

# Everfit

## TREADMILL

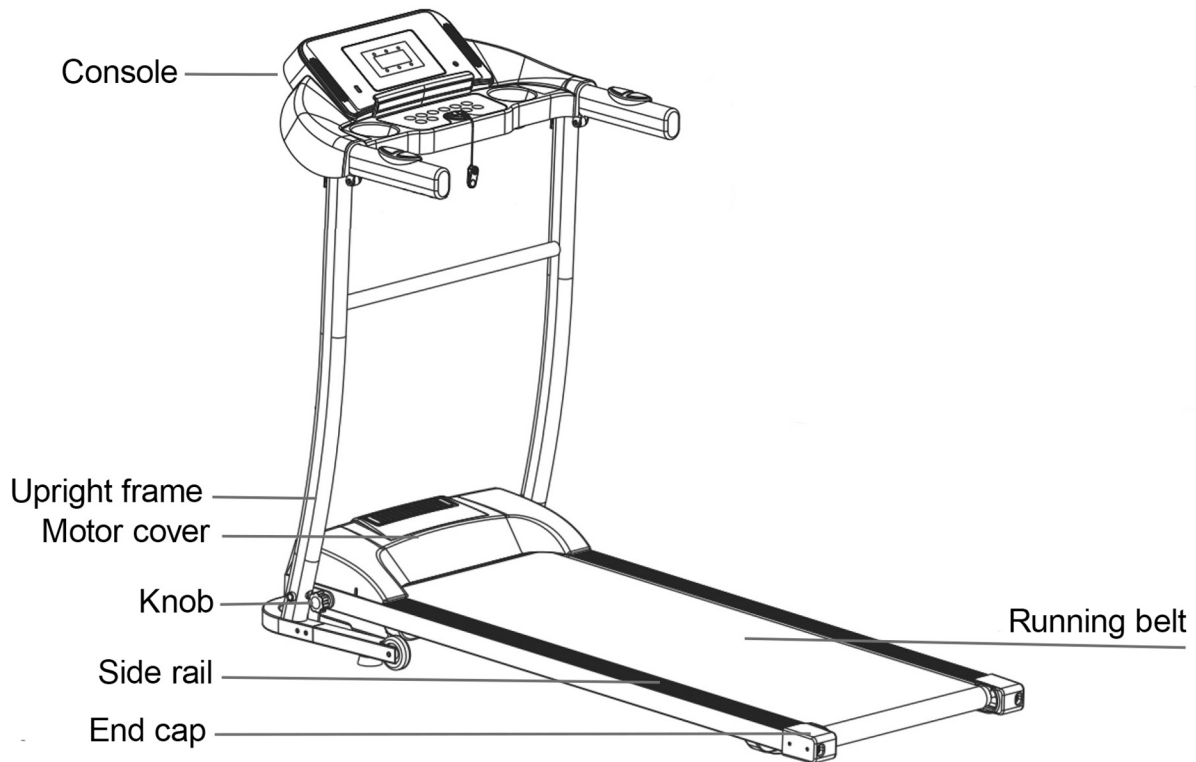
MODEL: TMILL-TITAN40-8000-BK



# USER MANUAL

Please read this user manual carefully before using the product. Please retain this manual for future reference.

## COMPONENTS



## SPECIFICATIONS AND PARTS LIST

SPECIFICATIONS					
NO	PARAMETER	DESCRIPTION			
1	Input power voltage	AC 220-240V, 50/60Hz			
2	Motor power	2hp			
3	Speed	1km/h to 12km/h			
4	Running board dimensions	400mm x 1100mm			
5	Maximum user weight	100kg			
6	Unfolded dimensions	1430mm x 635mm x 1065mm			
PACKING LIST					
NO	PART	UNIT	QTY		
1	Complete treadmill	Set	1		
2	Supporting base	Pc	2		
3	Accessories bag	Pc	1		
ACCESSORIES					
NO	PART	QTY	NO	PART	QTY
1	Inner hexagon wrench 5mm	1	6	User manual	1
2	Inner hexagon wrench 6mm	1	7	MP3 cable	1
3	Combination wrench	1	8	Screw M8x25	2
4	Safety key	1	9	Screw M6x12	4
5	Silicon oil	1			

Specifications may vary with continued enhancements of our products without prior notice. Please refer to your product for actual specifications.

