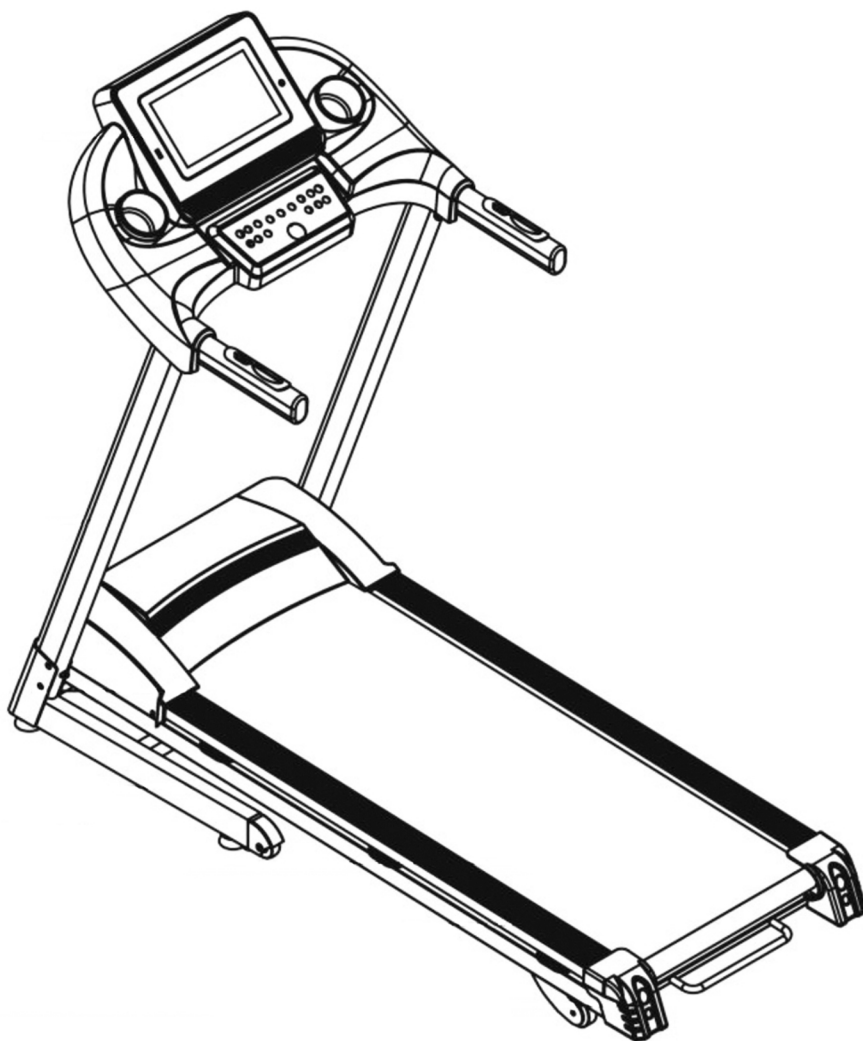


Everfit

TREADMILL

MODEL: TMILL-TITAN42-SIM



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

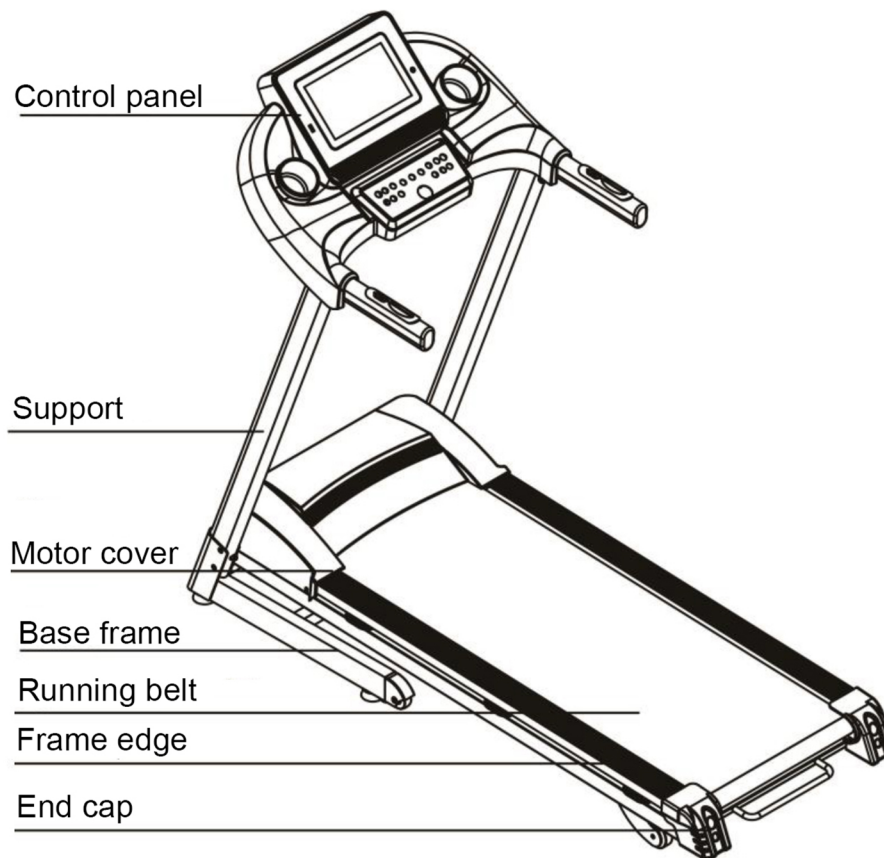
Please read the instructions carefully before using the treadmill and starting your exercise program.

