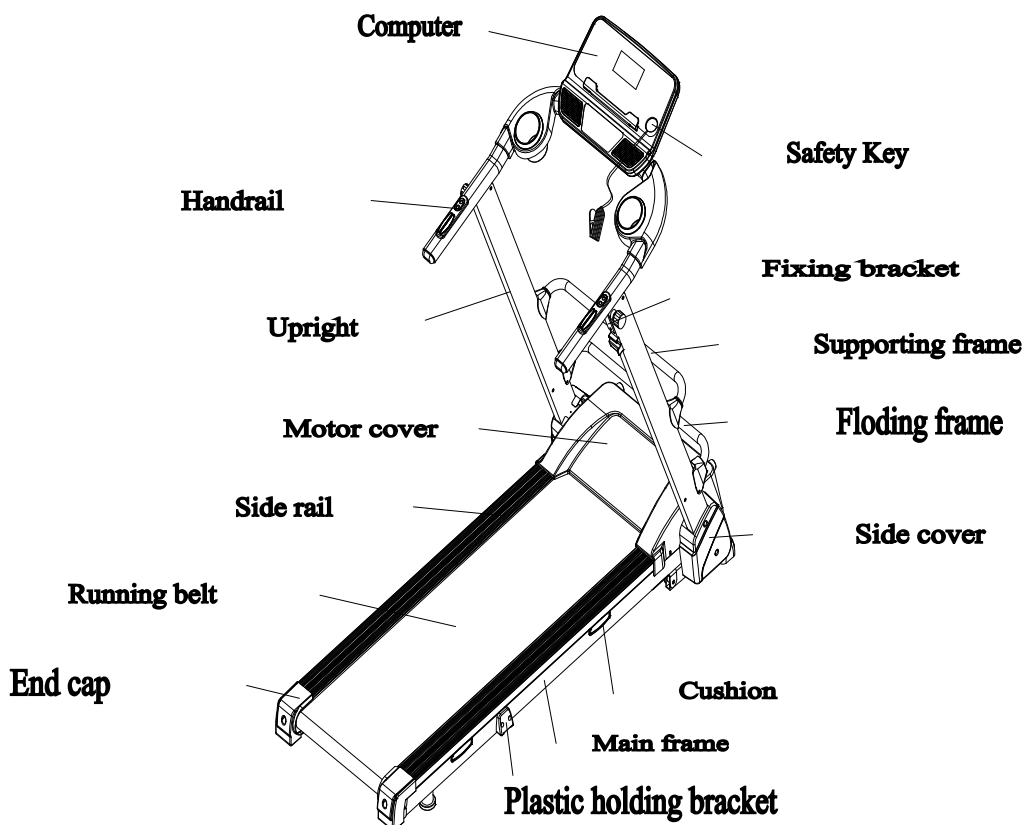
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Technical Parameters

| | |
|---------------------------------------|---|
| Input supply voltage : 220V | Working temperature: 0-40 °C |
| Speed range: 0.8-16KM/H | Incline range: 12 levels of Motor incline |
| Max. user weight: 110kg | 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: 1620*700*1455mm | Folding size: 1620*700*250mm |




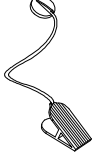



Product Overview



Assembly instruction

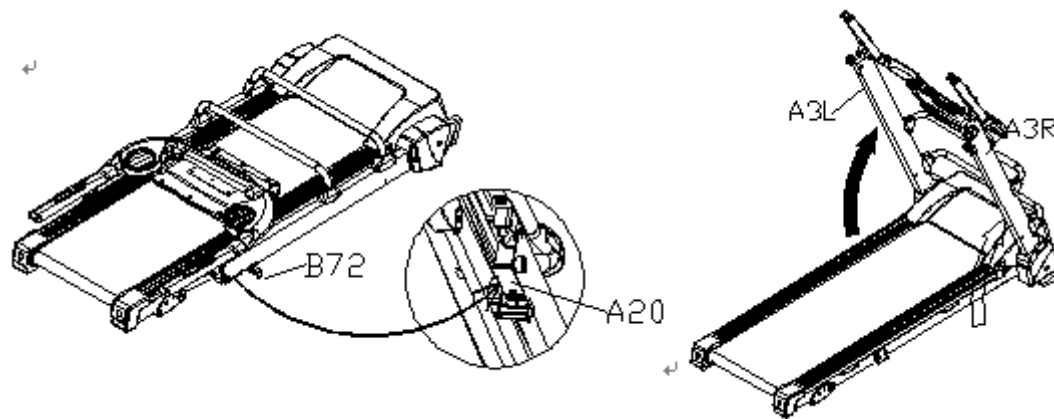
WHEN YOU OPEN THE CARTON, YOU WILL FIND THE BELOW SPARE PARTS:

