Ever*fit*

TREADMILL

MODEL: TMILL-TITAN45-AUTO

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.

SAFETY INSTRUCTIONS

Please read the instructions carefully before using thre treadmill and starting your exercise program.

NOTE:
Before folding the treadmill, ensure that the inclination is at zero position.

1. The product is suitable for home use and is not designed for professional training and testing, nor use it for any medical purposes.
2. Do not wear loose clothing that may get caught in the equipment during use. Do not let children or pets play near the machine to avoid accidents. It is prohibted to use the treadmill barefooted.
3. Place the treadmill in a location that allows it to be plugged in easily to a wall socket power supply. Do not place it in places with direct sunlight or near any heat or wet sources, such as a stove, heating appliance or in a bathroom.
4. The treadmill must be grounded to avoid any electrical shock hazard.
5. Make sure that the power plug fits in tightly into the wall socket. Do not share the socket with other equipment. Do not used any damaged power plug.
6. Please ensure that the power plug and wall socket are compatible for use. If they are not, please seek a qualified electrician for assistance. The treadmill uses a AC 220V-240V power supply.
7. Please do not let the power cord come into contact with the drum or the running belt,
8. Pull out the power plug from the socket when the treadmill is not in use and before cleaning and maintenance.
9. If the power cable is damaged, it must be replaced by manufacturer or similarly qualified personnel to avoid any health hazard.
10. Ensure that there is good air circulation around the treadmill when it is in use.
11. Avoid using the treadmill for long periods of time or overloading it. These may cause damage to the motor and control panel and accelerate the deterioration of bearings, running belt and running board.
12. Please clip the safety key to an article of your clothing when using the treadmill. This will serve as a safety measure to shut down the treadmill in the event that you fall off the machine.
13. This product is not suitable for use by children or anyone who is not well or physically or mentally incapable of using the equipment safely or properly unless they are supervised by a responsible person. Children should be monitored to ensure that they do not play equipment.
14. Please place the product on a smooth and clean surface and flat on the ground. Ensure that there are no sharp objects in the vicinity.
15. The product has a maximum weight capacity of 150kg and can only be used by one person at a time.
16. The heart rate displayed on the product does not form the basis for clinical or medicinal purposes.
17. Avoid eating or drinking when using the treadmill as it may be damaging to your health.
18. Do not do intensive exercises on the treadmill if you seldom exercise.
19. Keep the treadmill dust-free to avoid any strong static.
20. Do not use the treadmill if any part of it is damaged or worn or interior parts are exposed to prevent any accident or personal injury.

TREADMILL COMPONENTS

- LCD screen
- Control panel holder
- Hand grip with pulse sensor
- Handrail
- Support
- Motor cover
- Running belt
- Frame edge
- Left front cover
- Right rear chassis cover
- Foot pad
- Rear cover
- Transport wheel
- Transport wheel
- Left rear chassis cover

| TECHNICAL SPECIFICATIONS		
1	Input power voltage	AC220V, 50-60Hz
2	Motor power	3.5hp
3	Speed	0.8km/h - 18km/h
4	Running surface dimensions	1250mm x 450mm
5	Maximum weight capacity	150kg
6	Unfolded dimensions	1800mm x 730mm x 1310mm

HARDWARE LIST

| NO	PART	QTY	NO	PART	QTY
1	Inner hexagon wrench 6m	1	7	Base cover	2
2	Inner hexagon wrench 5mm	1	8	MP3 cable	1 set
3	Combination wrench	1	9	Screw M8x20	6
4	Safety key	1	10	Screw M8x45	2
5	Silicone oil	1 bot	11	Screw M5x16	4
6	User manual/ warranty card/certificate	1 set			

