

# Everfit

## TREADMILL

MODEL: TMILL-TITAN42-PAD



## USER MANUAL

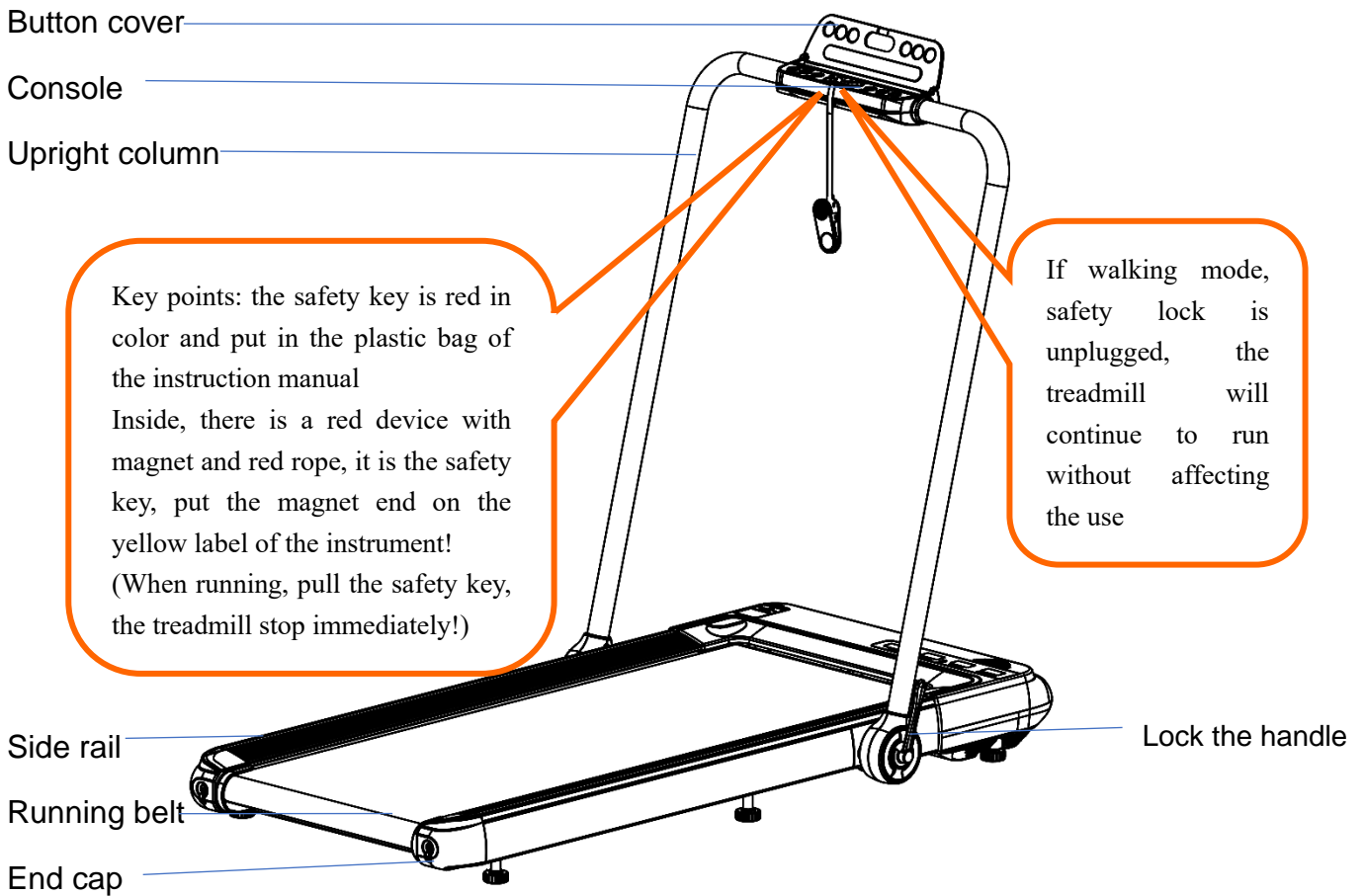


**Note: Following the principles of sustainable development, we may modify machines when necessary and will not notify again. It all depends on the actual product.**