STEP 1: Take out and prepare the below parts:

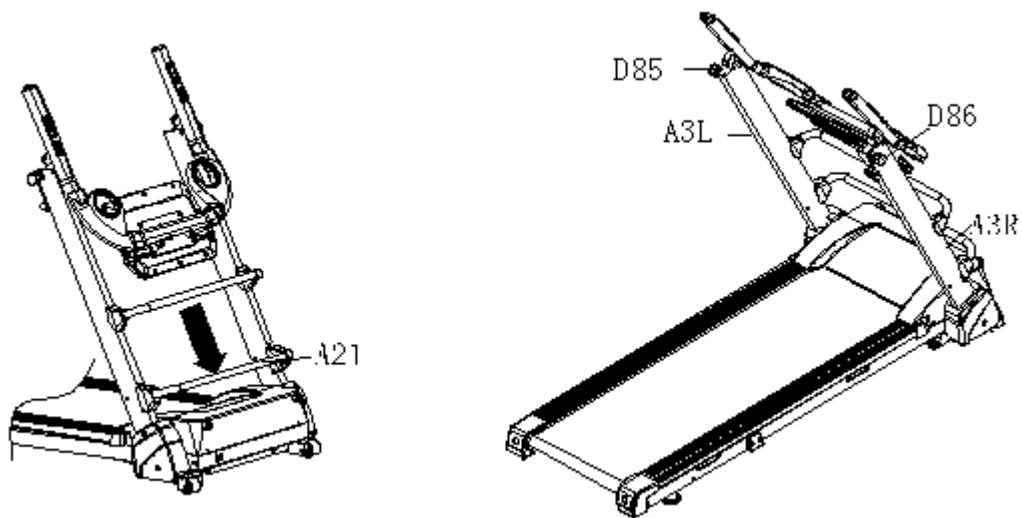
| | | | |
|---|---|--|---|
| <p>Main frame 1 set</p>  | <p>D85 Left knob M16 (small shape in plastic) 1PC</p>  | <p>B24 Silicon oil 1 PCS</p>  | <p>C2 Safety key 1 pc</p>  |
| <p>D29 Allen wrench 5MM, 1 PC</p>  | <p>D86 Right knob M16 (large shape in steel) 1PC</p>  | <p>B49 Water bottle 2PCs</p>  | |

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.

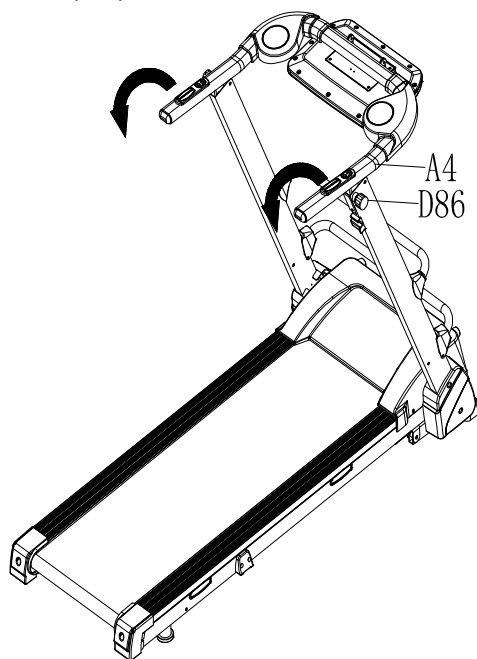
STEP 2: Make sure fixing bracket (A20) parallels with right upright (A3R). Pull out the plug (B72), and lift up the left/right uprights (A3L/A3R).