ASSEMBLY INSTRUCTIONS

Step 1
Unfold the treadmill and place it on a flat, horizontal surface and lift up the control panel holder as shown in the diagram.
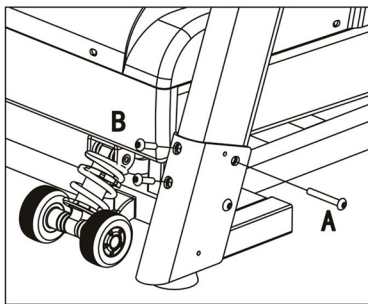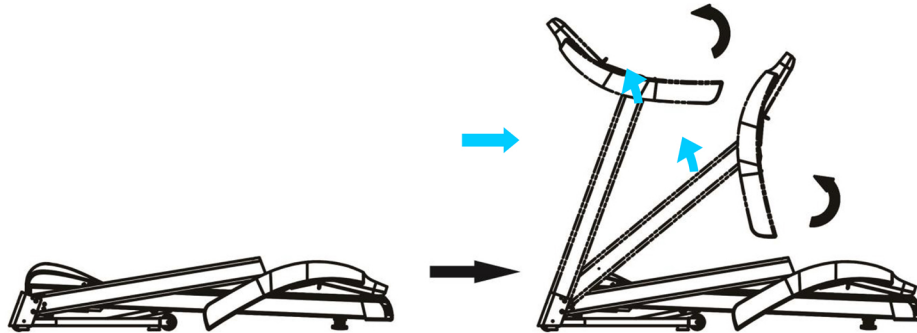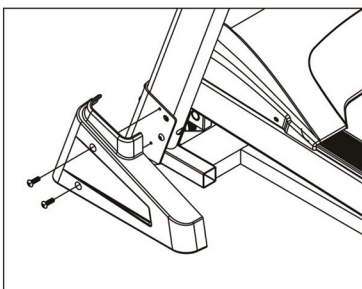
Step 2
Use an inner hexagon wrench 5mm and screw in two M8x45 screws as shown in A and two M8x20 screws as shown in B.
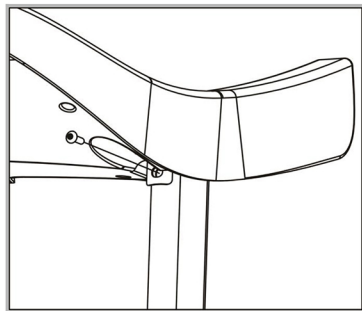
Step 3
Use an inner hexagon wrench 5mm and screw in two M8x20 screws to secure the control panel holder to the supports as shown in the diagram.

Step 4
Use the combination wrench and screw in two M5x16 screws to secure the front base cover to the support as shown in the diagram. Repeat the same process for the other side.
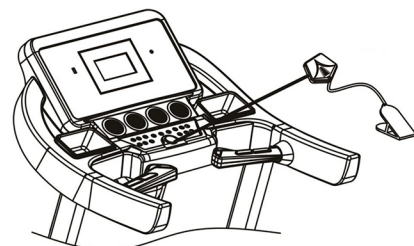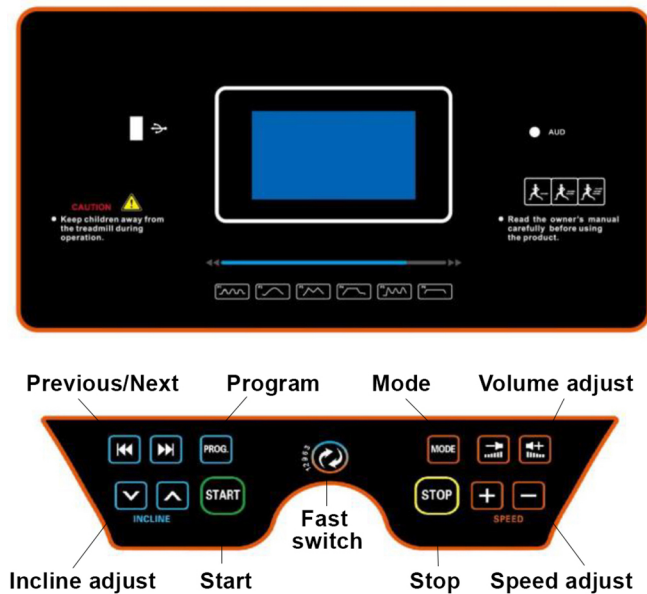
Step 5
Attach the safety key to the allocated spot on the control panel.

NOTE
Please ensure that all screws are securely fastened and that all parts are properly assembled before plugging in the treadmill to the wall socket.

CONTROL PANEL

START-UP
Turn on the power switch and the treadmill will activate after a 5-second countdown.

PROGRAMS
The treadmill has 3 manual programs, 12 automatic programs and one FAT (BMI) program.

SAFETY LOCK FUNCTION
Remove the safety key and an E7 error code will be shown on the LCD screen. The treadmill will stop immediately and an alarm will be sounded. Put the safety key back and all data will be cleared in 2 seconds.

KEY FUNCTIONS
• **Start/Stop**
  With the power on, press the Start button and the LCD screen will display 0.8km/h and the treadmill will begin to operate. Press the Stop button while the treadmill is operating and the treadmill will come to a complete stop and all data will be cleared. The treadmill will return to manual mode.

