

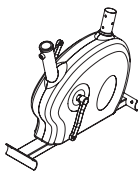
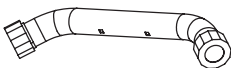
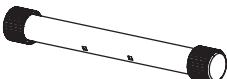
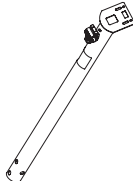
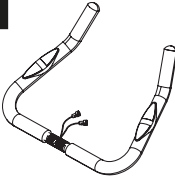
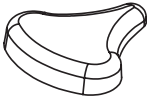
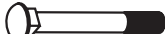
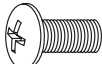
everfit

INSTRUCTION

BFK
550

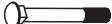


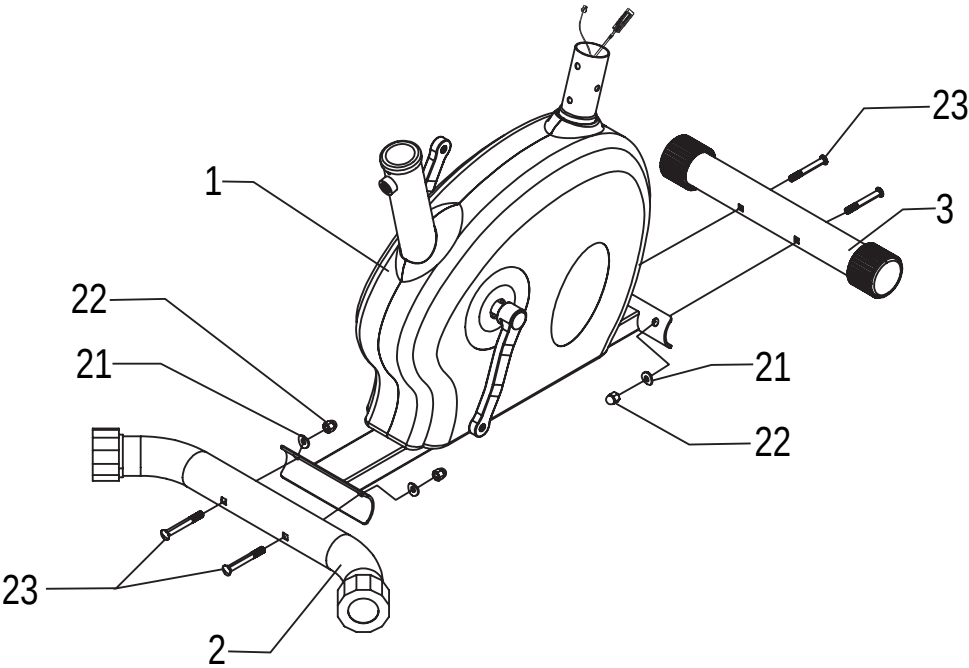
13. Parts list

1  x1	2  x1	3  x1	4  x1
5  x1	6  x1	7  x1	8  x1
9  x1set	10L  x1	10R  x1	11  x1
12  x1	13  x1	14  x1	15  x1
16  x1	17  x1	18  x1	19  x1
20  M8x15mm x4	21  Ø8mm x8	22  M8 x4	23  M8x60mm x4
24  Ø8mm x4	25  M8 x3	26  x2	