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 prohibited 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 use 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



TECHNICAL SPECIFICATIONS		
1	Input power voltage	AC220V, 50-60Hz
2	Motor power	2.5hp
3	Speed	0.8km/h - 18km/h
4	Running surface dimensions	1200mm x 420mm
5	Maximum weight capacity	150kg
6	Unfolded dimensions	1530mm x 685mm x 1270mm

PACKING LIST					
NO	PART	QTY	NO	PART	QTY
1	Complete treadmill	1 set	2	Hardware/Accessory bag	1 set
HARDWARE AND ACCESSORIES LIST					
NO	PART	QTY	NO	PART	QTY
1	Inner hexagon wrench 5mm	1pc	7	MP3 cable	1pc
2	Inner hexagon wrench 6mm	1pc	8	M8x22 Screw	6pcs
3	Wrench	1pc	9	M8x45 Screw	2pcs
4	Safety key	1pc	10	DIA8 Washer	2pcs
5	Silicone oil	1pc	11	M8 Nut	1pc
6	User manual	1pc			

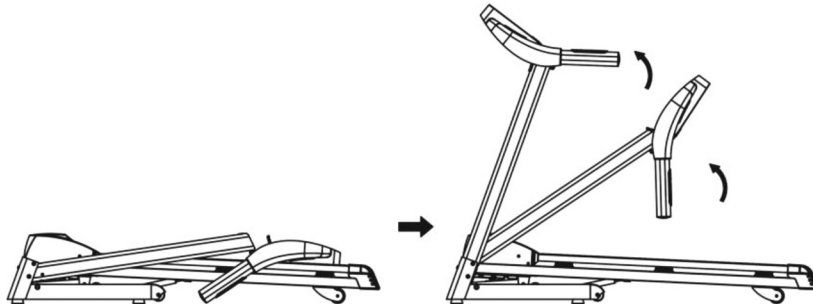
ASSEMBLY INSTRUCTIONS

TIP

When assembling, place screws in place first and lightly tighten. Do not fully tighten the screws. Only do so when the assembly is totally completed.

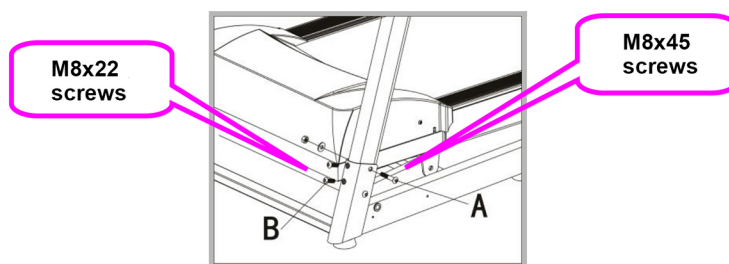
STEP 1

Place the treadmill flat on the ground. Then stand up the supports and control panel as shown in the diagram.



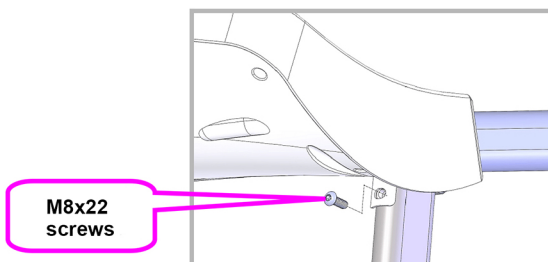
STEP 2

Connect the base to the supports with two M8x22 screws and one M8x45 screw using the supplied hexagon wrench 5mm to secure the screws.