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# 1. Product Brief



Main parameters and parts list							
No.	Parameters Names	Description	No.	Parameters Names	Description		
1	Input power voltage	220-240V~; 50-60Hz	5	Running surface	420*1050mm		
2	Motor power	2.5HP	6	Expand dimensions	1273*688*1062mm		
3	Speed	Running 0.8-12km/h Walking 0.8-6km/h	7	Function	Running mode Walking mode Bluetooth Speaker		
4	Max user weight	100kg					
Packing list							
No.	Name	Unit	Qty	No.	Name	Units	Qty
1	Complete machine	set	1	2	Accessories Bag	set	1
Accessories Bag							
No.	Name	Unit	Qty	No.	Name	Units	Qty
1	Inner hexagon wrench 6mm	pcs	1	3	Safety key	pcs	1
2	Wrench	pcs	1	4	User's manual	pcs	1

## 2. Security Precautions and Warning



In order to ensure your safety and avoid accidents, Please read the instructions carefully before use.

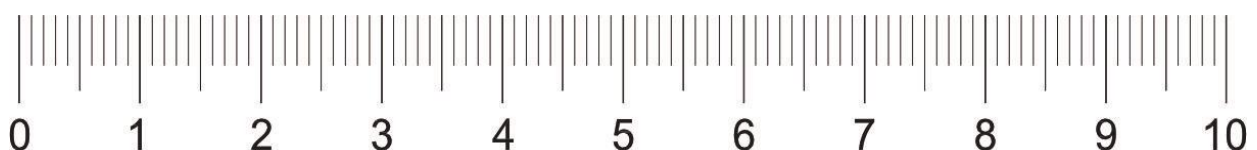
Safety Instructions: This product was designed and manufactured with many safety concerns in mind, but please follow the instructions below, just in case. We are not responsible for any consequences arising from abnormal operations.

- ◆ The treadmill must be placed on a flat ground; the treadmill should be placed indoors to avoid moisture, and water should not be splashed on the treadmill. Do not place any foreign objects on the treadmill. There should be a safe use space of 2m x 1m (2000mm\*1000mm) at the end, which is convenient for emergency jumping off. (Emergency jump: both hands hold  
While holding the handrail to support your body, step on the side bar with your feet and jump off the treadmill from one side. )
- ◆ The power plug must be grounded reliably, and the socket must have a dedicated circuit to avoid sharing with other electrical equipment;
- ◆ If the power cord is damaged, in order to avoid danger, it must be replaced by professionals from the manufacturer, its maintenance department or similar departments;
- ◆ When the treadmill is not in use, keep the safety lock out of the reach of children; if it is not used for a long time, please unplug the power cord;
- ◆ Please keep the lubricating oil in the accessories bag out of the reach of children. If accidentally swallowed or in the eyes, rinse with water and seek medical attention in time;
- ◆ This product is not suitable for disabled people and children; if you feel unwell or mentally handicapped and lack common sense, it is prohibited to use it unless under the supervision or guidance of a person responsible for its safety. ----If not followed, there may be a risk of injury.
- ◆ Do not use the treadmill in a dusty space, and keep a certain humidity in the room to avoid strong static electricity, otherwise it may interfere with the normal work of the electronic watch and the controller; please use the original accessories, and it is strictly forbidden to replace them without permission.
- ◆ Keep your hands away from all moving parts, and it is forbidden to put your hands and feet in the space under the running belt.
- ◆ Do not place the power cord near hot or moving objects; do not use the product

outdoors, in high humidity and sunlight.