# SECURITY PRECAUTIONS AND WARNINGS

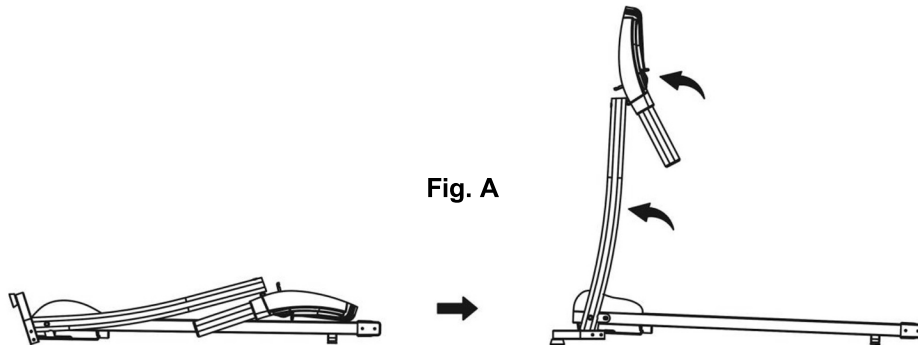
BEFORE UNFOLDING THE TREADMILL, MAKE SURE THAT THE SURFACE IS LEVELLED.

- This treadmill is intended only for indoor use.
- Please wear appropriate clothing and footwear before any exercise. It is prohibited to exercise barefoot on the treadmill.
- The power plug must be grounded and the treadmill must be plugged in into an exclusive mains socket. Do not share the plug in with other electrical appliances.
- Keep children away from the treadmill to avoid accidents.
- Avoid use over long periods and do not overload the operation of the treadmill. This may damage the motor and controller and deteriorate the working components such as the bearings, running belt and running board. Maintain the treadmill on a regular basis.
- Keep the treadmill away from dust to avoid strong static.
- Please turn off the electrical power after use.
- Please maintain good ventilation when using the treadmill.
- Please clip the safety key to your clothing when using the treadmill to ensure that it will stop in the event of an emergency.
- If you feel unwell when using this treadmill, stop using immediately and consult your doctor.
- Keep the silicon oil away from children at all times.
- If the power cord is damaged, it must be replaced by the manufacturer or qualified service personnel. Do not attempt to use or repair the power cord.
- Do not bend or clamp the power cord or place heavy objects on it as it may cause electric shocks.
- It is prohibited to use the treadmill if the body shell is damaged or broken or internal components are exposed or parts are in danger of breaking off. This is to prevent any accident or injury.
- Do not jump up and down on the treadmill while it is moving. This may cause a fall and injuries.
- Do not store the treadmill in or near damp areas such as a bathroom.
- Do not place the treadmill under direct sunlight or in high temperature environments such as near a stove or heating appliance.
- Do not use the treadmill if you do not know how to operate the machine to avoid any injury.
- Do not eat or drink while using the treadmill as it may cause a hazard.
- Do not use the treadmill after a meal as it may cause health problems,
- Do not do intensive exercises on the treadmill if you seldom exercise to avoid any health problems.
- This treadmill is only for domestic household use and not to be used in schools, gymnasiums and other similar establishments.
- Do not have any hard objects or items in your pockets when using the treadmill.
- This treadmill is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instructions concerning the use of the machine by a person responsible for their safety.
- Children should be supervised to ensure they do not play with the machine.
- When the treadmill is not in use, unplug the power cord from the mains socket.
- Do not plug in the power cord with wet hands.
- This machine must be grounded. If the machine is dysfunctional, grounding will provide a good channel for the electric current in order to reduce the risk of an electric shock. If you have doubts about whether the machine is grounded correctly or not, consult an electrician for advice.
- Ensure that the power plug fits into the mains socket properly and tightly. Do not use any plug adaptor.

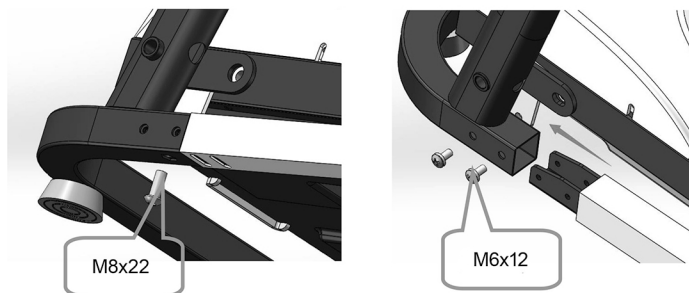
## ASSEMBLY STEPS

When assembling the treadmill, hand tighten all screws enough to hold the components in place. Then fully tighten after the assembly has been completed.