14. Assembly

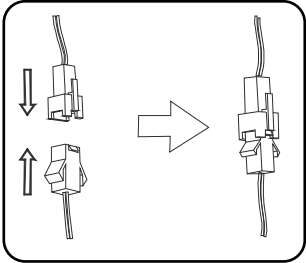
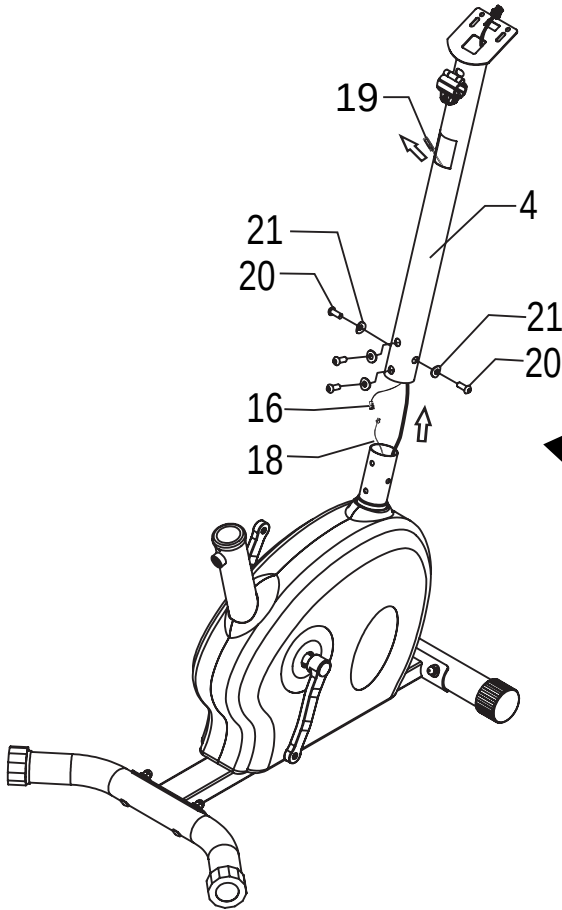
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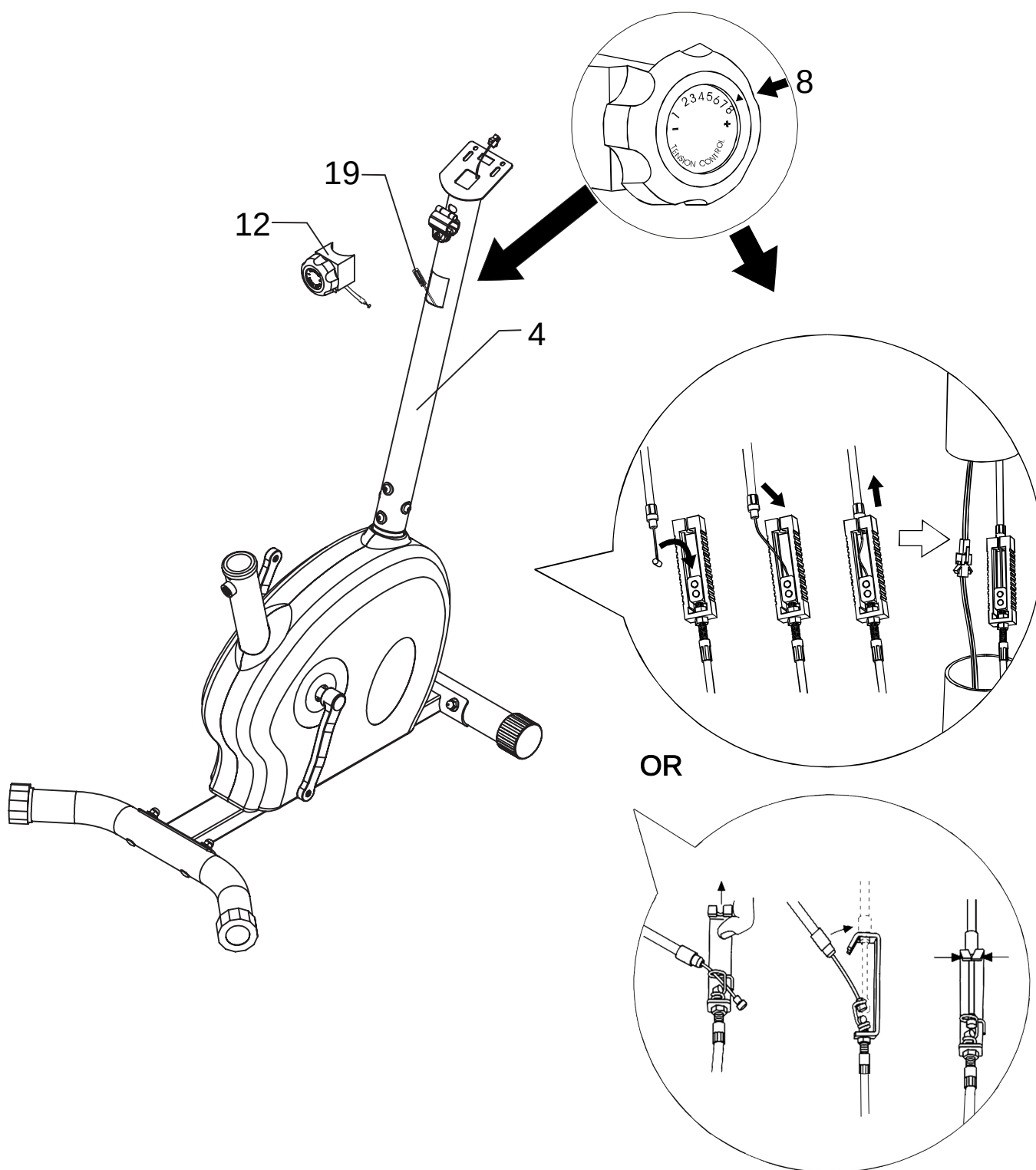
21 x4	22 x4	23 x4
		