- ◆ Unplug the treadmill before moving it. Non-professionals are not allowed to disassemble the machine without authorization, otherwise serious consequences may occur
- ◆ Please clip the safety lock cable clip to the clothes when exercising to prevent safe shutdown in case of emergency.
- ◆ Please check whether the clothing is buttoned or zipped before using the treadmill, or the clothing is too loose.
- ◆ If you feel any abnormality such as discomfort during use, please stop exercising and consult a doctor.
- ◆ This product should not be used for a long time, as long-term use may easily cause the electrical equipment of the treadmill to overheat and cause electrical failure.
- ◆ Use qualified sockets to avoid danger. If the plug and socket are not compatible, do not touch the plug and ask an electrician to handle it.
- ◆ This product is suitable for home use, not for professional training and testing, nor for medical purposes.
- ◆ Do not use it in a state where the outer casing is cracked, cracked and detached (internal structure exposed) or the welded part is cracked.
- ◆ Do not jump up or down on the machine during exercise. ----- May cause injury due to falling.
- ◆ Do not use after eating, when tired, or in poor physical condition. ---- May cause damage to health.
- ◆ Do not allow pins, garbage or moisture to adhere to the power plug. --- May cause electric shock or short circuit, fire. Never use with wet hands!
- ◆ Please unplug the power plug from the outlet when it is not in use. ----Due to dust and moisture, the insulation will be aged, resulting in leakage fire.
- ◆ The product must be grounded. In the event of malfunction, grounding provides the least resistance path for current to reduce the risk of electric shock.
- ◆ This product is HC grade. If you are in doubt about the correct grounding of this product, please entrust a professional electrician to check it.

Scale chart: When you start to assemble the treadmill, you can measure the length of the screw through the following scale, which is convenient for installation.



### 3. Installation Instructions

When installing, simple fix all screws first, then tighten the screws when the installation of frame is done.

**step 1.**take the treadmill out of the carton and lay it flat on a level surface; then unscrew the locking handle as shown in the figure below (Figure 1); lift the column up to the upper limit point, and tighten the locking handle. (Figure 2: Note that require 2 or more people to install.)

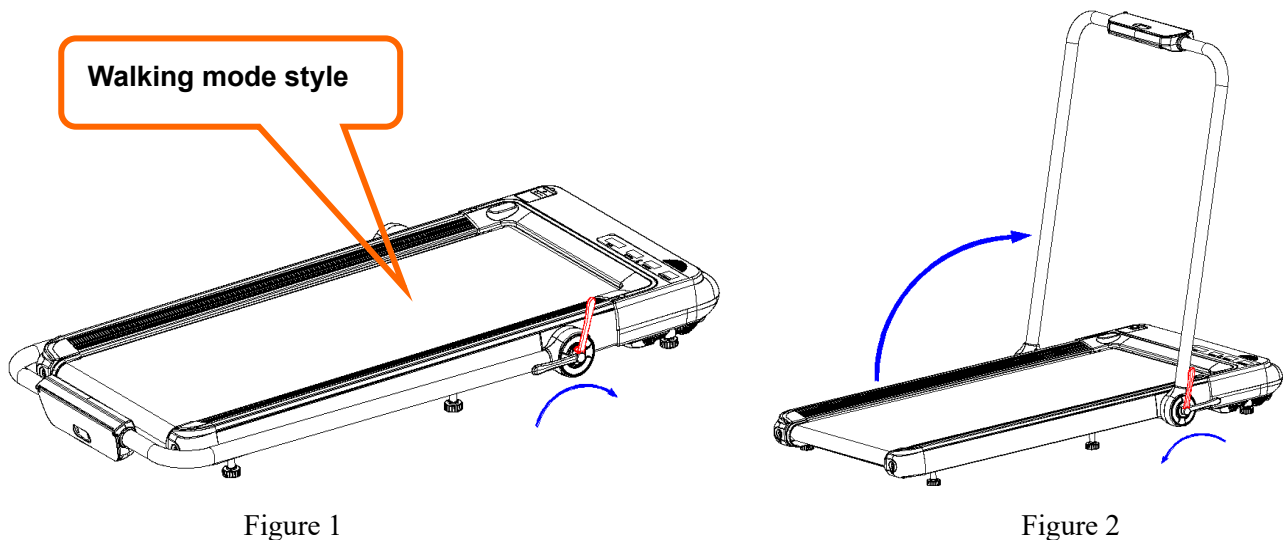
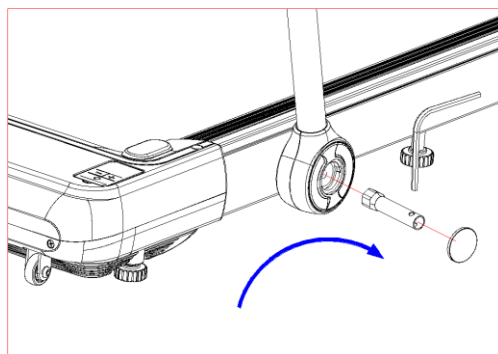


