

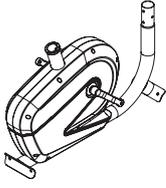
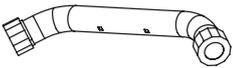
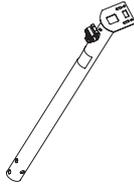
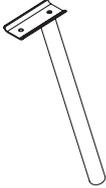
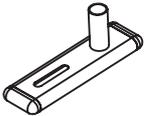
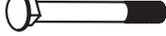
*everfit*

INSTRUCTION

**BFK**  
**800**  
**EASY**



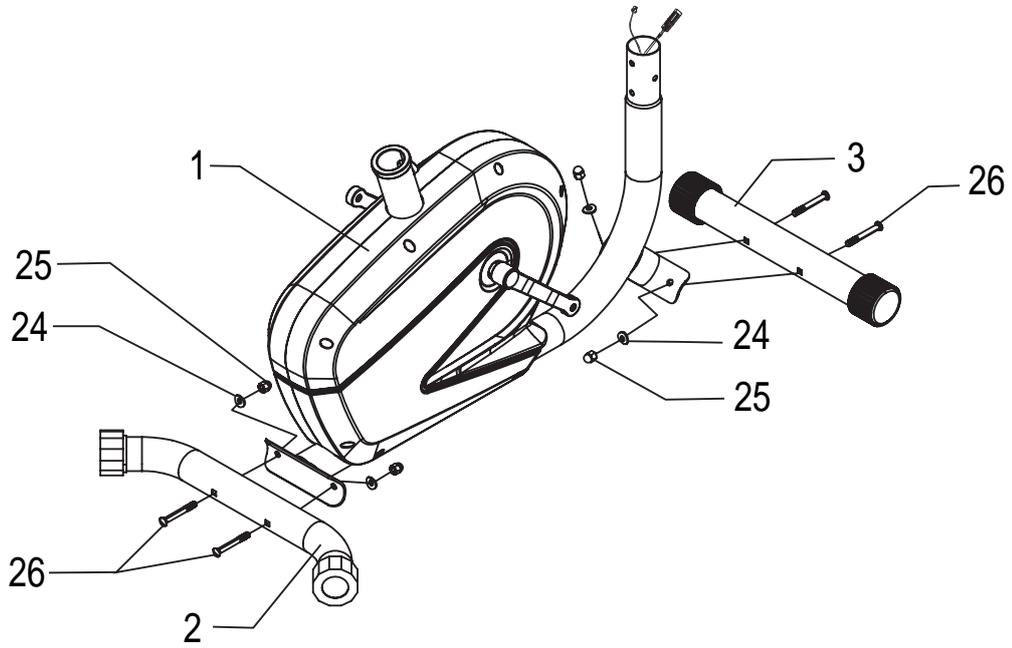
# 13. Parts list

<p><b>1</b></p>  <p>x1</p>	<p><b>2</b></p>  <p>x1</p>	<p><b>3</b></p>  <p>x1</p>	<p><b>4</b></p>  <p>x1</p>
<p><b>5</b></p>  <p>x1</p>	<p><b>6</b></p>  <p>x1</p>	<p><b>7</b></p>  <p>x1</p>	<p><b>8</b></p>  <p>x1</p>
<p><b>9</b></p>  <p>x1</p>	<p><b>10L</b></p>  <p>x1</p>	<p><b>10R</b></p>  <p>x1</p>	<p><b>11</b></p>  <p>x1set</p>
<p><b>12</b></p>  <p>x1</p>	<p><b>13</b></p>  <p>x1</p>	<p><b>14</b></p>  <p>x1</p>	<p><b>15</b></p>  <p>x1</p>
<p><b>16</b></p>  <p>x1</p>	<p><b>17</b></p>  <p>x1</p>	<p><b>18</b></p>  <p>x1</p>	<p><b>19</b></p>  <p>x1</p>
<p><b>20</b></p>  <p>x1</p>	<p><b>21</b></p>  <p>x1</p>	<p><b>22</b></p>  <p>x1</p>	<p><b>23</b></p>  <p>M8x15mm x4</p>
<p><b>24</b></p>  <p>Ø8mm x8</p>	<p><b>25</b></p>  <p>M8 x4</p>	<p><b>26</b></p>  <p>M8x60mm x4</p>	<p><b>27</b></p>  <p>M10x45mm x1</p>
<p><b>28</b></p>  <p>Ø10mm x1</p>	<p><b>29</b></p>  <p>Ø8mm x1</p>	<p><b>30</b></p>  <p>x2</p>	

