

Everfit

TREADMILL

MODEL:TMILL-CHI-450-M610



USER MANUAL

Please read this manual carefully before using the machine to avoid product damage and personal injury. Please retain this manual for future reference.

WARNINGS

IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of personal injury, read and understand all the instructions before using this product.

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using (this appliance).

DANGER —

To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING —

To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Keep children away from moving part. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Risk of personal injury –Keep children under the age of 13 away from this machine.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. Any other servicing should be performed by an authorized service representative or that the appliance has no user serviceable parts.

The product is designed with many safety issues in mind. Please read the instruction manual carefully before use and follow the instructions below to avoid improper operation or injury.

WARNING —

Risk of personal injury – Keep children under the age of 13 away from machine.

To reduce the risk of personal injury, read and understand all the instructions before using this product.

WARNINGS

- Before exercising, please wear suitable workout shoes. Do not exercise barefoot to avoid foot injury.
- When starting training with this product, consider your physical condition and train properly and regularly to ensure that you have enough physical strength to train. Incorrect or excessive training could harm your health.
- Those who feel uncomfortable or have any condition preventing against exercise are advised not to use the machine.
- Parents are advised to take care of the elderly and children during use. It is strongly recommended that they stay clear of the machine.
- Improper usage, unauthorized modification or removal of machine parts, and ignoring preventative accidents and other injuries are not at the fault of the machine or product quality.
- This machine is intended for home use. It is not suitable for professional training and testing. It should not be used for medical purposes.
- If the power cord is damaged, contact the manufacturer for replacement or professional service personnel to avoid accidental injury or further damage.
- Check all parts before use to ensure that the screws and nuts are tightened in place.
- Do not wear loose or baggy clothing to avoid getting caught in the machine. Do not let children or pets play around this machine to avoid accidental injury.
- Place the machine on a clean, level surface to ensure that there are no sharp objects nearby. Do not use the machine near water or heat sources.
- Keep hands and feet away from all moving parts. Do not place hands or feet in the gaps under the machine.
- Only one person can use the machine at a time.
- Only use the accessories provided by the original manufacturer. Do not add any additional parts not provided by the manufacturer.

CAUTION —

- For household use only.
- The maximum user weight is 120KG .

Power Supply

- Avoid using the same socket and/or circuit used by other electrical equipment.
- Insert the power cord directly into the socket. Do not allow looseness.
- Use qualified sockets to avoid danger. If the plug and socket are not compatible, do not touch the plug and ask an electrician for assistance.
- The voltage used is 220-240V with a 50/60 HZ power supply.
- Do not allow the power cord to come into contact with the roller. Do not place the power supply on the machine. Do not use a damaged plug.
- Do not plug in or unplug the power plug with wet hands.
- Remove the plug from the socket before performing cleaning and maintenance on the machine.

TECHNICAL SPECIFICATIONS

Input: 220-240 VAC 50/60 HZ **Max. User Weight:** 120KG

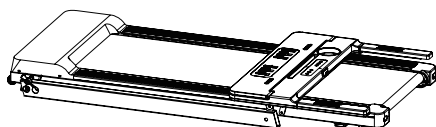
BEFORE ASSEMBLY

- Read the assembly instructions carefully before assembling the machine. Assemble the machine according to the instructions.
- Remove all packaging and place on a clean floor so that the overall installation will be easier.
- Check the packing list to ensure all parts are present.
- Use caution when handling tools. Do not force installation during machine assembly.
- Put any remaining tools away and properly dispose of loose packaging materials. Plastics and foams are hazardous to children and pets.
- Installation of the machine must be done by an adult or a professional if necessary.

WARNING —

To avoid damaging the machine during assembly, install all parts with care.