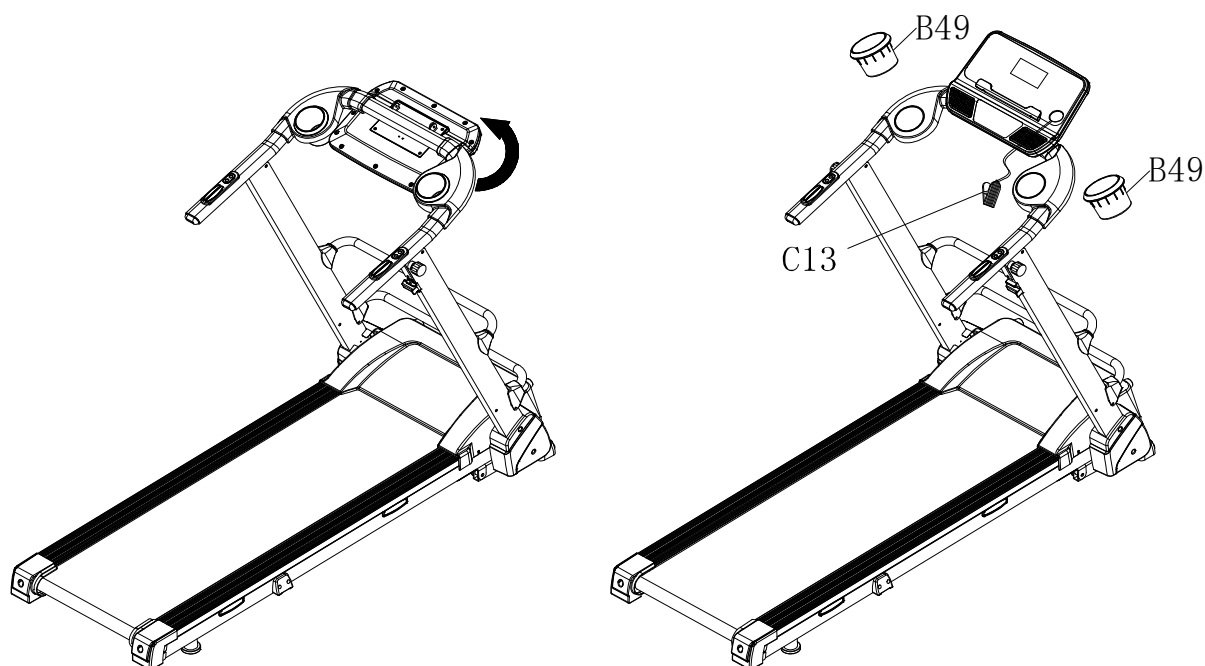
STEP 3: Push down the folding frame (A21) to confirm treadmill is in locking position. Plug in the left/right knobs M16 (D85/86) onto left/right uprights (A3L/A3R). Then tighten the left knob M16 (D85), and rotate the right knob M16 (D86) for over a whole round and confirm it's tightened.



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



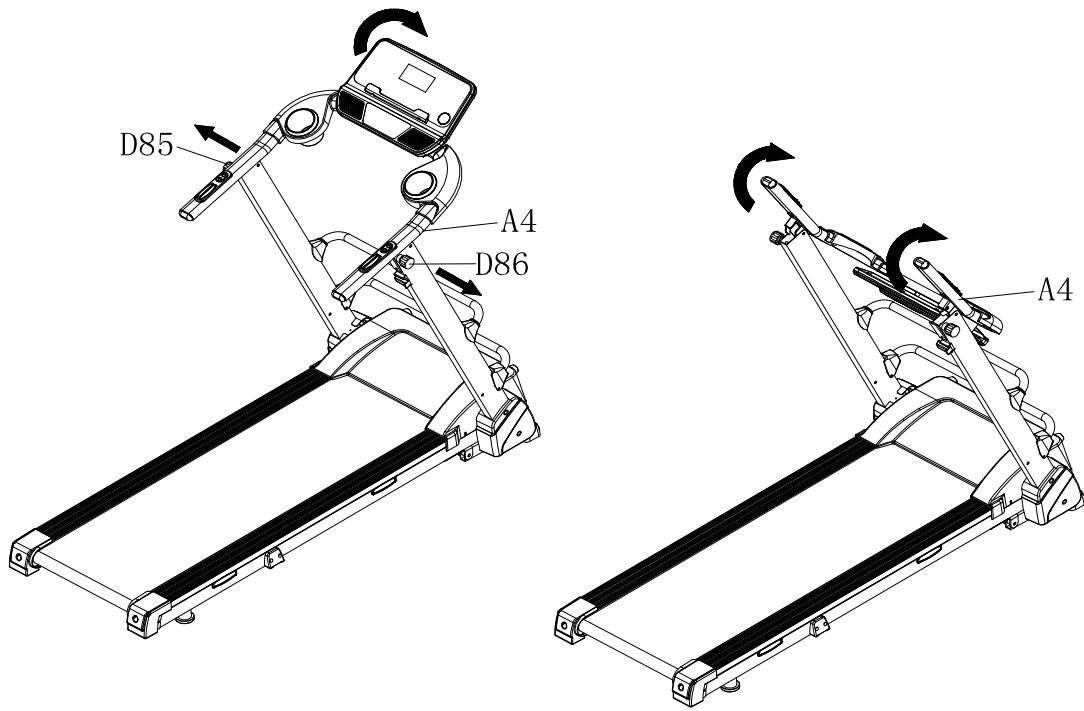
Step 5: Turn the console to the front and push both handrails down till you hear the “click” sound. Then place on safety key (C13) and water bottle (B49).