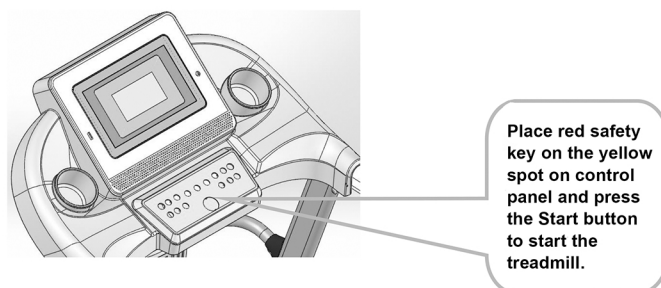
STEP 3

Attach the control panel to the supports with two M8x22 screws. Use the supplied hexagon wrench 5mm to secure the screws.



STEP 3

Attach the safety key as outlined in the diagram. Assembly is now completed..

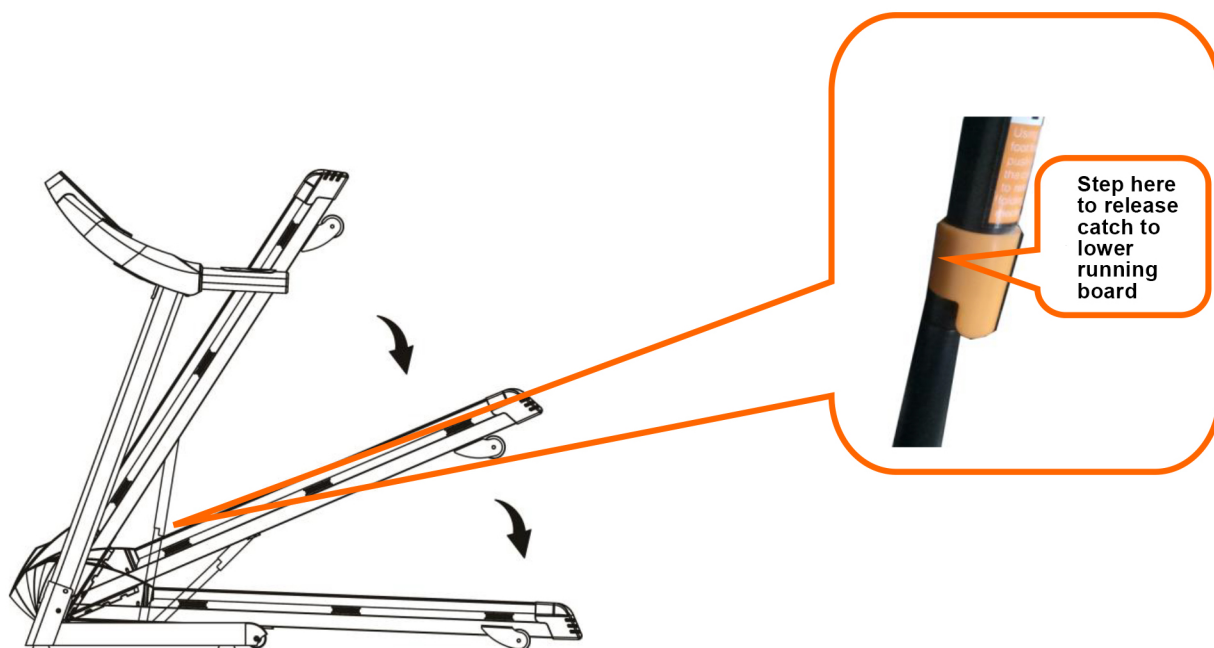


NOTE

Ensure that all screws and parts are firmly secured after assembly and no parts are left out before plugging in the treadmill to the power supply.

FOLDING/UNFOLDING INSTRUCTIONS

1. Turn off the power switch and unplug the treadmill from the wall socket before folding or unfolding it.
2. Step on the catch at the hydraulic rod to fold or unfold the running board as shown in the diagram.



OPERATIONS

ACTIVATION

Plug in the treadmill to the wall socket and turn on the power switch (1). The LCD screen will light up with an alert sound.