1. Place the treadmill on a flat and level surface. Remove the knob and stand up the upright columns and console as shown in Fig. A.

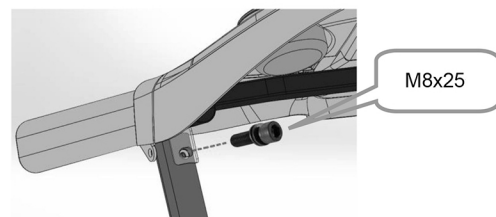


2. Remove the two pre-installed screws M8x22 on the supporting frame. Attach the base to the supporting frame and re-install the screws. Then use the hexagon wrench 5mm and screws M6x12 to lock the base to the supporting frame as shown in Fig. B.



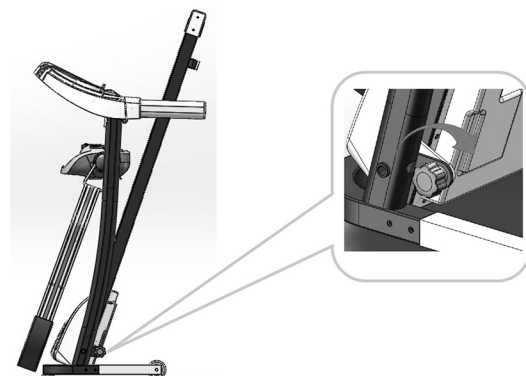
3. Use a hexagonal wrench 6mm and screws M8x25 to attach the console to the upright columns as shown in Fig. C. Hand tighten all screws and ensure that the cable is not clamped to the upright column.

Fig. C



4. Use the knob to lock down the main base and columns as shown in Fig. D. Do not overtighten the knob so that you can easily fold the treadmill for storage.

Fig. D



## OPERATIONS

1. Place the safety key onto its designated spot on the treadmill as shown in Fig. E. The treadmill will not work if the safety key is not in place. Next, plug in the treadmill to the mains outlet and turn on the power switch found at the base of the treadmill (Fig. F). The console display will light up and the treadmill is on standby mode, waiting for any input.

