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## Bifanuo TM003

# Bifanuo Under Desk Treadmill Model TM003 User Manual

Model: TM003 | Brand: Bifanuo

## 1. INTRODUCTION

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Thank you for choosing the Bifanuo Under Desk Treadmill Model TM003. This manual provides essential information for the safe and effective use of your new treadmill. Please read it thoroughly before operation and retain it for future reference. This treadmill is designed for walking and light jogging, offering a convenient way to stay active in your home or office environment.

## 2. SAFETY INSTRUCTIONS

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To ensure your safety and prolong the life of your treadmill, please observe the following precautions:

- Read all instructions in this manual before using the treadmill.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface. Ensure there is adequate clear space around the unit.
- Do not operate the treadmill if the power cord is damaged or if the unit is not functioning correctly.
- Wear appropriate athletic footwear. Do not use the treadmill barefoot or in loose clothing.
- Do not exceed the maximum weight capacity of 265 lbs (120 kg).
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.
- Unplug the treadmill from the power outlet when not in use or before cleaning and maintenance.
- This treadmill is for indoor use only. Do not expose it to water or excessive humidity.

## 3. PACKAGE CONTENTS

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Carefully unpack your Bifanuo Under Desk Treadmill and verify that all items listed below are present and in good condition:

- Bifanuo Under Desk Treadmill (Model TM003)
- Power Cord (x1)
- Remote Control (x1)
- Lubricants (x2 bottles)
- User Manual (x1)
- Coin Battery CR2032 (x1) - for remote control



Figure 3.1: Included Components

If any items are missing or damaged, please contact customer support immediately.

## 4. SETUP

The Bifanuo Under Desk Treadmill comes pre-assembled, requiring minimal setup before first use.

1. **Placement:** Choose a flat, stable surface for the treadmill. Ensure there is at least 20 inches (50 cm) of clear space behind the treadmill and 20 inches (50 cm) on each side for safety.
2. **Power Connection:** Plug the power cord into the treadmill's power input port, then plug the other end into a grounded electrical outlet.
3. **Remote Control Battery:** Insert the provided CR2032 coin battery into the remote control, ensuring correct polarity.



Figure 4.1: Treadmill in use under a desk and as a standalone walking pad.

The treadmill is designed for easy storage and portability, featuring transport wheels. It can be stored upright or flat under furniture when not in use.

# Never Search for Your Remote Again

Remote control storage



Figure 4.2: Moving and storing the treadmill.

## 5. OPERATING INSTRUCTIONS

Your Bifanuo Under Desk Treadmill is controlled via the included IR remote control.

### 5.1 Remote Control Functions

The remote control allows you to power on/off, start/stop, and adjust the speed of the treadmill.

- **Power Button:** Press to turn the treadmill on or off.
- **Start/Stop Button:** Press to start or pause the treadmill belt.
- **Speed +/- Buttons:** Use to increase or decrease the walking speed. The speed range is 0.5 MPH to 4 MPH.
- **Mute Buzzer:** The remote also features a mute function for the buzzer.

# Easy to Move and Storage



Figure 5.1: Remote control and its storage area on the treadmill.

## 5.2 LED Display

The integrated LED display provides real-time feedback on your workout data:

- **SPEED:** Current walking speed in Miles Per Hour (MPH).
- **TIME:** Duration of your workout.
- **DIST:** Distance covered during your workout.
- **CAL:** Estimated calories burned.
- **STEP:** Number of steps taken.

# The screen can "breathe"

Lights change with speed



Figure 5.2: LED display showing workout metrics.

## 5.3 Pause Function

The treadmill features a pause function that saves your current workout data when activated. This allows you to temporarily stop your exercise and resume without losing your progress.



Figure 5.3: Illustration of the pause function.

## 6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill.

### 6.1 Lubrication

The running belt requires periodic lubrication to reduce friction and wear. Use the provided silicone oil lubricant.

1. Turn off and unplug the treadmill.
2. Lift the edge of the running belt on one side.
3. Apply a small amount of lubricant (approx. 5-10 ml) evenly onto the center of the running deck, underneath the belt.
4. Repeat on the other side.

5. Plug in the treadmill and run it at a low speed (e.g., 1 MPH) for 5 minutes to distribute the lubricant.

**Frequency:** Lubricate every 3 months or after 50 hours of use, whichever comes first.

## 6.2 Cleaning

- Wipe down the treadmill's exterior with a soft, damp cloth after each use.
- Do not use abrasive cleaners or solvents.
- Periodically vacuum dust from around the motor cover to prevent overheating.

## 7. TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected; power outlet issue; main power switch off.	Ensure power cord is securely plugged into both the treadmill and a working outlet. Check if the main power switch (if present) is on.
Running belt stops or slips.	Belt too loose; insufficient lubrication.	Adjust belt tension (refer to specific instructions if available, otherwise contact support). Apply lubricant as per maintenance section.
Remote control not responding.	Battery low or incorrectly inserted; remote not paired.	Replace the CR2032 battery. Ensure battery polarity is correct. If issues persist, contact customer support for pairing instructions or replacement.
Unusual noise during operation.	Lack of lubrication; loose components; foreign object.	Lubricate the running belt. Check for any loose screws or foreign objects under the belt. If noise persists, discontinue use and contact support.

For issues not listed here or if solutions do not resolve the problem, please contact Bifanuo customer support.

## 8. SPECIFICATIONS

Key technical specifications for the Bifanuo Under Desk Treadmill Model TM003:

- **Model Name:** TM003
- **Brand:** Bifanuo
- **Motor:** 2.25 Horsepower (HP)
- **Speed Range:** 0.5 - 4 Miles per Hour (MPH)
- **Weight Capacity:** 265 Pounds (120 kg)
- **Product Dimensions (LxWxH):** 44" x 20.5" x 4" (111.76 cm x 52.07 cm x 10.16 cm)
- **Item Weight:** 54 Pounds (24.5 kg)
- **Material:** Acrylonitrile Butadiene Styrene (ABS), Alloy Steel
- **Deck Length:** 37.4 Inches (95 cm)
- **Deck Width:** 14.2 Inches (36 cm)

- **Display Type:** LED (shows Time, Calories, Step, Speed, Distance)
- **Noise Level:** <45dB
- **Assembly Required:** No
- **Power Source:** Corded Electric

## 9. WARRANTY

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The Bifanuo Under Desk Treadmill Model TM003 comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. Please retain your proof of purchase for warranty claims. The warranty does not cover damage caused by misuse, accidents, unauthorized modifications, or failure to follow the instructions in this manual.

## 10. CUSTOMER SUPPORT

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For any questions, concerns, or technical assistance regarding your Bifanuo Under Desk Treadmill, please contact our customer service team. We are committed to providing professional support and will respond to all inquiries within 24 hours.

Please refer to the contact information provided with your product packaging or visit the official Bifanuo website for support details.