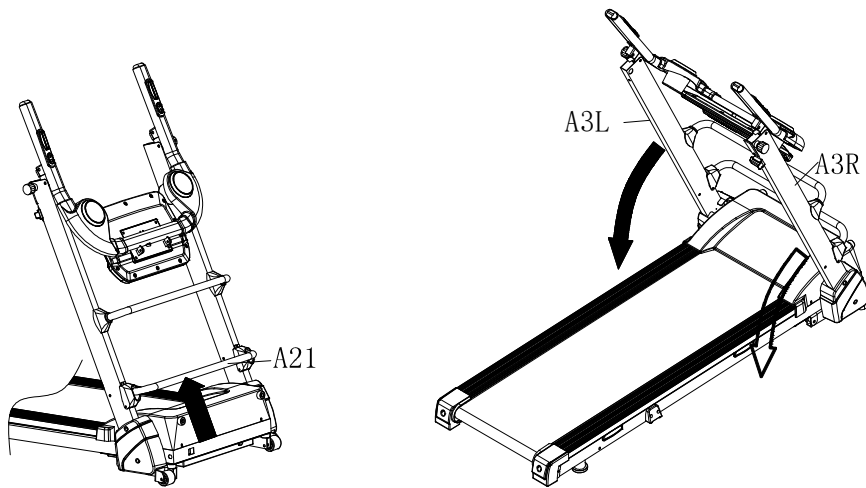
Step 6: To check if the running belt runs correctly, placing treadmill in folding position and tightening all the bolts. Then set speed under 3km/h and see if running belt runs without problem.

Folding Instruction

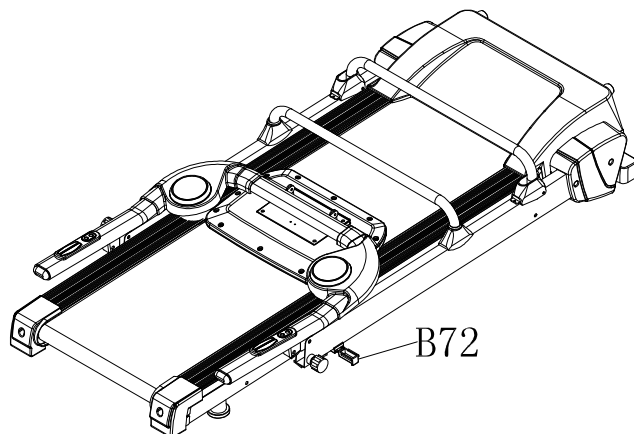
Step 1: Flick back the console, rotate and loose the knob M12 (D86), and pull out the knob M12 (D85) so that the knob M12 (D85) is not in locking position. Then flick back the whole handrail bracket, and tighten two knobs M12 (D85/86) back in place.