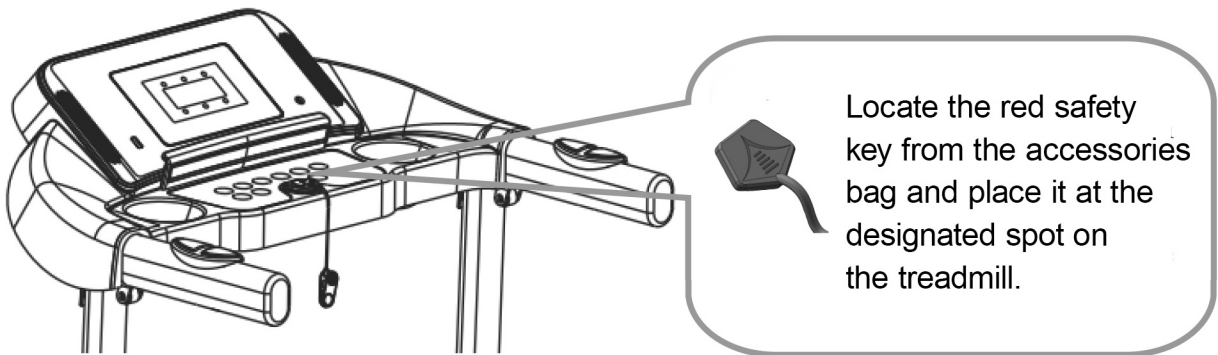


Fig. E

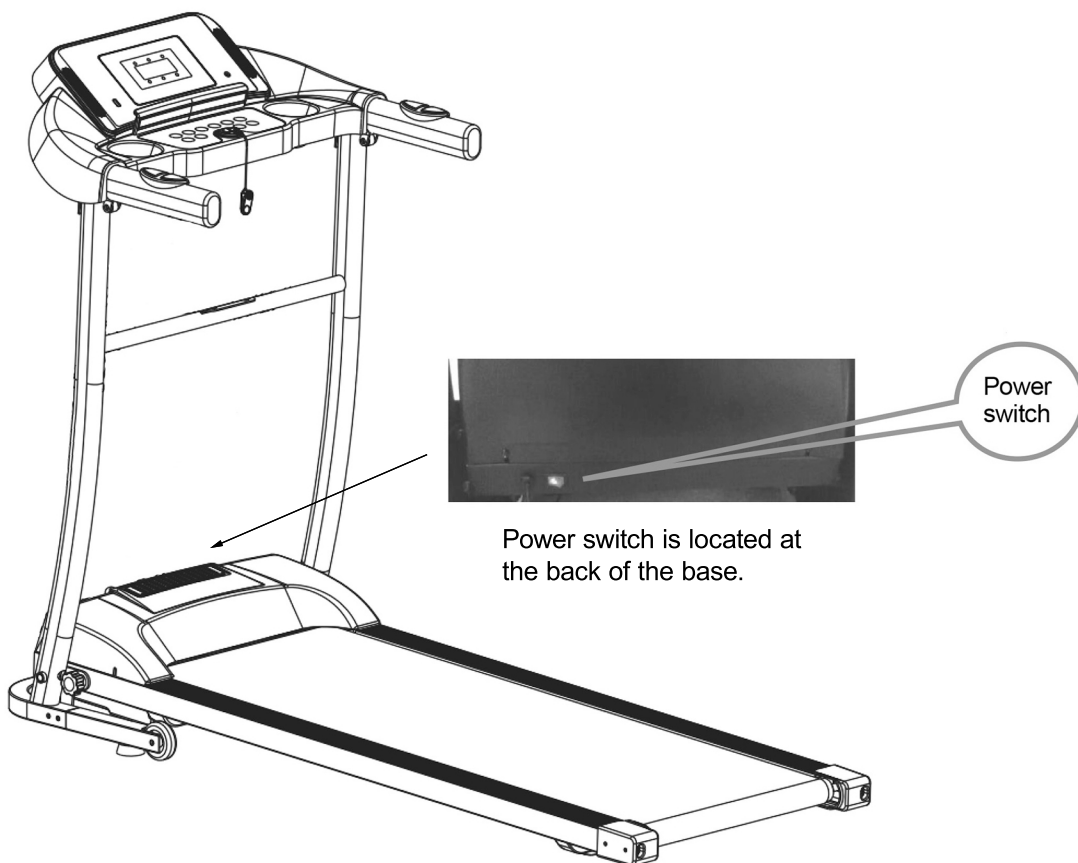


Fig. F

2. Clip the other end of the safety key to your clothing before starting to use the treadmill. This is a safety measure to stop the treadmill immediately in the event of an emergency. To restart the treadmill, just place the safety key back into its place.

# OPERATIONS

## CONSOLE BUTTONS FUNCTIONS

### Start/Stop button

When the treadmill is on standby mode, press the Start button to start the treadmill. The treadmill will start functioning at its default settings. If other settings has been set and the treadmill is running, pressing this button again will clear all data and the treadmill will come to a stop.

### Program button

While the treadmill is on standby mode, press this button to cycle through the program options from manual mode to automatic mode (preset programs P1 to P12). The default mode is manual mode.

### Mode button

While the treadmill is on standby mode, press this button to cycle through the various countdown running modes: time countdown, distance countdown and calories countdown. In any mode, the speed adjustment buttons can be used to set the value. Press start after setting the value to start the treadmill.

### Play/Pause buttons

Press the button to playback the music on your connected MP3 device and press again to pause the music. Press the button once more to continue with playback.

### Speed button

When the treadmill is running, press this button to adjust the running speed.

### Volume button

Use this button to adjust the music volume on your MP3 playback device.

## DISPLAY FUNCTIONS

### Speed display

Displays the current running speed value.

### Time display

Displays the time in manual mode and the countdown time under automatic modes and programs.

### Distance display

Displays the cumulative distance in manual mode and programs. It also displays the distance countdown in automatic modes and programs.

### Calorie display

Displays the cumulative calories in manual mode and programs. It also displays the calories count in automatic modes and programs.

### Heart rate display

The heart rate (bpm) will be shown once the signal is detected. Please bear in mind the heart rate value is only for reference and is not mean to be considered as accurate medical data.

## AUTOMATIC PROGRAMS

Each program is divided into 10 segments and the running value of each segment of the program is evenly distributed. Please refer to the chart below for all 12 programs.