Φ8 mm	M8	M8x60mm



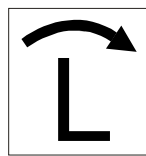
2

20 x4	21 x4
	
M8x15 mm	Ø8 mm





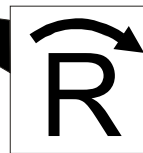
4



10L

9

10R



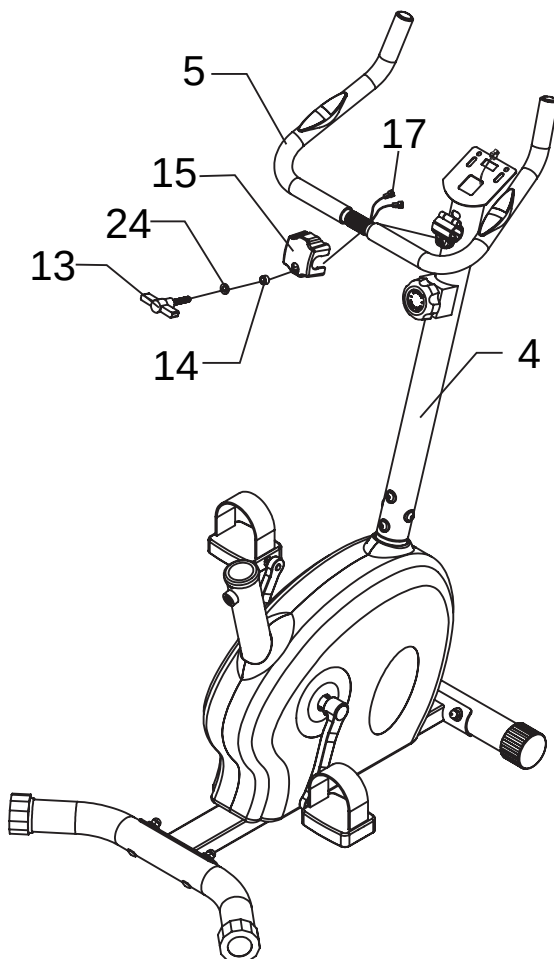
10L x1



10R x1



5



13 x1



14 x1



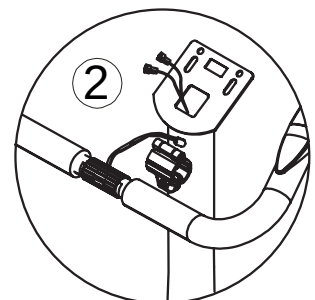
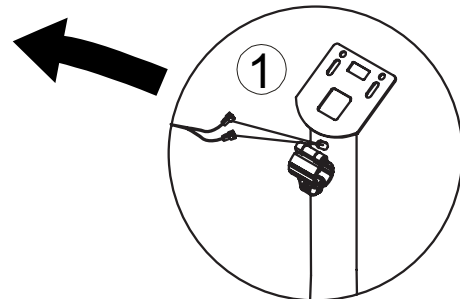
15 x1