• **Program**
  Press the Program button to select between manual and automatic programs (P1 to P12). The default setting is manual mode, and the speed ranges from 0.8km/h to 18km/h.

• **Mode**
  Press the Mode button and 3 different countdown modes can be chosen when in standby mode. These are Time countdown mode, Distance countdown mode and Calorie countdown mode. Use the Speed '+' and '-' buttons to set the countdown values. When the setting is complete, press the Start button to start the treadmill.

• **Speed adjustment**
  Use the '+' and '-' buttons to set values for the treadmill. The speed of the treadmill will incease in 0.1km/h per press. If the button is held for more than 2 seconds, the number will increase or decrease steadily.

• **Multimedia**
  Use the Next/Previous and Volume buttons to adjust music play and volume when using a supported device that is connected to the treadmill.

• **Fast switch**
  This key allows you to cycle through the numbers 3, 6, 9 and 12 quickly.

• **Incline**
  Use the direction arrows buttons to adjust the incline of the treadmill. Each press of the button will set one level. Hold the buttons for more than 2 seconds and the number will increase or decrease steadily.

CONTROL PANEL

LCD SCREEN

- **Speed display**
  Displays the current running speed.

- **Time display**
  Displays the timein manual mode and the countdown time in automatic modes and programs.

- **Distance display**
  Displays the cumulative distance under manual mode and programs. It also displays the distance countdown in automatic mode.

- **Calorie display**
  Displays the cumulative calories under manual mode and programs. It also displays the calorie countdown in automatic mode.

- **Heart rate display**
  Display the heart rate once the signal is detected. The heart-shaped icon will flash when testing.

  Heart rate measurement
  When the treadmill is on, hold the hand grip with the pulse sensor for 5 seconds and the heart rate will be displayed on the LCD screen. The heart rate ranges from 50bpm to 200bpm. This data is for reference only and should not form the basis for any medical purpose.

- **Data range**
  The range of data for each parameter on display are as follows:

Time:	5:00 to 99:59 (minutes)
Distance:	1 to 99.9 (km)
Calories:	20 to 999 (Kcal)
Speed:	0.8 - 18 (km/h)
Pulse:	50 - 200 (bpm)

  Modes parameter settings
  Set the initial time countdown to 30 minutes. The time setting range is from 5 to 99 minutes, with each press for a one-minute increment. The initial calorie countdown setting is 50 Kcal. The calorie setting range is from 20Kcal to 999Kcal, with each press for a 10Kcal increment. The initial distance countdown setting is 1km. The setting range is 1km to 99.9km, with each press for a 1km increment.

PHYSICAL FITNESS TEST (FAT)
With the treadmill in standby mode, press the Program key until the word FAT is displayed on the screen. This is the Human Body Mass Index mode. Press the Settings button to select the parameters, such as F1- gender, F2- age, F3 - height and F4 - body weight. Use the Speed '+' and '-' buttons to set the parameter values. When the settings are done, hold the hand grip with the pulse sensor for the treadmill to detect your body.

The body mass index (BMI) or FAT in the treadmill settings is a measurement of the correlation between a person's height and weight. It forms the basis for some means of weight control. The data is only for reference and does not form the basis for any medical purpose.

01	Sex	01 Male	02 Female	
02	Age	10 - 99		
03	Height	100 - 200		
04	Weight	20 - 150		
05	FAT	Equal or <19	Under weight	
	FAT	20 - 25	Normal weight	
	FAT	26 - 29	Overweight	
	FAT	Equal or >30	Obese	

CONTROL PANEL

OTHERS

- **End of countdown**
  When the countdown is completed, the LCD screen will display the word END. This will be followed by an alert every 0.5 seconds in a 2-second cycle. The alert will stop once the treadmill comes to a complete halt. The LCD screen will return to manual mode.

- **Repeat settings**
  Settings will repeat itself. For example, if the time setting range reaches 99:00, ypu can press the '+' button and the time will go back to 5:00 - 99:00. Use the '+' and '-' buttons to adjust the values.

- **One countdown at a time**
  The treadmill will only run at one countdown mode at a time and will count forward for other parameters.

- The standard value of calories is 30Kcal/km and the accelerating and decelerating speeds are both 0.5km/s.

AUTOMATIC PROGRAMS

Each program is divided into 20 segments and the running time of each segment of the program is evenly distributed.