PARTS LIST



Overview



Safety Switch



6m L-type Allen wrench 1pc



Long knobs 2pcs



Short knobs 2pcs



Oil 1pc

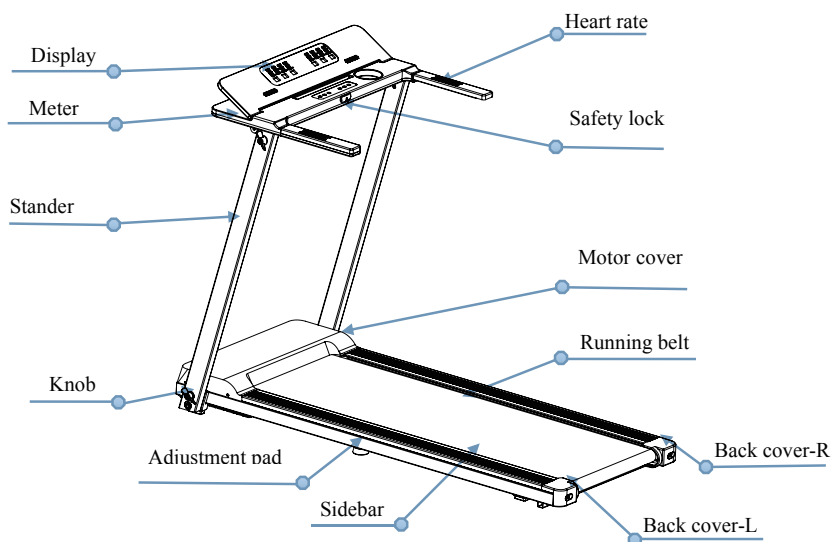


Multi-function open end wrench 1pc



4 plastic gaskets

PRODUCT STRUCTURE

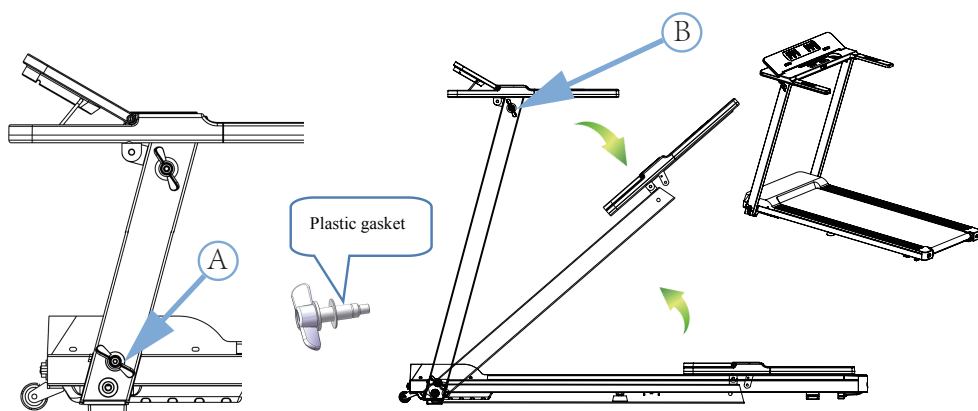


ASSEMBLY

Step 1: Install the machine

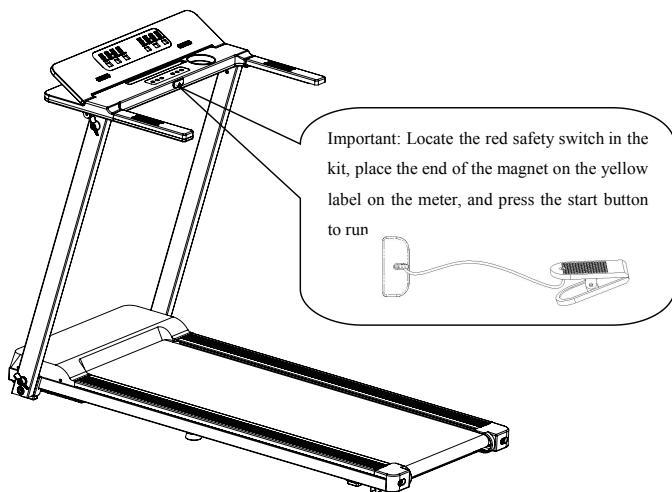
A:) Lift the machine out of the package and put it on the ground. Hold the column tube with your hand and set it up. Place the aluminum long knob on the plastic gasket, then thread it into the column and fasten it clockwise (as shown bothside).

B:) Hold the instrument panel with your hand and rotate it backwards. Put the aluminum short knob on the plastic gasket, and then screw it into the column and the instrument frame to fix it clockwise (as shown bothside).