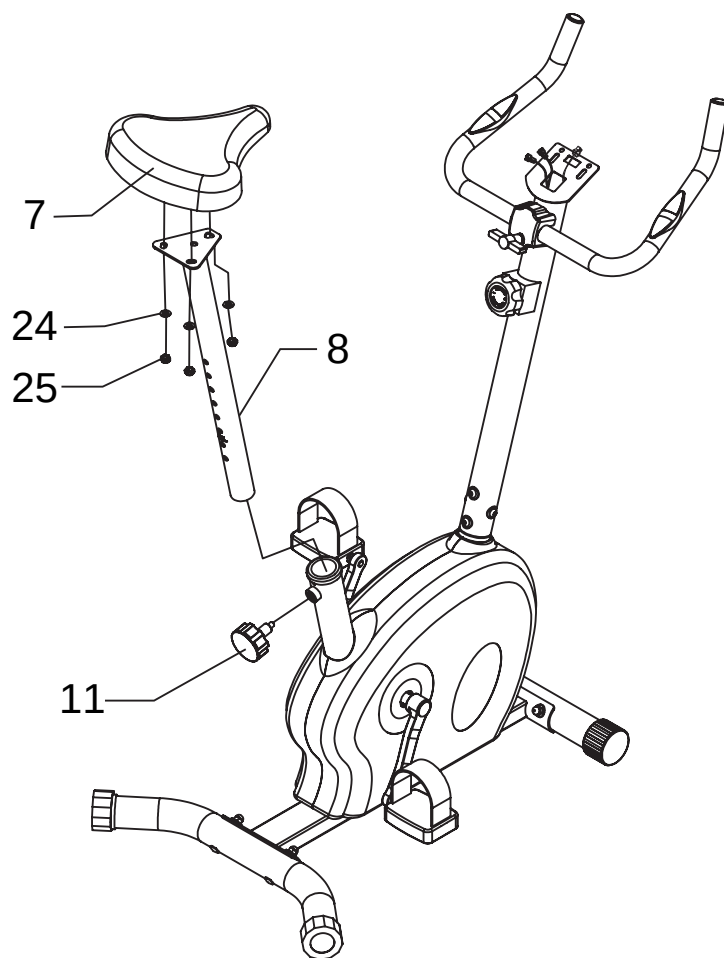
24 x1



Ø8 mm

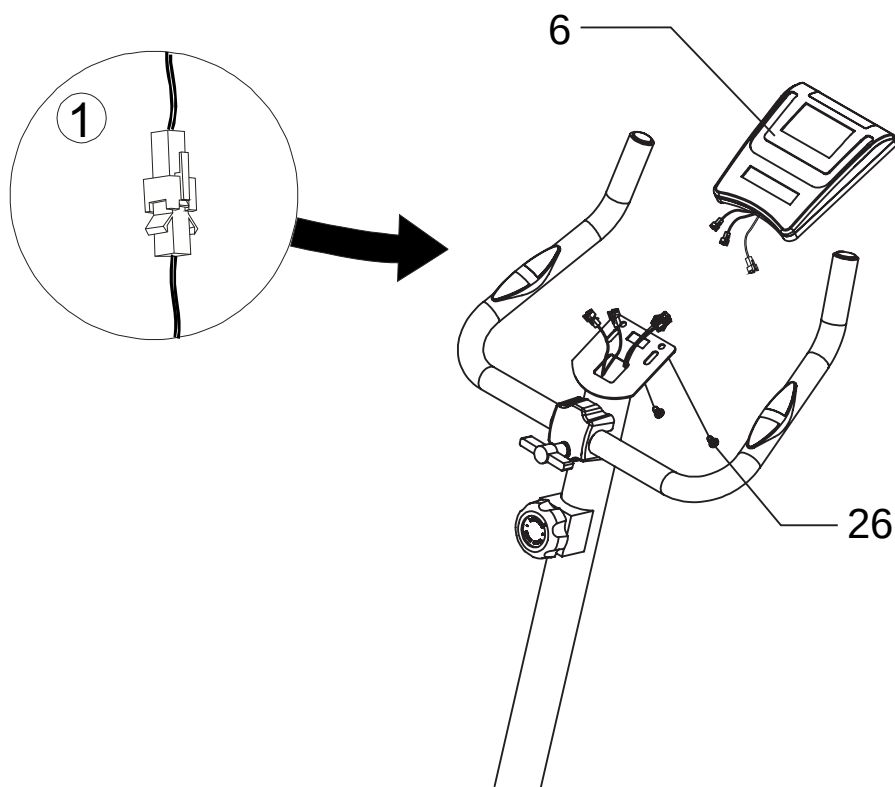


6



24 x3  Ø8 mm	25 x3  M8	11 x1 
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