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

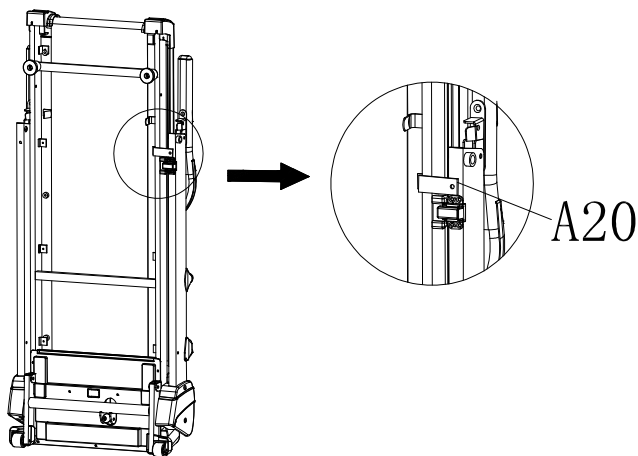


Step 3: Make sure the plug (B72) is tightened to the treadmill before lift up the whole item.



Step 4: Lift up and place the treadmill in flat floor surface after complete the previous steps, and then turn the fixing bracket (A20) 90 degree inward and hold the base frame tightened.

Grounding Methods



Operation Guide

This product must be grounded. If it should malfunction or breakdown, grounding provides path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, Please find a proper outlet installed by a qualified electrician.

This product is for use on a nominal 240V circuit and has a grounding plug. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

WINDOW DISPLAY

1.1. Console



1.2. START

Normal start after 5 seconds countdown.

1.3 PROGRAM

12 pre-set programs, 3 countdown function, 1 body fat program, 3HRC programs, with Polar wireless receiver.

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 countdown to "0".

1.5.BUTTON FUNCTION

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 “16”.

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.

1.5.6 “INCLINE+/-” BUTTON

INCLINE +/- --Adjust incline when treadmill start; the increment is 1 level/time. Press the button more than 2 seconds, and it will be up or down automatically.

1.5.7 INCLINE QUICK BUTTON

Press the incline quick button 3, 6, 9 to adjust the incline 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 INCLINE

Display the incline.

1.6.4 PULSE

Display pulse data or display “p”

1.6.5 DISTANCE

Display the running total distance or distance countdown.

1.6.6 CALORIES

Display the calorie or calorie countdown

1.6.7 ALL WINDOW DISPLAY DATA RANGE

TIME: 0:00 – 99.59(MIN)

DISTANCE: 0.00 – 99.9(KM)

CALORIES: 0.0 – 999 (C)

SPEED: 0.8 -22 (km/h)

PULSE: 50 – 200 (BPM)

INCLINE: 0 – 15 sections

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 ROGRAM EXERCISE CHART

There are 12 sections in each program.

| TIME PROG | | SET TIME / 12 = 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 |
| | INCLINE | 0 | 3 | 3 | 3 | 4 | 4 | 4 | 1 | 1 | 0 |
| P2 | SPEED | 3 | 3 | 4 | 4 | 5 | 5 | 5 | 6 | 6 | 4 |
| | INCLINE | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 4 | 4 | 2 |
| P3 | SPEED | 2 | 4 | 6 | 8 | 7 | 8 | 6 | 2 | 3 | 2 |
| | INCLINE | 3 | 5 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 2 |
| P4 | SPEED | 3 | 3 | 5 | 6 | 7 | 6 | 5 | 4 | 3 | 3 |
| | INCLINE | 0 | 3 | 3 | 2 | 2 | 5 | 5 | 3 | 3 | 2 |
| P5 | SPEED | 3 | 6 | 6 | 6 | 8 | 7 | 7 | 5 | 5 | 4 |
| | INCLINE | 3 | 5 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 2 |
| P6 | SPEED | 2 | 6 | 5 | 4 | 8 | 7 | 5 | 3 | 3 | 2 |
| | INCLINE | 3 | 4 | 5 | 6 | 3 | 5 | 5 | 6 | 4 | 3 |
| P7 | SPEED | 2 | 9 | 9 | 7 | 7 | 6 | 5 | 3 | 2 | 2 |
| | INCLINE | 0 | 3 | 3 | 3 | 4 | 4 | 4 | 1 | 1 | 0 |
| P8 | SPEED | 2 | 4 | 4 | 4 | 5 | 6 | 8 | 8 | 6 | 2 |
| | INCLINE | 1 | 1 | 4 | 4 | 4 | 5 | 5 | 4 | 3 | 2 |
| P9 | SPEED | 2 | 4 | 5 | 5 | 6 | 5 | 6 | 3 | 3 | 2 |
| | INCLINE | 3 | 5 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 2 |
| P10 | SPEED | 2 | 5 | 7 | 5 | 8 | 6 | 5 | 2 | 4 | 3 |
| | INCLINE | 1 | 5 | 6 | 8 | 12 | 9 | 10 | 9 | 5 | 3 |
| P11 | SPEED | 2 | 5 | 6 | 7 | 8 | 9 | 10 | 5 | 3 | 2 |
| | INCLINE | 3 | 5 | 6 | 8 | 6 | 5 | 8 | 7 | 5 | 2 |
| P12 | SPEED | 2 | 3 | 5 | 6 | 8 | 6 | 9 | 6 | 5 | 3 |
| | INCLINE | 5 | 7 | 5 | 8 | 6 | 5 | 9 | 10 | 6 | 2 |