Figure 1

Figure 2

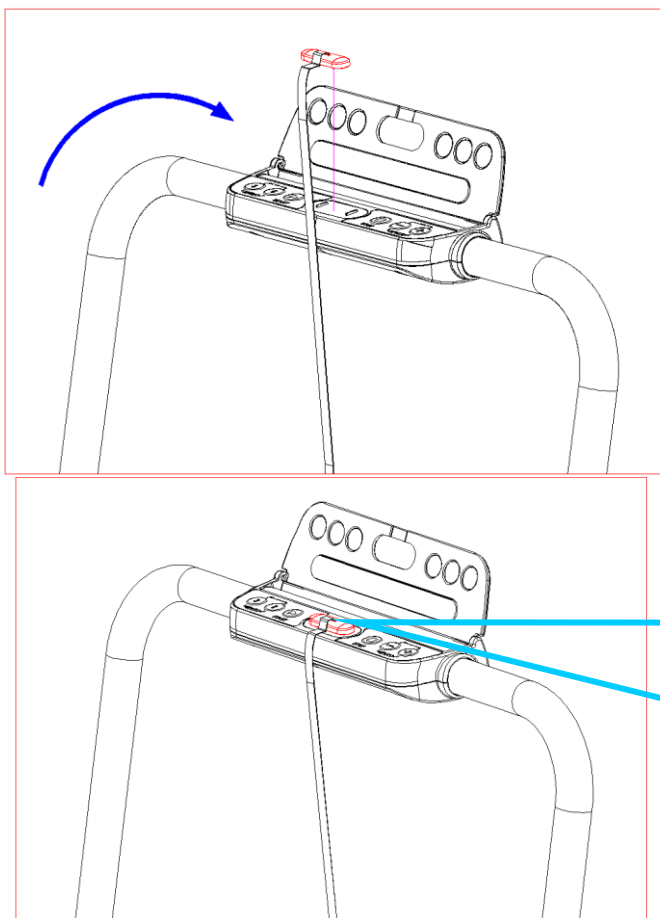
#### Locking handle strength adjustment

1. Pull out the soft round plug at the lower end of the left column;
2. Insert the hexagonal head end of the socket wrench in the accessory bag into the hole of the left column to cooperate with the hexagonal nut, insert the provided hexagonal wrench into the socket hole to form a simple T-shaped socket wrench, and turn it clockwise to lock , counterclockwise is loose;
3. Cover with a soft plug after reconciling;



**Note:** Check 6 adjustable foot pads at the bottom of the machine, make sure all the foot pads are on the ground, otherwise abnormal noise and unnecessary damage may be caused to the user during exercise.

**Step 2.** Open the button cover first, then put the safety key in the position as shown in the figure, and press the start button before the machine can run! (Note: The treadmill can be started normally only if the safety key is placed on the yellow sticker in the middle under the meter)

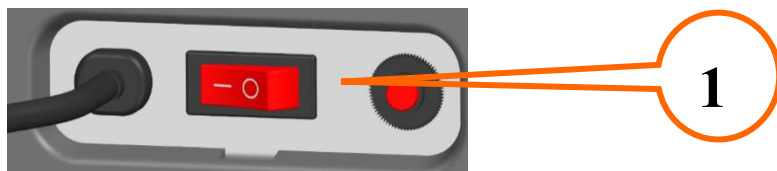


Note: The color of the safety key is red, find the red safety key in the accessory bag, place the magnet end on the yellow label of the instrument, and press the start button

**Note:** After confirming that all the installations are completed according to the above requirements, then lock all the screws uniformly, and check that there is no omission before turning on the power.

## 4. Using Instructions

1. **Use the treadmill:** Plug in the power, turn on the switch (the switch is red), it will light up, then you will hear a "beep", then the screen lights up.