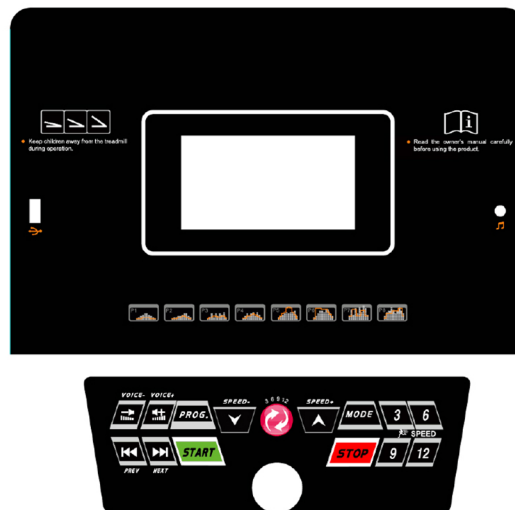


SAFETY KEY FUNCTION

The treadmill will only start when the safety key is placed on its allocated spot on the control panel. When using the treadmill, clip the safety key to an article of your clothing as a safety measure. When the safety key is detached, the treadmill will stop in the event that you fall off the treadmill while in use. Keep the safety key at a safe place and out of reach from children.



CONTROL PANEL



BUTTONS FUNCTIONS

- **START/STOP**

Press the Start button on the control panel and the treadmill will operate after a 5-second countdown. Press Stop to halt the treadmill.

- **PROGRAMS**

The treadmill has 3 manual programs, 12 automatic programs and one FAT (BMI) program. When in standby mode, press the PROG button to access manual mode or the 12 automatic programs from P1 to P12. The default running mode in the system is the manual mode.

- **MODES**

When in standby mode, press the Mode button to access 3 different countdown running modes: Distance countdown, Time countdown and Calorie countdown. Use the direction arrows buttons to adjust values.

- **SPEED**

Use the direction arrows buttons to adjust the speed of the treadmill.

- **SPEED PRESETS**

Press these keys to change the speed (3km/h, 6km/h, 9km/h and 12km/h) while in running mode.

- **SAFETY KEY**

Detach the safety key from the control panel while the treadmill is working and an error message 'E7' will appear on the LCD screen. The treadmill will gradually slow down and stop. Place the safety key back in place and all data will be cleared in 2 seconds.

DISPLAY FUNCTIONS

Speed display

Displays the current running speed.

Time display

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

Distance display

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

Calorie display

Displays the cumulative calories in manual mode and programs. It also displays the calorie countdown in automatic mode.

CONTROL PANEL

DISPLAY FUNCTIONS

Range of data

The range of data display for each parameter are as follows:

TIME	5:00 to 99:59 (minutes)
SPEED	0.8 - 18.0 (km/h)
DISTANCE	1.0 to 99.9 (km)
CALORIES	20 to 999 (Kcal)
PULSE	50 to 199 (bpm)

Heart rate display

When the treadmill is on, hold the hand grip with the pulse sensor for 5 seconds. Once the heart rate signal is detected, the heart-shaped icon will flash. The heart rate data is for reference and does not form the basis for any medical purpose.

AUTOMATIC PROGRAMS

Each program is divided into 20 segments and the running time of each segment of the program is evenly distributed. The following charts are the time distribution of each automatic program.

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
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
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
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
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
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
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
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
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
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
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
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
Speed	3	3	3	6	5	6	8	6	8	7	8	6	6	5	5	4	5	7	4	3

NOTE

- **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, you 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.

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 it 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 it. 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).
- 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 A



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 too 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

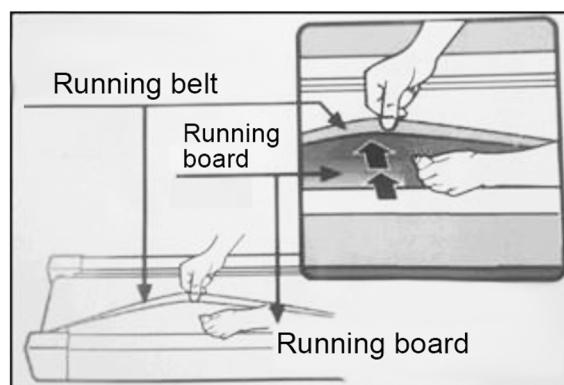
The treadmill is factory-lubricated to help maintain a smooth operation of all moving parts. However, after prolonged use over a period of time, friction between the running belt and running board may affect the working lifespan of the treadmill. Hence, you may need to add some lubricating silicone oil.

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 than 7 hours a week) Once every 15 days

To add the lubricating silicone oil, follow these steps as shown in the diagram:

1. Lift up the running belt slightly.
2. Open the silicone oil bottle and squeeze some silicone oil on the sides of the running board.



3. 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.