ASSEMBLY

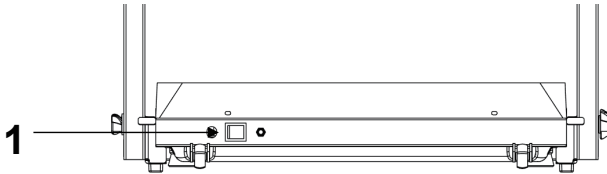
Step 2: Place the red safety switch magnet end on the yellow label position in the middle of the instrument. The whole machine is assembled.



USER INSTRUCTIONS

Use the treadmill

Plug in the power, turn on the switch (1), the switch will light up, then you will hear a "click" and the meter will light up.



Safety switch

Place the end of the magnet of safety switch on the yellow label on the meter. Clip the other end of the safety switch to your clothes. When the safety switch is pulled off and the window displays the "E-7" buzzer bi-bi-bi. If the motor is running, the motor is stopped urgently. At this time, the treadmill cannot perform any other operations except the shutdown. After the safety switch is correctly reinstalled, the treadmill re-enters the standby state and waits for an input command.



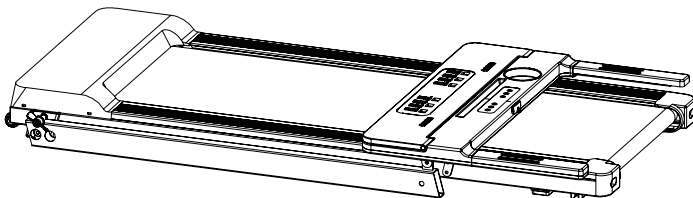
FOLDING INSTRUCTIONS

Folding treadmill

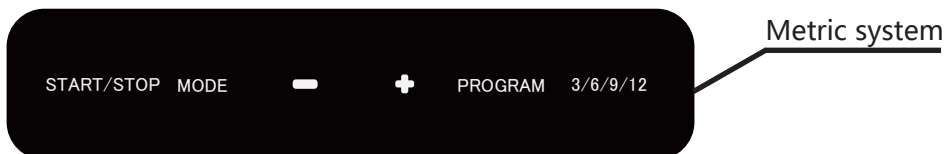
Folding the treadmill saves space.

Before folding, turn off the power switch and unplug the power cord.

Loosen the upper and lower aluminum knobs in the opposite direction, and fold the column and the instrument (as shown below).



Display & Button Definition



BUTTON DESCRIPTION

- 1: Function buttons: program, mode, start, stop, speed plus, speed reduction.
- 2: Function button description:
- a: Program key: In the stop state, press the program key to cycle through the program: manual mode->P01->P02->P03->...P11->P12.
- b: mode key: when the manual mode is selected to the manual mode, the speed window displays the initial value of 0.0, and the mode key can be cycled to select the countdown mode window display in the manual mode. 30:00->countdown distance mode window display 5.0-> Countdown Calorie Mode Window Display100->Normal Mode.
- c: Start: Press this button in the stop state, the window will display 333, 222, 111 will start the motor.
- d: Stop: When the treadmill is running, pressing this button will stop running.
- e: Speed plus: In the setting state, the button will increase the set value. In the motor running state, the button will increase the speed.
- f: Speed reduction: In the setting state, the button will decrease the set value. When the motor is running, the button will decrease the speed.
- g: Quick speed button: When use machine , press 3KM/H,6KM/H,9KM/H,12KM/H may help you set the machine speed to accordance .
- h: Heart rate : When you put your both hands on the handlebar metal area ,then your heart rate will show in the screen.



DISPLAY OPERATING INSTRUCTIONS

A large LED window displays the following functions: time, distance, calories, heart rate, speed.

Numerical display range

	initial	starting	setting range	showing range
Time(min:scd)	0:00	30:00	5:00-99:00	0:00-99:59
Speed	0.0	N/A	N/A	1.0-14.0
Distance	0.00	5.0	0.5—99.0	0.0—99.9
Calorie(Kcal)	0	100	20—990	0—999

