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› Bifanuo Walking Pad Under Desk Treadmill User Manual (Model: TM008BK)

## Bifanuo TM008BK

# Bifanuo Walking Pad Under Desk Treadmill User Manual

Model: TM008BK

## 1. INTRODUCTION

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Thank you for choosing the Bifanuo Walking Pad Under Desk Treadmill. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before operation and retain it for future reference. This walking pad is designed to integrate physical activity into your daily routine, whether at home or in the office, promoting a healthier lifestyle.



Image 1.1: The Bifanuo Walking Pad Under Desk Treadmill in a typical usage scenario, demonstrating its compact design for use with a standing desk.

## 2. SAFETY INSTRUCTIONS

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To ensure safe operation and prevent injury, please adhere to the following safety guidelines:

- Read this entire manual before assembling or operating the walking pad.
- Place the walking pad on a flat, stable surface, ensuring adequate clearance around the unit.
- Keep children and pets away from the walking pad during operation.
- Wear appropriate athletic footwear while using the walking pad.
- In case of emergency, immediately pull the safety key to stop the machine.
- Do not use the walking pad if you feel unwell, dizzy, or experience any pain. Consult a physician if necessary.
- Unplug the power cord from the outlet when the walking pad is not in use, before cleaning, or performing maintenance.
- Do not exceed the maximum weight capacity of 265 pounds (120 kg).

- Ensure the power cord is not pinched or damaged.

### 3. PACKAGE CONTENTS

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Verify that all components are present in the package:

- Bifanuo Walking Pad Treadmill
- Remote Control
- Safety Key
- Power Cord
- Lubricant
- User Manual (this document)

### 4. SETUP

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The Bifanuo Walking Pad arrives fully assembled. Follow these steps for initial setup:

1. **Unpacking:** Carefully remove the walking pad from its packaging.
2. **Placement:** Place the walking pad on a firm, level surface. Ensure there is sufficient space around the unit for safe operation. The compact design allows it to be placed under a standing desk or in a dedicated exercise area.
3. **Power Connection:** Connect the power cord to the walking pad and then to a grounded electrical outlet.
4. **Remote Control Pairing:** The remote control should be pre-paired. If it does not respond, ensure batteries are correctly inserted and try re-pairing according to instructions in the remote control section.
5. **Initial Lubrication:** Although pre-lubricated, it is recommended to check the lubrication level before first use. Refer to the Maintenance section for lubrication instructions.

# Easy to Move and Storage



Image 4.1: The walking pad features transport wheels and a lightweight design for easy movement and storage, with dimensions of 46.2 inches length, 20.3 inches width, and 4.3 inches height.

## 5. OPERATING INSTRUCTIONS

Familiarize yourself with the controls and functions before beginning your workout.

### 5.1 Powering On/Off

- To power on, ensure the power cord is connected and the main power switch (if present) is in the 'ON' position. The LED display will illuminate.
- To power off, press the power button on the remote control or unplug the unit.

## 5.2 Using the Remote Control

The remote control allows you to start, stop, and adjust the speed of the walking pad.

- **Start/Stop:** Press the **Start/Stop** button to begin or end your exercise.
- **Speed Adjustment:** Use the + and - buttons to increase or decrease the speed. The speed range is 0.6 to 4 miles per hour (MPH).

## 5.3 LED Display Functions

The multi-functional LED display tracks your exercise data:

- **Speed:** Displays your current walking/running speed.
- **Distance:** Shows the total distance covered during your session.
- **Time:** Indicates the duration of your workout.
- **Calories Burned:** Estimates the calories expended during your exercise.

# Accurately Track Your Exercise Data

LED Display & Remote Control



Image 5.1: The LED display provides real-time feedback on your workout, while the remote control offers convenient speed adjustments.

## 5.4 Speed Modes

The walking pad supports various speed modes to suit different activity levels:

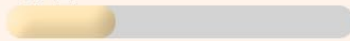
- **Working Mode:** 0.6 - 1 MPH (Ideal for light activity while working).
- **Walking Mode:** 0.6 - 2.5 MPH (Suitable for a steady walk).
- **Running Mode:** 2.5 - 4 MPH (For a brisk walk or light jog).