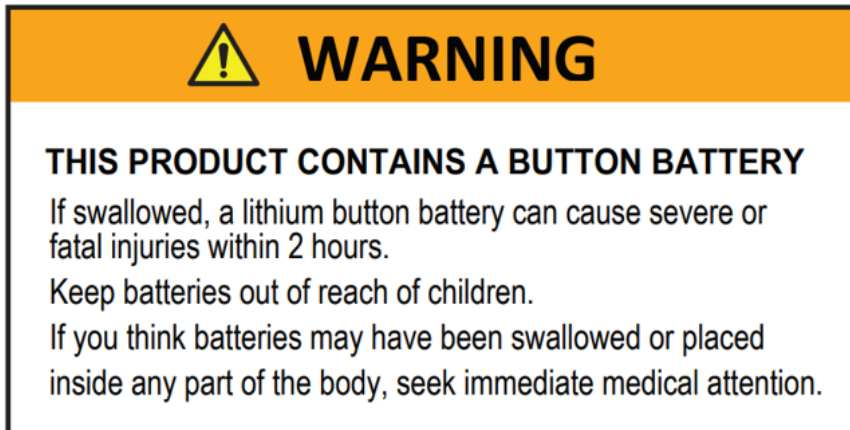
### 2. Safety key introduction:

Put the safety lock completely on the yellow sticker of the meter, the treadmill can run; clip the safety lock clip to the clothes, in case of an accident, pull the safety lock immediately to stop the motor running immediately; if you want to continue to use Treadmill, please put the

safety lock back; in any case, unplug the safety lock to stop the treadmill;

### 3.Remote control, operation during walking function:

After the power is turned on, press and hold the "Start/Stop" button on the remote control for about 7 seconds to perform a one-to-one pairing connection (the buzzer sounds several times in succession, indicating that the pairing is successful, if the buzzer does not sound continuously, the pairing is unsuccessful), pairing After the success, the remote control can control the walking machine remotely; on the remote control, you can "start/stop", "speed+", "speed-".



### 4.Console operation instructions

#### Button Function

**Start/Stop:** When the treadmill is stopped, press the "Start/Stop" button to start the treadmill. During the running process of the treadmill, press the "Start/Stop" button, the treadmill stops and all data is cleared.

**Program:** In standby state, press this key to cycle from manual mode to automatic program; manual mode is the default operating mode of the system.

**Mode:** In the standby state, press this key to cycle through 3 different countdown operation modes.

**Speed shortcuts:** After the treadmill is started, press this key to adjust the speed; when the key is pressed, the treadmill speed will cycle in sequence of 3, 6, and 9.

**Speed+/Speed-:** After the treadmill is started, press this key to adjust the speed, press the "+" key to increase the speed, and press the "-" key to decrease the speed;

#### Display function

**Time display:** When the time indicator is on, it displays the running time in manual mode or the countdown of running time in mode and program.

**Speed display:** When the speed indicator light is on, the current running speed value is



displayed.

**Mileage display:** When the indicator light of mileage is on, it will display the accumulated distance in manual and program mode or the distance in program mode.

**Calorie display:** When the calorie indicator light is on, it will display the calorie value during exercise in manual and program mode; or the calorie value during exercise in program and mode operation.

The Range of Data display for each parameter are as follows:

TIME 0-99.59 (minutes)

RUN SPEED 0.8-12 (km/h)

WALK SPEED 0.8--6KM/H

DISTANCE 0-99.9 (km)

CALORIES 0-999 (Kcal)