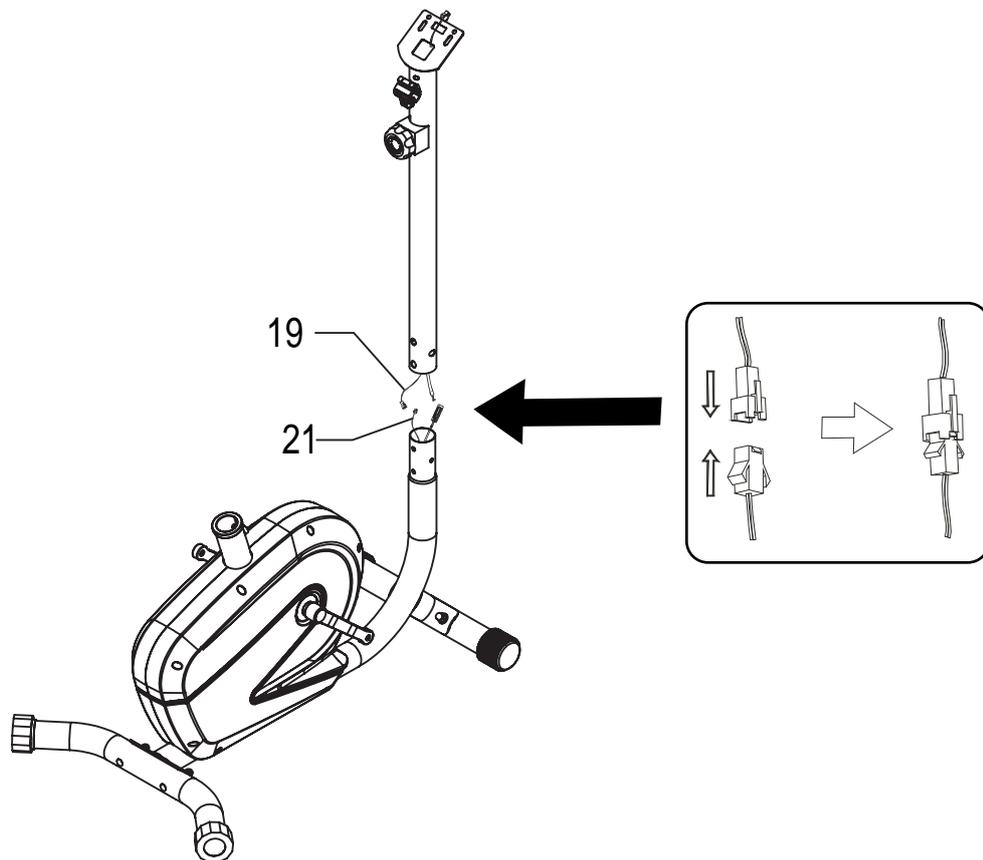
# 14. Assembly

## 1

<b>24</b> x4  8 mm	<b>25</b> x4  M8	<b>26</b> x4  M8x60mm
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