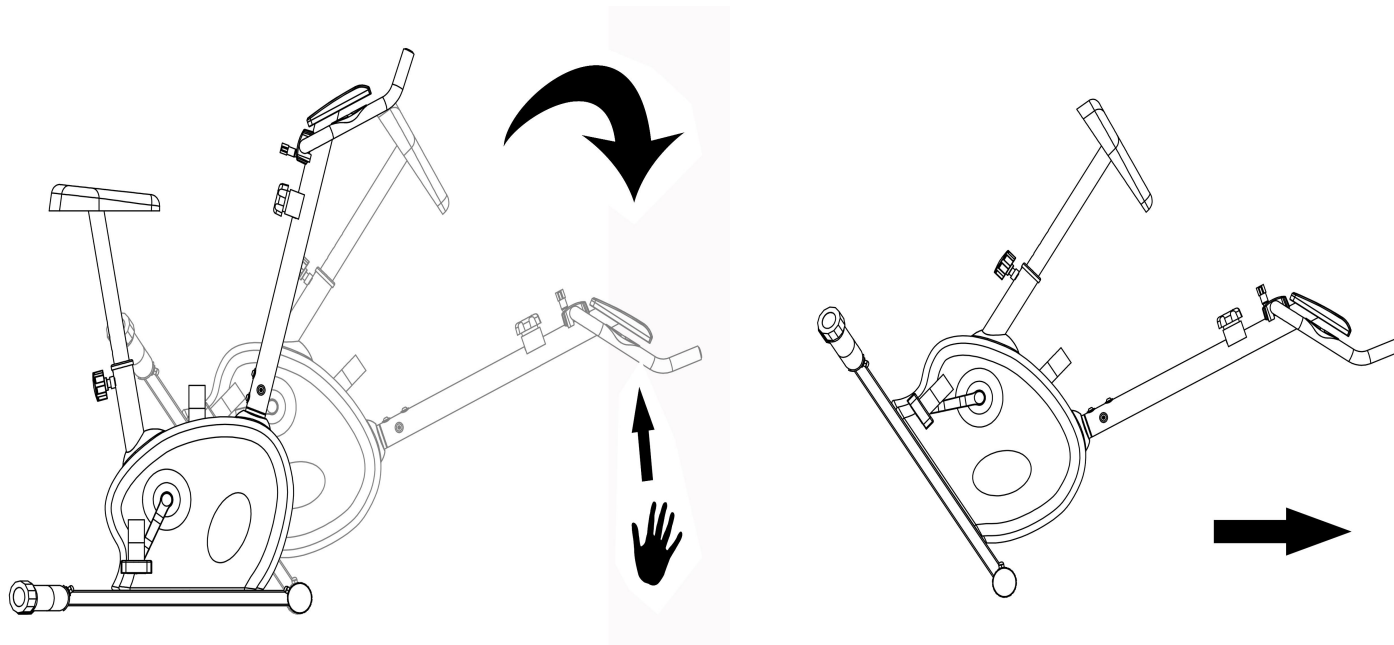
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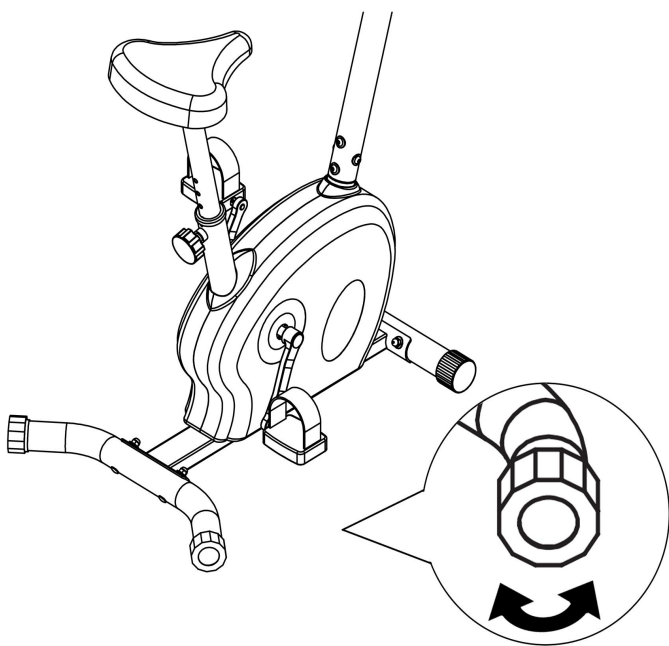
26 x2 