## Code Meaning of error messages

Error code	Description	Solution
E1	Communication Abnormal: when the power is on, the connection between lower controller and the console is abnormal.	Possible Cause: The communication between the lower controller and console is blocked, check each joints between the controller and console, ensure that each core is fully plugged in. Check the the connection line, replace it if it's damaged.
E2	No signal from motor.	Possible Cause: Check the motor cable to see whether it is connected well or not, if not, connect the motor wire again. Check the motor cable to see whether it is damaged or has a burnt smell, if yes, replace the motor. Check the speed sensor to see whether it is correctly installed or damaged
E5	Over current protection: In working , the lower controller detects the current to be over 6A for more than 3 seconds.	Possible Cause: Overloading leads to excessive current, and the system stops out of self-protection, or some part is stuck, causing the motor to stop. Adjust the treadmill and restart it. Check if there is liquid or burnt smell while the motor is running, if yes, replace the motor; check if the controller has a burned smell, if yes, replace the controller; check the power supply voltage, if it does not match the specifications, change into correct voltage and test the machine again.
E6	Explosion-proof impact protection:the abnormal voltage or motor cause the faulty of circuit that drive the motor.	Possible Cause: Check if the power supply voltage is 50% lower than normal voltage , use the correct voltage and test the machine again; check if the controller has a burnt smell and replace the controller; Check if the motor cable is connected and connect the motor wire again.
E7	No safety key	Put the safety key on the right place.

## 5. Routine maintenance and Instructions

Open the motor cover at least twice a year, and vacuum the motor. A thorough cleaning can

extend the life of your treadmill. Clean the exposed parts on both sides of the running belt to reduce the accumulation of impurities under the running belt. Make sure your sneakers are clean and avoid carrying foreign objects under the running belt to wear out the running board and running belt. The surface of the running belt must be wiped with a damp cloth moistened with soap, taking care not to splash water on the electrical components and under the running belt. **(WARNING: Before cleaning, maintaining or moving the treadmill, be sure to unplug the treadmill. )**

### Running Belt alignment:

- Put electric treadmill flat on the ground. Make the electric treadmill run at a speed of about 6-8km/hour .
- **If the running belt is closer to the left**, rotate the left adjusting bolt with 1/2 turn clockwise, then rotate the right adjusting bolt with 1/2 turn counter-clockwise. (Picture A)
- **If the running belt is closer to the right**, rotate the right adjusting bolt with 1/2 turn clockwise, then rotate the left adjusting bolt with 1/2 turn counter-clockwise. (Picture B)



Figure A



Figure B

### Adjustment method for running belt slippage:

When you use the treadmill for a long time, the running belt or V-ribbed belt will become loose due to a little wear or stretch deformation. At this time, you must make appropriate adjustments for safe use.

Judgment method: During your normal running, when your feet fall on the running board, if you feel that the running has occasional pauses, it means that the running belt or the V-V-belt is somewhat loose, and further confirmation must be made.

**Step 1:** Use a multi-purpose wrench to remove the motor cover screw, let the treadmill run at a speed of 1 km/h, then stand on the running belt, hold the side armrest or front handle with both hands, and press your foot slightly to run belt.

A. If you observe that the instantaneous stepping pressure causes the running belt to stop

rotating, but the V-ribbed belt and the front roller are still rotating, it means that the running belt is a little loose and must be adjusted properly for safe use.

B. If you observe that the instantaneous stepping pressure causes the running belt and the V-ribbed belt to stop rotating, but the motor is still running, it means that the V-ribbed belt is somewhat loose and must be properly adjusted for safe use.

C. If the instantaneous stepping pressure cannot stop the running belt from rotating, it means that the tightness of the running belt and the V-ribbed belt is appropriate.

**Step 2:** Turn off the power of the treadmill or stop the treadmill, and use an L-shaped Allen wrench (6mm) to adjust the adjusting screw on the motor base according to the situation. Gently flip the V-ribbed belt between the motor shaft and the front roller by hand; (if the V-ribbed belt can be turned over 100%, it means it is too loose; if the V-ribbed belt can be turned over 50%, it is more appropriate.)

**Step 3:** Finally, lock the motor base and install the motor cover; use a multi-purpose wrench to fix and lock the removed motor cover screws.

**Treadmills are sports equipment, so they need proper maintenance and maintenance.**

**The maintenance and maintenance suggestions are as follows:**

**1: Due to wear and damage, frequent inspections are required; worn or damaged accessories (such as motors, electric controls, power cords, Running belt), after maintenance or professional repair, its safety level is the same as that of the factory.**

**2: Immediately replace those defective parts and repair the equipment idle: (such as power cord)**

**3: Pay special attention to the components that are most prone to wear. (like a running belt)**