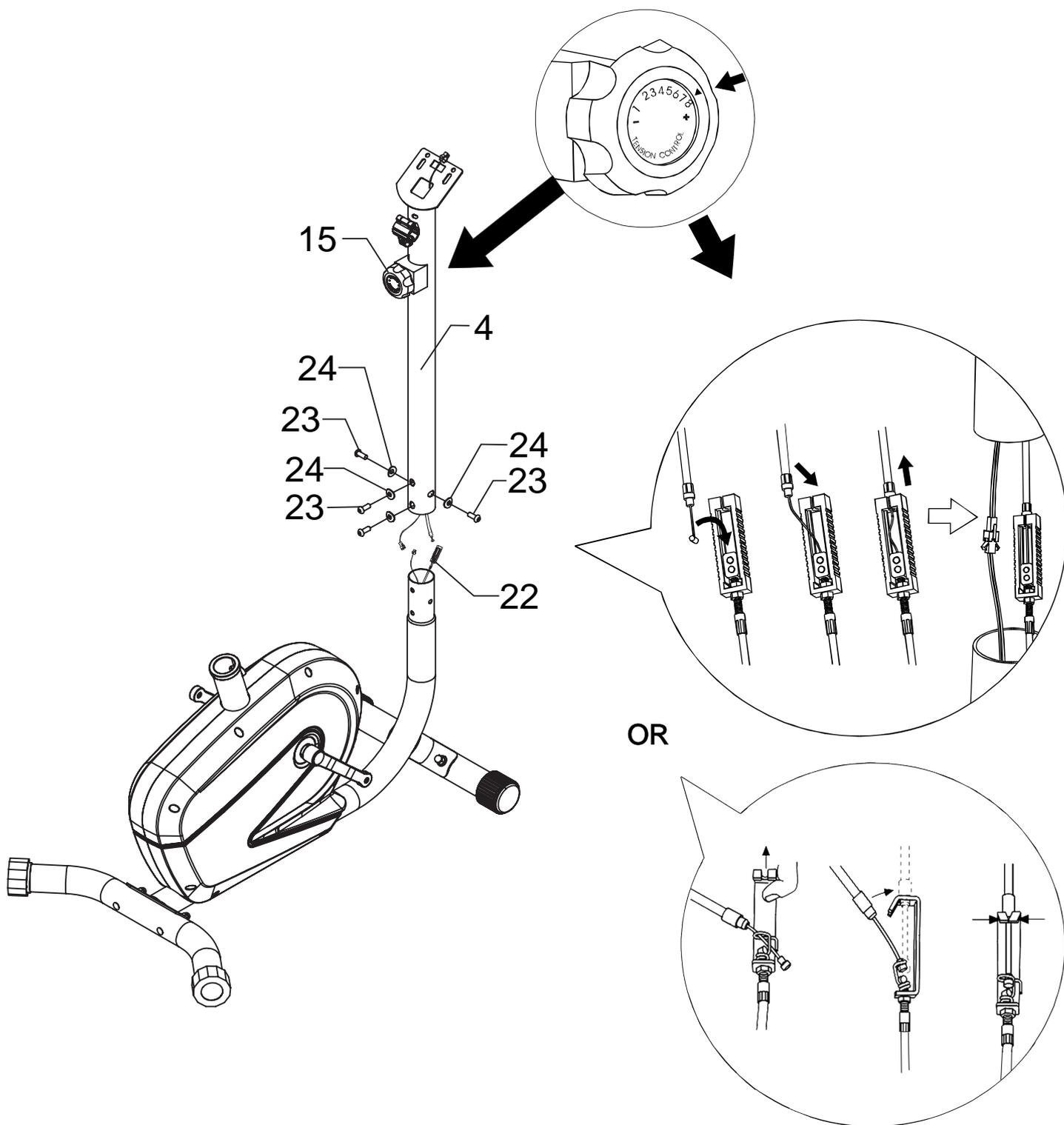


## 2

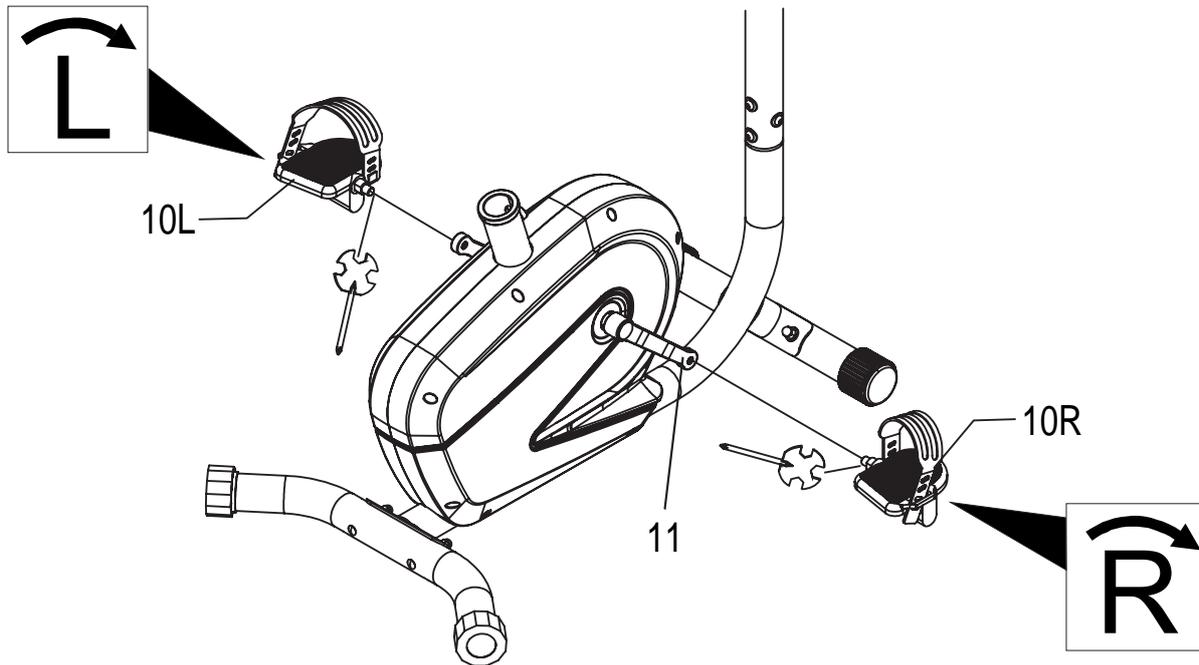
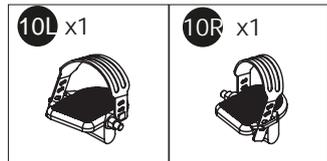