Schedule 1: P1-P12 program motion diagram

Metric system

Sege ments	Speed	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	speed	4	6	10	10	6	4	8	10	12	12	10	8	10	10	6	4
P2	speed	2	4	6	4	6	6	4	6	6	8	10	8	6	8	4	2
P3	speed	4	6	8	10	6	4	6	8	10	12	8	4	10	10	6	4
P4	speed	2	2	6	10	6	4	6	10	6	4	6	10	8	6	4	2
P5	speed	4	4	8	10	8	6	8	10	8	6	6	10	8	6	4	2
P6	speed	4	6	8	8	8	8	10	8	8	6	6	6	6	6	6	4
P7	speed	6	4	2	4	6	8	10	10	12	12	10	10	8	6	4	4
P8	speed	4	6	8	10	10	10	10	10	10	8	6	6	6	4	2	2
P9	speed	2	4	4	4	6	6	4	6	4	4	4	4	2	4	6	2
P10	speed	2	4	4	4	6	6	4	6	4	4	4	4	2	4	6	2
P11	speed	4	4	6	6	4	6	6	8	8	6	6	6	6	8	6	4
P12	speed	4	4	6	8	10	12	10	12	10	8	10	12	12	10	8	6

USER INSTRUCTIONS

Startup instructions

- 1: Attach the safety switch to the safety switch position on the panel, turn on the main power switch, all LED segments will be displayed for 2 seconds, then the software version number will be displayed. Then enter the manual normal mode.
- 2: Press the start key, the display window will display: 333-222-111, and each time the buzzer is sounded, the motor will start.

Program Description

- 1: manual program, including: normal mode, manual mode, time countdown, distance countdown, calorie countdown mode.
- 2: 12 speed programs: P1, P2, P3, P4, P5, P6...P11, P12.
- 3: How to enter manual mode:
 - a: Turn on the power switch and go directly to the normal mode in manual mode.
 - b: In the stop state, press the program key to enter the normal mode in the manual mode.
 - c : Three setting functions in manual mode: time setting, distance setting, calorie setting.
When entering the manual mode, it is in the normal mode first, and all parameters are initial values.
 - 1) In the manual normal mode, press the mode button, then enter the time countdown mode, the time bar displays 30:00 and flashes, press the speed plus or minus button to set the countdown time. Time setting range: 5:00-99:00.
 - 2) In the time countdown mode, press the mode button to enter the distance countdown mode. The distance bar displays: 5.0 and flashes. Press the speed plus or minus button to set the distance. The setting range is 0.5-99.0
 - 3) In the distance countdown mode: press the mode button to enter the calorie countdown mode, the calorie bar displays 100 and flashes, press the speed plus or minus button to set the calorie setting range: 20-990 kcal.
- 4: Manual mode operation:
 - a. Press the start button and the motor will start running.
 - b. Press the speed plus or minus button to adjust the speed.
 - c. Press the stop button again, the speed will slowly decrease until it stops;
 - d. When the set time is decremented to zero, the speed slowly decreases until it stops.
 - e. When the set distance is decremented to zero, the speed slowly decreases until it stops.
 - f. When the calorie setting is decremented to zero, the speed slowly decreases until it stops.
 - g: Quick speed button: When use machine , press 3KM/H,6KM/H,9KM/H,12KM/H may help you set the machine speed to accordance .
 - h: Heart rate : When you put your both hands on the handlebar metal area ,then your heart rate will show in the screen.

Program

1. The initial time is set to 30 minutes. Only the time can be set. The time setting range is 5:00-99:00. Press the speed plus or minus button to adjust the set value.
- 2 Press START motor to start running, the speed is according to the programmed speed.
- 3 Press the speed plus or minus button to adjust the speed.
- 4 Each program is divided into 16 segments, each of which runs at 1/16 of the set time.
- 5 will beep when switching between segments and segments.
- 6 When the set time is decremented to zero, the speed slowly decreases until it stops.

Sleep function

Sleep function

When there is no operation for more than 10 minutes at the stop, the system turns off all displays and goes to sleep. Press any key to wake up.

Troubleshooting

The following is the error code and solution for the electronic watch:

E01: The information fed back to the electronic watch by the controller is blocked.

Solution: Check if the connector of the 4-wire cable connected to the controller is loose or damaged.

E02: The controller does not detect the voltage on the motor line.

Solution: Check if the positive and negative motor wires are securely connected to the terminals on the controller.

E05: The current is too high when the motor is running, exceeding the rated current.

Solution: Please check the motor for damage or contact the after-sales service personnel for technical support.

E07: The MTC did not detect the signal of the safety lock.