# Bifanuo Walking Pad

More speed mode options



Running Mode: **2.5-4 MPH**



Working Mode: **0.6-1 MPH**



Walking Mode: **0.6-2.5 MPH**

Image 5.2: The walking pad offers multiple speed modes, allowing users to transition from a slow walk while working to a light jog.

## 5.5 Safety Key

The safety key is a crucial safety feature. Attach the clip of the safety key to your clothing before starting the walking pad. If you accidentally step off or fall, the safety key will detach, immediately stopping the machine to prevent injury.

## 6. MAINTENANCE

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Regular maintenance ensures the longevity and optimal performance of your walking pad.

### 6.1 Lubrication

The walking belt requires periodic lubrication to reduce friction and prevent wear. Use the provided lubricant or a compatible silicone-based treadmill lubricant.

- **Frequency:** Lubricate the belt every 30-50 hours of use, or if you notice increased friction or squeaking.
- **Procedure:**
  1. Turn off and unplug the walking pad.
  2. Loosen the rear roller bolts slightly to lift the belt.
  3. Apply a small amount of lubricant evenly under the center of the walking belt.
  4. Tighten the rear roller bolts.
  5. Plug in the walking pad and run it at a low speed (e.g., 1 MPH) for 2-3 minutes to distribute the lubricant.

## 6.2 Cleaning

Wipe down the walking pad with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.

## 6.3 Belt Adjustment

If the walking belt shifts to one side or slips, it may require adjustment. Refer to the detailed instructions in the full user manual for precise belt alignment procedures.

## 7. TROUBLESHOOTING

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This section addresses common issues you might encounter.

- **Walking Pad Not Starting:**
  - Ensure the power cord is securely plugged into both the walking pad and a working electrical outlet.
  - Check if the safety key is properly inserted. The walking pad will not operate without it.
  - Verify the main power switch (if applicable) is in the 'ON' position.
- **Remote Control Not Responding:**
  - Check the batteries in the remote control and replace them if necessary.
  - Ensure there are no obstructions between the remote control and the walking pad's receiver.
  - If the remote control completely fails, contact customer support for a replacement.
- **Squeaking Noise During Operation:**
  - This often indicates insufficient lubrication. Refer to the Lubrication section (6.1) for instructions.
- **Walking Belt Slipping or Shifting:**
  - The walking belt may need adjustment. Refer to the Belt Adjustment section (6.3) or the comprehensive manual for detailed steps.

If you encounter issues not covered here or require further assistance, please contact Bifanuo customer support.

## 8. SPECIFICATIONS

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Detailed technical specifications for the Bifanuo Walking Pad Under Desk Treadmill:

**Model Number:**

TM008BK

**Product Dimensions:**

117.35 cm (L) x 51.56 cm (W) x 10.92 cm (H)

**Item Weight:**

18 kg (39.68 lbs)

**Maximum Weight Capacity:**

265 lbs (120 kg)

**Colour:**

Black

**Material:**

Iron

**Horsepower:**

2.25 HP

**Speed Range:**

0.6 - 4 MPH (miles per hour)

**Display Type:**

LED

**Meter Functions:**

Calories Burned, Distance, Speed, Time

**Power Source:**

Corded Electric

**Special Features:**

Compact Design, Lightweight, Portable, Shock Absorbent, Wheeled

**Included Components:**

Lubricant, Power Cord, Remote Control, Safety Key, User Manual

# Powerful & Quiet Motor



Speed Range  
0.6-4MPH



Motor Power  
2.25HP



Weight Capacity  
265lbs



Low Noise  
<45db



Image 8.1: The walking pad is equipped with a 2.25 HP motor, designed for quiet operation (under 45dB) and a maximum weight capacity of 265 lbs.

# Protect Your Knee

5-Layer Running Belt Reduces Impact on Joints



**5-Layer**  
Running Belt



**8 Effective**  
Shock Absorbers



**80%**  
Noise Reduction



Image 8.2: The 5-layer anti-slip running belt combined with 8 effective shock absorbers provides joint protection and reduces noise by 80%.

## 9. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or contact the retailer. If you experience any issues with your Bifanuo Walking Pad or require technical assistance, please contact Bifanuo customer support. When contacting support, please have your model number (TM008BK) and purchase details readily available.