PROGRAMS		TIME									
		Set time/10 = Running time of each period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	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

## ERROR CODES

ERROR CODE	PROBLEM	SOLUTION
E1	Communication abnormal. When power is on, the connection between lower controller and the console is abnormal.	A possible cause is that the communication between the lower controller and console is blocked. Check each joint between the lower controller and the console. Make sure that every joint is fully plugged in. Check the connection cable. If it is faulty, replace it.
E2	No signal from motor.	Check the motor cable and ensure tht it is connected properly. If not, re-connect the motor cable. Also, check that the motor cable is not damaged or has a burnt smell. If yes, replace the motor.
E5	Overcurrent protection. While in opration. the lower controller detected a current that exceeded 6A for more than 3 seconds.	Overloading leads to excessive current and the system will stop out of self-protection. Or some part of the system is stuck and caused the motor to stop. Adjust the treadmill and restart it. Check for any liquid or a burnt smell while the motor is running. If yes, replace the motor. Also, check whether the controller hs a burnt smell. If so, replace the controller. Check the power supply voltage and ensure that it complies with the specifications. If not, change to the correct voltage and test the treadmill again.
E6	Explosion-impact protection. Abnormal voltage or motor caused a fault in the circuit that drives the motor.	Check whether the power supply voltage is 50% lower than the normal voltage. If this is so, use the correct voltage and test the treadmill again. Check the controller for any burnt smell and replace it if it is damaged. Check the motor cable and ensure that it is connected properly.
E7	No safety key.	Place the safety key on the designated spot on the treadmill.

## STORAGE

When the treadmill is not in use, it can be folded and stored. Make sure the treadmill is unplugged.

### Folding and Unfolding

Loosen the plumb knob and remove it. Then lift up the running board until it reaches the console as shown in Fig. G. Replace and tighten the plumb knob to lock the folded treadmill in place. To unfold, loosen the plumb knob and remove it. Then gently lower the running board. Replace and tighten the plumb knob to lock the unfolded treadmill in place.

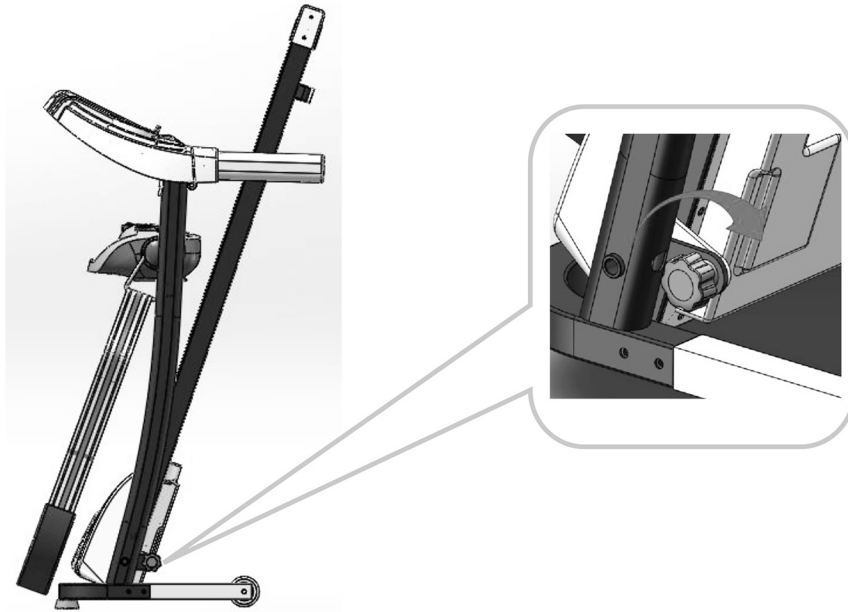


Fig. G

## ROUTINE MAINTENANCE

### WARNING

Before cleaning or maintenance, please ensure that the treadmill is unplugged from the mains outlet.

Comprehensive cleaning will extend the lifespan of the treadmill. Remove dust periodically in order to keep the parts clean. Be sure to clean the running belt on both sides of the exposed portion. This will reduce the accumulation of dust. Make sure to wear clean athletic shoes to avoid carrying dust onto the running board and belt. The treadmill belt should be cleaned with a damp cloth dipped in a soapy mixture. Please pay attention to avoid wetting electrical components and the running belt.

### WARNING

Make sure the power plug is disconnected before removing the motor cover to clean the motor. The motor should be cleaned once a year.

# RUNNING BELT/BOARD MAINTENANCE

## RUNNING BELT AND BOARD LUBRICATION

The running board and belt of the treadmill has been lubricated in the factory. Friction between the running belt and running board will greatly influence the working lifespan and performance of the treadmill. As such, regular application of lubricant is needed. Check the running board regularly. If the board surface is damaged, contact our Customer Service for advice.

Lubrication between the running belt and running board should be done according to the following schedule:

- Light users (less than 3 hours a week): Lubricate once a month.
- Heavy users (more than 7 hours a week): Lubricate once every fortnight.