MOVING THE DEVICE



LEVELLING



EXERCISE COMPUTER INSTRUCTION MANUAL

KEY GUIDE

MODE Select function you want.

SET(if have) Set value of the selected functions

TIME-DISTANCE-CALORIE

RESET(if have) ressthis buttonto resetcurrentfunctionvalueszero.

RECOVERY(if have) Press this button going into pulse recovery detecting.

FUNCTION

TIME—Press the key until sign of “TIME” display on LCD, the monitor will display the time function on the screen.

SPEED—Pressthe key until signof “SPEED” displayon LCD, themonitor will display the speed function on the screen.

DIST----Presssthekey until signof “DIST” displayon LCD, themonitorwill display the distance function on the screen.

ODO(if have)----Press the key until sign of “ODO” on LCD, the monitor will display the odometer function on the screen.

CALORIE----Press the key until sign of “CAL” on LCD, the monitor will display the calorie function on the screen.

PULSE FUNCTION (if have)

Pressthekey until signof “♥” or “PULSE” displayon LCD,themonitorwill display the pulse rate function on the screen.

If the pulse sensor is contact with ear, clip the sensor to earlobe after rubbing earlobe for several times to ensure maximum circulation before measuring your pulse.

If the pulse sensor is contact with hand, place the palms of your hands on the contact pads before measuring your pulse rate.

NOTE

- 1 . The monitor will shut off automatically, if no sign put into for 3 minutes, all function value will be saved . You can press any key or restart exercising to wake up the monitor
2. If improper display on monitor, please re-install the batteries.
3. battery spec: 1.5V AAA or AA (1 pcs or 2 pcs)



GARLANDO SPA

Via Regione Piemonte, 32 - Zona Industriale D1

I 5068 - Pozzolo Formigaro (AL) - Italy

www.everfit.it - info@everfit.it