1.9 User Program

Besides the 12 pre-set programs, there are 3 user-defined programs: U1,U2 and U3. Each user program has 10 segments. The user can set the desired speed and incline .Press "PROGRAM" button to choose U1, U2 or U3, press "MODE" button to enter setting condition, then set the time of the first segment. Press "SPEED+" and "SPEED-" to set speed. Press "INCLINE+"and "INCLINE-" to set incline. Press "MODE" button and your choice will be set. The next workout segment will flash, go through the same setup as you complete segment one. You must complete all 15 segments and then your user program is ready to use. Press —STOP key to return to last segment setting any time.

1.10 THREE COUNTDOWN FUNCTION

Countdown time initial setting 30: 00 minutes, setting range 5: 00---99: 00 minutes , each step 1: 00.

Countdown calorie initial setting 50therm, setting range 10---990 term, each step 10.

Countdown distance initial setting 1.0km, setting range 0.5---99.9 km, each step 0.1
Cycle switch order is: manual, time, distance, calories.

1.11 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

1.12 HRC Program

There are 3 HRC programs (HRC1-HRC3) in total.

The parameter data setting order is “AGE” -> “THR(HRC) data” -> “TIME”.

HRC: Detect user’s actual heart rate through wireless receiver and set different the heart rate data as goal to adjust speed and incline during running.

It’s recommended that user uses the wireless chest belt while running HRC function.

1.12.1 After turning on the power, press “PROG” key to choose HRC function. HRC function is turned on when “HRC” characters shown on the screen.

User can use “SPEED +/-“ to adjust age (data from 13 to 80) after seeing the “30” shown on the screen.

1.12.2 Press “MODE” key to enter the setting of heart rate. The standard heart rate is fixed at different data from HRC1 to HRC3. Heart rate data can be adjusted from 50 to 200. User can use “SPEED +/-“ to adjust the data. (It’s recommended that standard heart rate data doesn’t need to be changed for physical health condition.) Formula is calculated as below:

HRC1 is T.H.R $= (220 - \text{age}) \times 60\%$,

HRC2 is T.H.R $= (220 - \text{age}) \times 70\%$,

HRC3 is T.H.R $= (220 - \text{age}) \times 80\%$.

After finishing the setting of HRC data, user can press “MODE” key to modify the time. When “TIME” window flashes, it displays the default time as 30:00 minutes, and user can press “SPEED +/-“ to set up time.

1.12.3 Enter “START” key to begin the workout (Remember only can press “START” key after all setting is completed. It’s suggested that user use wireless chest belt to detect the heart rate. If chest belt and hand pulse are used at the same time, data from chest belt will show up only on the screen.

1.12.4 During the operating of HRC, speed and incline will adjust as below:

(1). If Target heart rate $< \text{THR} - 15$, then the speed and incline will adjust automatically every 15 second, the SPEED will increase 0.8KM/h and incline add 1 section until they reach the max. data

(2). If $\text{THR} - 5 > \text{Target heart rate} \geq \text{THR} - 15$, then the speed and incline will adjust automatically every 15 second, the SPEED will increase 0.4KM/h and incline add 1 section until they reach the max. data

(3). If $\text{THR} + 5 \geq \text{Target heart rate} \geq \text{THR} - 5$, then the speed and incline will not change

(4). If $\text{THR} + 15 \geq \text{Target heart rate} \geq \text{THR} + 5$, then the speed will adjust automatically every 15 second, the SPEED will decrease 0.4KM/h and incline less 1 section until they reach the min. data

(5). If Target heart rate $\geq \text{THR} + 15$, then the speed and incline will adjust automatically every 15 second, the SPEED will decrease 0.8KM/h and incline less 2 section until they reach the min. data.