# 3

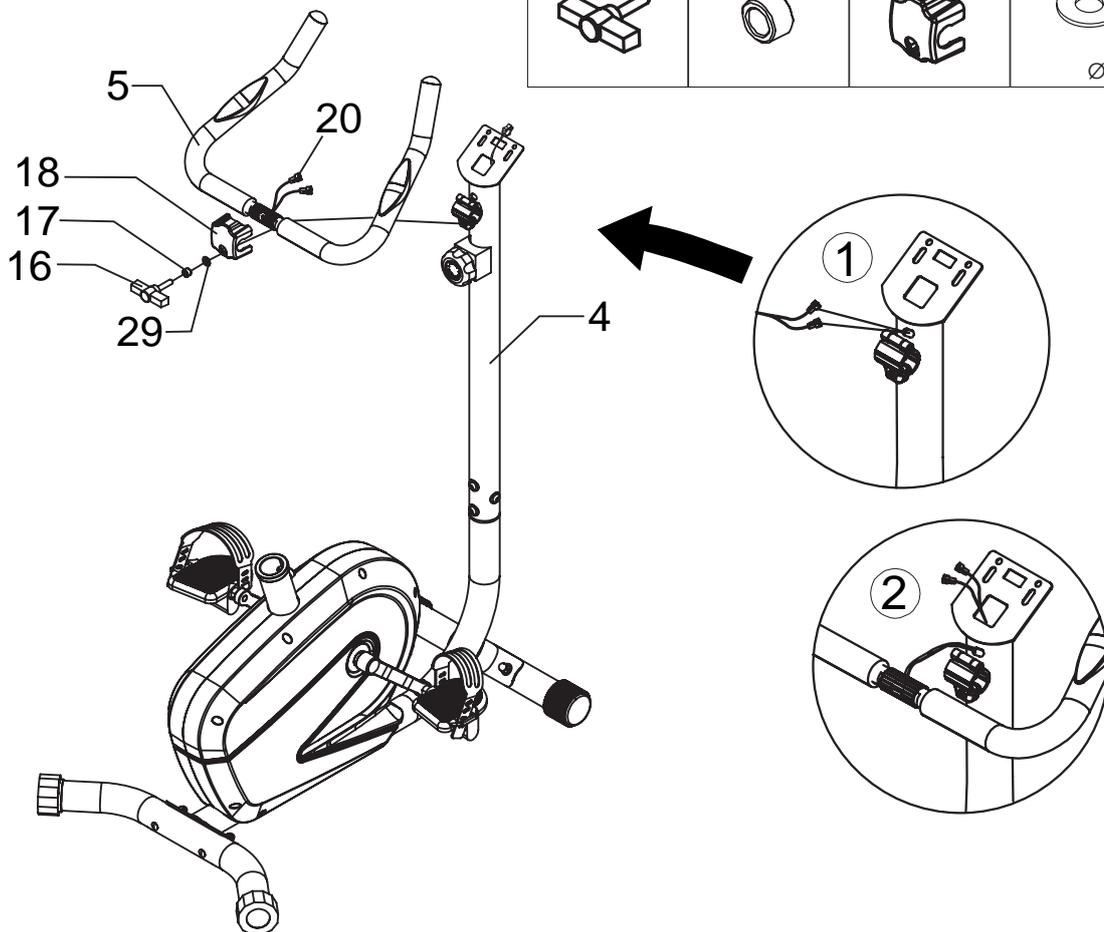
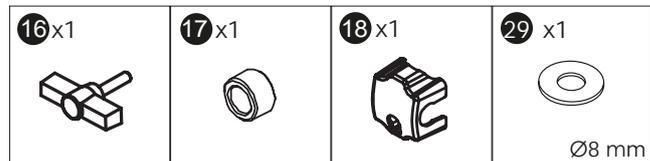
<b>23</b> x4  M8x15 mm	<b>24</b> x4  Ø8 mm
---	--