Solution: Please check if the safety switch is fastened, fasten one end of the safety switch to the treadmill and the other end to the user's clothes.

E09: MTC communication is interrupted.

Solution: Please turn off the power and restart the treadmill. If the problem persists, please contact the after-sales engineer.

Daily maintenance

Electric treadmill maintenance

Proper maintenance is the only way to keep your treadmill at its best. Wrong maintenance can hurt or shorten the life of your treadmill.

Important reminder:

- Do not use sandpaper or solvents to clean the treadmill. The controller part of the treadmill should not be exposed to direct sunlight or moisture to avoid damage.
- Always check and lock all parts of the treadmill, replace those defective parts immediately and/or leave the equipment idle for repair.

Adjusting the running belt

Adjusting the run has two functions: elastic adjustment and running center position adjustment. The running belt has been adjusted at the factory, but after use, the running belt will be stretched, which will cause the running belt to rub against the center strip and the rear cover to be damaged. It is normal for the running belt to be stretched during use.

Adjust the running belt

If you are running with a treadmill that is slippery or not smooth, you can adjust the tightness of the running belt to improve.

How to adjust the running belt

1. Insert the 6mm hex wrench into the adjustment screw on the left side of the running belt and turn the wrench 1/4 turn clockwise to adjust the rear roller to tighten the running belt.
2. Repeat step 1 to adjust the right screw. It must be determined that the adjustment screw rotates the same distance so that the rear roller is adjusted parallel to the frame.
3. Repeat steps 1 and 2 until the running belt does not slip.
4. Note that the running belt cannot be adjusted too tightly. This will break the running belt, increase the pressure of the front/rear drum, cause damage to the roller bearing, etc., causing abnormal sound or other problems.

If you want to reduce the tension of the running belt, turn the wrench counterclockwise, paying attention to the same distance between the left and right sides.

Run to the middle

When you use the treadmill, the pressure on the two belts is not the same when running, and the pressure on the running belt is unbalanced, causing the running belt to deviate from the center. This deviation is normal, and when no one runs on the run, it will return to the center. If you don't get back to the center, you will need to bring the belt back to the center.

1. Run the treadmill at no load and adjust the speed to 6km/H or 3.7miles/H.
2. Observe the distance from the running belt to the left and right side bars

If it is to the left, use a hex wrench and turn the left screw 1/4 turn clockwise

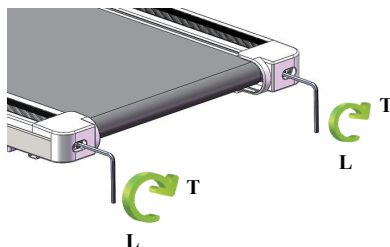
If it is to the right, use a hex wrench and turn the screw on the right clockwise 1/4 turn

If the running belt is still not in the middle, repeat the above action until it is adjusted to the middle.

3. After adjusting the running belt to the middle, adjust the speed to 12KM/H or 7.4miles/H and observe the deviation of the running belt and the smooth running condition. If there is any deviation, repeat the adjustment steps.

caveat! Do not overtighten the rollers! This will result in permanent bearing damage!

If the above steps do not work, you will need to tighten the running belt.



lubricating oil

When the treadmill is shipped from the factory, it is lubricated. However, the treadmill's lubricity is often checked to help keep the treadmill in optimal use. The treadmill must be lubricated after one year of use or 100 hours of operation.

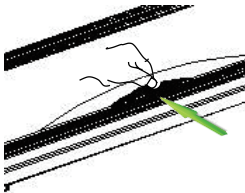
After 30 hours or 30 days of use, pull up the running belt from the side and reach the surface of the running platform as far as possible. If you feel silicone oil, you don't need to add lubricating oil; if

you touch the surface, it has a strong feeling of dryness. Please follow the instructions below for lubrication.

Please use non-petroleum silicone oil

◆ How to add lubricant to the treadmill

1. The position of the refueling is in the running position of the lower surface of the running belt. (As shown below)
2. Cut the mouth of the oil bottle into a small mouth, not too big, to be able to inject.
3. Lift the running belt to extend the oil bottle to the bottom of the running belt and inject the oil into the middle of the running board. Put down the running belt, press the oil part by hand, turn the running belt, and spread the oil evenly on the running belt;
4. After turning on the machine, wait a minute for the oil to be applied evenly and then use the treadmill.