In order to better safeguard the treadmill and extend its working lifespan, it is recommended that the machine be rested for 10 minutes after every 2 hours of continuous use.

If the treadmill running belt is loose, there will be skidding while running on the belt. If the running belt is too tight, it will reduce motor efficiency and harden the abrasion on the rollers and running belt. In such circumstances, the running belt would need to be adjusted for the appropriate tightness by lifting its two sides up by about 50mm to 70mm.

## APPLYING SILICON OIL

Step 1: Lift up the running belt.

Step2: Squeeze some silicon oil on both sides of the running board as shown in Fig. L.

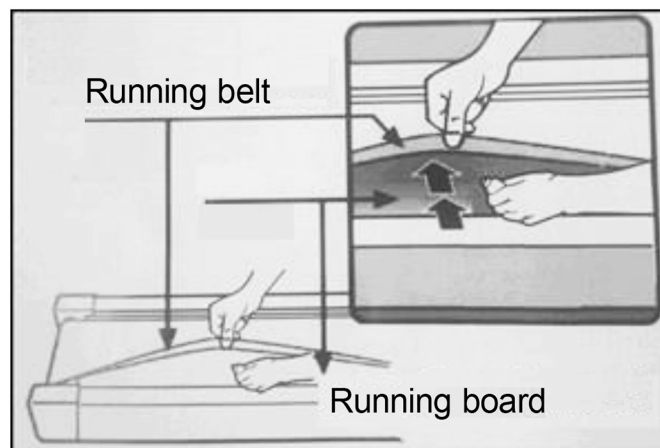


Fig. L

# RUNNING BELT/BOARD MAINTENANCE

## RUNNING BELT ALIGNMENT/TIGHTNESS ADJUSTMENT

### Running belt alignment

- Place the treadmill flat on the ground.
- Let the treadmill run at a speed of between 6km/h and 8km/h.
- If the running belt veers to the right, rotate the right adjusting bolt with a half turn clockwise. Then rotate the left adjusting bolt with a half turn anti-clockwise. See Fig. 1.



Fig. 1 Running belt veers to the right

- If the running belt veers to the left, rotate the left adjusting bolt with a half turn clockwise. Then rotate the right adjusting bolt with a half turn anti-clockwise. See Fig. 2.

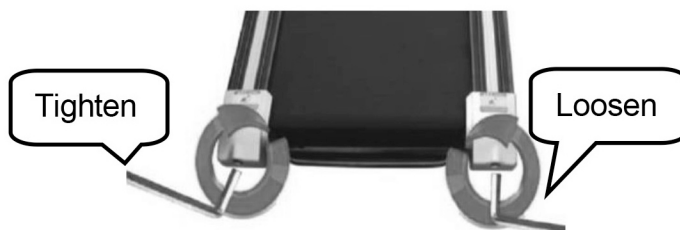


Fig. 2 Running belt veers to the left

## MULTI-WEDGE BELT TENSION ADJUSTMENT

After using the treadmill for some time, the multi-wedge running belt may become loose because of constant abrasion. This is where some adjustment needs to be done to ensure continued safe use. To determine whether the running belt needs belt tension adjustment, the latter is needed when you experience intermittent pauses when running on the treadmill. This indicates that the running belt or multi-wedge belt is loose and needs to be tensioned properly.

### Determination of belt tension

Remove all four screws on the protective motor cover and let the treadmill run at the speed of 1km/h. Then stand on the running belt, grip the handle bars and tread the treadmill lightly.

- A. If the instantaneous step cannot stop the belt, then the tightness is appropriate.
- B. If the instantaneous step stops the belt, but the multi-wedge belt and rollers are still running, this indicates that the running belt is loose and adjustments would need to be made.
- C. If the instantaneous step makes the running belt and multi-wedge belt stop, but the motor is still running, this indicates that the multi-wedge belt is loose and needs adjustment for safe use.

### Adjustment of belt tension

1. Use a wrench to adjust the screws on the motor base according to the condition. Meanwhile, gently flip the multi-wedge belt between the motor shaft and front roller. If it is too loose, you can flip the multi-wedge belt 100%. If it is too tight, the degree to which you can flip the belt is very limited. It is appropriate to flip the multi-wedge belt by about 80% after adjustment. Adjust the tightness of the multi-wedge belt so that it can be flipped by about 80%.
2. After that, lock the motor base and install the protective motor cover.