WEIGHT MANAGEMENT PROGRAMS

P1 — Long slow distance 40-minute default

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Incline	2	3	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	3	2
Speed	2	3	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	3	2

P2 — Steady pace 40-minute default

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Incline	2	3	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	3	2
Speed	2	4	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	4	2

P3 — Cardio run 20-minute default

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Incline	3	4	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	4	3
Speed	3	5	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	4	3	2

P4 — Short interval 20-minute default

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Incline	2	3	5	6	4	6	4	6	4	6	4	6	4	6	4	6	4	6	5	3
Speed	2	3	5	6	5	6	5	6	5	6	5	6	5	6	5	6	5	6	4	2

P5 — Uphill walk 30-minute default

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Incline	2	2	3	3	3	4	4	4	5	5	5	6	6	6	7	7	7	6	4	3
Speed	3	3	4	4	4	5	5	5	5	5	5	6	6	6	6	6	6	5	4	3

P6 — Uphill climb 30-minute default

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Incline	1	3	4	4	5	5	6	6	7	7	7	6	6	5	5	4	4	3	3	2
Speed	3	4	4	5	5	6	6	6	7	7	7	6	6	6	5	5	4	4	3	2

AUTOMATIC PROGRAMS

SPORTS TRAINING PROGRAMS

P7   **Moderate 30-minute default**

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Incline	3	3	4	4	6	4	6	4	6	4	6	4	6	4	6	4	6	5	4	4
Speed	5	5	6	6	7	6	7	6	7	6	7	6	7	6	7	6	7	6	5	5

P8   **Ladder 30-minute default**

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Incline	2	3	4	5	6	4	5	6	4	5	6	4	5	6	4	5	6	5	4	3
Speed	3	4	5	6	7	5	6	7	5	6	7	5	6	7	5	6	7	6	5	4

P9   **Plateau climb 40-minute default**

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Incline	2	2	3	4	5	5	5	5	5	5	5	5	5	5	4	3	2	2	1	1
Speed	3	3	4	6	7	7	7	7	7	7	7	7	7	7	7	7	6	4	3	3

P10   **Long interval 40-minute default**

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Incline	3	3	4	4	5	5	2	5	5	2	5	5	2	5	5	2	5	5	4	3
Speed	5	5	6	6	8	8	5	5	8	8	5	5	8	8	5	5	6	6	5	5

P11   **Negative interval 30-minute default**

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Incline	1	1	1	2	2	2	3	3	3	4	4	3	3	3	2	2	2	1	1	1
Speed	4	4	5	5	5	6	6	6	7	8	8	7	6	6	6	5	5	5	4	4

P12   **Fartlek 30-minute default**

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Incline	2	4	2	6	3	6	4	4	5	2	6	3	6	2	6	2	5	4	6	1
Speed	3	3	3	6	5	6	8	6	8	7	8	6	6	5	5	4	5	7	4	3

ERROR CODES

ERROR CODE	DESCRIPTION	ERROR HANDLING
E1	Abnormal communication: When the power is on, the connection between the lower controller and the control panel is abnormal.	Check the cable connection between the control panel and holder to ensure that is is fully plugged in. Replace the connection cable if it is faulty.
E2	No signal from speed sensor.	Check the cable connection of the motor to ensure that it is in good condition. Check motor and replace if damaged.
E5	Overcurrent protection: While in operation, the current has been detected to be more than 6A for longer than 3 seconds.	Possible causes: Overloading leads to excessive current and the system automatically shut down for self-protection, or some part of the treadmill is stuck, causing the motor to stop. Adjust the treadmill and restart. Check if there is liquid or a burnt smell while the motor is running. If yes, replace the motor. Check if the control panel has a burnt smell. If yes, replace the control panel. Check the power supply voltage to ensure that it meets the product specifications. If not, use the correct voltage.
E6	Explosion-proof impact protection: Motor drive circuit faulty due to abnormal voltage or motor.	Possible causes: Check if the power supply voltage is 50% lower than the normal voltage. Use the correct voltage and test again. Check if the control panel has a burnt smell. If yes, replace the control panel. Check if motor cable is connected. If not, reconnect motor cable.
E7	No safety key	Place the safety key in its correct location.