Clean up

Clean up frequently to ensure the life of the treadmill.

Warning: When cleaning the treadmill, the power must be cut off and the power cord must be disconnected from the outlet.

After each use: Wipe the instrument and other parts with sweat and debris with a clean towel or a damp cloth.

Note: Do not use corrosive materials, do not use liquid materials, so as not to damage electronic components. Do not expose the electronic components to the sun.

Every week: Clean the ground once a week, and clean the dirt and other debris on the ground.
save

Place your treadmill in a clean, dry environment, making sure the power switch is off and the plug is not on the power outlet.

Move and fold

Wheels are installed to facilitate the movement of the treadmill. Be sure to disconnect the power and fold the body before moving.

Failure analysis and processing

Fault problem and handling

The product is designed to be reliable and easy to use. If you have problems, please read the following questions carefully.

Problem: Meter does not display

Solution: Check if the power cord is plugged in, the plug is loose, and the power switch is turned on.

Problem: Sudden power outage during use

Solution: Check if the power cord is securely connected and the overcurrent protector is disconnected.

Problem: Running belt is not in the middle

Solution: Check if the treadmill is placed on a flat surface and the running belt is adjusted. Refer to the adjustment process of the running belt.

If the problem is not within the above, and you are not sure how to solve it, please contact us in time, please do not handle it privately.

Important matters

Warning

Before using this product, please consult your doctor and have a complete health check. You should obtain a doctor's permission before frequent and intense exercise. If you experience any discomfort with this product, please stop using it and consult your doctor. This product should be used in the correct way. Please read the manual carefully before exercise.

If this product is left unattended or in use, please keep children and pets close to each other.

Wear appropriate clothing, including sports shoes, while exercising. Do not loosen your clothes during exercise to avoid being caught by the machine.

Make sure all bolts and nuts are tightened when using the device. To maintain good use, all sports equipment must be maintained on a regular basis.

Before you start using:

How to get started with a fitness program depends on your physical condition. If you haven't exercised for years, or you are overweight, you must slowly and gradually increase your exercise time, such as a few minutes per week.

At the beginning you may only be able to exercise for a few minutes at the target heart rate range. In any case, your aerobic fitness will improve in about six to eight weeks. If it takes a long time to improve, don't be discouraged. It is very important to exercise according to your personal pace. One day you will be able to continue exercising for thirty minutes. Your aerobic fitness

- Consult your doctor before starting an exercise or training program, ask your doctor to review the training and diet plan, and advise on your exercise plan.
- Set your goals with your doctor to ensure that the plan is realistic and you can start your training program with ease.
- You can add some aerobics to your exercise plan, such as walking, jogging, swimming, dancing or cycling. Always check the pulse. If you do not have an electronic heartbeat monitor, ask your doctor how to measure the pulse from your wrist or neck. In addition, you must set the target heart rate based on your age and physical condition.

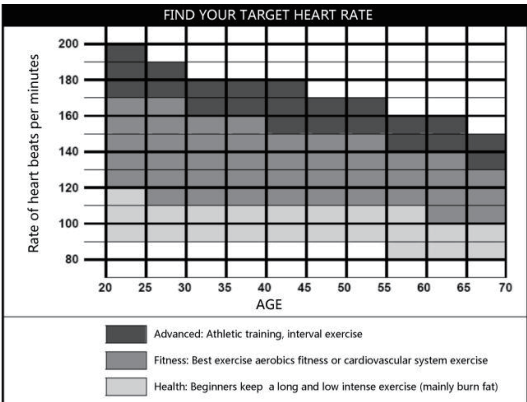
Drink plenty of water during exercise. You must replenish moisture lost from excessive exercise to prevent dehydration. Avoid drinking plenty of ice water or beverages. Drinking water or beverages should be at room temperature.

target heart rate

Measuring pulse:

To determine if your heartbeat is within the target heart rate, you must first know how to measure the heart rate. The easiest way is to measure the carotid pulse between the trachea and the neck muscles on both sides of the neck. Count the pulse for a few times in ten seconds, then multiply the number by six, which is the number of heartbeats per minute.