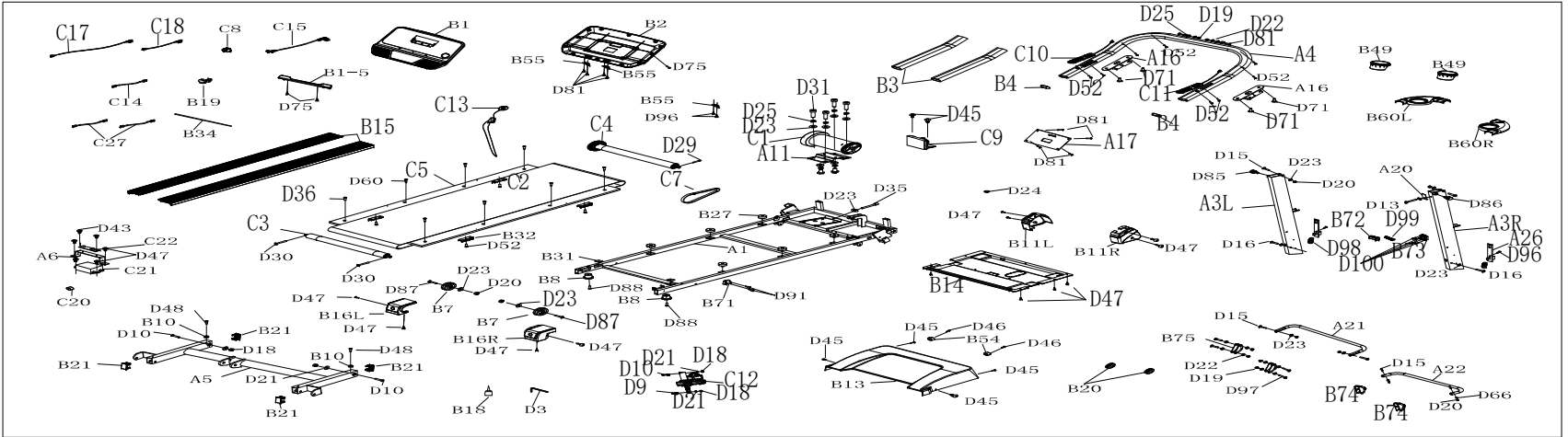
1.13 OTHERS

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

1.13.2 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.

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

1.13.4 Speed control: acceleration at 0.5km/s; deceleration at 0.5km/s



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 |
| A5 | Incline bracket | 1 | A22 | Supporting frame | 1 |
| A6 | Filter bracket | 1 | A26 | Hanging frame | 2 |
| A11 | Motor bracket | 1 | | | |
| B—Plastic parts | | | | | |
| No. | Description | Qty | No. | Description | Qty |
| B1 | Console set | 1 | B19 | Cable organizer | 1 |
| B1-1 | Overlay | 1 | B20 | Round plug | 2 |
| B1-2 | Membrane key | 1 | B21 | Squared shape plug | 4 |
| B1-3 | Console | 1 | B27 | New cushion | 6 |
| B1-5 | Tablet holder | 1 | B31 | Rubber pad | 2 |
| B2 | Console back cover | 1 | B32 | Ova shape cushion | 4 |
| B3 | Protecting foam | 2 | B34 | EVA pad (for table holder) | 1 |
| B4 | Handrail plug | 2 | B49 | Water bottle | 2 |
| B7 | Adjusting wheel | 2 | B54 | Round cushion | 2 |
| B8 | Flat foot pad | 2 | B55 | Fixing plastic for console | 3 |
| B10 | Limited cushion | 2 | B60L | Left water bottle holder | 1 |
| B11L | Left side cover | 1 | B60R | Right water bottle holder | 1 |
| B11R | Right side cover | 1 | B71 | Plastic holding bracket | 1 |
| B13 | Motor upper cover | 1 | B72 | Fixing plug 1 | 1 |
| B14 | Motor lower cover | 1 | B73 | Fixing plug 2 | 1 |
| B15 | Side rail | 2 | B74 | Plastic cover A | 2 |
| B16L | Left end cap | 1 | B75 | Plastic cover B | 2 |
| B16R | Right end cap | 1 | | | |
| B18 | Silicon oil | 1 | | | |
| 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 | | | |
| C12 | Incline motor | 1 | | | |



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