CARE AND MAINTENANCE

CLEANING

Clean the treadmill regularly to ensure that it works smoothly. Please unplug the treadmill from the power source before performing any cleaning on the treadmill.
• Remove dust periodically in order to keep the parts clean.
• Clean the running belt and both sides of the frame to help reduce the accumulation of dirt.
• Ensure that the soles of your footwear are clean when running on the running belt.
• Use a clean towel and damp cloth to wipe away any perspiration or dirt.
• Do not use corrosive cleaners or any liquids to clean the treadmill, and particularly, its electronic components.
• Do not expose the electronic components to direct sunlight.
• Clean the area around the treadmill once a week so that the ground is clear of dirt and debris.

STORAGE

The treadmill can be folded for compact storage. Please store the treadmill in a clean and dry environment and ensure that it is not plugged into any power source.

CARE AND MAINTENANCE

ADJUSTING THE RUNNING BELT
Adjusting the running belt serves two purposes: to adjust the tension and to centralise the running belt when running on it. After using the running belt for some time, the belt may have become stretched and friction will cause the belt to move off-centre. If the running belt appears to be slipping or moving off-centre when in use, it can be adjusted to restore the positioning and tightness.

Belt positioning adjustment
If your running pressure exerted on the belt is not as strong as the belt pressure, the pressure imbalance may cause you to run off-centre on the belt. As such, you need to re-adjust your running position when this happens.

To correct this, first set the no-load running belt speed to about 6km/h. Then observe the moving distance on the left and right side of the belt.

- If the belt veers to the right, turn the right adjustment screw a half turn anti-clockwise and then the left adjustment screw a half turn clockwise (Figure A).

Figure A

- If the belt veers to the left, turn the left adjustment screw a half turn anti-clockwise and then the right adjustment screw as half turn clockwise (Figure B).

Figure B

WARNING
Do not overtighten the drum. It may lead to permanent damage to the roller bearings.

Belt tension adjustment
To check whether the belt tension is loose, remove the four screws on the front cover and let the treadmill run at 1km/h. Then stand on the treadmill, grip the armrests and tread the treadmill lightly.

- If the instantaneous step does not stop the belt, the tightness is fine.
- If the instantaneous step cause the belt to stop, but the motor is still running, this indicates that the belt is loose and needs adjustment.

To adjust the tension, use a wrench to adjust the screws on the motor base. Meanwhile, gently flip the belt between the motor shaft and the front roller. If the belt is to loose, it can be flipped 100%. If it is too tight, there is not much allowance for flipping. It is appropriate to flip the belt by about 80% after adjustment. Finally, lock the motor base and install the front cover.

NOTE
If the treadmill belt is too loose, there will be a skid phenomenon while running. If it is too tight, it may reduce motor performance and cause more friction between the roller and running belt. You can lift up the two sides of the running belt by 50mm to 70mm for the appropriate tightness.

CARE AND MAINTENANCE

LUBRICATION
The treadmill is factory-lubricated to help maintain a smooth operation of all moving parts. However, after prolonged use over a period of time, friction between the running belt and running board may affect the working lifespan of the treadmill. Hence, you may need to add some lubricating silicone oil.
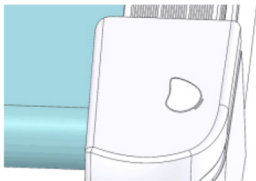
The following schedule is advised for lubricating the running belt and running board:

- Lightweight user (less than 3 hours a week)   Once a month
- Heavy user (more than7 hours a week)   Once every 15 days

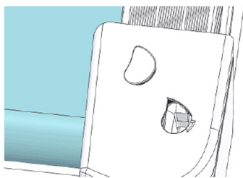To add the lubricating silicone oil, follow these steps:
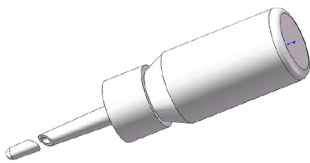
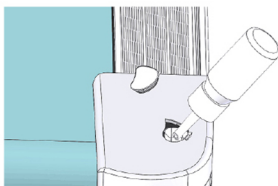1. Cut of the tip of the silicone oil bottle

2. Locate the teardrop-shaped cover on the left and right end caps.

3. Open the teardrop-shaped covers.

4. Pour in about a quarter botle of silicone oil into each side.

Finally, adjust the speed of the treadmill to move at 4km/h to 5km/h. Walk on the belt for about 2 minutes to make sure that the silicone oil is evenly distributed.

NOTE
In order to safeguard the lifespan of the treadmill, it is recommended to turn off the machine and let it rest for 10 minutes after every two hours of continuous use.