How fast should your heartbeat be when doing aerobic exercise? It is fast enough to reach and maintain the “target heart rate range”, which can be set by your age and physical condition. You can find out the range of your target heart rate from the chart we provide below.



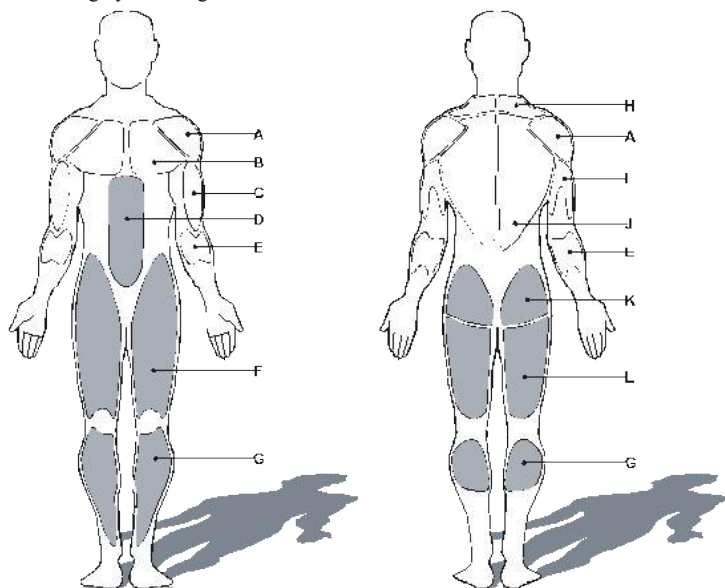
Little knowledge: Aerobic exercise?

Refers to any continuous exercise in which oxygen can be delivered to your body through your cardiopulmonary effects. Aerobic exercise can improve your heart and lungs: this is the most important muscle in your body. Aerobic fitness can be enhanced by exercising your body's large muscle groups - including hands, feet or hips. During the process, your heart beats faster and your breathing worsens. Aerobics should be an important part of your exercise program.

Whole body muscle distribution map

Target muscle group:

The muscles that are used in this product are mainly the lower body muscle groups, which are shown in gray in the figure below.



A: shoulder muscles

B: Pectoral muscles

C: Biceps brachii

D: Abdominal muscles

E: Forearm muscles

F: Quadriceps

G: Muscles of leg

H: Cowl-muscles

I: Triceps

J: Dorsal muscles

K: Hip muscles

L: Thighs muscles

Stretching exercises

A successful exercise plan must include warmth, aerobic and soothing exercise. The number of movements is at least two or three times a week, one day after a day of exercise, and after a few months you can increase the number of sports to one to four to five days.

Warm-up is a very important part of your fitness exercise, before each exercise must first warm-up, moderate warm-up allows your body to prepare the next more intense exercise, because warm-up can help muscle heating and stretching, Improve blood circulation to increase the pulse, the more oxygen into the muscle. And after the end of aerobic exercise, repeated warm-up exercise can also reduce muscle soreness. We recommend the following warmth and soothing exercise.

TOUCH TOES: Bend your body slowly, and relax back & shoulder. Try your best to bend as low as you can, and then keep still for 15 seconds.		SHOULDER EXERCISE: Raise right shoulder to right ear, count 1, release. In the meantime, raise the left shoulder to left ear, count 2.	
STRETCH INNER THIGHS: Sit on the floor, bend legs as in pic, foot to foot. Try to bend knees to floor, keep still for 15 seconds.		STRETCH THIGHS: Sit on the floor, keep right leg straight. Bend left leg and make it close to inner right leg. Try best to stretch body close to right toes, keep still for 15 seconds. Then do the same to left legs.	
WAIST EXTENDED: Extend arms to right & left, and then raise slowly, up to head. Extend right arm to ceiling, keep still for 1 second, feel the extension of right arm. Then do the same to left arm.		Extend of Shank: Forward the body, hands against the wall, step forward the left leg. Keep right leg straight, left foot against the floor; and then bend left leg, move hip against the wall. Keep still for a while and do the same to the other shank.	
HEAD EXERCISE: Head to the right, count 1, feel the extension of the left side of neck; then head back, let the jaw to ceiling and open your mouth, count 2; head to left side, count 3, Turn back your head.			