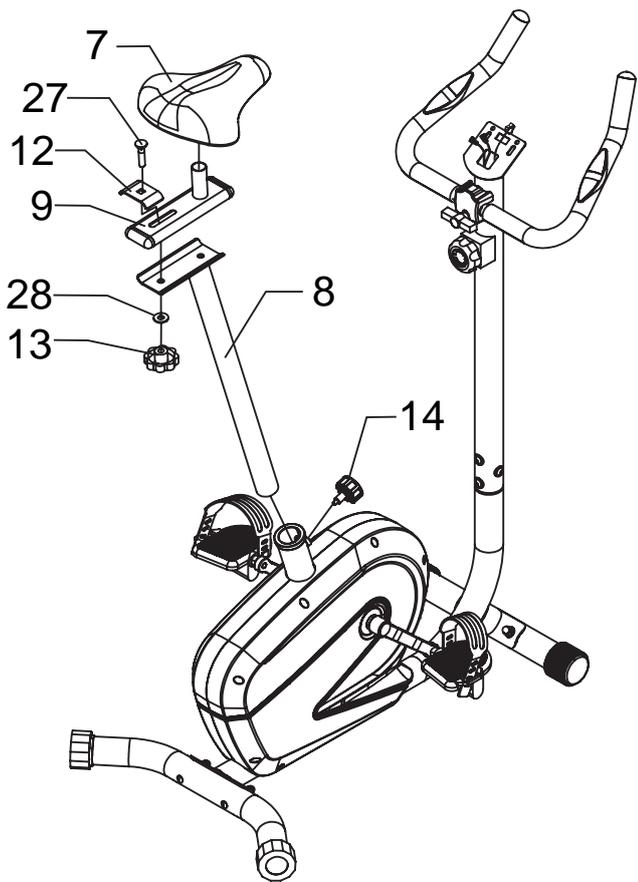
# 4



# 5

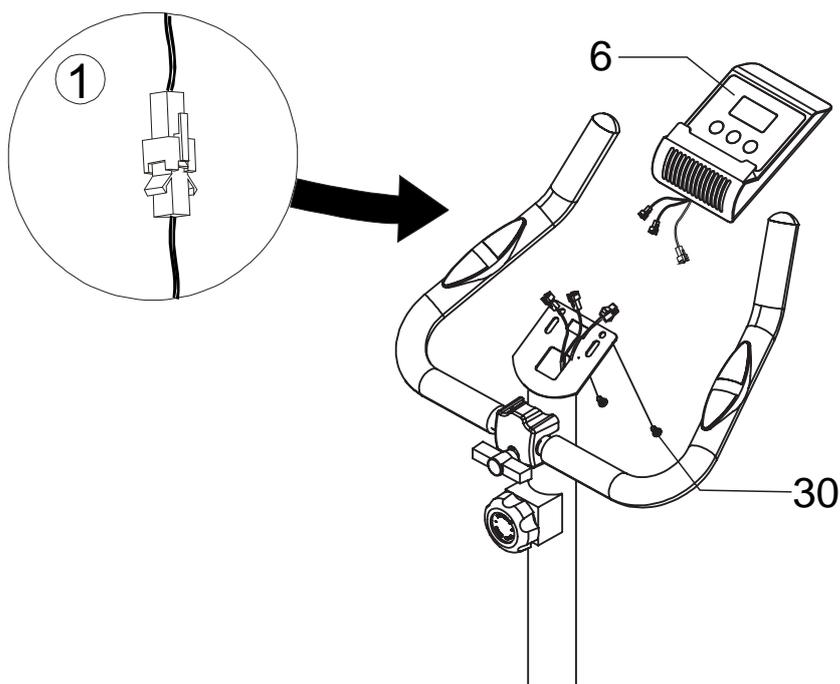


# 6



<b>13</b> x1 	<b>14</b> x1 
<b>27</b> x1  M10x45mm	<b>28</b> x1  Ø10 mm

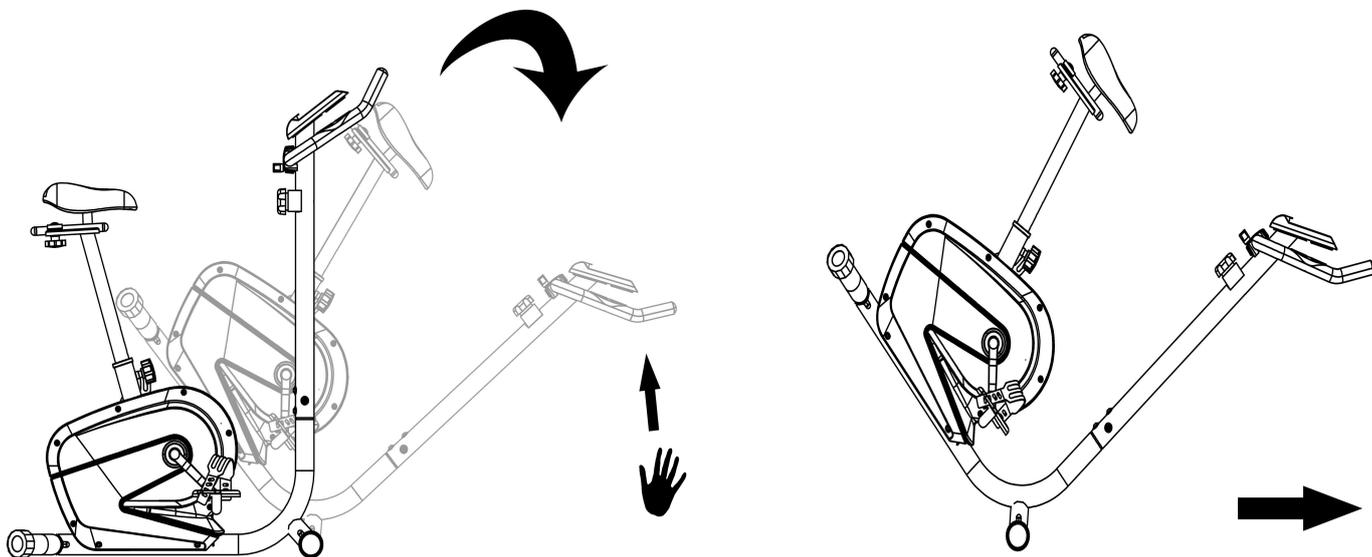
# 7



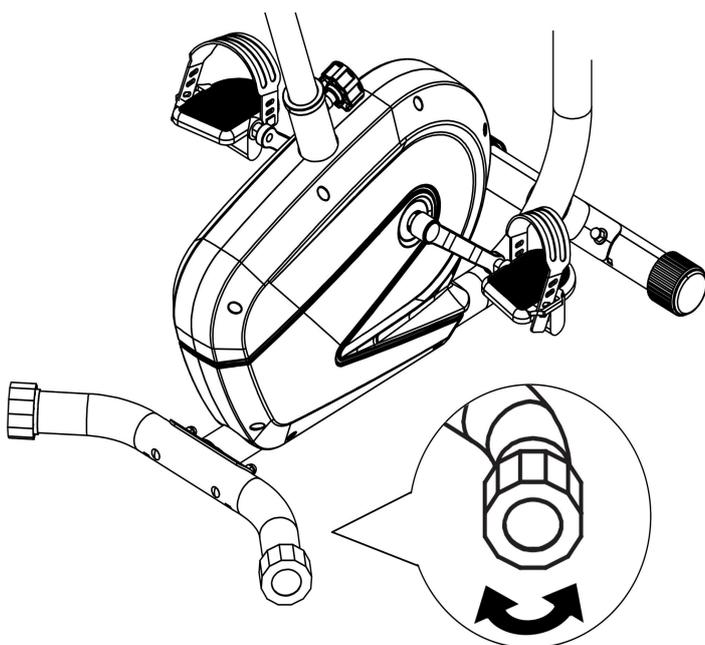
<b>30</b> x2 
---



## MOVING THE DEVICE



## LEVELLING



Technical changes, misprints and errors excepted.

# 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----Pressthekey 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(1pcs or 2pcs)



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